

Achinyamata Achichepere Kwambiri 2.0

Ndondomeko
yolimbikitsa kufanana pakati pa
munthu wamuna ndi wamkazi
komanso maziko woyenera
wokhudza kugonana ndi
uchembere wabwino

Achinyamata Achichepere Kwambiri 2.0: Ndondomeko yolimbikitsa kufanana pakati pa amuna ndi akazi komanso maziko woyenera wokhudza kugonana ndi uchembere

Promundo-US

1367 Connecticut Avenue, NW Suite 310
Washington, DC 20036
www.promundoglobal.org

College of Medicine Malawi

Mahatma Gandhi
Blantyre, Malawi
www.medcol.mw

Owazindikira

Jane Kato-Wallace ndi Ruti Levtoy ochokera ku Promundo-US analemba ndikutengerako zolembe zamubuku ili kuchokera ku zida zina za Promundo, potsogozedwa mwawukadaulo ndi: Prof. William Stones, Trinitas Kunashe, Razak Mussa, Princess Kayira, Dr. Effie Chipeta, Dr. Getrude Chapotera, ndi Dr. Bernadette O'Hare kuchokera ku College of Medicine Malawi; ndi Judith Sherman, Tiyeese Chimuna, Edgar Lungu, ndi Clara Chindime kuchokera ku United Nations Children's Fund. Tikuthokozanso a mkulu wa Blantyre Urban District Education ndi anthu awo, kuphatikizapo alangizi a sukulu za pulayimale ndi akulu apasukulu chifukwa chamalangizo awo ndi kuthandiza kosaneneka.

Olemba bukuli akufuna azindikile ndikuthokoza Abby Fried ndi Annaick Miller ochokera ku Promundo-US chifukwa chakulutsa bukuli; Jill Merriman kamba kakukonza mau; ndi Daniel Feary kamba kakukonza maonekedwe a bukuli.

Momwe mungazindikilile bukuli:

Kato-Wallace, J. ndi Levtoy, R. (2018). Achinyamata Achichepere Kwambiri 2.0: Ndondomeko ya achinyamata achichepere kuti akalimbikitse kufanana pakati pa amuna ndi akazi ndi maziko oyenera azogonana ndi uchembere. Washington, DC ndi Blantyre: Promundo-US ndi College of Medicine Malawi.

M'ndandanda Wazopezekamo

Mau oyamba	2
Ndondomeko ya Bukuli	6
Udindo wa Otsogolera	11
Ndime 1 Kumvetsetsa ndi kuunguza makhalidwe amene amamupondereza munthu potengera kuti iye ndi wam'muna kapena wamkazi komanso kuunikira zikhalidwe kapena zikhulupirilo zimene zidakhazikitsidwa	17
Gawo 1: Gawo lowalandira amene akutenge nawo gawo	18
Gawo 2: Ndine yani? Ndinu ndani?	23
Gawo 3: Kupanga zinthu anthu onse Panthawi imodzi	29
Ndime 2 Kuchokera ku ziwawa/kukupanga zinthu mwankhaza, nkuyamba kukhala mwamtendere limodzi	34
Gawo 4: Kuunikila nkhani yokhudzana:ndi Mphamvu pakati pa amuna ndi akazi	35
Gawo 5: Kodi nkhaza ndi chiyani?	39
Gawo 6: Kumvetsetsa mmene ndimamverela mumtima mwanga	45
Ndime 3 Kuyamikira Thupi Langa	49
Gawo 7: Kusamalira thupi langa	50
Gawo 8: Thupi lachikazi / Thupi la lamuna	54
Gawo 9: Thupi lachikazi / Thupi la lamuna	59
Gawo 10: Maimva imva anthupi mmene munthu ukukula, Kusintha Maubale	68
Gawo 11: Masewero okhuzana ndikukhara ndi mimba udakali wachisozera	73
Ndime 4 Kuziyika zonse palimodzi – Ndikufuna kupanga chimenechi!	76
Gawo 12: Kupangitsa dera langa kukhala labwino - Pulojekiti yopanga ophunzirawo akamaliza maphunzirowa	77



Mau Oyamba

KUGWIRA NTCHITO NDI ACHINYAMATA

Nthawi ya chisodzera pakali pano, ikudziwika kuti ndi nthawi yofunika kwambiri yomwe pamakhala kusintha kuchokera ku umwana kusanduka munthu wokulilapo. Mahomoni a mthupi; (awa ndi machemiko amene amapangidwa ndi ma glands ndipo ndiamene amatipangitsa ife ngati anthu kupanga zikhalidwe zosiyana siyana, chitsanzo, kumva njala, kukhalanja, kukhala ndi ma mudi, kufuna kugonana ndi munthu ndi zina zambiri), miyambo ya yathu, kusintha kwa ziyembekezo kuti achinyamata azikhala bwanji m'moyo. Achinyamata amayamba kudalira azinzawo kuti aphunzire zinthu zambiri zokhuza moyo wao. Iyi ndi nthawi yimene anyamata amapeza ufulu wopanga zinthu wochulukazinthu zochuluka, pamene yomwensho imeneyinso imakhala nthawi imene atsikana amaletsedwa komanso kulondedwa akamapanga zinthu zosiyana siyana. Komanso ndi nthawi imene achinyamata amayeserela zinthu zosiyana siyana. Zaka khumi zapitazi, dziko lonse panali kugwirizana kuti awa achinyamata achicheperewa afika nthawi imene ambiri afika potha msinkhu, ndipo iwowo akudalira magulu azinzawo kuti aphunzire zina ndi zina za mmoyo uno. Pamapeto ake amapezeka kuti akuyeserela kupanga zinthu moziononga wokha.. Zikhulupirilo kapena zikhazikitso zoti uyu ndi mnyamata amayenera kupanga izi, uyu ndi mtsikana amayenera kupanga izi, ndichomwensho chikupangitsa achinyamata amenewa kuti azipanga zinthu moteromo.

Kumvetsetsa mozama momwe miyamboyi/zikhulupirilo zimaphunzitsidwa komanso kuonekera mu kagulu ka achinyamata achichepelewa nkofunikira, komanso kupeza ndondomeko zabwino zomwe zingasinthe zikhulupirilo komanso kupititsa patsogolo ndondomeko zabwino za nkhani zoyamba kugonana ndi uchembere wabwino. Kafukufuku wamkulu kwambiri adapeza, mwachitsanzo, kuti anyamata achichepere ali ocheperapo kusiyana ndi atsikana omwe amavomereza zikhalidwe zomwe zimapangitsa kuti pakhale kusiyana pakati pa amayi ndi abambo, kapena tinene kuti asungwana amaonetse malingaliro ofuna kuti pasakhale kusiyana pakati pa amuna ndi akazi (Kagensten et al 2016)¹. Mmalo ambiri pa dziko lapansi pali zikhulupirilo zoti mwamuna amayenera kukhala wolimba, komanso asamaonetse kukhumudwa kwake komanso zifooko zake asamazikambe pagulu, komanso azikhala wamatukutuku, azilimba mtima popanga zinthu, zina zimene samayenera kupanga koma amangopanga kufuna kuzionetsa kuti iwowo ndi amuna, asamakhale ndi chidwi ndi maphunziro komanso asamasamale za umoyo wao komanso wa anthu ena². Zikhalidwe zimenezi zimasindika kuti pamene pali munthu wamuna azilimbikila nkhani zopikisana, azilamulira, kukhala munthu wankhondo, osasamala umodzi ndi mgwirizano, osasamala ena, komanso osasamala mmene akumvera mkati mwa moyo wake. Zikhulupirilo zoterozi zoti 'mwamuna amakhala chonchi' zaonetse kuti zili ndi zotsatira zachabe pa thupi komanso ubongo wamunthu, komanso zimaonetse kusakhuzika kweni kweni kwa azibambo ndi azikazi awo komanso ingakhale ndi ana awo pamakhala palibe ubale weni weni akamakula.

Pamene nthawi yachisodzerayi imatengedwa kuti ndinthawi imene achinyamata amakakamizidwa kuti atengere makhalidwe amene munthu wamwamuna amayenera kukhala nawo, kafukufuku akuonetse kuti ana amuna amatengera makhalidwe amenewa pamene ali ang'ono, moti akamafika zaka 5, magulu anzawo achinyamata asinkhu wao amawapatsa chilango chifukwa chonena kuti sanapange zinthu zimene mwamuna amayenera azipanga (mwachitsanzo, kusekedwa poti nyamata wa zaka 5 amalira poti mnyamata sayenera kulira)³. Zotsatira za kafukufuku zimenezi zikutiuza kuti tikuyenera kuyambapo mwansanga kuwathandiza anyamata kuti azindikire, komanso apange kauniuni, asatenge nawo gawo komanso akhazikitse maziko ena pankhani yazikhulupirilo zokhala munthu wamwamuna.

Atsikana nawo amphunzitsidwa zikhulupirilo zomwe zilipo zoyenereza mzimai zimene zimalimbikitsa kuzichepetsa, kusakhala mtsogoleri, kuwaonetse iwowo ngati 'zinthu pankhani yokhudzana ndi kugonana, zikhulupirilo zosanyadirira thupi lawo, kuwaletsa kuyenda kukhala pamagulu amene iwowo angakonde, kusasutsa chilichonse chimene mwamuna anganena poti ndi mtsogoleri ndipo ndi zinthu ngati izi zimene zimawaika pachiopezo chochitiridwa nkhanza zokhuzana ndi kugonana komanso kukakamizidwa kupanga zinthu. Mumabanja ambiri padziko lapansi, atsikana amaphunzitsidwa kuti ndiye oyenera kugwira nthito zochuluka zapakhomo komanso woyenera kusamala ana komanso anthu

ena apabanjapo ngati njira imodzi yowakonzekeretsa kuti akhale okhuzidwa pazinthu zambiri zochitika ingakhale kunja kwa banja lakwao.

Potengera zinthu zonsezi zimene tazikambazi, pakufunikira ndondomeko zabwino zimene zingathe kuthandiza achinyamata athu achichepere panthawi ino ya chisodzera kuti athe kukhala umoyo wabwino, komanso osangalala..

- 1 Kagensten, A., Gibbs, S., Blum, R.W., Moreau, C., Chandra-Mouli, V., Herbert, A., & Amin, A. (2016). Understanding Factors that Shape Gender Attitudes in Early Adolescence Globally: A Mixed-Methods Review. *PLoSOne*, 11(6).
- 2 Way, Niobe. (2011). *Deep Secrets: Boys' Friendships and the Crisis of Connection*. Harvard University Press.
- 3 Chu, J. (2014). *When Boys Become Boys: Development, Relationships, and Masculinity*. New York, NY: New York University Press.

ACHINYAMATA ACHICHEPERE KWAMBIRI M'MALAWI

Mu zaka zaposachedwapa, Malawi yakwanilitsa zinthu zina zowoneka mu dera lowona za umoyo komanso chitukuko. Makamaka kutukuka kwa chisamaliro cha ana akhanda komanso ana omwe sanadutse zaka zisanu. Kuberekana mwakathithi kwatsika Kamba kakulimbikitsa kulondora njira zamakono zakulera. Njira zocheperetsera kufala kwa HIV komanso kufalitsa kasamalidwe ka anthu omwe ali ndikachilomboka kalimbikitsidwa kwakukulu. Kamba kakuchuluka kwa chiwerengero cha achinyamata, pali zopinga zomwe zikupangitsa kuti maphumziro komanso ntchito za umoyo zisafikile kwakukulu. Izi zapangitsa kuti anthu azichulukana kwambiri mumakalasi ophunzirira ndikupangitsa zipangizo zamaphunziro kusakwanira. Achinyamata otenga pakati akuchulukira, 4.5 pelesenti ya achinyamata a zaka 15 ndi 12.2 pelesenti ya achinyamata a zaka 16, anayamba kale kubereka ana, izi zili monga mwamapedzedwe a 2015-16 Demographic and Health Survey.

Ngakahale madera ambiri akadali osatukuka, chitukukp chikubwera m'Malawi. Izi zikubweretsa danga - monga kupezeketsa ntchito kapena maphunziro - komanso pali zopinga, pali kuwonongeka kwa chikhalidwe komanso mabanja ndinso kusowa kwa ukhondo mumadera omwe ali otukuka. Blantyre ali ndi chiwerengero cha anthu okhala ndi HIV chochulukira cha 18.2 peresenti (2015-16 muyezo kuchokera mu Malawi Population-Based HIV Impact Assessment Survey). Mu dziko lonse, chiwerengero cha akazi okhala ndi HIV chimayamba kukula kwambiri pakati pa zaka 15 ndi 19.

Kafukufuku wa Global Early Adolescent wa makolo komanso achinyamata a zaka pakati pa 10 ndi 14 omwe amapita ku sukulu zikulu zikulu za pulayimale mu dera la Blantyre, anaonetsa zinthu zina zomwe zimakhudza moyo wa achinyamata. Izi zakhala msanamira zomwe bukuli layimapo:

Malo opezekako: Masukulu opezka m'malo achisawawa komanso osalongosoka amakhala osadalirika, ndipo amakumana ndi mavuto awumbava komanso chikhalidwe chowononga. Ndichapafupi kuwonera kanema olawula mumalo owonetseramo kanema, ndipo palibe chowaletsa achinyamata achichepere kwambiri kulowa m'malo akanemawa bola ngati alipira ndalama yolowera. Achinyamata ena amagwira ntchito zina ndi zina kuti azithandiza pakhomo. Pena achinyamatawa amakonza maphwando mudera lawolo kuti apeze ndalama, nthawi zambiri opanda kupezeka kwa makolo, ndipo izi mzapafupi kubweretsa mchitidwe ogonana. .

Kuchulukidwa: LMonga achinyamata akwina kulikonse, pali kuzindikira kwa kusintha kwa thupi ndinso kubwera kwa zilakolako zogonana pakati pa achinyamata achichepere kwambiri m'Malawi. Zibwenzi zimalimbikitsidwa pena chifukwa chofuna kusangalatsa amzawo kapena kufuna chabe kupatsidwa mphatso, ngakhale muzokambilana zimenezi, zibwenzi zambiri zomwe zinafotokozeredwa zinali za anthu a zaka zofanana osati ni azibambo monga achimdyo makanda, monga momwe zanededwa malo ena. Achinyamata achichepere kwambiri amakhala osakomzeka kuyamba mchitidwe ogonana.

Zinthu zochitika: Monga mwa zina zochitika, ukhondo pankhani ya kumwezi ndivuto lalikulu. Atsikana amavutika kupeza ma padi, kuchapa ndikuyanika nsalu kapena ma padi (makamaka nthawi ya mvura), kapena kukhala ndi mwayi wokwamira wokhala pawokha wa iwo eni kunyumba kapena ku sukulu. Anyamata amachita manyazi pena chifukwa chokhala opanda kabula wamkati. Dzimbudzi komanso madzi ndizosowa

Chikhalidwe cha pakati pa amuna ndi akazi: M'malo antauni, muli anthu osiyanasiyana ochokera kumidzi yosiyanasiyana ndi zikhalidwe zawo zapakati pa amuna ndi akazi. Chikhalidwechi chimayambira kumidzi kufikira kumisonkhano ya chipembedzo ya achinyamata, zina zopezeka kumeneku zikhozabe kukhala zachikhalidwe chakumidzi. Makolo okhala m'matauni samachitenga chikhalidwe chakumidzi cha pakati pa amuna ndi akazi ngati chokhazikika - mwachitsanzo, kusaletsa anyamata kugwira ntchito zina zomwe pachikhalidwe chakumudzi zimagwiridwa ndi staikana monga kusesa. Makolo onse padziko lapansi, sanali omasuka kukamba nkhani zina monga za kumwezi ndi ana awo ndipo amatumiza ana awo kwa amzawo oyandikana kapena achibale kuti akawafotokozele.

Zofuna kufikiridwa: Achinyamata achichepere kwambiri m'adera amenewa ali ndi chiyembekezo chofikira zinthu patsogolo lawo.

Ndondomeko Yabukuli

NDONDOMEKO YABUKULI

Potenga nawo gawo pamaphunziro azokambirana kwa masabata 12, anyamata ndi atsikana azakhala atatha kupanga zotsatirazi:

- Akuzindikira ndi kuunikira mozama za mmene mphamvu komanso mwayi umene umalepheretsa achinyamata kukhala ndi moyo wabwino;
- Azindikira ndi kutsutsana ndi miyambo yachabe ndicholinga chofuna kuwatukula atsikana komanso kulimbikitsa kuti anyamata azisamalira za anthu ena komanso kukhala ogwirizana mu umodzi ndi azinzawo
- Aphunzirani kuyamikira kusintha kwa matupi awo kuphatikizapo ziwalo zokhuzana ndikugonana komanso uchembere zimene zimakhala zikusintha nthawi ndi nthawi, ndipo zimenezi zimaphunzitsidwa mosamala mogwirizana ndi msinkhu wa anawo komanso molimbikitsa kunyadirira thupi lawo.
- Kuzindikira mitundu ya nkhanza komanso kuzipezera njira zimene angatsutsane ndi nkhanza komanso mmene angazipwere

MMENE MAPHUNZIROWA AMAGWIRILA NTCHITO KUTI AMUSINTHE MUNTHU



Box ili mmwambamu, ikuwonetsera ntchito yotchedwa Program HIM”kuti imasintha bwanji anthu kuti asanduke abwino. Cholinga chachikulu ndichakuti achinyamata aang’ono (1) aphunzire kupyolera

muzokambirana ndi zochitika zokhudzana ndi zikhulupirilo, (2) ayesezere kukhala osasiyanitsa pakati pa amai kapena abambo, komanso posapanga chiwawa mumagulu awo pamalo otetezedwa komanso aulemu, (3) kukhazikitsa malingaliro atsopano a chikhalidwe chabwino pogwiritsa ntchito mumaubale wawo ndi moyo wawo. Kuthandiza mabungwe amene akuphatikiza maphunziro ngati awa mundondomeko zawo, kumawathandiza achinyamatawo komanso mabungwe okhuzikawo kuti akhale atsogoleri obweretsa kusintha pakhani yakusasiyanitsa pakati pa amai ndi abambo. komansoabambo komanso chilungamo chachikhalidwe

Mowonjezera pazikhulupiriro zakusinthika pa ubwino wakufotokozeranso tanthauzo lakukhala mnyamata kapena mtsikana, buku ili likukhudzanso mwamphamvu pa ziphunzitso za chikhalidwe komanso za zomvaimva nthupi. Malingana ndi akatsiwi, maphunziro amenewa amalimbikitsa ophunzira kukhala ndikuthekera kogwiritsa ntchito mwa ubwino ndi molondola ma luso, maonenedwe ndinso makhalidwe pa chikhalidwe chawo ndizopanga za tsiku ndi tsiku, ndipo zimakhudza madera ofunika asanu awa (zatengedwa mu The Collaborative for Academic, Social, and Emotional Learning):⁴

- **Kudzizindikira wekha:** Kuthekera kwakuzindikira zomva imva za iwe mwini, maganizo, ndinso zozitsatira ndimomwe zimasinthira machitidwe chako.
- **Kudziletsa wekha:** Kuthekera Kwakudziletsa mu zilakolako zako, maganizo, ndi machitidwe munyengo zosiyansiyana – kuthana ndi kupanikizika kwa moyo, kudziletsa, ndikudzilimbikitsa wekha.
- **Kuzindikira ena:** Kuthekera kozindikira ndikusamala za ena, kuphatikizapo iwo ochokera kuzikhalidwe zosiyana.
- **Luso la ma ubwenzi:** Kuthekera kopanga ndikusunga ma ubwenzi abwino ndinso opindulitsa ndi anthu komanso magulu osiyansiyana.
- **Kupanga chiganizo moyenera:** Kuthekera kopanga zisankho zolondola zokhudza moyo wako ndi anthu ena molingana ndi chikhalidwe choyikika, kudzisamala, ndi chikhalidwe cha ena.

TIMAGWIRA BWANJI NTCHITO

Timakumana ndi ana a standard 6, azaka zapakati 10 -14 kwa masabata 12. Manual yi inalembedwa ndi akatsiwi pankhani za achinyamata achitsozera mogwirizana ndi zotsatira zakafukufuku wa GEAS kuchokera ku Malawi. Ndi program yomwe ikhoza kutheka pa gulu lomwe pali anyamata komanso atsikana or kapena kusankha kuti pakhale atsikana okha kapena anyamata okha. Zochitikaazi zimachitidwa ana akaweluka pogwiritsa ntchito otsogolera amene aphunzitsidwa bwino. Bukuli lili ndi zochitika zosiyana siyana zimene anawo amatenga nawo gawo; nthawi yokambitsana ngati gulu; komanso kupangira palimodzi ntchito zobweretsa kusintha mmene akuphunzira kuunguza kusiyansitsa komwe kulipo kwa pakati pa amai ndi abambo komanso zotsatira zake.

