



UGANDA

EBIKWATA KUNSI MU BUFUUNZE

Obungi bwabantu	27,820,560
Obuwangaazi bwabantu	emyaka 51.59
Obungi bwabantu ku buli kikumi abali wansi w'emyaka 15	50.1 ku buli kikumi
Obungi bwabantu abafuna sente eziri wansi wa sente za America doola Emu buli lunaku	35 ku buli kikumi
Obuyivu bwabawala wakati w'emyaka 15 ne 24	74 kubuli kikumi
Obuyivu bwabavubuka (abawala ku buli Kikumi bwogugerageranya n'ogwabalenzi, wakati w'emyaka 15 ne 24 mu myaka 1995 - 1999)	86 Kubuli kikumi
Emyaka abakazi kwebasookera okufumbirirwa (wakati w'emyaka 25 ne 49 mu mwaka gwa 2000)	emyaka 17.8
Emyaka abakazi kwebasookera okwegatta mu mukwanao, Abali wakati wemyaka 20 ne 24 mu mwaka gwa 2005	emyaka 16.7
Emyaka abasajja kwebasookera okwegatta mu mukwanao, abali wakati wemyaka 20 ne 24 mu mwaka gwa 2005	emyaka 18.3
Sente ezisasanyizibwa kubyobulamu buli mwaka	doola 77
Obunyikivu nenkozesa yenkola ezekizaala ggumba	23 ku buli kikumi
Abaana abaffa ngabazalibwa ku buli baana 100,000 Kufaako	510

Amawanga amakulu: Baganda, Banyankole, Basoga, abateso, abakiga, abalango, abanyarwanda, abagisu, abacholi, abalugubara, abatooro, abanyoro, abaluru, abagwere, abakonjo, abajapadola, abakaramoja, abarundi, abatali bafirika: Abangereza, abava muni z'ebuyindi, abawalabu, nabalala.

Amadini n'Enzikiriza :Abakatooliki 33 kubuli kikumi, abapolotesitanti 33 kubuli kikumi, abasiramu 16 kubuli kikumi, enzikiriza zeb'obuwangwa 18 kubuli kikumi.

Ennimi enkulu: Oluzungu (lwelulimi olutongole olw'eggwanga), oluganda, ennimi endala eziva mu bayitibwa Bantu, oluswayiri n'oluwalabu, ko ne nnimi endala enzogerwa amawanga agasangibwa mu ddungu sahara.

Ebikwata ku bulwadder bwamukennya mu bufunze

Obungi bwakawuka akaleeta siriimu mu Bantu abakulu mu mwaka gwa 2005	6.4 ku buli kikumi
Obungi bwakawuka akaleeta siriimu mu bakazi/bakayala, wakati wemyaka 15 ne 24 mu mwaka gwa 2005	4.3 ku buli kikumi
Obungi bwa kawuka akaleeta siriimu mu basajja (wakati w'emyaka 15 ne 24 mu mwaka gwa 2005)	1.0 ku buli kikumi
Omuwendo gwabantu abaffa olw'obulwadder bwa siriimu mu 2005	91,000
Bamulekwa abasuubirwa okubaawo, (wakati w'emyaka 0 ne 17) mu mwaka gwa 2005	1,796,343

OKULWANNYISA AKAWUKA AKALEETA SIRIIMU MU BAWALA N'ABAVUBUKA

Uganda y'emu kuni entoni muni yonna, akawuka akaleeta siriimu gyekakendedde mu myaka nga kkumi egiyise . Naye, bwogerageranya, omuwendo gunno gukyaali wagulu nnyo, naddala mu bawala abali wakati we myaka 15 ne 24. Nga 14 ku buli kikumi batandika okweggatta, mu mukwana webaweereza emyaka 15. Omuwendo gukubisamu emirungi ena n'okusingawo abawala bana basubirwa okuba nga balina akawuka ka siriimu okusinga abalenzi. Mu Bantu abali wakati w'emyaka 15 ne 19, bwogerageranya, omuwendo guno gukubisamu emirundi egisuka mu mukaaga. Kino kiretebwa ensonga ezetooloola kukufumbirwa amangu, n'okulemererwa okwogera ku kyokozesa kondomu mu kwegatta. Kwekyo ogatako nti, omu ku buli bawala kumi, (wakati wemyaka 15 ne 24), bagamba nti bakwatibwa okwegatta omulundi gwabwe ogusooka, oba okwennyigira mu by'omukwana n'abasajja ababasingako emyaka kumi n'okusingawo. Abavubuka abalenzi abali (wakati w'emyaka 15 ne 24) balina abagalwa babiri abamu n'okusingawo bwogeragerannya banabwe abawala abali mu myaka gwegimu.

Emyaka ebiri egiyise wabadewo ebulwa lya kondomu, gavumenti neyongera amanyi okutegeeza abavubuka okuleka okwegata mukifo ky'okukozesa kondomu. Mumambuka ga Uganda eriyi olutalo olumaze banga ekitade abavubuka abawala okwatiba siriimu nga bakwata bakwate wamu n'okubundabunda. Nekisembayo, omuwendo ogwabafumbo nga omu alina akawuka akaleeta siriimu nga omulala takalina mu Uganda gweyongede (mu 2005 bali ebitundu 5.4 kubuli kikumi). Abafumbo abalina akawuka ka siriimu ebitundu 57 kubuli kikumi mu 2005 abagalwa babwe baali tebakalina, ekiretera abawala okuba kumwanjo ennyo okufuna akawuka akaleeta siriimu

ENNYANJULA

ALIPOOTA ENO EGENDEREDWAMU OKUWA MU BUFUUNZE OKUTANGIRA AKAWUKA AKALEETA SIRIIMU MU BAVUBUKA A BAWALA MU UGANDA.

Alipoota eno yemu ku butabo obukubibwa ekitongole kya International Planned Parenthood Federation (IPF), nga kikologanirawamu ne kibiina ky'ensi yonna akigatta abakazi n'okulwanyisa siriimu (Global Coalition on Women and AIDS), awamu n'obuyambi bwe kijja mu kubitongole ky'amawanga amagatte ekirwanyisa siriimu (UNAIDS), ne kitongole ky'a mawanga amagatte ekikola kubungi bwabantu (United Nations Population Fund-UNPF), nga kwotadde nekibiina ekyabavubuka abalina akawuka kasiriimu (Young Positives).

