ZOFUNIKIRA KUTI ZICHITIDWE

Mogwirizana ndi Khadili, tikhoza kukambapo za mapologalamu, ndondomeko ndi kusonkhanitsa kwa ndalama zopititsira patsogolo ntchito zothandiza kuti asungwana ndi amayi apewe HIV m'Malawi. Kotero kuti onse okhudzidwa kuphatikizapo boma, mabungwe aboma, mabungwe omwe siaboma ndi onse omwe amapereka chithandizo, aganizirepo izi:

1. Kuonanso ndi kulimbikitsa kuchitapo kanthu m'Malawi molingana ndi zomwe mayiko anagwirizana zolimbikitsa Atsogoleri a mayiko Kutengapo mbali yayikulu pa nkhani za HIV ndi Edzi kuchokera ku msonkhano wa pa 2 June, 2006 (omwe umaunikanso zomwe zili mu UNGASS) makamaka zokhudzana ndi kuteteza asungwana ndi amayi ku HIV. Zimenezi zikupezeka kweni kweni mmagawo 7,8,11,15,21,22,26,27,29,30,31 and 34.
2. Kulimbikitsa mmadera onse a dziko lino malamulo ameme amateteza ufulu ndi umoyo okhudzana ndi kugonana ndi ubereki wabwino wa asungwana ndi amayi, kuphatikizapo okhudzana ndi kukwatiwa mwamsanga. Kweni kweninso, kulimbikitsa zabwino zomwe zili mu Malamulo oteteza nkhanza za pabanja kuphatikizapo tanthauzo la nkhanza lomwe lili lokwanira komanso kulitambasula kuti lidzitetezanso amayi osakwatiwa ndi amayi ku malo awo ogwirira ntchito.
3. Kuonetsetsa kuti zithandizo zonse zokhudza achinyamata ndiponso nchito zokhudza HIV (kuphatikizapo chithandizo cha matenda opatsirana, kuyezetsa magazi mosakakamizidwa ndi kulandira mankhwala a ARV) akupezeka mmzipatala zambiri. Komanso kuunika ndi kuthetsa zinthu zomwe zimalepheretsa kugwiritsa ntchito zithandizozi pakati pa achinyamata, mwa chitsanzo, poikamo mfundo zokomera achinyamata pophunzitsa ogwira ntchito mzipatala.
4. Kulimbikitsa kulumikizana kwa ntchito za umoyo wa kugonana ndi ubereki wabwino wa achinyamata (kuphatikizapo chithandizo cha sikelo ya amayi a pakati) ndi ntchito zothandiza kupewa HIV, kulandira mankhwala, chisamaliro ndi kuthandiza omwe akukhudzidwa ndi HIV (kuphatikizapo kuyezetsa magazi mosaumilizidwa).
5. Kulimbikitsa zitsanzo zabwino za kuyezetsa magazi mosakakamizidwa zomwe zikutsindika za ubwino odziwa mmene mmthupi mwa munthu muliri, kutsimikiza kuti adzawasungira chinsinsi ndi kuthandiza asungwana ndi amayi achichepere kumvetsa zotsatira za kuyezetsa magazi, monga kudziwitsa mabanja awo ndi abwenzi awo za zotsatirazi.
6. Kulimbikitsa kuti mankhwala a ma ARV adzipezeka mosavuta kwa aliyense komanso kulimbikitsa kuti munthu amene angapezeke ndi HIV apitilizebe kudziteteza ndi kuteteza ena. Kuonetsetsanso kuti asungwana ndi amayi achichepere amene ali ndi HIV, kweni kweni iwo amene ali osauka ndi okhala kumadera akumidzi, angathenso kumalandira chithandizo mu njira zothandiza pa vuto lawolo komanso moganizira za zaka zawo komanso mwakuzindikira kuti iwowo ndi akazi.
7. Kuonetsetsa kuti mmasukulu muli ntchito zokwanira zowathandiza asungwana ndi amayi achichepere kupewa HIV. Mwa chitsanzo, pochotsa mfundo zoletsa kuti makondomu asamagawidwe mmasukulu, kuonetsetsa kuti achinyamata ophunzitsa anzawo apatsidwa nzeru ndi luso lomatha kutumiza anzawo kukalandira zithandizo zina mmadera mwao monga kuyezetsa magazi ndi kuonetsetsanso kuti aphunzitsi akupatsidwa maphunziro okwanira bwino ndi kuwathandiza kuti adzitha kuwaphunzitsa momveka bwino ana a sukulu phunziro lija lokonzekera moyo wawo wa mtsogolo.
8. Kulimbikitsa kulumikizana kwa pakati pa kuteteza HIV ndi ntchito za malamulo kotero kuti ngati pali mayi amene akuyezetsa magazi ndipo akufotokoza kuti wagwiriridwa, adzitumizidwa ku gulu kapena ku bungwe limene lingampatse uphungu ndi chithandizo cha za malamulo choyenera ndi chokhudzana ndi vuto lakelo.
9. Kulimbikitsa kudzipereka kuti umoyo wa amayi upite patsogolo, kulimbana ndi zovuta zimene zimabwera chifukwa cha kutaya mimba mu njira zoika moyo pa chiswe ndi kuthandiza kuti kutaya mimba kusamachitike nkomwe kupyolera nkulimbikitsa ndi kukonzanso ntchito za kulera. Tiyenera kuzindikira kuti njira zonse zothandiza kapena kusintha kwina kuli konse kokhudzana ndi nkhani zotaya mimba komwe kungachitike, kuchitike molinganga ndi mmene malamulo a dziko okhudzana ndi kutaya mimba aliri.
10. Kugwira ntchito zothandiza kuti asungwana ongoyendayenda nawonso adzilandira nawo chithandizo chokhudza kudziteteza ku HIV, kulandira mankhwala, kusamalidwa ndi kulimbikitsidwa ngati ali ndi HIV molinga ndi mfundo za ufulu wa munthu wobadwa nawo. Izi zikuphatikizapo kuunika zinthu monga za chuma, chikhalidwe, ndi zokhudzana ndi mphamvu pakati pa amayi ndi abambo zomwe zimawapangitsa asungwana ndi amayi achichepere kuti ayambe za zoyendayenda, kupereka chithandizo cha umoyo komanso cha moyo wawo wa tsiku ndi tsiku kwa asungwana ongoyendayenda ndi kupereka mwayi kwa asungwanawa kuti apeze njira zina zodzithandizira kupatulapo kuyendayendako kwa amene asankha kutero.
11. Kukhazikitsa malamulo komanso mapologalamu mmidzi, wothana ndi miyambo ina yoopsya imene imathandiza kufala kwa HIV. Mwa chitsanzo, kupewa kuvinira asungwana chinamwali akangotha msinkhu kumene, kuonetsetsa kuti asungwana siakuumilizidwa kulowa mbanja adakali ang'ono, kuthana ndi mdulidwe wa maliseche a akazi ndi kuwalimbikitsa asungwana ndi amayi kuti asamakhale ndi zibwenzi zambiri komanso nthawi imodzi.
12. Kupititsa patsogolo mapologalamu abwino okhudza kupewa HIV omwe amapatsa achinyamata mwayi okhala ndi njira zambiri zopewera HIV ndi kulimbikitsa kuti achinyamata adzikhala ndi mwayi olandira mauthenga ndi uphungu osiyanana siyana okhudzana ndi HIV ndi zinthu zowathandiza kupewa HIV kuphatikizapo makondomu a amuna ndi akazi.
13. Kuonetsetsa kuti mapologalamu onse okhudzana ndi moyo wa kugonana ndi ubereki, HIV ndi Edzi akutsindika pa mmene amuna ndi akazi amakhalira ndi kugwirira ntchito zawo (gender), kuthandiza kuti pali kutenga nawo gawo ndi kukambirana pakati pa asungwana/amayi achichepere ndi anyamata/abambo achichepere, kulimbana ndi zinthu zimene zimalepheretsa asungwana ndi amayi achichepere kudziteteza ku HIV (monga kupititsa patsogolo ntchito zodzipezera okha ndalama) ndi kuonetsetsa kuti ntchito zonse zikufika ku midzi ndi kulimbikitsa kuti ntchitozi zizikhala zopitilirabe osati zongochitika kamodzi kokha ayi.
14. Kukonza mapologolamu wokhudza mwa njira ya padera anyamata ndi abambo owazindikiritsa za udindo wawo pothandiza kuti asungwana ndi amayi achichepere apewe HIV. Komanso kulimbikitsa kuti abambo azitengapo gawo pa mapologolamu a umoyo wogonana ndi ubereki wabwino. Kuonetsetsanso kuti mwa njira zapadera, ntchito zimenezo zikukhudzanso kulimbikitsa luso lokonzekera moyo wamtsogolo ndi kuthana ndi zikhalidwe zina zokhudza makhalidwe a amayi ndi abambo (monga kulekera kuti abambo azikhala ndi akazi angapo ogonana nawo).
15. Kuthandiza kuti asungwana ndi amayi achichepere, kweni kweni amene ali ndi HIV adzitengapo gawo pokonza mapulani a mdziko okhudzana ndi HIV ndi Edzi kuphatikizapo kupyolera mmapologalamu amene adzathandiza kuwapatsa asungwana luso lomanga mfundo ndi kulankhula pagulu.

