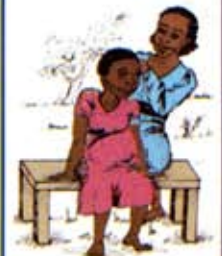
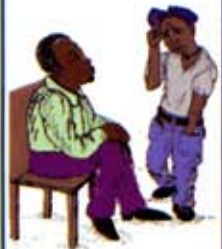


Moyo Wanga - Kuyambira Pano

Chidziwitso ndi Upangiri
kwa Achinyamata



Lolembedwa ndi Lucy Y. Steinitz
mothandizana ndi Eunice Karanja Kamaara











Mawu Othokoza

Kabukuka ndi gawo li modzi la African Christian Initiation Programme (ACIP), lomwe lili bungwe lowona za kusasiyanitsa pakati pa amayi ndi abambo komanso chitukuko la mdera la Eldoret-lotchedwa Eldoret Gender and Development Network (Eldo-GADNet) ku Kenya. Eldo-GADNet ndi bungwe la mipingo yosiyanasiyana, yogwira ntchito zosiyanasiyana komanso yotumikira mitundu ya anthu yosiyanasiyana. Imathandizira kukwaniritsa zolinga za sukulu ya ukachenjede ya Moi pothandizira kugwiritsa ntchito upangiri omwe umabadwa pasukuluyi kuti utukule madera osiyanasiyana padziko lapansi.

Kabukuka ndi zotsatira za upangiri wa anthu osiyanasiyana. Alembi a kabukuka akuthokoza komanso kuyamika chifukwa cha malangizo komanso chilimbikitso kuchokera kumabungwe komanso anthu osiyanasiyana kuphatikizapo African Christian Initiation Programme (ACIP), Allan Akoko, Lydia Hasheela Amutenya, Lucia Bopoto, I Choose Life-Moi University branch, John Ng'ang'a Kiarie, Bernd Kiekebusch, Moi University (Kenya), Lewis Nguku, Anne Njoroge, Boaz Otieno-Nyunya ndi Edwin Were.

Kuthokoza mwa paderadera kwa anthu awa chifukwa chowerenga ndikupereka ndemanga pokonzekera kutsindikizidwa kwa kabukuka: Ernestina Agyepong, Janice Clark, Maryn Olson, Dorcas Olubanke, Dr V Chandra Mouli, Nanabolele Monyau, JosieTengatenga, Christina de Vries ndi Sr Lynn Walker.

Tikuthokonzanso mwapadera omwe anayambitsa bungwe la Eldo-GADNet makamaka pa ntchito yomwe anagwira pokhazikitsa maziko ndi ndondomeko zolemba kabukuka ndikulemba magawo ena amkabukuka. Anthuwa ndi Pamela Abuya, Emily Choge, Joyce Nyairo ndi Mary Wahome.

Kuyesera kuthekera kwa kabukuka kunachitika ku (Friends of Claude Ho in Thyolo Association) ku Malawi, komanso kumalo osungira anthu othawa kwawo chifukwa cha zovuta zosiyanasiyana a Osire Refugee Camp ku Namibia ndi thandizo la Philippi Namibia, Marianne Olivier komanso Gabriel Luale Sehenu.

Bukuli likugwiritsa zizindikiro kuyimilira mabuku osiyanasiyana omwe kunachokera nkhanu zina za mkabukuka monga:

- ✦ *Adventure Unlimited: Life Skills for an AIDS-Free Generation* yolembedwa ndi David komanso Janet Cunningham (Scripture Union, Zimbabwe, 1994).
- ⚙ *Choosing Life: Lifeskills training for young adolescents* (Eldo-GADNet, Buku lomwe silinatsindikizidwe).
- ✱ *The Christian Family Life Education* - Bukuli lophunzira mu pulojekiti yowunika za kusintha kwa umoyo ku Namibia (Family Health International/Namibia, 2005)
- ◇ *Family Life Education: Teaching Youth about Reproductive Health and HIV/AIDS from a Christian Perspective* (Family Health International / YouthNet, 2006). Zifupikitso ndi zigawo za mabuku zatsindikizidwa ndi chilolezo chochokela ku bungwe la Family Health International.
- *The Journey of Life: Community Workshops to Support Children* yolembedwa ndi Jonathan Brakarsh ndi bungwe la Regional Psychosocial Support Initiative (REPSSI, Johannesburg 2005).
- ⌘ *A Life Skills Curriculum for Guide Leaders* yolembedwa ndi bungwe la Kenya Girl Guides Association (Family Health International, 2008). Zifupikitso ndi zigawo za mabuku zatsindikizidwa ndi chilolezo chochokela ku bungwe la Family Health International.
- ✱ *Peer Facilitators' Guide for Life Skills Development* (Christian Aid, London 2007).
- ⊗ *Stepping Stones* yolembedwa ndi Alice Welbourn (Strategies for Hope Trust ndi Action Aid, London 1995).
- *Teenage Survival Info Bank* (Eldo-GADNet, Buku lomwe silinatsindikizidwe).



- The *Window of Hope* ndondomeko ya maphunziro yolembedwa ndi Erica von Wietersheim komanso Lucy Y. Steinitz (Unduna wa za maphunziro ku Namibia ndi UNICEF, 2004-05).

Alembi a ka bukuka anatenga nzeru zina kuchokera ku: *Creating a More Supportive and Protective Environment for Our Children: A Curriculum for Community Based Orphan Programmes* (Christian Aid, London 2007); *Choices: A Guide for Young People* yolembedwa ndi Gill Gordon (Macmillan, London 1999); *100 Ways to Energise Groups* ya International HIV/AIDS Alliance (Brighton, 2002); *Choose Life: Guide for Peer Educators and Youth Leaders* yolembedwa ndi World Relief (Baltimore, 2005).

Tikuthokoza mwapadera a CAFOD, komanso a Interchurch Organisation for Development Cooperation (ICCO)/Kerk in Actie ndi a World Vision International, omwe anapereka ndalama zotsindikizira komanso kugawa bukuli.

Eunice Karanja Kamaara
Lucy Y. Steinitz
Glen Williams

MATANTHAUZO A MAWU ENA

EDZI	:	Chipwirikiti cha matenda
ART	:	Mankhwala otalikitsa moyo
HIV	:	Kachilombo koyambitsa EDZI
VCT	:	Upangiri wa kuyezetsa ndi kupereka uphungu wa matenda a EDZI

“Maphunziro ndi chida cha mphamvu chomwe ungagwiritse ntchito kusintha zinthu pa dziko lapansi. Ndi chida chomwe tikusowa pa nkondo yolimbana ndi Edzi. Maphunziro amapulumusa miyoyo.” *Nelson Mandela*



Mawu Oyamba

Za mabuku a Kuyitanidwa Kuchisamaliro

Mayiko ambiri padziko lonse lapansi, mipingo komanso akhristu akutengapo gawo pakuyitana kwa ambuye yesu kuti, 'Tikonde anansi athu monga ife eni tidzikondera' pogwira ntchito zosiyanasiyana ku madera awo polimabana ndi mlili wa HIV ndi Edzi.

Ku maiko a kummwera kwa chipululu cha Sahara mipingo yakhala patsogolo kulimbana ndi zovuta zobwera kaamba ka HIV ndi Edzi. Mipingo ikusonyeza munjira zosiyasiyana zowoneka ndi maso posonyeza 'Kuyitanidwa kupereka Chisamaliro' mwachitsanzo, atsogolera pa ntchito yowonetsetsa kuti anthu omwe ali ndi HIV akulandira thandizo la chipatala komanso kuwonetsetsa kuti ana amasiye omwe makolo awo anamwalira ndi Edzi akulandira maphunziro, thandizo lachipatala komanso thandizo losiyanasiyana lopititsa patsogolo umoyo wawo.

Koma mipingo siinachite bwino kwenikweni pa ntchito yolimbana ndi kufala kwa HIV, kusalana kaamba ka HIV, komanso zikhalidwe zosiyanasiyana komanso nkhani zokhuza kusiyantsa pakati pa amayi ndi abambo pa ntchito zosiyanasiyana zomwe zimapititsa patsogolo makhalidwe omwe akukolezera kufala kwa HIV. Kusavomereza kupezeka komanso kufala kwa HIV m'tchalitchi komanso m'madera ndi vuto lina lalikulu. Ngakhale kuti kugonana ndi njira yayikulu yomwe HIV imafalikira, nkhanayi sikambidwa momasuka komanso mosaweruzwa m'matchalichi ambiri.

Chikhalirecho mipingo ndi ma bungwe adzipembedzo ali ndi kuthekera kwa kukulu kolimbikitsa anthu kupewa HIV powapatsa chidziwitso, kuwasintha maganizo komanso m'mene amawonera zinthu, ndi kuwapatsa upangiri owathandizira kulimbana ndi HIV komanso EDZI, nkhani zokhuza kugonana komanso kusiyantsa pakati pa amayi ndi abambo. Kuphatikiza apo, mipingo yambiri yazindikira kufunika koyika mphamvu zathu pamodzi pa nkondo yolimbana ndi zobwera kaamba ka HIV komanso EDZI kwatunthu.

Pofuna kuthandizirapo pa nkondoyi, a Strategies for Hope Trust atsindikiza mabuku a zochita za *Kuyitanidwa Kuchisamaliro* omwe ali ndi timabuku tosiyanasiyana pa nkhani zokhuza HIV ndi Edzi m'matchalichi komanso m'madera osiyanasiyana mamakamaka a m'dera la kummwera kwa chipululu cha Sahara. Timabuku ta *Kuyitanidwa Kuchisamaliro* tapangidwa kuthandizira abusa, ansembe, asisitere komanso akulu ampingo komanso mipingo ndi madera pothandizira:

- ❖ Kuganizira komanso kumvetsa za momwe Edzi, yakhudzira anthu mu uzimu, mu thanzi, muchikhalidwe, komanso momwe ambuye yesu anatiyitanira tonse ku ntchito zachifundo.
- ❖ Kugonjetsa kusalana, kusavomereza, mantha komanso kusachitapo kanthu komwe kwafungatira mipingo komwendo kwapangitsa kuti mipingo isachite zoyenera polimbana ndi Mavuto omwe abwera kaamba ka HIV ndi Edzi.
- ❖ Kutsogolera mipingo komanso madera mu ndondomeko yachinyamata komanso kusintha, kuti mipingo iyambe ntchito zowoneka, zokhala ndi maziko mumpingo, zothandizira anthu madera kuchepetsa kufala kwa HIV ndikuchepetsa zipsinjo zomwe zabwera chifukwa cha HIV ndi Edzi.

Mabuku a *Kuyitanidwa Kuchisamaliro* ali ndi zochitika zosavuta kutsatira zoti zitha kugwiritsidwa ntchito ndi matchilitchi komanso anthu a m'madera pa magawo osiyanasiyana podziwitsa anthu zinthu zosiyanasiyana zokhuza mlili wa Edzi. Buku ili, la chinambala 8 likuunika maluso osiyasiyana a achinyamata.

Mabuku ena awiri a *Kuyitanidwa Kuchisamaliro* ali mkati motsindikizidwa. Awa adzawunika za kalembedwe ka ana komanso kasamaliridwe ka zakudya ndi kulimbana ndi njala.

Ntchito za *Kuyitanidwa Kuchisamaliro* ikuyendetsedwa kudzera mundondomeko za mgwirizano wa mabugwe am'maiko osiyanasiyana, mgwirizano wa mabungwe a mipingo, mabungwe a mipingo ya m'maiko osiyanasiyana, mabungwe otsindikiza mabuku, mabungwe ogawa mabuku ndi migwirizano ya mabungwe osiyasiyana.

Tikukupemphani kuti mutenge nawo gawo mu *Kuyitanidwa Kuchisamaliro*, osati pongogwiritsa ntchito bukuli, mu mpingo wanu komanso potilemba za mmene mwagwiritsira ntchito bukuli zomwe titha kudziwonetsera pa bwalo lathu la pa internet la www.stratshope.org.

Ine wanu m'chikhulupiliro ndi umodzi,

Glen Williams
Mkonzi
Strategies for Hope Trust



Abwenzi a Kuyitanidwa Kuchisamaliro

Kabuku ka *Kuyitanidwa Kuchisamaliro* likutsindikizidwa ndi kugawidwa ndi m'gwirizano wa mabungwe ogwira ntchito mayiko osiyanasiyana, a m'dziko komanso a m'madera osiyasiyana:

Africa Christian Textbooks
African Christian Initiation Programme (ACIP) African Holy Zionist Church
African Network of Religious Leaders living with or personally affected by HIV and AIDS (ANERELA+)
Anglican Diocese of Eastern Zambia Anglican Diocese of Southern Malawi Balm in Gilead
CAFOD
Catholic AIDS Action Christadelphian Meal-a-Day Fund Christian Aid
Christian AIDS Bureau for Southern Africa
Christian AIDS Network
Christian Connections for International Health
Christian Council of Ghana
Christian Literature Fund
Council of Anglican Provinces of Africa
Ecumenical HIV and AIDS Initiative in Africa (EHAIA), World Council of Churches
Family Health International
Eldo-GADNet
German Institute for Medical Mission (DIFAEM)
Interchurch Organisation for Development Cooperation (ICCO) International Christian Medical and Dental Association International Network of Religious Leaders living with or personally affected by HIV and AIDS (INERELA+)
Kachere Press
Kerk in Actie
Khulakahle Child Counselling and Training Forum
Lutheran World Federation
Masangane
Maurice and Hilda Laing Charitable Trust
Micah Initiative
Misereor missio Aachen
Organisation of African Instituted Churches
Tabernacle Sifa
Tearfund
United Society for the Propagation of the Gospel
Upendo AIDS Centre
World Vision International
Zentrum Oekumene



Mawu Otsegulira

Chinyamata chikhoza kukhala nthawi yosangalatsa kwambwiri pachitukuko cha mtundu wa anthu komanso ndi nthawi yomwe zambiri zimachitika. Ambiri tachitirapo umboni kukoma ndikusangalatsa kowona achinyamata akukula ndikukhala akuluakulu oyima pawokha komanso odalirika. Komanso tachitirapo umboni kusokonekera komvetsa chisoni kwa maloto omwe achinyamata amakhala nawo chifukwa cha mimba zosakonzekera, mankhwala ozunguza bongo ndi mowa, umbanda, upandu, matenda komanso umphawi.

M'madera ambiri pa dziko lapansi makamaka kuno ku Africa, kukula kuchokera ku umwana ndi kukhala munthu wamkulu ndikovutirapo chifukwa mabanja sali monga mmene analiri kale ndi zikhulupiriro zawo monga zinamwali, malimana, chuma komanso chilimbikitso cha mabanja odalirana mlimana. Kusefukira kwa njira zofalitsira mauthenga komanso kusintha komwe kwabwera pa za chuma komanso chikhalidwe kwabweretsa zopinga zambiri pakati pa achinyamata. Choncho akutengeka ndi makhalidwe oyika moyo pachiswe omwe akubweretsa mavuto a zaumoyo owononga moyo monga HIV ndi matenda ena opatsirana pogonana. Kupatula apo, achinyamata ambiri akupitirira kutayana ndi kulekana ndi mabanja awo komanso zikhalidwe zawo.

Moyo Wanga - Kuyambira Pano yapangidwa kuti ilimbikitse kuthekera kwa mipingo, mabubgwe a mipingo, mabungwe a kumadera komanso anthu wamba kuyankha ku '*Kuyitanidwa Kuchisamaliro*' kwa achinyamata-makamaka mzaka zoyambirira za chinyamata (zaka 11 mpaka 15). Izi zakhazikika pa mfundo yoti pomwe achinyamata ndi chuma cha fuko lililonse, akusowekanso chisamaliro ndikumvetsetsedwa mwapaderadera munthawi yovutayi. Pogwiritsa ntchito njira zolola achinyamata kutenga nawo gawo, komanso pogwiritsa ntchito njira zosangalatsa pophunzitsa ndi kuphunzira, kabukuka kakugwiritsa ntchito nkhani zopatsa chidwi, masewera, ku phunzira baibulo komanso ntchito zaluso kulimbikitsa zokambirana komanso kuwunikira maluso ofunikira kwambiri pakati pa achinyamata a lero.

Sipafunika maphunziro apadera kuti munthu agwiritse ntchito *Moyo Wanga - Kuyambira Pano*. Ndiyoti igwiritsidwe ntchito ndi anthu osiyanasiyana monga atsogoleri amipingo kuyambira akuluakulu amagulu a achinyamata, aphunzitsi a sande sukulu, akatikisiti ndi masisitere. Komanso itha kugwiritsidwa ntchito ndi aphunzitsi, makolo, anthu ena omwe akuyang'anira ana ndi anthu ena apabanja. Itha kugwiritsidwa ntchito m'malo okhazikika komanso osakhazikika, itha kugwiritsidwa ntchito buku lonse kapena magawo ochepe chabe. Koma itha kukhala ya phindu kwambiri ngati igwiritsidwa ntchito ngati maphunziro ogonera komweko komwe magawo awiri kapena atatu aziphunzitsidwa tsiku lililonse.

Cholinga cha *Moyo Wanga - Kuyambira Pano* ndi kuwapatsa mphamvu achinyamata kutenga udindo wa moyo wawo munjira yoyenera. Imayamba ndi kutsindika za kuzizindikira kwa umwini molingana ndi dera lomwe anthu akukhala. Ikuphatikizanso magawo ena opangira limodzi ndi makolo ndi anthu ena omwe amasunga ana pa za undindo wawo powunikira ndi kolonderera achinyamata. Gawo lina la bukuli likuwunikira thandauzo la chikondi m'magawo osiyanasiyana. Koma ikutsindika za nkhani zokhuza kugonana komanso ubereki wabwino polumikizitsa izi ndi kakulidwe ka achinyamata.

Powombela mkota ndi kumalizitsa ndi gawo lopanga malonjezano ndi Mulungu, banja lako ndi dera la kwanu, komanso ndi iwe mwini. Monga m'mene liriri gawo loyamba gawo ili likukhuza achinyamata, atsogoleri akumadera, aphunzitsi, alangizi, makolo ndi alezi.

Tikukhulupilira kuti *Moyo Wanga - Kuyambira Pano* ikhala la phindu kwa wina aliyense amene akufuna kuthandiza achinyamata kukula ndikukhala akuluakulu a thanzi, okondwa, komanso odalirika omwe ali ndikuthekera kokwaniritsa zokhumba komanso maloto awo ndikutumukira madera awo moyenera.

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Kudziwa zambiri za Bukuli

Gawo lino likudziwitsani za zinthu izi:

Ndi **ndani** analembredwera bukuli.

Ndi **chifukwa** chiyani bukuli linalembedwa.

Kodi bukuli **likukamba zotani**.

Ndi **ndikuti ndipo** ndi **nthawi yanji** bukuli lingawiritsidwe ntchito.

Ndingawiritse **bwanji** bukuli kuti tipindule.

Ndi **zipangizo ziti** zomwe mungafune.

Chonde werengani masamba otsatirawa musanayambe maphunziro ndi zochita za m' buku lino.

Ndani?

Bukuli lalemberedwera ma tchalitchi, mabungwe achipembedzo komanso a m'madera, makamaka akummwera kwa chipululu cha Sahara omwe akufuna kuthandiza achinyamata a zaka za pakati pa 11 ndi 15 powapatsa upangiri womwe ungawathandize m'moyo wawo.

Chifukwa?

Ife tonse tawonapo kusweka kwa maloto a achinyamata kaamba ka mimba zosakonzekera, mankhwala ozunguza bongo ndi mowa, matenda, umphawi komanso mikangano m'mabanja. Kodi tingawathandize bwanji achinyamata athu kuti akwaniritse maloto awo. Njira ina ndikuthandiza achinyamata kuthana ndi mikwingwirima yauchinyamata komanso akamakula kukhala makolo. Chachiwiri ndikuwakhazikitsa m'maziko a chikondi. Achinyamata akamamva kuti akukonedwa komanso kuvomeredwa mmene aliri, zimawapangitsa kuti azisankha makhalidwe abwino komanso kupanga zisankho zoyenera za tsogolo lawo. Chachitatu, kulola wina aliyense, makolo, alezi a ana, akuluakulu a m'madera kuthandizira kuti maphunziro azipitirirabe kukhazikika kumadera. Pomaliza, popanga njira zoti kuphunziraku kukhale kosangalatsa.

Malinga ndi mmene maphunzirowa awonetsera, tonse timaphunzira bwino ngati tikusangalatsidwa ndi zomwe tikuphunzira.

Likukamba zotani?

Cholinga cha *Moyo Wanga - Kuyambira Pano* ndi kuthandiza achinyamata powapatsa njira yosangalatsa yopititsira patsogolo kuzidalira, kupanga maubale abwino, kupanga zisankho zabwino, kukhala umoyo wabwino, kupereka chisamaliro ndi chilimbikitso kwa ena, ndikupewa kutengera makhalidwe osayenera kwa anzawo. Chidwi chachikulu chayikidwa pamaluso omasukirana ndi kulumikizana ndi anthu osiyanasiyana, kusasiyanitsa pakati pa anyamata ndi atsikana, kupewa makhalidwe oipa monga mankhwala ozunguza bongo ndi mowa, kupewa mimba zosakonzekera komanso HIV, komanso kuvomereza achinyamata ena komanso abale omwe ali ndi HIV.

M'bukuli mupeza maganizo achikhalidwe komanso ena amakono. Tiwawone maganizo achikhalidwe ngati olimbikitsa umodzi komanso kugawana- ndigawo la 'ife' lamoyo wathu, lotisonyeza kuti sitili tokha. Choncho, *Moyo Wanga - Kuyambira Pano* imalimbikitsa kuchitira limodzi zinthu, kusamalirana wina ndi mnzake komanso kuthandiza banja komanso dera. Komanso chidwi chathu chili pa wachinyamata.



Ngati munthu wapaderadera, amene analengedwa ndi Mulungu ngati munthu wosiyana ndi wina. Izi zimathandiza kukuza 'Ine' kapena umwini wa wachinyamata aliyense payekha kuphatikiza kukulitsa kudzidalira komanso kudziyimilira zomwe zimatengedwa ngati zizindikira za kaganizidwe ka makono.

Zonse zikulumikizana mu zikhulupiriro za chi Khristu zomwe zimatsindika zonse; 'Ife' komanso 'Ine'. Baibulo limatikumbutsa kuti palibe lamulo loposa kuti *"Ukonde Mulungu wako ndi mtima wako wonse, ndi mphamvu zako zonse, ndi nzeru zako zonse"* ndipo *"ukonde anansi ako ngati momwe uzikondera iwe mwini"* (Luka 10:27).

Kuti ndipo nthawi zANJI?

Moyo Wanga - Kuyambira Pano itha kuphunzitsidwa kamodzi kapena kawiri pasabata ngati maphunziro a pa mpingo kapena kudera kwa masabata kapena miyezi ingapo. Kapena, itha kuphunzitsidwa ngati maphunziro ogonera komweko nthawi ya tchuti-pomwe magawo awiri kapena atatu aziphunzitsidwa pa tsiku.

Lingagwiritsidwe ntchito bwanji?

Moyo Wanga - Kuyambira Pano yagawidwa m'maphunziro atatu, phunziro lililonse lagawidwa m'zigawo zisanu (Onani za m'katimu pa tsamba 3). **Makolo, alezi a ana, atsogoleri am'madera ndi mipindo ayitanidwe ku gawo loyamba ndi lomaliza.** Magawo onse kupatula gawo lomaliza anapangidwa kuti adzitenga ola limodzi ndi theka kapena maola awiri. Gawo lomalizira litha kutenga maola awiri kenako padzafunika nthawi yogawana zakudya ndi zoziziritsa kukhosi.

Bukuli limagwiritsa ntchito masewero, nthano, masewera, nkhani zopatsa chidwi, Kugawana mawu a Mulungu ndi zojambula zosiyanasiyana polimbikitsa zokambirana ndi kuvumbulutsa maganizo osiyanasiyana. Gawo lililonse limayamba ndi mau a m'Baibulo ndi pemphero kapena nyimbo. Mlangizi akuyenera kufunsa achinyamata zomwe akuganiza kuti ndi chiphunzitso cha ndime ya m'baibuloyo. Mukakambirana kwa ka nthawi pemphani wachinyamata m'modzi kuti apemphere kapena ayambitse nyimbo kapena mutha kuchita zonsezi nokha. Apempheni achinyamata kuti asunge kabuku kolembamo zochitika tsiku ndi tsiku komanso maganizo awo pa maphunzirowo.

Maphunziro achitike mchilankhulo chomwe achinyamata angasankhe. Nkhani zopatsa chidwi ndi zochitika zitha kusinthidwa kuti zigwirizane ndi chikhaliidwe komanso dera lomwe ma phunzirowa akuchitikira. Onetsetsani kuti mwamvetsa bwino za gawo lomwe mukuphunzitsa musanayambe maphunziro.

Mlangizi atha kukhala munthu wamkulu kapena wachinyamata wachikulire. Sipasoweka maphunziro apadera bola ngati achinyamata onse amakupatsani ulemu komanso ngati muzilemekeza achinyamata onse mofanana. Mphunzitsi akuyenera kukhala munthu womvetsera mwa chidwi nthawi zonse ndikupangitsa aliyense kukhala omasuka komanso kupereka ndemanga zachilimbikitso zomwe zingapangitse achinyamata kupereka maganizo awo, kunena zovuta zawo komanso zomwe amadziwa momasuka. Ngati pali achinyamata oposa 25, mukuyenera kuwagawa achinyamatawo m'magulu awiri.

Ngati maphunziro ali ogonera pomwepo wonjezerani zochitika zina monga masewera ndi zina za msangulutso pakati pa magawo amaphunzirowa, komanso kubweretsa anthu ena omwe angadzawalankhule achinyamata (Mwachitsanzo: Munthu yemwe ali ndi HIV ndipo anabwera poyera kapena munthu amene akuchira kumene kuvuto logwiritsa ntchito mankhwala ozunguza bongo kapena mowa).

CHIKUMBUTSO KWA MLANGIZI:
Kuti kuwerenga kwa Baibulo kukhale kosangalatsa, mutha kupempha wa chinyamata m'modzi kapena awiri kuti akuthandizeni. Mwachitsanzo, wina mkuwawerenga vesilo muchilankhulo chakuderako. Mutha kupempha ena mwa achinyamata kukonza nyimbo (Ya ng'oma ndi zida zina zoyimbira) kapena ka sewero ka m'baibulo kodzachita poyamba gawo lina.

Muthanso kukumbutsira mau omwe anawerengedwawo kumapeto kwa gawo la maphunzirowa kuti achinyamata azilumikiza zochitika za m'moyo wawo wa tsiku ndi tsiku ndi Baibulo.



Gawo lililonse
limayamba ndi
ndikuwerenga ndime
ya m'baibulo,
ndikugawana mawuwo.

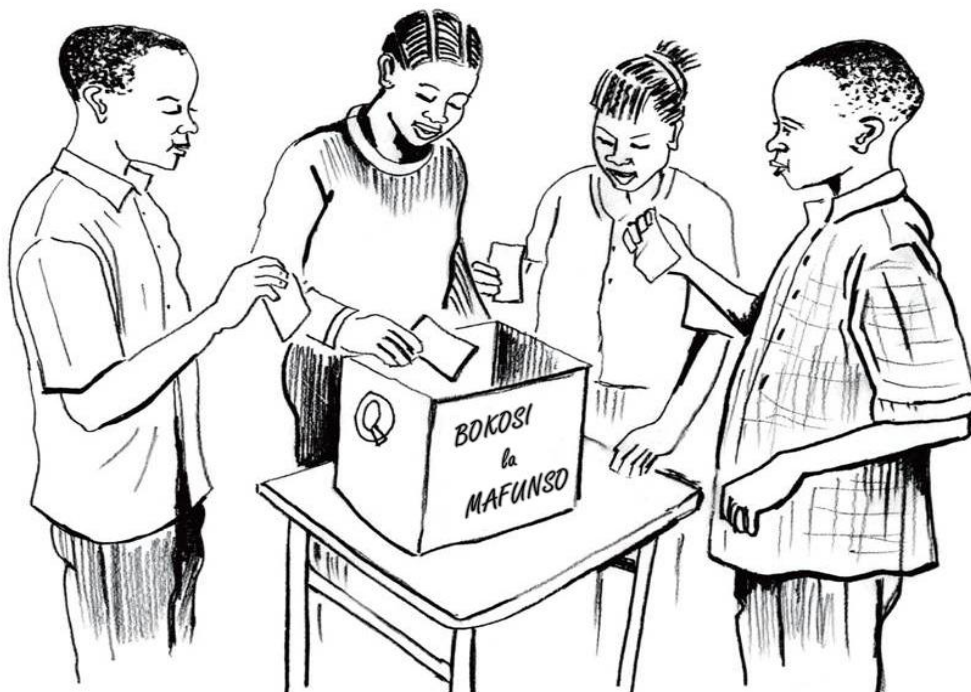
Zipangizo ziti?

- Baibulo: Chipangano chakale ndi chipangano chatsopano; Baibulo la m'chilakhulo cha kuderalo komanso lina la m'chilankhulo chomwe chimalankhulidwa dziko lonse
- Pepala lalikulu loti mutha kumata pakhoma, papepala ndi zolemba/bolodi ndi choko
- Mapepala a mtundu wa A4 (pafupifupi 500) ojambulira komanso kulembapo
- Zolemba zamitundumitundu kapena chekeni
- Makope kwa onse omwe akutenga nawo gawo kuti azilemba zomwe akuphunzira kapena zochitika za tsiku ndi tsiku
- Nsalu zomangira anthu nkhope (Mugawo 7)
- Kampukutu ka zingwe (kafunikira mugawo 14)
- Zomatira mapepala kapena mapepala omatika okha, oti atha kumatika pakhoma
- Kabasiketi



- ☑ Nkhani zochita fotokope kapena zolembedwa pa manja mugawo 4D (tsamba 26-27)
- ☑ ‘Bokosi la mafunso’ komanso pepala ndi cholemba. Achinyamata alimbikitsidwe kulemba mafunso awo, zomwe zikuwakhuzza mwachinsinsi ndikuyika mu bokosilo kuti mlangizi athe kuwerenga ndikupereka mayankho.

(Mlangizi awonetsetse kuti bokosi likupezeka pa gawo lirilonse ndipo kuti akumawona kuti m’bokosimo muli zotani pafupipafupi. Ngakhale pafunika nthawi yowonjezera kuti mafunso apagulu ayankhidwe, ndikofunikira kutero).



Bokosi la mafunso likuyenera kukhalapo nthawi zonse ndipo alimbikitseni anthu kuti aligwiritse ntchito.



Phunziro A: Mulungu amandikonda mmene ndiliri

Gawo 1 (phatikizani akuluakulu ndi achinyamata):

Ndine wapaderadera inunso ndi apaderadera

Zolinga za phunziro:

Akuluakulu komanso achinyamata amvetse cholinga komanso ndondomeko ya maphunzirowa. Komanso achinyamata aphunzire kuti ndi apaderadera ndipo amakonedwa ndi Mulungu komanso anthu ena, pomwe akuluakulu akuphunzira luso lomvetsera komanso kuyankha moyenera.

CHIKUMBUTSO KWA ALANGIZI: Gawo loyambali ndi la akuluakulu komanso achinyamata, ngakhale pali magawo ena pomwe magulu awiriwa akuyenera kukhala pawokhapawokha m'zipinda zosiyana. Ndiye alangizi awiri asoweka pa gawo loyambali.

Ntchito 1A: Kulandira anthu komanso cholinga cha maphunziro

🕒 Nthawi yofunikira: Mphindi 20.

Alandire achinyamata onse komanso akuluakulu onse ku mwambo otsegulira maphunzirowa.

Longosolani cholinga komanso ndondomeko ya maphunzirowa (Wonani tsamba 9), kuphatikizapo nthawi ndi malo a gawo lirilonse ndipo funsani ngati pali mafunso.

Ntchito 1B: Kuwerenga Baibulo komanso pemphero

🕒 Nthawi yofunikira: Mphindi 10.

📖 Pemphani akuluakulu awiri kuti awerenge mokweza **Masalimo 139:13-14** ndi **1 Timoteo 4:12**. Afunsi anthu maganizo awo pa malemba omwe awerengedwawo. Longosolani kuti mawuwa akutiphunzitsa kuti tikuyenera kukhala okondwa ndiwonyadira chifukwa tonse tinalengedwa ndi Mulungu. Pitirizani ndi pemphero kapena nyimbo. Kenako uzani akuluakulu komanso achinyamata kuti akumana paderapadera kwa ola likubwerali.



Ntchito zinayi zotsatirazi ndi za akuluakulu okha: (Ntchito za achinyamata zitsatira pa pa tsamba 16.)

Ntchito 1C (akuluakulu okha): Kudziwana

🕒 **Nthawi yofunikira:** Mphindi 10.
Apempheni makolo kuti adzitchule maina awo ndikuwathokoza chifukwa cha chilimbikitso chomwe asonyeza pobwera kudzakhala nawo pa gawo lino.