Alipoota eno yekyokozesa. Egenderera okwongera okulongoosa ebikorebwa (ziyite pulugulamu) ezirina okukolebwa ne bikolebwa ebirina okutekwaamu sente okusobola okuziyiza akawuka akaleeta siriimu mu baana abawala mu Uganda. Alipoota ekoledwa nga etunulide enkola yabantu abali muggwanga mwoli, amawanga agalinanyeewo, amawanga agetolodewo n'ensi yonna okwo nga kwoteeka n'abakungu abatusalirawo, nabatuusa ebyetaago kubantu. Alipoota ezimbiddwa okusinziira kubumalirivu bwensi yonna mu kuteekateeka, naddala banabyabufuzi ku nsonga za kawuka akaleeta siriimu okuva nga 2/6/2006, olukiiko olwokuntikko, olwatuula ngalugenderera okugoberera ebyatukibwako mu lukungaana taba miruka olw'ekiibina kyamawanga amagatte ku bulwadder bwa siriimu (UGASS).

Alipoota eno eyita mubufunze ku mbeera eriwo kati nabiki ebyokuyitamu mu nteekateeka z'okutangiramu akawuka akaleeta siriimu n'engeri eyokuyamba abawala abato nabavubuka abawala abali wakati wemyaka 15 okutuuka 24 mu Uganda.

Erimu okunonyereza kw'ebintu ebikulu bitaano ebiyamba kukutangira akawuka akaleeta siriimu. Byebino wamanga:-

1. Obuwaiyiro mu mateeka.
2. Ebigobererwa nga bakola
3. Obuyambi okubeerawo
4. Okubeera obuyambi ate nga bafunibwa mangu ku bantu ababwetaaga
5. Okwennyigira mu bikolebwa n'eddembe ery'obwebange.

Alipoota ewa ebyokugoberera kwabo abenyigide mu mulimo gw'okutangira akawuka akaleeta siriimu, era n'okulaba nga ebitekebwa teekebwa mu mulimo guno bisibwa mu nkola, n'okulaba ng'obuyambi abaana abawala n'abavubuka abawala babufuna mu Uganda.

Alipoota esinziira kukunonyereza okwakolebwa mu mwaka gwa 2006, nga abakulola beeba kitongole ekyensi yonna ekirwanirira enkola eyekizaala ggumba ekya *International Planned Parenthood Federation (IPPF)*, nga kijja ebimu ku binno mu kunonyereza kwali kwakolebwa edda awalala, n'okunonyereza okwakolebwa mu Uganda mwennyini. Kino kyakolebwa tusobole okufuna alipoota eyomutindo ogwawagulu.

Okunonyereza kuno kuli mubujuvu, okuva mu alipoota taba miruka mu ngeri yokuziyizaamu okusasaana kwakawuka akaleeta siriimu mu baana abawala n'abavubuka abawala mu Uganda.

(Alipoota enno weri, naye omala kugisaba okuva mu kitongole kyensi yonna ekirwanirira enkola eyekizaala ggumba e kya International Planned Parenthood Federation (IPPF)

» EBYOKWETEGEREZA

- Emyaka egifumbirwako mumateeka giri 18. Naye, abazadde okufumbiza abawala abatanetuuka kyabulijjo, nadala mubitundu ebyebyalo.
- Emyaka okwesalirawo okukeberwa akawuka akaleeta siriimu nga omuzade oba akulabirira takukkiriza giri 12.
- Abaami oba abakyala abatuuse okunyuma akaboozi kekikulu badembe okufuna obuyambi kubikwata kubyokwegata nga tebafunye lukusa kuya mu bazadde oba abagalwa babwe.
- Okujamu olubuto kikirizibwa singa kiba kigenderera kutaasa bulamu bwamukyala alujamu. Kyoka tekirizibwa singa olufuna nga okakidwa kwegatta oba nga lubuto alufunye kuva kuw'olugandalwo. Naye mubulamu obwbulijjo, embuto zijibwamu mu bumenyi bwamateeka nadala abawala abato.
- Etteeka erikwata ku by'amaka, liwa abakyala eddembe n'obuvunanyizibwa kuby'omumaka nga bali mubufumbo. libawa obwenkanya kubikwata kuby'okwegata. Ligaana okukomola abakyala, liwa ekkomo mukuwasa abakyala abangi, ligufuula musango gwa naggomola singa wediza namwandu era n'okukaka omukyala akaboozi mubufumbo. Naye no, etteeka lino lirina ebintu bingi byeribuusa amaaso, gamba nga okusasula abakyala abagenda okufumbirwa, era ebibuuzo bingi ebisigala nga by'ebuzibwa ku ngeri eteeka gyerinakolebwa kunsonga eno. munkola eyabulijjo, eteeka lino lisirifu kukulwanagana okusibuka kuby'okwegatta mumukwano n'okuva kukikula ky'abantu era abaana abawala bangi nadala ab'omubyalo ate nga bava mumaka maavu tebasobola kwekubira nduulu mumbuga z'amateeka.
- Obwamalaya tebukirizibwa mumateeka naye nga bukolebwa. Era tufuna amawulire nti waliwo n'okukukusa abaana abawala n'abakyala.

» EBYOGERWA OKUVA MU BANTU (Quotes and Issues)

- “siraba mateeka gano bwagakola, nze nafumbirwa nga nina myaka 15, naye tewaliwo yakiwakanya” (Okukubaganya ebirowoozo kwabaana abawala)
- “Teli teeka nalimu kugano lyali lisidwa munkola. Abaana bawala nabakazi bangi bakakidwa mukwano nabalala nebakozesebwa ba seduvutto naye amateeka tegabayaambye. Biseera ebimu, amaka mwebava tegamanyi byamateeka, nolwekyo besulirayo gwanagamba. Nga ojeeko ekyo abasajja bangi bagulirira nebawayo enguzi nebateebwa okuva mumakomera. (Okukubaganya ebirowoozo kw'abaana abawala.)
- “Amateeka buli muwala gamukwatako bubwe, kino kisinzira wa gyabeera. Mubitundu eby'omubyalo, ebiseera ebisinga abantu bomukyalo tebamanyi bikwata kumateeka, era nebwebandibade bamanyi, tebaba na sente kugobereera misango gino. n'olwekyo kino kibavirako okubivaako era nebasalawo okutegeragannira wabweru wa kooti.” (byakunganyizibwa omukungu okuva mubibiina by'abakyala).
- “ Omuwendo gw'abaana abato abazaala gweyongede okulinya, naye tewali afaayo kunnonnyereza baana bano ngeriki jebafunamu mbuto, oba okukwata abasajja abo bekikwatako nebavunanyizibwa mu mbuga z'amateeka.” (byakunganyizibwa omukungu okuva mubibiina by'abakyala).
- Mu kaseera kano, embuto zigiybwamu naye emirindu egisiinga tezizibwamu bakugu batekedwa kola kintu ekyo- ekyo nekissa obulamu bwa bawala mukatyabaga. Singa okugyamu embuto kyali kikirizibwa mu mateeka, abawala bandibade bafuna obujanjabi n'okulabirirwa obulungi okuva mubakugu mumalwariro” (byava mu kibiina kyabavubuka ekirwanyisa akawuka akaleeta siriimu.).
- “ Bamalaya balekebwa wabweru mu nteekateeka kubaanga kizibu nnyo okubafuna. Obwamalaaya tebukirizibwa mu mateeka era basongwamu nnyo ennwe olw'omulimu gwebakola. (byakunganyizibwa omukungu okuva mubibiina byabakyala).
- Embeera ezissa abawala n'abakyala kumwanjjo ennyo mu kukwatibwa akawuka akaleeta siriimu tezikoledwako. Obwavu bwebusinga okubasa mubeera enno. Abawala abamu abava mu maka amaavu bakakiddwa okwegatta mukwano basobole okufuna byebetaaga mu bulamu bwabwe obwbulijjo. Abalala bafuuse bamulekwa, era nababalabirira basangidwa nemigguggu minene nebaba nga tebasobola kuwa baana banno byebetaaga. Obuliisa maanyi bweyongede wamu n'okukaka abatanetuuka akaboozi kekikulu. ” (omubudabuzi wabavubuka).

