

UMGAQO-SISEKO WENKQUBO
EFANELEKILEYO (ELUNGILEYO)
YOLWALUKO, UKUKHUTHAZA
UKHUSELEKO LWESIFO
SENGCULAZI (HIV)



AIDS Foundation
South Africa

Developing Partnerships - Serving Communities

Izivumo



U AFSA unqwenela ukubulela bonke abathe bathabatha inxaxheba kwi qumru ebeliqulunqa umkhomba ndlela wezikolo zolwaluko ebelihlei e Durban March 2011, ngamagalelo abo.



Kingdom of the Netherlands

Upapasho lalencwadana lwenziwe ngoncedo lwezimali oluvela kei Royal Netherlands Embassy. Sinobulelo olungazenzisiyo ngoko.

Incukacha

Isikhokelo	2
-------------------------	---

Izikhokelo

1. Uxhaso lolwaluko	4
2. Amazwi amaninzi kodwa umyalezo omnye	4
3. Ukuphakelana/ukwabelana ngezolwazi	4
4. Ixabiso lomnye komnye/ukuxabisana	4
5. Imvumelwano, hayi unyanzelo	4
6. Ezona zakhono zifanelekileyo/zizizo	4

Eyona miqathango iphantsi ngokwenkqubo eyiyo

1. Ulwaluko njengexalenye yohlobo olumbaxa/oluphangaleleyo lokhuselo lukaGawulayo	5
2. Uvavanyo ngokwezempilo	5
3. Uphicotho	5
4. Uqeqesho nezemfundo	5
5. Ucebiso (iingcebiso zengcaphephe) novavanyo ngoGawulayo	6
6. Imvumelwano, hayi unyanzelo	6
7. Ezempio	6
8. Imithetho/imigaqo	6
9. Ixabiso (iminyaka) yolwaluko	6
10. Ulwaluko lweentsana	7
11. Ukusweleka	7
12. Ubhaliso ngokusemthethweni	7
13. Ulawulo lweentlungu	7
14. Intsebenziswano	7

Utshintsho-tshintsho lweendlela ezilungileyo

1. Uchazo ngqo/olugqibeleleyo ngolwaluko	8
2. Iziphumo zesiko lolwaluko	8
3. Ixabiso/iminyaka yokwaluka	8
4. Ulwaluko lweentsana	8
5. Ukuveza okanye ukubonakalisa umqela	9
6. Utshintsho ngokuziphtha/isimilo emva kolwaluko	9
7. Inxaxheba yabasetyhini/yabafazi	9
8. Intsebenziswano norhulumente	9



Isikhokelo

Lo mgaqo-siseko ukhokela imigaqo malunga nolwaluko ngokubhekisele (ngokusekelezele) kwisifo sengculazi eMzantsi-Afrika. Ngunozala okanye umphumela wentlangano okanye ufuthelwano phakathi kwamaziko ololuko, amaqumru asekuhlaleni (abahlali) kwakunye nabasebenzi bezempilo kulo lonke eli lizwe.

Injongo yesi sikhokelo (umkhomba ndlela) kukukhuthaza inkqubo eyiyo okanye efanelekileyo yolwaluko lwasesikweni nolwasemlungwini okanye esibhedlele. Ukuqinisekisa impilo eyiyo kuwo onke amakhwenkwe, amadoda olukileyo nosapho ngokubanzi.

Bonke abathathi nxaxheba bayacelwa ukuba bamkele, bahlangabeze kwaye bongeze/bacebise ukwandisa lo mkhomba ndlela, njenge galelo lokwamkela ikhwelo kwisifo sikaGawulayo (HIV/AIDS).

Isiko lolwaluko luqhutywa ngeendlela ezihlukeneyo ngabantu bezithethe ngezithethe eMzantsi-Afrika, njenge nkqubo yolwaluko lwamakhwenkwe ukuya emadodeni. Esithethe lisiko ngaphezu kokhuthazo lwezempilo. Ulwaluko lubandakanya iimfundiso ngokusekelezele kwizithethe malunga nenxaxheba yomfana osemntsha, indima yakhe ekhayeni nasekuhlaleni kwakunye nokulindeleke kuye malunga nokuziphatha ngokwezesondo. Eli lisiko eliqhubeka ngamaxesha athile kubahlali ngabahlali ngokwahlukeneyo.