Ntchito 1D (akuluakulu okha): Kulera ana athu

📄 **Kufotokozerani:** Zokambirana.

🕒 **Nthawi yofunikira:** Mphindi 25.

Kambiranani mafunso otsatirawa ndikulemba mayankho pa mafulipi tchati:

- Ndi mavuto anji omwe achinyamata amakumana nawo pakati pa zaka 11 ndi 15?
- Ndi mavuto wotani omwe makolo komanso anthu omwe akulera achinyamata amakumana nawo posamalira ana a nsinkhu umenewu?

- Ndi njira ziti zomwe makolo angagwiritse ntchito kuti athe kuthandiza achinyamata kukula moyenera?

Ntchito 1E (akuluakulu okha): Ndondomeko komanso chiphunzitso cha maphunzirowa

🕒 **Nthawi yofunikira:** Mphindi 15.

Mwachidule fotokozerani za maphunziro pogwiritsa ntchito tsamba lodziwitsa za maphunzirowa komanso tsamba la 'za m'katimu'. Fotokozani kuti kudzera kumaphunzirowa achinyamata:

- 🕒 Aphunzira kukhala odzidalira zomwe ziwathandize kukhala olimba mtima komanso kukhala ndi kuthekera kothana ndi zopinga komanso zovuta zosiyanasiyana m'moyo wawo.
- 🕒 Aphunzira mmene angapangire mfundo zabwino monga kunena "ayi" ku zogonana kapena kugwiritsa ntchito mankhwala ozunguza bonga komanso mowa.

Kumvetsera Mwachidwi:
Yang'anitsitsani m'mene mwana wanu akugwiritsira ntchito thupi lake polankhula, komanso ka mvekedwe ka mawu ake.



- ☉ Kuwonjezera luso lowathandiza kuthana ndi kalionera, kapena kutengera zomwe anzawo akuchita zomwe zingawateteze kuchiwopezo chotenga HIV komanso mimba zosakonzekera.

Ntchito 1F (akuluakulu okha): Mungathandize motani?

 **Kufotokozerera:** Zokambirana.

 **Nthawi yofunikira:** Mphindi15.

1. Limbikitsani makolo kuti azifunsa ana awo zomwe aphunzira akakhala kunyumba. Auzeni kuti ndiwomasuka kubwera kwa inu ngati angathe. Afunsemi kuti iwo amathandauzira motani ndime iyi; *“Chikondi chimapilira, chilibe nsanje, sichizikweza, chikondi sichitopa”* (1 Akorinto 13:4).

2. Mukamvetsera maganizo angapo, fotokozani kuti njira ina yosonyeza chikondi ndikumvetsera mwachidwi. Zithandauza kumvetsera ndikumvetsetsa maganizo a mwana wanu mwamvemvemve. Afunsemi anthu mmene angamvetserere mwachidwi kenako awunikire za njira 8 zili m’bokosi liri m’munsi.

Apempheni makolo ndi akuluakulu kuti ayesere kumvetsera mwachidwi kwa masabata otsatirawa komanso fotokozani kuti mudzamva maganizo awo mukadzakumananso ngati gulu kumapeto kwa maphunzirowa.

CHIKUMBUTSO KWA ALANGIZI:
Konzekererani mapepala a bokosi la ‘Kumvetsera mwachidwi’ woti mugawe.

Kumvetsera mwachidwi

Funsani mafunso otsekuka:

Mmallo mofunsa mafunso omwe yankho lake ndi eya kapena ayi, funsani mafunso otsekuka omwe akuthandizeni kumva tsatanetsatane wa nkhani monga; *“Zinakupangitsa kuti umve bwanji? Nde zitatero unatani?”*

Fufuzani kuti chete akuthandauzanji: Mutha kufunsa mwachifatse, *“wangokhala phe ndiye sindikudziwa chomwe chikuchitika. Ukumva zotani mu mtima mwako?”*

Muthandizeni wachinyamata kuganiza mwachindunji: Mutha kufunsa mwachifatse, *“Ukulankhula mofulumira nde sindikutha kumvetsetsa komwe ukulowera. Kodi pali china chake chomwe chikuchitika chomwe chikukukhumudwitsa?”*

Wunikirani maganizo komanso zomwe wachinyamata akumva:

mwachitsanzo, *“Chomwe ndikumva ndi chakuti chakuti , ungatambasule zomwe ukunena?”*

Mvetserani ndi maso anu:

Yang’anitsitsani zomwe wachinyamata akuchita ndi thupi lake akamalankhula, komanso mawu ake mmene akumvekera. Kawirikawiri izi zimawonetsera bwino zomwe akuganiza komanso kumva. Ganizirani zomwe mukuwona ndikumupempha wachinyamata kuti akuuzeni zambiri.

‘Gwirani pakamwa’:

Musapereke chiweruzo, kudzudzula kapena kupereka malangizo mpaka wachinyamata apemphe. Mukachita izi wachinyamata asanakonzekere wachinyamata atha kutseka pakamwa ndikusiya kuyankha mafunso anu.

Mpatseni chilimbikitso: Perekani chilimbikitso chomwe mungathe. Izi zimasonyeza kuti mukumvetsera mwachidwi ndipo izi zimulimbikitsa wachinyamata kukumasukirani kwambiri patsogolo.



Ntchito zinayi zotsatirazi ndi za achinyamata okha:

Nchito 1C (achinyamata okha):

Kudziwana

🕒 Nthawi yofunikira: Mphindi 15.

Funsani aliyense kuti ayimilire ndikupanga bwalo limodzi ndipo adzitchule dzina, ndikuyesezera chinyama chomwe amachikonda ndipo ena onse atchule dzina la chinyamacho. Pitirizani mpaka aliyense atazitchula dzina.

Ntchito 1D (achinyamata okha):

Zomwe akuyembekezera komanso malamulo amaphunzirowa

📖 Kufotokozerana: Zokambirana.

🕒 Nthawi yofunikira: Mphindi 15.

1. Afunseni achinyamata kuti atchule chinthu chimodzi chomwe akufuna kuchokera kumaphunzirowa- mwachitsanzo, kuphunzira zinthu zokhuza kukula, kupeza abwenzi ena, kuphunzira za HIV ndi Edzi, kudzanjoka. Lembani izi pa fulipi tchati. Mlangizi amate izi pakhoma ndi kuzibweretsanso pamapeto pa maphunziro pochita kawuniwuni wa maphunzirowa.

2. Longosolani mwachidule mmene maphunziro akonzedwera monga kuti agawidwa m'maphunziro atatu a magawo asanu phunziro lililonse komanso kuti gawo lomaliza adzachita limodzi ndi makolo komanso alezi. Longosolani momveka bwino nthawi ndi malo omwe kudzachitikire magawo onse.

3. Kenako funsani anthu kuti apereke malamulo omwe akuyenera kutsatiridwa pa maphunzirowa. Pemphani mmodzi wodzipereka kuti alembe izi pa fulipi tchati; monga kusunga nthawi, kusajomba, anthu onse kuthandizira kukonza malo amaphunzirowa poweruka. Fotokozani kuti bokosi la mafunso likhalapo nthawi yonse yamaphunzirowa. Achinyamata atha kulemba mafunso ndi ndemanga ndikuyika mubokosilo mwachinsinsi ndi mosadziulura ndipo mudzayankha komanso kuchitapo kanthu.

Ntchito 1E (achinyamata okha):

Mtima wanga waukulu ☉

📖 Kufotokozerana: Zojambula.

🕒 Nthawi yofunikira: Mphindi 30.

1. Ka ntchito kojambulaka kalandiza achinyamata kumva kuti amakonedwa ndipo ndi apaderadera-mwachitsanzo, ndi anthu ena, ndi iwo mwini komanso ndi Mulungu.

2. Mpateni wachinyamata aliyense pepala, auzeni achinyamata abwerekane zolembera zamitundu-mitundu komanso chekeni. Auzeni kuti ajambule mtima waukulu. Mkati mwa mtimawo ajambule kapena alembe zokhuza iwowo zomwe zimawasangalatsa komanso zomwe angathe kuchita bwino (chitsanzo chili pa tsamba lotsatira). Apatikizenso zinthu komanso anthu omwe amawapangitsa kuti amve kuti amakonedwa kapena kuti ndi apaderadera komanso, zinthu zabwino zomwe zinachitika m'mbuyo zomwe amazikumbukira nthawi ndi nthawi. Apatseni achinyamata nthawi yokwanira kuti ajambule zinthu za thandauzo.

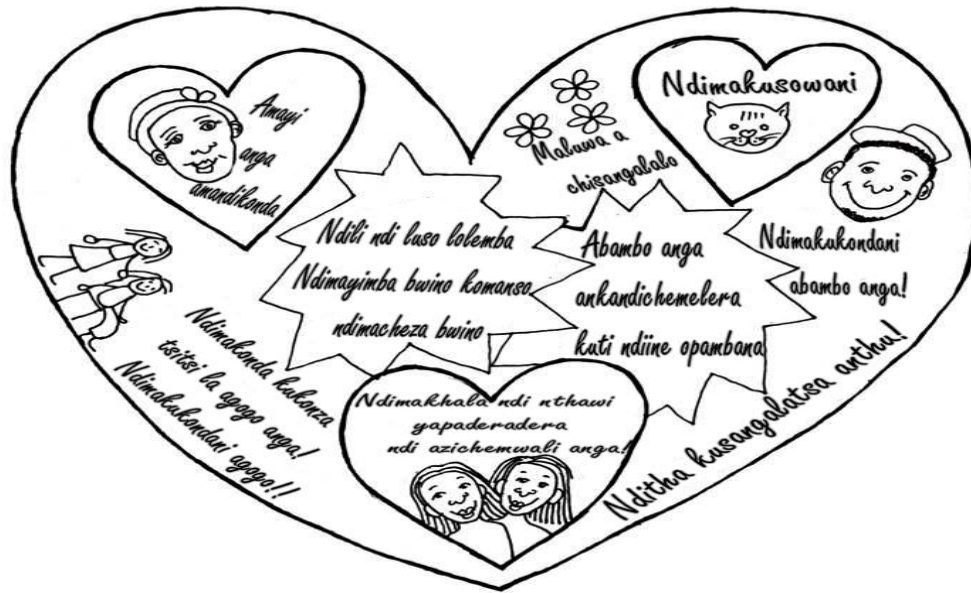
3. Ikani zinthunzi zonse pamodzi pakhoma kapena pakati pa chipindacho ndipo itanani achinyamata onse kuti mukambire za zinthunzizo, koma musakakamize anthu kuti atero. Perekani ndemanga za chilimbikitso pa zojambulazo ndipo limbikitsani achinyamata kulankhula pa zojambulazo. Afunseni achinyamata zomwe aphunzira kuchokera ku zochitikazi ndikuwauza kuti atha kutengera zojambulazo kunyumba ngati angakonde kutero.

Ntchito 1F (achinyamata okha):

Zokambirana za gulu lonse

🕒 Nthawi yofunikira: Mphindi 5.

Ikani padera nthawi imeneyi kuti muyankhe mafunso komanso kuti achinyamata apereke ndemanga zomwe ali nazo. Yankhani mafunso onse omwe ali mu bokosi la mafunso.



“Mtima waukulu”- Kuthandizira achinyamata kumva kuti akukonedwa komaso ndi apaderadera.

Ntchito zomaliza mu gawo lino ndi za akuluakulu komaso achinyamata pamodzi:

Ntchito 1G (akuluakulu ndi achinyamata): Maganizo omaliza komaso pemphero ❄️

🕒 Nthawi yofunikira: Mphindi 10.

Tsekani gawo lino ndikuthokoza aliyense chifukwa cha nthawi yomwe munali nayo komaso kuphunzira komwe kwachitika. Akumbutseni achinyamata komwe kukachitikire phunziro lotsatira. Auzeni makolo kuti ndinu wokondwa

chifukwa chakuzipereka kwawo ndi kuwakumbutsa za mwambo wopereka ma satifiketi komaso kumva maganizo awo (mugawo 15), pomwe mukuyembekezera kudzawawonanso. Malizani ndi nyimbo kapena pemphero kapena zonse.

CHIKUMBUTSO KWA ALANGIZI: Mwambo wotsekawu utha kusangalatsa mutachita chinthu chomwe achinyamata amachita monga moni (wa ma Rasta (kagunde/ kakhome) chomwe gulu lonse litha kuchita nawo, motsogozana ndi mfuwu. Zinthu ngati izi zitha kubweretsa umodzi pa gulu.



GAWO 2: Ine ndi katswiri wanga

Zolinga za phunziro:

Achinyamata apeza munthu yemwe ali wapaderadera yemwe amamusilira, ndipo atha kuwathandizira kuti akhale ndi moyo wabwino.

Ntchito 2A:

Kuwerenga mau a Mulungu ndi kupemphera

🕒 Nthawi yofunikira: Mphindi 10.

Alandireni achinyamata ndi ndikuwathokoza chifukwa chakubwera kwawo. 📖 Pemphani m'modzi kuti awerenge **Aheberi 6:12** ndipo funsani anthu ngati ali ndi mafunso.

Longosolani kuti malembawa akutiphunzitsa kuti tikuyenera kupeza anthu omwe timawalemekeza, omwe angatilimbikitse ndikutiwongolera pomwe tikukula. Pitirizani ndi pemphero kapena nyimbo.

Ntchito 2B:

Moto paphiri

📖 Kufotokozerana: Masewera.

🕒 Nthawi yofunikira: Mphindi 10.

Masewera awa amafunika chiwerengero cha anthu chomwe sichingagawike ndi 2 ndipo mmodzi akuyenera kukhala wotsogolera. (Mlangizi atha kuchita nawo masewerawa kuti pakhale nambala yosagawika ndi 2).

Achinyamata apange bwalo lozungulira ndipo wotsogolera ayitana mokweza kuti, *“Moto paphiri, thawani, thawani, thawani”* Aliyense azithamanga munzere wa bwalolo mpaka wotsogolera anene kuti *“Uthimitseni!”* Aliyense kuphatikiza wotsogolera akuyenera kupeza munthu woyima naye. Munthu mmodzi akhala opanda mnzake. Masewera ayambiranso ndipo munthu anatsala yekha uja akhala

wotsogolera.

Ntchito 2C:

Aliyense amatha china chake

📖 Kufotokozerana: Kugawana.

🕒 Nthawi yofunikira: Mphindi 10.

Auzeni achinyamata kuti akhale awiriawiri ndi munthu yemwe ali pafupi naye. (Ngati sangakwanire awiriawiri, gulu lina likhale la atatu). Longosolani kuti wina aliyense mwa ife amatha china chake-ngakhale izi sizimadziwika kuchokera pachiyambi. Nthawi zina chinthu ichi chimatchedwa luso kapena mphatso-uku ndi kuthekera kwa paderadera komwe Mulungu anatipatsa. Tikaligwiritsa bwino ntchito lusoli kapena mphatsoyi itha kutithandiza kuchita bwino patsogolo ndikuthandiza ena.

Mu uwiri wawo aliyense atchule chinthu chimodzi chomwe amachichita bwino, mwachitsanzo, kuchita masewera, kuphika, kulima masamba or kukhonza m'kalasi. Mapeto ake aliyense amudziwitsa mnzakeyo ku gulu lonse:

“Mnzangayu ndi wakutiwakuti ndipo amatha.”

Ntchito 2D.

Ana a Mphaka atatu ☺

📖 Kufotokozerana: Nkhani ndi zokambirana.

🕒 Nthawi yofunikira: Mphindi 20.

Longosolani kuti nthawi zina sitimadziwa kuti tili ndi maluso osiyanasiyana, choncho amakhala obisika.

Koma, monga nkhani yomwe (ili m’bokosi munsimu) ikuwonetsera, maluwoosa atha kukhala wofunikira kwambiri. Nde werengani nkhanayi mokweza. Kenako afunsi a chinyamata chomwe akonda pankhanayi

ndi chomwe aphunzira munkhanayi. Akumbutseni kuti tonse tili ndi maluso omwe Mulungu anatipatsa ndipo ndi udindo wathu kuwazindikira kuti ndi ati ndikuwagwiritsa ntchito kuzithandiza ndikuthandiza ena.

Ana a Mphaka atatu

Malume a Mphaka anamva kuti chemwali awo masabata angapo apitawo anabereka ana amphaka atatu. Atapita kukawawona anapeza kuti onse anali ndi ubweya wakuda ndi maso akuluakulu obiriwira. Malinga ndi kuwona kwa Malume a Mphaka anawa anali ofanana ndendende!

“Nde ndikusiyantsani bwanji?” Malume anafunsa anawo atatha kulonjerana ndi mayi a anawo.

“Ndili ndi mano aakulu“ analankhula mwana wa mphaka mmodzi yemwe anawonetsa mano akuluakulu atamwetulira.

“ndili ndi madontho awiri oyera pansu pa mapazi anga,”Anatero mwana wamphaka wachiwiri akutukulira mmwamba amalumewo phazi lakutsogolo kuti amalumewo awone.

“Ndili ndi MAWU AAKULU!” mwana wa mphaka wachitatu ananena ndi mawu aakulu woti anapangitsa aliyense kugwa pansu ndi phokoso.

“Mwanena bwino” anayankha Malume Mphaka. “Koma ndikakuwonerani patali sindingakusiyantseni. Njira ina ndi iti yomwe ndingakusiyantsireni? Ndiuzeni chinthu china chapaderadera cha wina aliyense komanso chofunikira kwambiri kwa inu.”

Mwana wa mphaka woyamba uja anamwetulira ndikunena kuti, “ Ndimakonda kuwatha zinthu.”

Mwana wa mphaka wachiwiri wa timadontho toyera kuphazi uja anati “Ndimakonda kuserwera chibisalarano.”

“MEOW, MEOW, MEOW!” anakuwa mwana wachitatu uja uku aliyense akutseka mapirikaniro awo, “Ndimakonda kuyimba kuti aliyense azimva mawu ANGA AMPHAMVU!”

Malume Mphaka anakhala phe kwa kanthawi kenako anati, “ndakondwera kudziwa zambiri za inu, “koma ngati malume wanu ndikufunabe kukudziwanibe bwino.

Ndiye ndiuzeni chinthu chimodzi chapaderadera cha wina aliyense wa inu?”

Mwanthawi zonse mwana wa mphaka wa mano aakulu uja ndi amene anayamba kulankhula “Nditha kuthamanga kupita kutali komanso mwachangu,” anatero.

Mwana wa mphaka wachiwiri uja anayankhanso nati, “Ine ndimatha kukumba mabowo akuluakulu pa nthaka kuti ana amphaka azitha kubisalamo ngakhale zimadetsa mapazi anga amadonthowa.”

Mphaka wachitatu asanalankhule amphaka ena aja anabwerera mbuyo kuti ateteze mapirikaniro awo. “Ndimatha kukwera pa mwamba pa mitengo pomwe ndimatha kuwona kutali ndi pafupi,” lye anakuwa uku akuthamangira kukakwera mitengo kuti aliyense awone.

Zikutero mphaka wa mawu aakulu aja anakuwa mokweza. “Apo pafupi ndi tchirepo pali njoka ya mumchenga!” Anawafuwulira ena aja.

Mwana wa mphaka wa mano aakulu uja anathamangira mu bowo lomwe mbale wake wamadontho uja anakumba masiku ambuyo. Ndipo anabisika bwino. Patangopita mphindi pango’ono, pomwe njoka ija imati iwazembere, mphaka uja anadumphira kuchokera mudzenje muja ndikuluma njoka ija ndi mano ake aakulu. Kenako anathamanga ndi njoka ija kupita komwe kuli banja lake.

Mwana wa mphaka wa mano uja anatenga njoka ija ndikukayiyika pa mapazi a amalume ake. Mwana wa mphaka wamapazi amadontho uja anati: “Umu ndi momwe amayi athu anatiphunzitsira kuti tizigwirira ntchito limodzi kuti tizitha kupeza chakudya.”

Malume mphaka anayankha mokhutira: “Ndakunyadirani nonse. Wina aliyense wa inu ndi wapaderadera koma ndi m’mene mumagwirira ntchito ngati banja, ndinu apaderadera koposa.”

“MEOW, MEOW, MEOW,” Mwana wa mphaka wa mawu akuluakulu uja anayamba kuyimba. Kungoti pano, aliyense anayimba naye.



Ntchito 2E: Katswiri wanga

📖 **Kufotokozero:** Zojambula ndi kulemba.

🕒 **Nthawi yofunikira:** Mphindi 40.

Longosolani kuti tonse tili ndi anthu omwe timawasilira mmoyo mwathu. Awa ndi anthu omwe timawonerako zinthu, amatipangitsa kuti tikhale anthu abwino. Ndi apaderadera mu njira yomwe ili yofunikira kwa iwe. Akatswiri athuwo anapeza njira yogwiritsira luso lawo mwapamwamba, kuti azithandize wokha komanso athandize ena. Kawirikawiri anthu amenewa amakhala kuti anadutsa mu zovuta kuti afike pomwe ali, monga uphawi, chilema, mwina umasiye kuti afike pomwe ali. Afunsi achinyamata kuti atchule anthu ena omwe amawawona kuti ndi akatswiri awo, ndipo muwafunse kuti chifukwa chiyani. Zochitazi zitithandiza kuganizira akatswiri athu ndizomwe tingaphunzire kuchokera kwa iwo.

Mpatseni wachinyamata aliyense pepala ndikulipinda pakati, mulitali ndikuwafunsa achinyamata kuti agawane chekeni.



Achinyamata
ajambula katswiri
wawo.

Awuzeni achinyamata kuti ajambule munthu yemwe ali katwiri wawo mbali imodzi ya pepalayo. Awuzeni achinyamata kuti munthu yemwe ali katswiri wawo akuyenera kukhala munthu yemwe akumudziwa kwambiri. Atha kukhala kuti ali moyo kapena ayi. Atha kukhala kuti amamudziwa maso ndi maso kapena ayi.

Akajambula chithunzicho, (kumutu kokha) achinyamata alembe mbali ina ya pepalayo dzina ndi chifukwa chomwe amakondera munthuyo. Ndiye alembenso kuti munthuyo amawapangitsa kuti amve bwanji. Mwachitsanzo: “Agogo anga ngakhale ali okalamba, amalimbikira ntchito ndipo amandipangitsa kuti ndimve kuti ndine wokondedwa.” Kapena “Msuweni wanga, anayambitsa malonda ake ndipo amandilora kuti ndizimuthandiza.”

Kuseli kwa pepalalo auzeni achinyamata kuti alembe maluso kapena zinthu zochititsa chidwi zomwe amatha zomwe zimawapangitsa kuti akonde katswiri wawo. (mwachitsanzo; “ndine wamphamvu ngati bambo anga” kapena “ndimawerenga kwambiri ngati aphunzitsi anga”). Nde kumanja kwa pepalalo apange ngati chikuto: “Katswiri wanga ndi ine”, ndikulemba dzina lawo ndi dzina la katswiri wawo. Atha kukongoletsa pepala lawo ndi zojambula zina ndi zina.

Akamaliza apempheni achinyamata kuti agawane ndi anzawo zomwe apanga, koma osakakamiza aliyense kuti atero. Perekani ndemanga zolimbikitsa achinyamata kugawana ndi anzawo zomwe achita ndikulimbikitsa ena kuti atero. Auzeni achinyamata kuti atha kutenga mapepala awo ndikupita nawo kunyumba ngati afuna.

Ntchito 2F: Kutseka phunziro powunikira m’mbuyo komanso kupemphera

🕒 **Nthawi yofunikira:** Mphindi 10.

Tsekani gawoli mwa nthawi zonse.

Gawo 3:


Ndili ndi mfundo zomwe ndimayimapo

Zolinga za maphunziro:

Achinyamata adziwa mmene angazindikilire zinthu zofunika mmoyo wawo, mmene angakhalire moyo molingana ndi mfundo zomwe amazikhulupirira ndi kuyimapo, zamakono komanso zachikhalidwe.

Ntchito 3A: Kuwerenga baibulo ndi Kupemphera

 **Nthawi yofunikira:** Mphindi 10.

Alandireni achinyamata ndikuwathokoza kaamba kakubwera kwawo.  Pemphani amodzi kuti awerenge Afilipo 4:8-9.

Longosolani kuti uthenga wathu wa lero ukuti tiphunzire kukhala ndi mfundo zozikhulupirira za moyo wathu kuchokera ku zomwe zinatichitika komanso kuchokera ku zomwe ena amatiphunzitsa ndipo zinthu izi zimatithandizira kuthana ndi zipsinjo zomwe timakumana nazo. Pitirizani ndi pemphero kapena nyimbo.

Ntchito 3B: Masewera a mayina

 **Kufotokozero:** Masewera.

 **Nthawi yofunikira:** Mphindi 10.

Masewera awa ndiwothandiza achinyamata kukumbukira dzina la wachinyamata wina aliyense. Auzeni achinyamata apange bwalo lozungulira ndikuwomba m'manja. Akamawomba m'manja, itanani dzina la wachinyamata mmodzi. Munthu ameneyo asinthe kaumbedwe ka m'manja. (Wachitsanzo ayamba kumenya mawondo ake kapena kuwomba zala zake) kenako ayitana dzina la munthu wina yemwe achite chimodzimodzi, mpaka wina aliyense akhale ndi mpata wotenga nawo gawo. Bwerezani masewerawa mpaka dzina la wina aliyense lizolowereke.

Ntchito 3C: 'Zinthu zomwe timayimapo' kusiyantsa ndi 'zinthu zomwe

ndimayimapo'.

 **Kufotokozero:** Zokambirana.

 **Nthawi yofunikira:** Mphindi 15.

1. Fotokozani kuti lero tikamba za mfundo zomwe timayimapo. Mfundo zomwe timayimapo ndi maganizo, zikhulupiriro zomwe zimatiwunikira tikamapanga maganizo woti chinthu ndi cholakwika kapena cholondola. Afunseni achinyamata ngati anganene mfundo zoyimapo zomwe akuzidziwa. (Mwachitsanzo: Kukhulupirika, kulemekeza ena, kukhumbira zabwino, kudzichepetsa, kukonda banja lathu).

Ena amati pali mfundo zoyimapo zachikhalidwe, ndipo pali mfundo zoyimapo zamakono zomwe ndipo ziwirizi zimatsutsana. Koma zinthu sizikhala choncho nthawi zonse. Mfundo zoyimapo zachikhalidwe zina ndi zofunikira, mfundo zoyimapo zina zamakono ndizofunikiranso. Zonse ziwiri ndizofunika.

Mwachitsanzo, mfundo zoyimapo zina zachikhalidwe ndikusamalira anthu ena. Ina ndi kudalirani kulimbikitsa kuti gulu ndilofunikira kwambiri. Tiyeni tizitchule zimenezi kuti "mfundo zoyimapo zathu". Timazigwiritsa ntchito pomwe tikuthandiza ena popanda kupemphedwa. Timamvera ndikusamalira anthu a m'banja lathu, kapena anzathu komanso anthu a mdera lathu.

2. Mfundo zoyimapo zamakono zimatiuza kuti tizidzidalira tokha, osati ena. Mfundo zozidalira zimalimbikitsa umwini, kuika chidwi pa zosowa zathu ndikutilimbikitsa kupikisana ndi ena kuti tichite bwino ku sukulu. Tiyeni tizitchule zimenezi mfundo zomwe 'ndimayimapo' ndipo zimatithandizira kuti tipititse patsogolo kuthekera kwathu kwa paderadera komanso kupititsa patsogolo luso lathu la utsogoleri. Komanso pali chiwopsezo choti mpikisano ndi umwini zikatengeredwa pa mgong'o zitha kuyambitsa kuzikonda komanso dyera. Komanso tikamangoyang'ana zosowa zathu zokha, ndikotheka kuti anthu ena sangathandize pomwe tasowa thandizo lawo.



3. Mitundu yonse iwiri ya zinthu zoyimapo ndizofunikira: Nthawi ino ndi nthawi yabwino yowonetsera “mfundo zathu zoyimapo” nthawi ino ndi nthawi yabwino yowonetsera “mfundo zanga zoyimapo” Afunseni achinyamata zitsanzo za “mfundo zanga” komanso “mfundo zathu” zoyimapo. Kenako mfunsani:

- ◆ Mumawonetsera bwanji ‘mfundo zathu zoyimapo’ tikamasamalira mbale wathu wodwala?
- ◆ Timawonetsera bwanji ‘mfundo zanga zoyimapo’ mukamachita homuweki ndipo mnzanu akufuna kuti mukasewere mpira?



Kodi timatsogoza chiyani mmoyo wathu?

Ntchito 3D: Kodi chinthu cha mtengo wapatali ndi chiyani?

📖 **Kufotokozerani:** Chiwonetsero.

🕒 **Nthawi yofunikira:** Mphindi 5.

Ikani ndalama za chitsulo komanso za mapepala zosiyanasiyana pa tebulo. Funsani munthu mmodzi wodzipereka kuti asankhe ndalama imodzi yomwe ili ya mtengo wapatali kwa iyeyo. Kenako mufunseni kuti ndi chifukwa chiyani wapanga chisankho chimenecho. Lembani mawu woti ‘Mtengo wapatali’ pabolodi. Longosolani kuti zinthu zomwe timayipo, za mtengo wapatali zomwe zimawirika zimachedwa “Zogwirika”. Izi ndi zinthu zomwe zimagulidwa ndi ndalama. Zinthu zomwe timayimapo, za mtengo wapatali koma sizigwirika, timazitchula “zosagwirika”. Izi ndi zinthu zoti sizigwirika ndipo sizikulidwa ndi ndalama. Zitsanzo za zinthu za pamwamba, zomwe timayimapo ndi monga, ulemu, chikondi, kukhulupirika.

Timapeza zinthu za mtengo wapatali zomwe timayimapo kuchokera ku zomwe ena amatiphunzitsa komanso ku zinthu zomwe zinachitikirapo. Nthawi zina pamakhala posavuta kudziwa mtengo wa zinthu zogwirika koma nthawi zina ndi povuta kudziwa mtengo wa zinthu zosagwirika. Zinthu zomwe anthu timazitenga kuti ndi za mtengo wapatali zimasiyana munthu ku munthu. Ngati zinthu zomwe anthu ena amazitenga kuti ndi za mtengo wapatali siziwononga moyo wathu, tikuyenera kuzilemekeza.

Ntchito 3E: Kodi ndi zinthu zoimapo zogwirika ndi zosagwirika ziti zomwe ziri zofunika kwa ife?

📖 **Kufotokozerani:** Kuganizira.

🕒 **Nthawi yofunikira:** Mphindi 15.

1. Zinthu za mtengo wapatali zomwe timayimapo zimathandauzira chomwe tili. Tikamakula ndipo tikamayamba kuyima patokha zinthu zomwe timayimapo zimawongolera zisankho zomwe timapanga. Tiyesera kuganizira zinthu zosiyanasiyana zomwe timazitenga kuti ndi zinthu zapamwamba zomwe timayimapo zogwirika komanso zosagwirika zomwe timayimapo kapena kukhulupirira ndikupereka zifukwa zomwe timazikhulupirira kapena kuyimapo.

2. Mukulankhula mwa pang’onopang’ono, ndi mawu ofewa, ndikumapumira pafupipafupi pakati pa ziganizo, nenani ku gululo kuti:

“Khalani motakasuka, tsekani maso modekha ndikumvetsera zomwe ndikunenazi. Ganizirani kuti nyumba yanu ikuyaka moto. Yang’anani ukali wa malawi a motowo koma musade nkhawa. Anthu onse ndi ziweto zapulumuka. Musadandaule za iwo. Nde tangoganizani kuti muli ndi phindi zingapo zoti mutha kupulumutsa zinthu zisanu zomwe zili zofunikira m’moyo wanu. Zinthuzo Zikuyenera kukhala zofunikira kwambiri pa moyo wako. Zitha kukhala kuti zimakukumbutsani zinthu za kale,

kapena zimakuthandizira kukumbukira zinthu zina, kapenanso ndi zodula kwambiri. Zitha kukhala zinthu zomwe timayipapo kapena kuzikhulupirira zogwirika kapena zosagwirika. Osadandaula kuti ndizazikulu kapena zolemera motani. Fufuzani paliponse m’nyumbamo. Ndiye taganizani kuti mwanyamula china chake nde mukuchiganizira malinga ndi zomwe chikukumbutsani. Kenako chisiyeni pansi, pakapita ka nthawi nyamulani chinthu china ndi zomwe chimathandauza kwa inu. Zisankhulani zinthu mpaka nditakuuzani kuti mupange maganizo omaliza.”