KAYALIDWE KA GAWO

#	Mutu wa Gawo	Zochitika mu gawo	Nthawi yopatsidwa	Choyenera kufikilidwa	Alipo akazi kapena amuna okhaokha kapena onse?
---	--------------	-------------------	-------------------	-----------------------	--

Ndime 1: Kumvetsetsa ndi kuunguza makhalidwe amene amamupondereza munthu potengera kuti iye ndi wam'muna kapena wamkazi komanso kuunikira zikhalidwe zimene zidakhazikitsidwa

1	Kulandira otengapo gawo	1. Kuwalandira 2. Masewera olimbitsa thupi 3. Malamulo agulu 4. Mtsutso	Mphindi 10 Mphindi 10 Mphindi 15 Mphindi 30	• Kukhazikitsa malo a gulu otetezedwa omwe aliyense akumvedwa ndikulemekezidwa • Kumva ndikukambirana ntchito za abambo ndi amayi mu dera • Kuunikira momwe zoyembekezera kwa munthu amene ali wammuna kapena wamkazi zimakhudzira momwe achinyamata amakhalira	Onse
2	Ndine ndani? Ndinu ndani?	1. Kuwalandira 2. Chikwapu 3. kudzijambula ndekha 4. Masewera opatsa mphamvu 5. Kukambilana	Mphindi 10 Mphindi 30 Mphindi 30 Mphindi 5 Mphindi 15-20	• Kuyang'ana momwe achinyamata amazionera ntchito za amuna kapena aakazi ndinso ntchito za amuna kapena akazi zomwe zinakhazikitsidwa	Onse
3	Onse panthawi imodzi	1. Kuwalandira 2. .Onse kupanga sewero 3. .Zopatsa mphamvu 4. .Zokambilana zagulu	Mphindi 5 Mphindi 30 5 Mphindi Mphindi 30-40	• .Kuunika ndikuzindikira ntchito ndi udindo omwe atsikana ndi azimayi achichepere ali nawo posamalira ana Onse. • .Kukambirana kufunika kwakugawana ntchito yosamalira ana pakati pa anyamata di atsikana.	Onse

Ndime 2: Kuchoka ku ziwawa mkuyamba kukhala mwamtendere limodzi

4	Kuunika nkhanu yokhudzana ndi mphamvu	1. Kuwalandira 2. Anthu komanso zinthu 3. Kukambirana kwa gulu	Mphindi 10 Mphindi 10-15 Mphindi 40	• Kuchulukitsa chidziwitso cha anyamata ndi atsikana pa m phamvu ya mu maubale • Kuona kuipa kwakukhala ndi mphamvu zosiyana mu maubale osiyanasiyana	Onse
5	Nkhanza ndichani?	1. Kuwalandira 2. Nkhanza ndichani? 3. Sewero 4. Gulu kukambirana	Mphindi 5 Mphindi 20 Mphindi 30 Mphindi 20-30	• Kumvetsetsa nkhanza ndichani ndikupeza Mitundu ya nkhanza yochitika mu maubwenzi, mabanja, ndi m'madera	Onse
6	Kumvetsetsa momwe ndimaverera mumtima mwanga	1. Kuwalandira 2. Kumvetsetsa momwe ndimamverera mumtima mwanga 3. Masewero olimbitsa thupi 4. Gulu kukambirana	Mphindi 10 Mphindi 45 Mphindi 5 Mphindi 25	• Kuthandiza omwe akutengapo mbali kudziwa nthawi yomwe apsa mtima • Kupeza njira zowonetsera mkwiyo mosachita nkhanza	Onse

#	Mutu wa Gawo	Zochitika mu gawo	Nthawi yopatsidwa	Choyenera kufikilidwa	Alipo akazi kapena amuna okhaokha kapena onse?
Ndime 3: Kuyamikira thupi langa					
7	Kusamalira thupi langa	1. Kuwalandira 2. Kupuma koyenera 3. Kudziwa thupi langa 4. Kukambirana kwa guluanyamata paokha atsikananso paokha 5. Kukambirana kwa onse	Mphindi 10 Mphindi 5 Mphindi 10 Mphindi 20 Mphindi 15	- Kupereka mwayi kwa achinyamata kuzindikira ziwalo zosiyana siyana za thupi lawo - Kulimbikitsa kudzionka ndi thupi labwino	Kukambirana atsikana ndi anyamata paokhapaokha ndikuthekera kwa onse kukambirana pamodzi
8	Thupi la mkazi/thupi la mamuna	1. Kuwalandira 2. Masewero olimbitsa thupi 3. Kusinthika kwa thupi langa	Mphindi 10 Mphindi 20 Mphindi Mphindi 40-60	- Kumvetsetsa kuti kusinthika kwa thupi kamba kakukula kumachitikira aliyense - Kupeza njira zolimbikitsa thupi ndinso kaganizidwe kabwino	Atsikana paokha komanso anyamata paokha
9	Nkhani zokhudza kutha msinkhu	1. Kuwalandira 2. Kukambirana mozama za maganizo ndi thupi 3. Nkhani zakutha msinkhu	Mphindi 10 Mphindi 20 Mphindi 45	- Kudziwa zomwe amadutsamo achinyamata pomwe akutha msinkhu - Kupeza njira zothanirana ndi zokumana nazoz	Onse
10	Zomvaimva za tsopano, kusintha ma ubwenzi	1. Kuwalandira 2. Zokopa zatsopano 3. Gulu kukambirana #1 4. Sewero lokhudza za maubwenzi 5. Gulu kukambirana #2	Mphindi 10 Mphindi 20 Mphindi 20 Mphindi 20 Mphindi 20	- Kuunika zomwe zimachitika m'malingaliro kapena m, nthupi pomwe achinyamta akopeka ndi munthu wina - Kuuona njira zomwe atsikana ndi anyamta amaonetsera kukopeka kwawo pa munthu - Kugawana mzeru momwe angakhalile ndi anthu ena mowalemekeza	Onse
11	Sewero la achinyamata lokhudza kutenga mimba	1. Kuwalandira 2. Sewero la achinyamta lokhudza kutenga mimba 3. Gulu kukambirana	Mphindi 10 Mphindi 45 Mphindi 30	- Kuchenutsa achinyamata pazotsatira zotenga mimba adakali achichepere - Kulimbikitsa kufunika kosatenga mimba munthu asanakhwime maganizi kapena muthupi - Kuthandiza achinyamata kupeza njira zomwe angapewere kapena kupewetsa ena omwe amawakonda kutenga mimba	Onse

Ndime 4: Kuziyika zones pamodzi – Ndikufuna kupanga chimenechi!

12	Kupangitsa dera langa kukhala labwino	1. Kuwalandira 2. Dziko langa, tsogolo langa 3. Mgwirizani wa kangaude	Mphind 10 Mphind 60 Mphindi 20	- Kuika ndondomeko ya momwe achinyamata azikakhalira potsata zomwe amva pakutha pa maphunzirowa - Kuyamikira kusintha ndi kuzipereka komwe achinyamata achita potukula ntchito zoti pasamakhale kusiyan pakati pa amuna andi akazi komanso nkhan ya uchembere	Onse
----	---------------------------------------	--	--------------------------------------	--	------

Udindo wa Otsogolera

MOMWE MUNGAPANGILE MAGULU NDI MALO OKUMANA

Maphunziro apagulu akhoza kukhala ongokumana kamodzi kapena kukumana kwa sabata ndi sabata. Kumakumana pafupipafupi, mkumapumira masiku ochepa mkati mwa sabata musanapitilize kukumana zimakhala zothandiza kwambiri; zimathandiza omwe akutengapo nawo mbali kukhala ndi nthawi yolingarira ndikugwiritsa ntchito zomwe zakambidwa m'moyo mwawo asanabwelele kugulu mukapitiriza zokambirana.

Mubuku limeneli muli maphunziro 12, onse otenga ola imodzi kapena maola awiri. Zotsatira zakafukufuku wina zinaonetsa kuti maphunziro otenga maola awiri kapena maola awiri ndi theka pa sabata pamasabata 10 kapena 16 ndiwothandiza kwambiri polimbikitsa kaonedwe kazinthu ndi kusintha kwa chikhalidwe.⁵ Kafukufuku wina anaonetsa kusintha kwakaganizidwe patangotha sabata ziwiri zokha zamaphunziro; komabe, kuti anthu avomeleze maphunziro ena, ambiri amafunika nthawi yochuluka pa sabata komanso mkati kati mwamaphunziro kuti pazikhala zokambirana – zonsezi zimalimbikitsa zotsatira zabwino.

Gulu la anthu 5 ndilolimbikitsidwa. Kapangidwe ka gulu kadzitengera ntchito zomwe zipangidwe komanso kuti anthuwo ndi otani. Kugwira ntchito ndi gulu lalikulu sikolimbikitsidwa chifukwa zikhoza kupangitsa kukwaniritsa zotsatira zamaphunziro posunga zinsinsi, mokhudzika komanso molimbikitsana kovuta.

Otsogolera akhale akudziwa kale kusiyana kwa anthu onse mu gululo zonse zisanayambe kuti akhale akuganizira kusiyana kwa zochitika komanso mavuto omwe onse akutengapo mbali ndi achinyamata amakumana nawo. Makamaka, akhale ozinidkira za maphunziro a omwe akutengapo mbali ndipo akonze maphunziro molingana nawo.

NDINDANI YEMWE ANGAKHALE OTSOGOLERA?

Otsogolera si mphunzitsi kapena olamulira. Iyeyu si katswiri kweni kweni pa zophunzitsidwazo ngakhale ukatswiriwo ndiofunika. Otsogolera ndi amene anagathe kupangitsa malo okumana kukhala otetezedwa, akhale munthu omvetsera bwino, munthu olimbikitsa anthu kukambirana osati omangoyankhula yekha.

Zochitika zambiri zomwe zalembedwa mu bukuli zakhudza zochitika za moyo zokhudza munthu payekha. Choncho magulu agwire ntchito ndi otsogolera amene ali omasuka kukamba za zochitikazi, akhale odziwa kugwira ntchito bwino ndi achinyamata, ndipo amalimbikitsidwa ndi mabungwe awo kapena anthu ogwira ntchito zina. Otsogolera ali ndi udindo wopangitsa anthu pamalo akhale omasukirana komanso opatsana ulemu: malo omwe achinyamata akhoza kumasuka mkunena ndikuphunzira pa zomwe anakumana nazo ndikutsutsana ndizikhulupiliro zokhudza kugonana komanso uchembere zomwe akhala nazo kwanthawi yayitali, nkhanza, kusiyana kwa amuna ndi akazi, ndi kukhala mamuna. Otsogolera akhalenso ndi ukadaulo wothetsa kusagwirizana komwe kungakhalepo.

Ndikofunika kuti otsogolera akhale ozindikira za kusiyana kwa amayi ndi abambo, komanso zokambirana zachikhalidwe ndi umoyo zomwe zili mumaphunzirowa. Ngati mbali ya maphunziro awo, otsogolera adutse mu ndondomeko yodziunikirapo okha pazomwe anadutsamo ndizomwe amakhudzika nazo pa nkhani ya kusiyana kwa amuna ndi akazi, kukhala mamuna, ndi zokhudza kugonana ndi uchembere.

Chonchoso, otsogolera akhale omvetsetsa ndi okhudzika ndi omwe akutengapo gawo. Otsogolera akhale atchelu kukuthekera kotengapo gawo akhoza kufuna kukumana nawo padera osati ngati gulu ndipo mu nyengo zina, akhoza kufunika kuwatumiza kwa akatswiri ndi alangizi.

Maphunziro amimagulu amakhala ophatikiza amuna ndi akazi, koma maphunziro ena amafunika kuwagawa kuti amuna ndi akazi akhale mumagulu paokhapaokha. Kodi mkofunika kukhala

ndi otsogolera wachimuna ndi gulu la anyamata okhaokha? Munyengo zina, anyamata amafuna kukhala ndi owatsogolera wamimuna yemwe angawamvetsera ndikuwayimirira ngati wowalimbikitsa ndi womutsata. Komabe, umboni waonetsa kuti ukadaulo wa otsogolera – kuthekera kosonkhanitsa gulu, kumvetsera, ndikuwalimbikitsa – ndikofunika kwambiri kusiyana ndikuti munthu ndi mamuna kapena mkazi. China cholimbikitsidwa ndikukhala ndi otsogolera wamimuna komanso wamkazi kuti zionetsele kuthekera kogwira ntchito limodzi komanso kulimbikitsa kufanana komanso kulemekezana. Komabe, sizimatheka nthawi zonse kukhala ndi otsogolera kudutsa pa m'modzi kapena mgwirizano wa anthu awiri, choncho ndikofunika kuphunzitsa anthu awukatswiri ochuluka nthawiyo isanafike omwe akufuna, ali opezeka, ndinso ali ndikuthekera kotsogolera maphunziro a gulu.

NTCHITO YA OTSOGOLERA

Ngati otsogolera, uli ndi ntchito yofunika kwambiri yoti uchite. Funsani mafunso oti muwamvetsetsa bwino omwe akutengapo gawo ndikuwathandiza kuti aganizirepo mozama. Kumbukirani: sindinu kwatswiri wa kusiyana kwa amuna ndi akazi kapena wazogonana ndi uchembere ndi maufulu. Simukuyenera kukhala ndi mayankho onse. Ntchito ya otsogolera ndikupangitsa achinyamata pamalo kukhala omasuka kugawana ndikuphunzira kwa wina ndi mzake.

Maphunziro ambiri ndi olukana komanso okhudza. Mukuyenera kuonetsetsa chimasuko cha omwe akutengapo mbali. Munyengo zina, muyenera kuwatumiza anthu kwa akatswiri pankhaniyo kapena alangizi. Ndikofunika kuwonetsetsa bwino pazochitika zeni zeni za moyo wa anthu amugulu ndikumvetsetsa kuti akhoza kukumana ndizotchinga kapena zoopsa pomwe akufuna kusintha.

Kumbukirani, kusintha kaonedwe ndi chikwalidwe ndi ndondomeko yayitali. Kutengapo mbali mumaphinzirowa sizikutanthauza kuti pakhala kusinthika kwa achinyamata komanso maubwenzi nthawi yomweyo. Ndichiyambi cha ndondomeko yolimbikitsa kusinthika kwa munthu payekha.

Litengeni gulu lonse mwandondomeko. Funsani mafunso andondomeko kapena owapangitsa omwe akutengapo mbali kuganizirapo mozama. Awa simafunso omwe munthu akhoza kungoyankha kuti “eya” kapena “ayi” ndipo akhale osakondera mbali.

MOMWE MUNGATSOGOLELERE MOPAMBANA⁶

Onetsetsani kuti malo okumana ndi otetezedwa komanso osapondeleza:
Ndikofunika kuti gulu likhale pamalo omwe aliyense akumva kutetezedwa komanso kumasuka. Otsogolera ndi otengapo gawo akhale muzungulira pazokambirana kuti alimbikitse kuyankhulana komanso kufanana.

Limbikitsani malamulo a gulu:

Funsani otengapo gawo kuti agwirizane zochita (izi zimadziwika kuti “malamulo a gulu”) ndipo onetsetsani izi zikutsatidwa nthawi yonse yamaphuniziro. Zofunika kwambiri pa gulu ndi kumvetsera kwa ena komanso kuwapatsa ulemu (mwachitsanzo, osayankhula pamene ena akuyankhula ndikumayankhula zamwano kapena kuyankhula pa foni); mwachinsinsi; ndi motengapo gawo aliyense.

Osaweluza:

Kumbukirani: mulipo kuti mutsogolere kukambirana ndikuunikira. Ntchito yanu sikuphunzitsa kapena kulanga munthu. Khalani ochezeka ndi okambika kwa otengapo

gawo. Khalani ozindikira malire a mphamvu zanu – pewani mchitidwe oweluza ndiwolamula. Osakakamiza mamvedwe ndi maganizo anu pa gulu.

Limbikitsani kutengapo mbali:

Onetsetsani kuti otengao mbali onse akupatsidwa mwayi oyankhulapo. Onetsetsani kuti asamayankhule munthu m'modzi yekha kapena kuoonetsa kuti anthu ena sangapereke maganizo awo.

Khudzani mavuto a otengapo gawo:

Ngati otsogolera, mukhoza kugwiritsa ntchito gulu kuti likapereke mayankho kumavuto amene aliyense akukumana nawo payekha payekha. Funsani gulu, “Mukuona ngati vuto ili ingathetsedwe bwani?” kapena, “Alipo anakumanapo ndi vuto ngati limeneli? Munatani?”

Dziwani kopezeka akatswiri ndipo atumizeniko ena:

Otengapo gawo ena akhoza kufuna kukambirana nkhani yapaderadera, pezani zambiri zokhudza nkhanayo, kapena pezani thandizo kunja kwa gulu, kapena akhoza kufunika kukumana ndi katswiri. Ngati otsogolera, mukhale odziwa komwe mungawatumizeko otengapo gawowo ngati zingafunike kutero.

Thetsani kusagwirizana mwa ulemu:

Ngati papezeka kusagwirizana pa gulu, kapena ngati otengapo gawo wina wapereka dandaulo lakusalidwa, kumbutsani otengapo gawo za malamulo a gulu ndipo onetsetsani kuti aliyense akuzitsata nthawi zonse. Komanso funsani ena mu gulumo kuti alowebelepo potetsa vutolo. Funsani gulu kuti lipereke maganizo awo pa funso lomwe lafunsidwa kapena momwe angafunile kuti vutolo lithetsedwele. Ngati mkofunika kutero, mukhozanso kuyankhapo mwachidule kuti muthetse kusamvetsetsana

Yamikirani kuona mtima komanso kumasuka

Limbikitsani otengapo gawo kukhala owona mtima komanso omasuka. Asaope kuyankhulapo pa nkhani zolawula powopa kusekedwa ndi amzawo. Thokozani anthuwo ponena nkhani zawo. Osakakamiza aliyense kutengapo mbali pazochitikazo.

Limbikitsani kuyenda yenda komanso kukambirana:

Onetsetsani kuti pali kuyenda yenda kuti otengapo gawo akhalebe ochangamuka, atchelu, komanso osangalatsidwa. Gwiritsani ntchito masewera olimbitsa thupi, monga kuimba kapena kuvina, mkatikati mwazochitika kuti muwapangitse otengapo gawo kukhala muzokambiranazo.

Gwiritsani bwino ntchito nthawi yano:

Tsatani nthawi. Ganizirani tchelu la otengapo gawo ndi zochita zawo zina

Chiwerengero cha gulu chikhale choyenera:

Kuti gulu likhale lotetezedwa komanso kuti pakhale kupatsidwa mpata mofanana, chiwerengero cha gulu chisadutse 15. Anthu 7 ndiokwana kuti aliyense akhale ndi nthawi kuyankhulapo ndikumvetsedwa. Magulu ocheperako ndiolimbikitsidwanso.

Samalani za otengapo gawo omwe alipo:

Ngati otengapo gawo ena sakubwera, dzikumbutseni nokha kuti musamale za omwe akubwera osati omwe asakubwera. Ingakhale kuti kwabwera otengapo gawo m'modzi yekha, samalani za iyeyo ndipo dzikumbutseni kuti kukambirana naye bwino za moyo wake ndi maubwenzi zikhosha kumupindulira kwambiri iyeyo ndi banja lake. Akhozanso kukawalimbikitsa amzake kubwera pa mkumano wotsatira.

Osathamangitsa phunziro:

Uku kukhoza kukhala koyamba komwe otengapo gawo akumva ndi kuganizira za zomwe mukukambiranazo. Yambani mwapang'ono pang'ono kuti otengapo gawo akhazikike muzokambiranazo ndikulimbikitsa kukhulupirana mu gulu.

Mvetsetsani magawo olawula:

Zokambirana zambiri zikukhudza nkhani zolawula. Khalani omasuka kugwiritsa ntchito zitsanzo zakunja kwa komwe mukupangira nsonkhano, ngati mkotheke, kuti muwatalikitse nayo nkhaniyo.

Khalani ndunji pazokambirana:

Ngakhale zokambirana ndizoloredwa, komabe khalani ndi lamulo lomapatula kapena kusunga pambali zokambirana zophonyana ndi mutu. Lembani mau akuti “banki” kapena “posungirapo” pa pepala ndipo chimateni pakuti aliyense azichiona mchipindamo. Lembani zokambirana zomwe zikuphonyana ndi mutu kuti gulu libweleremo kanthawi kena. Ngati pali chiopsezo choti mutuwo ukuwaputa otengapo mbali ena kapena kuwavulaza, mukhoza kupezerapo mwayi posunga pambali zokambirana zimenezonso.

MA GEMU NDI MASEWERO OLIMBITSA THUPI

Ma gemu amapangidwa kuti abweretse mphamvu ku gulu makamaka pomwe mwakhala mukukambirana mitu yolaula kwanthawi yayitali. Amasangalatsa komanso kuchenutsa. Ndikolimbikitsidwa kupanga masewero olimbitsa thupi pochoka ku buleki kapena mkati kati mwa zochitikazo. Awuzeni ena mu gululo kuti abweretse masewero awo olimbitsa thupi. Onetsetsani kuti ma gemu akhale ogwirizana ndi chikhalidwe - mwachitsanzo, osabweretsa gemu yofunika kukhudzana ngati kukhudzana pakati pa amuna ndi akazi mkosaloredwa phokoso pomwe nthawi yawo isanafike. Amene wapewa kuseka mpaka kumapeto kwa gemu wapambana .

Kukuwa

Anthu ayang'ane pansi atakhala mozungulira. Otsogolera anene kuti “mitu m'mwamba,” ndipo aliyense ayang'ane m'maso mwa mzake. Ngati anthu awiri omwe akuyang'anana akuwa, onse ndekuti alephera. Pitirizani mpaka womaliza.

Ha. Ha

Akhazikeni onse osewera mozungulira. Awuzeni onse osewera kuti akhale chete komanso asaseke nthawi yonse masewerawo akupangidwa. Sankhani munthu m'modzi kuti ayambitse gemu. Anene “Ha” kamodzi. Osewera waima pambali pakepo anene mau akuti “Ha” kawiri. Polondola izi, osewera wachitatu anene “Ha” katatu. Pomwe masewera akupitirira, chotsani osewera aliyense amene waseka kapena wapanga phokoso pomwe nthawi yawo isanafike. Amene wapewa kuseka mpaka kumapeto kwa gemu wapambana.

Tiyeni tisunthe

Awuzeni anthu amugulu kuti ayime. Awuzeni kuti agwedeze dzanja lawo la manja, kenako la manzere, kenako mwendo wa manja, kenakonso mwendo wa mamzere. Tsopano awuzeni osewerawo kuti muwerenga ka 10 pomwe iwo akugwedeza ziwalo zawo. Agwedeza dzanja lawo la manja ka 10, kenako la manzere ka 10, kutsatana ndi mwendo wa manja ka 10, ndi mwendo wa mazere ka 10 – mukhoza kuwerenga mokuwa kwa zonse (kuchoka 1 kufika 10). Osewerawo akagwedeza ziwalo zawo ka 10, bwerezaniso ndondomeko yonse koma tsopano werengani kulekeza pa 9. Pitirizani kulekeza pa 8, pa 7, mpakana osewera akumazigwedeza chiwalo chilichonse kamodzi kokha. Kutu masewerowo akome, mukhoza kumawerenga mwachangu pomwe mukusewera.

Mvura yamkuntho

Awuzeni anthuwo kuti ayime mozungulira atatseka maso. Awuzeni kuti mvura yamkuntho ikubwera. Funsani aliyense kuti atikite manja pantchafu. Kenako awuzeni kuti amenye ntchafu zawo ndi kunsonga kwa zala zawo. Awuzeni kuti apange izi molimbika. Tsopano awuzeni kuti amenye ntchafu zawo ndi manja. Yambani kumenya ntchafu zanu ndi manja mwachangu. Pakatha kanthawi, menyani mwapang'ono pang'ono, kenako mwakamodzi kamodzi, pitirizani mpaka mudutseso ndondomeko ya komwe munayambira mpakana kutakhala bata ndipo mvura yamkuntho ija itadutsa. (“Koyamba kuja, mphepo imagwedeza mitengo, kenako kamvura kocheperako, then inayamba mvura yamphamvu, kenako yamkuntho, kenako zonse zinadutsa.”)

Sipageti

Gulu likhale mozungulira koma mothina. Aliyense alowetse mutu wake pakati pa bwalo. Ndidzanja limodzi, aliyense agwire mutu wawina. Kenako pogwiritsa ntchito dzanja linalo, aliyense agwire dzanja lawina. Cholinga chake ndikulukana kosalekana. Pokwera, kukwawa, ndikudziluka luka, otengapo gawo akhoza kupanga bwalo lalikulu kapena nthawi zina, mabwalo awiri osiyana. Ngati alukana kwambiri, mukhoza kuwauza kuti akhoza kusiyana kaye dzanja limodzi mkulumikizanaso ngati munthu wawona kuti zikugwirizana. Gemuyi ndiyabwino ndipo imabweretsa kulumikizana kwabwino kwakuthupi kwa otengapo gawo. Zimaonetseranso mwapansi pansi kugwira ntchito pamodzi kuti chinachake chikakwanilitsidwe.

Ayezi wosungunuka

Ikani bulangete kapena mapepala angapo pansi. Wuzani gulu kuti liyimepo. Kenako fotokozani kuti ndi ayezi amene akusungunuka, akuchepa kwa theka mwezi uliwonse. Cholinga chawo ndikuona nthawi yayitali yomwe angaime pa ayezipo. Awuzeni kuti achoke ndikupinda bulangete pakati kapena kuchotsa theka la pepela. Nthawi zonse chepetsani malo oyimapowo kwa theka ndipo onani momwe angapezere njira zothandizirana kuti aliyense ayimebe.

