



Kulimbikitsa zithandizo ndi mauthenga kwa achinyamata pa maufulu awo pa nkhani ya ubereki

Zosanthula za mu malamula okhudza nkhani za ubereki
ndi zogonana pakati pa achinyamata

Umunthu Plus

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Mau Otsogolera

Achinyamata kuno ku Malawi akupitilira kuvutika kuti apeze zithandizo zoyenera pankhani ya ubereki komanso zokhudzana ndikugonana. Mavutowa achuluka kwambiri mu mzaka zadutsazi kuchokera mu chaka cha 2019 pomwe matenda a COVID 19 anayamba kufala kuno ku Malawi. Mavutowa akhala akupitilira ngakhale boma komanso maiko ndi mabungwe akunja ayesera kuchitapo kanthu kuti zinthu zisinthe. Dziko la Malawi limalimbikitsa kuti pasakhale kusiyantsa pakaperekedwe ka zithandizo zoyenera pankhani ya ubereki komanso zokhudzana ndikugonana kuchokera mu ndondomeko ya malumulo okhudza zithandizozi ya mu chaka cha 2017-2022 komanso malumulo ena apa dziko lapansi omwe boma la Malawi linavomereza nawo. Kafukufuku amaonetsa kuti pali zikhaliidwe zosiyanasiyana zomwe zimapangitsa achinyamata kuchita zosiyasiyana mwinsano zosayenera pankhani ya ubereki ndi zogonana. Kafukufukuyi amaonetsa kuti panhanwi yomwe achinyama akukula zinthu ngati zinamwali zimakhalsano ndizotsatira zake pakhani ya ubereki komanso kugonana kwa achinyamata. Ngakhale kuti chikhaliidwe cha ku Malawi chimalimbikitsa kuti achinyamata akhale osagonana kufikira atalowa m'banja, zinamwali zimachititsanso kuti achinyamatawa aziyamba zogonana mwachangu chifukwa choganiza kuti akapanga chinamwali ndiye kuti akula. Zikuonetsanso kuti miyambo nayo, ikupita ikucheperachepera pounikira chikhaliidwe cha achinyama chifukwa cha ziphunzitso za mipingo, atolankhani komanso ndi malo ena ambiri omwe achinyamata amatha kupeza mauthenga. Ngakhale nkhanza zokhudza kugonana zilipobe, mulingo weniweni wa vutoli kuno ku Malawi ndiovuta kuudziwa. Izi zili choncho chifukwa kuno ku Malawi kuli khaliidwe losunga chinsinsi makamaka pankhani zogonana.

Mavutowa akupitilira kupita patsogolo chifukwanso chakusadziwa bwino lomwe malumulo omwe alipo polimbikitsa amai komanso atsikana ndikuwateteza kuti adzithandizika moyenera pankhani ya ubereki komanso kugonana. Umunthu Plus ndi bungwe lokhazikika kuno ku Malawi ndipo pazina, limakhizikikaponso kwambiri pankhani yoonetsetsa kuti aliyense, makamaka amai ndi atsikana, ali ndi ufulu okwanira kupeza zithandizo zoyenera. Timayesetsa kuthandiza komanso kulimbikitsa boma ndi mabungwe ena kuti amai, makamaka atsikana omwe amavutika kwambiri zithandizo zakakhala zoperewera, kuti adzithandizidwa bwino pankhani ya ubereki komanso zogonana. Chifukwa cha ichi, Umunthu Plus komanso Umunthu FM akuyesa kuthandizira boma pofalitsa mauthenga okhudzana ndi ubereki wabwino komanso zithandizo pankhani zogonana pakati pa achinyamata. Ndithandizo lachuma kuchokera ku Share-Net International, taika pamodzi matuthenga ofunikira pankhani ya ubereki komanso zogonana kuti zithandizire achinyamata, makamaka atsikana kuno ku Malawi. Tili ndi chikhulupiliro kuti zosindikizidwa zimenezi zithandiza kuti zithandizo zidziperekedwa moyenera komanso anthu achinyamata akhale ndimphanvu zoyenera pofunsapo za zithandizozi kuno ku Malawi.

