

ZIMENE BHATUPE ANAPHUNZIRA NDI MAFUNSO OKAMBIRANA

Zimene ndaphunzira

Maphunziro anga akupenyereka makamaka kwa azimayi achichepere ndi anthu amene akugwira ntchito yowathandizira:

1. Uzidziwe wekha ndi kumadzimvetsetsa wekha, maganizo ako, zosangalatsa zako ndi thupi lako.
2. Dziphunzitseni nokha zokhudza kugonana ndi chilenge cha zakugonana, ndipo funsani azimayi wothandiza wokuzungulirani mmene mukhoza mukhoza kuzipatsira mphamva pa zokhudzana ndi umoyo wanu wabwino pazakugonana.
3. Dziwani zoono zake za HIV, AIDS, Matenda Opatsirana Pogonana (STIs) ndi zinthu zina zokhudzana ndi umoyo zimene amayi amakumana nazo kuti mukhoza kudziteteza nokha kumatenda.
4. Khalani womasuka mu khungu limene inu muli nalo ndipo musalolere kuti wina akuchitireni zinthu zina zoipa kapena mwa njira imene ikhoza kuonetsa kuti inu sindinu womasuka ndi thupi lanu. Lankhulani momveka ngati chinthu china chake choyipa chakuchitikirani.
5. Musaganizire kuti ndi vuto lanu ngati mnyamata kapena mwamuna wakugwirirane kapena amayesera kuti akugwirireni.
6. Ngati chibwenzi chanu chakusiyani, mulekeni apite – musadzinene nokha chifuwa cha chinthu chimene chikhoza kukhala kuti chalakwika pa ubwenzi wanu.
7. Kukhulupirirana ndi chikondi ndi zinthu zabwino zokutakasani panjira ya moyo wanu – sikutu ndi anyamata ndi amuna onse kuti ndi woyipa ndipo kuti akungofuna kukuwonereani inu.
8. Dziwani chimene mukufuna kukwaniritsa moyo wanu, khazikitsani zolinga zimene mukufunika kufikira ndipo pezani anthu akuwongolerani kukuthandiza panjira imene inu mwasankha.
9. Ngati muli achikulupiro tsamirani pamenepo nthawi yovuta – tonse timasowekera zotirimbikitsa nthawi ndi nthawi.

Mafunso

1. Kodi ungaphunzire bwanji zambiri zokhudzana ndi kugonana, chilengwedwe chakugonana ndi za umoyo wanu pa zakugonana?
2. Nanga kuwerenga nkhani iyi kwakuthandizani bwanji mmoyo wanu ndipo nanga kufotokozera nkhani yanu kungathandizire bwanji anthu?
3. Nanga mungawathandizire bwanji amayi achichepere ndi amunu kuti akhale wolimba ndi