Masewero olimbitsa thupi

Izi ndizosavuta pofananiza ndi zinazi. Funsani aliyense kuti atsogolele gulu pakudziwongola wongola.

Ndime

1

**Kumvetsetsa ndi
kuunguza makhalidwe
amene amamupondereza
munthu potengera
kuti iye ndi wam'muna
kapena wamkazi komanso
kuunikira zikhalidwe
zimene zidakhazikitsidwa**

Gawo lowalandira amene akutenge nawo gawo

CHOLINGA

- 1 Kukhadzikitsa ndondomeko yoti aliyense aone kuti akulemekezedwa komanso kumvetseredwa akamalankhula
- 2 Kumvetsera komanso kupanga mtsusto okhudzana ndi maudindo komanso ntchito zimene anthu amuna ndi aakazi amagwira pamalo
- 3 Kuunikira mmene ziyembekezo zimene munthu wamkazi kapena wamwamuna

ZOMWE ZITACHITIKE PAGAWOLI KOMANSO NTHAWI IMENE NTCHITOYI INGATENG

Kuwalandira achinyamatawo	Mphindi 10
Kusewera ka game kotakasa thupi	Mphindi 10
Kupanga Malamulo a Gulu	Mphindi 15
Mtsutso wa ntchito za amuna ndi akazi	Mphindi 30

MAOLA 1.5

ZIDA



Pepala lalikulu limodzi mutamata pakhomu lolembedwa "TAKULANDIRANI"



Mapepala awiri a A4 ndipo pa pepala limodzi lembani nkhope yosekerela pena nkhope yokwiya



Silotepe kapena chilichonse chingangakuthandizeni kuti mupachike mapepala paliponse mungasankepo



zolemba za mtundu wama pentamarkers owala bwino



MFUNDO ZOKOMZEKERA

Ili ndi gawo loyamba lomwe mukuchita ndi gulu lanu. Ndikofunika kulankhula modekha, kulankhula mwachikoka moti ana aja amve kuti afika malo abwino ndipo akhoza kumasukilana nawe mu zokambitsanazi. Kutu musaononge nthawi, pangani zotsatirazi:

- Matani mapepala awiri a A4 pali nkhope yosekerela pena nkhope yokwiya ija mbali ziwiri zamkalasi mwanumo
- Ma desk onse kapena matebula ayikidwa kukhoma la kalasilo ndipo ngati malo ndiochepa kawasiyeni panja, kenako tengani mipando pa bwalo mozungulila kuti nonse muzionana (ngati mipando palibe ingokhalani pansa pa bwalo mozungulila)
- (Mukhoza kupanga kapena ayi) Imbani kanyimbo koseketsa kapena kayaziya kuti aliyense athe kumasuka musanayambe zokambitsana zanu

Tsatani ndondomeko iyi:

KUWALANDILA (MPHINDI 10)

- 1 Imani pakhomu ndipo alandireni anawo akamalowa mwansangala. Ichi chimaonetsa kuti anawo mukuwalemekeza komanso zimakuthandizirani inuyo ngati otsogolera kuti muone mmene anawo akumvera – kodi ndi okondwa kapena ayi, kodi akuoneka otopa kapena ayi patsikulo ndipo izi zimathandiza kuti muone mmene tsikulo mungaliyambire.
- 2 Nthawi yoyamba ikakwana, auzeni akhale mumipando or pansa pa bwalo mwakonza lija.
- 3 Ngati pali nthawi (komanso nzofunikila chifukwa ili ndi tsiku loyamba)pangani ka enegiza kobeba kuti ana aja akondwe komanso amasuke kwathunthu
- 4 Alandireni achinyamatawa pofotokozera cholinga cha zochitikazo

Lankhulani mawu awa

Takulandiani, ndipo ndikuthokozani chifukwa chobwera kwanu! Mudapemphedwa kuti mubwere kumisonkhanoyi chifukwa ndinu a standard 6 komanso a pakati pazaka 10 komanso 14. Mukukumana kwathu, tidzikambirana za zinthu zambiri zosangalatsa monga kuti kodi kukhala mnyamata ndi mtsikana mudera mwathu zimakhala bwanji, za maubale amene timapanga, zomvaimva mmoyo wathu ndi zina zambiri. Cholinga cha magawowa ndikukuthandizani kuti mukhale ndimoyo wathanzi komanso wokondwa. Mubwera kumisonkhanoyi kwa milungu 12. Kodi alipo aliyense ali ndi mafunso pa zomwe ndafotokoza?

- 5 Afunseni ophunzira kuti aliyense atchule dzina lawo ndi zaka zawo komano muyambitse ndinu kutchula dzina komanso zaka zanu.
- 6 Thokozani aliyense akamaliza kudzitchula maina awo

KUSEWERA KA GAME KOTAKASA THUPI - MU BWATO LANGA (MPHINDI 10)

- 7 Awuzeni ophunzira kuti tsopano asewera kagemu. . Fotokozerani kuti cholinga cha kagemuka nkuti tonse tidziwane bwino.
- 8 Uzani aliyense kuti aimilire ndikupanga bwalo.

- 9 Fotokozerani kuti mmodzi ndi mmodzi, ophunzira angathe kupita mkati mwa bwalolo nkunena kuti “Muli m’chombo changa ngati ...” ndikumaliza mawuwa pofotokoza chinachake chokhudza iwowo. Ngati wophunzira angagwirizane ndi chomwe wanena wina uja akuyenera kuyenda sitepe imodzi kulowa mbwalo muja koma ngati angati ayi sakugwirizana ndichimene wanena wina uja اساسunthe akhale pa line pamene ali. Kenako aliyense kaya wasuntha kaya sanasunthe azibwerela pa line ya bwalo lija munthu wina asananene chiganizo china..
- 10 Otsogolera, pangani chiganizo choyamba ngati chitsanzo. Mwachitsanzo, “Muli m’bwato langa ngati tsiku lanu lobadwa liri my January”.ndipo auzeni amene anabadwa mu January kuti ayende stepe imodzi alowe mbwalo muja

Kwa Otsogolera: Nazi zitsanzo zina zomwe mungagwiritse ntchito.

Yambani ndi zophwekerapo zosavuta:

Inu muli mu boti langa ngati ...

- Tsiku lako lobadwa ndi mwezi wa May
- Ndiwe wamkulu pakati pa abale ndi alongo aako
- Simukonda kudya nsima
- Umagilishika munthu akakugwira munkhwapa

Funsani zovutirako komanso zokhuzana ndi munthu payekha

Inu muli mu boti langa ngati ...

- Ngati mumaona kuti nthawi zina akuluakulu samakumvetsa
- Ngati amakopangani tizi kusukulu munjira zosiyana siyana kapena kudera komwe umakhala

- 11 Malizitsani gemuyi ndi mfundo iyi, “Inu muli m’ngalawa yanga, ngati Ngati mumaona kuti nthawi zina akuluakulu samakumvetsa “
- 12 Mwetulirani ndi kuyamikira aliyense chifukwa chotenga mbali ndikuwapempha kuti akhale pansu.
- 13 Auzeni kuti gululi lisanduka malo oti azitha kukambirana nkhani ngati zimenezi komanso momwe angakonzekerere ngati anyamata ndi atsikana pamene akusinthana nkudzakhala munthu wamkulu

MALAMULO A GULU (MPHINDI 15)

- 14 Fotokozani kuti gululi lidzakhala malo otetezeka komwe nkhani zachinsisi komanso maganizo awo. Munthu wina akamafotokoza nkhani yake tiitenge ngati ndi mphatso ku gulu. Pachifukwa ichi, tiyenera kupanga malo otetezeka omwe aliyense azisangalala ndikugawana mphatsozi.
- 15 Papepala latsopano, lembani ‘Malamulo a gulu’
- 16 Funsani gulu kuti ndi zinthu ziti zomwe ziyenera kukhala mu mgwirizano wa Gulu kupanga malo otetezeka. Perekani zitsanzo zochepera (onani bokosi ili m’munsimu).

Zitsanzo

- Adziankhula munthu mmodzi panthawi - Pamene wina akulankhula, aliyense ayenera kumvetsera
- Chinsinsi - Zomwe zanenedwa mu gulu, zizakhala kugulu konkuno.
- Sinthanani nsapato - ziikeni munsapato ya winayo ndipo lemekezani mmene munthu winayo akuganizira
- Kusasiyana - aliyense mu gulu ali ndi liwu komanso ufulu wolankhula, tifotokozereni maganizo anu komanso thandizirani gulu
- Sangalalani pa magawo onse 12

- 17** Pezani mndandanda wautali mpaka gulu litasowa mfundo zina .
- 18** Ngati pali nthawi, aliyense alembe dzina lake pa mgwirizano wa gulu kuti asonyeze kudzipereka kwawo kuti asunge malamulowa bwino.
- 19** Awuzeni kuti mgwirizano kapena malamulo apangidwawa, adzakhalapo kufikira mapeto a magawo onse a gululi.

MTSUTSO WA NTCHITO/MAUDINDO A AMUNA NDI AKAZI (MPHINDI 30)

- 20** Uzani aliyense kuti ayimilire pakati pa chipinda
- 21** Lozani mapepepala aakulu (flip chat) omwe munapachika kuzungulira chipindacho. Fotokozani kuti tsopano muziwerenga ziganizo zosiyana siyana. Mukatha kuwerenga chiganizo chilichonse, iwo ayenera kusankha ngati akugwirizana ndi mawuwo kapena sakugwirizana. Ngati agwirizana ndi chiganizochi adzalowera kumbali ya chipinda komwe kuli ka munthu kosekerela kaja ndipo ngati sagwirizana nazo iwo azalowera kumbali ya chipinda kuli kankhope kokwiya kaja. Kutu gawo ili likome kwambiri, nkhope yokwiya komanso yasekerela muipatse dzina..
- 22** Poyesedzera, pelekani chitsanzo ichi “Aliyense ayenera kudya kamodzi patsiku.” Kodi mukugwirizana nazo kapena ayi?
- 23** Funsani aliyense kuti apite kumbali ya chipinda chomwe chikuyimira yankho lawo.
- 24** Ngati kuli kofunikira, chitani chitsanzo chimodzi chokha musanapitirire ku mtsutso wa ntchito kapena maudindo a mwamuna kapena mkazi.

Mtsutso wa ntchito/maudindo a amuna ndi akazi

- Amuna ayenera kukhala atsogoleri apabanja kapena pakhomo .
 - Udindo waukulu wa amai ndi kusamalira pakhomo ndi banja
 - Amuna enieni samalira
 - Ndi udindo wa msungwana kupewa kutenga mimba
- 25** Werengani chiganizo choyamba. Apatseni mphindi zochepa kuti aganizire za mawuwo asanasankhe mbali.
- 26** Pamene akusankha mbali, uwawuzeni kuti palibe yankho lolondola kapena lolakwika.
- 27** Aliyense atasankha mbali, funsani odzipereka ochepa kuti afotokozere maganizo awo kuti asankhiranji kuti akugwirizana nazo kapena ayi.

- 28 Ngati wotsogolera, musanenepo maganizo anu, inu muzingomvetsera. Tcherani khutu ku mayankho mmene akubwerela kuti muone ngati nyamata onse akuyankha munjira imodzimodzi komanso ngati atsikana nawoakuyankha mofanana ngati kapatteni? Mukaona kuti onse akufanana, afunse kuti zili choncho chifukwa chani



LANGIZO KWA OTSOGOLERA:

Ngati ophunzira amasuka kwambiri pazokambirana,(sizilephera) ndipo akulankhula onse pakamodzi kapena wina aakukweza mau kumuposa mnzake amene akulankhulanso, ziwakumbutsani za mgwirizano wa Gulu. Mukhoza kutenga pen kapena marker kuimilira maikolofoni. Ndicholinga choti yekhayo yemwe ali ndi maikolofoni akhoza kulankhula nthawi imeneyo ndipo onse amumvetsere.

- 29 Pambuyo poti mbali iliyonse yanena maganizo awo, funsani ngati wina angakonde kusintha mbali..
- 30 Funsani aliyense kuti abwerere pakati pa chipinda. Werengani chiganizo chotsatira.
- 31 Bwerezani ndondomekoyi (malingana ndi nthawi) mpaka ziganizo zonse zofunikira zawerengedwa.
- 32 Funsani aliyense kuti abwerele nakhala pansa pa bwalo lanu liza.
- 33 Funsani ochepa odzipereka kuti afotokozere momwe amamverela mmene amachita zochitikazo. Kodi amamva bwanji mumtima mmene amamvetsere ena omwe amene anali ndi maganizo osiyana ndi iwo? Nchiyani chinawadabwitsa iwo pazochitika zimene amakambitsanazi?
- 34 Tsekani ntchitoyi ndi uthenga wofunika ndikuwapatsa chochita choti akapange kunyumba. Ndipo akazabwera ku session yinayo adzafotokoza mmene ntchitoyo itakayendere kunyumbako.
- 35 Auzeni kuti apa nde pamthero atsiku la lero, athokozeni chifukwa chobwera kugululu, ndikuti mukumana nawonso sabata yamawa.



UTHENGA WOTI ATENGE/ WOFUNIKILA

Ndi bwino kukambirana maudindo a abambo ndi amai. Zimatithandiza kupeza malingaliro atsopano momwe anthu ena amaganizira za zinthu izi. Tipitiriza kukambilana malingaliro awa mumasession osiyana siyana otsatira..



NTCHITO YOTI AKAPANGE KUNYUMBA

Mukamufotokozera mnzanu kapena munthu wamkulu yemwe mumadalirai chinthu chimodzi chomwe mwaphunzira kuchokera ku session ya lero zokhuzana ndi maudindo a amai kapena abambo kudera kwanu. Nde mukawamve kuti iwowo akuganiza kuti maudindo wa amai kapena abambo ayenera kukhala ati?

Ndine yani? Ndinu ndani?

CHOLINGA

- ❶ Kuphunzira mmene achinyamata amaganizira za maudindo a munthu wamkazi kapena wamwamuna komanso zikhulupirilo zimene zidakhazikitsidwa mkati mwao akaona munthu

NTHAWI

MAOLA 1.5

Kuwalandira achinyamata	Mphindi 10
Gawo 1 – Kuyankha mafunso pogwiritsa tchito chida cha chikwapu/whip	Mphindi 30
Gawo 2 – Kuzijambula ndekha!	Mphindi 30
Kusewra ka game kotakasa thupi	Mphindi 5
Kumbitsana pa Gulu	Mphindi 15-20

ZIDA



Mapensulo okwanira / zolemba za aliyense mu gulu



Ntchito yolembe ilikumapeto-onetsetsani kuti mwabweretsa mapepala okwana amwana wina aliyense



MFUNDO ZOKOMZEKERA

Padzakhala zokambirana zambiri zokhudza maudindo a amuna ndi akazi mu gawo lino. Limbikitsani ophunzira kuti alankhule mwa iwo okha m'magulu ang'onoang'ono kapena awiriawiri. Ngati pakufunika, akumbutseni za malamulo a gulu ncholinga choti aliyense amve kufunidwa komanso kulemekezedwa. Limbikitsani aliyense kulankhulapo olo katakhala kamodzi. Ena mugulumu amafuna kulimbikitsidwa mwapadera komanso amafuna nthawi yathu (attention ena amanongono kumene pitani mukawamvetsetse) kuposa ena. Panthawi iliyonse pamsonkhanowu mukamawona ophunzira akuyang'ana zoboweka kapena kuti atopa, pangani ka enegiza kuti mphamvu zibwerele.

Ndondomeko

KUCHEZA (MPHINDI 10)

- 1 Landirani aliyense wagululo, Kumbukirani kumwetulira ndikumpatsani moni aliyense pakhomu pamene akufika.
- 2 Akumbutseni kuti mu gawo lomaliza iwo anapatsidwa ntchito yokachita kunyumba. Afunseni ochepa odzipereka kuti afotokoze momwe ntchito yawo yakunyumba inuyendera.
 - Kodi amamva bwanji mmene amagwira ntchitoyi?
 - Kodi anthu ena analankhula kuti bwanji motsutsana nawo kapena kugwirizana nawo?

GAWO 1: CHIKWAPU (MPHINDI 30)

- 3 Fotokozani kuti mu gawo lapitali mudakambilana za maudindo amuna ndi akazi kudera kwanu. Funsani ngati wina akukumbukira uthenga wofunika kuchokera pa gawoli. Akumbutseni, ngati kuli kofunikira. Fotokozani kuti gawo la lero likupitiriza kukambirana. kuchokera pamene paja
- 4 Pogwiritsira ntchito chida chotchchedwa “chikwapu”, funsani achinyamata kuti apereke mayankho awo mofulumira kumafunso otsatirawa mozungulira circle. (Akayankha amene wayandikana naye iweyo, dziwa kuti uyankha funso linalo ndiweyo ndipo mafunsowa akuyenera aziyenda mwachangu change mmene chikwapu chimagwirila ntchito)

Atsikana samakonda anyamata omwe ... ”

Atsikana samakonda atsikana omwe ...

Anyamata sakonda atsikana omwe ...

Anyamata sakonda anyamata omwe ...
- 5 Pambuyo pa mutu uliwonse, kambiranani za kufanana ndi kusiyana kwa mayankho.
- 6 Mutatha kudutsa ziganizo zonsezo, funsani ochepa odzipereka kuti afotokoze momwe amamverera mukuchita ntchitoyi.

GAWO 2: KUZIJAMBULA NDEKHA! (MPHINDI 30)

- 7 Gawani mapepela omwe ali kumapeto kwa gawo lino komanso mapepala ndi pensulo mwabweretsa aja ku gulu

- 8 Fotokozerani zomwe akuyenera kuchita. Funsani ophunzira kuti amalize ziganizozo. Ndiye akuyenera kujambula kuti asonyeze zomwe akuganiza kut ndizabwino kwambiri kukhala mtsikana kapena mnyamata. i
- 9 Auzeni kuti simutenga zomwe akujambulazo pomaliza. Izi ndizoti mugwiritse ntchito nokha..
- 10 Pambuyo pa mphindi 10, fotokozani kuti adzabwerera kubwalolo.
- 11 Aliyense apezere munthu ndipo amufotokozere zomwe wajambula
- 12 Have at least two boys and two girls share their drawings and sentence completions.



ENEGIZA! (MPHINDI 5)

Mwamsanga funsani odzipereka mmodzi kuti atsogolere nyimbo kapena kuvina kothandiza kuti aliyense akondwe komanso atenge mphamvu zina.

MAFUNSO OKAMBIRANA (MPHINDI 15-20)

- 13 Kambiranani za mafuso awa:
 - Kwa anyamata: Kodi mumamva bwanji mmene mumamvetsera atsikana akufotokoza zokhuzana ndi zithunzi zawo?
 - Kwa atsikana : Kodi mumamva bwanji mmene mumamvetsera anyamata akufotokoza zokhuzana ndi zithunzi zawo
 - Kodi mwawona kusiyana pakati pa zithunzi zimene ajambula atsikana ndi zithunzi za anyamata? (Mwachitsanzo, tchulani ngati mwaona kuti anyamatawa ajambula magalimoto akuluakulu ndi atsikana ajambula miphika).
 - Kodi zikhulupirilo zokhuzana ndi mmene munthu alili ndi chani (what are gender stereotypes)?



OTSOGOLERA

Chikhulupiriro chakuti onse anyamata kapena atsikana akuyenera kuganiza mofanana komanso kupanga zofanana.

- Kodi zikhulupirilo zimenezi zimavulaza/kuwalakwira motani atsikana?
 - Kodi zikhulupirilo zimenezi zimavulaza/kuwalakwira motani anyamata?
 - Tingachite chiyani titamamva wina akunena za ife ngati atsikana kapena anyamata kuti tonse ndife otere kapena timapanga zotere (azimai sayendetsa bwino galimoto, or anyamata onse ndi opanda anzeru?
14. Thokozani aliyense pobwera kachiwiri, ndipo tsekani ndi uthenga wapadera ndi ntchito yokachita kunyumba



KUTHENGA OFUNIKIRA

Musamawasamale mauthenga omwe amati, “Atsikana sangathe kupanga ichi” kapena “Anyamata sangathe kupanga ichi”. Atsikana ndi anyamata angathe kuchita chilichonse chomwe akufuna kutengera ndimene iwowo azikonzekeretsera. Ndizotheka



NTCHITO YAKUNYUMBA

Taganizirani zonse zomwe mukufuna kuchita, koma simuloledwa kuchita chifukwa ndinu mnyamata kapena mtsikana. Nchifukwa chiyani mukuganiza kuti simungathe kuzichita? Bwerani wokonzeka kuti muzathe kufotokozero maganizo anu pankhaniyi mu session ya mawayi.

Gawo 2

Ndine yani? Ndinu ndani?

Kwa Anyamata

Ndimadana nazo anthu akamanena kuti:

Anyamata ndiwo _____

Anyamata samayenera _____

Anyamata ayenera _____

Anyamata sangathe _____

Anyamata asama _____

Chinthu chabwino kwambiri pokhala mnyamata ndi _____

Gawo 2

Ndine yani? Ndinu ndani?

Kwa Atsikana

Ndimadana nazo anthu akamanena kuti::

Atsikana ndiwo _____

Atsikana samayenera _____

Atsikana ayenera _____

Atsikana sangathe _____

Atsikana asama _____

Chinthu chabwino chokhala msungwana ndi _____

Gawo 3

Ili ndi Gawo la gulu losakanizana

Kupanga zinthu onse Panthawi Yimodzi

7

CHOLINGA

- ① Kuunguza komanso kuyamikira maudindo amene atsikana komanso azimayi ali nawo pankhani yosamalira ana
- ② Kukambitsana kufunika kuti ikafika nkhani yosamalira ana komanso kugwira ntchito zapakhomo, aliyense azitengapo gawo posayang'anira kuti ndinyamata kapena mtsikana

ZOMWE ZITACHIIKE PAGAWOLI KOMANSO NTHAWI YOMWE NTCHITOYI ITATENG

MAOLA 1.5

Kuwalandila achinyamata

Mphindi 10

Kuyesezela zinthu mmene zimachitika zimachitikira kudera kwathu Tonse pamozi

Mphindi 30

Kusewera ka Game kotakasa Thupi/
Energizer

Mphindi 5

Kukambitsana pa Gulu

Mphindi 30-40

ZIDA

Palibe

7 Adapted from Program M: Working with Young Women and the Gender-Equitable Men (GEM) scale.



MFUNDO ZOKOMZEKERA

Tikayamba zokambitsana zathu, mmalo mokhala pa circle, anyamata ndi atsikana amakhala ngati mmene “phala” ndi mbale yaphala zimachitira. Anyamata angokhala pabwalo palimodzi kupanga “porridge” ndipo atsikana adzakhala kunja mowazungulira kupanga ngati “mbale ya phalalo”. Mpangidwe uwu umalola atsikana kumvetsera zomwe amakambitsana anyamata, kapena anyamata kumvetsera zokambilana za atsikana. Kwa anyamata ambiri, iyi ndi nthawi yoyamba yomwe

Ndondomeko

KUCHEZA (MPHINDI 10)

- 1 Landirani aliyense, Kumbukirani kumwetulira ndikupatsani moni aliyense pakhomo pamene akufika.
- 2 Akumbutseni gulu kuti mu gawo lomaliza iwo anapatsidwa ntchito yakunyumba. Funsani ochepa odzipereka kuti afotokozere mmene ntchito inayendera.
 - Kodi amamva bwanji mmene amagwira ntchitoyi?
 - Kodi anthu ena analankhula kuti bwanji motsutsana nawo kapena kugwirizana nawo?
- 3 Auzeni kuti mu gawo la lero lino, tikambirana za maudindo a anyamata ndi atsikana pa ntchito zapakhomo.