Ine,

Mavuto Jawado
Mkulu wa bungwe la Umunthu Plus.



Kuthokoza

Ntchito yoika pamodzi malamulo komanso ndondomeko zosiyanasiyana zomwe zimathandizira komanso kulimbikitsa ubereki sizinakatheka ngati panalibe thandizo lochoka ku Share-Net International. Kwa inu, tikuthokoza kwambiri chifukwa cha chidwi chanu pofuna kuthadiza kuti anthu komanso achinyamata azipeza zithandizo zoyenera za ubereki komanso nkhani zogonana. Ogwira ntchito ku Umunthu Plus ku Malawi akuthokoza kwambiri bambo Richard Kussenji omwe anakangalika kuwerenga komanso kufunsa magulu osiyanasiyana kuti ntchitoyi iikidwe pamodzi. Tikuthokozanso mwapadera ma ofesi a boma monga a ku unduna wa za umoyo, kuphatikizanso ofesi za gender, achinyamaya, owona za momwe anthu akuthandizikira komanso ofesi ya zamaphunziro mu boma la Nkhosakota omwe amangitsa kuti ntchitoyi ikhale yokwanira bwino komanso kukhudza mbali zambiri pa ubereki ndi zogonana pakati pa achinyamata. Kumapeto, tikuthokoza kwambiri achinyamata a mu ma boma a Lilongwe komanso Nkhosakota omwe athandizira kupereka maganizo makamaka mavuto omwe amakumana nawo pankhani ya ubereki komanso zogonana zomwe zathandizira kuti mauthenga a mu msindikizo uwu akhale okwanira komanso ofunikira. Mulungu akudalitseni.

Ife kuno ku Umunthu Plus komanso Umunthu FM tikuyamika chifukwa cha ntchito yomwe ena anagwira kale poika ndondomeko, malamulo komanso popanga akafukufuku osiyanasiyana omwe athandisira kwambiri kuti tikonze msindikizo uwu. Ena mwa malamulo, ma report komanso malamulo omwe agwiritsidwa ntchito ndi awa:

- (i) Munthali AC, Chimbiri A and Zulu E, Adolescent Sexual and Reproductive Health in Malawi: A Synthesis of Research Evidence, The Alan Guttmacher Institute, 2004, No. 15
- (ii) Ministry of Health, Government of Malawi, National Sexual and Reproductive Health and Rights (SRHR) Policy (2017-2022)
- (iii) The Constitution of the Republic of Malawi
- (iv) Malawi National Youth Policy, 2013
- (v) The Republic of Malawi Penal Code

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Matanthauzo a Mau

ART	Anti-Retroviral Therapy
AIDS	Acquired Immunodeficiency syndrome
EC	Emergency Contraception
MoH	Ministry of Health
FP	Family Planning
NGO	Non-Governmental Organization
HIV	Human Immunodeficiency Virus
HSA	Health Surveillance Assistants
HCT	HIV Testing and Counselling
STI	Sexually Transmitted Infections

Kufotokozerera mau ofunika

Achinyamata

Nyengo yomwe ana amakhala akusinthira kuti tsopano akukula kapena kutha msinkhu. Ku Malawi nthawi zambiri achinyamatawa amakhala pakati pa zaka 10 ndi 19.

Umoyo wa ubereki (SRH)

Izi zimatanthauza kuti anthu azikhala ndi njira zabwino kpmanso zotetezedwa ku moyo wawo pankhani zoonana komanso ubereki.

Mulandu waukulu (Felony)

Mulandu omwe umatengedwa waukulu molingana ndi malamulo adziko komanso wakuti munthu akhoza kupatsidwa chilango chonyongedwa (Kuphedwa) ngakhale kuti sanalakwapo mb'uyumu pali komanso ngakhale palibe umboni, komanso kuti atha kukhala mu ndende kapena ukaidi ndi ntchito yakalavula gaga kosachepera zaka zitatu.