Abanye abantu balusebenzisa ulwaluko lwasesibhedlele okanye lwasemlungwini ngenxa yempembelelo zenkolo okanye zezithethe, kwaye loo ndlela inegalelo elihle ngokubhekisele kwezempilo. Izifundo ezinzulu (research) zibonakalise ukuba umngcipheko womntu owalukileyo uhla malunga ne 60% kunalowo ungolukanga ekusulelekeni nguGawulayo, nangona lo mngcipheko kwabasetyhini nalo madoda angathathi nxaxheba kwezesondo ungehlanga. Ukuqala kunyaka ka2007, ulwaluko ngokwasemlungwini lolona lukhuthazwayo kakhulu njengomnye womgaqo ogqibeleleyo/opheleleyo ukukhusela isifo sengculazi/sikaGawulayo. Ngonyaka ka2010, naye urhulumente woMzantsi-Afrika uqalisile ukujolisa emakhwenkweni nasemadodeni (amalunga ne15 iminyaka) yolwaluko, njengoko intlangano yezizwe ezimanyeneyo kwezempilo licebisile, ukunciphisa isifo sikaGawulayo.

Ezona zinto zingundoqo/ezibalulekileyo zimbini kuphela ukukhuthaza ukunqanda usuleleko ngokubhekisele elwalukweni:

- ✦ Imiqathango yezempilo nezenkathalo/nezobuchule ngolwaluko lwasemlungwini/esibhedlele malubandakanywe okanye nolusetyenziswe kunye nolo lwasesikweni, kwaye
- ✦ lindlela zasesikweni malunga nezesondo nezakhono zokuphila ngokubanzi mazamkelwe ukunyusa izinga lezempilo/lolwaluko ngokwasemlungwini/esibhedlele.



Izikhokelo

Lo mgaqo-vavanyo ukholelwa kwezi zikhokelo zilandelayo:

1. Uxhaso lolwaluko

Ulwaluko luhlobo olubalulekileyo njengesiko nokhuselo kwisifo sikaGawulayo.

2. Amazwi amaninzi kodwa umyalezo omnye

limbono zeenkolelo nezamayeza/machiza ngolwaluko azahlukanga ngokupheleleyo kwaye zingakhabani enye kwenye. Eyona njongo ingundoqo yazo zombini ezimbono kukuphuhlisa izinga lezempilo lamakhwenkwe namadoda, amaqabane nezibane nezindlu zabo.

3. Ukuphakelana/ukwabelana ngezolwazi

Ayingawo kuphela amasiko emveli neendlela zamayeza asemlungwini abazingcaphephe okanye ulwazi olu gqibeleleyo; zombini ezindlela mazisebenzisane kunye ukuzalisekisa iinjongo zazo malunga noGawulayo (HIV/AIDS).

4. Ixabiso lomnye komnye/ukuxabisana

Ulwaluko maluhutywe ngendlela ehloniphekileyo, ngendlela yesithethe sasekuhlaleni kwakunye nomntu lowo woluswayo/owalukayo. Amangenelelo mawahambisane namazwe amasiko aqhutywa kuwo, kwakunye nalo mazwe anamasiko nezithethe ezahlukeneyo, nabantu ngokunjalo.

5. Imvumelwano, hayi unyanzelo

Imvumelwano, nokuba ngokwasekuhlaleni okanye ngokwasemthethweni, yeyona ndlela iyiyi kuzo zonke iindlela zolwaluko; makungabikho mntu unyanzelwayo kulwaluko.

6. Ezona zakhono zifanelekileyo/zizizo

Bonke abo bantu balusayo okanye bajongene namakhwenkwe namadoda olukayo, ngokwasesikweni namalunga nemigaqo eyiyi ngokwasemlungwini, mababe baqeqesheke ngokufanelekileyo.



Eyona miqathango iphantsi ngokwenkqubo eyiyo

Olu ncwadi lucebisa oku kulandelayo:

1. Ulwaluko njengenxalenye yohlobo olumbaxa/oluphangaleleyo lokhuselo lukaGawulayo

Ukuze libe negalelo elufanelekileyo ekukhuseleni umngcipheko wosuleleko nguGawulayo, kufuneka ulwaluko luhlangatyezwe okanye lusetyenziswe nezinye iindlela zokhuselo lukaGawulayo, ingakumbi usetyenziso rhoqo lwesingxobo sesondo (Condom).

2. Uvavanyo ngokwezempilo

Zombini iindlela zolwaluko, ngokusesikweni nokwasemlungwini, amakhwenkwe namadoda kufuneka aqinisekiswa ngugqirha ophelileyo ukuba alulungele ulwaluko.

3. Uphicotho

Oonompilo abaqeqeshiweyo kwakunye neengcibi zasesikweni eziqhuba ulwaluko kufuneka zisoloko ziphicothwa ngamaxsha athile.