ZONSE PANTHAWI IMODZI KUSEWERA (MPHINDI 30)

- 4 Funsani gulu, “Tonsefe timabwera kuchokera kunyumba eti?” “Tonsefe tiri ndi ntchito zoti tichite kuti tisamalire pakhomo eti.” “Timachita chiyani kuti tisamalire kunyumba kwathu?” Aloleni ophunzira kuti azifuula mayankho. Ngati muli ndi ma markers ndi flipchart, lembani maganizo awo onse amene akunena.
- 5 Nenani kuti tsopano musewera masewera oseketsa
- 6 Gawani gulu m'magulu ang'onoang'ono atatu. Perekani dzina kwagulu lililonse losangalatsa monga nthochi, malalanje, ndi nanazi.
- 7 Wuzeni gulu loyamba kuti udindo wawo ukhala kusankha kuti ndi gulu liti lomwe lili “amuna omwe ali ndikhomo ndi banja” ndipo gulu liti ndi “akazi omwe ali ndikhomo ndi banja.” Kenako gulu ilili likuyenera ichokepo kaye lipite panja ndicholinga choti magulu awiri aja athe kukambitsana nkukonzekera (kupanga ma rehearsal akuyesezera kwao zomwe amuna amapanga kapena zomwe akazi amapanga kudera kwao)

LANGIZO KWA OTSOGOLERA

Ngati mulipo awiri, funsani kuti mmodzi apite limodzi ndi gulu loyamba kuti akasewere nawo kapena kuti akapitilize kuwafotokozereni udindo wawo.

- 8 Kenaka Apatseni magulu awiriwa ntchito yawo.
- 9 Ask the two groups to imagine themselves in their role:
 - To the group role-playing “women with a home and family”: What do women do to take care of the home and family from the time they wake up until the time they go to sleep?

- To the group role-playing “men with a home and family”: What do men do to take care of the home and family from the time they wake up until the time they go to sleep?
- 10 Awuzeni kuti sakuloledwa kulankhula, azingoyesezera ntchito zones mmene amazionera kudera kwao kapena kubanja kwao. .
 - 11 Awuzeni magulu awiri oyambirira kuti apite kumbali zazing’ono za chipinda nde muwauze kuti muzitchula nthawi zosiyana za tsiku –monga mmamawa, masana. madzulo, usiku ndipo ayenera kuchita mwakachetechete ntchito yomwe amuna kapena aakazi amakhala akuchita panthawi imeneyo. (Ngati sakudziwa kuti awaamapanga chani azingoyima) Apatseni mphindi ziwiri akakonzekere ma drama awowo
 - 12 Funsani gulu lachitatu kuti lilowe.
 - 13 Uzani magulu awiri aja apite mbali ziwiri zosiyana za class lija ndipo uzani onse kuti muzitchula nthawi mmene tsiku limakhalira ndipo akuyenera azichita zomwe mbali imene atenga imachita panthawi imeneyo kunyumba kwao.
 - 14 Awuzeni gulu lachitatu kuti ntchito yawo ndikumvetsera zofanana ndi kusiyana pakati pa masewerawa awiriwo..
 - 15 Fuulani nthawi zosiyana za tsiku: Mmawa, Madzulo, Madzulo, Usiku.
 - 16 Funsani aliyense kuti akhale pansu mu bwalo.
 - 17 Funsani gulu lachitatu kuti anene kuti gulu lomwe limasewera azibambo ndi gulu lomwe likusewera ndi azimai ndi liti. . Kodi adadziwa bwanji yemwe anali mzibambo kapena mzimai?

ENERGIZER (MPHINDI 5)

Onetsetsani kuti palibe mipando yopanda kanthu mu bwalo lanu. Sankhani zipatso zitatso munga nthochi, malalanje, ndi mananasi. Aliyense dzina la zipatso. Imani pakati pa bwaloli nkuti, “Ndipita ku msika ndipo ndikugula _____” ndikutchula chipatso. Anthu onse omwe ali ndi dzina la chipatso chimenechi adzayenera kuthamanga ndikupita kukhala pa mpando wina kuphatikizapo inu. Munthu yemwe alibe mpando adzatenga malo anu ndikubwezeretsanso masewerawo ponena kuti, “Ndikupita ku msika ndipo ndikukagula _____.” Pitirizani pitirizan mmene mungafunire malingana ndi nthawi..

ZOKAMBITSANA PA GULU (MPHINDI 30)

- 18 Funsani aliyense kuti akhale pamipando yawo, koma ngati “porridge”. Awuzeni anyamatawo kuti akhale circle yamkati ngati “porridge”, pamene asungwanawo akhale mozungulira anyamatawo ngati “mbale”yakunja
- 19 Musanayambe, kumbutsani onse za Mgwirizano wa Gulu. Makamaka, funsani asungwana kuti akhale tcheru ndi “makutu awo, koma pakamwa patsekedwa.”
- 20 Funsani anyamata kuti afotokoze maganizo awo pa mafunso otsatirawa:
Ngati wina sakufuna kulankhulapo kanthu, musamukakamize.
 - Ndi chiyani chimene chinakuchititsani chidwi kwambiri ndi masewerowa?
 - Ndani adakuphunzitsani (kapena, munaona kuti) kuti kusamalira panyumba ndi ntchito ya akazi? Zitsanzo:
 - Kunyumba: Makolo amauza atsikana kuti akolope pamene anyamata akusesa pabwalo.
 - Kusukulu: Atsikana amasesa makalasi pamene anyamata akukumba maenje.

- Kuchokera kwa azinzanga: Anzanga amakubutsa/kukunyoza ngati ndinu mnyamata amene mumakonda kuchita ntchito za atsikana.
 - Mukuganiza kuti atsikana amamva bwanji akamagwira ntchito zambiri zosamala panyumba ndi kulela ana kuposa anyamata?
- 21** Atatha anyamatawa, ayang'aneni mmaso ndikuwathokoza chifukwa chogawana nawo zimene afotokoza ndipo auzeni kuti mwaphunzira zambiri.
- 22** Kenaka, asinthane mabwalo ndi atsikana. Anyamata akhale kunja kwao
- 23** Musanayambe, kumbutsani anthu onse za mgwirizano wa Gulu. Makamaka, afunseni anyamata kuti asunge “makutu awo otseguka, koma pakamwa patsekedwe.”
- 24** Funsani atsikana kuti afotokoze maganizo awo pa mafunso otsatirawa:
- Ndi chiyani chimene chinakuchititsani chidwi kwambiri ndi seweroli?
 - Ndani adakuphunzitsani (kapena, munaona kuti) kuti kusamalira panyumba ndi ntchito ya akazi? Zitsanzo
 - Kunyumba: Makolo amauza atsikana kuti akolope pamene anyamata akusesa pabwalo.
 - Kusukulu: Atsikana amasesa makalasi pamene anyamata akukumba maenje.
 - Kuchokera kwa azinzanga: Anzanga amakubutsa/kukunyoza ngati ndinu mnyamata amene mumakonda kuchita ntchito za atsikana.
 - Ndi zinthu zabwino ziti zomwe zingachitike ngati anyamata ambiri angamagwire nawo ntchito zapakhomo zambiri ngati inuyo ndi kusamalira ana?
- 25** Atatha atsikana, ayang'aneni mmaso ndikuwathokoza chifukwa chogawana nawo zimene afotokoza ndipo auzeni kuti mwaphunzira zambiri.



ENERGIZER (MPHINDI 5)

Tsankhani munthu odzipoleka mmodzi amene akhoza kutsogole ka energizer kotentha

- 26** Funsani aliyense kuti abwerere ku bwalo limodzi lalikulu.
- Kwa anyamata: Kodi mwaphunzira chiyani mmene mumamvetsera atsikana akukambitsana?
 - Kwa atsikana: Kodi mwaphunzira chiyani mmene mumamvetsera anyamata akukambitsana?
 - Kodi n'zotheka kuti mtsikana athe kuwerenga, kugwira ntchito zapakhomo, ndikukasewera? Kodi ndi thandizo lanji limene iye amafunikira?
 - Facilitator take note/ otsogolera mumvetsera ichi ngati wina wngachinenepo Atsikana ena akhoza kumanena kuti akuganiza kuti mwina adzidzuka mmamawa kwambiri kuti kapena achepetse nthawi yawo yosewera ndicholinga choti azigwira ntchito alimbikitseni kuti aziganiza kuti angamawathandizeko ndi ndani ntchitozi kusiyana nkuti azionjezerenso ziphyinjo zina.
 - Kodi n'zotheka kuti mnyamata athe kuwerenga, kugwira ntchito zapakhomo, ndikukasewera? Kodi ndi thandizo lanji limene iye amafunikira?
 - Uthenga: Anyamata ena akhoza kudandaula kuti akhoza kumanyozedwa ndi anzawo ngati angayambe kumagwira ntchito zimene zimaoneka ngati za atsikana, .lifunseni gulu kuti lingatani litaona kuti mnyamata akunenedwa kuti akugwira ntchito za atsikana?
- 27** Thokozani aliyense chifukwa chotengapo gawo, tseani ndi uthenga Ofunikira ndipo apatseni ntchito ya kunyumba..



UTHENGA OFUNIKIRA

- Palibe mwana yemwe amabadwa akudziwa momwe angapangire ntchito zapakhomo ndi kusamalira ana. Ichi ndi chinthu chomwe anthu amatiphunzitsa.
- Kugawikana pakati pa maudindo oterowa nthawi zambiri umapweteketsa atsikana chifukwa sakhala ndi mwayi womwe anyamata amakhala nawo.
- Amuna ndi anyamata angathenso nawo kuphunzira kusamalila ana ndi kugwira ntchito zapakhomo, ndipo azichita bwino kwabasi.!



NTCHITO YAKUNYUMBA

Kwa anyamata: Auzeni makolo anu chinthu chimodzi chimene mungakonde kuti muthandizire panyumba, kaya mukuthandizira kuphika kapena kukukonza pakhomo. Funsani ngati zingakhale zotheka kuti muyambe kuchita chinthucho sabata yomwe ino

Kwa atsikana: Fotokozerani chinthu chimodzi chomwe munaphunzira ndi makolo anu za kulemetsa komwe kusamalira ana komanso kugwira ntchito zochuluka zapakhomo kumabweretsa pa amayi ndi atsikana Kambiranani ndi makolo anu zomwe amalingalira pazinthu izi.

Ndime

2

**Kuchokela ku ziwawa,
nkuyamba kukhala
mwamtendere limodzi**

Gawo 4

Ili ndi Gawo la gulu losakanizana

Kuunikila nkhani⁸ yokhudzana ndi Mphamvu

CHOLINGA

- 1 Kufuna kuwathandiza anyamata komanso atsikana adziwe mochukuka nkhani zokhudzana ndi mphamvu mu ma ubale osasiyana siyana
- 2 Kufuna kuona kuipa kosiyanitsa kukhala ndi mphamvu mu maubale osiyana siyana

NTHAWI:

Kuwalandira Komanso
Kucheza Nawo

Kupanga Zionetsero za
Anthu ndi Zinthu

Kukambirana kwa Gulu

ORA 1

Mphindi 10

Mphindi 10-15

Mphindi 40

ZIDA



Mapepala a flip chart ndi ma markers

⁸ Adapted from the *Program H: Working with Young Men* session on "Persons and Things."



MFUNDO ZOKOMZEKERA

Ili ndi gawo lovutirapo pang'ono pomwe na ambiri akhoza kupereka zitsanzo za moyo wawo momwe amachitiridwa nkhanza kapena mopanda chilungamo. Akumbutseni za mgwirizano wa Gulu, makamaka zigawo za chinsinsi ndi ulemu. Mwinanso mukuyenera kukhala ndi listi ija ya malo onse amene mwana angakapezeka chithandizo ndicholinga choti muwapatse ana onse amene akuoneka kuti akufunika thandiz

Ndondomeko:

NDIKUCHEZA (MPHINDI 10)

- 1 Landirani aliyense, Kumbukirani kumwetulira ndikupatsani moni aliyense pakhomu pamene akufika..
- 2 Likumbutseni gulu kuti mu gawo lomaliza iwo anapatsidwa ntchito yakunyumba. Funsani Ochepa odzipereka kuti agawane nanu momwe inayendera .
 - Kodi amamva bwanji mmene amagwira ntchitoyi?
 - Kodi anthu ena amene amakambitsana nawo anati bwanji?

ANTHU NDI ZINTHU (MPHINDI 10-15)

- 3 Auzeni kuti lero mupanga chochitika chosketsa chonetsa mphamvur.
- 4 Auzeni aliyense kuti atseke maso ake ndi kupuma mozama. Kodi chimabwera m'maganizo awo akamva mawu oti "Mphamvu" ndichani? Kodi zithunzithunzi ziti zomwe amaziwona akamaganiziramawu oti mphamvu? Apatseni 1 miniti kuti aganizire..

Adapted from Promundo's Program H session on "Persons and Things."

- 5 Funsani ophunzira kuti atsegule maso awo ndikupempha ochepa odzipereka kuti agawane nanu maganizo awo.
- 6 Gawani ophunzira m'magulu awiri ndipo aimikeni pa line moyang' anana. Mbali iliyonse ikhale ndi nambala yofanana kuti aliyense akhale mnzake.
- 7 Sankhani gulu limodzi kukhala "Anthu" ndi gulu limodzi kukhala "Zinthu".
- 8 Werengani malangizo awa kwa gulu:

Amene muli Zinthu: Simungaganize, kumva zowawa kapena zokoma, kapena kupanga chiganizo. Iwe uyenera kuti uzichita zomwe Munthu akukuuza iwe. Ngati mukufuna kusuntha kapena kuchita chinachake, muyenera kumpempha Munthuyo.

Amene muli Anthu: Mukhoza kuganiza, kumva zowawa kapena zokoma mthupi, ndi kupanga chiganizo. Mukhozanso kuwuzza zinthu zomwe mukufuna pogwiritsa ntchito masign a manja kapena polankhula. Simukuyenera kugwira mthupi mwa chinthu.

Zofunika! Sankhani ophunzira awiri kuti aonetsere momwe munthu azichipangira Chinthu asanayambe seweroli.

- 9 Perekani kwa ophunzirawo mphindi zisanu , kapena khumi kuti achite masewero.
Kwa otsogolera: mukhoza kuwalola ophunzirawo kuti asinthane mbali ndipo apatseni mphindi 5

- 10 Funsani ophunzira kukhala pansi mu bwalo ndikupitiliza kukambirana kwa Gulu.

KUKAMBIKANA KWA GULU (MPHINDI 40)

- 11 Funsani mafunso awa.
- Pazinthu, Munthu wanu adakuchitani chani? Munamva bwanji? Kodi mungakonde kuti akupangeni zinthu amakupanganizo mosiyana?
 - Kwa Anthu, munachita zotani pachinthu chanu? Kodi mumamva bwanji mmene mumachipangira treat chinthucho?
 - Dziwani: Ngati anasinthana mbali. onetsetsani kuti akfunsidwa mafunso awiriwa.
- 12 Agaweni ophunzira kukhala magulu ang'onoang'ono a anthu atatu kapena 4. Lembani mafunso otsatirawa pazithunzi ndipo muwafunse kuti akambirane m'magulu awo.
- Mu moyo wanu wa tsiku ndi tsiku, kodi wina amakuchitani treat ngati chinthu?ndi Ndani ameneyo?
 - Mu moyo wanu wa tsiku ndi tsiku, mumamuchitira aliyense ngati chinthu? Ndi Ndani ameneyo?
 - N'chifukwa chiyani anthu amapangana treat moteromu?

Malangizo kwa Zokambirana za Gulu Ling'ono

Ophunzira ena akhoza kukhala ndi vuto poyankha mafunso omwe ali pamwambapa. Mwachitsanzo, iwo akhoza kufuna kulemba kaye popanda kukambirana mu gulu poyamba, kapena amafunika kuwunikira mwapadera. Ana oterowa amafunika kuwathandiza motere:

- Gulu lirilonse lipatseni limodzi mwa mafunso osati onse atatu. Izi zikhoza kuwathandiza kupereka mayankho ochuluka komanso kuwapatsa nthawi yochuluka yokambirana. .
- Pezani anthu odzipereka ochokera kumudzi mderalo kuti athandize kutsogolera zokambirana za gulu laling'ono mdicholinga choti inu muzingopereka thandizo apo ndi apo
- Ngati pali otsogolera okwanira, alembe mayankho omwe ophunzirawo akupeleka pa mapepala uku akuwalimbikitsa kukambirana mafunso awo.

- 1 Gulu lisankhe munthu mmodzi yemwe adzapereka chidule cha zokambirana kwa gulu lalikulu.
- 2 Pakatha pa 10 15 mphindi, funsani magulu kuti adzapeeke mofotokozera ena chidule cha zokambirana zawo.
- 3 Funsani mafunso omalizira kwa aliyense mu gulu: :
 - Ndi zinthu zoipa ziti zomwe zingachitike tikamachitira ena monga Zinthu? (Zitsanzo: Mkwiyu ndi kukhumudwa, chiwawa, kuvutika maganizo, matenda, ndi zina zotero.)
 - Kodi ntchitoyi ingakuthandizeni kusintha momwe mumawachitira treat anthuena? Munjira yanji? Kodi mungatani kuti muzawachita treat anthu ena mwabwino?
- 4 Thokozani gulu chifukwa chakuzipereka kwaawo. Tsekani ndi uthenga ofunikira ndipo apatseni Ntchito yakunyumba.



UTHENGA OFUNIKIRA

- Tonsefe tachitiridwapo zinthu ngati chinthu pa nthawi inayake.
- Pamene munthu wina amawapanga treat ena ngati chinthu pali zotsatira zoipa. Mwachitsanzo,mmadera mwathu mumalimbikitsa atsikana kuti ayenera kumvera zibwenzi zawo nthawi zones ngati zinthu; Ichi chikhoza kuika moyo wao pachiopsyezo nkupangitsa kuti atenge mimba, matenda a HIV/aids,kapena kuchitidwa nkhanza kumene chifukwa saloledwa kupeleka nawo maganizo.
- Tonsefe tili nako kuthekera kubweretsa kusintha mmene timakhalira mu maubale athu.



NTCHITO YAKUNYUMBA

Sinthani mmene mumawapangira treat ena ngati chinthu sabata ino kaya ndi mbale wanu, mnzanu,woyandikana nawo, or wina aliyense, muyambe kuwapanga treat ngati munthu. Kodi musintha machitidwe anu otani? Bwerani mulungu wa mawa muzatifotokozere chiganizo chosintha chimene mwapanga komanso kuti mwasintha mbali iti.

Kodi Nkhanza ndi chani?

CHOLINGA

- ① Kumvesesa kuti nkhanza ndi chani ndi mitundu yosiyanasiyana ya nkhanza yomwe imachitika pakati pa ma ubwenzi, pa banja mmadela

NTHAWI:

MAOLA 1.5

Kuwalandila Achinyamata	Mphindi 10
Chiwawa ndi chiyani?	Mphindi 20
Sewero	mphindi 30
Kukambilana Kwa Gulu	Mphindi 20-30

ZIDA



Mapapala akulu akulu (Flirp cha) ndi ma makers



Zionetsero zoyesedzera zochitika Zachiwawa



List ya malo omwe achinyamata akhoza kukapezeka thandizo pankhani zochitiridwa nkhanza



MFUNDO ZOKOMZEKERA

Nkhani za nkhanza ndi mutu ovutirapo kukambitsana kwake. Koposa zonse, nkofunika kumvetsera mwachifundo ndi kuyesetsa kupangitsa kukambitsanako kuti kukhale komasuka komanso ana amve kutetezedwa. . Ophunzira akaona kuti akumveledwa, sakuweruzidwa amayamba kutengera khalidwe la inu ngati facilitator nde mpofuna kusamalitsa

Samalilani kwambiri kuti musadzifunse mwachindunji ngati wina anayamba wachitiridwapo nkhanza chifukwa izi zingayambitse mavuto omwe omvera angakhae ngati akukamizidwa kuti ayankhe. Pofufuza za nkhanza, funsani mafunso awa mwachigulu gulu osati kulunjika pamwana mmodzi.

N'zotheka kuti ophunzira akufunsani mafunso ambiri okhudzana ndi nkhanza komanso ngati chitsanzo chomwe akukupatsani ndi chiwawa kapena ayi. Ngati simukudziwa, musayese kuyankha funsolo nokha. M'malo mwake, khalani otseguka ndikuponyera ku gulu kuti mumve zomwe iwo akuganiza. Pamapeto pake, nenani kuti mukafunse kwa katswiri ndipo mubwererense ndi yankho lomveka ku gawo lotsatira (ngati n'zotheka). Kuonjezera apo, khalani ndi mndandanda wa malo omwe achinyamata angapeze chithandizo komanso malo oti akathe kupanga report mtundu wina uli wonse wankhanza omwe wakumana nawo. Pelekani pepala limenepali list ya malo onse omwe achimata akhoza kupeza thandizo.

Ndondomeko:

KUCHEZA KOMANSO KUWALANDIRA OPHUNZIRAWO (MPHINDI 10)

- 1 Landirani aliyense, Kumbukirani kumwetulira ndikupatsani moni aliyense pakhomu pamene akufika.
- 2 Likumbutseni gulu kuti mu gawo lapyha munawapatsa ntchito yoti akachitire kunyumba, funsani ngati alipo amene angathe kugawana ndi gulu mmene wayendera
 - Kodi iwowa amamva bwanji mmene amagwiri ntchitoyi?
 - Ana ena mu gulumo amapanga chani mmene mnzawoyo amafotokozera zomwe anachita?

NKHANZA NDI CHIYANI? (MPHINDI 20)

- 3 Fotokozani kuti njira imodzi yomwe anthu amamamupanga treat mnzawo ngati chinthu ndipamene akugwiritsa ntchito nkhanza kapena chiwawa
- 4 Funsani ophunzira zomwe zimabwera m'maganizo awo pamene amva mawu oti "Nkhanza"? Ngati akunena kuti "nkhanza yokuchitira pathupi" kapena "nkhanza yokuchitira mmagazo" afunseni kuti akupatseni chitsanzo



LANGIZO KWA OTSOGOLERA

Ngati akukanika kupeleka mitundu ya nkhanza, afunseni kuti kodi 'munthu akakupatsa khofi ndi mtundu wa nkhanza?' akati eya, lembani pa flip chart. Afunseni zisanzo zina..

- 5 Pezani mndandanda wautali wa malingaliro awo ndi kuwalemba pa tchati.
- 6 Fotokozerani ku gulu kuti violence ndichani Nkhanza ndi pamene munthu akufuna kumulamulira wina kapena kuonetsa mphamvu pa munthu wina kapena gulu.