Mau Oyambilira

Msindikizo uwu watolera, kufupikitsa ndi kuika pamodzi nfuno zofunikira za mumalamulo, ndondomeko zovomerezeka ndi boma zomwe zimathandiza kuti achinyamata atetezedwe komanso athe kupeza zithandizo zoyenera ndi zokwanira pa nkhani ya ubereki ndinso yogonana. Ntchitoyi yapangidwa poganzira kuti achinyamata ambiri amavutika kupeza mauthenga ofunikira okhudza zithandizo za ubereki ndi zogonana. Ndongomeko zokhakitsidwa ndi boma pounikira zithandizo za ubereki komanso nkhani zogonana zinakhazikitsidwa pofuna kunotsetsetsa kuti pali zithandizo zoyenera komanso zokwanira kuti zithandizire kuti moyo wa aliyense udzikhala wabwino.

Oyenera kugwiritsa ntchito

Anthu oyenera kugwiritsa ntchito bukuli ndi achinyamata (Anyamata ndi asungwana) omwe ali komanso sali pa sukulu. Bukuli lapangidwa kuti likhale ngati likasa lapafupi pomwe achinyamata akufuna kudziwa kapena kupeza zithandizo pankhani ya ubereki, zogonana komanso nkhanza zokhudza gender kuno ku Malawi. Bukuli la sindikizidwa mu zilankhulo ziwiri, chizungu ndi Chichewa kuti achinyamata ambiri athe kuwerenga mauthenga ofunikirawa.

Bukuli lili ndi ma gawo asanu omwe afupikitsidwa potolapo mfundo ndi mitu yofunikira kwambiri mu malamulo komanso ndondomeko zina za boma pa zithandizo za ubereki komanso nkhanza zogonana. Ma gawo amenewa ndi awa:

- (i) Malamulo aakulu a dziko la Malawi ndi zina zofunika
- (ii) Zosanthula za mu buku lo fotokoza za milandu yokhudza ubereki ndi kugonana
- (iii) Malamulo okhudza ukwati, kutha ka ukwati ndi za m'banja
- (iv) Ndongomeko ya boma pankhani za ubereki ndi zogonana ya mu zaka za (2017-2022)
- (v) Ndongomeko za boma pa nkhanza za achinyamata za mu 2013

Zoyenera kudziwiratu

Zosindikizidwa mu buku ili sizikulowa m'malo mwa malamulo kapena ndondomeko zovomerezeka komanso zosindikizidwa ndi boma la Malawi ndipo liyenera kugwiritsidwa ntchito kuti lithandize kufotokozera mwansanga pomwe achinyamata akufuna kupeza mauthenga okhudza za ubereki komanso zogonana. Ndikofunika kuti anthu apeze ndikugwiritsa ntchito malamulo okhazikitsidwa ndi boma nthawi zonse komanso pa milandu.

Malamulo aakulu a dziko la Malawi ndi zina zofunikira

Malamulo aakulu a dziko la Malawi ndiwo amene ali oposa malamulo onse mu gawo onse a boma komanso mzika zili zotetezedwa aliyense mofanana ndi malamulo amenewa kuchokera mu ndime yachitatu (section 3) komanso ndime yachinayi komwe imanena kuti “Lamulo lilonse ngakhale laboma lomwe likutsutsana ndi malumulo aakuluwa silidzagwira ntchito.”

Kotero, Malamulowa akuteteza a Malawi onse posatengera zaka, kapena kuti munthu ndi wamwamuna kapena mkazi, mtundu, chipembedzo, chipani chomwe ali ndi zina zomwe munthu amakonda.