3. Dikirani kwa mphindi ya tunthu musanalankhulenso kenako nenani kuti:

“Tsopano, kumbukirani zonse zomwe munanyamula ndi zomwe zikukumbutsani. Zisanthuleni mu mtima mwanu. Nde musankhe zomwe zili zofunikira kwambiri kwa inu. Tengani zinthu zisanu zokhazo zomwe zili zofunikira kwa inu ndikudzisunga, Zinyamuleni m’nyumbamo ndikutulukamo. Zisungeni pafupi nanu. Pumani mwa mphamvu ndipo pang’onopang’ono sunthani miyendo ndi manja anu. Pang’onopang’ono bwererani m’chipinda chino-ku lero. Mukabwereranso, tsekulaninso maso anu.”

4. Agaweni achinyamata kuti akhale awiriawiri ndikuwapempha kuti awuzane zomwe aliyense anakatenga m’nyumbamo ndi zomwe zimawakumbutsa. Auzeni achinyamata kuti afotokoze kwa mnzawoyo zomwe chinthu chilichonse chomwe anatenga chikuwakumbutsa. Adzazigwiritsa ntchito bwanji zinthu zimenezi akamakula. Pemphani angapo ozipereka kuti agawane ndi gulu lonse zomwe anasankha kuchokera ‘m’nyumba yakupsa ija’ ndipo chifukwa chiyani.

Ntchito 3F: Mbale Yosema ☉

 **Kufotokozero:** Nkhani.

 **Nthawi yofunikira:** Mphindi 15.

1. Nkhani ili munsyi ikuti za momwe banja lina linazindikirira zinthu zomwe zili zofunika kwambiri m’moyo mwawo. Iwerengeni mokweza kwa achinyamata onse:

Mbale Yosema

Kalekale panali agogo aamuna okalamba kwambiri woti maso awo sankawona kwambiri komanso samamva kwambiri. Mikono komanso miyendo yawo inkanjenjemera ndipo amayenda movutikira. Kudya kumene kunali kovuta. Supuni kuti ifike pakamwa zinkavuta ndipo nthawi zambiri zakudya zinkatayikira pa tebulo zomwe zimakwiyitsa mwana wawo ndi mkazi wake, “tikuyenera kuchitapo kanthu ndi agogowa,” mwana wa gogoyo analankhula. “ndatopa ndi misuzi kutayikira, kutafuna mwaphokoso, zakudya zotayikira pansi ponsepa.”

Ndiye anawapatsa agogowo mbale ya dothi kuti azikadyera panja. Agogo sanalankhule kanthu koma amagwetsa msozi akakhala wokha. Tsiku lina anakanika kuwugwira mphika uja ndipo unagwa pansi ndikusweka. Mkazi wa mwana wa agogo aja anakwiya kwambiri ndipo anapumila m’mwamba. Anapeza mbale yosema kuchokera kumtengo ndipo kuyambira pompo agogo aja anayamba kudya mbale yosema.

Tsiku lina madzulo pomwe mwana wa agogo aja akudya ndi mkazi wake anawona mwana wawo akusema chinthu.

Bambo a mwana anafunsa mwachikondi, “Ukupanga chiyani?” Mwana uja anayankhanso mwachikondi, “ndikusema mbale ya matabwa kuti inu ndi amama mudzadyeremo ndikadzakula.”

Mwana wa gogo uja ndi mkazi wake anayang’anizana kwa ka nthawi. Kenako misozi inayamba kutsika mmasaya mwawo. Nthawi yomweyo anatuluka panja kukawatenga agogo aja ndikuwabweretsanso pa tebulo pomwe amadyera. Kwa masiku onse a moyo wa wawo, agogo aja ankadya pa tebulo ndi banja lonse. Ndipo pazifukwa zosadziwika bwino, palibe amadandaula supuni ikagwa, kapena msuzi ukatayika, kapena patebulo pakasiyidwa pali mbwee.



2. Afunzeni achinyamata zomwe zawasangalatsa mu nkhanayi ndipo ndi ziti zomwe taphunziramo. Kenako auzeni kuti zinthu zomwe timayimapo zimawunikira mmene timakhalira ndi anthu ena.

Zochita 3G: Kufunika kwa mafulu ofanana ☺

📄 **Kufotokozeru:** Zokambirana.

🕒 **Nthawi yofunikira:** Mphindi 20.

1. Longosolani kuti dziko lililonse liri ndi malamulo omwe amapereka mafulu osiyanasiyana kwa nzika zake- mwachitsanzo kuti anthu azitha kupindula ndi ntchito zosiyanasiyana monga zaumoyo ndi maphunziro. Kuphatikizira apo, pali mgwirizano wa mayiko osiyanasiyana wotchedwa *United Nations Convention on the Rights of the Child*, omwe dziko lina lililonse padziko lapansi linasayinira. Chinthu chimodzi cha pamwamba mu mgwirizano umenewu ndi choti ana onse- atsikana komanso anyamata awonedwe kuti ndiwofanana. Sizikuthandauza kuti anyamata ndi atsikana ndiwofanana koma kuti onse ndiwofunikira komanso ali ndi mafulu ofanana. M'zikhaliidwe zosiyanasiyana amayi ndi abambo, anyamata ndi atsikana amayembekezedwa kuchita zinthu zosiyana koma izi sizithandauza kuti amayi sangathe kuchita zomwe abambo amachita kapena kuti achinyamata sangathe kuchita zomwe atsikana amachita.

2. Kambirananibe: Kodi atsikana atha kusewera mpira wa miyendo? Anyamata atha kusewera mpira wa manja kapena phada? Kodi mzimayi atha kukhala mtsogoleri wa dziko? Kodi bambo atha kulera mwana popanda munthu wa mayi. Mayankho a zonsezi ndi EYA. Zitha kukhala zinthu zovuta koma n'zotheka.

Nthawi zambiri anyamata ndi atsikana atha kuchita zinthu zofanana. Sindiye kuti amafuna kuchitira zinthu limodzi nthawi zonse, sindiye kutinso akuyembekezedwa kuchitira zinthu limodzi. Koma zithandauza kuti ATHA kuchita zinthu zofanana monga masamu, kusaka nkuni, kutsuka mbale, kulira akakhumudwa, kuchita masewera, kusintha mwana thewera.



**Kodi atsikana
atha kusewera mpira
wa miyendo? EYA!**

3. Afunzeni achinyamata kuti tingatani kuti anyamata ndi atsikana aziwonedwa mofanana m'makomo komanso m'madera mwathu. (Mwachitsanzo, anyamata ndi atsikana atha kuthandizana ntchito zapakhomo, atsikana atha kulankhula m'kalasi kuti aphunzitsi adziwe kuti nawonso ali ndi chidwi pamaphunziro awo; atsikana ndi anyamata atha kukhala ndi maloto ofanana a zomwe akufuna kudzakhalira mtsogolo; Alongo ndi abale atha kuthandizana kuteteza ufulu wa onse okhala ndi mafulu ofanana).

4. Mukamaliza kukambira izi kwa kanthawi chabe, auzeni achinyamata kuti ayime mubwalo lozungulira. Tengani pepala ndikulikulunga kuti lipange mpira, ndipo auzeni achinyamata kuti aziponyerana. Nthawi zonse wina akawakha mpirawo akuyenera kunena kuti: "*Chinthu chimodzi chomwe ndingachite kusonyeza kuti ndimakhulupirira pa mafulu ofanana pakati pa anyamata ndi atsikana ndi.....*" aliyense akatenga gawo thetsani zokambiranazi.

Ntchito 3H: Kutsekera gawoli ndi kukumbutsira zomwe taphunzira komanso kupemphera

🕒 **Nthawi yofunikira:** Mphindi 10.

Tsekani gawoli mwa nthawi zonse.



Gawo 4:

Nditha kupanga maganizo abwino

Zolinga za phunziro:

Achinyamata adziwa mmene angawunikire komanso kuthana ndi Mavuto awo pomanga mfundo zoyenera, komanso kuyesera kuchita izi mmoyo mwawo wa tsiku ndi tsiku.

Ntchito 4A:

Kuwerenga mawu a Mulungu ndi kupemphera

🕒 Nthawi yofunikira: Mphindi 10.

Alandireni phunzira ndikuwathokoza chifukwa chakuppezeka kwawo. 📖 Apempheni amodzi kuti wawerenge buku la Yakobe 3:13-14 ndipo funsani ngati ndemanga. Alongosololeni kuti wina aliyense mwa ife ali ndi kuthekera komanga mfundo zabwino komanso kupewa mfundo zoipa. Tikuyenera kugwiritsa ntchito mphatso zomwe Mulungu anatipatsa nzeru, maganizo, matupi athu, luso lathu kuti tichite bwino.

Pitirizani popephera kapena kuyimba nyimbo.



Mfundo ya anthu.

Ntchito 4B:

Kumasula mfundo ya anthu[⊗]

📖 Kufotokozero: Masewera.

🕒 Nthawi yofunikira: Mphindi 10.

Apempheni achinyamata kukhala m'magulu a anthu 10 kapena 12 ndikugwirana manja ndikupanga bwalo lozungulira. Ali chigwirirane choncho gulu lilonse lizikulunge mu mfundo imodzi yolowanikanika mpaka pasakhale mpata pakati pa anthu. Kenako maguluwo amasule mfundo anamangayo, ali chigwirirane manja chomwecho, popanda kusiyana manja ndi omwe ayandikirana nawo (Dziwani: Apa pasoweka kukambirana kuti adziwe kuti anthu asunthe motani komanso komanso kuti ayambe ndani)

Magulu onse akamasuka, afunsensi kuti

aphunzira chiyani kuchokera kumasewera.

Tsindikani kuti kuthana ndi mavuto kumafunika mgwirizano ndikudalirana komanso ndondomeko za tsatanetsane zomangira mfundo.

Ntchito 4C:

Kodi tingapange bwanji ziganizo zoyenera? ⌘

📖 Kufotokozero: Zokambira.

🕒 Nthawi yofunikira: Mphindi 30.

1. Afunseni achinyamata zomwe amadziwa zokhudza kuthana ndi mavuto komanso momwe angamangire mfundo. Pemphani amodzi omwe angadzipereke kuti afotokoze vuto laling'ono lomwe amakumana nalo. Afunseni: “Amaganiza zotani za vutolo ndi momwe amapangira mfundo zothana ndi vutolo?”



Longosolani kuti m'maphunziro ano 'zovuta' tizizitchula kuti 'zopinga'. Kuti tizipanga mfundo za nzeru tikuyenera kuzindikira zopinga, zisankho komanso zotsatira. Kuti tizipanga mfundo zopambana ndi bwino kutsatira ndondomeko iyi ya ma Z atatu:

**ZOPINGA
ZISANKHO
ZOTSATIRA**

1. Lembani ma Z atatuwa pa bolodi kapena pa fulipi tchati. Longosolani chomwe ndime iliyonse ikutanthauza mu ndondokeko ya ma Z atatu imeneyi.

- ⊙ **ZOPINGA:** Thandauzirani ndi kumvetsetsa vuto lomwe mwakumana nalo. Ndikofunikira bwanji kuti lithe? Akukhuzidwa ndi ndani? Kodi vutolo litha kugawidwa m'timavuto ting'onoting'ono? Kodi mavutowo atha kuthetsedwa mosavuta mukayamba kuthana nawo limodzilimodzi palokhapalokha?
- ⊙ **ZISANKHO:** Lembani mndandanda wa njira zomwe mungatsate kuti muthane ndi vutolo. Yesetsani kupeza njira zosiyanasiyana zothetsera vutolo. Alipo yemwe angathandize? (akumbutseni achinyamata kuti mavuto ambiri amatha mosavuta ngati tigawana ndi anzathu apamtima komanso akuluakulu omwe timawadalira. Kudzera m'mapemphero munthu atha kupempha Mulungu kuti amuthandize)
- ⊙ **ZOTSATIRA:** Wunikirani kuti chingachitike ndi chiyani potsatira zisankho zomwe mwapanga-zabwino komanso zoyipa-ndipo zikupangitsani kuti mumve bwanji. Kanani zonse zomwe mukuziwona kuti ndi zoipa komanso zomwe zingabwereste zovuta kwa inu komanso ena. Mutha kuchita zina kapena zonse zomwe zili ndi zotsatira zabwino.

2. Mangani mfundo kuchokera muzisankho zomwe zili zabwino chifukwa zili ndi zotsatira zabwino kapena zili ndi zovuta zochepa ndipo ndi zosavuta kuzikwaniritsa. Mutha kutsata njira imodzi kapena zingapo-mwachitsanzo mwina, njira ziwiri kapena zitatu. Zitambasuleni zisankho zomwe mwachita kuti zikhale mu ndime zodziwika bwino- kuti muyamba kuchita chiyani, kenako chiti.

Khazikitsani nthawi yomwe muchitire zinthuzo ndikuchita chinthu choyambiriracho nthawi yomweyo.

3. Gwiritsani ntchito chitsanzo ichi:

Tsitsi wakhala akudwala ndipo watsalira mbuyo pa nkhani za maphunziro. Pano akulephera m'maphunziro ambiri. Amalume ake akukhulupirira kuti akungowononga ndalama kumulipirira Tsitsi sukulu, ndiye awauza mayi a Tsitsi kuti ndibwino kuti Tsitsi asiye sukulu apeze ntchito kapena chochita china. Mukanakhala kuti ndinu a mnzake a tsitsi mukanamulangiza zotani?

4. Podzera mukukambirana, lembani mndandanda wa zopinga zomwe tsitsi wakumana nazo. Kenako lembani mndandanda wa zisankho zomwe Tsitsi ali nazo. (Monga kumvera amalume ake ndikusiya sukulu, kukambirana ndi munthu wina wamkulu wodalirika kuti akalankule ndi mayi a Tsitsi kuti Tsitsi apitirize sukulu; kupempha anzake komanso aphunzitsi kuti azimuphunzitsa mwapadera kuti akhonze mayeso).

5. Kenako, lembani mndandanda wa zotsatira za chisankho chilichonse (zabwino komanso zoipa).

6. Pomaliza, gwirizanani ngati gulu kuti Tsitsi achite chiyani.

**Ntchito 4D:
Zokambirana m'magulu
ang'onoang'ono**

📄 **Kufotokozerani:** Kukambirana m'magulu ang'onoang'ono

🕒 **Nthawi yofunikira:** Mphindi 30.

1. Koperani nkhani zinayi zili m'munsizi papepala ndipo ikani nkhani iliyonse m'basiketi yapadera. Agaweni achinyamata m'magulu a anthu atatu kapena anayi. Pemphani gulu lililonse lisankhe nkhani imodzi. Ngati pali magulu oposa anayi mutha kukopa nkhani zina kawiri. Gulu lililonse liyankhe funso lomwe liri kumapeto kwa nkhani yawo.



Vuto la Tsitsi: Kuti akhalebe pa sukulu-
Koma zitheka bwanji?

Ali ndi mphindi 8 mpaka 10 kukonzekera, ndi mphindi ziwiri zowonetsa zomwe akonza. Ngati akufuna atha kupereka yankho lawo pochita

Chiyerekezo choyamba:

Mary amakhala ndi agogo ake omwe amawakonda kwambiri. Koma mamawa uliwonse agogo a Mary amafuna Mary akatunge madzi ndikugwira ntchito zina za pakhomo, choncho Mary amachedwa kusukulu nthawi zonse. Dzulo aphunzitsi a Mary anamuza kuti akuyenera kumabwera mwachangu apo ayi, sadzamalora kulowa m'kalasi. Mukanakhala anzake a Mary munakamulangiza kuti atani? Gwiritsani ntchito ndondomeko ya ma Z atatu.

Chiyerekezo chachiwiri:

Vuto la Matthew ndi loti kwawo ndi osauka kwambiri nde sakhala ndi palafini kapena kandulo woti aziwerengera. Choncho, akulephera kwambiri kusukulu. Mukanakhala nzake wa Matthew Munakamulangiza zotani? Gwiritsani ntchito ndondomeko ya ma Z atatu.

kasewero. Kenako, tsogolerani zokambirana pa zinthu zofanana munkhanizi komanso zomwe anthu munkhanizi akanachita.

Chiyerekezo chachitatu:

Sarah ali ndi chibwenzi chomwe chikufuna kuti azigonana. Sarah amamukonda kwambiri bwenzi lakelo koma sakufuna kuti atenge mimba. Mnyamatayo wati agwiritsa ntchito kondomu mosamala ndipo sipakhala vuto lililonse. Mukanakhala anzake a Sarah munakamulangiza zotani? Gwiritsani ntchito ndondomeko ya ma Z atatu.

Chiyerekezo chachinayi:

Nsinkhu wa John ndiwochepa kuyerekeza ndi zaka zake ndipo amakhala ndi mayi ake omwe ali ndi HIV. Posachedwapa anyamata ena okulirapo nsinkhu amamuzunguza John ndikumamunena kuti "Wa EDzi. Anamuwopseza kuti akawaneneza kwa akuluakulu pa zomwe akumuchita adzamumenya. Mukanakhala anzake a John munakamulangiza motani. Gwiritsani ntchito ndondomeko ya ma Z atatu.



Ntchito 4E: Ma Z atatu akapangidwe ka mfundo zabwino

Kufotokozerana: Kulemba.

Nthawi yofunikira: Mpindi 20.

Perekani pepala ndi cholemba kwa wachinyamata aliyense. Uzani aliyense kuti aganizire za vuto limodzi lomwe ali nalo, litha kukhala vuto lalikulu kapena laling'ono (koma likhale vuto lenileni) Kenako, pogwiritsa ntchito tebulo ili mmunsiyi yomwe mlangizi akuyenera kuyilemba pa bolodi kapena pa fulipi tchati, uzani achinyamata kuti alembe zofunikirazo pa pepala lawo. (Longosolani mwa mvemvemve kuti akopere tebuloyi pa pepala lawo) kenako, achinyamata agawane ndi mmodzi pagulupo zomwe alemba pa

pepala lawo. Auzeni kuti sakuyenera kuwuzza gulu lonse zomwe alemba. Kenako achinyamata atenge mapapalawo awo ndikupita nawo kunyumba.

Ntchito 4F: Kutseka phunziro, kuwunikira komanso pemphero

Nthawi yofunikira: Mphindi 10.

Tsekani gawo lino mwa nthawi zonse.

MA Z OPANGIRA MFUNDO ZOYENERA

Tchulani VUTO limodzi lomwe mukukumana nalo:.....
.....

Tchulani Zisankho zitatu zomwe muli nazo;

Chisankho1:.....

Chisankho2:.....

Chisankho3:.....

Lembani zotsatira, zabwino komanso zoipa za chisankho chilichonse:

Zisankho	Zotsatira zabwino	Zotsatira zoyipa
1
2
3

Ganizirani kuti ndi chisankho chiti chomwe chili ndi zotsatira zabwino komanso chosavuta kuchitsata. Lembani zisankho zomwe mutsate:.....
.....





Gawo 5: Nditha kukonzekera tsogolo langa

Zolinga zaphunziro:

Achinyamata achita chisankho ndikuzipereka ku cholinga m'moyo wawo komanso luso ndi zoyenera kuchita kuti cholingacho chikwaniritsidwe.

Ntchito 5A: Kuwerenga Baibulo ndi pemphero

🕒 Nthawi yofunikira: Mphindi 10.

Alandireni achinyamata ndikuwathokoza chifukwa cha kubwera kwawo. 📖 Pemphani amodzi kuti awerenge **Akolose 3:8-10** ndikufunsa anthu apereke ndemanga. Longosolani kuti, ngati tikufuna kukhala moyo wopambana komanso wotukuka tikuyenera kutsatira chifuniro cha mulungu, tisiye makhalidwe woyipa, kupanga mfundo zabwino ndikugwira ntchito molimbika.

Ntchito 5B: Anthu ku anthu

📖 Kufotokozera: Masewera.

🕒 Nthawi yofunira: Mphindi 10.

Masewera awa amafunika chiwerengero cha anthu chomwe sichingagawike ndi 2 monga 9, 11, 13 ndi ena. (mphunzitsi atha kutenga nawo gawo ngati kuli koyenera). Aliyense akhale ndi munthu wina kupatula mmodzi amene akuyenera kukhala wotsogolera. Mtsogoleri akuwa ndikuuza anthu chochita monga “Mphuno ku mphuno”, “nsana ku nsana”, kapena “Mphuno ku bondo”. Achinyamata akuyenera kutsata malangizo pa uwiri wawo. Mtsogoleri akatchula ‘anthu ku anthu’ ndekuti aliyense akuyenera kupeza mnzake wina. Munthu yemwe atsalire yekhandekuti akhala wotsogolera watsopano.

Ntchito 5C: Maloto a Andrew Mulenga ✖

📖 Kufotokozera: Nkhani.

🕒 Nthawi yofunikira: Mphindi 15.

1. Longosolani kuti iyi ndi nkhani yeniyeni ya mnyamata amene ali ndi maloto aakulu. Werengani nkhaiyi pa tsamba 30 mokweza.

2. Afunseni achinyamata chomwe chinawasangalatsa mu nkhaiyi komanso zomwe aphunzira pa nkhaiyi.

Pa mathero pa zokambirana akumbutseni onse kuti tonse tili ndi ufulu wogwiritsa maloto athu ndipo ndi



Tsogolo la Andrew Mulenga: Loto losatheka?



Loto la Andrew Mulenga

Pamene Andrew Mulenga anali wamng'ono, amayenda kuchokera kwawo mdera la kumudzi m'dziko la Malawi kupita kusukulu, mtauni mtunda wa ma kilomita 7. Tsiku lina, aphunzitsi anawapatsa ntchito yokachitira kunyumba ngati homuweki kuti ajambule mmene akufunira tsogolo lawo lidzawonekere.

Andrew analemba homuweki yake mwa chidwi ndipo anajambula nyumba yayikulu pakati pa esiteti yayikulu yowetera ng'ombe. Anadzijambulanso yekha ngati mwini estiteti komanso mkulu woyang'anira esitetiyo pamodzi ndi banja lake. Anayika chidwi chambiri pa zojambulazo ndipo mmawa lake anakapereka homuweki yake kwa aphunzitsi. Patapita masiku awiri, Andrew analandira chojambula chake kuchokera kwa aphunzitsi aja. Pamwamba pa chithunzicho panali lemba la W lofiiralalikulu kuti walephera ndi chidziwitso choti "Undiwone poweruka".

Andrew anapita kwa aphunzitsi aja ndipo anakangofikira kufunsa, "zatheka bwanji kuti ndilephere?"

Aphunzitsi anati, "Izi ndizosatheka kwa mwana ngati iwe. Ulibe ndalama, umachokera ku banja losauka. Kwanu muli ndi malo ochepa. Kutu uchite zonsezi usoweka ndalama zambiri. Ukuyenera kugula malo owonjezera, ukuyenera kugula ng'ombe zoti ziziswana.

Sizingatheke kuti udzakwaniritse zonsezi". Kenako aphunzitsi anawonjezera kuti "Ukakajambulanso chithunzichi kuti chiwonetse zinthu zotheka nditha kusintha malikisi ako."

Andrew anapita kwawo ndikukaganizira zomwe aphunzitsi ananena. Anafunsa bambo ake kuti atani. Bambo ake anati: "Mwana wanga, ukuyenera kupanga maganizo ako pa nkhanayi. Koma, ndiganizo lalikulu lomwe ukuyenera kupangalo."

Kenako ataganiza kwambiri komanso mwakuya Andrew anakapereka chinthunzi chomwe chija kwa aphunzitsi aja. Anati kwa aphunzitsiwo, "Ndilepheretseni homuweki, koma ine ndisunga maloto anga"

Patapita zaka 15, Andrew anayitana anzake akale akusukulu komanso aphunzitsi ake kuti adzasangalale ndi mkazi wake komanso ana ake atatu kunyumba yake yazipinda zisanu pakati pa esteti ya ziweto. Pa balaza pa nyumbayo anapachika chithunzi anajambula kalekale chija, zomwe analemba aphunzitsi kuti walephera zija zinali pomwepo. Mmene aphunzitsi amachoka anati, "Pepa, Andrew. Kalekale ndili mphunzitsi wako ndinaliv wakuba maloto. Nthawi imene ija ndinaba maloto ambiri a ana. Mwamwayi wake unakakamira maloto ako."

thandizo la Mulungu komanso kugwira ntchito molimbika, maloto athu atha kudzakwaniritsidwa.

Ntchito 5D: Tsogolo langa ngati chilumba lokongola ✕

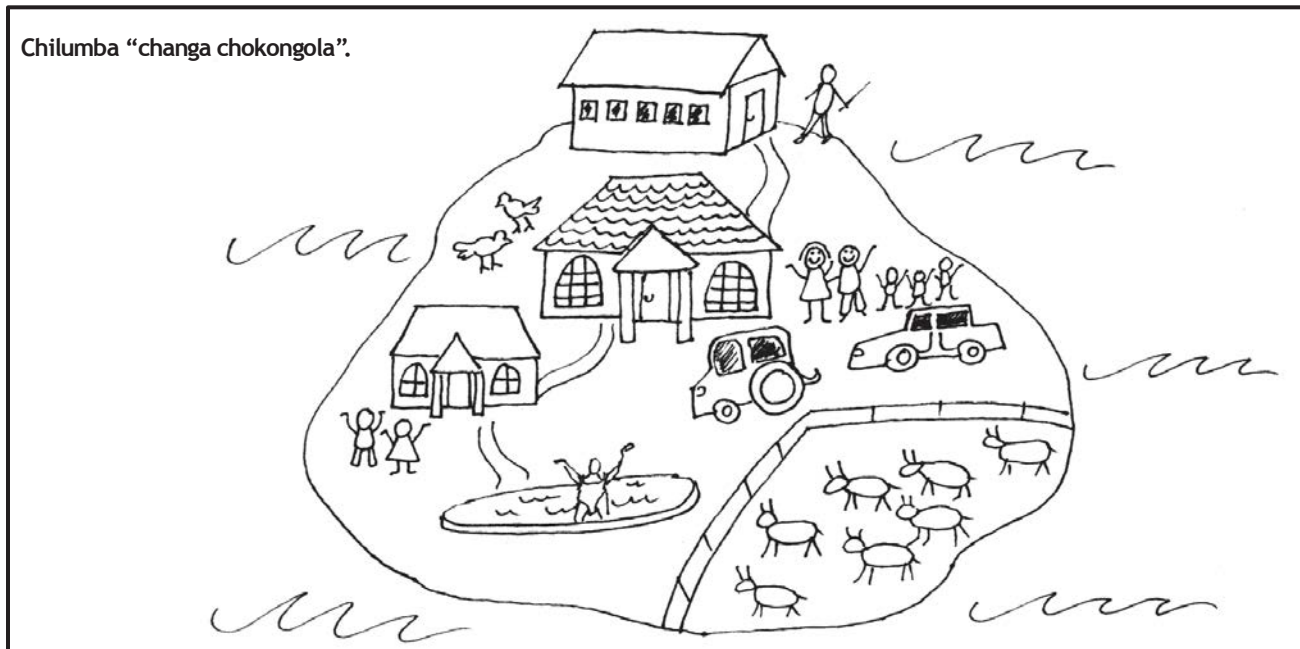
📖 **Kufotokozero:** Kujambula komanso chiwonetsero.

🕒 **Nthawi yofunikira:** Mphindi 25.

1. Mpatсени aliyense pepala auzeni abwerekane zolembera zamitundumitundu kapena chekeni.

Auzeni achinyamata, "Monga mmene Andrew Mulenga anachitira ngati mwana, yeserani kuganizira tsogolo lanu mmene mukufunira lidzakhale zaka 15 zikubwerazi. Tangoganizira kuti tsogolo lanu ndi chilumba chomwe chazunguliridwa ndi madzi. Muthe kuchiwona mu mtima mwanu. Chikuwoneka bwanji? Mudzidzachita chiyani mtsogolo? Mudzakhala muli ndi ndani? Muli ndi ziweto zapakhomo kapena zaulimi? Muli ndi wina aliyense pa chilumbapo?"

2. Auzeni achinyamata ajambule chithunzi cha chilumba chawo, mmene akuganizira kuti chidzakhali. Apepempheni kuti ajambule tsatanetsatane wa zomwe akufuna kudzakhala nazo. Apatseni nthawi yokwanira kuti ajambule zomveka.



3. Pakapita mphindi 15-20, auzeni achinyamata kuti ayime mizere iwiri yoyang’anizana ndikunyamula zithunzi zawo kuti aliyense athe kuwona. Akumbutseni kuti poti akuganizira tsogolo lawo ngati chilumba, akusoweka milatho owolokera kuti akafike pachilumbapo. Nenani kuti, “Mwabwereranso ku lero ndipo mukuyang’ana chilumba chanu cha patsogolo.

Zifunseni:

- ❖ “Ndili pa mlatho uti lero?” (Monga; Sukulu ya pulayimale kapena sekondale, kapena ntchito yoyamba).
- ❖ “Ndi mlatho uti womwe ndikuyenera kupita tsopano?” (Monga; Kusekondale, ku university, Kusukulu ya zaluso za manja kapena ntchito ina yabwino).
- ❖ “Ndi mlatho uti omwe ndikuyenera kugwiritsa ntchito kuti ndikhale wotetezeka komanso wathanzi kuti ndikwanitse kukafika ku chilumba changa cha mtsogolo (Monga, kuwerenga, kulimbikira, kusamwa mowa komanso kusagwiritsa ntchito mankhwala ozunguza bongo ndikusunga thanzi). Auzeni achinyamata kuti ayende sitepe imodzi kupita patsogolo.
- ❖ “Ndichiyani chomwe ndikuyenera kuchita kuti ndilowere ku chilumba cha tsogolo langa?” Afunseni achinyamata kuti ayende sitepe imodzi patsogolo.

4. Afunseni achinyamata kuti ayang’ane mbuyo

kuyambira pomwe achokera kenako funsani, “Pomwe mukuwoloka milatho yanu umodzi ndi umodzi, mukuyandikira ku chilumba cha maloto anu?” Auzeni kuti ndi zowona kuti mu moyo weniweni wa pa dziko umayenera kuyenda sitepe ndi sitepekuti ukwaniritse maloto ako. Tsindikani kuti anyamata komanso atsikana amayenera kudutsa mu ndondomeko imeneyi.

5. Alimbikitseni achinyamata kusungu zomwe ajambulazo kuti azizikumbutsa za maloto awo. Awuzeni kuti ngati angafune atha kusintha zilumba zawo ndikuwonjezera zinthu zina mtsogolo. Kwakukulu, akuyenera kupitiriza kupeza njira zomwe akuyenera kutsata kuti akwaniritse maloto awo kenako ndikuchita zoyenera kuti maloto awo atheke!

Ntchito 5E: Kulemba malemba ndi matupi

📄 **Kufotokozero:** Masewera.

🕒 **Nthawi yofunikira:** Mphindi 5.

Apempheni achinyamata kuti ayimirire ndikuwauza kuti apinde matupi awo ngati zilembo zosiyasiyana kuti athe kulemba maloto awo. Pogwiritsa ntchito matupi awo. Itanani malembo osiyasiyana kuti alembe maloto omwe achinyamatawo analemba kale monga: ‘DOKOTALA’, ‘WOPHIKA WAPAMWAMBA’, ‘WOSEWERA MPIRA’, ‘MLIMI’,. Mungochita mawu atatu kapena anayi ndi cholinga chongowathandiza achinyamata kupuma.



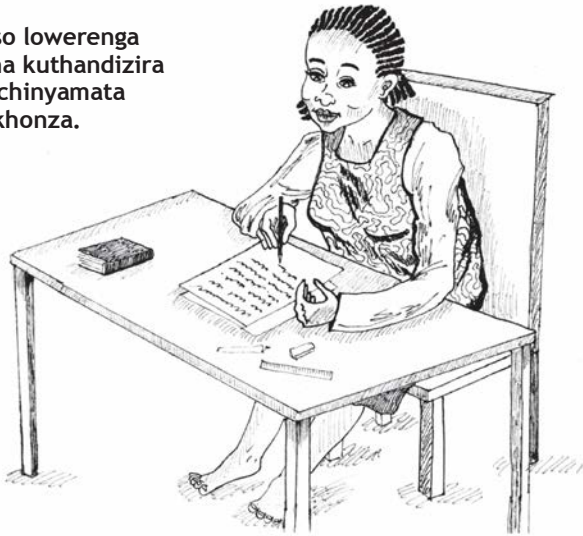
Ntchito 5F: Kupititsa patsogolo luso langa lowerenga

 **Kufotokozero:** Kulemba.

 **Nthawi yofunikira:** Mphindi 25.

1. Auzeni achinyamata kuti njira yofunikira kwambiri kuti tikwaniritse maloto athu ndi kulimbikira kusukulu. Kulimbikira sukulu kumayendera limodzi ndi kulemba ma homuweki komanso kuwerenga.

Luso lowerenga litha kuthandizira wachinyamata kukhonza.



2. Mpatсени aliyense pepala ndi cholemba. Awuzeni kuti m'ntchito yotsatira akuyenera kuyankha mafunso mwawokha (mayankho awo sachongedwa) kuti amvetsetse njira yomwe angatsate kuti aziwerenga moyenera. Funsani mafunso mokweza ndipo aliyense azilemba mayankho. Funsani anthu angapo kuti akupatseni mayankho awo. Perekani ndemanga pamayankho awo ndikulungosola mmene njirayo ingakhalire ya phindu.