7 Fotokozani mitundu ina ya chiwawa m'mawu anu:

Nkhanza ya pathupi	Nkhanza iyi ndipomwe munthu amamenyedwa, kumpatsa khofi, kumubula ndi theche, kumuotcha komanso kumukankha
Nkhanza ya mmalingaliro	Nkhanza iyi ndi yovuta kuti anthu tiidziwe kapena tiyione. Imakhuza kumunyoza munthu, kumuopsyeza, kumutukwana, kumupanga force kuti apange china chake, kumuchitira nsanje, kumukaniza kupanga zinthu , kumupangire chiganizo, kumulonda londa mmene akuyendera. Nkhanza iyi pena imakhala yoti munthu walankhua kapena kugwiritsa ntchito ma sign
Nkhanza yokhuzana ndi kukakamizidwa kugonana	kugonana Nkhanza iyi imachitika pomwe munthu akukakamizidwa kupanga zinthu zokhuzana ndi kugonana , iwo asakufuna, kapena pomwe pakulankhulidwa zokhuzana ndikugonana ndi cholinga choti winayo aone kupepusidwa komanso kusowa mtendere. Anthu ambiri akamaganiza za nkhanza zokhuzana kugonana chimabwera kumutu kwawo ndi kugwirilidwa. Nkhanza zokhuzana ndikugonana ndipamene wina akunkakamiza wina kupysopsyona naye, kumugwira gwira, kapena kulankhula zinthu zokhuzana ndikugonanan zimene zimamusowetsa mtendere winayo
Nkhanza yokhuzana ndi zachuma	Iyi ndi nkhanza imene imachitika pomwe munthu wina watenga ulamuliro ndikuononga ndalama za munthu wina kapena pa zinthu zomwe zimabweretsa ndalama.

8 Lozani flip chat munalembapo zones zimene anawa ananena zokhuzana nkhanza zija, ndikufunsa gulu kuti ndi chiwawa chanji. Pitirizani kusankha kuchokera mndandanda mpaka mutasankha chitsanzo chimodzi cha mitundu yonse ya nkhanza

9 Funsani ngati wina ali ndi mafunso.

KUYESEZERA MITUNDU YA NKHANZA MUSEWERO (MPHINDI 30)

10 Agaweni ophunzira m'magulu ang'onoang'ono a anthu atatu kapena 4. Gulu lililonse lipatseni chochitika cha mtundu wa nkhanza womwe atapange sewerolake. Awuzeni ophunzira kuti gululo liyenera kulingalira mtundu wa nkhanza zomwe zimachitika seweroli.

11 Perekani kumagulu pafupi mphindi zisanu kukonzekera masewero awo.

12 Lolani gulu lilionse kuti lipange sewero lawo, akangomaliza sewero lagulu lilionse, funsani mafunso awa ku gulu lonse:

- Ndi nkhanza zotani zomwe zikuchitika mu seweroli? Chifukwa chiyani?

- Mukuganiza kuti munthu amene akukumana ndi nkhanza zimenezi anali ndi malingaliro otani kapena amamva bwanji?
- Kodi mukuganiza kuti munthu (kapena) yemwe amapanga nkhanzazi amamva bwanji mkati mwake?

13 Magulu onse akapanga masewero awo, pitani kuzokambirana za Gulu..

KUKAMBIKANA KWA GULU (MPHINDI 20-30)

14 Kodi masewerowa anali eni eni?

- Kodi munthu “akuyenerera” kuchitiridwa nkhanza? Ngati mwanena eya kapena ayi, Chifukwa chiyani?
- Ndi zoipa zotani zomwe zimakhala mukapangira nkhanza atsikana? Nanga pa anyamata? Kodi zimakhudza bwanji mabanja? Midzi?
- Ndi zoipa zotani zomwe zimakhala mukapangira nkhanza atsikana? Nanga pa anyamata? Kodi zimakhudza bwanji mabanja? Midzi?
- Ndi zinthu ziti zomwe mungachite kuti muziteteze nokha ku nkhanza?
(Zitsanzo: Nenani “ayi” ngakhale mutamudziwa munthuyo, kuthawa chiwawa ndikuuza wamkulu wodalirika, musalandire mphatso wamba, kufuula mokweza kuti akuthandize.)

15 Fotokozani kuti mu gawo lotsatira iwo adzakamba za kufunikira kozindikira malingaliro athu pofuna kupewa kupanga nkhanza kwa anthu ena. .

16 Tsekani ndi uthenga ofunika ndipo pelekani Ntchito yakunyumba.



UTHENGA OFUNIKA

- Nkhanza ndi pamene munthu akufuna kumulamulira wina kapena kuonetsa mphamvu pa munthu wina kapena gulu. . Pamene anthu amaganiza za nkhanza, chimafika mmalingaliroawo ndi nkhanza yopathupi koma pali mitundu yambiri ya nkhanza..
- Pali zotsatira zambiri zoipa kwa anyamata, atsikana, mabanja, ndi midzi pamene apangiridwa nkhanza.
- Pali njira zambiri zodzizitetezera ku nkhanza ..



NTCHITO YAKUNYUMBA

Mukapange mndandanda wa zinthu zomwe mungachite kuti muziteteze ku nkhanza. Apa mukhoza kuyambitsa club yotsutsana komanso kuthetsa nkhanza kusukulu, kukana mphatso kuchokera kwa anthu osawadziwa, ndikuuza munthu wamkulu. .

Gawo 5

Kodi Nkhanza ndi chani?

Masewero oyesezera kuonetsa zisanzo za nkhanza



OTSOGOLERA

Sankhani masewero asaposa atatu. Onetsetsani kuti nkhanizi zikhale zoti zimachitikadi kudera kwanu

Sewero # 1: Zione ndi Akazi a Phiri

Zione waitanidwa ku ofesi ya aphunzitsi akuweluka. Aphunzitsi, Akazi a Phiri, akumulalatira Zione kuti walembe ntchito ya mkalasi yoti achonge yosakhala bwino. Iwowo akumuza Zione kuti amazivutitsirilanji kubwera kusukulu kumunena kuti ndiopusa. Zione sanayankhe kanthu, anangoweramila pansi kenako amadamu aja anamuthamangitsa kuti atuluke akuwabowa. . Kodi imeneyi ndi nkhanza yanji?

Sewero # 2: Tapiwa ndi Mabvuto

Tapiwa wakhala pachibwenzi Mabvuto kwa miyezi ingapo. Nthawi zambiri amakumana akaweluka ku sukulu pafupi ndi nkhalango komwe palibe amene angawaone. Panopa, amayi a Tapiwa akumamupatsa ntchito zina zapakhomo monga kusamalira mng'ono wake ndi kuika makala pamoto. Pa chifukwa chimenechi, Tapiwa wakhala akuchedwa kupita kokakumana ndi Mabvuto. Mabvuto wayamba kukwiya nazo, akumamufunsa mafunso nthawi zonse: monga yemwe akulankhula naye m'kalasi, chifukwa chani amacheza nthawi yambiri ndi azinzake atsikana mmalo moti azikakumana naye ndi zina zotero. Tapiwa adayeseza kuti asawalabadire mafunso awa, koma mabvuto wayamba kumamulalatira komanso kumamutchula maina osachita bwino. Kenako Mabvuto akumamupepesa Tapiwa kumuza kuti amamukonda kwambiri nkani amamupanga zimenezo chifukwa nsanje imamupweteka. Kodi imeneyi ndi nkhanza yamtundu wanji?

Sewero # 3: Madalo ndi Thoko

Madalo ndi Thoko ali ndi mwana wamwamuna wazaka 12 wokongola komanso wamphamvu. Komabe, nthawi zonse amapezeka m'mavuto kusukulu. Mwamuna wa Madalo, Thoko, nthawi zambiri amamamunena mkazi wake chifukwa cha khalidwe loipa la mwana wawo, kumunena kuti amathera nthawi yochuluka kokayenda malo mokhala kunyumba kuti azilele mwana. Tsiku lina Madalo ndi Thoko akukangana anapezeka kuti wamumenya. Mopsya mtima, Madalo wayamba kumulalatira mwana wake, kumuza kuti ndimwana osayamika ndipo amangobweretsa mavuto okha okha. Kodi ndi chiwawa chanji ichi?

Sewero # 4: Chikulunga

Tsiku lililonse akaweluka ku school, Enock amasewera mpira ndi anzake pogwiritsa ntchito chikulunga. Tsiku lina Enock anataya chikulunga ndipo azinzakewo anamuwopseza kuti ngati sawapatsa ndalama, akuti azimumenya tsiku ndi tsiku mpaka atapeza ndalama. Kumenyedwa kuja kwafika poipa kotero Enock akuopa kuchoka kusukulu kupita kunyumba. Kodi ndi chiwawa chanji ichi?

Gawo 6

Ili ndi Gawo la gulu losakanizana

Kumvetsetsa m'mene ndimamverela mumtima mwanga

CHOLINGA

- 1 Kudziwa nthawi imene otenga nawwo mbali ali ndi nkwiyo
- 2 Njira zowonesera nkwiyo popanda kuchita nkhanza iliyonse

NTHAWI:

MAOLA 1.5

Kuwalandira ndikucheza nawo anawo

Mphindi 10

Kumvetsetsa Maganizo Anga

Mphindi 45

Energizer

Mphindi 5

Kukambirana kwa Gulu

Mphindi 25

ZIDA



Mapepala ndi mapensulo



Ndondomeko: yoyenera kutsatila :

KUWALANDIRA OPHUNZIRA (MPHINDI 10)

- 1 Landirani aliyense, Kumbukirani kumwetulira ndikupatsani moni aliyense pakhomu pamene akufika
- 2 Likumbutseni gulu kuti mu gawo lomaliza iwo anapatsidwa ntchito. Funsani ochepa odzipereka kuti agawane nanu momwe ntchito inayendera. .
 - Kodi amamva bwanji mmene amagwira ntchitoyi?
 - Kodi anthu ena ananena kuti chani mmene amakambitsana nawo?

KUMVETSETSA MAGANIZO ANGA (MPHINDI 25)

- 3 Akumbutseni ophunzira kuti kumapeto kwa gawoli adalankhula za chiwawa ndi zotsatira zake zoipa. Awuzeni kuti mu gawo ili akambirana za momwe amamvera mmoyo komanso kugwirizana kwake ndi phunziro la nkhanza. .
- 4 Funsani ophunzirawo zotsatirazi
 - Kodi mumadziwa bwanji kuti muli ndi chisoni? (mwachitsanzo, ndimafooka, sindifuna kupita kunja kwanyumba)
 - Kodi mumadziwa bwanji kuti mukusangalala? (mwachitsanzo, ndimamwetulira, ndimamva ngati ndingathe kuchita chirichonse)
- 5 Fotokozani kuti pamene akukula kusanduka akuluakulu, kumva chisoni kapena kukhumudwa nthawi ina, ndikukhala okondwa ola lotsatiralo ndi chinthu chabwino bwino pamsinkhu waowo. Komano izi sizikutanthauza kuti mmene timamverela zosintha mmaganizo zathupi lathu zili ndi mphamvu pamoyo wathu. .
- 6 Fotokozani kuti anthu ambiri amasokoneza mkwiyo ndi kupanga nkhanza. Fotokozerani gulu kuti mkwiyo ndichokumva chachibadwa chomwe munthu aliyense amamva panthawi inayake pamoyo. Nkhaza ndi khalidwe, njira yosonyezera mkwiyo. Koma pali njira zambiri zowonetsera mkwiyo -ndi njira zabwino -kuposa chiwawa. Ndikofunika kuphunzira momwe tingafotokozere mkwiyo wathu kusiyana ndi kulola kuti udzadze mkati mwathu. Tikalola kuti mkwiyo ukhale wochuluka, timaphulika. Kuphatikizanso apo, njira zabwino zosonyezera mkwiyo zimatipangitsa ife kuti tikhale ndi umoyo wabwino.
- 7 Fotokozerani gulu kuti mukambirana momwe mungaonetsere mkwiyo.
- 8 Funsani ophunzira kuti apumile mkati mkukhala bwino bwino ndi kutseka maso awo. Auzeni kuti “ganizirani zomwe zinachitika pamene mudakwiya. Akhoza kukhala makolo anu kapena mzanu. Kodi Chinachitika ndi chiyani? Musanene izi mokweza. Tangoganizani za izo. “Apatseni iwo mphindi pang’ono kuti aganizire mwakachetechede.

Otsogolela mpatseni aliyense pepala ndi zolembera. Afunseni kuti alembe mawu amodzi kapena awiri kufotokoza nkhanu imene adakwiya nayo.

- 9 Kenaka, auzeni kuti, “yesani kukumbukira zomwe mukuganiza komanso kuti mumkamva bwanji mutimamo” **Akhoza kulemba chimodzi kapena ziwiri za momwe amamvera .**
- 10 “Nthawi zambiri tikakwiya timayamba kuchita zachiwawa. Izi zikhoza kuchitika ngakhale tisanadziwe kuti ndife okwiya. Amuna ndi akazi ena amachitapo kanthu nthawi yomweyo: kufuula, kutaya chinachake pansi, kumenya chinachake kapena wina. Nthawi zina, tikhoza ngakhale kuvutika maganizo ndi kukhala okhumudwa mwamatenda (depression). Ganizirani za zomwe zinachitika pamene mudakwiya. Kodi munasonyeza motani mkwiyo umenewu? Kodi munachita chani?
- Akhoza kulemba chiganizo kapena mawu ochepa ponena za momwe adachitira.**
- 11 Gawani ophunzirawo m’magulu a anthu 4 kapena asanu . Afunseni kuti afotokoze zomwe adalemba kapena kuganizira pa gululo. Lolani mphindi khumi kuti gulu lifotokozerane.
- 12 Funsani gulu lililonse kulingalira njira zoyenera komanso zabwino zomwe tingachite tikakwiya ndi mnzanu kapena kholo. Apatseni maminiti 10 kuti akambitsane.
- 13 Funsani gulu lililonse kuti lipereke mayankho awo ku gulu.
- 14 Gwiritsani ntchito bokosi ili m’munsimu “Njira Zabwino Zomwe ndingachite pofuna kuonetsa mkwiyo wanga” kupereka zowonjezera zokhudzana ndi momwe mungathetsere mikangano tikakwiya.

Njira Zabwino Zomwe Ndingachite Pamene Ndine Wopsa Mtima

Pezani thandizo kwa ena

Ask someone or a small group of people you trust to listen to the reasons you are angry and help come up with solutions to deal with these difficult emotions.

Sunthani muputidwe mphepo ina

To take a breath of fresh air is simply getting out of the situation of conflict and away from the person who is making you angry. You can count to 10, breathe deeply, take a walk, or do some kind of physical activity, trying to cool down and stay calm. You should also explain to the other person that you will go outside to take a breath of fresh air because you are feeling angry. For example, “I’m really angry, and I need to take a breath of fresh air. I need to do something like go for a walk so I don’t feel violent or start shouting. When I’ve cooled down, we can talk things over.”

KuGwiritsa ntchito mawu opanda kumukhumudwitsa wina

To use words without offending is to learn how to express two things: to say to the other person why you are upset, and to say what you want from the other person without offending or insulting. For example, “I am angry with you because...” and “I would like you to...”



ENERGIZER ! (MPHINDI 5)

Funsani wophunzira mmodzi kuti aponye ka energiza kobeba kuti gulu lonse lisangalale komanso litenge mphamvu zina

KUKAMBIRANA KWA GULU (MPHINDI 25)

15 Kambiranani izi ndi ophunzila

- Kodi ndi zovuta kuti achinyamata athe kuonetsa mkwiyo wawo popanda kupanga chiwawa? Chifukwa chiyani? Nanga atsikana?
- Kodi timaonetsa mkwiyo wathu mosiyana potengera yemwe tamukwiira? Bwanji timatero?
- Nthawi zambiri timadziwa momwe tingapewere kusamvana kapena kulimbana popanda kugwiritsa ntchito chiwawa, koma sitichita izi. Chifukwa chiyani?
- Kodi n'zotheka "kupumila mkati kenako kunja nkukhala bata bwino bwino" kuti tichepetse mikangano? Tinapangapo zoterezi? Kodi zinathandiza motani?
- Kodi n'zotheka kugwiritsa ntchito mawu popanda kukhumudwitsa mnzathu tayambana nayeyo?

16 Tsekani ndi uthenga ofunikila ndipo pelekani Ntchito yakunyumba.



UTHENGA OFUNIKIRA

- Mwachidziwikire, anyamata ndi azibambo akamakula, amaphunzitsidwa kuti asalankhule zakukhosi kwawo monga chisoni ndi kukhumudwa. Kawirikawiri pokhala osazilankhula, kukhumudwa kapena kukwiya kumamangana mpaka kuwonetsedwa mwaukali kapena kufuula. .
- Ngakhaleenso atsikana nthawi zambiri amakhala omasuka kufotokoza mmene akumvera, ena akhoza kulephera kuti asonyeze mkwiyo. .
- Mukamakangana, gwiritsani ntchito mawu, koma musakhumudwitse ena kapena kuwanyoza.



NTCHITO:

Mukapange mndandanda wa zinthu zomwe mungachite kuti mupewe kuchita zachiwawa ndi munthu wina. Kodi ndi zinthu ziwiri ziti zomwe mungathe kuchita? Bwerani okonzeka kuti muzagawane ndi azinzanu gawo lotsatira.



Ndime

3

**Kuyamikira
Thupi Langa**

Gawo 7

Gawo limeneli ndilofunika anyamata paokha, atsikananso paokha, koma mmene mungafunire mukhoza kubweretsa magulu awiriwa pamodzi kuti akambitsana zimene apanga mmagulu awo pomaliza

Kusamalira thupi⁹ langa

CHOLINGA

- 1 Kuwapatsa mpata achinyamata kuti aphunzire za ziwalo zosiyana siyana za pathupi lawo
- 2 Kulimbikitsa kuti achinyamata azilikonda thupi lawo podziwa chilichonse chomwe chimachitika

NTHAWI:

MAOLA 1

Kuwalandira achinyamata Mphindi 10

Kuphunzira kapumidwe koyenera Mphindi 5

Kudziwa Thupi Langa Mphindi 10

Kukambilana kwa gulu -anyamata paokha atsikananso paokha Mphindi 20

Kukambila kwapa gulu – onse ophatikizana Mphindi 15

ZIDA

Palibe

⁹ Adapted from Program M: Working with Young Women.



MFUNDO ZOKOMZEKERA:

Chifukwa chakuti zokambilana izizi zikhala mmu gulu awiri, ndibwino kuti mukhale ndi wotsogolera kuti atsogolere limodzi mwa magulu awiriwa. Sizikufunika kuti mupeza mnyamata kapena mtsikana kuti atsogolere maguluwa, aliyense akhoza potengera ndi ukadaulo wake pantchito yotsogolera zokambitsana za mmagulu komabe ndizabwino kuti otsogolera wachizimai atsogolere atsikana ndipo wamuna akhale kwa anyamata. Ndikofunika kwambiri kuti tisiye nthawi yokwanira kumapeto kwa gawoli kuti tibweretse magulu onse awiri kuti tigawane zomwe akambirana mmagulu apaokhawo.

Ndondomeko:

NDIKUCHEZA (MPHINDI 10)

- 1 Landirani aliyense, Kumbukirani kumwetulira ndikupatsani moni aliyense pakhomo pamene akufika
- 2 Funsani anthu odzipereka kuti agawane nafe momwe ntchito yotengera kunyumba yayendera.
 - Kodi amamva bwanji mmene amagwira ntchitoyi?
 - Kodi anthu ena a mugululi anati chani anzawo atatha kulungosola?
- 3 Fotokozerani gulu kuti malingaliro awo ndi matupi awo pakali pano akusintha kwambiri. Matupi awo akukonzeretsedwa kukhala achikulire pang'onopang'ono! Mugawo lotsatirali aphunzira zokhuzana ndi zosintha za mthupi lawo.

KUDZIWA KUPUMA KOYENERELA (MPHINDI 5) APA MUWAGawe – ATSIKANA PAOKHA , ANYAMATA PAOKHA

- 4 Apa muwagawe –atsikana paokha , anyamata paokha pa gawoli, funsani aliyense kuti akhale pampando, kapena pansi or akhoza kugona pansi chiichonse chimene chingawapangitse iwowo kukhala omasuka komanso kupeza bata
- 5 Funsani gulu kuti litseke maso awo ndi kuika chidwi chawo pa kapumidwe kawo apumile mkati ndi kutulutsa mpweya. Akuyenera awonetsetse momwe mpweya ukulowere komanso kutuluka mthupi mwao. Afunsani kuti awone zomwe zikumachitika mimba mwawo pamene akupuma mimba yawo ikule pamene akukokera mkati mpweya wambiri, ndipo izichepa akamapumila kunja.
- 6 Awuzeni kuti apume pang'onopang'ono kudzera mimphuno mwawo Kwa masekondi atatu, kenako mpweya uja asautulutse angougwira kwa mphindi imodzi, ndipo apume kudzera pakamwa pawo Kwa masekondi anayi. Chitani izi kangapo mpaka iwo atatakasuka
- 7 Fotokozerani gulu kuti kupuma koteroko kumathandiza kuthetsa, phuma, umakhala pa bata koamnso umaika chidwi pachinthu chimodzi. Ngati nthawi zina akumva zosakhala bwino mmaganizo awo -mantha, nkhwawa, mkwiyo – kupumakoteroku kumathandiza. Gwiritsani ntchito maina odziwika kudera kwanuko

KUDZIWA THUPI LANGA (MPHINDI 10)

- 8 Limbikitsani gululo kuti litsekebe maso, ndipo auzeni kuti tsopano muzitchula mayina a ziwalo za thupi zosiyana siyana. Akhoza kuchigwira chiwalo chimenecho pathupi lawokapena kungochiona m'maganizo awo. Auzeni kuti akuyenera kutseka maso chitsekele ndipo azingopanga chinthu chomwe iwowo ali omasuka kuchita pa zinthu ziwiri zimene mutawafunse kuchita Afunseni kuti amvetsera momwe akumvera akamakhudza kapena kulingalira mbali iliyonse ya chiwalo cha thupi lawo
- 9 Mwapang'ono pang'ono, tchulani ziwalo izi: mutu, mphuno, nsidze, kamwa, milomo, chibwano, makutu, khosi, chifuwa, m'mimba, mikono, manja, zala, chiuno, malo obisika, matakho, miyendo, mawondo, mapazi, ndi zala.
- 10 Pangani tchelu kuonetsetsa zomwe gululo likuchita mmene akugwira kapena kuganizira ziwalo zawo. Ononetsethani kuti kodi akumva bwanji mmene mukutchula ziwalo
- 11 Afunseni ophunzirawo kuti apumile kunja pang'ono pang'ono nkutsegula maso awo. Bwerelani ku bwalo lanu kukonzekera zokambirana

ZOKAMBITSANA ZA GULU (MPHINDI 20)

- 12 Kambiranani izi ndi ophunzila
 - Mumamva bwanji mmene mumagwira ziwalo zanu kapena kungoziganizira mmutu? Mumamva chinthu chachilendo kapena mumasowa mtendere ndi thupi lanu?:
 - Ndichiwalo chiti chathupi lanu chomwe chinali chovuta kuchigwira? Chifukwa chani?
 - Ndinkhawa ziti zimene uli nazo kamba kathupi lako?
 - Kodi atsikana kapena anyamata amalinyadira kapena kuliyamikira thupi awo? Ngati wayankha eya kapena ayi, ukuganiza kuti chifukwa chani?
 - Tingapange chani ifeyo ngati achinyamata kuti tizikhala anthu olinyadira thupi lathu?