EBIKULU MU BUFUNZE

- Entekateeka yeggwanga ku Kawuka kasiriimu mu Uganda 2001 okutuuka 2005 paka 2006, ewa engeri nyingi, nga mwemuli: okuziyiza, okulabilirwa, obuyambi n'obujanjabi. Nayeno munkola, entekateeka nyingi zesigamizidwa kunkola eyokuva kuby'okwegatta oba okubeera n'omwagalwawo omu nga mwesigangana.
- Entekateeka ye ggwanga kukawuka kasiriimu, ewa engeri nyingi ezikwata ku bavubuka n'obuyambi obusobola okubasikiriza mukikula kyabye. Muno mwemuli okumanyisa abantu ku ddembe ly'abaana, abavubuka n'abakyala, okwongera okukulakulanya abavubuka n'okubawa omukisa okwerwooleza n'okwebezaawo, n'okukendeeza ku makubo agassa abavubuka kumwanjo gwokufuna akawuka akaleeta sirimu nadala mubaana, abavubuka n'abakyala.
- Ebigoberebwa mu ggwanga ku Kawuka akaleeta sirimu bisa essira kungeri abavubuka gyebalina okufunamu obuyambi mu ngeri esikiriza naddala mu kwekebeza omusayi okwakyeyagalire. Okugeza, Okulanga ebikwata ku bavubuka mu ngeri esikiriza n'okuyingira obubiina bwabamaze okwekebeza omusaayi gwakawuka, obuyambi n'okujanjaba okutasalira musango muntu okuva eri abawi bobuyambi n'obujanjabi, n'okuyamba abavubuka abali kumwanjo ennyo mukufuna akawuka naddala abo abava mu masomero nga tebanamaliriza.
- Ebigobererwa mu ggwanga ku Kawuka akaleeta sirimu biragira nti abakyala ab'embuto gyebanyweera eddagala batekedwa okufunayo okubudabudibwa n'okeberebwa omusaayi gwakawuka akaleeta sirimu kubwerere. Abakyala bonna abasangibwa nga balina akawuka akaleeta sirimu, batekedwa okuwebwa obuyambi nobujanjabi obutaasa omwana ali mulubuto obutafuna kawuka nga akajja ku maama, bawebwa ne ddagala eriweweza ku kawuka kasiriimu (ARVs).
- Eggwanga byerigoberera mu kulwanyisa sirimu, bivumirira okusosola, naddala omusaayi ogugyibwako nga omuntu agenda okuweebwa omulimu.
- Entekateeka ye ggwanga ku kawuka kasiriimu eraga era n'eteeka essira kukusomesa ebikwata ku kawuka kasiriimu, n'okubudabuda abaana abapulayimale, siniya, na bavubuka mumatendekero agawagulu. Mu mwaka gwa 2001, gavumenti yatandikawo engeri y'okulwanyisa akawuka akaleeta sirimu nga eyitamu mu ofisi y'omukulembeeze wegwanga, nga ekola eno ejakutekebwa mubisomesebwa mumasomero mumitendera egyo wagulu. Naye nno, waliwo okusomozebwa kwamanyi kubiki ebigenda okusomesebwa abaana kubikwata kubyokwegatta mu mukwano. okwo nga kwotade n'obude obuwebwayo nga tebumala era nga tebusobola kusomesebwaamu bintu bino ekigenda ewala.
- Ebiba binonyeredwako mu ggwanga, bikutulwamu nga basinzira ku myaka n'ekikula ky'abantu. Kino kiyambako mu kwekenenya gyekayisaamu abawala n'abakyala.
- Okunonyerereza kuneyisa n'entambula yakawuka mu Uganda, okwakolebwa mu 2004/2005, ebyava mukunonyereza byesigamizibwa kukikula ky'abantu nga bitunulide akawuka akaleeta sirimu. Nga ogasse kwebyo, okunonyereza kulaga engeri ebitundu ebitali bimu, ebyaalo ne bitundu ebisangibwa mu bibuga bwe byawukana mu ngeri akawuka bwekasasaana, ate nga binno bikulu nnyo nga tuteekateeka engeri y'okuziyizaamu a kawuka, enzigyanjaba n'endabirira.
- Entekateeka eraga engeri gyetwagala okutambulamu mu lutalo lw'okuziyiza akawuka yakolebwa dda, era neyongerwamu amanyi okulaba nti twongera okukendeeza ku mugugu oguva mu kusasaanya n'okwatibwa akawuka ne sirimu mu Uganda.

EBY'OGERWA OKUVA MU BANTU.