Msanamila zofunika pa ndondomeko za malumulo a boma

Mumsanamila zofunika pa ndondomeko za malamulo a boma, ndime 13, malamulo aakulu aboma amafotokoza kuti Boma liyenera kulimbikitsa zofunika pa moyo wa munthu komanso chitukuko popitiliza kugwiritsa ntchito malamulo ndi ndondomeko zovomerezeka kuti zithandizire kuti dziko lifikire pa izi (Tasanthulapo za gender ndi za umoyo):

(a) Kusasiyanitsa pakati pa amai ndi abambo (mamuma kapena mkazi) muzochitika
Kuonetsetsa kuti pali kusasinitsa pakati pa amai ndi abambo kudzera mu:

- i. Kuonetsetsa kuti amai akutenga nawo gawo mu zonse zochitika mu dziko poganizira kuti amai ali ndi kuthekera chimodzimodzi ngati abambo
- ii. Kuonetsetsa kuti ndondomeko zonse zothetsa kulekanitsa pakati pa amai ndi abambo zikutsatidwa bwino lomwe
- iii. Kuonetsetsa kuti ndondomeko za malamulo zolimbikitsa kuti pasakhale nkhanza. Komanso anthu atetezedwe, pasakhalenso kuponderezedwa pankhani za maukwati, zachuma ndi kupeza katundu kwa mtundu wina uliwonse zikutsatidwa.

(c) Za umoyo

- i. Kupereka zithandizo za za umoyo zoyenera ndi zokwanira mogwirizana ndi zosowa za a Malawi komanso kuvomerezedwa pa mulingo wa maiko akunja pa nkhani za umoyo

Ndizomvekeratu kuchokwera mu Malamulo aakulu a dziko la Malawi kuti boma lili ndi udindo oonetsetsa kuti mzika zake, kuphatikizapo achinyamata, akupeza zithandizo zoyenera ndi zokwanira pa nkhani ya za umoyo. Ndiye choncho, motetezedwa ndi malamulo aakulu a dziko la Malawi, anthu ali ndi ufulu opeza zithandizo zimenezi ndipo kulephera kwa boma kupereka zithandizozu ndi kuphwanya lamulo pakokha komwe kutha kukhala ndi chilango mogwirizana ndi Malamulo.

Zosanthula za mu buku lofotokozero za milandu yokhudza ubereki ndi kugonana

'Penal code' ndi buku lomwe linalembedwa pofuna kuunikira za milandu yonse kapena yambiri mwa milandu yodziwika mumalamula a dziko la Malawi. Mu bukuli mumakhalanso zilango zomwe olakwira malamulo ayenera kupantsidwa ndinso zoyenera kudziwa pa milandu.

Ma gawo aakulu a mu penal code

- a) **Gawo 7: Ignorance of the law Kusadziwa Malamulo** sichifukwa chokwanira kuti munthu athyole kapena kuphwanya lamulo kapena kusiya kupanga zina zomwe lamulo lalimbikitsa kuti zichitike.

- b) **Gawo 8: Bona fide claim of right Kugwiritsa ntchito ufulu ngati mzika**
Munthu aliyense sadzatengedwa olakwa ngati adzapezeka kuti watenga kapena kugwiritsa ntchito katundu komanso kuchita zinthu chifukwa chofuna kugwiritsa ntchito ufulu wake wachibadwidwe opanda cholinga chilichonse chofuna kuonponga kapena kuba.

- c) **Gawo 14: Zaka zosakwana kuimbidwa mlandu**
 - Munthu adzanenedwa kuti ndi wazaka zochepa kapena zosakwanira kuimbidwa mlandu ngati ali ndizaka zosakwanira zisanu ndi ziwiri (7)
 - Munthu yemwe sanakwanire zaka khumi ndi ziwiri (12) sadzaimbidwa mlandu wina uliwonse ngati adzapezeka kuti panthawi yomwe milandu yofuna kuzengedwa sanali kudziwa kuti ndizolakwika.
 - Mwamuna yemwe ndi wa zaka zosakwana khumi ndi ziwiri (12), adzatengedwa kuti sangakwanitse kugonana ndi mkazi

- d) **Gawo 136: Kusowetsa atsikana a zaka zosakwana khumi ndi zisanu ndi chimodzi (16)**
Aliyense yemwe adzatenga mtsikana wa zaka zosakwana 16 ngakhale zaka zina ndi choling choti amukwatire kapena kuti azikagona naye popanda mwina wakeyo kufuna kapena kuvomereza adzazengedwa mulandu waukulu ndipo akhoza kukhala mundende kwa zaka zisanu ndi zinai.