KWA OTSOGOLERA

Mukatha zokambiranazi, Mukuyenera mubweretse pamodzi magulu aamuna okha ndi aakazi kuti ayankhe mafunso awa omalizira. Akumbutseni za malamulo a gulu omwe adapanga aja kuti nkhani zonse zithere muno komanso alemekezana asanayambe kukambirana ndi gulu..

Ngati mukuona kuti ndizotheka, pezani anthu awiri odzipereka kuti lifotokozere zomwe adakambirana m'magulu awo a astikana ndi anyamata okha okha. Kenaka funsani mafunso otsatirawa ku gulu lonse (15 minutes):

- Kodi atsikana amamva kupanikizika kutengera ndi mmene matupi awo ndi nkhope zawo zimaonekera munjira ina yake? (This question was hard for me to understand if you could get notes from promundo what this means in English question) Mwanjira yanji? Kodi kupanikizidwako kumachokera kuti?

- Kodi anyamata amamva kupanikizika kuti matupi awo ndi nkhope zawo aziwoneka mwanjira inayake? Mwanjira yanji? Kodi kupanikizidwaku kumachokera kuti?
 - Nkofunikira motani kuti atsikana ndi anyamata akhale paubwenzi wabwino ndi matupi awo?(kumalinyadilira komanso kulisamalira bwino?)
- 13** Funsani aliyense kuti ayime mu bwalo ndikugwirana manja. Awuzeni kuti mmodzi modzi azisintha amalizitse ziganizo zotsatirazi zokhuzana ndi thupi lawo "Thupi langa limapeza mphamvu ndika _____. "Mauwo akuyeneela kukhala abwino/ Onyadila. Mwachitsanzo, " Thupi langa ndimapeza mphamvu ndikavina" Kapena " "Thupi langa limapeza mphamvu ndikakukumbatirami anga."
- 14** Thokozani aliyense chifukwa chifukwa chakutengapo gawo. Fotokozani kuti mu gawo lotsatira adzakambirana za kusintha kwa thupi mwakuya. Tsekani ndi Uthenga wofunikira ndipo apatseni ntchito.



UTHENGA WOFUNIKIRA

Pamene atsikana ndi anyamata akukula kukhala azibambo ndi azimai, nthawi zambiri samamva bwino chifukwa matupi awo amakhala akusintha mofulumira kwambiri. Izi ndi sizachilendo! Penanso mungamamve kupanikizika kuti muyambe kuoneka ngati wamkulu (kuti anyamata akhale ndi minofu yaikulu, atsikana akhale ndi mabere akuluakulu)! Mmene timamverera za matupi athu zimagwirizana ndi china chili chonse chotikhudza. Thupi lililonse ndi lapadera komanso ndipo tikuyenera kumva bwino.(matupi sangafanane)



NTCHITO:

Sabata ino, ganizirani chinthu chimodzi kapena zinthu ziwiri zomwe mungachite kuti mukhale ndi ubale wamphamvu komanso wabwino ndi thupi lanu. Zikhoza kumaziiza nokha kuti thupi lanu ndilokongola mmamawa uli onse, kapena kumapanga zinthu zosiyana siyana zimene zimakusangalatsani ngati kusewera masewero a mpira panja. Kapangeni zimenezo ndipo tikakumananso konzekani kuzagawana naye mmene zayendera.

Gawo 8

Gawo ili lichitike mmaguru a
atsikana paokha anyamataso
paokha

Thupi La Mkazi/ Thupi La Mamuna

CHOLINGA:

- 1 Kumvetsetsa kuti kusintha kwa kutha msinkhu komwe kumachitika mu thupi komaso mmaganizo ndi zinthu zabwino zabwino
- 2 Tipeze njira zothanila ndi zomwe zobweretsa umoyo wabwino pa thupi ndi maganizo

NTHAWI

Kuwalandira ana aja

Mphindi 10

Energizer

mphindi 20

Kusintha M'thupi Langa

Mphindi 40-1 ora

MAOLA 1.5

ZIDA:



Mapepala a “Kusintha kwa Thupi Langa”
Kuwongolera zofunikanso kwa ophunzira onse.
Ngati simungathe kukhala ndi zolemba,
aphunzitseni zithunzizo m'mabuku awo.

MaFlip chat ndi ma marker



MFUNDO ZOKOMZEKERA:

Kutha msinkhu - kusintha kwa thupi ndi m'maganizo komwe kumakhala nawo kungakhale nkhani yovuta kwambiri. Mwina simungayambe kuyankhula za nkhanayi poyera. Tengani nthawi kuti mupange practice phunziroli ndi anzanu kapena nokha musanayambe kuchita ndi gulu lanu cholinga mulizolowere. Ngati inu mwamasuka polankhula za nkhanu zakusintha kwapathupi ndipo mwazizolowera nawonso ana amamasuka

Inu otsogolera, sikumukuyembekerezeka kukhala katswiri pokamba nkhanu yotha msinku. Nenani "Ine sindikudziwa" kusiyana ndikuwapatsa ana ndi yankho lomwe lingakhale lolakwika. Ngati n'kotheka, yesetsani kudziwa komwe ophunzira angapeze mayankho a mafunso awo monga kuchipatala. Komabe, yang'anani kuti malo awa ndi okomera kwa achinyamata. Ena othandizira zaumoyo akhoza kukhumudwitsa achinyamata kuti asamafunse zambiri.

Ndondomeko:

NDIKUCHEZA (MPHINDI 10)

- 1 Landirani aliyense, Kumbukirani kumwetulira ndikupatsani moni aliyense pakhomu pamene akufika
- 2 Funsani anthu odzipereka kuti agawane nanu nmomwe ntchito yokagwira kunyumba inayendera
 - Kodi amamva bwanji akugwira ntchitoyi?
 - Kodi anthu ena anachita chiyani?
- 3 Fotokozani ku gulu kuti apitiliza kuphunzira za kusintha komwe kumachitika m'maganizo ndi matupi awo.

ENERGIZER (MPHINDI 20)

- 4 Gawani gululi m'magulu awiri..
- 5 Gulu limodzi lipatseni dzina lakuti "penis" ndipo gulu lachiwiri likhale "vagina."
- 6 Auzeni kuti apikisana wina ndi mnzake. Gulu lomwe litalembe mndandanda wautali wa mawu a zining'a ofanana ndi dzina limene awapatsa apambana. Awuzeni kuti ndi bwino kulemba mawu omwe sangagwiritse ntchito, kotero kuti musamachite manyazi tikungofuna kudziwa mawu osiyana siyana amene anthu kaya anyamata or atsikana amagwiritsa ntchito.
- 7 Auzeni kuti munthu mmodzi alembe zonse pa pepala.
- 8 Apatseni maminiti awiri kuti alembe.
- 9 Funsani gulu lililonse kuti liwerenge mndandanda wawo ndikulengeza amene
- 10 Funsani magulu onsewa kuti akhale pa bwalo moyang'anizana ndikufunsa mafunso otsatirawa:
 - Munamva bwanji pamene mumualemba mndandandawu? Kodi Mumachita manyazi? Kapena zimakupatsani chidwi?
 - N'chifukwa chiyani mawu ngati awa alipo? (let the kids tell us why)
 - Mukuganiza kuti atsikana amamva bwanji mawu amenewa akamagwiritsidwa ntchito? Nanga anyamata, mumaona ngati amamva bwanji mawu amenewa akamagwiritsidwa ntchito? Ndipo anyamata? (mwachitsanzo, manyazi, wokwiya?)

- 11 Gwirizanani ndi gulu kuti mugwiritse ntchito mawu olondola a chilengedwe a ziwalo zonse za thupi panthawiyi. Kugwiritsira ntchito mau ena kungachititse kuti anyamata ndi atsikana achite manyazi za gawoli kapenanso kungawapangitse kuganiza kuti kapena nkhanu izi sizikuyenera kukambidwa, ndipo zingayambitse chisokonezo. Kugwiritsa ntchito mawu olondola a ziwalo za thupi kumatanthawuza kuti mumalidzi a bwino thupi lanu.

KUSINTHA M'THUPI LANGA (MPHINDI 40-ORA LIMODZI)

- 12 Fotokozani kuti kusintha kwakukulu kukuchitika pakalipano ku matupi awo kumayambiriro kwa zaka 10-12: osati pamalo amodzi, koma paliponse! Zimakhala zovuta kumvetsetsa kuti kusinthaku kukuchitika chifukwa chani, komanso kumvetsetsa ngati zikuyenera kukhala choncho.
- 13 Ngati gulu, kambitsanani zina mwa kusintha kumene kukuchitika m'thupi limodzi ndi gulu. afunseni iwo, ndi kusintha kotani kumene kungakhale kukuchitika kwa mnyamata ndi mtsikana pamene akukula? Onetsetsani kuti aganizire za kusintha komwe sangathe kukuwona.
- 14 Agaweni m'magulu a anthu 2-4. Perekani gulu lililonse pepala limodzi ndi cholemba.
- 15 Fotokozani kuti gulu lililonse likalemba skeleton yammene mtsikana kapena mnyamata amaonekera akamakula. Awuzeni gulu lililonse likuyenera kujambula mnyamata kapena mtsikana –asajambule munthu mmodzi onse . Munthu mmodzi adzipoleke kogona pa paper cholinga anzake amujambule chiskeleton. 16. Akamaliza kujambula skeletoniyo, ayenera kulemba kapena kulemba kusintha komwe akuganiza kuti kukuchitika kumbali zosiyanasiyana za thupi.
- 16 Akamaliza kujambula skeletoniyo, ayenera kulemba kapena kulemba kusintha komwe akuganiza kuti kukuchitika kumbali zosiyanasiyana za thupi.

Zofunika! Asiyeni alingalire momasuka, koma ngati akuvutika kumvetsetsa ntchito mwawapatsa, perekani zitsanzo zingapo

- Mutu: Maganizo akusintha - akufuna kukhala ndi nthawi yocheperapo ndi akubanja, koma kufuna kukacheza ndi anzawo
 - Zooneka: Kukula kwa tsitsi ku nkhwapa
 - Kumalo obisika: Period imayamba, anyamata amalota maloto ngati akugonana ndi munthu nanyowa ndima sperms, kukhala ndi chilakolako chofuna kugonana
- 17 Pambuyo pa 10 - 15 Minitis, khalani ndi magulu awiri (lina limene anakokera mtsikana ndi lina limene adakokera mnyamata) afotokoze zomwe alembazomwe. Funsani gulu lianalo ngati ali ndi chilichonse chowonjezera.
- 18 Funsani ophunzira momwe anamvera pochita ntchitoyi - ndi maganizo otani omwe amadutsa m'maganizo awo?



OTSOGOLERA

Musawope kugawana ndi ana zomwe mudakumana nazo mukukula. Kodi simunakonde chiyani za maganizo ndi thupi kusintha? Munkasangalala ndi chiyani? Tsindikani kuti kusintha kumeneku ndi gawo labwino bwino lakukula.

- 19 Apatseni buku la “Zosintha M'thupi Langa” ndipo werengani za kusintha komwe kumachitika m'thupi
- 20 Tchulani zotsatirazi mu bokosi ili m'munsimu.

Chidule¹⁰

Puberty/ chisodzera ndi nthawi imene matupi a anyamata ndi atsikana amasintha. Kutha msinkhu kumachitika chifukwa -mahomoni-akukula mthupi, kutembenuza achinyamata kukhala akuluakulu. Kawirikawiri, kutha msinkhu kumayamba pakati pa zaka zapakati pa 8 ndi 13 kwa atsikana ndipo pakati pa 10 ndi 15 ali anyamata, ngakhale achinyamata ena amayamba msinkhu mofulumia kapena mochedwerako. Kawirikawiri, koma nthawi zonse, atsikana amayamba msinkhu zaka ziwiri mofulumililako kusiyana ndi anyamata. Pa msinkhuwu, msungwana amatha kukhala ndi pakati, ndipo nyamata amatha kupereka mimba. Ngakhale kuti kukhala ndi mwana kumakhalako, sizikutanthauza kuti ali wokonzeka kukhala ndi mwana, kapena kuti ali wokonzeka kukhala bambo, koma kuti ali ndikuthekera kokhala ndi mwana. Sizabwino kuti asungwana aang'ono akhale ndi makanda chifukwa matupi awo asanamalize kukula. Ngati muli ndi nkhwana za thupi lanu, funsani kuyankhula ndi munthu wamkulu wodalirika kapena waza umoy.

- 21 Wuzani kuti aliyense ayime palimodzi pabwalo mozungulira. Onse ali ndi zaka zofanana koma zikuwoneka kuti onse ali mu magawo osiyanasiyana a kutha msinkhu. Izi si zachilendo, ndipo thupi la munthu aliyense ndi lapadera komanso lobeba pailo lokha
- 22 Ngati pali nthawi, onetsetsani kuti akutsindika okha musanatseke uthenga wofunikira monga “Thupi langa ndi lapadera komanso lamphamvu.”
- 23 Thokozani aliyense chifukwa chotenga mbali ndi kutseka ndi uthenga wofunikira ndi ntchito yokachita kunyumba.



UTHENGA OFUNIKIRA

Chisodzera ndi nthawi imene matupi a anyamata ndi atsikana amasintha. Sikuti thupi lokha limasintha, koma ndi malingaliro omwe- mmene amverera, mmene amawonera zinthu - ndi maubale amene amapangidwa. Ichi ndi gawo chabwino bwino kwambiri chakukula. Kuphunzira ndi kukambirana za kusintha kumeneku ndi anthu omwe mumadalira kungakupangitseni kukhala omasuka komanso olimbika panokha za nkhani yakukulaku(confidence).



NTCTHITO YAKUNYUMBA

Afunseni kuti abwerere ku gawo lotsatira ndi mndandanda wa zinthu zokhudza kusintha pathupi pawo zomwe amazikonda komanso zomwe sakuzikonda. Ayenera kukonzekera kuzagawana ndi anzawo izi. Mu session ikubwerayo.

1 Summary adapted from Institute for Reproductive Health and United States Agency for International Development. (2011). “Puberty: My Body, Myself.” *My Changing Body: Body Literacy and Fertility Awareness for Young People*, 2nd ed., p. 22. Retrieved from: <http://irh.org/resource-library/my-changing-body-body-literacy-fertility-awareness-for-young-people-2nd-edition/>

Gawo 8

Changes in My Body Handout

Akazi

Maganizo: amafuna kukhala ozilamulila ndipo sakhala ndi anthu ena nthawi ya mbiri. Nthawi pangono kukwiya pangono kusangalala

Khungu: Limakhala la mafuta komaso ziphuphu.

Mabele: Amakula komaso kutupa mdipo amapwetekako

Thukuta: Thukuta limachuluka ndipo fungo limayamba

Kukula kwa thupi: amatalika komaso kunenepa. atsikana amamaliza nsanga kukula koma amyamata amatalika kuposa atsikana .

Ziwalo za atsikana: amayamba kusamba komaso nyini imanyowa ndipo amamva nyere

Tsitsi: Limamela mmiyendo komaso ku khwapa ndi ku maliseche

Kaganizidwe: amakhala otopa chifukwa thupi likukula ndiye ubongo ukuyenera kuzolowera

Amuna

Maganizo: amafuna kukhala ozilamulila ndipo sakhala ndi anthu ena nthawi ya mbiri. Nthawi pangono kukwiya pangono kusangalala.

Khungu: BLimakhala la mafuta komaso ziphuphu.

Mawu: Amakhathamira ndikuthwa. Akhoza kukwera kapena kutsika. Izi zimachitika.

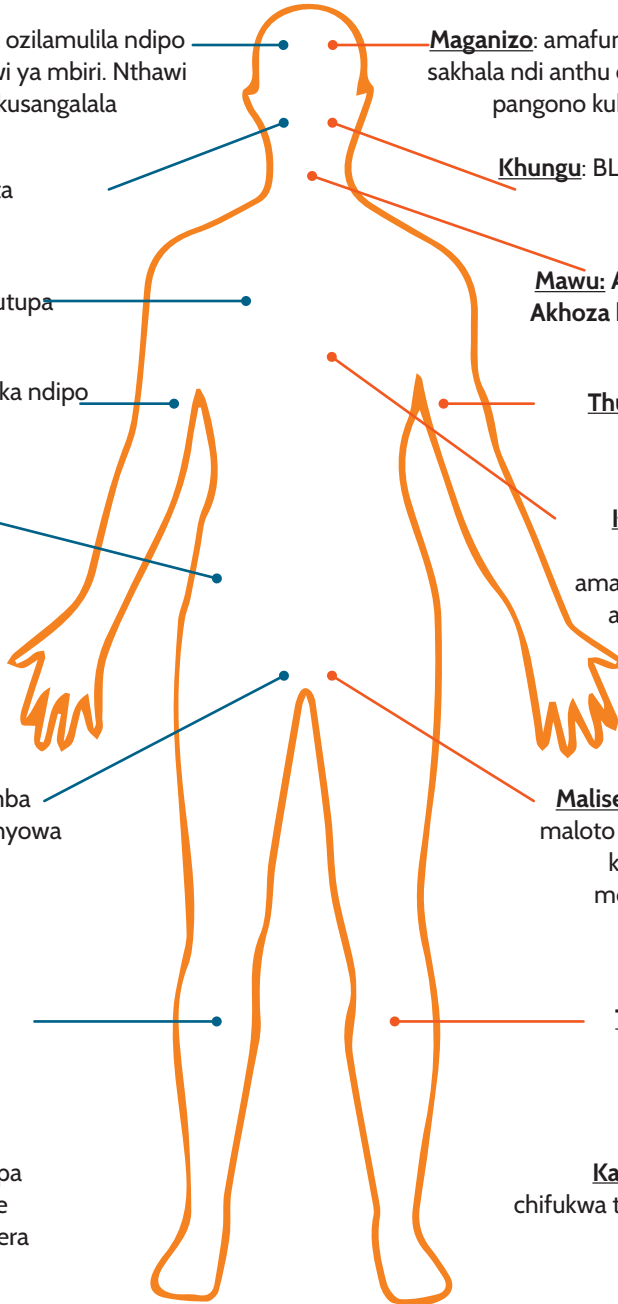
Thukuta: Limachuluka komaso ama tulutsa fungo.

Kukula kwa thupi: amatalika komaso kunenepa.atsikana amamaliza nsanga kukula koma amyamata amatalika kuposa atsikana .

Maliseche a abambo : Pamakhala maloto ogonana komanso kudzuka kwa mbolo, mbolo komanso mokhala machende zimakula; amakhala ndi nyere.

Tsitsi: Limamela mmiyendo komaso ku khwapa ndi ku maliseche

Kaganizidwe: amakhala otopa chifukwa thupi likukulla ndiye ubongo ukuyenera kuzolowera



NKhanani zoonetsa Kukula kwa pathupi

CHOLINGA

- 1 Kuphunzira zeni zeni zomwe aliyense amakumana nazo pamene atha msinkhu
- 2 Kupeza njira zothanila ndi zomwe achinyamata amakumana nazo akatha msinkhu

NTHAWI

Kuwalandira

Mphindi 10

kulingalila mozama za
Maganizo ndi Thupi

Mphindi 20

Nkhani za Kusintha kwa
pathupi

Mphindi 45

MAOLA 1.5

ZIDA:



Mapepala pomwe pajambulidwa la “Ziwalo zokhuzana ndikugonana komanso Kubereka” zokwana ana onse



Mapepala ochuluka pamen pajambulidwa ziwalo za abambo kapena za amayi atapachikidwa pa khoma



Ngati pangakhale kuthekera kobweretsa mphatso ngati ma sweets or ma pencil cholinga ana azikopeka kumasuka kutenga nawo gawo



Ngati chuma chikuloleza, gulani ma pad a period amtundu wopezeka m'madera omwe mumakhala- mapad ansalu, otaya, makapu a kumwezi



MFUNDO ZOKOMZEKELA:

Gawoli likuphera mphongo gawo lakudziwa zosintha pathupi lathu ndipo likungowonjezera zokhudzana ndi kusintha kwathupi kumene kumachitika achinyamata ali achichepere kwambiri. Monga mphunzitsi, siwe katswiri wa nkhani zokhudzana ndi kugonana ndi kubereka kotero musaope kunena, “Sindikudziwa yankho, koma ndikupezara” kapena “Pano pali malo omwe mungapite kuti mupeze zambiri zokhudza izo upite uku ndi uku (Muyang’ana palist kuti kudera kwaoko angapite malo ati abwino koma anagakawafotokozere zambiri zokhudzana ndikusintha kwao)”

Ndondomeko:

NDIKUCHEZA (MPHINDI 10)

- 1 Landirani aliyense, Kumbukirani kumwetulira ndikupatsani moni aliyense pakhomu pamene akufika
- 2 Funsani anthu odzipereka kuti agawane momwe ntchito yokapangira kunyumba inayendera
 - Kodi amamva bwanji akugwira ntchitoyi?
 - Kodi anthu ena anachita chiyani?
- 3 Fotokozani kuti lero mupitiliza kuphunzira za kusintha komwe kumachitika m’thupi nthawi ya chisodzerayi.

KUKAMBILANA MOZAMA ZA MAGANIZO NDI THUPI (MPHINDI 20)

- 4 Funsani ophunzira zomwe adaphunzira mu gawo lapitali. Uwuzeni gulu kuti ukhondo ndi wofunika kuti matupi ndi malingaliro akule ndikukula bwino. Pogwiritsa ntchito zolembe ndi zojambulajambula, funsani magulu ang’onoang’ono kuti akambitsane za imodzi pa nkhani zotsatirazi:
 - Kodi tingamapange chani kuti thupi lathu likhale loyera komanso labwino
 - Kodi tingamapange chani kuti moyo wathu wa malingaliro ndizinthu zomwe timamva mkati mwathu zikhale bwino komanso kuti tisadwale?

Ngati ndi kotheka: mukhoza kukhala ndi theka la gulu kulingalira malingaliro kuti thupi ndi theka likulingalira malingaliro kuti amve.
- 5 Maguluwo abwere afotokozere zomwe akambitsana. Onjezerani izi ngati sizinanenedwe:

Kusamalira Thupi

- Kusamba thupi tsiku ndi tsiku pogwiritsa ntchito sopo ndi madzi oyera
- Kugwiritsa ntchito zinthu zoyenera kuzithandizira pa nthawi yakumwezi (kuli ma pad ansalu, ongotaya ogula mwezi ndi mwezi komanso nyanda yopinda bwino)
- Sambani kunkhope ndi sopo ndi madzi kawiri pa tsiku
- Anyamata azichapa ma pant awo daily

Malingarilo

- Lankhulani ndi anthu akuluakulu odalirika za mavuto omwe mukukumana nawo

- Lembani mavuto amene mumakhala nawo mukope

- 6 Funsani ngati mfundo mwazikambazi zikuwoneka zothandiza, komanso momwe angagonjetse zopinga zoteteza maganizo ndi matupi awo (mwachitsanzo, kusowa mapad, sopo, etc.)



