

Basimbi ba ku Sinazongwe



Kuba abwini
bwakuti bana
basimbi bali kabotu
alimwi balijisi nseba
mbotu nomuba mu ciindi ca
kazunda ka kolona.





ZI LI MUKATI

1. INO ZYEELELO ZYABANTU NAA NGUZU ZYABO CAAMBA NZI?
2. INO KUSUNGILIZIGWA KUKWATWA NCINZI?
3. KUKWATWA KOCILI MUNIINI
4. INO KUTUNDULULWA NKAAMBO KAKUBA MUSIMBI NAA MUSANKWA CAAMBA NZI ALIMWI CICITIKA BUTI?
5. ZITONDEZYO ZYA MALWAZI ABOOLA NKAAMBO KANKWELA ALIMWI ALUGWASYO NDOMUKONZYA KUJANA ACIBBADELA CENU CILI AFWAAFWI
6. MISHOBO YAZYAKUBELEZYA KULIKWABILILA KUMITA IJANIKA ACIBBADELA CENU CILAAFWAFWI
7. KUGWISYA DA
8. MBOKULIBAMBWA CIINDI NOLI KUMWEEZI NOKUBA MUCINDI CAKAZUNDA KAITWA KUTI CORONA.
9. MBOKUPANGWA PAADI AKULOOLOLA KUBELESYA
10. MANAMBALA NGOMUKONZYA KUTUMA CIINDI NOMUYANDA LUGWASYO LWA MAKANI AA NSEBA.



INO NGUZE NAA ZYEELELO ZYA BANTU CAAMBA NZI?

BANTU BOONSE BALIKWABILIDWE A MILAO IIKWABILILA NGUZU
ZYABO. TWABIKA ZIMBI ZYEELELO/NGUZU MU BBUKU EELI.

Ceelelo cakuba a buumi

01



02

Ceelelo cakwaanguluka
kuzwa kukutundulwa
alimwi a kupenzegwa

Ceelelo cakuba aa kaziye

03



04

Ceelelo/nguzu zyakuziba
twaambo alimwi a kwiiya

Ceelelo cakusala naa
ulayanda alimwi na ndeelili
noyanda kuyooba aa mwana

05



06

Ceelelo ca kwaanguluka
mumizeezo alimwi
akwaanguluka
kucita zintu



Ceelelo cakukwabililwa
kunseba

07



UK Charity number: 1182028
Zambian number: RINGO 101/0153/14



INO KU SUNGILIZIGWA KUKWATWA CAAMBA NZI?

INO KULIPOOTWA/KUMANG'ALWA BUTI?



Tacili mumulawo kuti naa muntu wakusungilizya kukwatwa nokuba kukwata.



Mumulawo, uzumizigwa biyo kukwatwa kuti kojisi myaka yakuzyalwa iindilila ku 21.



Kuti kujisi myaka yakuzyalwa itasiki ku 16 mpoona walijana mucikwati cakusungilizigwa, inga watuma manambala aaya na inga wainka ku victim support.



0979143446



**BASIMBI BAMUKA KUKWATWA BAYEYELWA
KUTI MBOMBABO BAJANA MILIMO NEKUBA
KULIKUTAUKILA AKUBA AABUUMI BUBOTU.**



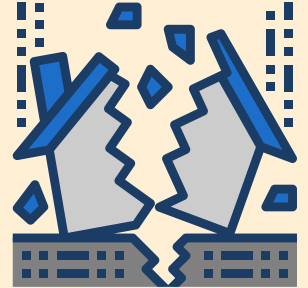


KUFWAAMBA KUMITE

CIIMININA MUNTU WAMITA KATANA SIKA AMYAAKA IILI 18.

ZIMWI ZINTU ZIPA KUFWAMBAANA KUMITA ZEEZI:

- > Kulekana kwabamazyali naa kufwa kwamaanda,
- > Kuyungana,
- > Bucete,
- > Kubula luzibo.