4. Uqeqesho nezemfundo

- ✚ Wonke umntu obandakanyekayo nojongene nolwaluko (kwakunye namagqirha asebenza ngamaziko olwaluko) mabaqeqeshwe kukhuseleko nonqando lukaGawulayo.
- ✚ Zonke iingcibi zolwaluko mazifundiswe ngokubaluleka kokususwa ngokupheleleyo kwejwabi (foreskin).
- ✚ Zonke iingcibi zolwaluko mazifundiswe /kufuneka zifundisiwe ngokubaluleka kolwaluko olusesikweni nolo lwasemlungwini (medical).
- ✚ Imiyalezo ngempilo yezesondo naleyo yezokhuselo kuGawulayo mayibandakanywe kwizifundo zezikolo zolwaluko.



5. Ucebiso (iingcebiso zengcaphephe) novavanyo ngoGawulayo

Uvavanyo olukhululekileyo okanye ngokuzithandela malukhuthazwe lufumaneka njenge nxalenye yolwaluko ngokusesikweni nolwasemlungwini. Amakhwenkwe namadoda abonakalisa iimpawu zosuleleko ngoGawulayo, mawabe nalo ilungelo lokuzikhethela ukwaluka, ingakumbi ukuba ugqirha oqeqeshiweyo uyaqinisekisa ukuba asempilweni entle.

6. Imvumelwano, hayi unyanzelo

umthetho okhoyo malunga nokuvuma okufanelekileyo mawuthotyelwe.

7. Ezempio

Ukukhusela usuleleko ngoGawulayo olusuka kwenye inkwenkwe okanye indoda kusiya komnye ngexesha lolwaluko, makusetyenziswe isxhobo esinye esingasetyenziswanga kumntu ngamnye. Usuleleko olusuka komnye lusiya komnye malungabikho/malunqandwe ngazo zonke iindlela, umzekelo, ngokunxiba izingxobo zezandla nokuhlamba rhoqo izandla phakathi kokuphatha isixhobo esisetyenzisiweyo nesitsha.

8. Imithetho/imigaqo

Amabakala ahlukeneyo karhulumente kufuneka aqulunqe imigaqo emayiqwalaselwe malungaa nolwaluko, ngentsebenziswano/ngokubambeneyo nabo bonke ababandekanyekayo, baqwalasele indima yabasetyhini, iingcibi zolwaluko neenkokheli zomgquba ngokunjalo nabanye abantu.

9. Ixabiso (iminyaka) yolwaluko

Ngokufanelekileyo, ulwaluko kufuneka lwenzeka phambi kokuzibandakanya ngesondo, oko kukuthi phambi kweminyaka elishumi nambini (12 years) okanye ngaphantsi.



10. Ulwaluko lweentsana

Bonke abo babandekanyeka kolu hlobo lolwaluko kufuneka banikwe imvume okanye ilungelo kumayeza/machiza olwaluko.

11. Ukusweleka

Konke ukusweleka okunxulumene nolwaluko makubhaliswe kuchazwe.

12. Ubhaliso ngokusemthethweni

lingcibi zolwaluko lwamadoda mazibhaliswe ngokusemthethweni kwisebe lezeMpilo okanye naliphi iqumrhu alaziwayo. lingcibi mazivunywe kuqala ukuze zisebenze kwaye lubhalwe kulwazi olugciniweyo (database).

13. Ulawulo lweentlungu

lingcibi mazingaqhubi ulwaluko ngeenjongo zokuvisa iintlungu, kwaye zivumele ulawulo lweentlungu olungasebenzisi tywala naziyobisi.

14. Intsebenziswano

Kufuneka kubekho intsebenziswano exandileyo/enabileyo phakathi kweenkokheli zomthonyama zasekhaya, amapolisa (amagosa onyanzelo-mthetho) kwakunye nesebe lezeMpilo ukukhusela/ukunqanda ubukho bamaziko/izikolo ezingekho mthethweni nokwazisa uluntu jikelele ngobukho bazo.



Utshintsho-tshintsho lweendlela ezilungileyo

Lo mqulu wemithetho uyayivuma into yokuba zonke inkcukacha ezingqamene nolwaluko eziyinxalenye yothintelo lukaGawulayo azigqibeki/zimbaxa kwaye ziyathandabuzwa/ ziyathandatyuzwa. Ezi nkcukacha zilandelayo, zezinye ezifuna ukuxoxwa ngakumbi kubo bonke abathathi nxaxheba ukuqinisekisa ukuba ziyafumaneka iziphumo ezizizo/ ezifanelekileyo:

1. Uchazo ngqo/olugqibeleleyo ngolwaluko

Ulwaluko ngokwesiko aluthethi ukuba ijwabi lisuswa ngokupheleleyo, into eyimfuneko ukunciphisa usuleleko nguGawulayo njengoko olwasemlungwini ulwaluko lunjalo. Oko kukuthi ulwaluko ngokwesiko lwamadoda kusenokuba neqondo eliphezulu losuleleko kunolo lusebenzisa amayeza/amachiza emvelo.