- e) **Gawo 137: Kuchitira nkhanza pa thupi mzimai**
 - (1) Munthu yemwe adzapezeka akuchitira nkhanza za kumenya mzimayi kapena mtsikana adzaimbidwa mlandu waukulu okhala komanso akhoza kuikidwa mundende kosachepera zaka khumi ndi zinai (14) ndi zilango zina kapena opanda zilango zina za kalavula gaga.
 - (2) Kunena kuti mtsikana wa zaka zosakwana khumi ndi zitatatu anavomereza kugonana ndi munthu sizidzakhala ngati mbali imodzi yodzitetezera ku mulandu
 - (3) Aliyense yemwe adzanyoza kapena kulankhula zachipongwe mwantundu wina ulowonse kwa mzimai kapena mtsikana kapena kuchita zinthu zosonyeza kunyozetsa mtsikana kapena mzimai komanso kumuulutsira zachinsinsi chake adzaimbidwa mulandi waong'ono okuti tha kukhala mundende kwa chaka chimodzi

f) Gawo 138: Kugonana ndo mtsikana wa zaka zosakwana khumi ndi zitatatu mokakamiza

(1) Aliyense yemwe adzapezeka atagonana ndi mtsikana osakwana zaka khumi ndi zitatatu (13) adzazengedwa mulandu waukulu omwe akhoza kumangidwa kwa mowo wake onse kuphatikizapo ntchito yakalavula gaga kapena ai.

(2) Aliyense yemwe adzapezeka kuti amayesela kuti agonane ndi mtsikana osakwana zaka khumi ndizitatatu (13) adzazengedwa mulandu waukulu omwe akhoza kumangidwa kwa zaka khumi ndi zinai (14) ndi chilango cha kalavula gaga kapena ai

Pokhapokha patapezeka umboni omwe ungabwere pamaso pa khoti ndikusonyeza kuti oganiziridwa mulanduyo anali ndi zifukwa zokwanira zomuganizira wokakwilidwayo kuti anali wodutsa zaka khumi ndi zitatatu (13)

g) Kugonana ndi wamisala kapena yemwe mutu wake suiyenda bwino

Aliyense yemwe adzapezeka kuti wagonana kapena kuyesa kugonana ndi mzimai kapena msungwana yemwe ali wamisala kapena kuti chitsiru akudziwa bwino lomwe ngakhale kuti atakhala kuti sanamugwilire, adzazengedwa mulandu waukulu ndipo akhoza kumangidwa kwa zaka khumi ndi zinai ndi chilango cha kalavula gaga kapena ai.

h) Gawo 140: Kugula munthu

Aliyense yemwe—

(a) adzagula kapena kuyesa kugula mtsikana kapena mzimai osakwana zaka makumi awiri ndi cholinga chakuti azokagonane naye kuno kopanda mwini wake kuvomereza mu dziko la Malwi kapena kunja jwa dziko lino

(b) Adzagula mtsikana kapena mzimai kuti akakhale hule kapena,

(c) Adzagula kapena kuyesa kugula mtsikana kapena mzimai kupita kunja kwa ndiko la Malawi ndi cholinga chakuti adzikhala naye ngati wogonana naye kapena kuti adzikhala kumalo a ma hule;

- Adzazengedwa mulandu ndipo ayenera kumangidwa ndi momwe abwalo lamilandu angaonere komanso kuphatikizapo chilango cha kalavula gaga kapena ai.

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Komanso, munthu sadzamangidwa ngati palibe maumboni ena osakhala m'modzi yekha pokhapokha ngati pali zinthu zina zoonjezera umboni.