CONTACT DETAILS

For futher information about this Report Card, or to receive a copy of the Research Dossier, please contact:

International Planned Parenthood Federation
4 Newhams Row
London SE1 3UX
Tel +44 (0)20 7939 8200
Fax +44 (0)20 7939 8306
Email info@ippf.org
www.ippf.org
UK Registered Charity No.229476

UNFPA
220 East 42nd Street
New York,
NY 10017
USA
Tel +1 212 297 5000
www.unfpa.org

UNFPA
P.O. Box 30135
Lilongwe 3
Malawi
Tel +265 1 771 444/474
Fax +265 1 771 402

Global Coalition on Women and AIDS
20, avenue Appia
CH-1211 Geneva 27
Switzerland
Tel +41 22 791 5412
Fax +41 22 791 4187
Email womenandaids@unaids.org

Young Positives
P.O. Box 10152
1001ED Amsterdam
The Netherlands
Tel +31 20 528 78 28
Fax +31 20 627 52 21
Email rfransen@stopaidsnow.nl
www.youngpositive.com

Family Planning Association of Malawi
P/B B424, Lilongwe 3,
Malawi
Tel: +265 1 773915/
+265 9 952 515
Fax: +265 1 771032
email: fpam@fpamalawi.org

The views and opinions expressed in this publication are those of the authors and do not necessarily reflect those of UNFPA, the United Nations Population Fund. Published by IPPF in 2006

KHADI LOFOTOKOZA ZA KUPEWA HIV PAKATI PA ASUNGWANA NDI AMAYI ACHICHEPERE

MALAWI

DZIKO LA MALAWI:

Chiwerengero Cha Anthu:	13,350,000[1]
Zaka zomwe tingayembekezere munthu kukhala moyo:	41.7 years[2]
Kuchuluka kwa ana osaposera zaka 15:	46.5%[3]
Kuchuluka kwa anthu osauka amene sapeza ndalama yokwana $1 (K140) pa tsiku:	55%[4]
Kuchuluka kwa asungwana (15-24) amene amatha kulemba ndi kuwerenga:	54.0%[5]
Kuchuluka kwa achinyamata (15-24) odziwa kulemba ndi kuwerenga (kuchuluka kwa asungwana ngati mbali ya anyamata,1995-1999):	86%[6]
Zaka zimene amayi (25-49) ambiri amakhala atakwatiwa, 2000:	17.8 years[7]
Zaka zimene asungwana (15-24) ambiri amakhala atayamba kugonana, 2000:	17 years [8]
Zaka zimene anyamata (15-24) ambiri amakhala atayamba kugonana, 2000:	16.5 years[9]
Ndalama zimene zimagwiritsidwa ntchito pa munthu aliyense pa ntchito za umoyo pa chaka:	$48[10]
Kuchuluka cha amayi amene amagwiritsa ntchito njira zolerera:	31%[11] (26% njira zamakono zolerera)
Chiwerengero cha amayi amene amamwalira chifunkwa cha uchembere mwa amayi 100,000 aliwonse amene achembeza:	984[12]
Mitundu ikulu ikulu ya anthu: Chewa | Nyanja | Tumbuka | Yao | Lomwe | Sena | Tonga | Ngoni | Ngonde | Asian | European[13]	
Zipembedzo zikulu zikulu: Akhristu 79.9% | Asilamu 12.8% | zina 3% | osapembedza 4.3%[14]	
Kuchuluka kwa anthu olankhula zilankhulo zikulu zikulu: Chichewa 57.2% (chogwiritsidwanso ntchito ndi Boma) | Chinyanja 12.8% | Chiyao 10.1% | Chitumbuka 9.5% | Chisena 2.7% | Chilomwe 2.4% | Chitonga 1.7% | zina 3.6%[15]	

ZOKHUDZANA NDI EDZI:

Kuchuluka kwa anthu aakulu amene ali ndi HIV, 2005:	14.9%[16]
Kuchukuka kwa asungwana (15-24) amene ali ndi HIV, 2005:	9.6%[17]
Kuchukuka kwa anyamata (15-24) amene ali ndi HIV:	3.4%[18]
Chiwerengero cha anthu amene anamwalira chifukwa cha Edzi, 2005	78,000[19]
Chiwerengero cha ana (0-17) omwe ali a masiye, 2005:	550,000[20]

ZOKHUDZANA NDI KUPEWA KWA HIV PAKATI PA ASUNGWANA NDI AMAYI:

Pafupifupi theka la anthu mdziko muno ndi ana osaposera zaka 15.[21] Mchaka cha 2005, kunapezeka kuti panali asungwana ambiri (kupinda kanayi) a pakati pa zaka 15 ndi 24 amene anali ndi HIV poyerekeza ndi anyamata a msinkhu omwewu.[22] Pali zifukwa zambiri zimene zimaonjezera kuika moyo wa asungwanawa pa ngozi yotenga HIV monga kusoweka kwa uphungu ndi chidziwitso chokwanira chokhudza njira zodzitetezera (asungana 57 okha mwa 100 amanena kuti makondomu angathandize kupewa HIV),[23] kukwatiwa mwansanga (asungwana oposa theka limodzi amakhala atakwatiwa kale akamafika zaka 18),[24] kusoweka kwa mwayi opezera ndalama (zomwe zimapangitsa asungwana ndi amayi achichepere kuti adzigonana ndi amuna ndi cholinga chakuti adzipeza ndalama ndi chithandizo), kukhala ndi anthu ogonana nawo ambiri[25] ndiponso nthawi imodzi ndi miyambo ina yoipa (yomwe imapangitsa kukhala kovuta kuti amayi agwiritse ntchito mauthenga amene amawamva okhudzana ndi kudziteteza ku HIV).[26]

MAU OYAMBA

CHOLINGA CHA KHADILI NDI KUFOTOKOZA MWA CHIDULE ZINA NDI ZINA ZOKHUDZANA NDI KUPEWA HIV PAKATI PA ASUNGWANA NDI AMAYI ACHICHEPERE M'MALAWI.

Khadili ndi limodzi mwa makadi amene akukonzedwa ndi Bungwe la International Planned Parenthood Federation (IPPF) mogwirizana ndi mabungwe a Global Coalition on Women and AIDS, Young Positives ndi chithandizo chochokera ku Bungwe la United Nations Population Fund (UNFPA) lomwe limayang'anira za ntchito za chiwerengero cha anthu pa dziko lonse.

Khadili ndi lothandiza pa ntchito yozindikiritsa anthu pa zinthu zina zokhudzana ndi HIV ndi Edzi. Cholinga cha khadili ndi kulimbikitsa kuti ntchito, ndondomeko ndi ndalama zogwirira ntchito zothandiza kuti asungwana ndi amayi apewe HIV M'Malawi zionjezereke ndi kukonzedwanso bwino.

Khadili lakonzedwa kuti likafikire anthu opanga malamulo ndi ndondomeko mdziko, mdera la maiko ndi pa dziko lonse lapansi komanso kwa iwo amene amapereka zithandizo zosiyana siyana kwa achinyamata. Mfundo zake zikuchokera mu mgwirizano omwe maiko a padziko lapansi anasainilana makamaka pa Chitsimikizo cha Andale pa ntchito yolimbana ndi HIV ndi Edzi (Political Declaration on HIV/AIDS) zochokera pa msonkhano wa akulu akulu (High-Level Meeting) umene unachitika kuchokera pa 2 June 2006. Msonkhanowu unali wotsatira pa zomwe zinakambidwa ndi kumangidwa pa Msonkhano wa padera pankhani ya Edzi wa Bungwe loimira mgwirizano wa maiko onse pa dziko lapansi (United Nations General Assembly Special Session on AIDS (UNGASS).

Khadili likufotokoza mwa chidule za mmene zinthu ziliri pa njira ndi zithandizo zokhudzana ndi kupewa HIV pakati pa asungwana ndi amayi a chichepere a pakati pa zaka 15 ndi 24 M'Malawi. Khadili likufotokoza zinthu zisanu zimene zimakhudza kapewedwe ka HIV. Zimenezi ndi zokhudza

1. Malamulo
2. Ndondomeko
3. Kupezeka kwa chithandizo chosiyana siyana
4. Kukhala ndi mwayi wopeza chithandizo
5. Kutenga mbali pa nkhani za Edzi komanso ufulu okhudzana ndi za Edzi

M'khadili mulinso mfundo zomwe zingagwiritsidwe ntchito ndi anthu komanso mabungwe onse kuti apititse mtsogolo ntchito ndi chithandizo zokhudzana ndi kupewa HIV pakati pa asungwana ndi amayi achichepere m'Malawi.