- Kodi muli ndi malo woti mumatha kukhala phe ndikulemba ntchito ya kusukulu yolemba kunyumba komanso kukumbutsira zinthu? Ngati mulibe, pali malo m'dera lanu omwe mungathe kugwiritsa ntchito monga ku tchalitchi, ku sukulu, kwa anzanu kapena abale ena?
- Kodi mukamakonzekera mayeso, mumayamba kukumbutsira zomwe munaphunzira mayeso ali kutali, kuti mukhale ndi nthawi yodutsa mu zonse munaphunzira ndikumvetsetsa zonse?

- Kodi mumawerenga mokweza mukamakumbutsira za mkalasi?
- Mumalemba manotsi okumbutsira mukamawerenga mabuku anu?
- Kodi mumatha kujambula zinthu mukamawerenga?
- Kodi mumatha kulembanso ntchito kapena kuyesera za mkalasi makamaka zochita za m'makalasi asayansi (ma Experiment) popanda kuwuzidwa ndi aphunzitsi?
- Kodi mukamakonzekera mayeso, mumatha kuganzira za mafunso ena omwe angathe kufunsidwa ndikumayesera kuwayankha?
- Mumatha kupeka tinyimbo, tothera mawu ofanana komanso kuluka mawu mosiyanasiyana kuti zikuthandizeni kukumbukira zinthu? Ngati ndi choncho perekani chitsanzo.
- Mukamawerenga buku, mumatha kudzipatsa mpata wowunikira zomwe mukuwerenga ndikumapanga zithunzi za zomwe mukuwerengazo mmene anthu omwe ali munkhaniyo amawonekera, mitundu ya zovala zawo, komanso mmene malo osiyanasiyana amawonekera?
- Kodi muli nawo mugulu la anthu omwe amawerengera limodzi ndikumakambirana zomwe mwaphunzira? Ngati ndi choncho, gulu limeneli likukuthandizani bwanji?

3. Malizani powalimbikitsa achinyamata kuti ayesere njira zina zowerengera komanso kukumbutsira zomwe taphunzira zomwe zili zachilendo kwa iwo. Tsindikani kuti pali njira zosiyanasiyana zophunzirira komanso kuwerengera, koma kuphunzira kwenikweni kumasowa kuphatikiza njira zosiyanasiyana zowerengera.

Ntchito 5G: Kutseka phunziro ndi kuwunikira za mbuyo komanso kupemphera

 **Nthawi yofunikira:** Mphindi 10.

Tsekani gawo lino mwa nthawi zonse.

PHUNZIRO B: Thupi langa ndi mphatso yomwe Mulungu anandipatsa


Gawo 6: Kusunga thanzi la thupi langa

Zolinga za phunziro:

Achinyamata aphunzira mmene akasungire thupi lawo kuti likhale la thanzi, zomwe zithandize kupitsa patsogolo thanzi lawo komanso kuti apititse patsogolo kuthekera kokwaniritsa maloto awo.

Ntchito 6A: Kuwerenga baibulo ndi kupemphera

 Nthawi yofunikira: Mphindi 10.

Alandireni achinyamata ndikuwathokoza chifukwa chakubwera kwawo.  Pemphani mmodzi kuti awerenge **Genesis 1:27-28** ndikufunsa anthu ngati ali ndi ndemanga. Fotokozani kuti matupi athu ndi mphatso yochokera kwa Mulungu yomwe tikuyenera kuyinyadira ndikuyisamala. Pitirizani ndi pemphero kapena nyimbo.

Ntchito 6B: Saladi wa zipatso

 Kufotokozera: Masewera.

 Nthawi yofunikira: Mphindi 10.

Werengani achinyamata pogwiritsa mayina a zipatso zopezeka mderalo monga mango, nthochi, nanazi, mabulosi ndi zina, kenako muyambiranso kuwerenga kuyambira pachipatso choyamba chija (Malo mowerenga 1, 2, 3 kapena a,b,c). Ndiye kuti mukhala ndi anthu 4 kapena 6 pa ‘chipatso’ chilichonse. Ndiye tsopano pemphani munthu mmodzi wozipereka kuti achotse mpando wake pa bwalopo. Munthuyo ayitana dzina la chipatso

chimodzi ndipo anthu onse omwe ali m’gulu lachipatsocho akuyenera kupeza mpando wina uku munthu wozipereka uja akufunanso mpando woti akhale. Izi zipangitsa kuti munthu mmodzi akhale opanda mpando yemwe tsopano akuyenera kuyitana dzina lachipatso china ndipo anthu a mgulu limenero akuyenera kupeza mpando watsopano. . Munthu wopanda mpando uja atha kuyitana kuti, “saladi wa zipatso!”, zikatero ndekuti wina aliyense akuyenera apeze mpando watsopano. Pomwe aliyense wakhala ndi mpata wosuntha komanso anthu aseka ndi kukondwa, thetsani masewerawa.

Ntchito 6C: Thanzi langa, thupi langa

 Kufotokozera: Mpikisano wa magulu.

 Nthawi yofunikira: Mphindi 20.

1. Agaweni anthu m’magulu anayi kapena asanu malingana ndi gulu la chipatso chomwe anali mu masewera a ‘Saladi wa zipatso.

2. Lipitse gulu lilonse fulipi tchati ndi zolemba. Uzani gulu lililonse kuti mu mphindi zochepe, gulu lililonse lipatsidwa Mphindi 8: kuti gulu lililonse lirembe mndandanda wa zinthu zomwe angathe kulemba zomwe achinyamata angachite kuti akhale a thanzi.



Afunseni kiti aganizire mitu yosiyanasiyana monga zomwe akuyenera kudya, makhalidwe omwe akuyenera kupewa, ukhondo wa pathupi pawo, mmene angazisamalire akadwala. Mdandandawu, ukuyenera kulembedwa ngati malangizo: Zomwe achinyamata akuyenera kuchita ndikusachita (Mwachitsanzo, “Chitani izi...” kapena or“osachita izi...”). Cholinga cha mpikisanowu ndikulemba mndandanda wa malangizo osiyanasiyana wautali kuposa ena.

3. Magulu onse akabwera pamodzi, funsani gulu limodzi kuti lithule chinthu chimodzi pa mdandanda wawo ndikuwona ngati magulu ena analemba chinthucho. Kenako funsani gulu lina kuti linene langizo lomwe anapereka ndikupitiriza ngati munachitira poyamba. Matani malangizo pakhoma. Pezani kuti ndi gulu liti lomwe liri ndi nambala yayikulu ya malangizo osiyanasiyana ndipo muwawombera m’manja kuti apambana.



Kutentha kwa thupi kutha kukhala chizindikiro cha matenda.

Ntchito 6D: Pomwe inu kapena munthu wina amene mumamudziwa wadwala

Kufotokozerani: Kukambirana ndi kuwonetsera.

Nthawi yofunikira: Mphindi 15

1. Longosolani kuti ngakhale anthu ayesetse motani kuti akhale a thanzi, amadwalabwe. Ena mwa matenda owopsa omwe amagwira anthu m’madaera ambiri a mu Afirika ndi malungo, Chifuwa cha TB, Thaifodi ndi ena. Tikuyenera kupewa kutenga matenda amenewa. Tikuyenera kuyesetsa kuti tipewe matenda amenewa, izi sizotheka nthawi zonse. Munthu amene ali mu ululu kapena wadwala akuyenera kupita kuchipatala mwa changu kuti akalandire thandizo.

2. Afunseni achinyamata kuti atchule zizindikiro zosiyanasiyana za matenda ndikuzilemba izi pa pepala lalikulu.

Nazi zitsanzo:

- ◆ Kutentha thupi
- ◆ Kutuluka thukuta kwambiri, ngakhale munthu akungopuma
- ◆ Kuvutika mapumidwe

- ◆ Kupweteka kwa mutu
- ◆ Kutopa kopitirira muyeso
- ◆ Kuzizidwa
- ◆ Kuthamanga kwa mtima
- ◆ Kutsekula m’mimba
- ◆ Kutsokomola
- ◆ Kusowa chilakolako cha chakudya
- ◆ Ululu
- ◆ Kumva kufooka

3. Akumbutseni achinyamata kuti munthu yemwe walemberedwa mankhwala kuchipatala akuyenera kulimbikitsidwa kumwa mankhwala mu nthawi yake molingana ndi ndondomeko yomwe wapatsidwa. Wachinyamata aliyense amene ali ndi funso atha kulemba funsola ndikuliyika mu bokosi la mafunso kapena kudzakumana nanu panokha mwapadera.

4. Longosolani kuti ndiposavuta kusamalira matupi athu ngati timvetsa mmene amagwirira ntchito. Tiyeni tiyesere ndi chizindikiro chimodzi cha matenda; chizindikirochi ndikutentha kwa thupi. Thupi likamayenda bwino limayenera kutentha 37 degrees Celsius. Ngati mukufuna kufanizira kutentha kwa matupi a anthu awiri, koma mulibe choyezera kutentha kwa thupi, ikani kumbuyo kwa dzanja lanu pachipumi pa munthu wina ndikuyika kumbuyo kwa dzanja lanu lina pachipumi panu ndikufanizira katenthedwe. Ngati winayo akutentha kuposa inu mutha kusiyantsa.

Munthu ameneyo atha kukhala kuti ali ndi malungo. Auzeni achinyamata ayesere kuchita izi ndi munthu wina. (Ngati wina sakudwala, kutentha thupi kwa aliyense mgulumo kukuyenera kukhala kofanana).

Ntchito 6E: Kuunikira komwe tingamve za umoyo komanso komwe tingapeze thandizo☞

 **Kufotokozero:** Zojambula.

 **Nthawi yofunikira:** Mphindi 30.

1. Longosolani kuti achinyamata tsopano ajambule mapu a dera lawo kuwonetsera malo osiyanasayana komwe angakamve za umoyo komanso komwe angakalandire thandizo losiyanasayana la zaumoyo. Agaweni achinyamata m'magulu omwe aja a Saladi wa zipatso ndikuwapatsa fulipi tchati ndi zolemba. Gulu lililonse lijambule mapu a mudzi wawo ndi malo ena ozungulira ndikuwonetsa malo ngati sukulu, zipatala, malo olandirira kapena kugulitsira mankhwala, sitolo zikuluzikulu, mabisinesi, malo opemphereramo, malo osunga ndikubwereketsa mabuku.

2. Auzeni achinyamata kuti akuyenera kuyika nyenyezi pa malo onse komwe angathe kukamva zambiri za umoyo wabwino. Longosolani kuti atha kuphunzira zaumoyo kuchokera kwa anthu, kudzera pa wayilesi komanso zochitikachitika za m'madera. Kumalo komwe angakalandire thandizo lachipatala monga, kuchipatala, ku health centre, ku HTC) ayikepo mtima.

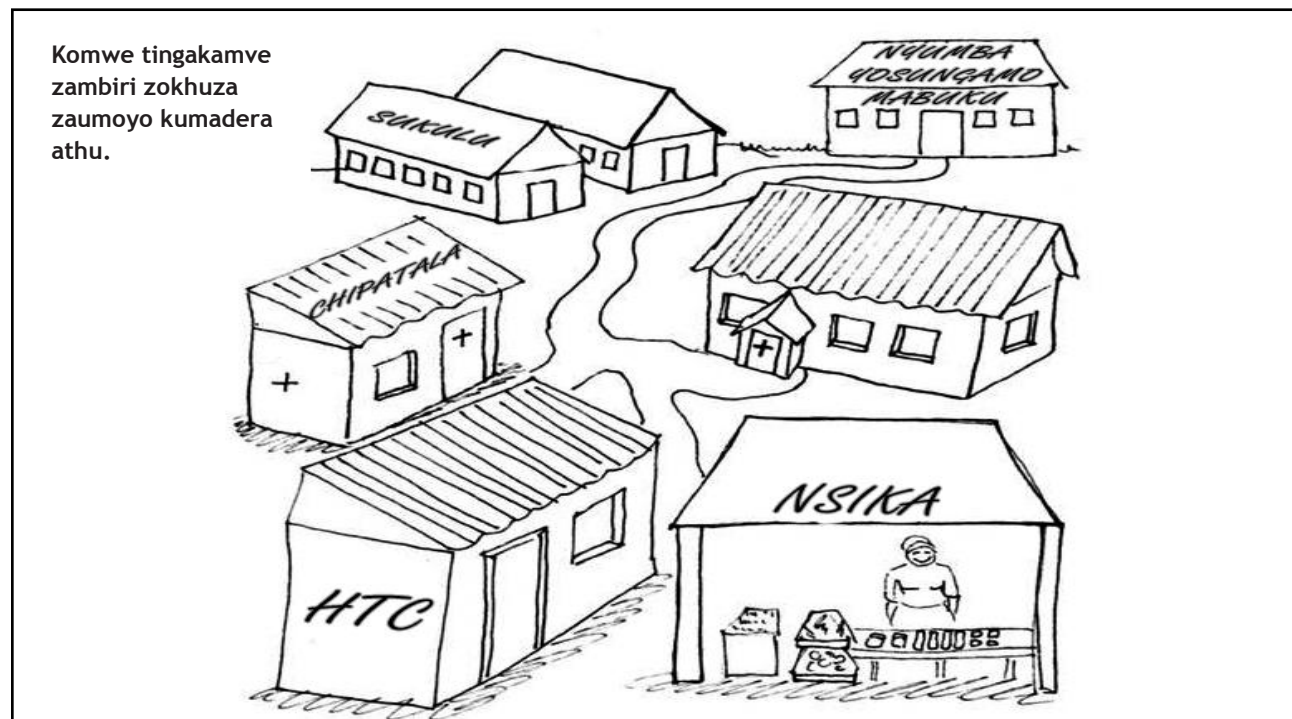
3. Pakadutsa mphindi 15: Gulu lililonse limate mapu awo pakhoma ndipo anthu ayende ndikuwona mapu osiyansiyana.

4. Tsekani pofotokoza kuti kusamalira matupi athu ndi udindo waukulu koma titha kuwukwaniritsa ndi chithandizo cha anthu komanso mabugwe osiyansiyana.

Ntchito 6F: Kutsekera powunikira zomwe taphunzira komanso kupemphera

 **Nthawi yofunikira:** Mphindi 10

Tsekani gawoli mwa nthawi zonse.





Gawo 7: Kuziteteza ku mankhwala ozunguza bongo ndi mowa

Cholinga cha phunziro:

Achinyamata adziwa za momwe angatetezere matupi awo ku zoopsa zomwe zimabwera chifukwa cha mankhwala ozunguza bongo ndi mowa.

Ntchito 7A: Kuwerenga mawu ndi pemphero

🕒 **Nthawi yofunikira:** Mphindi 10.

Alandireni achinyamata ndikuwathokoza chifukwa chakubwera kwawo. 📖 Apempheni amodzi kuti awerenge **Aefeso 5:15-18**, ndikufunsa anthu ngati ali ndi ndemanga. Longosolani kuti mawuwa akutiphunzitsa kuti aliyense amene agwiritsa ntchito mankhwala ozunguza bongo kapena mowa mwauchidakwa alibe nzeru. Pitirizani ndi pemphero kapena nyimbo.

Ntchito 7B: Ulenje wa wosawona

📄 **Kufotokozerana:** Masewera.

🕒 **Nthawi yofunikira:** Mphindi 10.

Agaweni achinyamata m'magulu asanu ndikupatsa gulu lililonse chinthu kaya botolo la pulasitiki, buhu kapena chipewa. Pemphani gulu lililonse kuti lisankhe munthu mmodzi kuti akhale 'osawona' ndikumanga mpango pankhope yake. Uzani gulu lililonse kuti liyike chinthu chomwe apatsidwa kumapeto kwa chipindacho kapena pena paliponse akufuna. (Dziwani: zinthuzi sizikuyenera kuyikidwa malo amodzi). Cholinga ndi choti osawonayo apeze chinthu cha gulu lake uku mamembala a gulu

lake atayima mbali ina ya chipindacho ndikumukuwira kumuwuzwa chochita. Kufufuzaku kusanayambe, osawona onse azunguzidwe kawiri kapena katatu kuti asokonekere-kubalalika kukhalepo ndinthu. Munthu woyamba osaona kupeza chinthu cha gulu lake ndi yemwe akhale opambana.

Pokambirana za masewerawa, fotokozani kuti kuzunguzika komanso kusokonekera komwe osawonawa amachita ndi chimodzimodzi zomwe zimamuchitikira munthu akaledzera kapena akagwiritsa ntchito mankhwala ozunguza bongo.

Ntchito 7C: Kodi kugwiritsa ntchito mankhwala ozunguza bongo n'chiyani ndipo tingatani polimbana ndi mchitidwewu? 🌟

📄 **Kufotokozerana:** Magulu.

🕒 **Nthawi yofunikira:** Mphindi 25.

1. Fotokozani kuti kumwa mankhwala ozunguza bongo komanso mowa kumasokoneza kagwiridwe bwino ntchito ka ubongo ndi ndondomeko ya mauthenga m'thupi poifulumizitsa kapena kuyifoketsa. Wonjezerani ponena kuti sitikunena kugwiritsa ntchito mwandondomeko mankhwala omwe tapatsidwa kuchipala. Komanso tikamanena za kumwa mowa mwauchidakwa, sitikunenanso kumwa mowa mwapang'onopang'ono modzilemekeza komwe akuluakulu ena amachita. Mankhwala ozunguza bongo ndi mowa ndi zinthu zowopsa. Kuzigwiritsa ntchito kukhoza kukuyikani



Munganene chiyani anzanu atafuna kuti muyambe kumwa mowa ndi kugwiritsa ntchito mankhwala ozunguza bongo?

m'avuto ndi malamulo adziko; kutha kusokoneza maphunziro anu, kutha kuyambitsa matenda, ngozi kapena imfa. Zinthu izi zitha kuyambitsa zibaba ndikukhala zovuta kusiya.

2. Auzeni achinyamata kuti abwerere kumagulu awo asanu aja. Lipatseni gulu lililonse pepala lalikulu limodzi ndi pentopeni imodzi kapena awiri ndikupatsanso gululo gulu limodzi la mafunso omwe ali munsiwa. Gulu lililonse liri ndi mphindi 15: kuti akambirane mafunso onse, koma apatseni funso limodzi (a,b,c,d kapena e) kuti apereke lipoti (mphindi imodzi) ku gulu lonse. Pakutha pa zonse, tsindikani mfundo zikuluzikulu zomwe zakambidwa kuti aliyense athe kukumbukira.

- Kodi chomwe chimawachitiitsa achinyamata kuti ayambe kugwiritsa ntchito mankhwala ozunguza bongo ndikumwa mowa ndi chiyani? N'chifukwa chiyani anyamata ena amachita izi ena satero? Fotokozani kusiyana pakati pa achinyamata amenewa.
- Kodi ndi zovuta ziti zomwe zimabwera pakati pa achinyamata komanso akuluakulu kaamba kogwiritsa ntchito mankhwala ozunguza bongo komanso kumwa mowa mwauchidakwa?
- Kodi mukudziwapo anthu omwe amamwa mowa kwambiri komanso kugwiritsa ntchito mankhwala ozunguza bongo koma

anasiya? Anakwanitsa bwanjit? Zinali zophweka kapena zovuta. Chifukwa chiyani?

- Mumadziwa achinyamata kapena akuluakulu omwe samwa mowa kapena kugwiritsa ntchito mankhwala ozunguza bongo (Kuthandauza kuti sanachitepo olo pang'ono)? Ungatani kuti uzikhalabe wokondwa ndi wosangalala popanda mowa ngakhale mankhwala ozunguza bongo?
- Ngati anzanu afuna kuti muyambe kumwa mowa kapena kugwiritsa ntchito mankhwala ozunguza bongo, ndi zinthu ziti zomwe mungachite kapena kulankhulapo kuti mupewe izi, komabe anthuwo apitirire kukhala anzanu?

Ntchito 7D: Nkhani ya Jacob ❄

📖 Kufotokozero: Sewero.

🕒 Nthawi yofunikira: Mphindi 20.

1. Sankhiranitu anthu awiri omwe achite kaseweroka (Tsamba 38) pakati pa mchimwene ndi mchemwali wake wamkulu. Pezani dzina la mtundu wa mankhwala ozunguza bongo omwe amapezekapezeka mdera lanu (monga *chamba*).



Nkhani ya Jacob

Jacob: Anna, ndikufuna ndilankhule nawe zokhuza amama ndi abambo.

Anna: Chifukwa?

Jacob: Ndikuwopa kuti adziwa zomwe ndapalamula kusukulu.

Anna: Chinachitika ndi chiyani. Walakwa chiyani?

Jacob: Aphunzitsi anandigwira ndi anyamata ena omwe amasuta chamba kuseri kwa sukulu. Ndikuwopa kuti amama ndi abambo adziwa.

Anna: Mankhwala ozunguza bongo? Mutu wako ukugwira koma?

Jacob: Sikutitu ndimasuta mmene anatipezamo, ndikungowopa kuti aphunzitsi awauza amama ndi abambo.

Anna: Jacob, ukudziwatu ngati unali pagulupo apolisi atha kukutenga nawo utha kulandira chilango kapena kukatsekeredwa kundende. Komanso mankhwalawa atha kuwononga thupi lako, kukupangitsa kuti uchite zosayenera zomwe zitha kukudwalitsa kapena kukupha kumene.

Jacob: Ndikudziwa zonsezo, Anna. Kungoti ndinali ndi anyamata ena ake okulirapo ndiye amandikakamiza kuti ndilawe, ndiye ndinangochita pang'ono.

Anna: Izi ndiye zowopsatu, Jacob. Zitha kusokoneza tsogolo lako lonse.

Jacob: Eya, ndikuwopa kwambiri. Aphunzitsi amati nthawi zina mankhwalawa amasakanizidwa ndi mankhwala owopsa oti atha kuwononga thupi.

Sindikufuna kuti chilichonse chowopsa chindichitikire.

Anna: Aphunzitsiwo akunena zowona. Utha kuyamba zibaba ngati thupi lako lizidalira mankhwalawo. Zibaba zitha kukupangitsa kuti uyambe kunama komanso kuba kuti uzipeza ndalama zogulira mankhwalawa, zithanso kuchulukitsa chiwopsezo chako chotenga HIV.

Jacob: Oh, Anna. Ndikulonjeza kuti ndisiya. Ndikulonjeza.

Anna: Ndi bwino kuti ukufuna utasiya. Koma ndi bwino kuti uwauze amama ndi abambo ndikuwapempha kuti akuthandize.

Jacob: Sindingachite! Ukufuna andiphe.

Anna: Ukudziwanso kuti amama ndi abambo adziwabe basi. Ndikakhala nawe limodzi kuti ndikakukapatse chilimbikitso ukamawauza. Ukuyenera kuwauza kuti waphunzirapo chiyani ndipo kuti utani kuti usachitenso, ndikutalikirana ndi anthu omwe akufuna kuti uchite zosayenera.

Jacob: Chabwino, Anna. Ndiwauza usiku uno.

Anna: Uchita bwino kwambiri, Jacob. Komabe ndikukudandaulira kwambiri. Izi zikadzachitikanso chonde udzanene kuti "Ayi". Ukadzasoweka thandizo chonde udzabwere kwa ine. Ndidzachita china chilichonse kukuthandiza.

Jacob: Zikomo kwambiri, Anna. Ndachilapa ndipo ndikulonjeza kuti ndidzakana kuti "Ayi!" Sindidzakhalanso ndi mchemwali ngati iwe!



2. Kambiranani mafunso otsatirawa ndi achinyamata:

- ◆ Kodi kaseweroka kakusonyeza vuto lomwe likupeza kumadera onse?
- ◆ Kodi Jacob anayamba kugwiritsa ntchito mankhawala ozunguza bongo chifukwa chiyani?
- ◆ Kodi mukukhutira ndi momwe Anna anachitira zinthu? Fotokozani.
- ◆ Mukuganiza kuti Jacob anaphunzirapo kanthu? Fotokozani.
- ◆ China ndi chiyani chomwe Jacob angachite kuti asalowererenso ndi mankhawala ozunguza bongo komanso mowa?

Kukonzekera uthenga ochenjeza za mankhawala ozunguza bongo komanso mowa.



Ntchito 7E: Kuchenjeza ena za mankhawala ozunguza bongo

📄 **Kufotokozera:** Sewero kapena nyimbo.

🕒 **Nthawi yofunikira:** Mphindi 25.

1. Auzeni achinyamata kuti abwerere kumagulu awo asanu aja, koma pano akonze uthenga wapawayilesi yakanema kapena pawayilesi ya mphepo ochenjeza anthu za mankhawala ozunguza bongo komanso mowa. Pakadutsa mphindi 10, achinyamata atha kudawonetsa kugulu lonse uthenga wawo wotalika mphindi imodzi.

2. Wunikirani zinthu zofanana mu ziwonetsero zomwe zapangidwazo. Akumbutseni achinyamata kuti pali makhalidwe ena woyipa monga kusuta fodya, kufwenkheza guluwu kapena mafuta a galimoto zomwe zitha kudzayambitsa zovuta zambiri paumoyo wa wachinyamata kutsogolo. Malizitsani pofotokoza kuti ngati wina aliyense akufuna kulankhula nanu mwapadera pa izi atha kukupezani kuti mutero.

Chidziwitso kwa Mlangizi: Ngati zochita zowonjezera, mutha kuyitana munthu yemwe anali chiledzerere kapena munthu yemwe ankagwiritsa mankhawala ozunguza bongo kuti adzafotokoze zomwe zinkawachitikira komanso kuti adzayankhe mafunso.

Ntchito 7F: Kutseka phunziro pokumbutsana zomwe taphunzira ndi pemphero

🕒 **Nthawi yofunikira:** Mphindi 10.

Tsekani gawo lino mwamasiku onse.



GAWO 8: Thupi langa likusinth

Zolinga za Phunziro:

Achinyamata amvetsetsa ndikuvomereza kusintha ku thupi, m’maganizo, mmene amamvera zinthu, komanso zokhuza chikhalidwe komwe kumachitika wachinyamata akamakula.

Ntchito 8A: Kuwerenga mawu ndi pemphero

🕒 Nthawi yofunikira: Mphindi 10.

Alandireni achinyamata ndikuwathokoza chifukwa chakudwera kwawo. 📖 Pemphani amodzi kuti awerenge **1 Akorinto 13:11** ndikufunsa athu ngati ali ndi ndemanga. Fotokozani kuti matupi athu komanso ubale wathu ndi athu zimasintha tikamakula. Koma Mulungu amakhala nafe nthawi zonse. Pitirizani ndi pemphero kapena nyimbo.

- ☆ Pindani mabondo anu kuti mugwire zala zakumwendo. Kenako imilirani ndikuyika manja anu kumbuyo kwa mutu wanu. (Chitani izi kangapo).
- ☆ Tutumitsani ndi kuphwetsa mimba yanu uku mukugwedeza chiuno mozungulira.
- ☆ Gwedezekani ngati mtengo mu mphepo ya nkuntho.
- ☆ Tsopano nenani kuti, *“Zunguzani phazi lanu pansi mozungulira kupita kumanja ngati mmene imachitira wotchi. Mukutero, yeserani kujambura ndi mkono wanu wamanja bwalo mlengalenga mopita kumanzere. Wonani zomwe zimachitika ndi phazi lanu la manja.”* (Dzanja ndi mwendo ziziyenda mbali yofanana chifukwa kuyenda kwa zinthu ziwirizi kumayendetsa ndi maganizo athu.)

Ntchito 8B: Kuyendetsa thupi

📖 Kufotokozer: Masewero.

🕒 Nthawi yofunikira: Mphindi 10

1. Yambani ndikunena kuti matupi athu ndi ndiwodabwitsa ndipo atha kuchita zinthu zambiri. Tiyeni tiyimilire kuti tiwone zomwe tingathe. Funsani achinyamata kuti atchule chinthu choti athu achite, uzani gulu lonse liyesere kuchita zina ndi zina. Mwachitsanzo:

- ☆ Phethirani maso mwachangu.
- ☆ Yendetsani zala zanu za ku miyendo komanso m’manja uku mukuzunguza mutu.
- ☆ Dumpha-dumphani kupita m’mwamba momwe mungathere. (Chitani izi kambirimbiri).

2. Zinthu izi sizisintha kwambiri tikamakula. Koma ziwalo zina za pathupi pathu komanso mmene timamvera m’thupi lathu zimasintha. Maubale athu ndi athu amatha kusintha, mwachitsanzo pakati pathu ndi anansi athu komanso anzathu.

Ntchito 8C: Timasintha nthawi zonse

📖 Kufotokozer: Zokambirana.

🕒 Nthawi yofunikira: Mphindi 40.

1. Yambani ndikunena kuti lero tikamba za zakusintha ku thupi, kumaganizo komanso kuchikhalidwe komwe achinyamata amadutsamo. *Funsani kuti kutha nsinkhu ndi chiyani?*



Ukamakula, maganizo, komanso mmene timamvera m'thupi-Komanso zilakolako zofuna kugonana-Zimakula ngati gawo limodzi lakutha nsinkhu.

2. Longosolani kuti kutha nsinkhu ndi nthawi yomwe matupi komanso kamvedwe ka zinthu m'thupi la mnyamata ndi mtsikana zimasintha. Thupi la mtsikana limakhala kuti lafika poti atha kutenga mimba, thupi la mnyamatanso limakhala lafika poti atha kupereka mimba. Ndipo thupi limayamba kupanga michere ya m'thupi yotchedwa ma hormones ndikupangitsa kuti liyambe kusintha ndikusanduka la munthu wamkulu. Kawirikawiri kutha nsinkhu kumayamba zaka zisanu ndi zitanu kufika khumi ndi zitanu mwa atsikana komanso zaka khumi kufika khumi ndi zisanu mwa anyamata ndipo izi zimapitirira kwa zaka ziwiri mpaka zisanu.

Tikamatha nsinkhu, matupi amayamba kusintha, timayamba kumva zosiyanasiyana, timafuna kuyamba kuchita zinthu mwanjira ina; komanso timayamba kutenga maudindo osiyanasiyana. Atsikana ndi anyamata amasintha mosiyana koma amafanana mu zina.

3. Afunsi achinyamata kuti alembe njira zosiyanasiyana za momwe akuyembekezera kuti angasinthire akamakula

ndipo lembani izi pabolodi kapena pa fulipi tchati. Afunsi kuti anene ngati kusinthako kumakhuza atsikana wokha kapena anyamata wokha kapena kumakhuza onse anyamata ndi atsikana omwe ndipo afotokoze. Onetsetsani kuti za momwe amamvera m'thupi (emotional feelings) zanededwa, kuphatikizapo chilalako chofuna kugonana. Si ana onse kapena achinyamata onse amasintha mofanana ndendende, koma tonse 'timadzafikapo' basi. Gwiritsani ntchito mndandanda uli munsimu (Mu bokosi ili munsiyi komanso pa tsamba page42) ngati chitsanzo. Mupereke mpata wa mafunso ndi mayankho. Ngati achinyamata akuchita manyazi auzeni kuti alembe funso lawo mwachinsinsi ndipo asadzitchule dzina ndi kuliponya mu bokosi la mafunso kapena mu kabasiketi ndipo yankhani mafunso kanthawi kena kapena mawa lake.

M'mene thupi limasinthira munthu ukamakula

1. Khungu limayamba kutuluka mafuta ndipo nthawi zina limachita ziphuphu. Izi zimatha zokha pakapita nthawi, koma tikuyenera kusamba nkhope ndi madzi komanso sopo tsiku ndi tsiku.
2. Kuchuluka ndikukula kwa tsisti m'miyendo, kumkwapa, kumalo obisika. Achinyamata amathanso kumera tsitsi pa nkhope.
3. Mabere amakula, kutuphuka, ndipo amatha kupweteka pang'ono (makamaka mwa atsikana). Si chachilendo kuti bere limodzi limakhala lokulirapo kuposa linzake.
4. Kapangidwe ka thupi kamasintha. Atsikana amamaliza kutalika mwachangu kuposa anyamata, koma anyamata ambiri amadzatalika kuposa atsikana ambiri.
5. Thupi limayamba kutuluka thukuta kwambiri ndipo kafungo kamayamba kumveka. Izi mutha kuthana nazo povala zochapa komanso posamba tsiku ndi tsiku.
6. Mawu amachita besi, makamaka mwa anyamata ndipo amatha kumasintha mwadzidzi pakati pa besi ndi mau ang'ono, koma ndi nthawi, izi zimatha.
7. Atsikana amayamba kusamba kwa pa mwezi ndipo kumalo obisika kumamveka kunyowa. Anyamata amayamba kutaya umuna usiku, chida cha abambo chimayamba kuyima. Kuphatikiza apo, chida cha abambo komanso matumba a mbewu zimakula.

Kusintha konseku ndi chilengedwe ndithu ndipo n'kwabwinobwino.