- “Gavumenti yetaaga eveyo n'enkola gyeneyitamu saako nteekateeka ezanamaddala eziwa obubaka n'amawulire amatuufu kuba eky'okuva kuby'okwegata mumukwano kyoka, tekisobola kukola kubavubuka.” (byayogerwa akulira ebyemirimu okuva mukibiina ky'abavubuka ekirwanyisa sirimu)
- “Nali mu musomo gw'okubaganya ebiwoozo gwabavubuka, omwogezi omu nagamba temukozesa kondomu, ate omulala nagamba mukozese kondomu. Newuunya bubakaki abavubuka abali mu musomo guno ddala bwebatwaala eka!” (byayogerwa akulira eby'emirimu okuva mukibiina ky'abavubuka ekirwanyisa sirimu).
- “Enkola kunkozesa ya kondomu nambulukufu bulungi, nti buli omu aba azagala amanyi awokuzigya. Naye obubaka obugenda eri abavubuka enaku zinno bukubagana empawa. Obubaka buno buwakannya okukozesa kondomu ne bulagira okuviira ddala kuby'okwegata....., so nga ate kimannyidwa nti abavubuka abawala n'abalenzi babeera betanira nnyo eby'okwegata.” (byayogerwa akulira ebyemirimu okuva mukibiina kyabavubuka ekirwanyisa sirimu).
- “Entekateeka ezitali mpandiike zireese emitawaana.... singa wandbadewo entekateeka eziwandikiidwa, naye abantu abali mubuyinza balina byebagoberera byanjawulo, kale ebyo byebagoberera zezifuuka enkola mu ngeri yazo..” (Byayogerwa omukungu wakulira ekitongolere ekivunanyizibwa kuby'okwegatta n'okuzaala).
- “Entekateeka ekwata ku nkoseza yeddagala eriweweza ku sirimu, egamba nti abaana abawezeza emyaka 12 basobola okwesarirawo okukeberebwa omusaayi gwa kawuka kasiriimu nga kwotadde n'okwesalirawo okutandika okukozesa eddagala, kiritu obuzibu bunene. Wakyaliwo abaana nga ebiseere ebimu betaaga okulungamizibwa bazadde babwe. Wade entekateeka eno nnungi naye ekyalimu obuzibu.” (Byayoyogerwa omukungu akulira ekitongolere ekivunanyizibwa kubyokwegatta n'okuzaala).
- “Olwaleero, amasomero gogera ku by'okusomesa abaana ebikwata kukwegatta mumukwano mungeri eyanakola nky. Nebalekayo ebintu bingi byebandibasomesa.”, (Byayogerwa omukungu okuva mukibiina kyabakyala)
- “Eri abavubuka abava mu masomero nga tebamaliriza misomo gyabwe, waliwo okusomozebwa, kubanga tewali nkola esobola batusaako misomo banabwe gyebafuna mumasomero. (Byayogerwa omukungu akulira ekitongolere ekivunanyizibwa kuby'okwegatta n'okuzaala).

» EBY'OKWETEGEREZA

- Waliwo amalwaliro 1,738 nga kwago 1,226 ga gavumenti, 462 gabitongole bya nakyeeewa ne 47 g'abantu kinoomu. Amalwaliro mangi kugano gasomesa kuby'okwegata n'okuzaala, kuno kwoteeka obulwaliro obutonotono (soma bu kirinika) 17 n'obulwariro obulala mu bitundu gyetubeera mubyalo 47 obuyambwaako; ekitongole ky'ensi yonna ekiyambako abazadde munteeketeeka z'abaana n'amaka (IPPF), nga wano ekibiina kino kyekirinayo obuvunanyizibwa. Naye no, waliwo obuyambi bwebagatta mu nsonga zakawuka ne siriimu.
- Waliwo wakiri ebifo 400 abantu webasobola okugenda okubuda budibwa n'okubeberebwa omusayi gwa kawuka n'ebifo 177 abantu webasobola okugenda okufuna obuyambi bw'okutasa omwana ali mulubuto obutasiigibwa kawuka kaleeta siriimu nga kava ku maama. Naye awafunirwa obuyambi nga bunu wamunyoto nnyo naddala mu bitundu eby'omubyaalo era nabawa obuyambi n'obujanjabi bafuna obuzibu olw'ebikozesebwa obutamala. (okugeza ebikozesebwa mukukebera akawuka). Nabasawo abasobola okulondola embeera n'obujanjabi eri abantu mubyalo tebamala naddala eri abavubuka ababa basangidwa nga balina akawuka akaleeta siriimu.
- Kondomu z'abasajja gyeziri mu malwaliro ne mu maduuka mu bitundu bingi, naye gyebevudeko, kondomu zibade tezikyagendayo era nga tezikyakubirwa birango.
Kondomu za bakyala zo wona teziriyo.
- Wetwatukira mugw'omukaaga 2006, amalwaliro 212 gaali galoneddwa okugaba **eddagala eriweweza ku kawuka kasiriimu**, naye nga 188 kwago gaali gagaba eddagala lino (ART). Mugwokusatu 2006 wegutuukide, abantu 75,867 bali batandise okuganyurwa mu dagala lino. Naye era waliwo obuzibu nti eddagala lino terinabuna wonna; kino nga olumu kiva kubutamanya nkozesa yalyo nebisale ebyekwesemu nkozesa gamba nga sente e'entambula ngabagenda okufuna obujanjabi.
- Waliwo ebikoledwa okuva mubitongole nga ekirabirila eby'obulamu (Health Alert) ne kya abavubuka abalina akawuka ka siriimu (Young Positives) ebiyamba **kubavubuka abalina akawuka akaleeta siriimu**, nga kitwalide wamu N'okugumya abantu abalina akawuka n'okulaba nti tekeyongerera kusaasaana.
- Wabadewo okugezaako okwongerera amaanyi mu mulimu gw'okulwannyisa ensaasaana ya kawuka akaleeta siriimu muno mulimu okutekawo awantu abavubuka gyebasobola okugenda nga okufuna obujanjabi nga wasikiriza. Obuyambi buweebwa ebitongole bya gavumenti ebitali bimu n'ebyo bwanakyeewa. Obuyambi butwaliramu ebintu bingi, (mulimu okuwa abantu ebifa ku kawuka ne siriimu, obulwadde, okubulirirwa n'okubudabudibwa, okwogera ku komdomu gyeziyambamu n'okuzikozesa, okujanjaba endwade zekikaba nebirala..) naye, enkola n'enteekateeka ezisinga okukolebwa byesigamye nnyo kukuva kuby'okwegata mu mukwano. Era amanyi agasiinga gateredwa ku kukola kubantu bonna (nga bafa kubantu bonna abali mukitundu okusinga okufa kubaana abawala) era tebafudeeyo kulaba nti basalira amagezi ekifula abaana abawala okubeera kumwanjo ennyo mukufuna obuzibu obuwa mu tuluba lino (gamba nga ebyekuusa ku kikula n'emirimo gy'abakyala n'obutaba namikisa gifuna nakukola sente).
- Waliwo enteekateeka z'okulwannyisa akawuka ntono nnyo ezokufa kubantu abatatera kulowozebwaako gamba nga abali mubwamalaaya oba abakozesa ebidagaladala nga enjaga.