Khadili lapangidwa kutsatira kafukufuku wa zolembedwa ndi kukambirana pakati pa anthu mdziko la Malawi amene anapangidwa mchaka cha 2006 ndi Bungwe la IPPF. Tsatanetsatane wa kafukufukuyu akupezeka mu chibukhu chachikulu chotchedwa (Research Dossier on HIV Prevention for Girls and Young Women in Malawi). Chibukhuchi chikupezeka ku likulu la IPPF ku London kwa omwe angachifune.

IPPF International Planned Parenthood Federation

UNFPA

The Global Coalition on Women and AIDS

1 GAWO LOYAMBA LA KUPEWA
ZOKHUDZANA NDI MALAMULO
(MALAMULO A DZIKO NDI ENA OKHUDZA NKHANI ZA EDZI, ETC)

MFUNDO ZIKULU ZIKULU:

- Munthu ayenera kulowa mbanja pokhapokha atakwanitsa zaka khumi ndi zisanu ndi zitatu[18], ngakhale munthu wa pakati pa zaka khumi ndi zisanu[15] ndi zaka khumi ndi zisanu ndi zitatu[18] akhoza kulowa mbanja ndi chilolezo cha makolo.[27]
- Malamulo akulu oyendetsera dziko lino (Constitution) amalimbikitsa za kusasiyana pakati pa amuna ndi akazi, kwenikweninso poyang'ana za miyambo yoopsya ndi nkhanza zokhudza kugonana. Ndonndomeko yoyendetsera ntchito zolimbana ndi matenda a Edzi m'Malawi (Malawi National AIDS Policy) nayonso imalimbikitsa kuteteza ufulu wa amayi kuphatikizapo ufulu wokhudzana ndi kugonana ndi umoyo wabwino wa ubereki.[28]
- Lamulo lolimbana ndi nkhanza zam'banja lomwe linakhazikitsidwa ndi Nyumba ya Malamulo m'chaka cha 2006 limafokokoza motambasula bwino nkhani zonse zokhudzana ndi nkhanza za pa banja. Cholimga cha lamuloli ndi kuteteza ndi kulimbana ndi nkhaza zimene zingamachitike mmabanja. Komabe lamuloli limangokhudza amayi omwe ali okwatiwa, omwe analekana ndi amuna awo ndi omwe akukhalira limodzi ndi mwamuna mnyumba imodzi. Lamuloli silikuteteza asungwana wosakwatiwa, amayi ongoyendayenda ndi amayi amene amasowetsedwa mtendere ku malo ogwirira ntchito.[29]
- Kulibe lamulo la palokha loletsa mchitidwe wa mdulidwe wa asungwana chikhalilecho pali umboni wosonyeza kuti mchitidwewu ukhoza kupititsa mtsogolo kufala kwa kachilombo ka HIV.[30]
- Sipanakhazikitsidwe zaka zoti munthu akhoza kupeza chithandizo cha umoyo wokhudzana ndi kugonana ndi ubereki mosafunsa chilolezo cha makolo. Koma kwa munthu ofuna kukayezetsa magazi kuti adziwe ngati ali ndi HIV ayenera kukhala atakwanitsa zaka 13.[31]
- Kuchotsa mimba ndi kosaloledwa molingana ndi malamulo, pokhapokha mwa chitsanzo, pakuyenera kupulumutsa moyo wa mayi oyembekezerayo. Pali chilango chachikulu kwa aliyense ophwanya lamuloli.[32]
- Kuumiliza munthu kuyezetsa magazi pofuna kudziwa ngati ali ndi HIV kapena ayi nkosaloledwa pokhapokha kwa asilikali a nkhondo, oyang'anira anthu olowa ndi kutuluka mdziko muno, oyang'anira akayidi kundende ndi apolisi amene amatha kuyezedwa magazi ngati mbali imodzi yodziwira za thanzi lawo ndi kuwayenereza kulowa ntchito ya usilikaliyo.[33a]
- Lamulo lokhudza a pantchito lomwe linakhazikitsidwa mchaka cha 2000 limalimbikitsa kuti munthu wa pantchito kapena woyembekezera kuti alembedwe ntchito asasankhidwe pa zifukwa zakuti ndi wamkazi kapena wamwamuna, wolumala, ndi zina koma silitchulka momveka bwino za tsankho lokhudza munthu amene ali ndi HIV kapena Edzi.[33b]
- Mmabukhu a zamalamulo amakamba za asungwana ongoyendayenda. Ngakhale izi sizoletsedwa, kudalira kapena kugwiritsa ntchito ndalama zopeza chifukwa cha ntchito yoyendayendayi ndi kuphwanya malamulo. Palibe lamulo loletsa asungwana ongoyendayenda kuti asapange magulu awo. Ndondomeko yolimbana ndi matenda a edzi m'Malawi imafotokoza za ntchito zolimbikitsa kuti kuchita zoyendayenda kusamakhalenso kulakwira malamulo ndi ntchito zothandiza kuti gulu limeneli lifikiridwe ndi chithandizo chokhudza HIV ndi Edzi.[34]
- Palibe malamulo ake ake okhudzana ndi HIV ndi Edzi wothandiza kuti padzikhala chinsinsi pa zotsatira za kuyezetsa magazi. Palibenso malamulo okwanira bwino othana ndi miyambo ina yoipa monga kugwirira asungwana ngati mbali imodzi yomalizitsa chinamwali ndi mwambo wa kuchotsa fumbi kwa amayi omwe amuna awo amwalira.[35]
- Ngakhale pamene malamulo othandizira alipo, anthu ambiri samadziwa za malamulowa ndipo ngakhale ochepa amene amadziwa za malamulowa amalephera kuti akadandaule ngati ufulu wawo utaphwanyidwa. Ndi asungwana ndi amayi ochepa okha osauka ndi a kumadera a kumidzi amene angathe kupeza chithandizo cha a za malamulo. Izi zili choncho kweni kweninso chifukwa palibe kugwirira ntchito limodzi pakati pa othandizira pa nkhani za Edzi (monga a koyezetsa magazi komwe msungwana akhoza kuulula kuti wagwiriridwa) ndi zithandizo za malamulo (monga mabungwe amene siaboma amene angathandize msungwanayo kuti akasume mulandu).[36]

ZOMWE ANTHU ANANENAPO:

- "Lamulo lokhudza nkhanza m'mabanja limafotokoza kuti ndi mulandu waukulu kumuchitira munthu nkhanza pathupi lake, mmaganizo pachuma komanso mmakhalidwe." (Katswiri wa za malamulo)
- *"Vuto lomwe limakhalapo pogwiritsa ntchito malamulowa ndi lakuti anthu ambiri, makamaka okhala ku midzi komanso osauka, samakhala ndi mwayi wothandizidwa ndi mabwalo a milandu. Malamulo oteteza asungwana ndi amayi samadziwika ndi anthu ambiri a mmidzi chotero ndi anthu ochepa okha amene amapita kukandandaula pa milandu yotereyi."* (Namwino ndipo Phungu, Malo Operekera Uphungu)
- "Anthu akadziwa za nkhanza zokhudzana ndi kugonana, nkhanza za pabanja ndi nkhanza zogwiriridwa ndi wachibale monga ngati bambo ake amwana, nkhani zokhudzana ndi nkhanza zimenezi zimacheperapo." (Mkulu, Bungwe la anthu amene ali ndi HIV ndi Edzi)
- *"Lamulo lokhudza chuma cha masiye limangokhudzako kwambiri za kagawidwe ka chuma cha masiye ndipo silikambapo kena kalikonse kokhudzana ndi kutengapo mkazi wosiyidwayo."* (Mkulu Woyang'anira Pologalamu, Bungwe Losakhala Laboma)
- "Asungwana ochepa msinkhu monga a zaka 13 amapezeka ndi matenda opatsirana pogonana akabwera kudzayezetsa magazi awo kuti aone ngati ali ndi HIV ndipo kumapezeka kuti anagwiriridwapo mmbuyomu. Ngakhale izi zikhale choncho, mlangizi wa koyezetsa magazi amalephera kuti ayitengere nkhani ija kwa a zamalamulo chifukwa ndondomeko yokhudza kupereka uphungu siimanena momveka bwino zoyenera kuchita kuti pakhale kulumikizana pakati pa anthu oyeza magazi ndi anthu a nkhani za malamulo." (Namwino Komanso Phungu, Malo Operekera Uphungu)
- *"Kuli bwino kulola kuti asungwana oyendayenda adzigwira ntchito yao motetezedwa ndi malamulo ncholinga chakuti adzitha kufikiridwa ndi chithandizo cha zaumoyo wabwino wa ubereki."* (Wachinyamata Ophunzitsa anzake za HIV, Youth Drop In Centre)
- "Palibe lamulo lomwe limakambapo za kupatsira munthu wina HIV mwadala kapena modziwa." (Zokambirana za pagulu la asungwana ndi amayi achichepere)
- *"Boma liyenera kuteteza asungwana ndi amayi ku miyambo yoopsya yomwe pakali pano ilibe chilango china chilichonse mwa lamulo."* (Zokambirana za pagulu la asungwana ndi amayi achichepere)
- "Nthawi zambiri, malamulowa amalephereka kuti alimbikitsidwe. Chotero kwa ine, ndimaona ngati kuti amangothandiza pang'ono chabe kuteteza asungwana ndi amayi ku HIV." (Zokambirana za pagulu la asungwana ndi amayi achichepere)