Kusintha m’maganizo ukamakula:

1. Umafuna kuyima pawekha komanso kuzisungira zinsinsi.
2. Kufuna kumvetsetsa chomwe uli, chitsanzo, “kodi ndine ndani? Thandauzo la moyo n’chiyani?”
3. Kusinthatintha kwa maganizo, mkwiyo komanso nkhwana.
4. Kufuna kuwoneka komanso kuchita zinthu ngati anzako.
5. Kukhala ndi chidwi chochulukana pa mawonekedwe ako-kudandaula kuti ena akuganiza kuti ndiwe wonyansa.
6. Kukopeka ndi anyamata komanso a tsikana
7. Kugwa m’chikondi ndi woyimba, opanga mafilumu, aphunzitsi, anzathu ansinkhu wathu ndi ena aluso losiyanasiyana.
8. Kudandaula za tsogolo (sukulu, banja, ntchito).
9. Chidwi ndi ziwalo zobisika za pa thupi lako.

Kusintha konseku ndi kwachilengedwe komanso n’kwabwinobwino.

**Ntchito 8D:
Paul ndi Lorata**

Kufotokozerani: Kasewero.

Nthawi yofunikira: Mphindi 10.

Werengani timasewero tili munsiyi, kenako mupemphe anthu awiri awiri kuti apange timaseweroti patsogolo pa anzawo. Kaseweroko kakatha funsani gulu maganizo awo pa mwomwe angamuthandizire Paul ndi Lorata.

Sewero 1:

Paul anali mnyamata wosangalala koma kuyambira chaka chatha anayamba kukhala wamanyazi komanso wokonda kukhala payekha. Akuuza nzake kuti, “ine nde wonyasa mpaka mapeto. Ndayesere kutsuka nkhope mosiyanasiyana koma ziphuphu zikungochulukirabe. Anzanga akukula koma ine ndidakali wam ng’ono ngati kamwana.” Paul

akuuza nzake, Peter, yemwe akuyesetsa kumuthandiza. Munthu m’modzi akhale Paul ndipo wina akhale Peter, mzake wa Paul.

Sewero 2:

Lorata amakonda kuwerenga ndikuchita masewera a phe-phe. Koma mkulu wake, Hellena, amakonda zotakataka ndipo ndiwotchuka pakati pa anzake. Lorata samalabada ndikusiyana komwe kunalipo pakati pake ndi Hellena, koma sabata latha mnyamata wina kusukulu anamuserewula ndipo anati, “Ndikulephera kukhulupirira kuti Hellena ndi mbale wako. Ndiwokongola koma iwe ndiwe...ndiwe munthu wamba.” Lorata anayamba kulira ndipo akuuza mnezake, Pamela, yemwe akuyesetsa kumulimbikitsa. Musewero ili mmodzi akhala Lorata wina akhala Pamela.

**Ntchito 8E:
Nkhambakamwa zokhudza kugonana** ☐^{ndi} ⚙️

Kufotokozerani: Kulemba.

Nthawi yofunikira: Mphindi 30.

1. Onetsetsani kuti aliyense ali ndi pepala komanso cholemba. Kenako nenani, “Munthu akamakula sichachilendo kuganizira nkhwana zokhuza kugonana komanso kufuna kudziwa zambiri zokhuza kugonana monga matenda opatsirana pogonana komanso HIV. Koma zowona ndi ziti ndipo zabodza ndi ziti? Nthawi zina n’zovuta kudziwa.”

2. Auzeni achinyamata kuti muwerenge ziganizo 20 mokweza (bokosi liri m’munsi), Ndiye alembe ngati chiganizocho chili chowona kapena ayi.

CHIKUMBUTSO KWA ALANGIZI: Mayankho aperekedwa kwa inu nokha kuti muthe kuwathandizira achinyamata pamapeto.



Zoona kapena Zabodza?

1. Anyamata ndi atsikana sangakondane zenizeni ngati sachita zogonana-**Zabodza**.
2. Umuna/mbewu ya mwamuna imawola ngati sachita zogonana akamafika zaka 18-**Zabodza**.
3. Mtsikana sangatenge mimba ngati achita zogonana akusamba/kuchita period- **sikawirikawiri izi kuchitika koma zitha kutheka**.
4. Sungatenge HIV ukagona ndi mnyamata kapena mtsikana yemwe sanachitepo zogonana- **Zabodza**. HIV imafala kudzera m'njira zina kupatula kugonana.
5. Ngati mtsikana wavala zovala zazifupi komanso zowonekera ndiye kuti akutsatsa malonda kuti, "Ndikufuna kuchita zogonana."- **Zabodza**. Pali zifukwa zambiri zomwe (atsikana) kapena anyamata amasankhira mtundu wa zovala zomwe avala.
6. Mnyamata yemwe wachititsa mdulidwe sangatenge HIV-**Zabodza**. Mdulidwe umathandizira kuteteza koma munthu atha kutenga matenda.
7. Ukasamba n'thupi utangochita kumene zogonana, utha kutsuka HIV ngati unayitenga-**Zabodza**. Kusamba m'thupi sikuthandiza kanthu.
8. Mwamuna atha kuchira kumatenda opatsirana pogonana ngati achita zogonana ndi buthu (Mtsikana woti sanachitepo zogonana-**Zonama**).
9. Pali zakudya komanso zakumwa zomwe ungadye kapena kumwa usanachite zogonana kuti upewe kutenga mimba- **zabodza**.
10. Mtsikana sangatenge mimba ngati agonana ndi mnyamata osafika zaka 15- **Zabodza**. Mnyamata wa zaka 15 atha kukhala kuti anakula kale.
11. Mtsikana sangatenge mimba ngati sanayambe kusamba- **Zabodza**. Mtsikana atha kukhala kuti anayamba kupanga mazira
12. *ndipo atha kutenga mimba asanayamba kusamba kwa pamwezi (period).*
12. Utha kutenga HIV ngati ulumudwa ndi udzudzu omwe unaluma munthu amene ali ndi HIV usanakulume- **Zabodza**. *Thupi la udzudzu silingafalitse HIV kuchoka kwa munthu kupita kwa munthu wina.*
13. Ngati anthu awiri akhulupirika kwa wina ndi mnzake, sangapatsane HIV- **Zabodza**. *Akuyenera kaye kuti adziwe kuti onse alibe HIV zomwe zikuthandauza kuti akuyenera kuyezetsa kaye.*
14. Ngati mtsikana amwa tiyi wamasamba a tiyi ambiri ali ndi mimba atha kupita pachabe (kutaya mimba) - **Zabodza**.
15. Ngati wachinyamata ali ndi HIV ndekuti amachita zogonana-**Zabodza**. Utha kutenga HIV kudzera munjira zina.
16. Munthu wamkulu sangatenge HIV kapena matenda ena opatsirana pogonana-**Zabodza**. *Anthu ansinkhu uliwonse atha kutenga HIV.*
17. HIV imafala kudzera mu kupyopyonana-**Zabodza**, pokhapokha ngati munthu yemwe ali ndi HIV ali ndi zilonda mkamwa.
18. Kumamwa mankhwala amalungo kapena mankhwala ena musanachite zogonana zimateteza kuti mtsikana asatenge mimba - **Zabodza**. Komanso kumwa mankhwala a malungo musanalembere ndi a dokotala ndi zowopsa.
19. Kuwaza mowa wamphamvu kapena mowa wina kumalo obisika a mtsikana zitha kumuteteza kumatenda opatsirana pogonana- **Zabodza**.
20. Kuvala makondomu awiri kapena atatu kumateteza kwambiri ku mimba komanso matenda opatsirana pogonana kuyerekeza ndikugwiritsa ntchito kondomu imodzi- **Zabodza**. Kuvala makondomu a mbiri kumachititsa kuti kondomu iphulike.



Auzeni achinyamata kuti yankho lolondola kumafunso onse ndi ZABODZA. Onaninso funso lililonse ndi kufotokozerana yankho. Afunsi achinyamata ngati ali ndi mafunso ena. Ngati simungathe kuyankha mafunso onse auzeni kuti mupeza mayankho ndipo muyankhabe mugawo lina, ndipo mudzaterodi. Akumbutseni achinyamata kuti atha kuyika mafunso awo mu bokosi la mafunso. Auzeni achinyama kuti zambiri zikambidwa mwakuya m' magawo otsatira.

Ntchito 8F: Mtendere wanga wa mumtima

Kufotokozerana: Kugawana.

Nthawi yofunikira: Mphindi 10.

CHIKUMBUTSO KWA ALANGIZI: Cholinga cha gawo lino ndikuthandiza achinyamata kumvetsa kuti ngakhale thupi lawo likusintha kwambiri, njira ina yothanirana ndi zovuta ndikuzinthu zomwe zimawasangalatsa koma zabwino zomwe adutsamo.

1. Yambani ndikunena kuti kusintha ndi kwambino koma kutha kubweretsanso nkhawa. Kutitandizike tikuyenera kukhala ndi maganizo komanso malingaliro omwe tikawakumbukira mu mtima mwathu amatipatsa mtendere. Mwachitsanzo titha kukumbukira ndi malo omwe tinapitako, kaya munthu wapaderadera mmoyo mwathu, kapena zomwe tikamva tikamapemphera. Tikamaganizira zinthu izi, mtima umakhala panso ndipo timakondwa. Apatseni anthu mpata oganizira zinthu kapena maganizo amenewa.

2. Kenako funsani achinyamata kuti aphetikizane ndi munthu yemwe ayandikana naye. Ngati sangakhale awiriawiri pangani

Zoonakapena zabodza? Kuganizira yankho lokhonza.



gulu la anthu atatu) Munthu aliyense amuuze wina maganizo kapena chinthu chomwe chimawapangitsa kuti azisangalala. Munthu omvetserayo alankhule mawu achipulumutso. Kenako pemphani anthu omwe angathe kufotokozerana gulu lonse zomwe akambirana koma osakamiza aliyense. Akumbutseni achinyamata kuti akakhumudwa, nthawi zonse azikumbukira zabwinozi.

Ntchito 8G: Kutseka maphunziro komanso pemphero

Nthawi yofunikira: Mphindi 10.

Tsekani gawo lino mwanthawi zonse.




Gawo 9: Thanzi langa pa nkhani zogonana komanso ubereki

Zolinga za phunziro:

Achinyamata amvetsetsa nkhani zokhuza kugonana, za kukhala mkazi kapena mwamuna komanso ubereki wabwino, ndi zomwe Mulungu amanena pa nkhanizi.

Ntchito 9A: Kuwerenga mawu komanso kupemphera

 Nthawi yofunikira: Mphindi 10.

Alandireni achinyamata ndikuwathokoza chifukwa chakubwera kwawo.  Pephani munthu mmodzi kuti awerenge **1Akorinto 3:16-17** ndikupempha anthu kuti apereke ndemanga. Longosolani kuti thanzi lathu komanso matupi athu ndi kachisi wa mtengo wapatali wa Mulungu ndipo tikuyenera kuwalemekeza ndi kuwasamalira.

Pitirizani ndi nyimbo kapena pemphero.

CHIKUMBUTSO KWA ALANGIZI: Nthawi zonse auzeni achinyamata zoonza zokhazokha zokhuza kugonana komanso ubereki wabwino. Dziwani kuti ngati achinyamata atchula mayina aziwalo zobisika kapena akudziwa zina ndi zina zomwe zili m'kabuku kano sindiye kuti anayamba kuchita zogonana. Chimodzimidzinsu, ngati wachinyamata sakudziwa zina ndi zina sindiye kuti sanayambe kuchita zogonana.

Ntchito 9B: Kugonana komanso nkhani zokhudza kukhala mwamuna kapena mkazi: Kodi izi zitanthauza chiyani? ❄️

 Kufotokozero: Zokambirana.

 Nthawi yofunikira: Mphindi 15.

Auzeni achinyamata kuti lero tikambirana zinthu ziwiri zomwe ndi zofunikira kwambiri koma zitha kukhala zoti anthu ena amachita manyazi kuzilankhula. Tiyamba ndikukamba za zogonana komanso zokhuza kukhala mkazi kapena mwamuna. Lembani zinthu ziwirizi pa bolodi kapena pa fulipi tchati kuti aliyense athe kuwona, funsani achinyamata kuti athandauzire zinthu ziwirizi payekhapayekha.

Mukatenga mayankho angapo, longosolani thandauzo la kugonana kuphatikapo mfundo izi:

- ◆ Kuti ndife mwamuna kapena mkazi zimadziwika kuyambira pomwe mayi akutenga mimba pomwe mbewu ya bambo ikukumana ndi dzira la mayi. Ndipo ndi pomwe timakhala aakazi kapena a amuna. Mutabadwa, banja la kwanu linauza dziko kuti; “Tili ndi mwana wamwamuna!” kapena “Tili ndi mwana wa mkazi!” Chidzwitso chotere chimauza dziko mmene uliri kuti ndiwe wamkazi kapena wamwamuna. Mulungu anapanga mwamuna ndi mkazi mosiyana koma kukhala anthu ofanana pamaso pake.
- ◆ Ngati uli wa mwamuna ndiye kuti uli ndi chida cha abambo, ngati uli wa mkazi ndiye kuti uli ndi njira ya abambo.
- ◆ Kugonana ndi pomwe anthu awiri afuna kusangalatsana, mwachitsanzo pogwirana ziwalo zobisika. Izi zitha kuthera mukugonana, pomwe chida cha mwamuna chimaima ndipo amachilowetsa mwa mayi kudzera mu njira ya abambo.

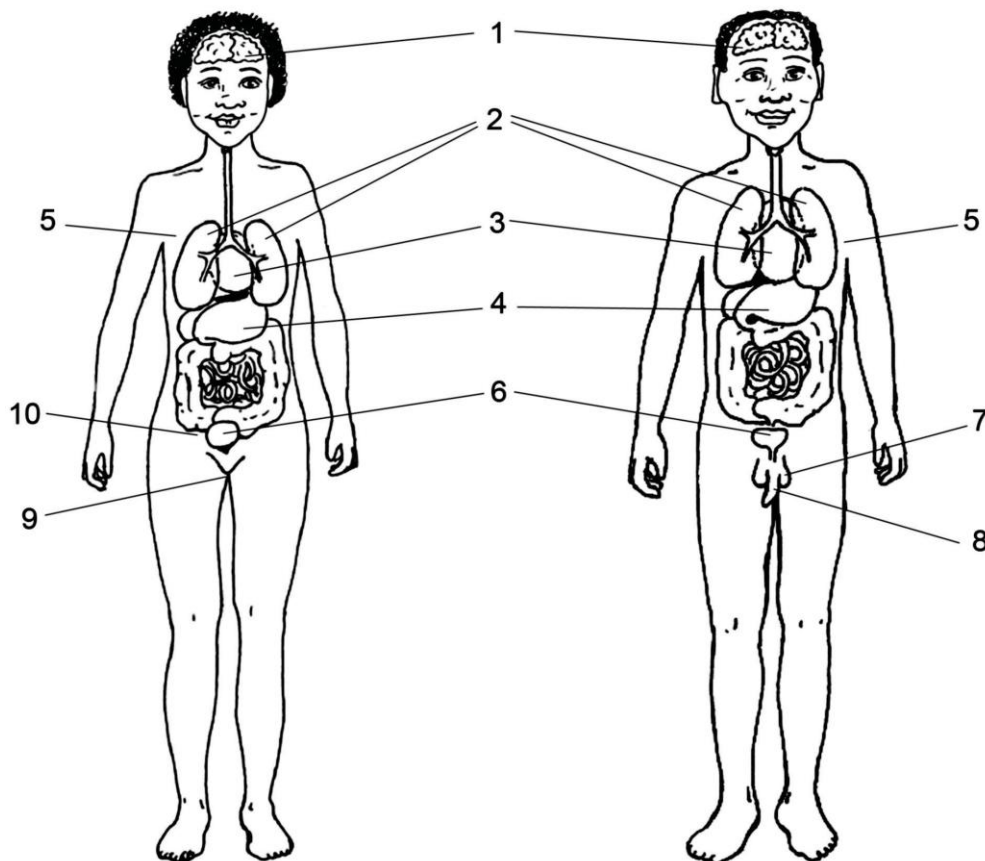
Funsani anthu kuti apereke ndemanga komanso kufunsa mafunso pankhani zokhuza mmene munthu aliri ngati mwamuna kapena mkazi:

- ◆ Nkhani zokhuza kukhala mwamuna kapena mkazi zikukhudzana ndi mmene timadziwonetsera pankhani zogonana komanso maubwenzi.



Thupi langa (Mtsikana)

Thupi langa (Nyamata)



1. Ubongo: Ubongo umatithandiza kuti tiziganiza komanso umayendetsa thupi lonse.
2. Mapapo: Mapapo amatithandizira kupuma; kuti mpweya uzilowa kapena kutuluka m'thupi.
3. Mtima: Mtima umakhala pakati pa mapapo ndipo umapopa magari kuzungulira thupi lonse.
4. Mimba: Mimba imayendetsa za chakudya chomwe timadya.
5. Mabere: Amuna ndi akazi onse amakhala ndi mabere koma ndi akazi okha omwe amapanga mkaka wodyetsera mwana kuti akhale wathanzi.
6. Chikhokhodzo: Chikhodzodzo chimasunga mkozo omwe timataya kangapo patsiku.
7. Thumba la mbewu: Ndi kathumba komwe kamasunga mbewu ya a bambo kunja kwa thupi la mwamuna. Mbewu ya mwamuna imene imafunikira kuti mwana apangike imakhala m'thumba la mbewu.
8. Mbolo: Ili ndi ntchito ziwiri: Mumadutsa nkodzo kuchokera m'chikhodzodzo komanso mbewu ya abambo imadzera momwemo kuchokera kumatumba a mbewu chida cha a bambo chikaima.
9. Nyini: Ndi njira pa thupi la mayi yomwe mwana amadzera akamabadwa. Kutu mwana apangike, mbewu ya abambo iyenera idutse m'chida cha abambo ndikulowam'njira ya abambo mkati mwa mayi. Mkozo wa mayi sudzera m'njira ya abambo koma khomo lina lotchedwa 'njira ya nkodzo'.
10. Chiberekero: Mkazi ali ndi chiberekero kuseri kwa chikhodzodzo-umu ndi momwe mwana amakulira.



- ◆ Nkhani zokhudza kukhala mwamuna kapena mkazi zithandauza kuti ukuzindikira kuti ndiwe mwamuna kapena mkazi.
- ◆ Zisonyeza kuti ukuzindikira zambiri za thupi lako komanso matupi a anthu ena, ndipo utha kuyamba kusilira kuchita zogonana ndi anthu ena.
- ◆ Nkhani zokhuza kuti ndiwe mwamuna kapena mkazi ndipo zimayamba pobadwa ndipo zimakhala choncho moyo wonse

Werengani nkhani (patsamba 48 ndi 49) momveka ndikuyima kuti pachitike zokambira m'malo omwe ayikidwa komanso kumapeto.

Malla akumasukira mnzake.



Nchito 9C: Ziwalo zoberekera

📖 **Kufotokozero :** Kukambirana ndi kudziwitsana.

🕒 **Nthawi yofunikira:** Mphindi 35.

1. Longosolani kuti tikambirana za ziwalo zoberekera. Tikati ziwalo zoberekera tikuthandauza ziwalo za munthu zomwe zimapanga ana. Pemphani anthu awiri kuti agone pansi ndipo thupi lawo lilemberedwe pansi ndi choko. Apo ayi, matani mapepala akuluakulu angapo pakhoma ndipo thupi lawo lilemberedwe pamapepalapo. (Pewani kulemberera mphechepeche mwa munthu adakali pansi kapena pakhomapo, malizitsani izi munthuyo akachoka)

Funsani anthu ena kuti alongosole momwe angajambulire ziwalo zikuluzikulu za mkati mwa thupi (Monga, mtima, mapapo, ubongo), komanso ziwalo zoberekera za mwamuna komanso za mkazi. Funsani anthu kuti alembe mayina a ziwalozi (fanizirani ndi bokosi lomwe liri tsamba linalo. Konzani zolakwika m'malembedwe komanso mayina ndikulongsola mwachidule ntchito yomwe zimagwira. Athokozeni onse ozipereka pa ntchito yabwino.

Ntchito 9D: Nkhani ya Malla

📖 **Kufotokozero:** Nkhani.

🕒 **Nthawi yofunikira:** Mphindi 20.

1. Longosolani kuti nkhanu ya Malla ikutiuzza zinthu zina zomwe zingathe kuchitika ngati sitisamala komanso ngati sitidikira kuti tidzachite zogonana mu nthawi yoyenera. Auzeni achinyamata kuti iyi ndi nkhanu yayitali koma mudzifunsa mafunsa mkati mwa nkhanu.

Zokambirana pamathero pa nkhanu: Funsani achinyamata ndemanga zawo pa nkhanu. Kenako funso, “Zovuta zomwe Malla wakumana nazo n'chifukwa choti anamvera zofuna za Robert. Chimachitika ndi chiyani ngati sitisamala khalidwe lathu pa nkhanu zofuna kugonana? Tingawathandize bwanji anthu ngati Malla ndi Robert asanayambe chibwenzi komanso Malla atatenga mimba komanso HIV?”

Ntchito 9E: Kutseka phunziro komanso pemphero

🕒 **Nthawi yofunikira:** Mphindi 10.

Tsekani gawoli mwa nthawi zonse.



Nkhani ya Malla

Leah amamusowa mnzake Malla kwambiri. Malla anasiya sukulu miyezi ingapo yapitayo. Kuyambira nthawi imeneyo, Leah sanamuwonenso Malla. Lero Leah anaganiza zomuyendera Malla kwawo. Agalu amukuwa Leah mmene akuyandikira. Wachita kugogoda katatu chitseko chisanatsekulidwe. Adikilira pa ka nthawi kenako chitseko chikutsekulidwa. Leah awona kuti mimba ya Malla yakula kwambiri komanso akuwoneka wotopa.

“Leah, uli bwanji? Koma ndiye zodabwitsatu! Ndakondwa kukuwona.”

“Ndinakusowa ndiye ndimafuna ndidzakuwone,” Leah ayankha.

“Oh, Leah, ndikudziwa. Inenso ndinakusowa!”

Leah afunsa Malla, “Sindinamuwone Robert kwa nthawi yayitali. Akumakupatsa chilimbikitso?”

Koma Malla sakuyankha. Kenako asintha nkhani. “Uli ndi njala?” Malla anena.

“Malla, chilipo chinachitika pakati pako ndi Robert?” Leah afunsa. “Bwanji ukhale pansu ndikumange tsitsi kuti undiuzze zomwe zinachitika.”

Apa afunsa achinyamata: “Mukuganiza kuti chinamuchitikira Malla ndi chiyani?” Mukalandira mayankho angapo, pitirizani ndi nkhaniji.

Malla akhala pansu ndipo Leah ayamba kupesa tsistsi la Malla. Malla anena, “Pomwe ine ndi Robert timagonana sikanali koyamba kwa Robert kuchita zagonana.”

Leah afunsa, “ndiye simunagwiritse ntchito kondomu”

Malla ayankha, “Anandifunsa ngati ndimakonda komanso kumukhulupirira. Ndimawopa. Ndinali ndisanagonanepo ndi munthu. Ndimachita manyazi kumufunsa za kondomu. Ndinachita zinthu ngati munthu wopusa!”

“Malla, tonse timalakwitsa ndipo tsiku lina zinthu zidzakhala bwino.”

“Ayi, Leah, zinthu sizili bwino. Nditayamba kusanza mammawa ndinapita kuchipatala. Ndinakapezeka kuti ndili ndi mimba koma sizinali zokhazo.”

Leah afunsa, “kodi ukuthandauza chiyani kodi, Malla?”

“Dokotala anandiuza kuti ndili ndi HIV,” Malla anong’ona.

“Uli ndi HIV?”

“Eya, ndimamuza Robert nditangobwera kuchipatala. Anandiyang’ana modabwa kenako anangothawa. Kanali komaliza kumuwona Robert”

Leah anatsekula manja “Pepa, Malla. Bwera ndikukumbatire.”

“Ulibe nane mantha” anena Malla.

Pamenepa afunsa achinyamata: “mukanakhala Leah, mukanayankha bwanji funso la Malla?” Mukamaliza kufotokozerana funsoli pitirizani ndi nkhaniji.

“Ayi, Malla,” Leah anena. “Sindikuwopa. Ndikudziwa kuti utha kukumbatira, kupyopyona munthu yemwe ali ndi HIV osatenga HIV. Titha kumwa madzi kugwiritsa ntchito kapu limodzi. Usadandaule. Koma ukudutsa munyengo zoti sukuyenera kudutsamo wekha.”

Malla anena, “Adokotala akundithandiza ndipo andipatsa mankhwala woti ndisapatsire mwana wanga HIV.”

“Mankhwala alipo?”

“Eya. Ndi a ulere. Koma umalandira ukayezetsa HIV. Ndipo ndikungokhulupirira kuti mwana wanga abadwe opanda HIV.”

“Malla, inenso ndikukhulupirira choncho. Unachita bwino kuyezetsa kuti umuteteze mwana wako ku HIV pomwa mankhwala.”

“Eya, ndipo kuyezetsa ndi kwabwino chifukwa anamwino ndi aphungu amakuphunzitsa mmene ungasamalirire. Akuti ndikamadya zakudya zopatsa thanzi, kugona mokwanira komanso kumachita masewera olimbitsa thupi nditha kukhala wa thanzi zaka zambiri zikubwerazi. Amati ‘kukhala moyo m’chiyembekezo’. Ndimapemphera nthawi zonse kuti mwana wanga abadwe wa thanzi ndipo kuti ndikhale moyo nthawi yayitali. Koma ndikudziwa kuti pemphero silokwana. Koma ndikuyenera kudzisamala mmene a namwino ndi aphungu amandiuwira.”

“Zoon, Malla. Ndikuthandiza kuti uzisamalire. Ndiye china chomwe anakuuza adokotala ndi chiyani?”

“Kuti ndipewe zogonana kufikira pomwe ndingathere. Ndipo ngati ndingadzachitenso zogonana, ndidzawonetsetse kuti mwamuna wanga kapena bwenzi langa adzagwiritse ntchito kondomu nthawi zonse.”

Leah ayamba kumanga tsitsi la Malla ndipo akhala phe kwa kanthawi. Kenaka Malla alankhula mwa pang’onopang’ono, “Leah, tsiku lina thupi langa lidzafooka ndipo chifukwa HIV imapha ‘asilikari oteteza thupi ku matenda’ (WHITE BLOOD CELLS) m’thupi omwe amateteza thupi kumatenda. Leah afunsa, “asilikari oteza thupi ku matenda ndi chiyani?”

Apa funsani achinyamata: “Malla akuthandauza chiyani. Asirikali oteza thupi ku matenda ndi chiyani” Mukatenga mayankho angapo, pitirani ndi nkhani.

“A Namwino anandiuza magazi amenewa amawatchula kuti ma CD4. Munthu wa thanzi amakhala ndi ma CD4 mazanamazana. Koma ukakhala ndi HIV, HIV yo imalimbana ndi ma CD4 ndikumawaphwasula.”

“Ndiye chimachitika ndi chiyani?” “Ma CD4 akachepa m’thupi lako umadwala EDZI. Nde thupi lako silikhala ndi ma CD4 okwanira kulimbana ndi matenda monga TB, kutsekula m’mimba ndi matenda ena.”

“Ndiye chimachitika ndi chiyani?”

“Usanafike podwala utha kuyamba kumwa mankhwala otchedwa ma ARV omwe angakuthandizire kuti ukhale moyo nthawi yayitali, koma ukuyenera kumwa mankhwalawa moyo wako wonse.”

“Malla, UKUYENERA umpeze Robert umuuzo kuti naye akayezetse. Ukuyenera kuti unatenga HIV kuchokera kwa iyeyo ndiye kuti nayenso ali ndi HIV!”

“Leah, ndikuwona ngati Robert akuwopa kuti abale ake angadziwe kuti ali ndi HIV. Akuwopa zomwe angachite atadziwa kuti iye ali ndi HIV.”

Koma Malla, naye akuyenera kukayezetsa. Akuyenera adziwe kuti ali ndi HIV kuti asapitilize kufalitsa kwa ena. Komanso akuyenera kuzisamalira ngati ali ndi HIV. Sitingakalankhule ndi mayi ake?

“Ayi, Leah, ndikuwona kuti ndi bwino Robert awauze yekha mayi ake. Tilibe ufulu owuza anthu ena kuti Robert ali ndi HIV. Akuyenera ayezetsa nde iyeyo auze abale ake komanso anzake za m’mene aliri. Ndinamuuzo kuti akayezetse mmene tinakumana komaliza. Ndingopemphera kuti apeze wachibale M’MODZI wachikondi komanso wosamala ngati mmene uliri kwa ine.”

“Ndiwe mnzanga wa pamtima, Malla, ndimakukonda.”

“Nane ndimakukonda, Leah, zikomo kwambiri pondiyendera, zikomo kwambiri pondimanga tsistsi! Wandipangitsa kuti ndimve bwino.”

“Malla, basi ine ndizipita, ndikafike kunyumba kusanade.”

Malla amuperekeza Leah mpaka kunja kwa mpanda. Kenako Leah awuyamba wautali wopita kunyumba kwawo.



Gawo 10: Kupewa komanso kupereka chisamaliro cha HIV ndi Edzi

Zolinga za phunziro:

Achinyamata adziwa komanso apeza luso lowathandizra kupewa HIV komanso kuwathandiza kuti amvetse kuti chilimbikitso komanso chifundo chawo chithandiza anthu omwe ali ndi HIV kuti akhale moyo wa chiyembekezo, wa cholinga komanso wa chikhulupiro.

Ntchito 10A: Kuwerenga mawu ndi kupemphera

Nthawi yofunikira: Mphindi 10.

Alandireni achinyamata ndikuwathokoza chifukwa chakudwera kwawo. Pemphani anthu awiri kuti awerenge mokweza **Duteronome 30:19-20** ndi **Yohane 10:10** ndikupempha anthu kuti apereke ndemanga. Fotokozani kuti Mulungu akufuna kuti tizisankha moyo osati imfa nthawi zonse. Chifukwa chakuperezeka kwa HIV madera athu, tikuyenera kuziteteza ku HIV ndi mphamvu zathu zonse. Komanso tikuyenera kuthandiza anthu omwe ali kale ndi HIV mwina akuvutika ndi kusalidwa komanso kusankhidwa. Mauthenga amenewa atithandiza kuyika chidwi chatu pa phunziro la lero.

Pitirizani ndi pemphero kapena nyimbo.

Ntchito 10B: Zoono zake za HIV ndi Edzi

Kufotokozerani: Kudziwitsana ndi kukambirana.

Nthawi yofunikira: Mphindi 15.

1. Auzeni achinyamata afotokoze kusiyana kwa HIV ndi Edzi. Mukalandira mayankho angapo, onetsetsani kuti mwatolera zinthu izi ndikuzilemba mowoneka bwino pa pepala lalikulu:

- HIV ndi tizilombo ta mtundu wa virus tomwe timagonjetsa ndikufooketsa chitetezo cha m'thupi la munthu.
- 'Edzi ndi chipwirikiti cha matenda chomwe chimayamba chifukwa cha kufooka kwa chitetezo cha m'thupi.
- Munthu atha kukhala ndi HIV nthawi yayitali asanayambe kudwala Edzi.

2. Afunseni anthu mmene HIV imalowera mu thupi la munthu. Lembani mayankho olondola pa bolodi kapena pa fulipi tchati. Mayankho akuyenera kuwonjezera pa zinthu izi:

- HIV imapezeka, m'magazi, muumuna, chikazi komanso mu mkaka.
- Imafala kupita kwa anthu ena kudzera: mukugonana mosadziteteza; kudzera m'magazi omwe ali ndi HIV; komanso kuchokera kwa mayi kupita kwa mwana nthawi yomwe mayi ali woyembekezera, pobereka, komanso kudzera mu mkaka ngati mayi sayamwitsa mwakathiti¹.

Ntchito 10C: Masewera a Zed-Virus ❄️

Kufotokozerani: Masewera.

Nthawi yofunikira: Mphindi 25.

1. Masewera asanayambe konzeranitu timapepala ting'onoting'ono. Tikwanire aliyense kupatula anthu atatu. Mapepala onse akhale olemba kupatula omwe apatsidwe kwa anthu asanu

¹ Mukafuna kudziwa zambiri fufuzani intaneti pa bwalo la World Health Organization (www.who.int), ndikulunjika pa mawu woti "HIV + breastfeeding".



Masewera a
Zed-Virus -Koma
HIV siyifala kudzera
popatsana chanza.



Mapepala atatu alembedwe chilembo cha 'Z' ndipo awiri alembedwe mawu woti 'Gulovu'. Pindani mapepalawo ndikuwamata kuti asatsekuke.

2. Longosolani kuti achinyamata achita masewera woti awathandiza kuti amvetse mmene HIV ingafalikire mosavuta mdera. Apempheni achinyamata kuti amvetsere malangizo amasewerawa mwachidwi.