» EBYOGERWA OKUVA MUBANTU

- “Kati waliwo obuyanbi obuyamba okutasa okusaasaana kwakawuka akaleeta sirimu ebuwerako okusinga bwekyali emabegako. Mukusooka, abantu abasinga nga mwotwalide nabawala bali tebalaba nsonga lwaki betaaga obuyambi bunu. Naye, eddagala eriweweza kukawuka kasiriimu bweryaletabwa, ne bakitegera nti waliwo ebirungi by'ofuna nga otegedede omusayi bweguli kubikwata ku siriimu” (byayogera omukungu okolera mukibiina ky'abakyala).
- “Waliwo olukonko wakati mubuyambi obuwebwa abalwadde bakawuka ne siriimu, engeri gyebuweebwa mu, n'engeri n'enkola eyekizaala ggumba (famile pulaningi) nadala ku bantu abalina akawuka akaleeta siriimu. Eno ye ssaawa okugatta byombi wano mu Uganda.” (Byayogera akulira eby'emirimo mukitongole kyabavubuka ekirwanyisa akawuka kasiriimu).
- “Mumalwaliro amanene, ebiweebwa abali obuyambi obukwata kusonga z'okuzaala gyebuli era buweebwa, naye obuyambi bunu bwabuli muntu naye abasawo ababugaba tebalabika yade mu bitundu gyetubeera. Babeera mumbeera etekirizisa bavubuka kugenda kubufuna” (Byayogera abawala n'abakyala mu kukubaganya ebirowoozo).
- “Abalenzi bamanyi okusinga ku bawala engeri gy'oyinza okuziyizaamu akawuka akaleeta siriimu n'okufunamu obuyambi...Abalenzi kababe wonna webabeera bakuze bamanyi nti balina okwekuuma akawuka akaleeta siriimu. Mu bibuga, osanga abalenzi banno nga balina zikondomu mubusawo bwabwe omuterekebwa sente ne munsawo zempale zabwe.” (Byayogera abawala nabakyala mu kukubaganya ebirowoozo).
- Kondomu z'abakyala zirina okudamu buto okuzukusibwa kisobozese n'abavubuka abawala okwetangira nadala singa omulenzi agaana okukozesa kondomu”. (Byayogera abawala n'abakyala mu kukubaganya ebirowoozo).
- “Nagendako mudwaliro erimu mukibuga ekitonotono, nga waliwo maama eyali ayagala okufuna obuyambi mu kuziyizaamu omwana we obutafuna kawuka kaleeta siriimu okuva kuye, naye tewaliwo bikebera musaayi gwa kawuka wade nga eddala eriwabwa okukola kino(Nevirapini) lyaliwo”. (Byayogera omukungu mukibiina ky'abakyala).
- “Obubaka bufunibwa okuva kumikutu egy'empuliziganya, okugeza nga pulogulamu ku ziradiyo. Era, baganda baffe, banyina ffe ne mikwano gyaffe batubulira ebintu byebimu na bali kumpeewo. Abazade batono nnyo abogera n'abaana babwe kubikwata ku kawuka kasiriimu.” (Byayogera abawala nabakyala mu kukubaganya ebirowoozo).
- “Ba senga bogera kwebyo by'olina okukola nga oli mubufumbo sosi bikwata ku kawuka oba siriimu” (Byayogera abawala nabakyala mu kukubaganya ebirowoozo).
- “Akawuka akaleeta siriimu kakyeriisa nkuuli era engeri gyekasaasaana mu ekyali wagulu nnyo. Abawala bangi nnyo bakafunye era bakyakafuna, wade waliwo okwongerera mubikolebwa okusobola okukaziyiza n'okulongoosa ku mutindo obuyambi obuwebwa ku kawuka bweyimiridde” (Omukiise wa gagumenti mu kitongole ekirwanyisa akawuka ne siriimu).

» EBY'OKWETEGEREZA

- Mu bulamu obwabulijjo , waliwo ebiziyiza abawala n'abakyala bingi nga okusinga biva kubusobozi mubyenfuna ebibalemesa okufuna obuyambi, obuzibu bwebuno:-
 - Embeera eringa ebasalira omusango, nga eva mu basawo ababajanjaba, bazadde babwe nabantu abalala bebabeera nabo.
 - Okubasongamu ennwe nga kiva okubeera n'akawuka kasiriimu
 - Obutabaawo buyambi bubasikiriza.
 - Enggendo empanvu ennyo zebatabwala okutuuka obuyambi webuwebwa okwo nga kwotade ne sente zentabwala.
 - Ebisale ebitalagibwawo, nga bivaayo mu kaseera akokufuna eddagala.
 - Okubakolerako mulujude nobutabawo mizizi okuva eri ababawa obuyambi.
 - Ebintu ebyetagisa obutabaawo.
 - Enkola ezekinaansi, naddala ezikwata kubutabaawo mwenkanonkano.

Obuzibu bunno wagulu businga kukosa bawala n'abakyala a bomubyaalo.

- Gavumenti engeri gyeyandiyagade ekola enno etusibwe eri abantu yasaawo okubudwabudwa n'okukebera omusaayi gwa kawuka kasiriimu nga kwabwereere, mu bifo n'amalwariro gonna agolukale. Era ngamukino, ebisale lwokubera omusaayi gavumenti yeba ebuvunannyizibwako nemu bifo by'obwanannyini.
- Eddagala eriweweza ku Kawuka akaleeta siriimu ne siriimu (ARVs) lya bweere mu malwaliro ne bifo bya gavumenti ebimu, okugaba eddagala lino kweyongede; naye waliwo obuzibu obulala gamba nga okusonga mu balwadde ennwe, ebisale byentabwala ebyekaname, bisobola okulemesa abavubuka okugenda okufuna obuyambi n'obujanjabi.
- Kondomu zabwereere okuva mu bifo by'obujanjabi ebimu. Naye sente ezigula kondomu mu bifo ebirala, okwo bwosaako okuwakanya okuva mumadiini ne nzikiriza ezitali zimu, bino bisobola okulemesa abavubuka bangi okukozesa kondomu . okunonyereza kulaga , abantu bomubyaalo tebabanyi nnyo bikwata ku kondomu era tebamanyi nti zikozesebwa mu kukendeza kwokusasaana kwa kawuka akaleeta siriimu.