Lamulo lokhudza ukwati, kutha kwa banja komanso ma ubale ena la 2015

Tanthauzo

Lamuloli limakamba za malamulo abanja, kutha kwa banja komanso ubale ndi chisamaliro cha mamuna ndi mkazi omwe ali okwatirana komanso osakwatirana ndi chisamaliro cha ana. Malamulowa amatetenzanso kuti ana achichepele asalowe m'banja mwachangu poyika zaka 18 ngati zoyenera kuyambira banja (Ndime 14 ya lamuloli).

Ndondomeko za malumulo okhudza za ubereki komanso nkhani zogonana za mu zaka za 2017-2022

Tanthauzo

Msokhano wa ukulu padziko lonse owona za chiwelengero cha anthu ndi chitukuko mu chaka cha 1994 udafotokoza kuti moyo wathanzi okhuza kugonana ndi uchembere umakhalapo ngati munthu alibwino lomwe munthupi, ubongo ndipo ali ndi chisamaliro chabwino kopanda mlili uliwonse ogwira ziwalo za uchembere ndi ntchito zake zonse, ku teteza ndikusamala kutaya pakati mopanda ndondomeko.

Kuno ku Malawi ufulu wa za umoyo zokhuza kugonana umayang'ana zinthu monga izi;

- ✓ umoyo wathanzi okhuza kugonana ndi uchembere kwa a anthu achichepele
- ✓ kulera
- ✓ kupewa komanso kuthana ndi matenda opasirana pogonana (Edzi)
- ✓ kuunika za khansa yak homo yachibelekeru ndi ya mmawere mwachangu
- ✓ kuthana ndi mchitidwe Omwe ungaononge uchembere komanso nkhazi zokhuza kugonana m'mabanja.
- ✓ Kupewa komanso kuthana ndi matenda a fistula
- ✓ Kupewa komanso kuthana ndi kusabeleka
- ✓ Kuonesesa kuti abambo akutenga nawo mbali polimbikisa kupezeka kwa umoyo wabwino okhuza kugonana ndi uchembere
- ✓ Kuchulukisa ogwira ntchito za umoyo ukhuza kugonana ndi uchembere
- ✓ Kulimbikisa uthandizi pa umoyo ukhuza kugonana ndi uchembere wabwino

Lamuloli limapitisa pasogolo nkhani ya kupezeka kwa umoyo wabwino wa ku gonana ndi uchembere kwa mayi, bamboo ndi achinyamata onse mosaboola nthumba muno Malawi kudzera mauthenga omwe angathandizile anthu kuchita chisankho choyenera cha umoyo wawo

Mfundo Zofunika

Kulera

Kufunika ko gwiritsa ntchito njira za ku lera kumabwera pofuna kuchepesa chiopsezo chomwe amayi ndi mwana angakumane chacho ngati atenga pakati pafupipafupi komanso atsikana achichepele. Kugwilisa ntchito njira za kulera zimathandiza munthu, banja komanso dziko kutukuka ku nkhani ya zachuma ndikupitisa moyo wawo pasogolo.

Kugwilisa ntchito njira za ku lera kumatha kuthandizanso kuchepesa chiopsezo cha infa za amayi ndi ana zobwera Kamba ka uchembere mu dziko. Kupitisa patsogolo kagwilitsidwe ka njira za ku lera kagonera pa mfundo izi:

- (i) Kupewa kutenga pakati posakonzekera komanso posafunika kuzayikidwa patsogolo polimbikisa ntchito yopeleka kulera.
- (ii) Zipatala za boma zikuyenera kupereka njira zones zolera kuonjezerapo kulera kwa dzidzi.