ZINDIKIRANI

N'zotheka kuti atsikana ochepa amadziwa kuti kunjaku kuli ma pad amene angathe kugwiritsa ntchito. . Fufuzani zipangizo zomwe ana ena amagwiritsa ntchito kudera kwanuko ndipo ngati zingatheke mubweretse zinthu zonsezi mugawo ili. Fufuzani kuti ku office kwa ahead kumagulitsidwa chinthu china chili chonse chowathandiza atsikanawa nthawi iyi, kapena gulu la mothers group ngati limasungira ma pad kapena chilichonse. Nanga ma cup akumwenzi angapezeke mmashop ? gulani zonsezo ndipo mubwere nazo pozapanga gawo ili

NKHANI ZONETSERI KUTI MUNTHU AKUKULADI (45 MPHINDI)

- 7 Fotokozani kuti muwerenga nkhani zosiyana za anyamata ndi atsikana a msinkhu wawo. Iwowa akhale tchelundipo azitha kufotokoza kuti chikuchitika ndi chani munkhani iliyonse itawerengedweyo
- 8 Otsogolera: Mukhoza kuwauza achinyamatawo kuti ayesezere kupanga nmasewerowo. (role play) Pezani ana awiri odzipereka ndipo apanga role play/ apange kasewero kutengera ndi nkhani zilipozo"

NKHANI # 1 ZA MNYAMATA WOTCHEDWA [DZINA AMENEYU AKHALE NDANI], ALI NDI ZAKA 11

Mlungu watha ndinalota za mtsikana amene ndimamukonda kwambiri. Ndinali wokondwa kwambiri m'maloto chifukwa ndinali pafupi naye. Nditadzuka ndinapeza zovala zanga nd zofunda zitanyowa komanso zooneka ngati mamina. Ndinakasamba. Pambuyo pake, ndinaganizira za zomwe zatuluka mnthupi mwanga ndipo ndinayamba kudandaula. Kodi pali chinachake chimene chalakwika ndi ine? Chikuchitika ndi chiyani?

- 9 Funsani odzipereka kuti afotokoze zomwe akuganiza kuti zikuchitika. Ngati ophunzira sakudzipereka, funsani kuti akhale ndi munthu yemwe amamukhulupirira kuti akambirane zomwe zikuchitika. Funsani odziperekano ochokera mu mapairs afotokoze zomwe akambitsana
- 10 Yankhani pogwiritsa ntchito zili mubokosi zotsatirazi

YANKHO LA NKHANI # 1

Pamene mukufotokozeri zomwe zikuchitika, gwiritsani ntchito chithunzi chilipaflip chart chomwe chikuonetsa mmene thupi la mwamuna lilili Afunseni kuti atsatiye limodzi pogwiritsa ntchito mapepala a zithunzi amene munawapatsa.

Mnyamata uyu akukumana ndi zomwe zimatchedwa "maloto onyowa". Maloto onyowa / wet dreams ndi pamene mnyamatayo amatulutsa umuna pamene wagona. Anyamata ambiri amatulutsa masperm nthawi yoyamba mmene akugona. Mnyamatayu anadzuka zovala zake, zofunda zake zitanyowa komanso zitamatika ngati mamina ndi umunawo. Ichi ndi chinthu chabwino bwino ndipo ndichizindikiri choti munthu akukula bwino. Akamakula azasiya kukhala ndi maloto oterowa (Otsogolere fufuzani kuti munthu akamakula amasiya kulota ma wet dreams chifukwa chani?).

Izi sizikutanthauza kuti ali wokonzeka kupanga mchitidwe ogonana chifukwa akhoza kupereka mimba pamene iyeyo akadali mwana. Matupi athu akungokonzekeretsa ziwalo zathu mmene zikukula kupita kokhwima koma nthawi sinakwane!

- 11 Funsani gulu kuti ndi uphungu wanji angapeleke kwa mnzawo wamuna ngati atakhala ndi maloto onyowawa? Mwachitsanzo, akhoza kusamba ndi sopo ndikusintha zovala zake asanagone
- 12 Werengani kapena pezani odzipereka apanga kasewero ka nkhani yachiwiri:

STORY #2 ABOUT A BOY NAMED [INSERT TYPICAL NAME OF A BOY HERE], AGE 10

I was sitting in the classroom today and felt my penis becoming very stiff and straight. I did not know what to do so I sat there until it went back to normal. I went to the toilet to pee to make sure everything was okay. I do not want to tell anyone because I am ashamed. Do you know what it means?

- 13 Funsani odzipereka afotokozere zomwe akuganiza kuti zuchitika .
- 14 Yankhani nkhani 2 ndi bokosi ili:

ANSWER TO STORY #2

Pamene mukufotokozera zomwe zikuchitika, gwiritsani ntchito chithunzi chilipaflip chart chomwe chikuonetsa mmene thupi la mwamuna lilili Afunseni kuti atsatre limodzi pogwiritsa ntchito mapepala a zithunzi amene munawapatsa.

This boy is experiencing an erection. An erection occurs when the penis fills with blood and becomes hard and straight. Erections sometimes happen when boys think about sexual things or for no reason at all! Boys do not have control over when this will happen. It is common for boys to have an erection when they wake up in the morning. In the evening, a penis can become erect several times in the night while he is sleeping. Boys will find it difficult to urinate until their penis goes back down.

- 15 Pamene mukufotokozera zomwe zikuchitika, gwiritsani ntchito chithunzi chilipaflip chart chomwe chikuonetsa mmene thupi la mwamuna lilili Afunseni kuti atsatre limodzi pogwiritsa ntchito mapepala a zithunzi amene munawapatsa.

NKHANI # 3 ZA MTSIKANA WOTCHEDWA [AMAIKA DZINA LA MTSIKANA PANO], ZAKA 12

Lero ndinabwerera kwathu kuchokera ku sukulu ndikupeza banga labrown pa zovala zanga zamkati. Sindinadziwe chomwe chingakhale kotero ndinasintha pant wanga nkumapitiliza kupanga zanga. . Patangopita maola angapo pamene ndinapita ku bafa, madontho amagaziwo anawonekeranso. Chikuchitika ndi chiyani? Kodi ndikudwala?

- 16 Funsani ochepa odzipereka kuti afotokozere zomwe akuganiza kuti zikuchitika ndipo akapeleka maganizo awo pherani pherani mphongo nkufotokozera ndi zomwe zili mubokosi pansipo:

YANKHO LA NKHANI # 3

Zindikirani: Pamene mukufotokozera zomwe zikuchitika, gwiritsani ntchito chithunzi pomwe ajambula mmene zimai aili. Afunseni kuti atsatare limodzi pogwiritsa ntchito ma handout munawaptsa aja .

Mtsikanayu wayamba kusamba koyamba kweni kweni. Pamene wayamba kusambaku, zizichitka mwezi uliwonse monga gawo la kusamba kwa mkazi. Zimasonyeza kuti thupi tsopano liyamba kukhwima ndipo akhoza kukhala ndi mimba akagonana ndi mwamuna. Nthawi imadziwikanso kuti “kusamba” ndipo imachitika pamene magari ndi minofu kuchokera pachiberekero cha mkazi zimatuluka kudzera kumaliseche. Mkati mwa thupi, magari ndi minofu zimapanga mu chiberekero ndipo ndi malo ofewa momwe mumakhala dzira, ndipo likakumana ndi umuna zimapanga mwana kenako muntu timati ali ndi mimba. Ngati dzira silinakumane ndi umuna, lining yomwe imapangika mwezi ndi mwezi ija siifunikira ndipo limodzi ndi dzira lija zones zimatuluka kudzera kukhomo lamkazi. Imene ndiye period ndipo zikhoza kutenga masiku 4 kapena 7 mwezi uliwonse kuti zituluke

Chifukwa chakuti mtsikana ali ndi nthawi yake sizikutanthauza kuti ali wokonzeka kukhala mayi. Ndipotu, zingakhale zoopsa kwa msungwana ngati atakhala ndi pakati ali wamng’ono

- 18** Funsani kuti ndimtundu wanji wa malangizo omwe angapereke kwa mzawo wa mkazi ngati atakhala wayamba period kwanthawi yoyamba? Mwachitsanzo, amatha kugula ndi kugwiritsa ntchito padi yaukhondo kapena kupeza momwe angapangire imodzi kuti azisamalire

**ZINDIKIRANI**

Pamene mukufotokoza zaziwalo za zimai,, achinyamata ena akhoza kukhala ndi mafunso okhudza clitoris/ nyini. Nthawizambiri, achinyamata akudziwa zambiri zokhudzanaizi. . Njira yabwino kwambiri ndikungonena chilungamo kuti ntchito yake ndiyoti mkazi azmva bwino akamagonana ndi mwamuna

- 19** Afunseni akhae mmagulu a anthu 4, ndipo akambitsane kuti leroaphunzirapo chani. Akamaliz kukambitsana mmodzi aimilire gulu ndipo afotokozere ku gulu onse kuti kodi iwowow akambitsana kuti aphunzirapo chan.
- 20** Thokozani aliyense chifukwa chotenga mbali ndikufunsa ngati ali ndi mafunso. Ngati n'kotheke, afotokozereni ku malo ngati chipatala komwe angapeze zambiri zolondola zokhudza kugonana ndi kubereka.
- 21** Tisirizano ndi Uthenga, ndikupereka ntchito yokapanga ku nyumba



UTHENGA WOFUNIKA

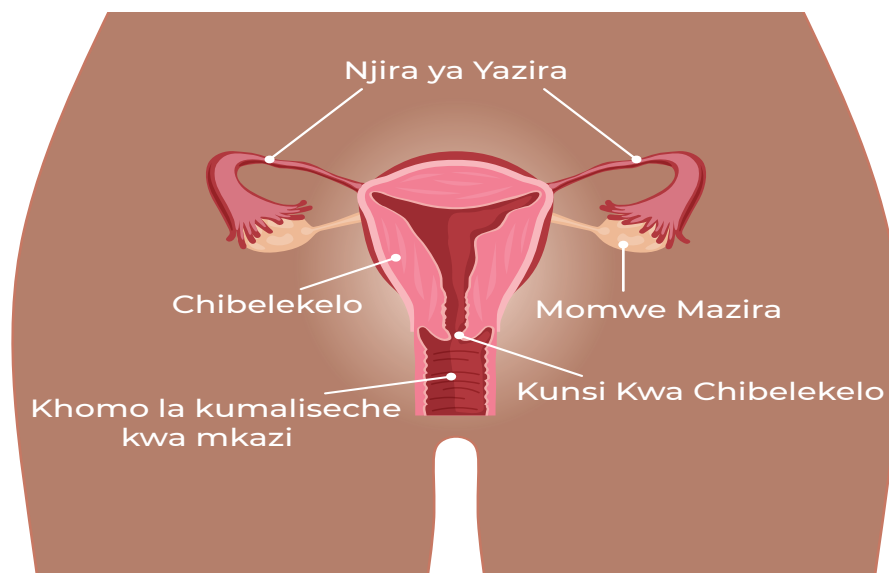
Chisodzera ndi nthawi imene thupi limasintha kukhala wamkulu. Zimasonyeza kuti tsiku lina mudzatha kukhala ndi banja lanu. Komabe, chifukwa chakuti muli ndikuthekera kopanga zinthu zimene akulu akulu akupanga sizikutanthauza kuti ndinu wokonzeka kukhala ndi mwana kapena kugonana. M'malo mwake sangalalani nthawi yomwe muli wamng'ono komanso kondwani chifukwa kusintha kumene kukuchitika m'thupi lanu



NTCHITO YAKUNYUMBA

Kaonene ndikuwerenga handout akupatsani yokhuzana thupi la amai kapena abambo.. Werengani zones ndi munthu wamkulu ngati n'kotheke. Gawani zomwe mwaphunzira lero ndi makolo anu. Tengani nthawi kuti muwafunse zomwe amakumbukira pokhala a msinkhu wanu. Ndi kusintha kotani komwe kunachitika ndi iwo panthawiyo? Kodi iwo anamva bwanji za kusintha.

Chithunzichi Chikuonetsa Ziwalo Zamkati Za Amai Zkhuzana Ndi Kugonana Komanso Kubereka¹²



Ndondomeko yobereka ya mkati mwa amayi imakhala ndi ziwalo zopezeka m'mimba komanso m'musi mwa mimba

Chiberekero ndi kumene mwana wakhanda amakhala mpaka miyezi yakubadwa yikwane.

Mkazi ali ndi mazira awiri – limodzi kumbali zonse za chiberekero. Ma ovary, amapanga mazira ndi mahomoni monga estrogen ndi progesterone. Mahomoniwa amathandiza kuti mkazi akhale ndi mwana. Ma ovary amatulutsa dzila mwezi ndi mwezi. Dzirali ndilaling'ono mwina ngati size yamchenga. Ndipo ngati mtsikana wagonana ndi mwamuna nthawi imene dzila latulutsidwa, limakumana ndi umuna nkupanga mwana. Inuyo atsikana ndi anyama achichepere simukuyenera kumagonana kuti mupewe mimba popeza simunakwhwime mmatupi mwanu

Ma fallopian tubes amatenga dzira kuchoka nalo ku ma ovaries kupititsa ku uterus/chiberekero

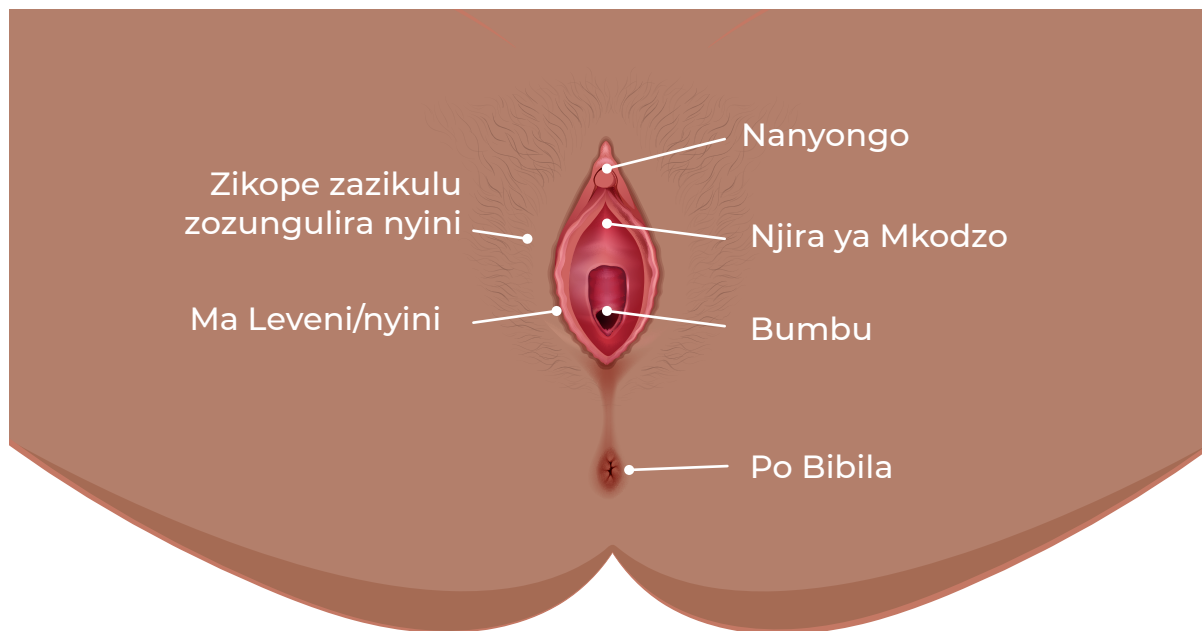
Cervix ndi malo amene amakathera ku vagina. Pa nthawi yobereka, cervix imadzitamula kuti mwana athe kuyenda kuchokera m'chiberekero kupita kunja kudzera pa vagina.

Vagina ndi khomo limene mwana ndi zina zina zimadzera potuluka kunja

¹² Taken from Kids Health (<http://kidshealth.org/en/teens/>).

Session 9 Reproductive Systems Handout

External Female Reproductive System¹³



Kutsegula kwa vagina Kutsegula kwa vagina ndi dzenje pakati pa miyendo ya mkazi.

Pamwamba pa kutseguka kwa kumaliseche pali **urethra** ((pokodzera), ndipo pansipa ndi **anus** (kumene bibi imatuluka).

Clitoris ndikanthu kakang'ono kamene kamangokhala pamwamba pa vagina. Cholinga ndikuti kakagwiridwa mkazi amve kukoma.

Malabiya majora amakhala ndi zikopa ziwiri za khungu zomwe zimayandikana ndi labia minora /nyini za mkazi. Madera a labiya ndizo ziwalo ziwiri zamkati zomwe zimazungulira kutseguka kwa chiberekero. Zimakhala ngati zikutseka pa khomo la vagina.

Session 9 Reproductive Systems Handout

MALISECHE A ABAMBO¹⁴

Abambo ndi a mayi amagwira ntchito limodzi kuti apange mwana.

Chikhodzodzo ndi thumba lomwe limasunga mkodzo mpaka ilo limasulidwe kudzera mu urethra.

Pafupi ndi chikhodzodzo chikhodzodzo **seminal**. Mitsempha ya seminal imatulutsa madzi akuda omwe amadyetsera umuna.

prostate gland imayandikana ndi gawo la urethra ndipo imatulutsa zina zamadzimadzi.

Pafupi ndi tchende iliyonse ndi **Modutsira Umina**, kumene umuna umasungidwa. Kuyambira pano, umuna matengedwa kupita kwa vas deferens.

Njira ya Umuna ndi chubu yomwe imanyamula umuna kuchokera ku epididymis kupita ku urethra.

Chubu cha **urethra** ndinjira yomwe Mkodzo ndi umuna zimadutsiramo mkutulutsa ku mbolo. Umuna ndi dzira lochoka kwa mkazi zimapanga mwana. Komabe achinyamata ngati inu simukuyenera kubereka ana. Sizabwino kwathupi losakhwima.

Mokhalamo machende chimalendewera kungsi kwa mbolo momwe mumapezeka machende ndi modutsa umuna. Machende awiri amapanga umuna komanso homoni yotchedwa tesitositeroni.

Mbolo ili ndi magawo awiri: shafuti (nthunthu) ndi magilandi (kumsonga kapena kuti kumutu). Mbolo imatulutsa umuna kudzera mu chubu cha urethra

Zokumva Imva zatsopano /Kusintha Ma Ubwenzi¹⁵

CHOLINGA

- ① Kuunikila zomwe zimachitika mmaganizo ndi matupi aachinyamta akakopedwa ndi munthu wina
- ② Kukufufuza kusiyana mu njira zomwe atsikana ndi anyamata amaoetsera chikondi
- ③ Kugawana njira zomwe tingaonetsera ulemu komaso kusasiyanitsa kwa ena

NTHAWI

MAOLA 1.5

Kuwalandira ana

maminiti 10 (gulu losakaniza)

Ntchito Yotchuka

Mphindi 20 (gulu lokhalo lachimuna kapena lachikazi)

Kukambirana kwa Gulu # 1

Mphindi 20 (gulu lokhalo lachimuna kapena lachikazi)

Kuchita Masewero Aubwenzi

Mphindi 20 (gulu losakaniza)

Kukambirana Gulu # 2

Mphindi 20 (gulu losakaniza)

ZIDA ZUFUNIKA

Palibe

¹⁵ Adapted from Institute for Reproductive Health and United States Agency for International Development. (2011). "Puberty: My Body, Myself." *My Changing Body: Body Literacy and Fertility Awareness for Young People*.



MFUNDO ZOKOMZEKERA:

Iyi ndi gawo lothandizira kuti atsikana ndi anyamata akambirane za mmene amamvera mkati mwa thupi lawo, ndi komanso kukakaba ngati mazakhao ndi chikoka kuti agonanane ndi munthu. Onetsetsani kuti mumakumbutsa ophunzira za Mgwirizano wa Gulu. Ihi chimapangitsa aphunzir kuti akhale omasuka kugawana nawo malingaliro awo moona mtima.

Tawonani kusiyana kwa momwe anyamata ndi atsikana akutha kufotokozera zokhuzana ndi zimene amamva mthupi lawo or kuti mmene amakhalila mokoepa ndi gulu a anyamata kapena atsikana. Afunseni chifukwa chake akuwona maubwenzi mosiyana. Athandizeni kupeza njira zowalola kukhala ndi maubale / mtundu uliwonse wa chiyanjano -koma kuti akhale maubale osanyozana komanso opetan ulemu

Ndondomeko:

KUWALANDIR (GULU LOSAKANIZA MPHINDI 10)

- 1 Landirani aliyense, Kumbukirani kumwetulira ndikupatsani moni aliyense pakhomu pamene akufika
- 2 Funsani odzipereka kuti agawane nafe mafunso alionse omwe atatha atayang'anitsitsa ku ntchito ya kumapeto anakafunsa.. Nchiyani chomwe chinawadabwitsa iwo pamene iwo ankawerenga kupyolera mu zoperekazo?

KUPANGA MAUBWENZI ATSOPANO (MPHINDI 20 - MAGULU AAMUNA / AAKAZI AKHALE PAOKHA)

- 3 Fotokozerani gulu kuti pamutu uno adzakambirana momwe kusintha kwa thupi lawo ndi malingaliro awo zimakhudzira maubwenzi awo ndi anthu ena - osati okha
- 4 Agaweni gululo kukhala maguluatsiakana okhaokha komanso anyamata okha okha. Onetsetsani kuti pali mphunzitsi mmodzi pagulu..
- 5 Funsani ophunzira kuti asankhe malo okhala pansi.
- 6 Awuzeni kuti apume mpweya wotalika pang'onopang'ono pamene akunena kuti “Pumulani” mwakachetechete..
- 7 Auzeni kuti apeze malo oti akhae kapena kugona pansi kumene, atseke maso awo ndikuti apume mkati apumile kunja ka khumi (10) kupuma mosavuta. Kuwerengedwa ndi aliyense kuchotsa. Pamene akupumila kunja aziwerengera mpaka ka 10. Kupuma uku kuwathandiza kuti ngati ali omangika kapena kuti akuganiza china chake chichoke.
- 8 Akafika ku “1” yambani chochita chotsatirachi

Optional: Play calming music in the background as you do the breathing exercise.

- 9 Pitirizani kutseka maso awo, funsani ophunzira kuti akumbukire nyengo iliyonse pamene amamva chikondi chapadera kapena kukopeka kwa munthu wina (Kumufila munthu wina wake kwambiri) . Nenani kuti nkofunika kuganizira nyengo imene kukopekako kunali kosangalatsa komanso kosangalatsa kwa iwo. Funsani mafunso kuti awathandize kulingalira koma osawafunsa kuti ayankhe. Ayenera kuganizira za mafunso anu

Ndeno ngati mwakumbukilapo munthu wina aliyense

- Munakumana bwanji ndi munthu uyu? Kodi ali m'kalasi lanu? Kodi iwo ndi aneba?
- Kodi amawoneka bwanji? Wamtali? Mfupi?
- Kodi iwo anali otani? abwino? okutsekesani? aphe?

- Kodi mumamva bwanji mu thupi lanu pamene mudali pafupi ndi munthu uyu? Wokondwa? waMantha?
- Kodi mungamve bwanji tsopano ngati munthu ameneyo ali pafupi ndi inu? Osangalala? Mantha?