» EBYOGERWA ABANTU

- Mu byalo, **Kondomu** ziserebwa nnyo okusinga mubibuga. Omuvubwa omuwala owo'mukyalo tasobola kusalawo kugula bupira... mukifo ky'okugula e mmeere. (Byayogerwa akulira ebyemirimu mukitongole kyabavubuka ekirwanyisa siriimu).
- "Otandika otya okuleeta Kondomu munyumba? Nebwebeera nga yakuyamba ku nkola eyekizaala gumba (famile pulanigi) abakyala bakubiddwa olwokugenda okufuna ebikwata ku famile pulanigi nga tebamaze **kwebuuzwa kuba bbabwe**" (byayogera omukungu okuba mukibiina ky'abakyala).
- "Lumu nagenda ku kalwariro. Nensagisa omusawo nti njagala kugula kondomu. Yansekerera! Nayita nemusawo mune namugamba ' laba muwala wange ono, atandise obw'amalaya. Nawulira bubi, era nentambulirawo. Naye bwenagenda abavubuka webakunganira okubulirirwa, nawulira bulungi nga sirina kutya era bwenasaba Kondomu bazimpeerawo". (Abavubuka, nga kubaganya ebirowoozo kunsonga z'abawala n'abakyala.).
- "Mubuwangwa bwaffe abasajja baddembe okukola buli kimu kyebagala, naye bwekituuka kubakyala tekikirizibwa." (Abavubuka, nga kubaganya ebirowoozo kunsonga z'abawala n'abakyala).
- "Bwenali mu siniya eyokuna, nafuna obuvumu okugenda okwekebeza. Nagenda mu dwaliro lyagavumenti... bwenali mu layini n'abantu abakulu bonna nebantunulira. Nga sinaba nakeberewa okwogere obwozezi nti ngenda keberewa, kubo, kyalinga ekitegeza nti sirina siriimu. Bonna baali beyogezeze nga wendi bekuba obwaama. Natambwala butambuzi nenvaawo.
- Omwaka oguwede, nagenda abavubuka webakunganira.... Bwenakeberewa bakizuula nti nalina akawuka akaleeta siriimu naye bambudabwala nebangumya nebanzizaamu amanyi, bansindika mu kitongole eky'abavubuka ba Uganda abalina siriimu (Uganda Young positives) okufuna obuyambi obusingako" (Abavubuka, nga kubaganya kubaganya ebirowoozo kunsonga z'abawala n'abakyala)
- " Emyaka egiyise, nagenda mu **dwaliro lya gavumenti**bwenayingira mu kasenge dokita mwajanjabira, yambokolera nga ambuuzwa nafunadi obulwade era nabufuna ntya. Nagamba eby'okunzibanjabira awanywu waawo, siridayo eyo. Kyantwalira emyaka emirungi esatu okudamu okugenda okufuna obujanjabi." (Abavubuka, nga kubaganya ebirowoozo kunsonga z'abawala n'abakyala)
- Emirundi mingi abawala abato abalina akawuka akaleeta sirimu babeera mubeera ey'obutafibwaako, okusongebwamu ennwe, obuswaavu nemukutya ekibavirako obutafuna buyambi mubwangu nga bwekyetagisa" (Abavubuka, nga ebirowoozo kunsonga z'abawala b'abakyala).
- "Sente ezikola ebyetagisa, ng'ezentabwala, n'okubeera mu nyiriri empanvu okusobola okufuna kyoyagala okwo nga kwogata sente ezigula eddagala- bw'ogenda obigattagata biba byabeeyi." (Abavubuka, nga kubaganya ebirowoozo kunsonga z'abawala n'abakyala).

» EBY'OKWETEGEREZA

- Uganda yateeka omukono kukiwandiiko okuva mulukungaana olukwata ku ddembe ly'abaana mu 1997 n'olukungaana olwali lukwata ku kujawo okusosola okwengeri zonna nga kukwata ku bakyala mu 1991. Tenaba kussa mikono kukwesalirawo ng'onofumbirwa, emyaka egifumbirirwako n'okuwandiisa obufumbo.
- Enteekateeka ye gwanga kubikwata ku kulwanyisa siriimu erimu obuwayiro obwekuusa ku ddembe ery'engeri yonna, nga muno mulimu eddembe ery'okuba n'obulamu, okubeera n'amaanyi mu mibiri, okwennyigira mu bintu byonna ebigenda mumaso wooli n'ebikwetolodde ko n'obutasosolwa.
- Waliwo ebitongole bingi mukitundu gy'obeera ne muggwanga lyonna ebiyamba ku bantu abalina akawuka akaleeta siriimu. Nga kubimu ku byo bikiriza okuyamba abavubuka era nga nebirala byo esira libiteeka kubakya nabaana bawala. Waliwo enkola ezitekedwaawo okuyamba n'okuyimusa omuwendo gw'abantu abalina akawuka akaleeta siriimu okugeza okubawa amagezi okusobola okweyamba nga bakozeza obukugu obuba bubaweredwa.
- Ebitongore byeggwanga ebinene ebisalawo ku nsonga za siriimu n'akawuka nga Akakiiko ka Uganda ku siriimu (Uganda AIDS commission n'ekitongole ekirabirira sente eziyamba okulwanyisa akawuka akaleeta siriimu, akafuba n'omusujja gwezensiri) birimu abantu abakikirira abantu abalina akawuka akaleeta siriimu.
- Abakikirira abavubuka basabibwa benyigire mu nteekateeka z'okusalirawo eggwanga kubikwata kubaba balina akawuka akaleeta siriimu ko ne siriimu. Ekitongole okyatekebwaawo omukulembeze we ggwanga Mukulwanyisa akawuka mu bavubuka kikubiriza abavubuka okwennyigira mu kufuna obuvunannyizibwa mu bifo by'obukulembeze. Ne nteekateeka ye ggwanga ku nsonga z'abavubuka n'eb'obulamu eggumiza omugaso n'obwetavu okukozeza abavubuka mu kulwanirira eby'obulamu bwabwe n'okubikulakulanya.
- Naye no munkola, okwennyigira kwabavubuka mu nteekateeka zabwa nebiukuvaamu by'ogerwako kitono olwo'bumanyirivu obutono n'okuba nti tebalina busobozi nabukuggu mu kutukiriza enteekateeka zinno.