2 »

GAWO LACHIWIRI LA KUPEWA
ZOKHUDZANA NDI NDONDOMEKO YA KAYENDETSEDWE KA NTCHITO ZA EDZI
(NDONDOMEKO, ZOYENEREZA, MIGWIRIZANO)

MFUNDO ZIKULU ZIKULU:

- Ndondomeko ya Za matenda a Edzi Yomwe inakhazikitsidwa mchaka cha 2003:
  - Imafotokoza momveka bwino za kulumikizana ndi kugwirizana kwa ntchito zonse zokhudzana ndi Edzi kuyambira ku kupewa, kulandira chithandizo cha mankhwala, kusamala odwala ndi kuthandiza okhudzidwa ndi matendawa.[37]
  - Imapempha anthu onse kuti adziyang'ananso zosowa za asungwana ndi amayi ndi kuzindikira kuti pali zinthu zina zimene zimawapangitsa kuti iwo akhale pa chiopsyezo chotenga HIV. Imapemphanso anthu ndi kudzipereka kuti maufulu awo okhudzana ndi kugonana ndi ubereki atetezedwe ndiponso kuonetsetsa kuti akazi akupatsidwa chithandizo chapadera chowayenera iwo ngati akazi kuti athe kupewa HIV. Imakhudzanso ana ndi achinyamata ndikudzipereka kuti nawonso alandire mauthenga ndi uphungu owayenera iwo ngati achinyamata komanso kukhala ndi chidziwitso ndi luso loti athe kudziteteza ku HIV. Komabe pali ma pulojekiti ochepa amene akuthandiza asungwana kapena amayi achichepere komanso ana ndi achinyamata.[38]
  - Imafotokoza za kuyenera kopereka chithandizo mwa njira ya padera kwa anthu amene ali ovuta kuwafikira ndiponso amene safikilidwa nkomwe, monga asungwana ongoyendayenda ndi ana amasiye, ndi kulimbikitsa kuti nawonso adzitengapo gawo ndi kupatsidwa mphamvu yakutengapo mbali pa ntchito zolimbana ndi Edzi.[39]
  - Imatsindika za kufunika kosungira chinsinsi munthu amene akulandira chithandizo chokhudzana ndi umoyo wogonana ndi ubereki, kuphatikizapo kupereka kwa chithandizo mokomera achinyamata ndi kuyezetsa magazi mosakakamizidwa. Komabe kumapezeka kuti achinyamata ambiri amaopa kapena amapezeka kuti, sanasungiridwe chinsinsi.[40]
  - Imatsindika za kufunikira koonetsetsa kuti asungwana a pasukulu ndi omwe sali pasukulu akhale ndi mwayi ophunzira nawo maphunziro a kakuludwe, kakhalidwe ndi moyo wa bwino amene amakhudzapo nkhani za kusasiyana pakati pa amuna ndi akazi, kupewa HIV, kukhala ndi moyo wabwino ngakhale atapezeka kuti ali ndi HIV. Imadzipereka kuti mu ndondomeko ya maphunziro a msukulu ayikemo mitu yokamba za umoyo ogonana ndi ubereki wabwino, ndikuti mauthenga amenewa adzipezeka ku sukulu za pulayimale ndi sekondale. Palinso ndondomeko ya Boma yothandiza kuti asungwana amene anasiya sukulu chifukwa cha mimba ndipo anaberekapo athenso kubwerera ku sukulu.[41]
- Pali chilinganizo chakuti zithandizo zonse ziziperekedwa pa malo amodzi ndi anthu amodzi. Mwa chitsanzo, pamene Unduna wa Za Umoyo ukupititsa patsogolo ntchito zokhudzana ndi sikelo ya amayi a pakati, ndondomeko ya nchito za Edzi mdziko muno ikutsindika za kufunika koonetsetsa kuti mwayi oyezetsa magazi ukuperekedwa kwa amayi onse oyembekezera akapita ku sikelo ya amayi a pakati. Komano izi zikumalephereka chifukwa cha kuchepa kwa anthu ogwira ntchito za chipatala.[42]
- Zotsatira za kafukufuku (wokhudzana ndi anthu ndi umoyo (DHS) zimagawidwa bwino molinga ndi zaka za anthu ofunsidwawo ndiponso ngati ali mkazi kapena mwamuna. Izi zimathandiza kuti kukhale kosavuta kuona mmene HIV ndi Edzi zikukhudzira asungwana ndi amayi achichepere komanso ndi mmene nkhani za HIV ndi Edzi zikusinthira pakati pawo.[43]
- Ndondomeko yoyendetsera ntchito zokhudza achinyamata (National Youth Policy) ikufotokoza kuti achinyamata apatsidwe uthenga ndi uphungu wokwanira wokhudzana ndi kupewa HIV pakati pawo.[44]
- Pologalamu yaikulu yokhudza HIV ndi Edzi pakati pa amayi ndi asungwana inakonzedwa ndi kukhazikitsidwa ndi a Unduna wa Za Amayi ndi Chitukuko Cha Ana ndi chithandizo chochokera ku UNFPA. Cholinga cha pologalamuyi ndi kuchepetsa mliri wa Edzi ngati vuto lomwe likukhudza akazi kwambiri.[45]

ZOMWE ANTHU ANANENAPO:

- "Mfundozi zikukamba za zosowa ndi zofuna za asungwana ndi amayi. Koma kutambasula mfundonzi kuti zikhale mapologalamu othandiza kuti zosowazo zikwaniritsidwe ndi komwe kumavuta." (Mkulu, Bungwe la anthu omwe ali ndi HIV ndi Edzi)
- *"Ndondomeko zambiri sizisiyanitsa zosowa za asungwana ku zosowa za amayi."* (Woyang'anira, Youth Drop In Centre)
- "Pali chikonzero chakuti chithandizo cha umoyo monga kuteteza mwana kuti asatenge HIV kuchokera kwa mayi ake, kuyeza ndi kupereka chithandizo cha matenda opatsirana pogonana chidziperekedwera limodzi ndi chithandizo cha sikelo ya amayi a pakati… komano kumadera kumene ogwira ntchito ndi ochepa, ndikovuta kupereka chithandizo cha umoyo moteremu." (Mlangizi wa za HIV ndi Edzi, Dipatiment ya Boma)
- *"Ndondomeko ya Boma yolimbikitsa kuti asungwana omwe anaberekapo adzibwereranso ku sukulu ikuthandiza kuti asungwana adzipitiriza maphunziro awo. Komabe, nkofunika kuti pakhale mapologalamu apadera amene adzithandiza asungwana amene aganiza zobwereranso ku sukuluwa."* (Woyang'anira za Amayi, Bungu la Achinyamata)
- "Ndondomeko ndi mfundo zimene zimapangitsa kuti ntchito zoteteza HIV zikhale zovutirapo ndi monga zoletsa kugawa makondomu mmasukulu ndi mndende." (Namwino ndi Mulangizi wa za Edzi, Bungwe Lopereka Uphungu wokhudzana ndi matenda a Edzi)
- *"Asungwana ndi amayi achichepere, komanso anyamata ndi abambo achichepere amalandira maphunziro okhudzana ndi zogonana ku sukulu kuyambira Sitandade 5 kupyolera mu Phunziro la Kukonzekera Tsogolo mmene amakambirana za umoyo wabwino wokhudzana ndi kugonana ndi ubereki. Mu maphunziro a za mmene anthu amakhalira (social science) amaphunzitsidwa za kutenga mimba munthu anakali wang'ono, kuyezetsa magazi mosaumilizidwa ndi za HIV. Vuto ndilakuti aphunzitsi amayenera kukhala ndi ukatswiri wokwanira pa nkhani za HIV."* (Wachimyamata Ophunzitsa anzake za HIV, Youth Drop In Centre)
- "Nthawi Zina Ndondomeko za boma zimatha kumatsutsana zokhazokha. A unduna wa za maphunziro amaletsa kuti makondomu asamagawidwe mmasukulu, pamene a unduna wa za umoyo amati makondomu akhoza kugawidwa pena pali ponse." (Wachimyamata Ophunzitsa anzake za HIV, Youth Drop In Centre)

3 »

GAWO LACHITATU LA KUPEWA
ZOKHUDZANA NDI KUPEZEKA KWA CHITHANDIZO
((KUCHUKUKA KWA MAPOLOGALAMU, KUSIYANA KWA ZITHANDIZO)

MFUNDO ZIKULU ZIKULU:

- Zipatala zonse 600 zomwe zili mdziko la Malawi zimaperekapo zithandizo zina ndi zina zokhudza umoyo wogonana ndi ubereki wabwino.[46]
- Mmene pamafika pa December, 2005, chithandizo choyezetsa magazi kuti munthu adziwe ngati ali ndi HIV kapena ayi mosakakamizidwa chimapezeka mu zipatala 239 za boma ndi zomwe si zaboma (anthu pafupi fupi awiri (1.65%) mwa anthu 100 aliwonse ndi omwe anali atayezetsa pamene timafika mchaka cha 2003). Pofika March, 2006 nkuti chithandizo choti mwana asatengere HIV kuchokera kwa amayi ake chikuperekedwa mzipatala zokwana 36, ngakhale kuti amayi omwe amakhala mmatauni ndi omwe amakhala ndi mwayi waukulu kwambiri (kupinda kanayi) wopeza chithandizo chimenechi. Zipatala zokwana 122 zinayenerezedwa kuti zikhoza kumapereka mankhwala otalikitsa moyo a ARV.[47]
- Makondomu amuna amapezeka ku zipatala za boma, kwa achinyamata ndi anthu ena ophunzitsa anzawo, ogawa makondomu a mmidzi, ndi mmalo ena ogulitsiramo makondomu. Makondomu achizimayi aliponso mdziko muno koma samapezeka kweni kweni.[48]
- Mmadera ena, pali zithandizo zosiyana siyana (monga za mankhwala ndi zothandizidwa mmaganizo) za anthu amene ali ndi HIV, kuphatikizapo zochitika zina zokhudza achinyamata. Komabe, ndi mapologalamu ochepa okha amene amakhudza motsindika nkhani yakuti munthu amene ali ndi HIV amayeneranso kuti adziteteze.[49]
- Mankwala a ma ARV a anthu aakulu akupezeka mzipatala zaboma (komwe akungokwanitsa anthu pafupi fupi 14 okha mwa anthu 100 aliwonse amene akufuna mankhwalawo) ndipo boma likuyesetsa kuti nawonso mankhwala a ana amene ali ndi HIV adzipezeka).[50]
- Mmadera ena, pali ndondomeko yothandizira anthu omwe ali pa ma ARV monga kuchokera kuchipatala chachikulu cha pa Boma chomwe chimapereka ma ARV kupita ku magulu a kumidzi amene amapereka zithandizo zina kwa iwo amene ali ndi HIV. Mmadera ena palibe ndondomeko yeni yeni kotero kuti zithandizozo zimangokhala zosalumikizana kapena zapatalipatali.[51]
- Mapologalamu ena okhudzana ndi kuteteza kufala kwa HIV a achinyamata, kweni kweni amene amayendetsedwa ndi a zipembedzo, amatsindika kwambiri pa kudziletsa basi. Koma ena amakhudzapo zambiri monga kuthandiza achinyamata kukhala odzidalira popeza njira zodzithandizira, kuletsa kukwatira kapena kukwatiwa msanga, kusasiyana pakati pa amuna ndi akazi, kuphunzitsa okondedwa za Edzi ndi kulimbikitsa kugwiritsa ntchito ndi kugawa makondomu. Mapulojeki ena amakhala okhudza anthu amene ali ndi HIV kapena amene akhudzidwa ndi mliri wa Edzi.[52]
- Mapologalamu ena amagwiritsa ntchito mipingo. Ena amagwiritsa ntchito anankungwi ndi alangizi a anamwali amene amatsogolera zochita zonse zokhudzana ndi kuvinidwa chinamwali (komwe zina mwa zochitika za kuchinamwaliko zimakhala zolimbikitsa achinyamata kuti ayambe zogonana).[53]
- Pali mapulojekiti ena amene amagwira ntchito ndi magulu a padera a asungwana ndi amayi achichepere kuphatikizapo omwe ali amasiye ndi ongoyendayenda ndi kukhala mmiseu ya mmizinda. Komabe mapulojekiti amenewa siambiri ndipo amangopezeka mmatauni mokha.[54]
- Dongolosolo la mmene achipatala angalandirire ndi kuthandizira achinyamata mwa chikondi ndi mwasangala ndi mbali imodzi ya maphunziro a anthu ogwira ntchito za chipatala tsopano, ngakhalebe asungwana ndi amayi achichepere ambiri akumakumanabe ndi mchitidwe owasankha ndi kuwaweruza.[55]
- Anyamata ndi abambo achichepere akuoneka kuti ndi amene angathandize kwambiri pa ntchito zoteteza asungwana ndi amayi achichepere ku HIV, ndi kuthana ndi mchitidwe osakhulupilirana pakati pa anthu a pa ubwenzi ogonana. Ngakhale izi zili choncho, pali chithandizo chochepa chabe chimene chimapita kwa anyamata ndi abambo achichepere kapena mapulogalamu amene angathandize kuti azidziwa mmene angathandizire wina ndi nzake ndi kulemekeza asungwana ndi amayi ngati anthu ofanana.[56]
- Mapologalamu ena ophunzitsa za HIV ndi Edzi monga a pa wailesi omwe amaulutsidwa ndi chithandizo chochokera ku National AIDS Comission amagwiritsa ntchito njira zoulutsira mau zimene zimakopa achinyamata ambiri kupyolera mu nyimbo ndi masewero.[57]
- Kuchepa kwa anthu ogwira ntchito za chipatala kukupitilirabe kupangitsa kuti dziko lino lidzilephera kupereka chithandizo cha za umoyo chokwanira ndi choyenera mdziko muno, kweni kweni kwa anthu okhala mmadera a kumidzi kumene chithandizo cha za umoyo chimakhala chosakwanira kwambiri.[58]

ZOMWE ANTHU ANANENAPO:

- "Kuyezetsa magazi mosakakamizidwa kuti udziwe ngati uli ndi HIV kapena ayi kumathandiza chifukwa ngati akupeza ndi HIV umadziwa mmene ungamachitire kuti ukhale ndi moyo wabwino ndi wautali ndipo ngati ulibe, umatsata makhalidwe amene angakuteteze kotheratu ku HIV." (Zokambirana za pagulu la asungwana ndi amayi achichepere)
- *"Nthawi zambiri uphungu wa HIV ndi Edzi umangoperekedwa kamodzi ngakhale zili za chidziwikire kuti munthu sangathe kumvetsa ndi kuthana ndi zovuta za makhalidwe ake pongopatsidwa uphungu kamodzi kokha."* (Zokambirana za pagulu la asungwana ndi amayi achichepere)
- "Anyamata ndi abambo achichepere ali ndi udindo waukulu wosonyenza anzawo kuti iwo ndi anthu achitsanzo pogwiritsa ntchito makondomu ndi kupita kukayezetsa magazi awo kuti adziwe ngati ali ndi HIV kapena ayi." (Zokambirana za pagulu la asungwana ndi amayi achichepere)
- *"Pomakambirana zinthu zokhudza matenda a Edzi, kukambirana kwa pagulu kumathandiza asungwana kuganizira ndi kuyang'ananso mozama makhalidwe awo."* (Zokambirana za pagulu la asungwana ndi amayi achichepere)
- "Msungwana akapezeka ndi kondomu amaganiziridwa kuti ndi hule pamene mnyamata akapezeka ndi kondomu amaoneka ngati dolo, ochenjera." (Wachinyamata Ophunzitsa anzake za HIV, Youth Drop In Centre)
- *"Kukhala odzidalira mu zofuna zawo za tsiku ndi tsiku kumathandiza kuti asungwana ndi amayi achichepere asamadalire pa abambo kuti adziwapatsa ndalama, chifukwa izi zikhoza kuwapangitsa kuti adzigonana mosadziteteza posinthana ndi chithandizo cha ndalamacho."* (Wachinyamata Ophunzitsa anzake za HIV, Youth Drop In Centre)
- "Mavuto a zachuma komanso amuna amene amagona nawo amakakamiza asungwana ongoyendayenda kuti asamagwiritse ntchito makondomu kuti apatsidwe ndalama zambiri." (Wachinyamata Ophunzitsa anzake za HIV, Youth Drop In Centre)
- *"Pa nthawi imene akuphunzitsidwa za zogonana, asungwana amapatsidwa mauthenga ndi uphungu wokhudzana ndi kukula, kugonana, mmene angadzasangalatsile amuna awo mtsogolo, mmene angakhalire mkazi wabwino komanso, molingana ndi alangizi aku deralo, uthenga okhudzana ndi matenda a edzi ndi matenda ena opatsirana pogonana ndi za makondomu."* (Zokambirana za pagulu la asungwana ndi amayi achichepere)
- "Tikufuna kuti mankhwala a ma ARV adzipezeka mmalo ambiri chifukwa pali anthu ambiri ku zipatala za kumadera akumidzi amene akungodikira kuti chipatala chawocho chiyambe kupereka mankhwalawo." (Zokambirana za pagulu la asungwana ndi amayi achichepere)