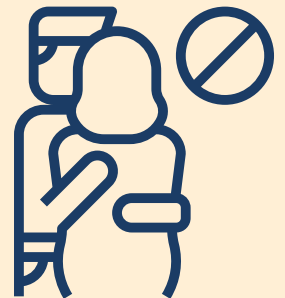


PELE BULUMBU BWA KUMITA KOCILI MUNIINI MBWAKUTI:

- > Inga ulakonzya kufwa ntumbukila,
- > Kupandulwa biya kuteegwa mwana azwe,
- > Kuleka cikolo,
- > Alimwi akuba amukuli wakulelwa.

ABOOBO ATULI TATANTAMUNE KUZWA KUKUMITA

Katucili bana kwiinda mukuliimya nkwela alimwi akwiinda mukuswaya zibbadela kutegwa tukaiye makani akukanza alimwi akutantaanya kuzyala.



YEEYA

Kuti na mwana musimbi waiya, ulakonzya kujana ncinto alimwi kugwasilizya muli zyanseba alimwi akuba alukondo mubuumi bwakwe.



UK CHARITY NUMBER: 1182028
ZAMBIAN NUMBER: RINGO 101/0153/14



KUTUNDULWA NKAAMBO KAKUBA MUSIMBI NAA MUSANKWA



NKUTUNDULWA KUJATIKIZYA BAMAALUMI ALIMWI
ABAMAKAINTU KWALO BUNJI BWAZIINDI
MUKAINTU NGUUPENZEGWA.

Kufumbwa kukongwa nokuba kutundululwa aumwi wamukwashi,
naba ngumukwetene limwi naanka ngumushabene limwi, eeci
ciitwa kuti kutundulana mumaada.



Aansi aawa atubone mikozyanyo yakutundululana:

1 KUTUNDULWA
Mbuli kutontaikwa, kuumwa, kusunwa, kuumwa lubayi
alimwi azimwi

2 KUKWATA SIKIKOLO
Cibeela cilanganya milawo yabana bacikolo, cibeela
canamba 18(1). Ooyu mulandu ulapegwa kuti kakuli
bumboni bwakuti mwana ngu sicikolo mpoona
wakalesegwa cikolo a kukwatisigwa. Taakwe bumboni
bwankwela buyandika aawa.



3 KUTUNDULULANA
Kwankwela caamba kulisungilizya nkwela amuntu
utazuminide. Mikozyanyo njeeyi:



**A MULANDU WAKULYANA NKWELA
MUCIBBULULU:**

Ooyu mulandu upegwa kuti naa kakuli bumboni
bwankwela. Tacaambi kuti umwi muniini pepe pele
caaamba kuti kuli cibbulu akati kabantu balyana nkwela
mbuli baisha bako, mwanookwenu, basianene bako, bauso,
mweninyoko.



B KUJATA / KULEPING'A:

Ooyu mulandu wakulya nkwela a mwanakazi na musimbi
katazuminide na wazumina nkaambo kakufosing'wa,
kukongwa, na kuyoowa kucisigwa.



**C KUNYONYOONA MWANA NAA KOONA
AMWANA MUNIINI:**

Mulawo waamba kuti ooyu mulandu wakoona amwana ujisi
myaka yakuzyalwa itasikki ku 16. Eeci cilakonzya kucitwa a
mukaintu mupati koona a mwana naba mwalumi koona a
mwana.

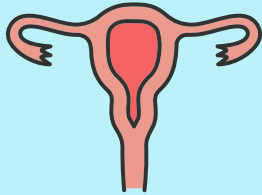


**KUTUNDULULANA KULAKONZYA
KUMANIZIGWA AYEBO!!**

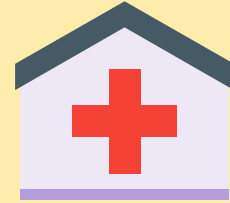


"Mubili wangu aboobo taakwe ujisi nguzu zya
kuujata nketazuminide!"

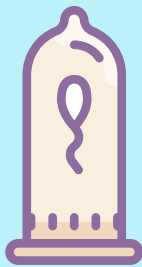
MALWAZI ABOOLA NKAMBO KANKWELA ALIMWI AZITONDEZYO ZYANGAYO



Aaya malwazi ayambukila kwinda mukulyana nkwela kamutalikwabilide. Kulyana nkwela ya kucinswe, kumulomo nokuba yakukafwiti. Malwazi mbuli gonoliya, nsiki alimwi aambi.