» EBYAVA MU BANTU

- "Tukolera ku nteekateeka eyensi yonna mu kulwanyisa akawuka. obuzibu buli mukutukiriza" (Byabuzibwa omukungu wa gavumenti ngaava mu kitongole ekinwanyisa kawuka ka siriimu).
- "Twetaaga okuzzamu abalwade ba kawuka akaleeta siriimu amaanyi, okubawa obusobozi mu bulamu n'emiriimu gyabwe, tukokole nabo era batekebe kumwanjo nnyo mulutalo olw'okuziyiza okusasaana kw'akawuka ne siriimu". (Byabuzibwa omukungu wa gavumenti ngaava mu kitongole ekinwanyisa kawuka ka siriimu).
- "Tusubwa omukisa, abalenzi webatakozesebwa mu kuziyiza kusaana kwa kawuka kaleeta siriimu n'okukuuma abagalwa babe obutakwatibwa kawuka kano. Abalenzi banno bakakasiddwa nga kubataasa butafuna kawuka kaleeta siriimu yade okubawa ekitiibwa". (Akulira ekitongole ekikwata kuby'okwegatta n'okuzaala).
- "Singa abavubuka abalina akawuka kasiriimu nabo benyigira mu kusaanya n'okubulira abalala kukwawuka, okewala ko nebirala ebikakwatako. Kino kyandikoze kinene nnyo mu mulimu gunno, naddala okukyusa endowooza z'abantu." (Byabuzibwa omukungu wa gavumenti ngaava mu kitongole ekinwanyisa kawuka ka siriimu).
- "Tugezaako okutumbula eby'omwenkanonkano wakati w'abaami n'abakyaala. Naye ate ebikwata kuby'okuzaala bitwalibwa nga ebikwata ku bakyala bokka." (Byabuzibwa omukungu wa gavumenti ngaava mu kitongole ekinwanyisa kawuka ka siriimu).
- "Ebyagazisa abavubuka okwennyigira mu mirimu egyekuusa kuziyiza okusasaana kwa kawuka akaleeta siriimu mu byalo gyebebeera kiva kubuyambi bwabafuna okuva mubavubuka bo benyini. Kino kibaaawo olw'okubanga basisinkana era mubo benyini nebesanga nga mulimu abalina ebizibu nga ebyo byebayitamu kinomu, ekyo nekibayamba okukubaganya ebirowoozo kunsonga za kawuka ne siriimu nga tebalimu kwerakirira nti banayisibwa mungeri eyenjawulo." (Okukubagannya ebirowoozo kw'abaana abawala).
- "Tugezezaako okwatira awamu muni yaffe nenkola eyitibwa GIPA (Okunyikiza okukolera awamu n'okukolagana nabalina anawuka ko nabalwade basiriimu) Tutademu nnyo amanyi mu kukwasiza awamu n'abantu abalina akawuka ko n'abalwade ba siriimu mu kukubaganya ebirowoozo. Oba kukola nteekateeka oba mukutukiriza enteekateeka ezo." (Byabuzibwa omukungu wa gavumenti ngaava mu kitongole ekinwanyisa kawuka ka siriimu).
- "Oyiza okulaba omusajja omukulu nga ayogera kulw'abavubuka, so ng'a bavubuka webali! Kino kiriwo lwakuba abavubuka tebafuna kutendekebwa kubasobozesa kufuna busobozi kweyogerera." (Omukwanaganya we kitongole ky'abavubuka ekinwanyisa akawuka ne siriimu)
- "Twetaaga okuwa abaana abo'buwala obusobozi n'okutendekebwa kubasobozese okulwanirira eddembe lyabwe n'okusobola okutumbula embeera z'obulamu bwabwe obwbulijjo." (Omukwanaganya we kitongole ky'abavubuka ekinwanyisa akawuka ne siriimu).
- Twetaaga okwongera sente mu nteekateeka zonna ezigendererwa okukendeza okusongamu abalwade ba siriimu enywe, kino kijja kuyisibwa mu ngeri yakutumbulamu ddembe ly'abantu ery'obwebange nga tuyita mu bakozeza nabakulembeze ku mirimu, kiyambe abantu okutandika okwogera n'okusaamu ekitiibwa eddembe ry'abanabwe, okulikuuma sako n'okulibanjanga singa liba lirinyiridwa." (Akulira ekitongole ekikwata kuby'okwegatta n'okuzaala).

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EBYASALIBWAAWO



Okusinzira ku alipoota eno, enkola nnyingi sako n'engeri ezisobola okunonyezebwamu sente eziyinda okusasulira emirimu gino ziyinda okusalibwawo, okwongera amaanyi mu kutaasa abaana ab'obuwala n'abakyala obutafuna kawuka kasiriimu mu Uganda. Bino bye bimu ku bitongole ebyenyigidde mu mulimu gw'okulwanyisa n'okutaasa abantu obutakwatibwa kawuka kasiriimu. Muno mwemuli:- gavumenti, ebitongole ebirina akakwate ne gavumenti, neby'o bwanakyeewa, abagabirizi b'obuyambi, bano bonna batekeddwa okwesigama ku bino:-