Ngati palibe nthawi imene akuganizira wina aliyense, palibe bvuto. Angathe kungokhala chete ndikuganiza za funsolo.

- 10 Apatseni mphindi ziwiri kuti aganizire za momwe zimachitikira.
- 11 .Funsani ophunzira kupumila mkati ndikutulutsira kunja- ndikutsegula maso awo..
- 12 Funsani ochepa odzipereka kuti agawane zomwe aganiza.



ZINDIKIRANI

chonde asatchule mayina a anthu amene amawafilawo. Ameen azipeleka kugawana ndi gulu za nkhani yawo alimbikitseni kuti palibepo bvuto nkuwathokoza. Funsani ngati ena ali ndi zofanana kapena zosiyana kuti nawo afotokozere. Kupangitsa anyamata kuti amasuke ndikuti agawane nafe nyengo zawo zimakhala zobvuta , anyamata amakanika kumasuka nthawi zambiri. Apa pamafunika Otsogolera kuyesa kupereka nyengo yawo maka maka ngati ali ndi kankhani kamene kanali kochititsa manyazi mmene nawo anakhalilapo akumva chikoka kwamunthu wina wake ali mawa.lzi zimathandiza kuti anyamata ophunzira aja amasuk .

- 13 Pitirizani ku mafunso omwe gulu likukambirana.

KUKAMBIKIRANA PAGULU # 1 (MPHINDI 20 - MAGULU OKHAOKHA / ANYAMATA OKHA)

- 14 Kambiranani izi:
 - Atsikana / anyamata akakhala kuti akumufila wina wake kapena kuti akukopeka kwa munthu wina wake, ndi chifukwa chani iwo amamva kukoma ?
 - Kodi atsikana / anyamata amamva bwanji akamaganiza za anthu amene iwowo akuwafila or kukhala nawo chikondi chapadera dera?
- 15 Tsindikani kuti nthawi imene munthu akukula ndipo zinthu pathupi pake zikusintha, ndichinthu chabwino bwino kuti munthu wamkazi kapena wamwamuna azindikire kuti apa pali munthu amene akumufila kapena akufunana naye pena ingakhale kufuna kugonanan nawo kumene
- 16 Funsani ngati atsikana ndi anyamata amaonetsera bwanji akakhala kuti akumufuna wina wake(akumuhopera kapena kumufuna)?Kodi amaonetsera mofanana anyamata ndi atsikanawa? Odzipereka agawane ndi gulu mmene amaonera awo. Ostogolera musapelekepo mfundo zanu apa musingomvetsera
- 17 Bweretsani magulu onse pamodz (anyamata ndi atsikana aja)!



ENERGIZER ! (MPHINDI)

Funsani wophunzira mmodzi kuti aponye ka energiza kobe kuti gulu lonse lisangalale komanso litenge mphamvu zina

KUCHITA MASEWERA OONETSERA ZA ZIBWENZI(MPHINDI

20-MAGULU OWERENGKA)

- 18 Akakhala pagulu losakanikirana, auzeni kuti adzachita masewero. Anyamata adzachita masewera kuonetsa momwe atsikana amachitira akafuna kuonetsera kuti akumufuna wina wake. Atsikana adzachita masewera kuonetsa momwe anyamata amachitira zinthu akafuna kuonetsera akumufuna wina wake.
- 19 Funsani aliyense kupanga magulu a anthu 2-3. Awapatseni mphindi zisanu ndi zisanu kuti achite masewero awo.
- 20 Malingana ndi nthawi, khalani ndi magulu awiri kapena atatu omwe akuwonetsera masewero awo kwa gulu lonse.
- 21 Pambuyo pa sewero lirilonse, funsani anyamata Kodi asungwanawo alondora mmene mumapangira? Kodi aphonya chiyani? “Afunseni atsikanawo,” Kodi anyamatawo alondora mmene mumazionetserelai? Kodi aphonya chiyani?”
- 22 Thokozani maguluwo ndikupitiliza kukambirana pa mafunso enanso:

KUKAMBIKIRANA PAGULU #2 (MPHINDI 20-MAGULU LOSAKANIZA)

- 23 Pa masewera aja, kodi kusiyana komwe munawona ndi kotani momwe anyamata ndi atsikana amasonyezera mmene amaonetsera kuti akumufuna munthu? Chitsanzo: Pa masewero, anyamata amapereka ndalama kwa atsikana kuti asonyeze kuti angathe kuwasamalira; Atsikana nthawi zonse amafunsidwa ndi anyamata; Atsikana amagwiradwa mmalo mosayenera mnthu kukugwira chisawa ndi anyamata kuti adziwe kuti amawakonda, ndi zina zotero)
- 24 Kodi tinaphunzira kuti kuyambitsa maubwenzi monga awa pamene asungwana sapangapo gawo loyambitsa kudikira anyamata ndi amene ayambitse? Chitsanzo: Kuchokera kwa makolo, kuyang'ana TV, Baibulo, kwa azakhali, ndi zina zotero)
- 25 N'chifukwa chiyani zinthu zoterozi zingayambitse atsikana mavuto? Nanga kwa anyamata? Chitsanzo: Ngati atsikana akuphunzitsidwa kuti adikire anyamata awafunsire kukhala pachibwenzi ndipo anyamata amaphunzitsidwa kukhala ostogolera pachibwenzichi, izi zingachititse anyamata kuwapanga treat atsikana monga Zinthu osati Anthu; Atsikana omwe amakana kukhala ndi ubwenzi ndi anyamata omwe amafuna iwo akuchitiridwa nkhanza kapena kugwiridwa:
- 26 Ndi phindu lanji lilipo kuti munthu adikirire kuti azayambe zogonana mpaka mutakula?
- 27 Nthawi zina zilako lako za mthupizi zimazachuluka kwambiri nkukusowetsa munthu mtendere, Kodi tingachite chiyani tikakhala mumaganizo amenewa? o Zitsanzo: Lemekezani ndi kuvomereza mmene mukumvera chifukwa ndichizindikiro chakuti mukukula! Lankhulani ndi mnzanu kapena wamkulu wodalirika za izi, kapena kuchotsa maganizo anu pokusewera kunja ndi anzanu)



ZINDIKIRANI

Nkhani yokhuzana ndi kuzisangalatsa tokha (masturbation) ikhoza kubwera panthawiyi. Pa msinkhu uno, achinyamataachiachinyamata amatha kuyesa matupi awo m'njira zomwe zimabweretsa chisangalalo. Ndikofunika kuvomereza kuti kuseweretsa maliseche ndi njira yabwino kwambiri yofuna kuthana ndi chilakolako chomwe tili nacho. Awuzeni ophunzira kuti kuziseweretsa kotero ndikwabwino ndipo kumamupangitsa mmunthu kukhala ndi umoyo wangwiro wonse komanso tsindikani kufunika kodikirira kugonana kufikira atakula ndipo matupi awo ndi malingaliro awo atakhwima. Ena akuluakulu, kapena ngakhale mpingo wanu ukhoza kunena kuti masturbation sizolondola koma zili kwa iwo kuti aganizire zomwe amavomerezana nazo, koma nkofunika kuti azisamala

- 28 Ndi zinthu ziti zofunika zomwe munaphunzira mu gawo lino za maubwenzi?
- 29 Ndi chifukwa chiyani nkofunika kulemekeza ena?
- 30 Tsirizani ndi Uthenga ndikupereka ntchito ya kunyumba.



UTHENGA OFUNIKA

Ntahwi ya puberty/chisodzera, umayamba kukhala ndi mafilu/ maimvaimva achikondi pa anthu ena maka maka awa osiyana nawo mbali - nthawi zina chikondi chimabwera, nthawi zina kugonana kumene. Thupi lanu likuwonetsa kuti likukula bwino komano apa matupi anu ndi malingaliro anu adakali kukula ndipo ndibwino kuyembekezera mpaka mutakula muzayambe kupanga zimene thupi lanu likufuna kapena likumvaimva. Musathamangire kumverela zilako lako zanu mupwetekeka. Komanso tikuyenera kuphunzira kulemekeza anthu ena kaya pa maubwenzi athu kapena amaene atizungulira.



NTCHITO YOKAPANGA PAKHOMO

Kuyang'ana mmbuyo pa masabata khumi apitawo, kodi kusintha kwanji kumene mukufuna kuchita osati mu ubale wanu ndi abwenzi anu komanso banja lanu, komanso kusukulu kwanu? Kodi ndichani chimeen mungamapange pofuna kupanga sukulu malo malo osangalatsa? kupanga ma drama owonetsa kuipa kwa zina zimene anthu mumapanga? Kupanga ma club? Kulemba kalata ku unduna wa zamaphunziro kufotokozerana mmen school yao ilili? Week yamawa tizayambira pamenepa.

MASEWERO OKHUZANA NDIKUKHARA NDI MIMBA UDAKALI WACHISOZERA

CHOLINGA

- 1 Achinyamata adziwe zotsatira zokhala ndi mimba adakali achisozera
- 2 Kusindika ubwino wodikira osagonana mpaka atakhwima mmunzeru komaso muthupi
- 3 Achinyamata apeze njira zopewera kutenga mimba adakali achisozera mu miyoyo yawo komaso ena amene amawakonda

NTHAWI

Kuwalandira achinyamata

Mphindi 10

Sewero lokhuzana
ndikukhara ndi mimba
udakali wachisozera

mphindi 45

Kukambirana kwa Gulu

Mphindi 30

ZIDA

Palibe

MAOLA 1.5



MFUNDO ZOKOMZEKERA:

Kubeleka nsanga kuli ndizotsatira zoipa zambiri kwa atsikana achichepere. Atsikana komaso anyamata amakumana ndizophinja kumbali ya zachuma, mmaganizo awo komaso ma ubwenzi awo kotero kuti amasiya sukulu, kusapeza ntchito kuti anthandizire mwana wabadwayo komaso kusowa chithandizo kuchokera ku banja kwawo, izi ndi zina mwazovuta zomwe amakumana nazo. Ana amene amabadwa kuchokera kwa amayi achicheperewa amakhala osalemera kwambiri, onyetchera komaso atha kukhala ndi mavuto kumbali yakakulidwe kawo.

Ndondomeko:

KUCHEZA (MPHINDI 10)

- 1 Landirani aliyense, Kumbukirani kumwetulira ndikupatsani moni aliyense pakhomo pamene akufika
- 2 Akumbuseni kuti muzokambirana zapitazo anapasidwa ntchito yokapangira kunyumba. Funsani omwe angazipeleke awauze anzawo mmene ntchito yokapangira kunyumba inayendera
 - Amamva bwanji mmene amachitia ntchitoyo?
 - Anthu ena anati chani za ntchitoyo?

SEWERO LOKHUZANA NDIKUKHARA NDI MIMBA UDAKALI WACHISOZERA (MPHINDI 45)

- 3 Awuzeni otenga nawo mbali kuti amphunzira zambiri zakusinthira komwe kumachitika mma matupi awo monga mmene angazakhalire amayi kapena abambo tsiku lina. Koma achinyamata ena amakhala makolo nsanga thawi yawo isanakwane.
- 4 Afunseni ngati akuziwapo amene anakhalapo nkholo nsanga? Zotsatira zake zinali zotani pa tsikana ameneyu? Nanga mnyamata komaso makolo awo? Pezani ozipeleka kuti ayambise zokambilanazi
- 5 .Aphotokozereni kuti sopana akhala muma gulu awiri a tsikana komaso anyamata okhaokha. Sankhani magulu .
- 6 Onse akhala mumagulu, afotokozeleni za ntchito ya sewero. Apatseni zisanzo zambiri:

Gulu la atsikana #1: Pangani sewero la mphindi 5 lokhuzana ndi zositha zomwe zimakhala pa tsikana wachitsozera akatenda mimba (kusitha kwa thupi komaso makhalidwe). Inu mukuona kuti amamva bwanji? Komaso izi zingaphinje bwanji masophenya ake?

Gulu la atsikana #2: Pangani sewero la mphindi 5 lokhuzana ndi zositha zomwe zimakhala pa tsikana wachitsozera akakhala ndi mwana. Inu mukuganiza kuti izi zingamuphinje bwanji mmoyo wake (kumbali ya kapezedwe ka ndalama. ma ubwenzi ake ndi zina)?

Gulu la anyamata #1: Pangani sewero la mphindi 5 lokhuzana ndi zositha zomwe zimakhala pa tsikana wachitsozera akatenda mimba (kusitha kwa thupi komaso makhalidwe). Inu mukuona kuti amamva bwanji? Nanga wokondedwa wake amamva bwanji?

Gulu la anyamata #2: Pangani sewero la mphindi 5 lokhuzana ndi zositha zomwe zimakhala pa mtsikana wachitsozera ndi wachikondi wake akakhala ndi mwana? Mukuganiza kuti izi zingakhale ndizovuta zANJI pa moyo wawo?

- 7 Mukawapasa ntchitoyi, pitani pa gulu lililonse ndipo onesensani kuti ayimvesesa ntchitoyo.
- 8 Gulu lililonse lipaseni mphindi 5 kuti amalaze ndipo apange sewero lawo.

- 9 Muwayamikile pamapeto pa sewero lililonse.
- 10 Aliyense abwelere pamalo pomwe anakhala.

ZOKAMBIKIRANA ZA PAGULU (MPHINDI30)

11 Kambiranani izi:

- Mumamva bwanji mmene mupapanga sewero?
- Munaona kuti chimachitika ndi chani mtsikana akatenga mimba nsanga? Nanga kwa mnyamata akapereka mimba nsanga?
- Kodi kukhala ndi mwana kumasokoneza bwanji masophenya amtsikana ndi mnyamata?
- Kodi anyamata ndi atsikana amakhuzidwa mofanana ndi mimba? Chifukwa? Pali kusiyana kotani komwe taona?
- Mumagulu anu atsikana mumakambirana zokhuzana mimba? Nangan mumakambirana zotani?
- Ndi zifukwa ziti zomwe anyamata ndi atsikana amusinkhu wanu akuyenera osagonana mpka atakula komaso kukhwima?
- Tipange bwanji kuti tithanidzane kuti tipewe kutenga mimba nsanga?

12 Tsirizani ndi Uthenga ofunika ndikupereka ntchito ya kunyumba.



UTHENGA OFUNIKA

- Ndikofunikira kudikira osagonana mpaka uli wokonzeka komaso uli pa ubwenzi ndi munthu amene ukumukonda.
- Kutenga mimba nsanga mudakali angono kumaphinja achinyamata kuti asakwanilise maloto awo, izi zitha kuphinjazo ubwenzi wawo ndi anzawo komaso banja lawo.
- Kutenga mimba nsanga kuli ndi zoipa zambiri pa moyo wa atsikana.
- Ndikofunikira kugwirana zanja kupewa mimba .



NTCHITO YOKAPANGA PAKHOM

Lembani maloto anu 2-3 amene mumafuna mutazakwanilisa mukakula/Mwachisanzo ndimafuna ndizakhale mphunzitsi? Ndizakhale ndi bizimisi ya Taxi? Mukuganiza kuti utakhala ndi mwana pano zisokoneza bwanji masophenya akowa? Mubwere mutakonzeka kuzagawana ndi anzanu muzokambirana zanthu zikubwerazi.

Ndime

4

**Kuziyika Zonse Palimodzi
– Ndikufuna Kupanga
Chimenechi!**

Kupangitsa Dera Langa Kukhala Abwino - Pulojekiti Yopanga Ophunzirawo Akamaliza Maphunzirowa

CHOLINGA

- 1 Ku komza ndondomeko ya zokapanga kuti achinyamata akhale moyo mu zatsopano zomwe aphunzira
- 2 Ku kondwerera kusintha ndi zimene achinyama alonjeza kukapititsa patsogoro nkhanu yosasiyanitsa pakati pa kazi ndi amuna (gender) komaso nkhanu zogonana ndi kubereka (SRH)

NTHAWI

Kuwalandira achinyamata

Mphindi 10

Dziko Langa , Tsogolo Langa

ora 1

Kukolana kangaude gulu onse kugwiritsa nthtio ulusi

Mphindi 20

MAOLA 1.5

ZIDA



Mapepala Akulu akulu



Mapepala ndi mapensulo



Mpira wamapepala opanga ana ndi chingwe chachitali ngati twini kapena omangira manyu



Ma certificate a ana kuti amaliza kuphunzira



MFUNDO ZOKOMZEKERA:

Pamene gulu likubweranso kumapeto, yambani kukonza njira zoti ana aja azikumanabe . Kodi pali ma projecti ena amene akuchitika ndi anthu a mderalo ndi cholinga choti anawa akhoza kukhala nawo gawo limodzi kuti awathandizire akuleofuna kufufuza. Gawo ili tikambilana pa kukhazikitsa ndondomeko zowonetsetsa kuti zimene aphunzira zija azipange kuti asinthe zinthu mmene zimachitika cholinga pasakhala kusankhama kuti uyu ngwa mwamuna kapena wamkazi. Nzofunikira kuti inu ngati bungwe mukambitane kuti muwathandiza bwanji anawo mmene akuyamba campaign yoti athandize ku dera kwao kusinthe pogawana ndi anzawo zimeen iwowo aphunzira pa masabata 12 onsewa.

Ngati pali nthawi, ndibwino kuyitani makolo ndi aphunzitsi (mwakufuna) ku gawo lomala lino ndipo ophunzira athe kukonza sewero lalikulu limodzi kuonetsa zinthu zonse zomwe adziphunzira pa sabata 12 Komanso akhoza kuitana a head, azibusa, kapena ena akulu akulu ngati a aDEM cholinga inu muzathe kuwayamikira anyamatawa kutengera ndi mmene mwawaonera akukulila pamasabata 12 apitawa komanso kufunikira kowathandiza anawa pa gulu lawopo kuti athandize kutsogolera kubweretsa kusintha mudera mwao ingakhale mmumasukulu ena amene sitinathe kupitamo ndi project iyi.

Ndondomeko:

KUWALANDIRA ACHINYAMATA (MPHINDI 10)

- 1 Landirani aliyense wabwera
- 2 Funsani odzipereka kuti agawane ndi gulu kuti ntchito tinapeleka week yatha yagwiridwa bwanji? Ali ndi maganizo otani?

DZIKO LANGA, TSOGOLO LANGA (1 HR)

- 3 Fotokozerani kuti gulu kuti gawo ili ndilomaliza kukumana kwathu kwa nthawi ndi nthawi. . Kwa milungu 12. Akhala ndi mwayi wophunzira ndi kufufuza nkhani zosiyanasiyana zomwe akukumana nazo achinyamata masiku ano kuphatikizapo zokhuza umoyo wogonana ndi uchembere wabwino, mmene angathetsera nkhanza komanso kusasiyanitsa pakati pa amuna ndi akazi. Panopa tikambitsana kuti kodi zonsezi taphunzirazi zingatithandize bwanji kupanga sukulu yathu kuti ikhale yosangalatsa komanso achinyamata ake akule ndi umoyo wabwino.
- 4 Mozungulira bwalo omwe timakhala lija, onetsani ophunzira kuti ayende mozungulira wina ndi mnzake kugawana malingaliro awo kuti apititse patsogolo sukulu yawo. Lembani zonse zimene anenezo pa flip chat koma osabwerenza mfundo polembapo poti ana amatengera zimene wanena wina.
- 5 Mukamaliza kukambilanako, wuzani mwana wina aliyense kuti abwere pa flip chat ndi pensulo lake ndikulemba chizindikiro cha I pa mfundo imene yamusangalatsa imodzi. Mufundo imene itakondedwe kuposa zinzake ndimfundo imene anawo atayambirepo kupanga plan kuti agwiritse ntchito mmene akufuna kuthetsa zinthu zina pasukulu pawo zimene aziona kuti sizabwino potengera pa maphunziro amene anali nawo.
- 6 Mukasankha mfundo ija –ngati vuto limene akufuna ayambirile kulithetsa, ana aja ayambe kupanga plan kuti ndiye ayenda bwanji kuti afikire cholinga chawo:
 - Kodi uthenga wawo waukulu ndi chiyani? Kodi anzawo amsinkhu ngati wao pasukulupo akuyenera kudziwa chiyani?
 - Kodi akufuna kuti asintheyo ndi ndani? Ana anzawo a standard 6> kapena ena okulilapo, Aphunzitse, Makolo, Boma?

- Ndi zinthu ziti zomwe angachite?
 - Apanga liti komanso mochuluka bwanji?
 - Akufunika zipangizo zowathandiza ngati ziti- ndalama, stationale?
- 7** Gwirani nawo ntchito yopanga ndondomeko/action plan cholinga choti anawa akwanilitse masomphenya awo
- 8** Athandizeni mwanthawi ndi nthawi kuti zitheke.

KUPANGA MGWIRIZANO WA KANGAUDE - MPHINDI 20

- 9** Gwirani mpira wa chingwe ndikufunsa ophunzira kuti ayime pa bwalo moyang'anizana.
- 10** Fotokozani kuti adzakhala akuponyerana mpira womangiridwa ndi wachingwe kwa wina ndi mnzake Komabe, iwo ayenera kugwira kumapeto amodzi a chingwe ndikuponyera mpira kwa munthu wotsatira. Asanaponye, akuyenera kuyankha funso lotsatira, "Kodi gululi lidzakuthandizani bwanji kuti mukhale munthu amene mukufuna kudzakhala mstogolo muno?"
- 11** Perekani mpira wa chingwe kwa munthu wodzipereka yemwe angayankhe funsolo. Atayankha, aponye mpira kwa wina koma osachisiya chingwe wagwiracho mpaka aliyense pagulupo ataponya mpira, kuyankha funso ndikugwira chingwe.
- 12** Pomwe anthu onse amaliza kuyankha akhala atapanga Mgwirizano wa kangaude chifukwa chingwe chija chiyenda pali ponse ngati mmene kangaude amaonekera.
- 13** Fotokozerani kuti onsewa apanga mgwirizano wodabwitsachifukwa akhala limodzi pa gulupa, kugawana zinthu zosiyan siyana zamoyo wao. Apatseni 2 minutes kuti alankhulane zoyamikira pantchito yabwino imen agwira limodzi.
- 14** Funsani wotsogolera mderalo amene mwamuitana kuti awalimbikitse ana aja komanso kuwayamikila chifukwa cha kukula komanso kusinthika komwe kwachitika mmene akhala akubwera pa maphunziro onsewa.
- 15** Alimbikitseni anawo kuti akumanenso kuti azakonze sewero limodzi lalikulu limene aonetse zonse zimene aphunzira komanso azakambilane kuti kusintha akukufuna kwapasukulu pawo kuja kapena mmadera mwao kuchitika bwanji.
- 16** Perekani ma certificate ndi uthenga otsekera .



UTHENGA OFUNIKA

- Kwa miyezi yapitayi, mwakula komanso mwapindula munjira zambiri kwambiri. Pano tikuchisiya mmanja mwanu kuti inunso mugwire ntchito pa sukulu panu, ndimakolo anu, azinzanu polimbikitse tsogolo limene sipakhala kusiyantsa pakati pa amai ndi abambo , anyamata ndi asungwana pazochitika zambiri ndipo inu mukula ana osangalala komanso a umoyo wabwino
- Kukhala ndi masomphenya ,zikuthandizani kupanga ziganizo zabwino, zosaika moyo wanu pachiswe lero