4 GAWO LACHINAYI LA KUPEWA
ZOKHUDZANA NDI KUGWIRITSA NTCHITO KWA CHITHANDIZO
(KUPEZEKA KWA CHITHANDIZO)

MFUNDO ZIKUKU ZIKULU:

- Zithandizo zambiri zokhudza umoyo wabwino wogonana ndi ubereki monga mankhwala a matenda optsatsira pogonana ndi zaulere mmzipatala za boma. Ndondomeko ya za matenda a Edzi M'Malawi imalimbikitsa kuti chithandizochi chidziperekedwanso kwa asungwana mosayang'anira kuti, mwa chitsanzo, ndi okwatiwa kapena ayi kapenanso kuti ali ndi HIV kapena ayi.[59]
- Pali zoletsa zambiri zomwe zimalepheretsa asungwana ndi amayi achichepere kupeza nawo chithandizochi. Zoletsazi ndi monga:
  - Maganizidwe ndi machitidwe a ogwira ntchito ena a zachipatala amene amaona ngati kuti sizoyenera kuti asungwana ndi amayi achichepere adzilandira nawo chithandizochi
  - Kusakwanira kwa zithandizo zoperekedwa mokomera achinyamata
  - Mitunda itali itali yopita ku malo okalandilira chithandizo ndi mtengo wa chithandizocho
  - Ntchito zina zomwe siziwika koma zimafuna ndalama (monga mtengo wa mankhwala amene munthu angalemberedwe ku chipatala cha ulere)
  - Nthawi imene chipatalacho chimatsekulidwa ndi kutalika kwa nthawi yodikira kulandira chithandizocho
  - Kupelewera kwa malo a chinsinsi ndi mantha akuti mwina zokambiranazo zingakaululidwe kwina
  - Kuperewera kwa zipangizo ndi mankhwala.[60]
- Zovuta izi zimakhudza kwambiri iwo amene ali osauka, okhala ku madera akumidzi ndi iwo amene ali ndi maphunziro ndi chuma chochepa (osauka). Komanso mavutowa amakhudza anthu osiyanasiyana mnjiranso zosiyanasiyana. Mwa chitsanzo, pamene msungwana amene ali pasukulu amalandira uthenga ndi uphungu ku sukulu, msungwana amene sali pa sukulu akhoza kukhala ndi mwayi wolandira chithandizo popita ku chipatala.[61]
- Zolepheretsa kugwiritsa ntchito makondomu ndi zinthu monga maganizo akuti makondomu ndi udindo wa anyamata okha, makondomu sagwira ntchito, makondomu amapangitsa kuti kugonana kukhale kosakoma komanso kuti makondomu ndi chizindikiro cha kusakhulupilirika kapena uhule. Makondomu amaonedwanso ndi azipembedzo ena ngati njira yopititsira patsogolo chiwerewere.[62]
- Kulandira uphungu ndi kuyezetsa magazi kuti munthu adziwe ngati ali ndi HIV mosaumilizidwa ndi kwaulere mzipatala za boma. Amuna ambiri (kupinda kawiri) ndi amene amakayezetsa magazi poyerekeza ndi akazi. Poyang'ana amayi paokha, amayi omwe ali ndi zaka za pakati pa 20 ndi 39, osakwatiwa, okhala mmatauni ndi omwe anaphunzira nkumaliza sukulu ya pulaimale kapena kuposerapo ndi amene amakayezetsa magazi koposera amayi ena onse.[63]
- Mankhwala a ma ARV ndi aulere mzipatala za boma ndipo chiwerengero cha anthu amene akulandira mankhwalawa chikukwerera kwererabe. Komabe ndi gawo limodzi lokha mwa magawo atatu a anthu 15,000 amene akufunikira kulandira mankhwalawo ndi ana 5 mwa ana 100 okha omwe ali ndi HIV ndi amene akulandira mankhwalawa. Asungwana ndi amayi achichepere amadandaula kuti alibe uthenga okwanira okhudzana ndi mankhwalawa komanso amakhala nthawi yaitali ali pa mndandanda odikira kuti ayambe kulandira mankhwalawo.[64]
- Nthawi zina, chithandizo chakuti anthu omwe ali ndi HIV adziteteze ndipo ateteze anthu ena chimaperekedwa limodzi ndi ntchito zothandiza odwala khomo ndi khomo komanso polimbikitsa achinyamata kuti adzilowa mmagulu othandizana pa nkhani za HIV ndi Edzi.[65]

ZOMWE ANTHU ANANENAPO:

- "Anthu ogwira ntchito za chipatala monga madotolo ndi anamwino amawakalipira asungwana akapita kukafuna chithandizo." (Zokambirana za pagulu la asungwana ndi amayi achichepere)
- *"Kukwera mtengo kwa mayendedwe kumapangangitsa kuti anthu adzilepherabe kumakalandira chithandizo ngakhale chitakhala cha ulere."* (Wachimyamata Ophunzitsa anzake za HIV, Youth Drop In Centre)
- "Pali asungwana ena amene amakuuza kuti usapite kukatenga makondomu ndipo udzingogonana ndi anyamata osagwiritsa ntchito kondomu. Amakukakamiza kuti usagwiritse ntchito makondomu." (Zokambirana za pagulu la asungwana ndi amayi achichepere)
- *"Amati aliyense ali ndi HIV kotero palibe chifukwa chake chomadzivutitsira ndi kudziteteza."* (Zokambirana za pagulu la asungwana ndi amayi achichepere)
- "Asungwana ena samapita kukayezetsa ngati ali HIV chifukwa amati anzawo ena anakayezetsa kale ndipo sanawapeze nako, chotero nawonso ayenera kuti alibe HIV." (Zokambirana za pagulu la asungwana ndi amayi achichepere)
- *"Ndi amuna ochepa okha amene amakhulupirika kwa akazi awo. Ndi chifukwa chake amaopa kuti mupite nawo limodzi kokayezetsa."* (Zokambirana za pagulu la asungwana ndi amayi achichepere)
- "Udindo umene achinyamata ndi abambo ali nawo pothandiza kuti kuteteza kufala kwa HIV kukhale kophweka ndi kotheka ndi monga kukambirana za umoyo wabwino wa kugonana ndi ubereki pakati pawo, kulola kugwiritsa ntchito makondomu, kulemekeza amayi, kuthandiza amayi kuti apite mosakakamizidwa kukayezetsa magazi awo kuti awone ngati ali ndi HIV, kuvomereza zotsatira za kuyezetsa magazi awo ndi kupititsa mtsogolo makhalidwe odzisamalira ndi kukhala moyo wautali ngati atapezeka ndi HIV." (Mlangizi wankulu wa HIV, Bungwe lomwe si la Boma)
- *"Nthawi zina, kumapezeka kuti mzipatala za boma mulibe mankhwala ndipo nthawi zina kumapezeka kuti tilibe ndalama zogulira mankhwala amene talemberedwa."* (Zokambirana za pagulu la asungwana ndi amayi achichepere)
- "Mankhwala a ma ARV ndi ochepa poyerekeza ndi chiwerengero cha anthu amene akuwafuna." (Wachinyamata Ophunzitsa anzake za HIV, Youth Drop In Centre)
- *"Vuto limene timakumana nalo ife amene tili pa ma ARV, kwenikweni ife amayi osakwatiwa, ndi lakuti tilibe chithandizo cha ndalama ndipo sitingakwanitse kumadya zakudzya zabwino ndi zoyenera ndi mmene tiliri."* (Zokambirana za pagulu la asungwana ndi amayi achichepere)
- "Anthu ongodzipereka amene amayenda khomo ndi khomo kumathandiza anthu omwe ali ndi HIV amalangiza anthuwo za kufunika kopewa kutengera tengera HIV kapena kufalitsa kwa anthu ena." (Zokambirana za pagulu la asungwana ndi amayi achichepere)
- *"Asungwana ndi amayi amene ali ndi HIV akhoza kuona chovuta kuti agwiritse ntchito chithandizo chopewera HIV ngati asali okonzeka kukambapo za mmene iwo aliri mthupi mwawo."* (Zokambirana za pagulu la asungwana ndi amayi achichepere)

5 »

GAWO LACHISANU LA KUPEWA
ZOKHUDZANA NDI KUTENGA GAWO NDI ZA MAUFULU
(MAUFULU A CHIBADWIDWE, KUTENGA GAWO, KUMANGA NAWO MFUNDO)

MFUNDO ZIKULU ZIKULU:

- Dziko laMalawi linasaina nawo ndondomeko za Maufulu a Ana ndi Kuthetsa Mchitidwe Osankha Amayi mnjira ina iliyonse. Dziko La Malawi silinasainebe ndomeko zokhudzana ndi kulowa mbanja mwakufuna kwa munthu, Zaka zoyenera kulowa mbanja ndi kuyenera kolembetsa Ukwati Mkaundula.[66]
- Ndondomeko yolimbana ndi matenda a Edzi imapititsa mtsogolo ufulu wa anthu amene ali ndi HIV, amene akukhudzidwa ndi HIV ndiponso ufulu wotengapo gawo popanga ndi kumanga mfundo ndi mapologalamu okhudzana ndi HIV ndi Edzi. Komiti ya Nduna Za boma ya Za Umoyo, HIV ndi Edzi- yomwe ili ndi udindo ndi mphamvu zonse zokhudzana ndi ndondomeko zokhudzana ndi matenda a Edzi- ili ndi oyimira anthu omwe ali ndi HIV, oyimira mabungwe omwe siaboma komanso membala mmodzi wa mkazi ochokera ku Bungwe La Za Achinyamata M'Malawi (National Youth Council of Malawi).[67]
- Mapulani okhudzana ndi kayendetsedwe ka ntchito za HIV ndi Edzi anapangidwa pambuyo pa zokambilana ndi kufunsa maganizo a anthu, kuphatikizapo magulu a achinyamata, ndipo akufotokoza za kufunika kosawasiya mbuyo achinyamata pa ntchito zonse zokonzekera ndi pa zochitika zonse zokhudzana ndi HIV ndi Edzi. Asungwana ndi amayi achichepere, kuphatikizapo iwo amene ali ndi HIV, amakhala nawo pa zokambirana zonse zomanga mfundo kupyolera mu owaimirira a mmabungwe a achinyamata ndi Bungwe Lalikulu la Achinyamata la National Youth Council. Komabe kutenga nawo gawo kumakhala kosakwanira kweni kweni chifukwa mwa zina, cha kuperewera kwa maphunziro ndi luso loyenera pakati pa achinyamatawo.[68]
- Mgwirizano wa anthu omwe ali ndi HIV kapena matenda a Edzi siuyang'ana nkhope, msinkhu kapena kuti uyu ndi wamwamuna kapena wankazi. Mgwirizanowu ukulimbikitsa zofuna ndi zosowa za anthu omwe ali ndi HIV kuphatikizapo ufulu wawo wa moyo wogonana ndi wa ubereki. Achinyamata ena ayambapo kumabwera poyera ndi kulankhulapo za mmene akukhalila moyo wabwino ngakhale ali ndi HIV pa wailesi.[69]
- Mgwirizano wa mabungwe omwe amaonetsetsa kuti palibe kusiyana pakati pa akazi ndi amuna umalimbikitsa kuti asungwana ndi amayi adzitengapo gawo mu zinthu zonse kuphatikizapo ntchito zoteteza kufala kwa HIV. Padakali pano mabungwe monga UNFPA, UNAIDS, Oxfam ndi World Vision akumapereka maphunziro a utsogoleri ndi kayendetsedwe ka mabungwe ndipo Bungwe lothandiza pa za malamulo okhudza amayi la Women and Law in Southern Africa limaunika za mmene zosowa za amayi zingakwaniritsidwire kupyolera nkupanga malamulo.[70]
- Mapologalamu ena a mmidzi amabweretsa pamodzi anyamata kapena asungwana ndi amayi achichepere kapena abambo achichepere kuti adzikambirana za HIV ndi Edzi, pamene mapologalamu ena amapangidwa ndi asungwana pamodzi ndi amayi achichepere ndi ena omwe ali ndi mavuto osiyana siyana ndipo amaunikira ndi kulimbikitsa kuti iwo adzikhala ndi luso lokwanira lakudzidalira mwa iwo okha pa zochita zawo ndi pomanga mfundo za moyo wawo. Mapologalamu ena amalimbikitsa kupereka maphunziro oyenera kwa asungwana ndi amayi achichepere, kuphatikizapo amayi ongoyendayenda ncholinga chakuti adzitha kutengapo mbali yaikulu pa ntchito zokhudza HIV ndi Edzi, mwa chitsanzo, pokhala ophunzitsa anzawo.[71]

ZOMWE ANTHU ANANENAPO:

- "Kulondoloza mfundo zomwe dziko lino linasayinira ndi maiko onse a padziko lapansi ndi kosakwanira M'Malawi muno. Ngakhale mfundo yakuti pamaudindo akuluakulu khumi alionse atatu azikhala ndi azimayi siinakwaniritsidwebe mpaka lero" (Wachinyamata Ophunzitsa anzake za HIV, Youth Drop In Centre)
- *"Pali achinyamata ochepa chabe amene amalankhula poyera za mmene aliri mthupi mwawo pa nkhani ya HIV. Anthu ambiri amene amabwera poyerea ndi kukambapo za mmene aliri ndi amayi achikulire."* (Mkulu, Bungwe la anthu amene ali ndi HIV ndi Edzi)
- "Ntchito za Edzi mmdziko muno zimangounikako pang'ono kwambiri nkhani zokhudzana ndi maufulu a munthu pankhani za Edzi. Ndi amayi ochepa okha omwe ali ndi HIV amene ufulu wawo wokhudzana ndi kugonana ndi ubereki wabwino ndi zosowa zawo ku mbali imeneyi umalemekezedwa. Komabe maufuku ena akulemekezedwa monga kuyezetsa magazi mosaumilizidwa." (Wachinyamata Ophunzitsa anzake za HIV, Youth Drop In Centre)
- *"Zokhumba ndi madandaulo a asungwana ndi amayi achichepere zikumaperekedwa kupyolera mmabungwe omwe si aboma ndi magulu ena othandiza amene amabweretsa zosowazo poyera."* (Mlangizi Wankulu, Bungwe Lomwe Si la Boma)
- "Bungwe loyangani'ra za matenda a Edzi Mdziko muno limakambirana ndi kumva maganizo a anthu panthawi imene akukonza ndondomeko zosiyana siyana ndipo amakhala ndi oyimirira asungwana ndi amayi mmagulu onse omwe amagwira ntchito younikanso kapena kukonza ndondomekozo." (Namwino ndipo Phungu, Malo perekera Uphungu)
- *"Mapologalamu a boma amalimbikitsa kupereka mphamvu, kutengapo gawo ndi kuteteza anthu omwe ali ndi HIV molingana ndi maufulu a chibabwidwe a munthu ndi maufulu ena a munthu."* (Woyang'anira Zochita Madera a Mmizdzi, Bungwe la achinyamata)
- "Pali kulimbikitsa mabungwe kuti asungwana ndi amayi achichepere adzitengapo gawo kupyolera nkuchita nawo misonkhano ikuku ikulu ndi mwayi wokachita maphunziro. Komabe kutenga nawo gawo pa zinthu zimenezi kukumacheperabe poyerekeza ndi amuna." (Wachinyamata Ophunzitsa anzake za HIV, Youth Drop In Centre)
- *"Asungwana ndi amayi ambiri apatsidwe luso lokhoza kupereka nawo maganizo komanso ndi kumanga nawo mfundo."* (Wachinyamata Ophunzitsa anzake za HIV, Youth Drop In Centre)

REFERENCES

[1] UNDP (2005) UNDP Human Development Report 2005.

[2] 2006 est. CIA (2006) The World Factbook – Malawi.

[3] CIA (2006) The World Factbook – Malawi.

[4] 1990-2003. UNDP (2005) Human Development Reports 2005: Malawi.

[5] Estimated by UNESCO in 2003. UNDP (2005) Human Development Reports 2005: Malawi.

[6] UNDP Human Development Reports (2005), Indicators: Gender Inequality in Education.

[7] Measure DHS website. Country Summary: Malawi.

[8] HIV/AIDS Indicators Country Report: Malawi 1992-2000 website, Malawi Demographic and Health Survey 2000.

[9] HIV/AIDS Indicators Country Report: Malawi 1992-2000 website, Malawi Demographic and Health Survey 2000.

[10] 2002. 2004 Report on the Global AIDS Epidemic: Malawi.

[11] 1995-2003. UNDP (2005) Human Development Reports 2005: Malawi.

[12] 1985-2003. UNDP (2005) Human Development Reports 2005: Malawi.

[13] CIA (2006) The World Factbook – Malawi.

[14] 1998 census. CIA (2006) The World Factbook – Malawi.

[15] 1998 census. CIA (2006) The World Factbook – Malawi.

[16] Estimate 2003. UNAIDS (2006) Report on the Global AIDS Epidemic

[17] UNAIDS (2006) Report on the Global AIDS Epidemic.

[18] UNAIDS (2006) Report on the Global AIDS Epidemic.

[19] UNAIDS (2006) Report on the Global AIDS Epidemic.

[20] UNAIDS (2006) Report on the Global AIDS Epidemic.

[21] CIA (2006) The World Factbook – Malawi.

[22] WHO Summary country profile on treatment scale up, June 2005.

[23] National Statistical Office (NSO) [Malawi] and ORC Macro. 2005. Malawi Demographic and Health Survey 2004.

[24] National Statistical Office (NSO) [Malawi], and ORC Macro. 2005. Malawi Demographic and Health Survey 2004.