3. Auzeni achinyamata kuti akukhala mdera lomwe muli nthenda yowopsa yotchedwa 'Zed-virus'. Pali njira imodzi yokha yotengera Zed-virus yomwe ili kupatsana chanza ndi munthu yemwe ali ndi nthendayi. Palibenso njira ina yofalitsira nthendayi.

4. Apatseni achinyamata onse mapepala omata kapena otseka ndi zolemba. Apempheni ophunzira kuti adikire asanatsekule mapepalawo omwe akufotokoza zina zomwe ziwathandizire mkati

mwamasewerawa. Onetsetsani kuti mapepala onse olembedwa 'Z' komanso 'Gulovu' agawidwa.

5. Auzeni achinyamata kuti ayendeyende momasuka m'chipindacho ndikupatsana chanza ndi anthu asanu osiyanasiyana. Akapatsana chanza ndi munthu, achinyamata akuyenera kulemba dzina la munthuyo pa pepala. Achinyamata omwe akwaniritsa maina asanu akuyenera kukhala pansi. Achinyamata omwe sanalandire pepala lirilonse azipatsana moni ndi anthu koma sapereka ndikulandira chanza.

6. Pakapita mphindi zingapo, achinyamata onse akakhala pansi auzeni kuti atsekule mapepala awo. Afunseni anthu atatu omwe ali ndi pepala lolembedwa Z kuti ayimilire. Anthu amenewa akhala akuyenda ndi Zed-Virus.



7. Kenako funsani anthu omwe anapatsana moni ndi anthu omwe anyamula pepala lolembedwa 'Z' kuti ayimilire. Anthu amenewa atha kukhala kuti ali ndi Zed-virus. Ndekuti anthu omwe apatsana chanza ndi anthu amenewa akhoza kukhala kuti ali ndi HIV. Nawonso akuyenera kuyimilira.

8. Auzeni achinyamata omwe ayimilirawo kuti ngati pali wina yemwe wanyamula pepala lolemba 'gulovu' kuti atha kukhala. Omwe anali ndi pepala lolemba gulovu anatetezeka ku Zed-virus, yomwe siyingadutse pa gulovu. Aliyense amene sanalandire pepala lirilonse atetezeka chifukwa 'anazisunga ndi kuziletsa.'

9. Funsani gulu kuti liwerenge anthu omwe ayimilira omwe atha kukhala kuti atenga Zed-virus. Izi zikungosonyeza mmene HIV ingafalire kupita kwa anthu ambirimbiri kuchokera kwa munthu mmodzi. Thetsani masewerawa popempha achinyamata onse kuti akhale pansu.

10. Masewera akatha afunseni achinyamata mafunso otsatirawa. Onetsetsani kuti mwafotokozerwa mafunso ndipo mwawonjezra zinthu izi:

a) Zed-virus ikusiyana bwanji ndi HIV?

HIV sifala pokumana komanso pocheza mwa tsiku ndi tsiku monga kugwirana chanza.

b) Zed-virus ikufanana bwanji ndi HIV?

M'masewera Zed-virus ikufanana ndi kugonana mosadziteteza kapena kugawana masingano kapena majakisoni. Masewera akuwonetsa mmene HIV ingafalire mwachangu mdera. Komanso pali makhalidwe ena ake omwe angafalitse HIV. Ngati ungazisunge kapena kuziletsa utha kupewa HIV.

c) Kodi khalidwe loyenera kuthana ndi mlili wa Zed-virus ndi liti?

Anthu akuyenera kuvala magolovu popatsana moni. Njira yotetezekeratu kwa tunthu. Golovu itha kuvuka, itha kbooka koma itha kuthandiza kwambiri. Mutha kusankha kusapereka chanza koma kupeza njira zina zotetezeka zopatsirana moni. Anthu atha kumasamalira ena omwe ali ndi matendawa. Ndalama zambiri zitha kuperekedwa kukafukufuku wozeza mankhwala a Zed-virus.

Auzeni achinyamata kuti mu masewera a Zed-Virus munali njira imodzi yomwe Zed-virus ingatengedwere yomwe ndikudzera mu kupatsana chanza. Akumbutseni anthu kuti HIV itha kufala kudzera mumakhalidwe ena: monga kugonana mosadziteteza, kugawana masingano kapena majakisoni (Komanso ngati mayi ali ndi HIV) pomwe mayi ali woyembekezera, pochira komanso ngati mwana sayamwitsidwa mwakathiti.

Ntchito 10D: Kupewa kufala kwa HIV

 **Kufotokozerwa:** Zokambirana.

 **Nthawi yofunikira:** Mphindi 15.

1. Afunseni achinyamata ngati akudziwa mmene angapewere kutenga HIV. Gwiritsani ntchito mfundo zotsatirazi kuthandizira achinyamata kumvetsa bwino zomwe mukukambirana.

Kuti apewe kutenga HIV, apewe kugonana mosadziteteza komanso kupewa kuti magazi awo asakhuzane ndi magazi a munthu wina. Ndiye poti njira yayikulu yomwe ikufalitsa HIV ndi kugonana mosadziteteza, tsindikani njira izi:

- ◆ **Kudzisunga pa nkhani zogonana:** Iyi ndiye njira yodalirika yopewera mimba zosakonzekera komanso matenda opatsirana pogonana osiyanasiyana. Koma anthu ambiri sadzisunga pa nkhani zogonana moyo wawo wonse.
- ◆ **Kukhala wokhulupirika** kwa wokondedwa mmodzi yemwe alibe HIV yemwe alinso wokhulupirika kwa inu, nonse awiri mutayezetsa kaye HIV.
- ◆ **Kugwiritsa ntchito makondomu moyenera nthawi zonse pogonana.** Ngakhale makondomu siwodalarika kwatunthu, amateteza kwambiri ku HIV uku akuthandizira kupewa mimba.



CHIKUMBUTSO KWA ALANGIZI: Ngati sizotsutsana ndi mpingo wanu, komanso kutengera nsinkhu waachinyamata, mutha kubweretsa makondomu ndikuwonetsa m'mene amavalidwira pogwiritsa ntchito nthochi kapena chosemba cha chida cha abambo.

2. Longosolani kuti munthu akatenga HIV kachilomboka kamakhala m'thupi la munthu mpaka kalekale. Koma kukhala m'chiyembekezo komanso kulandira thandizo loyenera (kuphatikizapo ma ARV) zitha kutalikitsa ndikupititsa patsogolo moyo wa anthu omwe ali ndi HIV. Ndibwino kudziwa ngati uli ndi HIV kapena ayi. Ngati uli ndi HIV kudziwa mmene uliri zikuthandiza kupanga ma pulani atsogolo lako, kupanga zisankho zoyenera komanso kupanga zoyenera kuti ukhale moyo wautali komanso wa thanzi. Kuyezetsa HIV kumachitika kuchipatala, ku health Centre komanso kumalo oyezetsera HIV (HTC) kumadera anu

3. Auzeni achinyamata komwe malo oyezetsera HIV (HTC) apafupi ali. Ngati zingatheke kayendereni malowa.

Ntchito 10E:

Mafunso 26

 **Kufotokozerana:** Mayeso.

 **Nthawi yofunikira:** Mphindi 30

1. Agaweni achinyamata magawo awiri, ndipo ayime m'mizere iwiri yoyang'anizana. Funsani funso lotsatirali (m'bokosi-tsamba 54 ndi 55) ku gulu lililonse mosinthatantha, kuyambira kumayambiriro a nzere uliwonse.

Ngati achinyamata ayankha molondola gulu lake ilandira malikisi awiri. Ngati munthu akanika kuyankha funso funsani mzere winawo. Mayankho osakwanira alandire malikisi limodzi ndipo mzere winawo uli ndi mwayi opeza malikisi lowonjezera.

Ena mwa mayankho aperekedwa muni mwafunso ndipo alembedwa chogonera kumanja. Mafunso omwe akusoweka mayankho oposa awiri asonyezedwa.



Magulu awiri kulimbirana kuti apeze gulu lomwe lipeze mayankho ambiri pa mafunso 26 omwe afunsidwa.



Mafunso 26

- a) **Mawu woti HIV amayimirira chiyani?**
Human Immuno deficiency Virus. Komwe ndi kachilombo koyambitsa Edzi.
- b) **Mawu a m'chizungu woti AIDS amathanduza chiyani?**
Acquired Immune Deficiency Syndrome. Muchichewa tingati Edzi ndi chimpwirikiti cha matenda.
- c) **Kodi umapezeka nayo bwanji?**
Umayamba watenga HIV - wonani mmunsimu.
- d) **Tchulani njira zitatu zomwe HIV imafalira?**
Kugonana mosaziteteza ndi munthu yemwe ali ndi HIV, kuchokera kwa mayi kupita kwa mayi? Kubwerekana zipangizo zakuthwa monga masingano, majakisoni kapena zipangizo zogwiritsira ntchito popereka kapena polandira magazi.
- e) **Nenani njira zitatu zomwe HIV siifalikira (Ngakhale anthu amakhulupirirabe nkhambankamwazi).**
Kulumidwa ndi udzudzu, kubwerekana zipangizo zodyera. Kugwirizana chanza, kukumbatirana, kugwiritsa ntchito chimbudzi chimodzi ndi anthu omwe ali ndi HIV.
- f) **Tingadziwe bwanji kuti tili ndi HIV?**
Pokhapokha ngati tayezeza HIV.
- g) **Tchulani zizindikiro zingapo za EDZI/HIV infection.**
Kudwaladwala, kuwonda, zilonda mkamwa, zilonda zapakhungu.
- h) **Tchulani njira ziwiri zopewera HIV.**
Kudziletsa pa nkhani yogonana. Pewani kulandira magazi omwe ali ndi HIV, gwiritsani ntchito makondomu pogonana, komanso osabwerekana ziwiya zakuthwa (monga malezala) Onetsetsani kuti inu ndi okonedwa wanu mukukhulupirika kwa wina ndi mnzake (mutayezeza limodzi HIV)
- i) **Tchulani njira zina ziwiri zozitetezera ku HIV.**
Onani pamwambapa (h).
- j) **Kodi HIV ili ndi mankhwala?**
Ayi, koma munthu atha kukhala wa thanzi nthawi yayitali pokhala ndi chiyembekezo ali ndi HIV komanso pomwa mankhwala a ma ARV mwandondomeko.
- k) **Kodi munthu atha kukhala ndi HIV kwa nthawi yayitali bwanji ngati munthu wadzisamala moyenera?**
Palibe zaka zodziwika, koma ndi zisankho zoyenera zokhuza thanzi komanso chithandizo choyenerera, ndikotheka kukhala moyo nthawi yayitali. Anthu akhala zaka zoposa 20 ali ndi HIV.
- l) **Kodi utha kutenga HIV pogonana ndi munthu mmodzi yekha yemwe umamukhulupirira?**
Eya, ngati munthuyo ali kale ndi HIV koma sanakuuzepo
- m) **Kodi anthu omwe ali ndi HIV akuyenera kulodza okha chala osati anthu ena?**
Ayi. Akusoweka chilimbikitso chathu
- n) **Kodi kusiyana kwa kusalana ndi kusankhana ndi chiyani?**
Kusalana ndi chizindikiro chakunyazitsa komanso kusavomerezeka; kusala munthu ndekuti kunena zonyoza, kupangitsa munthu kudziwa kuti akupatulidwa. Kusankhana ndikusalola munthu kuchita zinthu zina kuti akwaniritse mafulu ake monga; kusamumpatsa mwayi wamaphunziro kapena kumulemba ntchito chifukwa ali ndi HIV. Zonse, kusalana ndi kusankhana ndi zinthu zoipa.
- o) **Tchulani njira ziwiri zomwe zingathandizire munthu yemwe ali ndi HIV kuti akhale moyo wa thanzi.**
Pokhala m'chiyembekezo ndi HIV monga kupitiriza kugwira ntchito, kucheza ndi anzathu, kugona mokwanira, kudya zakudya zopatsa thanzi, kupita kuchipatala tikadwala, kumwa mankhwala oyenera tikadwala, kupewa kutengerabe HIV podzera m'makhalidwe ogonana mosadziteteza.



- p) Tchulani ndondomeko ziwiri zokhalira moyo wachiyembekezo ngakhale uli ndi HIV. *Wonani pamwambapa(o).*
- q) Ndi zinthu ziwiri ziti zomwe mungamulangize mnzanu yemwe ali ndi HIV koma akufuna kulowa m'banja? *Malangizo akuyenera kuphatikizapo: "Onetsetsani kuti inu ndi wokonedwa wanu mukudziwana ngati nonse muli ndi HIV kapena ayi. Gwiritsani ntchito kondomu pogonana nthawi zonse. Landirani uphungu kwa phungu wophutsidwa bwino. Kafunseni malangizo a chipatala mukafuna kukhala ndi mwana"*
- r) Mutani ngati mnzanu watsokomola kwa masabata atatu? Angakhale kuti akudwala matenda anji? *Mlimbikitseni kuti apite kuchipatala akayezetse TB.*
- s) Tchulani njira ziwiri zomwe mungathandizire munthu yemwe ali ndi HIV makamaka ngati sakupeza bwino. *Kuwapatsa zakudya zopatsa thanzi, kuwalimbikitsa kukhala m'chiyembekezo, kuwaperekeza kuchipatala, kuwalimbikitsa kumwa mankhwala mwa ndondomeko, kuwathandiza kugwira ntchito zina zapakhomo(monga kutunga madzi kapena kusankha nkuni) ngati sangathe kuchita izi, apatseni chilimbikitso kumaganizo komanso kuuzimu.*
- t) Tchulani njira ziwiri zomwe mungathandizire munthu yemwe ali ndi HIV *Onani pamwambapa (s).*
- u) Tchulani zinthu ziwiri zomwe anthu omwe ali ndi HIV akuyenera kupewa kuchita. *Kumwa mowa, kusuta fodya, kugwiritsa ntchito mankhwala oletsedwa, komanso kugonana mosaziteteza.*
- v) Matenda opatsirana pogonana ndi chiyani? Ndimatenda omwe amafala kudzera mukugonana.
- w) Tchulani maina ena a matenda opatsirana pogonana. *Chindoko, chinzonono, HIV, mauka*
- x) Tchulani zizindikiro ziwiri za matenda opatsirana pogonana. *Ululu pokodza, sungu kapena zilonda kumaliseche, ululu mmunsi mwa mimba, kuyabwa kumaliseche-koma izi zitha kukhala zizindikiro za matenda ena.*
- y) Tchulani zinthu ziwiri zomwe ukuyenera kuchita ngati ukukayikira kuti uli ndi HIV. *Pitani kuchipatala, pemphani kholo kapena omwe akukusungani kuti akuperekezeni kuchipatala, yezetsani HIV komanso matenda ena opatsirana pogonana.*
- z) Mutani ngati mnzanu akuganiza kuti ali ndi mimba ndipo akuwopa kuuza aliyense? *Alimbikitseni kuti akayezetse ngati ali ndi mimba, ziperekeni kuti muwaperekeze kuchipatala akakumane ndi adokotala kapena a namwino.*

Phatikizani malikisi ndipo onse awombere m'manja gulu lopambana.

Onetsetsani kuti mwakonza mayankho olakwika ndipo mwatsindika mayankho olondola kuti akhazikike mwa anthu.

CHIKUMBUTSO KWA ALANGIZI: Ngati zochita zowonjezera, mutha kuyitana munthu yemwe akukhala m'chiyembekezo ndi HIV ndipo anabwera poyera kuti adzagawane ndi anthu zomwe wadutsamo komanso adzayankhe mafunso a achinyamata.



Ntchito 10F: Kuthana ndi kusalana

📖 **Kufotokozero:** Sewero ndi zokambirana.

🕒 **Nthawi yofunikira:** Mphindi 15.

1. Akumbutseni anthu kuti ngakhale tikufuna kupewa kufala kwa HIV, sitikufunanso kusala komanso kusankha anthu omwe ali ndi HIV “*Kuti timvetsetse za izi tichita kaseweroka.*”

2. Itanani anthu ozipereka anayi kuti apite panja mwachangu kuti akapeze ‘chakudya’ (mwachitsanzo itha kukhala , miyala kapena ndodo) chomwe akufuna kukagulitsa ku nsika. Zikatero auzeni ena onse otsala anamizire kuti ali pa nsika ndipo akuchita zinthu zosiyanasiyana monga kugula ndikugulitsa zakudya. Auzeni kuti anthu anayi anazipereka aja ali ndi poizoni yemwe ayika mu chakudya chomwe akugulitsa. Mwachidziwikire, anthu anayi aja akabwera ndikuyesera kugulitsa chakudya chawo anthu ena onse aziwazemba mwinanso kuwanena zambirimbiri. Pakapita mpindi zingapo imitsani seweroli ndikufunsa anayi ozipereka aja kuti alankhule za mmene akumvera. Kenako funsani ena za maganizo awo posakhala ndi ufulu wogula kwa anzawo.

Ndiye wonjezerani ponena kuti ndi inu amene munafalitsa mphekesera yoti chakudya cha anthu anayi aja chinali ndi poizoni, ngakhale mumadziwa kuti ndi zabodza. Nde funsani kuti anthu enawo akumva bwanji?

3. Longosolani kuti umu ndi mmene anthu amamvera kaamba kakusalana komanso kusankhana, nthawi zinanso zimaposa apa. Longosolani kuti kusalana kumayamba kaamba ka bodza komanso nkambamkamwa zokhuza mmene HIV imafalira komanso chifukwa choti anthu ena amaganiza kuti iwo ali bwino kuposa ena. Anthu omwe ali ndi HIV amasoweka chilimbikitso cha aliyense. Afunseni achinyamata mmene angathanirane ndi kusalana komanso kusankhana mdera lawo, komanso mmene angaperekere chilimbikitso kwa anthu omwe ali ndi HIV. Lembani maganizowo pa bolodi kapena pa fulipi tchati.

Ntchito 10G: Kutseka phunziro powunikira mmene gawo layendera komanso pemphero

🕒 **Nthawi yofunikira:** Mphindi 10.

Tsekani gawoli mwa nthawi zonse.

PHUNZIRO C:

Ndi Mulungu pambali panga, nditha kukwaniritsa masomphenya anga

Gawo 11:

Ndimadziwa mmene ndinganenere komanso nthawi yoyenera kunena “Ayi!”


Cholinga cha phunziro:

Achinyamata adziwa mmene angalumikizirane ndi anthu moyenera kuti apewe makhalidwe omwe angayike moyo wawo pa chiwonongeko.

Zochita 11A:

Kuwerenga mawu ndi pemphero

 Nthawi yofunikira: Mphindi 10.

Alandireni achinyamata ndikuwathokoza chifukwa cha kubwera kwawo.  Apempheni amodzi kuti awerenge **Mateyu 5:37** ndikuwafunsa ngati ali ndi ndemanga. Longosolani kuti Baibulo likutikumbutsa kuti tizikhala a chindunji pomwe tikulumikizana ndi anthu ena kuti tipewe kusamvetsetsana komanso kupewa kugwera m'mayesero omwe angawononge miyoyo yathu.

Pitirizani ndi pemphero kapena poyimba nyimbo.

Zochita 11B:

Simoni akuti

 Kufotokozero: Masewera.

 Nthawi yofunikira: Mphindi 10.

1. Mu masewera amenewa Simoni ndi amene ali mtsogoleri nde ndi pokhapokha mlangizi wanena kuti “Simoni akuti” ndi pomwe achinyamata akuyenera kuchita zomwe ‘Simoni’ wanena. Ngati mlangizi wanena chinthu popanda kunena kuti ndi Simoni wanena, aliyense sakuyenera kuchita kanthu. Mwachitsanzo, mlangizi akati: “Simoni akuti: ‘Imilirani’”, ndiye kuti aliyense ayimirire. Koma ngati mlangizi wangoti: “imilirani”, ndekuti aliyense sakuyenera kuchita kanthu.

Mwachitsanzo, itanani kuti: “Simoni akuti ‘dumphani’”, “Simoni akuti ‘imani’”, “Simoni akuti ‘imitsani manja’”, “kandani mphuno”...omwe akanda mphuno akuyenera kupita kukakhala pansi: Amenewa basi atuluka m'masewerawa chifukwa anatsatira zomwe Simoni sananene.

Kuti muwasokoneze achinyamata, muziankhula mwachangu. Kuti muwasokoneze kwambiri, muzichita zomwe mukulankhulazo kaya Simoni wazinena kapena ayi. Achinyamata ena azatengera zomwe mukuchita osati zomwe mukunena. Masewerowa amapitira mpaka atsale anthu ochepa.



2. Auzeni achinyamata kuti masewera atikumbutsa kuti tikuyenera kukhala tchelu kuti tikumvera mawu a ndani ndipo mau a ndani omwe sitikuyenera kumvera. Tikuyenera kumvera mau a Mulungu komanso anthu omwe timawakhulupilira ndipo tikuyenera kupeza thandizo kwa ena ngati nkofunika.

Ntchito 11C: Tinganene bwanji “Ayi”?

Kufotokozerana: Zokambirana.

Nthawi yofunikira: Mphindi 10.

1. Auzeni achinyamata kuti lero tiphunzira m'mene tinganenere “ayi” komanso nthawi yoyenera kunena “ayi kudziwa kunena ayi ndikofunikira kwambiri. Chifukwa chiyani? Kudziwa kunena ayi munthawi yoyenera kutha kutiteteza kuti tisapwetekeke. Mwachitsanzo, ngati wina watiuza kuti tidumphe kuchokera pa mlatho wautali, chingachitike ndi chiyani tikapanda kunena kuti “Ayi”? Funsani anthu kuti apereke zitsanzo zina-monga-kukwera galimoto ya anthu omwe sitikuwadziwa, kapena kumwa mankhwala ozunguza bongo.

2. Wonjezerani kuti ponena “Ayi” pa nthawi yoyenera zitha kutiteteza kuzisankho zomwe zingawononge tsogolo lathu. Mwachitsanzo ngati nzathu watiuza kuti tisapite kusukulu kwa sabata la tunthu chingachitike ndi chiyani ngati sunena “Ayi”? Auzeni anthu apereka zitsanzo zina-monga; ngati nzako akufuna kuti mukabe mu sitolo, kapena kuti muwonetse kuti ndinudi mwamuna pochita zogonana kapena kukamwa mowa.

3. Longosolani kuti nthawi zina ndipovuta kunena “Ayi”, makamaka kwa munthu wamkulu chifukwa ndi chikhalidwe chatu kulemekeza akulu ndipo timafuna kuwathandiza. Koma pali akuluakulu ena omwe amachita nkhanza kwa ana komanso achinyamata ngakhale amawoneka ochezeka komanso tikuwadziwa. Zimakhalanso zovuta kunena “Ayi” kwa mnzako. Ndi mawu ati omwe tingawiritse ntchito? Ungawiritse thupi lako lonse kunena “Ayi”?

4. Perekani chitsanzo ichi: Tiyerekeze mukuyenda m'tawuni ndipo munthu wina woti simukumudziwa wakuyimirani pa galimoto yake. Watsitsa zenera ndikukupemphani kuti mukwere kuti mumulondolere njira ya yakumanda. Mungamuuze zotani?

Apempheni achinyamata kuti amuyankhe munthuyo kuti “Ayi”. Ena onse amvetsera aliyense akunena kuti “Ayi”.

5. Ndiye auzeni achinyamata kuti muyerekeza kuti inu nde munthu wachilendo uja. Valani chipewa kapena china chake kuti musonyeze kuti tsopano mukhala munthu wa chilendo wa m'galimoto uja. Yesezerani kutsitsa zenera la Galimoto lanu ndikupempha wachinyamata mmodzi kuti akwere m'galimoto ndikukulondolererani njira ya kumanda. Funsani achinyamata angapo ndipo uzani aliyense kuti anene “ayi”. Ena onse amvetsera aliyense akunena kuti “Ayi”. Pamapeto pa zonse afunseni achinyamata ena mmene momwe ma “Ayi” amamvekera mosiyanasiyana. Mwachitsanzo ma ‘Ayi’ ena amamveka mwa manyazi komanso mokayika, ena moseka, ena mwa mphamvu komanso mokuwa. Kenako kambiranani za mtundu wa “Ayi” yemwe sangamveredwe ndi munthu wachilendo amene akufuna kuchita zachipongwe komanso “Ayi” amene ali wamphamvu komanso okanadi mwa ndithu!.

Ntchito 11D: Kuphunzira kunena “Ayi”

Kufotokozerana: Kuyezezera.

Nthawi yofunikira: Mphindi 20.

Uzani achinyamata kuti tsopano akhala ndi mpata onena “Ayi”.

1. **Kugwiritsa mawu anga kunena “Ayi!”**
Fotokozani kuti mufunsa, mafunso angapo. Poyamba achinyamata ayankha funso pogwiritsa ntchito mawu awo okha. Poyamba ayi wawo akhale wofooka komanso wa phee! Mwina chifukwa sakufuna kumukhumudwitsa mlendoyo. Kenako bwerezani funsola koma tsopano “Ayi” wawo akhale wamphamvu komanso omveka bwino. Koma aliyense akuyenera kukhala pansu ndipo sakuyenera kukuwa. Fotokozani kuti mtundu uwu wakulumikizana ndi anthu ndi kulumikizana kudzera m'mawu, ndipo kumadalira mawu omwe timagwiritsa ntchito komanso kukwera komanso kutsika kwa mawu athu.



Gwiritsani ntchito mawu komanso thupi lanu kenena “Ayi”.

Afunse achinyamata mafunso otsatirawa:

- ◆ Mukufuna kudya mchenga?
- ◆ Mumalankhula chilankhulo cha ma China?
- ◆ Nditha kutenga zovala zanu zomwe simumazivala n’kuzigulitsa kuti ndipeze ndalama?
- ◆ Nditha kugwira malo obisika pa thupi lanu?
- ◆ Mukuwopa kunena “Ayi”?

2. Kugwiritsa ntchito thupi langa kunena “Ayi!”

Fotokozani kuti mubwerezanso mafunso omwe aja. Koma aliyense sakuyenera kuyankhula kalikonse koma atha kuyimilira ndikugwiritsa ntchito matupi awo kunena “Ayi!”. Kambiranani nawo mwachidule kuti ndi ziwalo ziti zomwe angagwiritse ntchito-mwachitsanzo, manja, mutu, mapewa, mapazi kapena thupi lonse. Fotokozani kuti njira iyi yolumikizirana ndi anthu imatchedwa kuti kulumikizana posagwiritsa ntchito mawu, kapena kulumikizana pogwiritsa ntchito thupi ndipo zimapereka thandauzo lowonjezera pa zomwe tikulankhula.

Ndiye bwerezanso mafunso asanu aja ndipo uzani achinyamata kuti ayese kugwiritsa ziwalo zosiyanasiyana kunena “Ayi”.

3. Kugwiritsa ntchito mawu komanso thupi langa kunena “Ayi!”

Tsopano muuza achinyamata kuti agwiritsa ntchito mawu komanso thupi lawo kunena “Ayi!” Fotokozani kuti “Ayi” wofooka ndiko kuyang’ana pansi, kubisa nkhope ndi manja. “Ayi” akuyenera kuwonekeratu-monga kupondetsa phazi pansi mosachita mwano chifukwa izi zitha kumukwiyitsa munthu ndikufuna kuchita za ndewu.

Tsopano afunsi achinyamata kuti mufunsa mafunso omwe aja ndipo ayankhe pogwiritsa ntchito thupi lawo komanso mawu ponena “Ayi”. Pomaliza kambirana kuti njira yabwino yonenera “Ayi” ndi iti ndipo chifukwa chiyani.

Ntchito 11E:

Njira zochedwetsera zinthu ✨

 **Kufotokozera:** Zokambirana.

 **Nthawi yofunikira:** Mphindi 15.

1. Afotokozereni achinyamata kuti ‘njira zochedwetsera’ zitha kuthandiza kuti tituluke mu mpanipani omwe tayikidwa. Nthawi zina ndi bwino kungonena ayi ngati sukugwirizana ndi zomwe ukuwuzidwa. Nthawi zina anthu amakanika kunena “Ayi” kwa anzathu komanso akuluakulu. Njira zochedwetsera zitha kukupatsani mpata woganizira mmene munganenere ayi momveka bwino patsogolo. Mwachitsanzo, ngati wina akukukakamizani kuchita zogonana mutha kugwiritsa ntchito njira zochedwetsera izi:

- ◆ Mutha kulankhula mawu ochedwetsera monga: “sindinakonzeke”; “osati panopa”; “ndikuyenera kupita kunyumba”; kapena, “sindikupeza bwino”.
- ◆ Mutha kuchita chinthu chochedwetsera monga kudya chakudya, kugwetsera chinthu, kuwoneka wobalalika, kapena kupita kuchimbudzi.
- ◆ Pomaliza mutha kutalikirana ndi munthuyo: monga poyika manja pachifuwa pathu (kukhumata), kukankha munthu winayo, kuyimilira kapena kuchokapo.



2. Afunzeni achinyamata kuti akuganiza kuti nthawi yabwino yogwiritsira ntchito njira yochedwetsera, kuyerekeza ndikuneneratu kuti “Ayi” (monga ndi akuluakulu kapena bwenzi lako) ndi yiti.

3. Malizitsani polongosola kuti mutha kugwiritsa ntchito njira ya ‘Sangweji’. Iyi ndi njira yothandizira kukhala pa ubwenzi ndi munthuyo ngakhale simukufuna kuchita zomwe akukupempha kuti muchite. Cholinga ndi kuyika “Ayi” kapena njira yochedwetsera pakati pa mawu awiri obweretsa chilimbikitso. Choncho utha kunena kuti, “umandisangalatsa ndipo ndimayamika pa zomwe umandichitira. Koma bwanji tiyime kaye ndikukambirana za izi bwinobwino. Sindikufuna kuti tichite zinthu zoti zitibweretsera madandaulo patsogolo.”

4. Pemphani anthu ena kuti azipereke kuti agwiritse ntchito njira yochedwetsera kapena ya Sangweji poyankha mafunso mu ntchito 11D (pa tsamba 59).

Ntchito 11F: Chiyambi cha nkhani zokhudza nkhanza zokhudza kugonana

Kufotokozeru: Kuwerenga.

Nthawi yofunikira: Mphindi 15.

1. Werengani mawu a Mulungu makamaka nkhani ya Tamara, 2 Samuyeli 13: 1-18.

2. Fotokozani kuti nkhanza zokhudza kugonana-kukakamiza munthu wina kuchita zogonana mowakamiza - kwakhala kukuchitika kuyambira m’baibulo. Tamara anavutika kaamba ka zomwe zinamuchitikira ndipo baibulo ikutiwuzwa kuti tipewe kuvutika mu njira imeneyi m’nyengo ino. Tikuyenera kuchita chotheke kupewa nkhanza zilizonse kaya zakuthupi, kaya zokhuza kugonana komanso za m’aganizo. Tidziwenso kuti ngati tichitiridwa nkhanza, tikumbukire kuti sikuti olakwa timakhala ife.

Nchito 11G: Kukhuza moyenera ndi kukhuzidwa kosayenera

Kufotokozeru: Zokambirana.

Nthawi yofunikira: Mphindi 10.

1. Yambani ndikufotokoza kuti aliyense anapatsidwa mpatso yotha kukhuza kapena kugwira zinthu. Kukhuza zinthu ndikofunika. Kutha kukupangitsa kumva kutenthera, kukondedwa, komanso kuti umve bwino. Kukhuza kutha kukupangitsa kuti umve kukoma: mwachitsanzo ukakhuza nkhope yako ndi nsalu yofewa kapena duwa. Koma kukhuza kutha kukhala kowawa: mwachitsanzo ukabayidwa ndi munga kapena ukapsa ndi moto. Timaliza gawo lino powunikira ‘kukhuzidwa koyenerera’ komanso ‘kukhuzidwa kosayenera’.

2. Fotokozani kuti utha kudziwa kuti kukhuzidwa uku ndikoyenera kapena kosayenera malinga ndi mmene wamvera. Kukhuzidwa moyenera kumakhala kotani? Funsani achinyamata kuti ayankhe funso limeneli. Onetsetsani kuti mwalongosola kuti: “kukhuzidwa moyenera ndi komwe kumakupangitsa kumva bwino, kuchokera kwa chinthu kapena munthu amene amakuchitira ubwino, kukhuza komwe sikufika malo obisika popanda ife eni kuvomereza. Kukhuzidwa kosayenera ndikosiyana ndi izi: ndi chinthu choti tikuyenera kuchipewa komanso tikuyenera kudziwa chochita zikatichitikira.”

Ntchito 11H: ‘X’ Ndiye malo osankhidwa- achongeni

Kufotokozeru: Masewera.

Nthawi yofunikira: Mphindi 20.

1. Fotokozani kuti cholinga cha masewerawa ndikulimbikitsa kukhala wa chidwi pochita zinthu komanso kudziwa zomwe timamva m’thupi, komanso kukhala omasuka. Ndi chitsanzo cha ‘kukhuza koyenera’. Pa masewerawa, achinyamata aliyense athowa phewa la achinyamata wina mongosewera.