- (iii) Njila yolera kudzera mu jakisoni zikuyenera kupezeka ku ma office a zaumoyo opezeka mu dera pogwilisa ntchito akaswiri azaumoyo ndi alangizi a zaumoyo
- (iv) Makhwala othandizira kuteteza munthu ku kachilombo ka HIV pamene munthu akuganizira kuti watenga kumene kachilomboka (PEP) komanso mankhawala otalikisa moyo akuyenera kupezeka mwaulele ngati azaumoyo aunika kuti ndikofunika kutenga mankhwalawa.
- (v) Kuziteteza kuzalimbikisidwa pakati pa anthu onse omwe ali ndi kuthekera kochita zigonana.
- (vi) Njila za kulera za dzidzi zizapezeka kwa amayi ndi atsika onse omwe achita zogonana mosaziteteza.
- (vii) Kuchotsa pakati kudzachitika motsata malamulo ndi ndodndomeko ya yofotokozedwa bwino ya dziko. (Lamulo lochosa pakati silinavomelezedwe ndi nyumba ya malamulo kuno ku Malawi koma zipatala zimapeleka chithandizo molingani ndi mmene malamulo alili ku nkhani za umoyo)

!!! CHIDZIWITSO!!!

Gawo li silinayikidwe pofuna kulimbikisa kugonana pakati pa asungwana achichepele koma kupeleka uthenga othandizira asungwana kupanga chisankho chopewa kutenga mimba komanso matenda monga HIV.

Njira zoimbikitsira nkhani za kulera

Poonetsetsa kuti anthu akulandira chithandizo choyenera lamuloli limasindika izi;

- (i) Kupeleka uthenga wa njira za ku lera munthawi yake
- (ii) Kulimbikisa kupezeka kwa kwa njira zakulera komanso kugwirisa ntchito njirazi mu zipatala zonso ndi za madera zomwe.
- (iii) Kupitisa patsogolo kufikira achinyamata ndi njira zolelera
- (iv) Kupitisa pastogolo kupezeka kwa ndijira zosiyana siyana za kulera mu zipatala zikuluzikulu ndi za ku dera zomwe.

Matenda opatsirana kuphatikizapo HIV/AIDS

Kafukuku amaonesa kuti kachilombo koyambis matenda a Edzi kwambiri kamakhuza amayi ndi (10.8%) kuposa abambo omwe amakhudzika pafupifupi ndi (6.4%). Dziko la Malawi limakhala ndi chiwerengero cha achinyamata chochuluka choonjezekerera pa omwe amapezeka ndi kachilombo koyambisa Edzipa tf. La muloli limathandiza achichepele kupesa thandizo lofunikira lokhuza kugonana ndi uchembere potsindika izi;

- (i) Kuthana ndi matenda opasirana pogonana kuzichitika kudzera kuunika zizindikiro za matendawo motsatizana ndi kuyeza ngati kuli kufunika kutero.
- (ii) Pofuna kuthana ndi matenda opasirana pogonana umphungu komanso kuyeza magari ndikupeleka njira zozitetezera ngati ma condom kuzapelekedwa kwa a bambo, amayi ndi

achinyamata onse pamene apita kuchipatala kukasaka nthandizo la matenda opasirana pogonana ndicholinga chopitisa patsogolo umoyo wawo.

- (iii) Anthu achichepele sakufunika kuti owayang'anira akhalepo pamene akupeza nthandizo la kuchipatala lokhuza matenda opasirana pogonana ndipo achipatala aonesese kuti chinsinsi cha anthuwa chasungidwa.

Poonetsetsa kuti chithandizo cha ku chipatala cha matenda obwera chifukwa chogonana chikuppezeka, lamuloli limalimbikisa izi;

- a) Kuthana ndi chikhalidwe cha anthu chomwe chimalimbikisa kugonana ndi kuyika moyo wa amayi, abambo ndi achinyamata pachiopsezo.
- b) Kulimbikisa kuthana ndi matenda opasirana pogonana ndi kachilombo koyambitsa edzi mu zipatala zonse.

Achinyamata mu nkhani za ubereki ndi zogonana

Achinyamata muno Malawi amakumana ndi zovuta zambiri zina mwa izo zimabwera Kamba ka kusowa zachuma, kuchita mchitidwe ogonana ndi anthu osiyana siyana, chikhalidwe chomwe chimatha kuwayika pachiopsezo pa umoyo wawo, kuzemberana ndi okonedwa awo komanso kusowa kwa upangira pa nkhani ya kulera ndi kulandira kulera moyenera. Achinyamata pa kati pa zaka 15 ndi 24 amakhala pa chiopsezo ndi makhalidwe ogonana omwe akhuza kuwaononga chomcho ndi koyenera kuti achinyamatawa adziwe za malamulo wa kuti athe kulimbana ndi kusowa kwa uphungu pa za umoyo komanso kuti anthe kulandira chithandizo choyenera.