[25] Malawi National Office of Statistics – Malawi Demographic and Health Survey 2004 Chapter 12 – HIV Prevalence and Associated Factors.

[26] Malawi National AIDS Policy (2003).

[27] UNFPA. One-to-one interview, Programme Officer, international NGO. Focus group discussion with young women, Zomba district.

[28] Page 11: The Constitution of Malawi (1994). Page 16: The Constitution of Malawi (1994). Pg. 15, Malawi National AIDS Policy (2003). Focus group discussion with young women, Zomba district.

[29] One-to-one interview, Programme Officer, international NGO. One-to-one interview, senior legal professional. Interview, Peer Educator, youth drop-in centre. Focus group discussion with young women, Zomba district.

[30] UNFPA Website – Adolescent Reproductive Health, including HIV/AIDS. UNDP – Female Genital Health and the Risk of HIV Transmission – Regina McNamara.

[31] www.aidsmalawi.org. Information provided from Ministry of Health by in-country consultant. Malawi National AIDS Policy (2003). UNFPA.

[32] Population Division of the United Nations Secretariat – Abortion Policies: A Global Review(2002). Focus group discussion with young women, Zomba district.

[33a] Malawi National AIDS Policy (2003).

[33b] Malawi Government: Malawi Employment Act (2000).

[34] One-to-one interview, senior legal professional. Malawi National AIDS Policy (2003). Country Reports on Human Rights Practices – 2004 Released by the Bureau of Democracy, Human Rights, and Labor February 28, 2005.

[35] www.aidsmalawi.org.mw. One-to-one interview, senior legal professional. One-to-one interview, ARV Nurse and Counsellor, VCT centre. One-to-one interview, Director, organisation of people living with HIV and AIDS. One-to-one interview, Programme Officer, Malawian NGO.

[36] One-to-one interview, ARV Nurse and Counsellor, VCT centre. One-to-one interview, Director, organisation of people living with HIV and AIDS. Interview, Nurse and VCT Counsellor, national counselling organization. Focus group discussions with girls and young women, Lilongwe and Zomba districts.

[37] Malawi National AIDS Policy (2003).

[38] Malawi National AIDS Policy (2003).

[39] Malawi National AIDS Policy (2003). Malawi National AIDS Policy (2003).

[40] Malawi National AIDS Policy (2003).

[41] Malawi National AIDS Policy (2003). One-to-one interview, Women's Officer, national youth organization. Focus group discussions, girls and young women, Lilongwe and Zomba districts. There is a policy that allows girl children who dropped out of school to return back to school after delivering their child. One-to-one interview, Community Coordinator, national youth organization.

[42] Ministry of Health and Population – Malawi Essential Health Package – Annex 1: Details of Intervention, Component 4: Adverse Maternal/Neonatal Outcomes for Antenatal Care. Pg. 8 Malawi National AIDS Policy (2003). One-to-one interview, HIV and AIDS Advisor, government department.

[43] One-to-one interview, HIV and AIDS Advisor, government department.

[44] Information provided by Programme Officer, United Nations Agency.

[45] Information provided by United Nations Agency.

[46] Information provided by in-country consultant. Focus group discussions with girls and young women, Lilongwe and Zomba districts. WHO ("3 by 5" country profile on treatment scale up, June 2005). WHO – Report of a Country-Wide Survey of HIV/AIDS Services in Malawi, 2004 – Page 4.

[47] Global Fund Progress Update: Quarter Nine, A Narrative Summary. Information from Ministry of Health provided by in-country consultant. Global Fund Progress Update: Quarter Nine, A Narrative Summary. Malawi National Office of Statistics – Malawi Demographic and Health Survey 2004 Chapter 11 – HIV/AIDS and other Sexually Transmitted Infections. WHO ("3 by 5" country profile on treatment scale up, June 2005).

[48] One-to-one interview, Head of HIV and AIDS, government department. Interview, Peer Educator, youth drop-in centre.

[49] One-to-one interview, Youth Officer, international project. One-to-one interview, Participation Officer, national youth organization. One-to-one interview, Programme Officer, Malawian NGO. One-to-one interview, Community Coordinator, national youth organization. One-to-one interview, Programme Officer, international NGO. One-to-one interview, Participation Programme Officer, national youth organization. Information provided by in-country consultant.

[50] Information provided by in-country consultant. Information provided by in-country consultant. Malawi Pediatric Aids Treatment and Implementation Programme Report, 2004. International Leadership Award Programme of the Elizabeth Glaser Paediatric Aids Foundation. Global AIDS Interface Alliance, Annual Report 2004. Focus group discussions with girls and young women, Lilongwe and Zomba districts. WHO ("3 by 5" country profile on treatment scale up, June 2005).

[51] Information provided by in-country consultant. Machinga HIV/AIDS Prevention, Care and Support Programme Quarterly report, March 2004. World Vision Malawi. One-to-one interview, Director, organisation of people living with HIV and AIDS. One-to-one interview, ARV Nurse and Counsellor, VCT centre.

[52] One-to-one interview, Programme Officer, Malawian NGO. One-to-one interview, Community Coordinator, national youth organization. One-to-one interview, Programme Officer, international NGO. One-to-one interview, Participation Programme Officer, national youth organization. One-to-one interview, Programme Officer, international NGO. One-to-one interview, Director, national youth organisation. Information provided by in-country consultant. Focus group discussions with girls and young women, Lilongwe and Zomba districts.

[53] One-to-one interview, Programme Officer, Malawian NGO. One-to-one interview, Community Coordinator, national youth organization. One-to-one interview, Programme Officer, international NGO. One-to-one interview, Participation Programme Officer, national youth organization. Focus group discussions, girls and young women, Lilongwe and Zomba districts.

[54] Interview, Peer Educator, youth drop-in centre.

[55] Focus group discussions, girls and young women, Lilongwe and Zomba districts.

[56] Information provided by Programme Officer, United Nations Agency.

[57] Information provided by in-country consultant. One-to-one interview, Peer Educator, youth drop-in centre. Information provided by in-country consultant.

[58] WHO ("3 by 5" country profile on treatment scale up, June 2005)

[59] Malawi National AIDS Policy (2003).

[60] One-to-one interview, Manager, national counselling organization. One-to-one interview, Peer Educator, youth drop-in centre. One-to-one interview, HIV and AIDS Advisor, government department. One-to-one interview, women living with HIV and community volunteer. Young married woman, focus group discussion, Zomba district. One-to-one interview, women living with HIV and community volunteer. One-to-one interview, Manager, national counselling organization. One-to-one interview, women living with HIV and community volunteer. One-to-one interview, HIV and AIDS Advisor, government department. Young woman aged 21, focus group discussion, Zomba district. Information provided by in-country consultant.

[61] Focus group discussions with girls and young women, Lilongwe and Zomba districts.

[62] Focus group discussions with girls and young women, Lilongwe and Zomba districts.

[63] www.aidsmalawi.org. Information from Ministry of Health provided by in-country consultant. Information from UNICEF provided by in-country consultant. Malawi National Office of Statistics – Malawi Demographic and Health Survey 2004 Preliminary report – page 25.

[64] Information provided by in-country consultant. Malawi Pediatric Aids Treatment And Implementation Programme Report, 2004. International Leadership Award Programme of the Elizabeth Glaser Paediatric Aids Foundation. Global AIDS Interface Alliance, Annual Report 2004. Focus group discussions with girls and young women, Lilongwe and Zomba districts.

[65] Focus group discussions with girls and young women, Lilongwe and Zomba districts.

[66] Office of the United Nations High Commissioner for Human Rights – status of ratifications of the principal International Human Rights Treaties As of 09 June 2004. Office of the United Nations High Commissioner for Human Rights – status of ratifications of the principal International Human Rights Treaties As of 09 June 2004. One-to-one interview, Peer Educator, youth drop-in centre. United Nations Treaty Collection [As of 5 February 2002] 3. Convention on Consent to Marriage, Minimum Age for Marriage and Registration of Marriages New York, 10 December 1962.

[67] Malawi National AIDS Policy (2003). The National AIDS Commission Website – About the National AIDS Commission.

[68] The Government of Malawi: (The National Strategic Framework for HIV/AIDS, Date of plan 2000-2004), Published: November 11th, 2000. One-to-one interview, Participation Officer, national youth organization. One-to-one interview, Programme Officer, Malawian NGO. Interview, Peer Educator, youth drop-in centre.

[69] One-to-one interview, Director, organisation of people living with HIV and AIDS. Information provided by in-country consultant. One-to-one interview, Director, organisation of people living with HIV and AIDS. One-to-one interview, Youth Officer, international project.

[70] One-to-one interview, Programme Officer, international NGO) (Information provided by in-country consultant. UNAIDS – The UNF/UNAIDS Southern African Youth Initiative on AIDS: 2003. One-to-one interview, Programme Officer, international NGO. One-to-one interview, Programme Officer, international NGO.

[71] Focus group discussions with girls and young women, Lilongwe and Zomba districts. One-to-one interview, Youth Officer, international project.