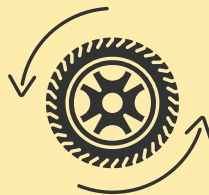


Zitondezyo zitondezya malwazi aaya nku kuzwa cintu kucinswe, kuzimba, kubabwa alimwi azimwi. Kuti naa kuli ncoonvwa candeene kubukaintu / kubwaalumi bwako, koya ku kucibbadela.



Alimwi amucite zintu eezi kutegwa mulikwabilile kuma malwazi ayambukila nkaambo ka nkwela (STIs)

Amuliimye nkwela, kamwiinka-inka kukupimwa, kojatilila buyo kumuyandwa omwe alimwi kamubelesya tupila/condoms



Buumi tabukwe bumbi pe, aboobo bukwabilile sunu nkaambo juunza kuyakuba kumuka!!

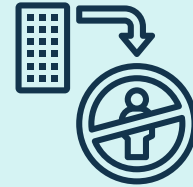


Kuti naa musankwa wako wakaka kubelesya kapila/condom, ulijisi nguzu zyakukaka kucita nkwela!

KUTANTAANYA KUZYALA ALIMWI AZIBELESEGWA KUTANTAANYA KUZYALA



Kuyeeya kuba amwana caamba kwendelezya kabotu mbuli ciindi ncoyanda kuba abana kwiindi mukubelesya nzila zyakutantaanya kuzyala.



Kubelesya nzila zyakutantaanya kuzyala (contraceptives) kutegwa utamiti, caamba kubelesya nzila eezi zyacibbadela kuteegwa ukasya nokuba kumusya kumita ciindi nocita nkwela.



Kuti naa mwana muniini kakonzya kuba acoolwe cakuyiia a kuziba twaambo twa nseba nkokuti inga takonzyi kufwaambana kumita alimwi cindi ncayanda kuyakuba abaana nkokuti unozzi kabotu-kabotu mbokubambwa bana.



Aaka kaambo kalakonzeka kuti twakwabilila kumita kwabana baniini. Aboobo amuswaye cibbadela cillafwaafwi andinwe kutegwa mugwasilizigwe mbomukonzya kutantaanya kuzyala.



Zimwi nzila zyakutantaanya zijanwa kucibbadela nzeezi: kubikwa kantu mukati kabukaintu nekuba akwaanza kwako kwa lumwensyi, indonga/ nyeleti, mapilusi, makondomu/tupila kujalilwa limwi luzyalo alimwi a kuliimya.



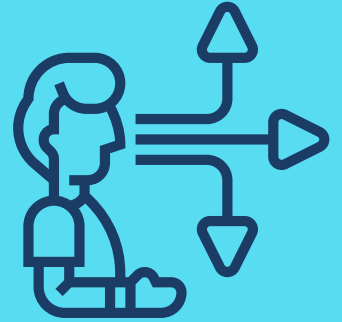
**YEEYA: KULIKWABILILA NCIBOTU
KWIINDA KUGWISYA DA.**

KUGWISYA DA



**CAAMBA KUGWISYA MWANA/
DA KAATANA AKUSIKA MAZUBA.**

Basimbi inga aabona balinvwa kuti kugwisha da nenzila yolikke njobajisi kapati baya banga bamita nkaambo kakujatwa/kuleping'wa. Pele nciyandisi kuti wabuzya akwaamba muzeezo wako ku bapati.



**TAAKWE NOBA
OLIKKE PE!**

Kugwisizya ang'anda da nkubi alimwi kulijsi bulumbu bubu mbuli; kuzwa bulowa kubukaintu munzila iitelede cakuti mane inga waba abulwazi bwakumana bulowa, kuzapuka zyalilo, kulicisa kumbele kwacizyalilo, kunotumbuka kaatana akusika mazuba, kumaninwa luzyalo alimwi olo kufwa.