CHIKUMBUTSO KWA ALANGIZI: Posewera masewerawa, kukhuzana kukuyenera kulekeza kumwamba ndi pakati pa nsana. Aliyense amene sakufuna kusewera nawo sakuyenera kukakamizidwa.

2. Apempheni achinyamata kuti apange bwalo lozungulira ndipo aliyense ayang'ane nsana wa munthu yemwe ali patsogolo pake. Aliyense ayike dzanja limodzi pa nsana pa munthu ali patsogolo pake. Yambani ndikukena modekha kuti:

“X ndiye malowo...”

(Lembani X wamkulu pa nsana pamunthuyo)

“ndi tima do-doo-d-d...”

(Ndi chala cha mkombaphala tsindikani ma dontho atatatu motsika pa nsana wa munthuyo)

“Ndi ma khwe-khwe-khwe...”

(Lembani mizere itatu yaikuluikulu pa nsana pa munthuyo)

“Ndi chizindikiro cha funso (mfunsiro)...”

(Lembani chizindikiro cha funso pa nsanapo kuyambira m’mapewa kutsika mmunsi mpaka muyike kadondocho kaja)

“Lembani kupita m’mwamba, lembani zinthu zosiyasiyana kupita mmunsi ndi PENA PALIPONSE...” (ndi manja onse, yendetsa zala zonse kupita mmunsi ndi mmwamba pa nsanapo kenako chitani mozunguliza pa nsanapo)

“Ndiye kenako pakubwera chi WOOOSH chachikulu” (pemererani mpweya pambuyo pa khosi la munthuyo).

3. Akumbutseni achinyamata kuti ‘X’ Ndiye malowo ndi chitsanzo cha kukhuza koyenera. Afunse kuti alongosole kuti izi zili choncho chifukwa chiyani. (Mwachitsanzo, kunali kukhuza kosapupuluma, munthu amamva bwino, kukhuzana kumachitika motalikira ziwalo zobisika, komanso panali pamwamba pa zovala) funsani, *“mungatani munthu atakugwirani molakwika komanso mokupangitsani kuti musakhale okondwa” Anthu angapo akayankhapo, onetsetsani kuti mfundo izi zatuluka:*

- ◆ Sikolakwika kunena kuti “Ayi” ngati munthu wina akufuna akukukhuzeni munjira yosayenera kapena yokuchititsani kuti



Kukhuzana koyenera ndikomwe kumatipangitsa kuti timve bwino.

mukhumudwe. Mwini wa thupi lako ndi iweyo choncho uli ndi ufulu wosankha woti akukhuze, motani komanso pati.

- ◆ Akuluakulu akuyenera kudziwa bwino kuti sakuyenera kukhuza wachinyamata m’njira yosayenera kapena yoti imukhumudwitsa. Izi zitanthauza kuti ngakhale munthu wamkulu amene umamulemekeza akufuna kukugwira mosayenera, uli ndi ufulu wonena” Ayi”. Utha kupewa kukhuzidwa mosayenera pothawa kapena pokuwa mokweza.
- ◆ Akumbutseni onse kuti nkhanza zokhudza kugonana monga kugwiririra ndi mlandu. Ana samakhala olakwa ndipo akuyenera kutetezedwa, koma munthu wamkulu aliyense amene achita izi amayenera kuyimbidwa mlandu.
- ◆ Nenani motsindika kuti, *“Ngati wina akukakamizani kuti akugwirenireni kapena wina mumugwire musakufuna, mumuneneze kwa munthu wamkulu amene mumamukhulupirira, ngati yemwe mwamuuzayo sachitapo kanthu, uzani munthu wina.”*



4. Auzeni achinyamata kuti anthu omwe amachitira nkhanza ana amawauza anawo kuti asunge zomwe zikuwachitikirazo mwachinsinsi. Amathanso kumuwopseza mwana kuti amuvulaza ngati aulula kwa wina aliyense. Tsindikani kuti ngati wina aliyense awagwira kapena kuwakuza molakwika akuyenera kutsatira ndondomeko izi, zomwe zalembedwa pa pepala lalikulu kapena pabolodi:

- ◆ Muuzeni wofuna kuchita zoyipayo mwatchutchuchu kuti “Ayi”.
- ◆ Mthaweni munthu wofuna kuchita zoyipa, kuwani, fuwulani, vutani mwa njira iliyonse.
- ◆ Pitani kwa munthu wa mkulu wodalirika (monga kholo, aphunzitsi, agogo, apolisi kapena anamwino ndi ena.).
- ◆ Yesetsani kufotokoza zomwe zinachita.

- ◆ Ngati munthu wamkulu yemwe mwamuuza sakuthandiza, uzani ena mpaka wina achite kanthu.
- ◆ Ngati mukudziwa mabungwe oteteza maufulu a ana mdera lanu, adziwitseni.

Ntchito 11I: Kutsekera phunziro ndi kuwunikira zomwe taphunzira komanso pemphero

🕒 Nthawi yofunikira: Mphindi 10.

Tsekani gawo lino mwa nthawi zonse.

Gawo 12: Nditha kuthana ndi kalionera

Zolinga za phunziro:

Achinyamata akhala ndi kulimba mtima komanso kuthekera koyima nji! Ngakhale atakamizidwa kutengera zomwe anzawo akuchita.

Ntchito 12A: Kuwerenga Baibulo ndi pemphero

🕒 Nthawi yofunikira: Mphindi 10.

Alandireni achinyamata ndikuwathokoza chifukwa chakubwera kwawo. 📖 Pemphani anthu awiri kuti awerenge mokweza **1 Akorinto 15:33** ndi **Miyambo 12:26**, ndikufunsa ngati anthu ali ndi ndemanga. Longosolani kuti tsogolo lathu layima pa anzathu omwe timasankha komanso kuti timamvera ndani. Pitirizani ndi pemphero kapena nyimbo.

Ntchito 12B: Ngalawa yopulumukira ☺

📄 Kufotokoza: Masewera.

🕒 Nthawi yofunikira: Mphindi 10.

Aloreni achinyamata kuti amwazikanemwazikane m’chipinda chomwe muli koma akhale chiyimilire. Auzeni kuti ayezese kuti akusambira pakati pa nyanja ya mchere kuyembekezera kuti ngalawa zopulumutsa anthu zidzawatenge ndikuwa pulumutsa. Kuwani: *“Ngalawa yopulumukira ikubwera! Sambirani! Sambirani!* Aliyense azungulirezungulire m’chipindacho uku akuyesezera

kusambira. Akusambira chomwecho, kuwani kuti, “ngalawa yopulumutsa anthu awiri” kapena “ngalawa yopulumutsa anthu asanu!”, Aliyense apite m’magulu a anthu awiriawiri kapena asanuasanu kuti ‘apulumutsidwe’ ndi ngalawa yopulumutsa. Achinyamata omwe ayima pawokha kapena omwe ayima m’magulu achiwerengero cholakwika ndekuti amila. Thetsani masewera pokuwa kuti “ngalawa yopulumutsa tonse!”, zomwe zithandauza kuti achinyamata onse ayima pamodzi.

Ntchito 12C: Kumvetsetsa kalionera

 **Kufotokozero:** Zokambirana.

 **Nthawi yofunikira:** Mphindi 5.

1. Akumbutseni achinyamata kuti mu gawo lapitali anaphunzira kunena “Ayi” akakumana ndi zinthu zosiyanasiyana zomwe zingawononge tsogolo lawo. Zitsanzo zomwe zinaperekedwa zinali zomveka. Malingana ndi zomwe wanena, “eya” kapena “Ayi”utha kudziwa ngati wapanga chisankho choyenera kapena ayi.

2. Longosolani kuti, nthawi zina sizidziwika. Mwina aliyense akuchita chinthu chomwe umaganiza kuti ndi cholakwika, komano tsopano sukuwona kuti pali vuto. Kapena ukulandira mauthenga ochuluka kukukopa kuti usawope basi ‘ungochita zinthuzo basi’-mwachitsanzo kuchokera kwa achinyamata ena mudera lanu kapena nyimbo yomwe wamva pawayilesi kapena pa kanema. Pomwe achinyamata ena akukukakamiza kuti uchite zinthu mmene iwo akufunira chimenecho chimatchedwa ‘kalionera’. Afunzeni achinyamata kuti apereke zitsanzo za kalionera kuphatikizapo m’mene wayilesi za mphepo ndi nyuzipepala zimakolezerera kalionera.

3. Wonjezerani kuti polimbana ndi kalionera, kunena kuti “Ayi” kamodzi, kawiri, katatu sikokwanira chifukwa kalionera kamabwerabwera. Amayesetsa kukugwetsa kuti unene “Eya”. Nde munthu utani? Fotokozani kuti njira ina ndikukhala m’magulu a kaliwonerera kabwino: Kupeza achinyamata ena omwe ali ndi zikhulupiriro zofanana nanu ndikuthandizana kupanga zisankho zabwino ndikusunga makhalidwe abwino.



Nthawi zina kungonena ayi ku kalionera sikokwanira

Ntchito 12D: Ndondomeko zisanu zokuthandizirani kuima nji! ☹

 **Kufotokozero:** Zokambirana.

 **Nthawi yofunikira:** Mphindi 15.

CHIKUMBUTSO KWA ALANGIZI: Ndondomeko ya magawo asanu (pa tsamba 64) Ikuyenera kulembedwa pa fulipi tchatu gawo lino lisanayambe. Malizitsani gawo la kumanzere. Mumalizitsa gawo lakumanja pochita phunziro.

1. Longosolani kuti tidzatsata magawo asanu polimbana ndi kalionera koyipa. Yambani ndikufunsa achinyamata kuti aganizire khalidwe limodzi labwino lomwe akufuna apitilire kulisunga, ngakhale kalionera chikufuna azichita zina. Auzeni kuti ili timalitchula kuti, ‘ganizo labwino’.



2. Pemphani munthu mmodzi kuti azipereke kuyankha mafunso okhuza ganizo laumoyo wabwino lomwe wasankha. Funsani, “*Kodi ndi ganizo la umoyo wabwino liti lomwe wapanga?*”. Auzeni achinyamata onse kuti ngakhale tizigwiritsa ntchito chitsanzo cha munthu mmodziyu aliyense atha kuthandizira kupanga chisankhochi potenga nawo gawo pazokambirana za ndondomeko zisanu zotsatirazo.

3. Awonetseni achinyamata ndondomeko zisanu zomwe mwalemba pa pepala lalikulu.

4. Kambiranani za ndondomeko zisanuzi pogwiritsa ntchito mafunso ndi ndemanga pa chitsanzo chomwe nzanthu yemwe wazipereka wapereka.

Funansi aliyense kuti apereke ndemanga, mafunso kapena maganizo.

CHIKUMBUTSO KWA MLANGIZI:
 Muzokambiranazi khalani tcheru ndi achinyamata omwe anachitapo makhalidwe osayenera kapena analakwitsapo m’mbuyomu. Mutha kunena kuti: “*Ngakhale timayesetsa kuti tisalakwitse, Mulungu amamvetsetsa kuti kulakwitsa ndiye umunthuwo. Ndi wachikondi komanso wachifundo. Choncho, ngati zinakuchitikirani, yesetsani kubwerera m’mbuyo mwachangu ndikuyamba kuchita makhalidwe abwino ndi woyenera.*”

NDONDOMEKO ZISANU	Mafunso ndi Ndemanga:
1. Longosolani chifukwa chomwe ganizo lanu la umoyo wabwino liri lofunikira	(Longosolani ganizo lanu la umoyo wabwino. Uli ndi zolinga zotani za zotsogolo lako, ndipo kodi ganizo lako la umoyo wabwino lithandizira bwanji kukwaniritsa cholinga chimenechi)
2. Pezani zinthu zomwe zikuyesera kukukhotetserani kutali ndi ganizo lanu la umoyo wabwino.	(Ndi zinthu ziti kapena anthu omwe akufuna akukhotetsere kutali ndi ganizo lako la umoyo wabwino? Lingalirani kwambiri pa zochitika zokhuza kukakamizana kapena kalionera. Komanso ganizirani nyimbo, mavidiyo, wayilesi yakanema omwe akufuna kukukopani kuti muyesere zosayenera.)
3. Pangani ndondomeko yomwe ingakuthandizeni kuti musataye komanso kuti mukhazikitse ganizo lanu la umoyo	(Kodi mungapewe bwanji anthu kapena mauthenga omwe akufuna kukukhotetserani kutali ndi ganizo lanu la umoyo wabwino? Kodi mungachite chiyani kuti musungebe ganizo lanu la umoyo wabwino-mwachitsanzo, kupeza anzanu omwe ali ndi maganizo monga anu kapena kukhazikitsa gulu loti muzilimbikitsana maganizo?)
4. Yeserani luso lolumikizirana ndi anthu ena kuti ena asakusokonezeni.	(Njira zina zosiyanasiyana zomwe mungafotokozere anthu ena za chisankho chanu kuti musungebe ganizo lanu la umoyo wabwino? Ndi ndani angakuthandizireni kukulimbikitsani maganizo kuti mugwiritse ntchito ganizo lanu la umoyo wabwino. Kodi gulu la anzanu lolimbikitsana lingakuthandizeni bwanji?)
5. Zinyadireni nokha pochita bwino monga mmene mwachitiramu.	(Zinyadireni nokha kuti mwapanga komanso mwasunga ganizo lanu la umoyo wabwino ngakhale pali zovuta zambiri kuphatikizapo kalionera. Zijambulireni nkhope zomwetulira 😊 zimenyeni nokha pa mphewa: Mwachita bwino! Pitirizani) 😊

Ntchito 12E: Thanzi langa, chisankho changa

 **Kufotokozero:** Kulemba.

 **Nthawi yofunikira:** Mphindi 25.

Mpatseni wachinyamata aliyense pepala ndi pensulo. Muuzeni aliyense kuti alembe khalidwe limodzi labwino lomwe akufuna kuyamba kapena kupitiriza kuti likhale ‘Ganizo la umoyo wabwino’. Auzeni kuti alembe ganizo lawo la umoyo wabwino pamwamba pa pepalawo. Kanako auzeni alembe ndondodmeko zisanu zija (kuchokera mu zochita 12D) asiye mpata wolembe mayankho ndi ndemanga zomwe muwawerengere posachedwa (molingana ndi tebulo lomwe liri pa tsamba 64) la ndondomeko iliyonse. Aliyense akamaliza, auzeni kuti atengere ganizo lawo laumoyo wabwino kunyumba kwawo kuti azikumbukira mpaka mtsogolo.

Ntchito 12F: Kalionera kabwino

 **Kufotokozero:** Zokambirana.

 **Nthawi yofunikira:** Mphindi 15.

1. Longosolani kuti gawo lino liunika kwambiri kalionera ngati chinthu choyipa. Koma kalionera atha kukhala chinthu chabwino. Kalionera kabwino ndi chilimbikitso chabwino komanso kuwunikirana kuchokera kwa achinyamata a mu dera. Izi zimachitika mosakonzekera pakati pa achinyamata a zolinga zofanana kapena ngati mbali ya gulu

lolimbikitsana (mwachitsanzo, gulu la achinyamata kapena kalabu). Kalionera kabwino katha kukuthandizira kusukulu, kupeza zochita zabwino, kapena kupeza ntchito zogwira mozipereka kuti mutukule dera lanu. Tsindikani kuti kalionera kabwino ndi chiwonetsero chakukonda komanso chisamaliro. Kuti muwonetsere izi, perekani chitsanzo ichi:

Rachel (12) ndi David (14) anakhala amasiye amayi awo atatisiya miyezi iwiri yapitayo. Anasamukira kwa agogo awo omwe amakhala kufupi ndi inu koma agogo awowo ndiwokalamba kwambiri komanso ofooka. Sabata latha, Rachel ndi David anayamba sukulu ku sukulu yomwe mumaphunzira. Alibe anzawo aliwonse ndipo akuwoneka okhumudwa. Inu ndi anzanu mungatani kuti Rachel ndi David akhale bwino? Zitsanzo ndi monga: Kuwapempha kuti mukasewere limodzi, kuwayitanira kwano mukaweruka kusukulu, kucheza nawo, kuwafunsa nyimbo zomwe amakonda. Tsindikani kuti nthawi zina ndiposavuta kuthandiza ena ngati gulu osati munthu m’modzi.

2. Afunzeni achinyamata kuti aganizire zitsanzo zina za kalionera wabwino. Lembani zitsanzosi pa bolodi kapena pa fulipi tchati ndipo tsekani gawoli mwachidule.

Ntchito 12G: Kuwunikira zomwe taphunzira ndi kupemphera

 **Nthawi yofunikira:** Mphindi 10.

Tsekani gawoli mwa nthawi zonse.





Gawo 13: Kodi chikondi ndi chiyani?

Zolinga za phunziro:

Achinyamata adziwa kusiyantsa pakati pa chikondi chenicheni ndi chilakolako chongofuna kugonana komanso komanso amvetsa chifuniro cha cha Mulungu pa momwe chikondi chenicheni chikuyenera kukhalira.

Ntchito 13A: Kuwerenga mawu a Mulungu ndi pemphero

🕒 Nthawi yofunikira: Mphindi 10.

Alandireni achinyamata ndikuwathokoza chifukwa chakubwera kwawo. 📖 Pemphani anthu kuti awerenge mokweza **Yohane 15:12-13** ndi **1Akorinto 13:4-7** ndikupempha anthu kuti apereke ndemanga. Longosolani kuti chikondi chenicheni chimawoneka mukudzipereka, kukhulupirika komanso muchisamaliro. Pitirizani popemphera kapena poyimba nyimbo.

Ntchito 13B: Masewera a Botolo

📖 Kufotokozerana: Masewera.

🕒 Nthawi yofunikira: Mphindi 5.

Auzeni achinyamata kuti apange bwalo. Botolo kapena chinthu china chake chiperekedwa kuti anthu azipatsirana. Munthu woyamba achite china chake ndi botoloyo monga kulitembenuza, kulipyopyona, kapena kuligunditsa pa bondo. Munthuyo apereke botololo kapena chinthucho kwayemwe ali kumanja kwake ndipo achita chimodzimodzi ndikuwonjezerapo chinthu china asanapereke kwa munthu wotsatira. Munthu wachitatu akuyenera kuchita zomwe munthu woyamba ndi wachiwiri anachita ndikuwonjezerapo chochita china mpakana mpakana. Ngati wina ayiwala chochita kapena walakwitsa ndekuti

watuluka ndipo munthu wotsatira apeza mwayi. Izi zitha kupitirira mpaka patsale anthu ochepa.



Ntchito 13C: Chikondi ndi chiyani? ✨

📖 Kufotokozerana: Zokambirana.

🕒 Nthawi yofunikira: Mphindi 20.

1. Afunseni achinyamata kuti afotokoze kuti mawu oti chikondi amathandauza chani kwa iwo. Lembani matanthaauzo osiyanasiyana pa pepala lalikulu. Kenako afunseni achinyamata kuti apereke dzina la chikondi muzilankhulo zosiyanasiyana ndipo lembaninso izi.

Chikondi Chenicheni	Chilakolako cha chimbulimbuli
Chikondi chenicheni chimadekha: Chikondi chimatenga nthawi kuti chikudziwe komanso kupatsa. Chikondi ndi chinthu choti chimakula ndipo kukula kumatenga nthawi.	Chilakolako cha m'chimbulimbuli chimachita phuma: Chimakhala pachangu. Chimathamangira kufuna kuvomerezeka komanso kuwonetsera zofunana. Phuma komanso changu chimakhathera mu ngozi.
Chikondi chenicheni chimakumasula-umakhala mfulu: Chikondi chimalimbikitsa ufulu woti munthu akule ndikutha kuchita zinthu ndi anzako. Chimakulora kukhala chomwe uli ndikukuthandizira kuti ukule.	Chilakolako cha m'chimbulimbuli chimanga: Chithetsa maubwenzi ena onse. Chimakwiya ndikupsa mtima ndi munthu kapena chochitika chomwe chikulepheretsa kuti mukhale limodzi.
Chikondi chenicheni chimavomereza: Chimasamala za iwe mmene uliri. Chimakhulupirira ndipo chimaganizira chimamvetsa ndipo chimalenga. Chimafuna kukutumikira ndikukuwona ukukula komanso kutukuka.	Chilakolako cha m'chimbulimbuli chimafuna kulandira: Chimafuna kutumikiridwa. Chimafuna kusintha umunthu wako ndipo zofuna zake zikapanda kukwaniritsidwa chimafuna kuthetsa ubwenzi wokha.

Wonjezerani kuti mu mziyankhulo zambiri liwu limodzi limatanthauza maubale osiyanasiyana - monga chikondi pakati pa makolo ndi ana, chikondi pakati pa achimwene ndi achemwali komanso pakati pa mkazi ndi mwamuna wake, kapena pakati pa wokwatiwa ndi wosakwatiwa, kukondana ndi Yesu kapena chikondi chomwe munthu amakhala nacho pa dziko lake. Chomwe chikufanana pa zikondi zonsezi ndi chisamaliro, kulemekezana, kukhulupirirana komanso kukhuzika ndi zosowa za wina.

2. Tsopano afunseni achinyamata kuti alongosole thandauzo la kugwa m'chikondi; kupeza munthu wina wapaderadera yemwe umakhumba utakhala naye pafupi, kumukhuza, kapena kumangomumvetsera kapena kungokhala naye pafupi. Longosolani kuti, makamaka kwa achinyamata, kugwa m'chikondi kumadzutsa zilakolako zokhuza kugonana. Zilakolakozi ndi chilengedwe ndipo ndi gawo la moyo, koma popanda kuzigwira zitha kupangitsa achinyamata kuchita zogonana asanakonzekere kutero.

Wonjezerani kuti chilakolako cha mphamvu chimenechi pa munthu wina chimatchedwa 'Chilakolako cha m'chimbulimbuli'. Mposavuta kusokoneza Chilakolako cha m'chimbulimbuli ndi Chikondi. Afunseni achinyamata kuti asiyanitse ziwirizi. Mukalandira mayankho angapo, tsirizani zonse popereka ndemanga zomaliza pofotokozera tebulo liri pamwambali pa bolodi kapena pa fulipi tchatu polemba mawu okhawa atsindikiza mowala.

Ntchito 13D:

Kodi ichi ndi chikondi?

 **Kufotokozera:** Zokambirana.

 **Nthawi yofunikira:** Mphindi 15.

Werengani tikhani tinayi totsafirati mokweza ndipo pamathero pa nkhani iliyonse afunseni achinyamata kuti ayankhe funso ili: "Kodi ichi ndi chikondi?"

1. Joseph akuyenda mtauni ndipo wawona mtsikana wokongola kwambiri. Nde amutsatira mtsikanayo, ndipo akumuyandikira anati: "Yes, mkazi". Nde amveke, "Koma ukudziwa kuti ndiwe wokongola kwambiri?" Mtsikana sakuyankha ndipo akungoyendabe. Joseph amutsatirabe ndikumuuza "bwanji sukundimwetulira? Ndikudziwa umamwetulira mokoma."

Kodi ichi ndi chikondi chenicheni? Kodi Joseph akumukonda mtsikanayu? Kapena uku nde kugwa m'chikondi utangomuwona kumene munthu? Asiyeni achinyamata apereke mayankho. Kenamo lankhulani mwa tchutchutchu kuti ichi sichikondi. Joseph sakumudziwa mpang'ono pomwe mtsikanayu. Wangokomedwa naye. Ngati takumana ndi munthu wokongola timakopedwa naye. Kukopedwa kutha kukhala kwa kanthawi yochepa- mphindi zochepe: - kapena kutha kukhala kwa nthawi yayitali. Koma sichikondi chenicheni.



2. Rosa akumalota usana ndi usiku za mnyamata wina wake yemwe anamuwona mu sitolo masiku angapo apitawo. Sakudziwa zambiri za mnyamatayo koma chifukwa mnyamatayo anamumwetulira ndikumufunsa dzina lake, akuganiza kuti mnyamatayo wagwa naye m'chikondi. Alibenso chidwi ndi sukulu, ngakhale anzake, sakuganizira kapena kukamba za china chilichonse koma za mnyamata ameneyu. "Ndikuwona kuti ndimamukonda!" Rosa akumauza mchemwali wake komanso anzake.

Kodi ichi ndi chikondi? Kodi Rosa akumukondadi mnyamatayu? Aloleni achinyamata apereke mayankho. Kenako munene mwatchutchu kuti ichi sichikondi. Rosa sakumudziwa mnyamatayo. Wangokopeka koma kuposera apo ali ndi chilakolako chabe. Kusonyeza kuti akuganizira zinthu zomwe sizowona kuyiwala zonse zomwe zili zofunika.

3. Matthew ndi Lucia akhala ali pa ubwenzi kwa miyezi itatu tsopano. Matthew amampatsa Lucia mphatso zosiyanasiyana. Patapita miyezi ingapo Matthew amafuna atagonana ndi Lucia, koma Lucia anati, "Chonde, Matthew, bwanji tidikire kaye!" Matthew anati, "ndadikira nthawi yayitali ndimaganiza kuti ndiwe mkazi tsopano ndipo si iwe mwananso! Aliyense akuchita zimenezi! Ndiye ife bwanji?"

Ndiye Lucia anayankha kuti, "Anzanga ambiri sakuchita zimenezi. Akuwopa kutenga mimba! Ndipo akuwopa kutenga Edzi!"

Matthew anatutumuka ndipo anati: "Ndiye kuti ukuwona ngati ine ndili ndi matendawa?" "Ayi, Matthew, chonde sindinatero. Koma tiye tidikire. Ndikufuna ndimalize kaye sukulu."

Matthew anati, "Dikira, dikira, dikira! Sindingadikirensa kuposa apa. Ndakupatsa mphatso zambirimbiri. Ngati umandikonda ukuyenera kufuna utamandisangalatsa."

Kodi ichi ndi chikondi? Kodi Matthew amamukonda Lucia? Asiyeni achinyamata apereke mayankho. Kenako mulongosole mwatchutchu kuti ichinso si chikondi. Mphatso sizingagule chikondi. Mphatso

sizikuyenera kugwiritsidwa ntchito kugula zogonana. Ndipo kugonana sichizindikiro cha chikondi. Matthew samulemekeza Lucia, ndipo Lucia sangamukhulupilire Matthew.



Kodi mphatso za Matthew zingagule chikondi?

4. Judith ndi Lucas akhala pa chibwenzi miyezi isanu ndi itatu. Lucas amati, "Judith nthawi zonse amandilimbikitsa. Timalimbikitsana. Akakhumudwa ndimamuthandiza. Ndimadziwa kuti amakhuzidwa ndi zomwe zimandichitikira. Ndimadziwa kuti nditha kumuuzza zinsinsi ndipo azisunga. Ndimamukhulupilira."

Judith amati, "Kuseka ndi kukondana ndi chinthu chofunika kwambiri muubwenzi wathu. Ndipo ndimalimbikitsika kwambiri ndi Lucas. Amandithandiza pa maphunziro anga. Ndi mnzanga yemwe ndingamuuze zakukhosi kwanga. Sitimauzana zonama ndipo Lucas amandilemekeza ndikati sindinakonzeke kuchita zogonana. Amati ngati ine sindikufuna, ndekuti nayenso sakufuna. Tinagwirizana kudikira mpaka tonse tidzakhale okonzeka."

Kodi ichi ndi chikondi? Kodi Judith ndi Lucas amakondana? Asiyeni achinyamata apereke mayankho. Ndipo nenani "Eya!", Judith ndi Lucas amakondana. Amadziwana, amaganizira za wina ndi mnzake, amalimbikitsana. Amachitira zinthu limodzi, amakambirana, amalemekezana, ndipo amakhulupilirana. Amatengana ngati anthu ofanana ndipo sanapupulume kuchita zogonana.

Ntchito 13E: Mbalame ya chikondi ☉

 **Kufotokozero:** Chiwonetsero.

 **Nthawi yofunikira:** Mphindi 25.

1. Yambani ndikunena kuti chikondi chili ngati mbalame. Mbalame imafunika mapiko awiro, chipsepse, komanso mutu kuti iwuluke. Ndiye jambulani mbalame mwachidule pa bolodi kapena pa fulipi tchati:

MAPIKO: Phiko limodzi la mbalameyo ndi **kulemekezana**, ngalawa yopulumutsa tonse. Phiko lina ndi **kukhulupirana** kuthandauza kuti undikhulupirire nanenso ndikukhulupirire. Kukhulupirana kutanthauza kuti sitinamizana ndipo tikudziwa kuti timalimbikitsana ngati kuli kofunikira kutero. Ngati palibe kulemekezana palibe chikondi. Ngati palibe kukhulupirana palibe chikondi. Ngati phiko limodzi lathyoka, mbalame yachikondi singawuluke.

CHIPSEPSE: Mbalame yachikondi ili ndi chipsepse. Chipsepse chimathandizira mbalame kuti isamaphepheluke. Chipsepse cha mbalame ya chikondi ndi kufanana. Munthu mmodzi sakuyenera kupondereza mnzake, anthu omwe amakondana akuyenera kutengana ngati anthu ofanana ndikuchitirana chilungamo. Ngati sizitero ndiye kuti palibe chikondi.

Mutu: Mbalame ya chikondi ili ndi mutu omwe imadalira kupanga maganizo. Mutu umayimilira zinthu zomwe **timazikhulupirira**, mwachitsanzo kuzipereka kwathu kwa Mulungu ndi zinthu zina zomwe timazikhulupirira. Chikondi chenicheni pakati pa anthu awiri chimayendera limodzi ndikugawana zikhulupiriro. Ngati pali kusiyana pa izi kapena ngati pali kufooka ndiye kuti mbalame itha kukhala yosokonekera ndipo siyingathe kuwuluka.

2. Apatseni achinyamata pepala ndipo agawireni chekeni kapena zolemba zamitundumitundu. Auzeni kuti ajambule mbalame yokongola kwambiri ya mapiko awiri aakulu, mutu ndi chipsepse. (Onani chitsanzo pamwambapa) auzeni kuti alembe




Kulemekezana ndi **kukhulupirana m'mapiko awiriwo**, maufulu amodzi ku chipsepse, komanso **kuyima** pa zinthu zimodzi ku mutu. Apatseni nthawi yoti athe kujambula chinthu chomveka.

3. Aliyense akamaliza matani zojambula zonse pakhoma kapena pakati pa chipinda. Itanani onse kuti awone ntchito za ena. Perekani ndemanga zabwino ndikulimbikitsa ena kutero. Mukakambirana kwa kanthawi, auzeni achinyamata kuti atha kutenga zomwe ajambula ngati angakonde.

Ntchito 13F: Madzi okongola, kugonana kokongola ❄️

 **Kufotokozero:** Kuphunzitsana Baibulo.

 **Nthawi yofunikira:** Mphindi 15.

1.  Pemphani mmodzi wa achinyamata kuti awerenge baibulo **Miyambo 5: 15-18**. Funsani aliyense kuti amvetsera mau onse okhuzana ndi madzi ndi momwe madzi amasungidwira.



CHIKUMBUTSO KWA ALANGIZI: Powerenga mawu awa m’baibulo musagwiritse ntchito baibulo la *Good News Bible*, gwiritsani ntchito baibulo lomwe limatchula madzi mu ndimeyi monga baibulo la *The Revised Standard Version kapena The African Bible*. Masiku angapo gawo ili lisanafike pemphani achinyamata awiri kuti aphunzire kuwerenga mafunso ndi mayankho ali m’musiwa.

2. Pemphani achinyamata awiri kuti awerenge mafunso ndi mayankho otsatirawa:

- F: Kodi ndime tawerengazi zikungotiphunzitsa za madzi kapena zikutiphunzitsanso chinthu china?
- Y: Zikutiphunzitsanso zokhuza kugonana.
- F: Kodi mulungu akufuna tiphunzire chiyani zokhuza kugonana kuchokera m’kawu a m’buku loyera?
- Y: Mulungu akufuna kutiphunzitsa kuti ali ndi malire pa nkhani zokhuza kugonana ndipo akutilimbikitsa kuti tisachite zogonana mpaka tilowe m’banja
- F: Ubwino wa madzi ndi chiyani?
- Y: Amaperekamoyo kwa anthu, nyama, komanso mbewu. Amathandizira kumanga nyumba zathu komanso zomangamanga zina. Amafewetsa moyokomanso kuyeretsa
- F: Ubwino wogonana ndi wotani?
- Y: Kumabweretsa mmoyo mbanja. Zimakulitsa banja. Zimafewetsa moyo.
- F: Chimachitika ndi chiyani madzi mukagwera chiphe kapena ngati akuyambitsa matenda otsekula m’mimba monga kolera?
- Y: Zimabweretsa matenda komanso imfa.
- F: Chimachitika ndi chiyani ngati zogonana zikubweretsa mimba zosakonzekera komanso matenda opatsirana pogonana komanso HIV
- Y: Zimabweretsa zovuta monga matenda komanso nthawi zina imfa.