1. Okudamu okwetegereza n'okunyweeza enkola Uganda gyekozesa, naddala obumalirivu n'okwewaayo kuluuyi lweby'obufuzi ku kawuka kasiriimu okuva nga 2/6/ 2006, mu lukiiko tabamiruka (UGASS MEETING), olwali lutunulira engeri y'okutaasa abaana abawala obutafuna kawuka kaleeta siriimu. Muno mwemuli obuwayiro buno:- 7, 8, 1, 15, 21, 22, 26, 27, 29, 30, 31, ne 34.
2. Okwongera okusa munkola amateeka gonna agakolebwa okukuuma edembe ly'obwebange, ebikwata kuby'okwegatta mu mukwano n'eb'obulamu bw'abaana abawala. Okussa esira kubirungi ebiri mu teeka ly'amaka, era nga bwetwongera okuzuula n'okuzibikira awali amabanga. (eky'okulabirako, okusasula abaana abawala nga bagenda okufumbirwa). N'okwongera okusomesa abantu ku mateeka agakwata ku nsonga ngazino, okwo nga kwotade n'engeri ey'okutuukamu eri abantu ababeera mu byalo ate nga tebasoma ngako.
3. Okulaba nti waliwo obuyambi obusikiriza abavubuka, wakiri mu kifo kimu mu buli disitirikiti., nga ekifo kino kituusa eri abavubuka obuyambi obwetagisa ku by'okwegatta, eby'obulamu, ne ku kawuka kasiriimu (nga kwotade obujanjabi bwenddwadde z'obukaba, okubudabuda okwakyeyagalire, okugyibwako omusaayi gwa kawuka kasiriimu n'okutandiika ku nkola ey'okuzozesanga eddagala eriweweza ku kawuka akaleeta siriimu).
4. Okulwanyisa enkola n'emitima emibi abawi b'obuyambi mu malwariro gwebakozesa, nadala okugezako okubawa okutendekebwa okwekuusa kukuwa obuyambi obusikiriza abavubuka , era wabeerewo n'okubonereza abo bonna abanakola nga mu ngeri eteraga bukugu naddala obutaba namizi nga bakola emirimu gino.
5. Okwongera amanyi n'obumalirivu mu by'obulamu bw'abakyala, naddala okwongera okulwanyisa obuzibu obuwa mu kugyamu embuto, kino kitwalibwe nga kyabulabe nnyo eri abantu bonna!. Okugyamu embuto kusobola okukendezebwa nga twongera amaanyi n'okugaziya enkola za famile pulaninge. Wetegereze nti, Enkola n'enteekateeka y'okukyusa mu teeka erikwata kukujamu embuto esobola kukolebwako ngeyisibwa mu nteeketeeka kayingo eyeggwanga lyonna ekwata ku by'obulamu oba nokuyisibwa mu nkiiko z'ebitundu.
6. Eddembe lyabuli muntu okutukibwako mu ngeri y'okutaasa abantu obutafuna kawuka kasiriimu, obujanjabi, okulabirirwa n'okuwa obuyambi bamalaya. Kino kitwaliramu okussa esira ku by'enfuna, embeera z'abantu, tekako nensonga ezitwala abantu mu bw'amalaya nga zekusa kukikula kyabwe; Okuwa bamalaya eby'obujanjabi ne bintu byebetaaga mu bulamu bwabwe obwabulijjo, n'okutandikawo emiriimu abasobola okuva mubwamalaya babuveemu. Kwekyo saako enkola eyo okutunirira abantu abasinga okubeera kubutanwa obw'okufuna akawuka kasiriimu, naddala abafumbo nabali mu mikwano nga tebafumbirwangako.
7. Okusawo embeera nga buli muntu asobola okufuna enteekateeka y'okufuna eddagala eriweweza ku kawuka kasiriimu, era nga n'okulaba nti abalina akawuka kasiriimu tebongera kukasasaanya. Okufuba okulaba nti abawala abalina akawuka kasiriimu, okwo nga kwotade abava mu maka amaavu ne mubyalo bafuna obujanjabi mu mbeera etabasonzesamu nnye naye ate nga ebayanba okufuna obuyambi mubyetago byabwe okusinzira ku myaka nekikula kyabwe.
8. Okulambulura kunsonga ezitali nambulukufu ku kondomu. Okufuba okulaba nti kondomu weziri muggwanga era nga zisobola okufunibwa buli muntu waaba azetagide, zifunibwe kubweere oba ku miwendo amisasaamusaamu. Abantu basomesebwe enkozesa yaazo n'abavubuka bazikozese nga tebakakidwa okusinzira ku myaka gyabwe, ekikula kyabwe, yadde bafumbo oba sibafumbo.
9. Okulambulula kunsonga ezitali nambulukufu ku kunsomesa ebyokwegatta mu masomero. mukakasa mulabe nti ensira lisibwa ku mikwano gy'abavubuka n'engeri abavubuka gyebasobola okubeerawo bokka mu bulamu bwabwe obwabulijjo, naye nga bwetwongera okutunulira ensonga z'abavubuka mu kulwanyisa akawuka kasiriimu n'engeri abavubuka gyebasobola okwetaasa obutafuna kawuka kasiriimu ngakayita mu kwegatta.
10. Okutumula enteekateeka eziwerako nga zisikiriza abavubuka, basobole okulondanganko gyebagala okukozesa mu kulwanyisa akawuka akaleeta siriimu, nga mwemuli okuva ku by'okwegatta nendala nnyingi. Mufube okulaba nga enteeketeeka zino ziwagirwa, ziwa abavubuka obubaka bwebasobola okwesiga, ebikozesebwa ngamwemuli kondomu z'abakyala n'abaami, okukebeera akawuka ka siriimu ne ddagala.
11. Okufuba okulaba nti obubaka bwonna wonna gyebulaga, enteeketeeka zonna ezikwata ku by'okwegatta, eby'obulamu, ku bya kawuka akaleeta siriimu bitekwa okusa essira ku bintu bino wamanga:-
 - Okutandikawo emisomo nenkola eraga nti abantu bonna benkana mu kikula kyabwe. Okugeza; esiira risibwe ku bulombo lombo obwekuusa ku kikula ky'abantu (Eky'okugeza: okukiriza abasajja okubeera n'abakyala abangi), n'okuyamba abantu buli kinomu mukikula kye okubeera n'obusobozi mu kwerowooleza n'okwebezaawo bokka (gamba okuwulirizanga).
 - Okutumbula embeera enesobozesa abalenzi okwennyigira n'okutegeragananga n'abawala bwebali mu myaka gyegimu.
 - Okusalira amagezi obuzibu bwonna n'embeera ezisa abaana abawala ku mwanjo ogw'okufuna obulwadde bwa siriimu, eky'okulabirako okutandikawo emiriimu abaana banno mwebasobola okufunangayo ku nsimbi ez'okwebezaawo n'okwongera ku mikisa gyabwe basobole okwonyongerayo nemisomo gyabwe mumaaso.
12. Okumannyisa abakulembeze bebitundu ku migaso n'obwetavu bw'okulwanyisa akawuka kasiriimu mu baana abawala, era n'okwongera okubamannyisa engeri gy'abayinza okuyambako okukendeza kukubaboola, kubasongangamu enyewe, okwongera okumannyisa abantu enkola zeby'obuwangwa ezitali nnyingi era ezobulabe eri abaana abawala (Okugeza Okuwasa namwandu ng'awasidwa omu ku b'oluganda), n'okwongera okusa amateeka munkola gamba nga etteeka erikwata ku buliisa maanyi.
13. Okuyamba abaana ab'obuwala naddala abo abalina akawuka akaleeta siriimu mu kwennyigira mu nteekateeka e z'okutegekera eggwanga ku kawuka ka siriimu, kino kisobola okukolebwa nga watekebwaawo emisomo eginabawa obusobozi mu kwesalirangawo n'okusobola okwogeranga mu Bantu abangi.
14. Okwongera okunnyikiza n'okusa ebikwata ku bavubuka, okwegatta n'eb'yobulamu bwabwe mu nteeka teeka y'eggwanga mu kulwanyisa akawuka kasiriimu, ekyo kiyambeko mu kwanagannya e by'okwegatta, ekikula, eby'obulamu n'akawuka akaleeta siriimu mu bavubuka, kino kyongere okuyamba mukudukanya emiriimu awawebeba obuyambi n'obujambabi ngatukozesa ebyetagisa ebiri awawebeba obuyambi bunno nga tetwongedeko.

Okututukako:

Nga oyagala okufuna obubaka oba ng'olina kyewe buza ku alipoota eno, oba nga oyagala kufuna ku alipoota eno, tutukirire ku ndagiriro zino wamanga:-

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