2. Iziphumo zesiko lolwaluko

Kwezinye iindawo ulwaluko aluthethi ukusikwa okupheleleyo, kodwa nje inxeba kwijwabi. Bona abolusa ngokwezempilo bangalukhusela olusiko okanye inxeba kwaye bazihlasele/bazichase iimbono zesiko okanye izimvo zabantu ngobudoda.

3. Ixabiso/iminyaka yokwaluka

Kwamanye amasiko/izithethe ixabiso lolwaluko yiminyaka eli18, kwaye abo bolukileyo babe bafikelele kwixabiso lobuntu obukhulu (adult), ukanti kwezinye izithethe amakhwenkwe phambi kwexabiso lokufikisa bathathwa njengamadoda kude kufikelele ixesha lokuba benze izinto zabantu abakhulu/abadala. Kukho ukungqubana kwezimvo malunga nenxaxheba yolwaluko ekukhuseleni isifo sikaGawulayo.

4. Ulwaluko lweentsana

Isebe lezeMpilo linengcamango/ngcinga yokuba ulwaluko lweentsana luza kwaziswa eluntwini, lupapashwe ngokusesikweni kungekudala. Kodwa oku kungayingxaki ukuba olu hlobo lolwaluko lwenziwe ukuba lubonwa ngeliso lokuba lisiko lokuphuma kubukhwenkwe ukuya ebudodeni kwixabiso elithile elifanelekileyo.



5. Ukuveza okanye ukubonakalisa umqela

Isebe lezeMpilo nabaxhasi bangaphandle ekuxhaseni ukhuselo lwesifo sikaGawulayo bafuna ukuqinisekisa, bapapashe okanye babhale phantsi inani lamakhwenkwe olukayo/oluswayo, iimpembelelo okanye ifuthe lolwaluko nempilo. Kulo mba, owona mceli mngeni yindlela anokuthi umntu enze ngayo ukufumana ezo nkukacha zolwaluko ngokwesiko. Enye ingxaki kukulilinganisa umahluko ngokuziphatha emva kolwaluko.

6. Utshintsho ngokuziphatha/isimilo emva kolwaluko

Zonke iindlela zesiko lolwaluko zifundisa abafana ngeendlela ezifanelekileyo zokuziphatha emva kolwaluko. Kodwa iimfundiso ngentlalo malunga nobuni (ubudoda okanye ubufazi), neengcinga ezitenxileyo malunga nobudoda ziye zikhokelele kumakrwala enze izinto ezingekho similweni nezingenantlonipho malunga nezesondo. Izinga eliphezulu losuleleko nguGawulayo eMzantsi-Afrika libangela ukuba kubaluleke kakhulu ngakumbi kwizikolo zolwaluko, kunyuswe/kuxhaswe ukhuselo, inkathalo ngokwezesondo nosetyenziso lwamayeza kugxininise ekuziphatheni emva kolwaluko. Malunga nalo mba abezempilo nabokhuthazo bangafunda lukhulu kwiindlela iingcibi eziqhuba ngayo.

7. Inxaxheba yabasetyhini/yabafazi

Inxaxheba yoomama kwezo loluko iqingqekile/inemiqathango kwaye bukho nezithintelo ezi lawula ukufikelela kolwazi (nabangaphandle) malunga nezololuko, kodwa ngabafazi abona basesichengeni sosuleleko lwengculazi kunamadoda, kwaye nalo mngcipheko awuhli/awunciphi kuba amaqabane abo ngokwesondo olukile. Kwakhona, abafazi ngoomama, oodade namaqabane kubeluki abaye bahlukumezeke ekwalukeni okuye kukhokele ekusikweni kwelungu okanye ekufeni. Kungoko ke kufuneka indima yabafazi iqwalaselwe ngokuphangaleleyo.

8. Intsebenziswano norhulumente

Amasebe ezeMpilo (ilizwe jikelele namaphondo) bathe gqolo bebhala izikhokelo, imigaqo nemithetho, efanelekileyo malunga nesifo sikaGawulayo (HIV/AIDS) kwakunye nolwaluko. Ezi zinto/nxaxheba ziye zibonwe zisisihlaselo okanye isinyeliso kwabo basebenzisa isiko okanye ukuthabatha amalungelo abo. Uboniswano olukhulu, ukuqondisisana nemvisiswano ukuqinisekisa ukuba ezamasiko nezaseburhulumenteni zisebenza kunye ukufezekisa iminqweno yabo zijolise kubo lufuneka kakhulu.





237 Musgrave Road, Durban 4062

Tel +27 31 277 2700

Fax +27 31 202 9522

www.aids.org.za

For more information about the AIDS Foundation, please visit:

www.aids.org.za

**To learn more about the Culture and Health Programme's
work with initiation schools or to endorse the Charter, please visit:**

www.aids.org.za/page/initiation-schools