- F: Chimachitika ndi chiyani madzi akasefukira kwambiri?
- Y: Atha kuphwasula zomwe anamanga komanso zomwe anameretsa.
- F: Chimachitika moyo wamwamuna kapena mkazi wokhuza zogonana wasefukira asanalowe m’banja kapena kunja kwa banja?
- Y: Umaphwasula zomwe zimayenera kumangidwira kapena kulengedwera m’banja.
- F: Ngati madzi ndi gawo lalikulu la dziko la pansi kuposa nthaka, n’chifukwa chiyani madzi ochulukira chonchi samatimeza ?
- Y: Mulungu anawayikiza madzi m’malire chifukwa cha chikondi chake pa ife.
- F: Kodi ndi malire otani omwe Mulungu anawapatsa madzi?
- Y: Nyanja, mitsinje ndi nyanja za mchere.
- F: Ndi malire ena ati omwe Mulungu anayika okhuza zogonana chifukwa choti amatikonda?
- Y: Chikondi, banja, chikhulupiriro, ndikukhulupirika
- F: Mukamasamba kodi mumakhuthulira madzi pansi ndikumazitembenuza m’madziwo kuti muyere? Kodi mumatenganso madzi omwe atayikira pansi n’kukawabwezeretsa ku mtsinje kapena ku mpopi?
- Y: Ayi, palibe angachite izi. Munthu wopusatu kapenatu, munthu wina aliyense akuyenera kupanga zisankho zoyenera zokhuza madzi. Mulungu analenga madzi kuti akhale aphindu ku moyo wa munthu, nyama komanso mbewu. Akuyenera kukhala mmalire omwe anapatsidwa ndikuwongoleredwa kupita kumadera omwe akufunikira. Madzi akasefukira amabweretsa chiwonongeko . Kutayilira moyo wanu wokhuza zogonana kuti usefukire zitha kubweretsa chiwonongeko. Mulungu sanatipatse malire okhuza zogonana kuti atilange, koma kuti atiteteze, ndikutiwonetsera kupambana kwa chikondi chenicheni komanso kuti zogonana monga mmene aliri madzi zikhale zinthu zapamwamba, zamphamvu komanso kuti zitichitire ubwino.



3. Afunzeni achinyamata maganizo awo pa zokambirana zochokera m'baibulozi komanso zomwe aphunzirapo. Fotokozani kuti atha kupanga lonjezo kwa Mulungu, kwa iwo mwini komanso kubanja lawo komanso kwa anzawo kuti adzisunga mpaka adzalowe m'banja.

Nenani: *“Monga mmene Mulungu anawapatsira madzi malire, inunso mutha kupatsa zogonana malire. Ngakhale munachitapo zogonana, mutha kupanga chisankho chosiya mpaka mudzalowe m'banja. Mulungu amakhululukilira*

onse olakwitsa ndipo amampatsanso wina aliyense mwayi wachiwiri.”

Ntchito 13G: Kutseka phunziro ndi kuwunikira phunziro komanso pemphero

🕒 Nthawi yofunikira: Mphindi 10.

Tsekani gawoli mwa nthawi zonse.

Gawo 14: Ndine gawo la dera la kwathu

Zolinga za phunziro:

Achinyamata amvetsetsa thandauro la kukhala gawo la dera la kwawo ndikuwunikira komanso kupeza zinthu zosiyanasiyana zomwe zingathandize deralo mu nthawi ya zovuta zosiyanasiyana. Pokonzekera gawo lomaliza, achinyamata awunikiranso mauthenga akuluakulu a maphunziro onsewa.

Ntchito 14A: Kuwerenga Baibulo ndi kupemphera

🕒 Nthawi yofunikira: Mphindi 10.

Alandireni achinyamata ndi kuwathokoza chifukwa chakubwera kwawo. 📖 Apempheni amodzi kuti awerenge mokweza **1 Akorinto 12:12-20** ndikufunsa anthu ngati ali ndi ndemanga.

Longosolani kuti ngati thupi la munthu, dera lathu limapangidwa ndi ziwalo zosiyanasiyana, ndipo zonse zimadalirana.

Pitirizani ndi pemphero komanso poyimba nyimbo.

Ntchito 14B: Kangaude ❄️

📄 Kufotokozerani: Masewera.

🕒 Nthawi yofunikira: Mphindi 10.

1. Pemphani achinyamata kuti akhale kapena ayime mubwalo lozungulira. Tengani mpukutu wa chingwe ndikugwira koyambirira kwa chingwecho. Mukatero utsetseretseni pansu mpukutuwo ndi kumponyera wachinyamata mmodzi yemwe wakhala kapena wayima moyang'anizana nanu ndikutchula dzina lake mukamamuponyera mpukutuwo. Gwirani kumapeto kwa chingwecho molimba. Kenako muuzeni yemwe walandira mpukutuyo kuti agwire chingwe molimba kuti chikungike pakati pa inu ndi iyeyo ndipo naye achitsetseretse kwa munthu wina ndikutchula



Masewera a Kangaude amasonyeza mmene timadalirana wina ndi mnzake.



dzina la munthu watsopanoyo pomwe mpira ukugubudukira kwa iye. Nayenso munthu watsopanoyo achita chimodzimidzi. Aliyense amene akulandira chingwe agwiritse mbali yake ya chingwe. Pamathero a zonse bwalo lija likhala la zingwe zopinganapingana.

Munthu omalizira kulandira chingwe akupatsirani mathero achingwecho kuti mukhale ndi mbali yoyamba komanso mbali yomaliza ya chingwecho.

2. Tsopano auzeni achinyamata kuti awone mmene chingwe chija chalumikizira aliyense ngati kangaude. Longosolani kuti kangaudeyu asamasuke tikuyenera kudalirana. Wina akangosiya mbali yake ya chingwe Ndiye kuti mbali ina ya kangaude ikhwefuka. Onetserani izi popempha mmodzi mwa achinyamata ataye mbali yachingwe yomwe anagwira.

Longosolani kuti achinyamata akamapanga mfundo zikuluzikulu amasoweka chikondi ndi chiimbikitso kuchokera kubanja lawo, anzawo, aphunzitsi, atsogoleri amipingo, komanso atsogoleri am'madera. Izi zimakhala

zofunikira kwambiri makamaka pomwe achinyamata akukakamizika ndi kalionera kuchita zomwe sakufuna.

Auzeni achinyamata kuti kangaude akuyimilira chilimbikiso chomwe angafune kuti aziteteze ku mimba zosakonzekera matenda opatsirana pogonana, HIV kapena mayesero woti amwe mowa kapena kuti agwiritse ntchito mwankhwala ozunguza bongo.

Ntchito 14C: Kupanga mndandanda wa komwe achinyamata angakapeze thandizo ☸

📄 Kufotokozerani: Kulemba.

🕒 Nthawi yofunikira: Mphindi 25.

1. Longosolani kuti mugawo ili tipanga mndandanda wa malo ofunikira kwambiri mdera lathu kuti

tidziwe omwe angathandize ngati wachinyamata ali ndi vuto kapena chikayiko. Longosolani kuti mwina ndi zosatheka kumaliza mndandandawu lero, koma ndi chithandizo cha wina aliyense izi zitha kutheka pofikira tsiku lokumananso

2. Mpatseni wina aliyense pepala ndi cholemba kuti akopere tebulo lili m'munsili lomwe lijambulidwe pabolodi kapena pa fulupi tchati. Longosolani kuti muzilemba limodzi bokosilo kuyambira ndi gawo loyamba la kumanzere kwa bokosilo. Auzeni achinyamata kuti alembe malo onse komwe angapite kukapeza thandizo la mavuto osiyanasiyana omwe mwakhala mukukambirana m'kati mwamaphunzirowa.

Lembani izi kugawo lakumanzere kwa tebulo. Kenako pitani pa gawo lachiwiri mpaka kumapeto. Longosolani kuti mudzamaliza mndandandawu sabata ya mawa. Achinyamata atha kusungitsa mapepala awo kwa inu kuti muwasungire, kapena atha kupita nawo kunyumba ndikudzawabweretsa mukamadzakumananso.

CHIKUMBUTSO KWA ALANGIZI: Muyamba ndi magawo omwe alindi mitu ikuluikulu inayi ili pa bokosilo. Zomwe zalembedwa m'magawo ena mu bokosilo ndi zachitsanzo chabe kuti mudziwe chomwe chikuyenera kuchitika.

Kaundula wa malo opereka thandizo losiyanasiyana			
Munthu/malo	Mungakapezeka thandizo lotani (Fotokozani mwachidule)	Amapezeka kuti? Amatsekula nthawi zANJI? Nambala ya telefoni	Pali munthu amene tikuyenera kukakumana naye? Dzina? Ndemanga?
Malo oyezetsera HIV ndikulandira uphungu wa HIV			
Chipatala	Matenda, nkhanza zokhuza kugonana, mimba		
Mafumu (Maina...)			
Abusa/ansembe, Matchalichi (Dzina....)	Mavuto a m'moyo, kapena a uzimu, uphungu		
Mabungwe akuluakulu mderalo (Maina...)			
Polisi			
Ntchito za boma (maofesi)	Thandizo kwa ana amasiye komanso ana opsinjika		
Ena....			



Ntchito 14D: Zomwe ndaphunzira pa maphunzirowa

Kufotokozerera: Zojambula ndi kulemba.

Nthawi yofunikira: Mphindi 20.

1. Mpatseni wina aliyense pepala limodzi kapena awiri ndikuwapempha kuti agawane mapensulo amitundu yosiyanasiyana kapena chekeni. Achinyamata apange chikwangwani (posters) chimodzi kapena zikwangwani ziwiri pomwe pakhale uthenga umodzi ofunikira pa zomwe aphunzira pa maphunzirowa. Afotokoze zomwe anaphunzira ndikuzilemba pakati pa pepala ndi kukongoletsa ndi zojambulajambula.

CHIKUMBUTSO KWA ALANGIZI: Kuti muwathandizire achinyamata kukumbukira, kumbutsirani mitu yonse yomwe yaphunziridwa kuyambira pachiyambi. Matani pakhoma zojambula, ndandanda wa zokambirana, ndi zina zonse zomwe zapangidwa m'nthawi ya maphunziro kuti makolo athe kuwona pagawo lomaliza la maphunzirowa. Lolani phindi 10 mu gawoli kuti ikhale ya chiwonetsero.

Ntchito 14E: Zochitika mu gawo lomaliza

Kufotokozerera: Zokambirana.

Nthawi yofunikira: Mphindi 30.

CHIKUMBUTSO KWA ALANGIZI: Gawo la lero lisanayambe, konzeranitu mndandanda wa zochitika za mu gawo 15. Muwonetsetsenso kuti makolo ndi alezi komanso atsogoleri akumadera adziwa tsiku lisanafike kuti kupezeka kwawo pa mwambowu ndikofunikira kwambiri.

Kupanga zikwangwani za papepala.



1. Werengani zomwe zakonzedwa kuti zichitike mu gawo lotsatira kuti aliyense adziwe zomwe zikuyembekezedwa (Onani gawo 15). Akumbutseni kuti gawoli lidzakhala lalitali kuposera maola awiri, kuphatikizapo zoziziritsa kukhosi).

2. Agaweni achinyamata m'magulu ndikuwapempha kuti gulu lililonse likonze chinthu chochititsa chidwi monga, nyimbo, seweru, ndakatulo kuti awonetse mu gawo lomaliza. Zinthuzi zikuyenera kuwonetsera zomwe aphunzira. Gulu lililonse lili ndi mphindi 5 lowonetsa zomwe akonza.

Zochita 14F: Kutseka gawo komanso mapemphero

Nthawi yofunikira: Mphindi 10.

Tsekani gawoli mwa nthawi zonse.

Gawo 15: Kudzipereka kwanga kwa Mulungu, banja langa, komanso kwa ine mwini

(gawo lophatikiza makolo ndi achinyamata)


Zolinga za phunziro:

Achinyamata apanga pangano lodzipereka iwo mwini, lomwe maziko ake ndi maphuzirowa. Gawoli litha ndi mwambo wopereka masatifiketi.

CHIKUMBUTSO KWA ALANGIZI: Pokonzekera gawo lalitaliri, muyitane makolo, alezi, atsogoleri ampingo kuti adzakhale nawo pa gawoli. Khomani chikalata chomwe chili mu gawo 14 kuti onse awone. Konzeranitu masatifiketi a achinyamata onse. Ngati kungatheke mupereke zoziziritisa kukhosi.

Ntchito 15A: Kulandira anthu: Kuwerenga Baibulo ndi kupemphera

 Nthawi yofunikira: Mphindi 10.

Alandireni anthu onse ndikuwathokoza chifukwa chakubwera kwawo.  Pemphani amodzi kuti awerenge **Yakobo 1:22-24** ndikufunsa anthu ngati ali ndi ndemanga.

Longosolani kuti Mulungu amafuna ife tikhale ochita, osangoti omvetsera basi. Akufuna kuti tizipange chisankho cha mvemvemve chochita zomwe taphunzira m'maphunzirowa.

CHIKUMBUTSO KWA ALANGIZI: Kwa mphindi 40 zotsatirazi achinyamata ndi akuluakulu akhala malo awiri osiyana. Pemphani munthu wina wamkulu kuti atsogolere zochitika za akuluakulu. Pomwe achinyamata akuchita zolembalemba mutha kupita kukayendera akuluakulu pang'ono. Pa nthawi yina wina atha kumayang'anira achinyamata.

Ntchito zitatatu zotsatirazi ndi za akuluakulu okhaokha:

Ntchito 15B (akuluakulu okha): Kuphera mphongo maphunzirowa

 Kufotokozerera: Zokambirana.

 Nthawi yofunikira: Mphindi 10.

Alandireni akuluakulu onse (makolo, alezi komanso onse omwe akusunga ana komanso atsogoleri a m'madera). Anthu akadziwana mwachidule, afunseni zomwe amva za maphunzirowa kuchokera kwa ana awo, ndizomwe akuganiza za maphunzirowo. Kodi kumasukirana ndi ana awo kwakhala kotani pogwiritsa ntchito njira yomvetsera mwa chidwi monga mmene anaphunzirira mugawo loyamba? Funsani ngati makolo, alezi ndi ena omwe akusunga ana komanso atsogoleri a m'madera ngati ali ndi mafunso okhuza maphunzirowa. (Ngati simungathe kuyankha mafunso onse chifukwa cha nthawi, apempheni anthu kuti alembe mafunso omwe ali nawo kuti muwayankhe nthawi ina. Akumbutseni akuluakulu onse kuti awone zikalata zomwe achinyamata amata m'makoma kuti iwo awone.)



Ntchito 15C (akuluakulu okha): Mphatso

Kufotokozerwa: Kugawana.

Nthawi yofunikira: Mphindi 15.

1. Muuzeni aliyense kuti alembe pa pepala (kapena kuti agwiritse ntchito mwala kapena chinthu china chilichonse) mphatso imodzi yomwe analandirapo kuchokera kwa munthu pomwe anali mwana(mwachitsanzo, chikondi, maphunziro, kulimbisidwa mtima, chikhulupiro m'chipembedzo).

Zungulirani m'chipindacho ndikuuza aliyense kuti ayike mphatso yake, mwala kapena chinthu china kapena pepala lawo mu bokosi kapena mu basiketi. Mmodzi mmodzi afotokozere ena kuti mphatsoyo inali chiyani komanso kuti inabweretsa kusintha kotani m'moyo wawo.

2. Nde pano mufunsi aliyense kuti alembe papepala mphatso (kapena agwiritse ntchito mwala kapena chinthu china kuyimilira mphatso) yomwe adzamupatse mwana kapena ana awo. Iyi itha kukhala mphatso yomwe iwo analandira kapena yosiyana. Apanso uzani aliyense kuti ayike mphatso yake kapena pepala lake mu bokosi kapena basiketi ndikulongosola kuti mphatso yake ndi chiyani.

Ntchito 15D (akuluakulu okha): Kodi titani kuti zomwe taphunzira zikhale za phindu lamuyaya?

Kufotokozerwa: Kukambirana.

Nthawi yofunikira: Mphindi 15.

1. Funsani mmene makolo, alezi komanso atsogolera a mdera angathandizire kuti phindu la maphunzirowa likhale la muyaya. Funsani kuti angakhazikitse ndondomeko zANJI komanso ndani atsogolere?

2. Sankhani munthu mmodzi wamkulu kuti alankhulepo mau achilimbikitso komanso kuthilira mphongo pa zomwe zachitika (kwa mphindi 2 kapena 3) makolo ndi achinyamata akakumana afunsi onse ngati pali zinthu zikuluzikulu zomwe zikuyenera kuganiziridwa.

Ntchito zitatatu zotsatirazi ndi za achinyamata okha:

Ntchito 15E (achinyamata okha) “Zomwe ndimakonda mwa iwe”

Kufotokozerwa: Masewera.

Nthawi yofunikira: Mphindi 15.

Apatseni achinyamata onse pepala, cholemba komanso chomatira. Auzeni alembe dzina lawo pamwamba pa pepalalo ndikulimata pa nsana pawo ndikuyamba kuyendayenda m'chipindacho. Munthu aliyense alembe uthenga pa pepala la wina aliyense motere; Chomwe ndimakonda kapena kusilira mwa iwe ndi...” (ngati kuli kotheka ikani chipepala chokhuthala panso papepala polemba.) Aliyense akamaliza, wachinyamata aliyense awerenge mauthenga ake ndikutengera mauthengawa kunyumba.

Ntchito 15F (achinyamata okha): Ziganizo zakuzipereka kwawo

Kufotokozerwa: Kulemba.

Nthawi yofunikira: Mphindi 10.

Apatseni achinyamata mapepala ndikuwapempha onse kuti alembe chiganizo chimodzi chomwe akonzekere kuwerenga nthawi ina, pa mwambo omalizira. Chiganizo chitha kukhala kuti : “Potsatira maphunzirowa, ndikuziperekanso kwa Mulungu, makolo anga, komanso dera langa. Ndikuzipereka kuti...”

Ntchito 15G (achinyamata okha): Kawuniwuni wa maphunziro

Kufotokozerwa: Kulemba.

Nthawi yofunikira: Mphindi 15.





Auzeni achinyamata kuti mukufuna mutadziwa m'mene mungapititsire pa tsogolo maphunzirowa ndipo mukufunsa awunikire m'mene maphunzirowa ayendera ndipo mukufuna alembe momwe maphunzirowa ayendera. Mwachinsinsi ndipo kumapeto ake mutolera zolembazo. Matani

chipepala cha zomwe amayembekezera pa maphunzirowa zomwe analemba tsiku loyamba (nchito 1D za achinyamata) pakhoma, ndipo afunsi ngati izi zakwaniritsidwa kapena ayi. Alimbikitseni kuti apereke ndemanga zapaderadera zokhudza malo ochitira maphunzirowa, kutalika kwa maphunzirowa, nthawi yomwe maphunzirowa achitidwira, kaphunzitsidwe, magawo ndi zochita za m' magawo, komanso kasakaniza wa nsangulutso ndi ntchito zochitika m' magawo.

Aloleni anene maganizo pa maphunzirowa, mitu yomwe akadakonda ikanaphunzitsidwa. Kenako apatseni achinyamata pepala. Pogwiritsa ntchito fomu ili m' munsiyi ngati namulondola, auzeni kuti alembe zizindikiro zomwe ziri kumanzere kwa tebulo pa mapepala omwe apatsidwa ndikulemba magawo anayiwo



Chikumbutso kwa alangizi: Ngati n'kofunikira kutero achinyamata atha kulemba maina awo mu mukaundula wa malo opereka thandizo wa mugawo langothali kuti aliyense adziwe zonse zofunika.

Kawuniwuni wa maphunziro	
	Zinthu ziwiri kapena zingapo zomwe zinandisangalatsa pa maphunzirowa ndi ...
	Zinthu ziwiri kapena zingapo sizinandikomere kwambiri kapena zomwe ndingakonde zitasinthandi ...
	Malikisi omwe ndingapereke kuyambira 1 (otsikitsitsa) mpaka 10 (Okwera kwambiri), ammene zoyembekezera zanga zakwaniritsidwira ndi...
	Ndemanga zanga zina nazi...



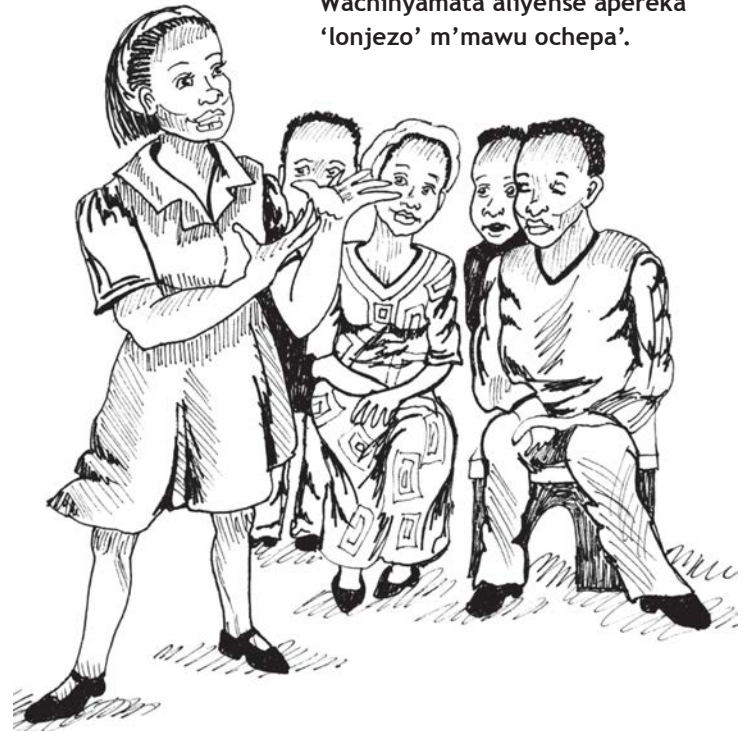
Ntchito zotsatirazi ndi zoti makolo komanso achinyamata achitire limodzi:

**Ntchito 15H (aliyense):
Mwambo otsekera: zomwe zichitike**

🕒 Nthawi yofunikira: Mphindi 50.

Tebulo ili munsiyi ndi chitsanzo cha ndondomeko ya mwambo wotsekera maphunzirowa ndi zoyenera kuchita pa nthawi komanso omwe angatenge nawo gawo ndi ndemanga zina ndi zina. Ndinu omasuka kusintha ndondomekoyi kuti igwirizane ndi zolinga za anthu amdera lanu komanso achinyamata.

Wachinyamata aliyense apereka 'lonjezo' m'mawu ochepa'.



Ndondomeko ya Chitsanzo			
Zochitika	Nthawi	Wochita?	Ndemanga
Mawu oyambirira olandirira anthu onse	Mphindi 3	Mlangizi ("M.C".)	Afotokozera zolinga za maphunzirowa.
Ziwonetsero za magulu	Mphindi 20	Achinyamata	Ziwonetsero zinayi za mphindi 5 chiwonetsero chilichonse zomwe zinakonze mugawo 14
Mawu a kudzipereka	Mphindi 8	Chiganizo chimodzi wachinyamata aliyense	Izi zinakonzedwa kale kumayambiro a gawo lino
Woyimilira makolo	Mphindi 3	Woyimilira makolo/atsogoleri akudera	Wolankhulayo anasankhidwa kale kumayambiro kwa gawo lino.
"Kupita chitsogolo"	Mphindi 3	Woyimilira anthu akudera	Kuwalimbikitsa achinyamata pa za tsogolo lawo ndi zochitika zina
Kupereka masatifiketi	Mphindi 10	Alangizi ndi anthu ena	Satifiketi yosonyeza kuti anthu akhala nawo pamaphunzirowa
Mawu othokoza	Mphindi 3	Akuyenera kusankhidwa	Kuthokoza ndikuyamikira onse omwe atengapo gawo



Ntchito 15K: Zokambirana, zokumbutsana zina ndi zina komanso pemphero

🕒 Nthawi yofunikira: Mphindi 10.

Thokozani achinyamata pokhala gawo la *Moyo Wanga - Kuyambira Pano* ndikuthokoza makolo, alezi ndi ena onse omwe akusunga ana komanso atsogoleri a mmadera pachilimbikitso chomwe akhala akupereka. Auzeni achinyamata kuti mukufuna muthokoze mulungu chifukwa cha mwayi omwe anakupatsani woti muphunzire komanso kuti anapangitsa kuti nthawi yomwe munali nayo ikhale yopambana. Pempherani kuti Mulungu apitirize kukupatsani chilimbikitso komanso mphamvu m'miyezi komanso zaka zikubwerezi.

Akumbutseni achinyamata kuti tsopano amaliza maphunzirowa, atha kuzitengera udindo pa moyo

wawo- PANO!

Tsekani mwambowu poyimba nyimbo yomwe ingaluzanitse anthu onse.

Ntchito 15L: Mchezero/ Phwando

Izi zitha kukhala zakudya zoti anthu onse adye, kapena zitha kukhala zochitika pomwe palizakudya zongotolatola ndi zakumwa zoziziritsa kukhosi uku makolo, alezi ndi anthu ena omwe akusunga ana komanso atsogoleri akumadera akuwona zinthu zosiyanasiyana za luso zomwe achinyamata akonza. Makolo atha kukambirana ndi alangizi za momwe ana awo amawonera zinthu, kaganizidwe kawo komanso zomwe amaziyikira ku mtima kwawo.

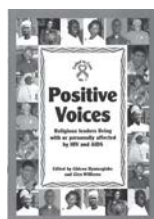


The Called to Care Toolkit

POSITIVE VOICES

Religious leaders living with or personally affected by HIV and AIDS

Personal testimonies by 14 African religious leaders (12 Christians, two Muslims) who are living with or personally affected by HIV. (40 pages; 2005; ISBN978-0-9549051-3-2)

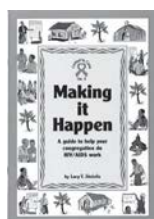


so by enabling adults who are child care-givers to rediscover and appreciate their own 'child within'. (68 pages; 2008; ISBN978-1-905746-08-8)

MAKING IT HAPPEN

A guide to help your congregation do HIV/AIDS work

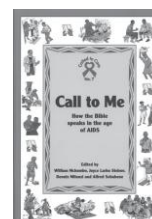
A manual to help church leaders establish and manage an HIV project. Includes sections on planning, decision-making, writing a project proposal, preparing a budget, accounting for funds, monitoring and evaluation. (44 pages; 2005; ISBN978-0-9549051-1-8)



CALL TO ME

How the Bible speaks in the age of AIDS

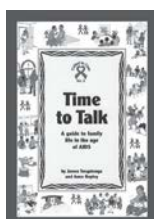
Designed for use by churches, faith-based organisations, NGOs and community groups. Consists of 20 Bible studies on topics related to HIV and AIDS, e.g. sex and sexuality; healing; death; grief and mourning; stigma, discrimination and denial; Church leadership; marriage; children; fear and anxiety. (76 pages; 2010; ISBN978-1-905746-14-9)



TIME TO TALK

A guide to family life in the age of AIDS

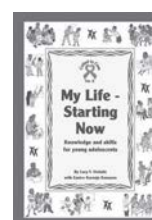
A handbook to enable churches and communities to discuss family life and sex in the context of the global AIDS epidemic. Contains role plays, games, quizzes, discussion guidelines, Bible studies and other participatory exercises. (44 pages; 2006; ISBN978-0-9549051-8-7)



MY LIFE - STARTING NOW

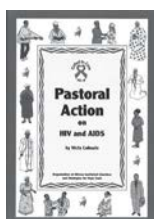
Knowledge and skills for young adolescents

Focuses on knowledge and life skills for young people aged 10-15, with special emphasis on reproductive health within the total process of growing up. Takes a participatory approach to teaching and learning, using role play, case studies, games, stories, quizzes, Bible study and art work. (80 pages; 2010; ISBN978-1-905746-15-6)



PASTORAL ACTION ON HIV AND AIDS

Developed by the Organisation of African Instituted Churches (OAIC), this handbook is designed for training pastors and lay church leaders in addressing the pastoral challenges of the AIDS epidemic. (48 pages; 2008; ISBN978-1-905746-04-0)



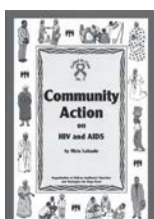
MORE AND BETTER FOOD

For people living with HIV and AIDS, good nutrition is just as important as medical care. Yet in sub-Saharan Africa most people living with HIV suffer from food and nutrition insecurity. This book demonstrates how small-scale farmers can grow more food in sustainable ways that also address the challenge of climate change. (88 pages; 2011; ISBN978-1-905746-16-3)



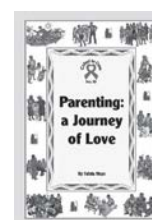
COMMUNITY ACTION ON HIV AND AIDS

Also developed by the OAIC, this book is designed to help church leaders deal with social, cultural and economic issues related to the AIDS epidemic at community level. Covers topics such as the sexual abuse of children, domestic violence, widow inheritance and property grabbing by relatives. (48 pages; 2008; ISBN978-1-905746-05-7).



PARENTING: A JOURNEY OF LOVE

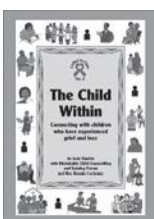
Focuses on the knowledge and skills which parents and guardians need to provide their children with protection against threats to their health and wellbeing, and to give them the best possible start in life. Uses stories, poems, quotes, Bible studies, games and participatory exercises. (56 pages; 2011; ISBN978-1-905746-19-4)



THE CHILD WITHIN

Connecting with children who have experienced grief and loss

Developed in South Africa's Eastern Province, this handbook breaks new ground in promoting resilience in children who have suffered grief and personal loss. It does



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 Divinity Road, Oxford, OX4 1LN, UK.

Ndondomeko ya mabuku a zochita a **KUYITANIDWA KUCHISAMALIRO** ali ndi Mabuku osiyanasiyana omwe ali ndizochitika zosiyanasiyana zokhuza HIV ndi Edzi, zomwe zinapangidwa kuti zigwiritsidwe ntchito ndi atsogoleri a mipingo makamaka a kummwera kwa chipululu cha Sahara. Cholinga cha mabukuwa ndi kuthandizira abusa, ansembe, ma sisitere ndi ma bulazala, akulua mpingo, ma membala amatchalitchi komanso anthu am'madera ku:



- Kuwunikira komanso kumvetsetsa m'mene HIV ndi EDzi yatikhuzira mu uzimu, mu chipembedzo, mu chikhalidwe, mu zaumoyo komanso mukuyitanidwa kwathu kuti tichitepo kanthu potumikira mwachifundo.
- Kugonjetsa kusalana, chetechete, kusankhana, kusavomereza ,mantha, komanso kusachitapo kanthu komwe kwapangitsa kuti mipingo komanso Madera asatenge gawo lalikulu polimbana ndi HIV ndi Edzi.
- Kuwongolera anthu a m'mipingo yawo komanso Madera awo mu ndondomeko zophunzira komanso kusintha, ndi kutsogolera zochitika zowoneka, zokhazikika m'mipingo zothandiza anthu, mabanja komanso madera kuchepetsa kufala kwa HIV ndikuchepetsa zovuta zobwera kaamba ka Mlili wa Edzi.

KUYITANIDWA KUCHISAMALIRO ndi chikonzero cha Strategies for Hope Trust, chomwe chimatsindikiza mabuku komanso ma vidiyo omwe amapititsa patsogolo ntchito zam'madera zopereka chisamaliro cha HIV ndi Edzi, komanso chilimbikitso chothandizira kupewa kufalakwa HIV m'maiko omwe akutukuka kumene makamaka kummwera kwa chipululu cha Sahara muno mu Africa.

KUYITANIDWA KUCHISAMALIRO ikugwira ntchito kudzera mu ndondomeko yamgwirizano wa mabungwe amipingo yam'maiko osiyanasiyana komanso abwenzi osiyanasiyana otsindikiza komanso kugawa mabuku.

MKONZI: Glen Williams

ALEMBI

Dr Lucy Y. Steinitz anali mmodzi wa anthu omwe anayambitsa komanso kuyendetsa ntchito za bungwe la Catholic AIDS Action ku Namibia. Atachoka pamenepo anagwira ntchito ku Family Health International ngati mlangizi wamkulu kuno ku Africa pankhani za ana komanso achinyamata. Pano ndi kadaulo woyima payekha pa nkhani za HIV komanso chitukuko cha Madera kuno kummwera kwa chipululu cha Sahara.

Dr Eunice Karanja Kamaara ndi namatetule wa zamaphunziro a adzipembezo kusukulu ya ukachenjede ya Moi University ku Kenya. Wobadwira ku Kenya, Eunice ndi mmodzi mwa anthu omwe anayambitsa Eldoret Gender and Development Network komanso ndi mkulu wa bungwe la African Christian Initiation Programme. Ali ndi chidwi chachikulu pa moyo wathanzi wa achinyamata.