**AMBILA WENDELEZYA KABUNGA
KANU (GIRL COUNCIL) NOBABA
BASILISI BACIBBADELA CENU CILI
AFWAAFWI KUTEGWA
BAKUGWASYILIZYE KU MAKANI
AKUGWISYA DA**

MBOKULIBAMBWA CIINDI NOLI KUCIINDI NA KUMWEEZI



NKUBELESYA CISANI CITAKWE TOMBE/ DOOTI KUTI KACISIPA BULOWA CALO CIKONZYA KUCINCWA CAKAZIYE KUFUMBWA WAYANDA KUCINCA. KUBELESYA NSIMPA ALIMWI A MAANZI ANYINA TOMBE CIINDI NOYANDA KUSAMBA ALIMWI AKUBA ABUSENA BUBOTU BWAKUSOWELA MAPADI ABELESEGWA KALE.



Kuba ku ciindi cilakatazya, eno utapengi, nkaambo tulakugwasilizya.



1 Ciindi noli ku ciindi, kutegwa ulibambe kabotu, kobelesya kasani/kasila, paadi, nekuba kaya kabikwa mukati ku bukaintu kutegwa kakasipa bulowa. Aaka kantu nkaaniini mponya bulowa mbobuvulila kalafuta. Kaitwa kuti tampon. Mulakonzya kubelesya nobuba buluba. Alimwi kobamba bulondo bubotu kwiinda mukusamba amubili ziindi zyaceya kale zisika kuli zyotatwe mubuzuba.



2 Ciindi mazuba aako akuya kuciindi naaswena, kolya zyakulya zijisi busani bweelene. Kovuzya kulya zisyumani mbuli spinach alimwi ama banana. Alimwi akunwa mapilusi alesya kucisa.



3 Ciindi noli kumweezi, konga kucita tuntu tunga tulapa kuti mubili wako kauwololoka. Kolyoolola munzila zisiyene-siyene zyohi.



Eezi zifwanikiso zitondezya mbomunga mulakonzya kunoolyolola.



KUFWUMBWA NCOBELESYA CIINDI NOLI KUMWEEZI, KOBA A MASIMPE AKUTI WACICINCA MBOKWINDILA BIYO MAOLA AALI 4 KUSIKA KU 8. EECI CEELEDE KUCITWA KUTEGWA UKWABILILE KUSWEKA.

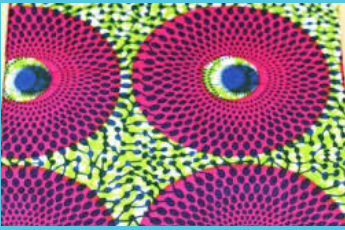


Utabelesyi tampuuni kwa ma woola ayindilila ku 6 nkaambo kuti na waindilizya inga ilapanga musamu mubi uunga wakuletela ntend.

MBOKUPANGWA MA PAADI NGOMUNGA MULAKOZYA KULOLOLA KUBELESYA



ZINTU ZIYANDIKA



Mulembo wakubika kungsi mbuli mulembo wa Chitenge



Cakubika mukati cikonyza kunwida bulowa mbuli kasila kakubushu / facecloth



Ciimbi cisani cibikwa kungsi calo ciguma amubili. Cisani cilinwisya kabotu citacisi. Kapati mushobo wa meluuni nkaambo kakuti meluuni ulakozyanya abulowa aboobo tautyabili kapati abulowa pe.

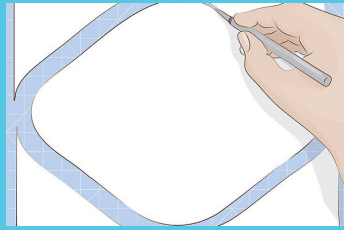


Kulayandika alimwi a cintu citainzinzi meenda. Mukalakonyza kubelesya kasaka kakamana nsamende/cement kanyina tombe.

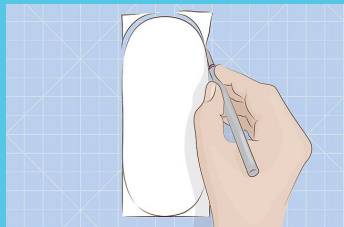


Alimwi kulayandika a cakukopezya. Mulakonzya kubelesya nkompelo nekaba kantambo nkubabelesya abusena bwankompelo.