Mfundo Zofunikira

Ndondomeko ya boma pankhani za ubereki ndi zogonana ya mu zaka za (2017-2022) imanena kuti:

- (i) Achinyamata onse azalandira chithandizo chabwino ndi choyenera chokhuza kugonana chomwe chizateteze miyoyo yawo, kusunga chinsinsi chawo komanso mwakufuna kwalo molemekezea chikhalidwe ndi chikhulupililo chawo.
- (ii) Muzipatala zones nthandizo la zaumoyo lokomera chinyamata lizapelekedwa.

Ndondomeko za boma pa nkhani za achinyamata za mu 2013

Ndondomekozi zimathandizira achinyamata kupeza thandizo loyenera la za umoyo. Mu ndondomekoyi, wachinyamata amatchulidwa ngati munthu amene ali ndi zaka zoyambira 10 mpaka 35 mosatengera kuti ndi wa mmuna kapena wamkazi, wa ntundu wanji, ali ndi maphunziro anji, zachuma, okwatiwa kapena ayi ndi wachikhalidwe chanji. Lamuloli limazindikira kuti wachinyamata ali mu gulu la anthu la paokha ndipo ali ndi mavuto ndi zowakhuza za okha, zofuna zawo ndi zolinga zawo. Kufotokoza kuti wachinyamata ndi ndani nthawi zambiri kumasintha ndikutenga zomwe zikuchitika panthawipo monga; za kuchuma, ndale komanso ndi zachikhalidwe.

Mfundo Zofunikira

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- Pafupifupi 30% ya achinyamata akutenga nawo mbali mu ntchito zofunika mumadera monga ma komiti azachitukuko, ku makhonsolo ndi mudziko lonse.
 - limapelekanso phamvu kwa achinyamat kupeza mwayi otengapo mbali popanga ziganizo zotukula dera.;

Anthu akulu akulu ali ndi udindo othandizira achinyamata motere:

Udindo wa anthu pothandiza achinyamata

- Kupeleka kwa achinyamata nhandizo lopitisa patsogolo matupi awo, zachuma zawo, chikhulupiliro chawo ndinso kaganizidwe koyenera.
- Kupeleka maphunziro abwino kwa achinyamata munthawi yake
- Kuteteza achinyamat ku nkha zones, kusankhidwa ndi kusalidwa komanso kuzunzidwa
- Kuthandiza achinyamata kufikira masophenya awo ndi kuthekera kwawo
- Kuwatsogolera achinyamata ndikuwalangiza za kuopsa kwa matenda a Edzi ndi kubeleka mwachangu.
- Kuteteza achinyamata ku nkha zobwera chifukwa choti wina ndi wammuna kapena wamkazi ndi ma ukwati achichepele
- Kuteteza achinyamata kuti asazunzike ndikugwilisidwa ntchito kuposa nsinkhu wako kupatikizapo kuchita malonda ogulisa thupi.

Kotenga: Malawi National Youth Policy, 2013.

Mau omaliza

Umunthu Plus komanso Umunthu FM ipitiliza kulimbikisa kupezeka kwa thandizo lofanana kwa wina aliyense muno Malawi. Pozindikira kuti izi sizinalowe mmalo mwa malamulo omwe alipo kale muno m'Malawi tikukhulupilira kuti zithandiza achinyamata kupeza thandizo loyenera la nkhanu za umoyo wawo ogonana ndi uchembere. Pamene taona kapena kuchitidwa nkha tiyeni tiuze ogwira ntchito ku ma bungwe monga Umunthu plus, Victim Support Units (VSU), ofesi ya social welfare (DSWO), ya gender (DGO), Community Policing Unit (CPU) kuti tithandizidwe moyenera.