MBOIPANGWA PAADI



Kutaanguna weede kuti wayeenga akasani kako mumukozyanyo wa paadi yacikuwa.



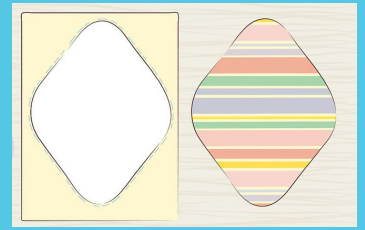
Wamana utende mushobo wa meluuni awalo mbubweenya mbuli paadi lyachikuwa mbolilibonya. Utabiki tuntambo tulengelela mumbali.



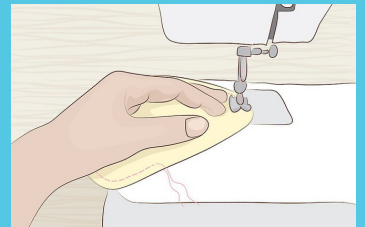
Mwamana mubikke kasaka ka nsamende (cement) kungsi, mpoonya atala akasaka mubikke kasani kakubushu (facecloth) mpoonya mubikke kasani kamushobo wa meluuni.



Mukumanyiza amubikke nkompelo na ciya cibelesegwa abusena bwankompelo kutegwa paadi ijatwe kabotu.



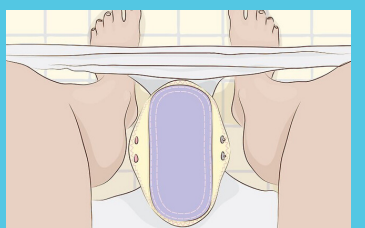
Tende mulembo wa chitenge mutubeela tobiilo tukozyanya a paadi liya lyuulwa mucintoolo na bamwi ndyobaita kuti lyachikuwa.



Wamana uswaangenyetuntambo kutusani tuya towatenda mpoonya utusume antoomwe kubelesya kusuma kwitwa kuti kusuma kwacifuteshule (back stitch)



Mutuswanganye antoomwe mwana musume akati



Mpoonya kwama lyamana paadi lyako.

AABA MBOBANTU MBOMUNGA MWATUMINA KUTI KAMUYANDA KUGWASILIZIGWA



RURAL HEALTH CLINIC NURSES

Kachindu Clinic: Mrs Malawo 0977 258406

Muuca Clinic: Mrs Nkwanisha 0956 249710

Siansowa/ Zuka Clinic: Penelope 0979841777

Siansowa Clinic: Mr Sermu 0979 378867



VICTIM SUPPORT UNITS

Mr Kosamu 0973156822 or Ms Jennipher 0979143446

Amutumine ba victim support kutwaambo tujatikizya kujatwa, koonwa awacibbululu, kusungilizigwa koonwa alimwi atumwi twaambo tukozyanya atotu. Mutatumini ba victim support kutwaambo twanseba alimwi a twakuntantaanya kuzyala.



GIRL COUNCIL ADULT LEADERS

Chisyabulungu Primary School: 0976 916706

Kariba South Primary School: 0979 356287

Siansowa Primary School: 0978 060388

Matambo Primary School: 0953 273181

Siamucaala Primary School: 0955729983

Mweemba Primary School: 0953 278329

Please call your nearest Health centre.



SCHOOL CLUB ZAMBIA

Alice Simakala Gender and Youth Officer:

0968275528

**AMUZIBE KUTI MUKONZYA BIYO KUTUMA MANAMBALA
AAYA KUTI NAA KAAMBO KENU KAJATIKIZYA TWAAMBO
TULI MUBBUKU EELI.**



**AMUKALA CAKULIKWAYA ALIMWI
AKUBA A NSEBA MBOTU!**



Kuliyanda nokuba kulibamba kabotu ncibeela ciyandisi cakuba musimbi.



Basimbi mbantu...

Bacenjede
Bakutausi

Bayumu na basintanze
Bacizi kubambilila



Kuba anguzu kwiinda mukuba aluzibo

