

OPTIONS

HIV Prevention Ambassador Toolkit



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Tinokugamuchira kudzidziso yemaOPTIONS Prevention Ambassador! Ini ndiri HIV Prevention Ambassador, uchandiona mutoolkit ino. Ndiripano kukubatsira kuti udzidze nekufamba newe mune zviitiko zvichatevera.

Training ino ichakubatsira kugadzirira izvi:

- Kupa vamwe vezera rako ruzivo pamusoro peoral PrEP nekupindura mivhunzo yavangange vainayo
- Kubatsira vezera rako kuita sarudzo yenzira dzekudzivirira HIV dzinganyatsovaitira
- Kubatsira vezera rako kuti vawane oral PrEP, vaishandise nemazvo uye varambe vachiishandisa
- Kubatsira vezera rako kuti vasarudze wavangade kuudza nezvekushandisa kwavo oral PrEP
- Kushambadza nekubatsiridza kuwana tsigiro yenharaunda yaunogara panyaya yeoral PrEP

Unogona kudzidzazve zvinotevera:

- Kupa vezera rako ruzivo rwematapukiro anoita HIV uye nzira dzekudzivirira
- Kuona zvinobatanidza magender norms (zvinotarisirwa kwauri munharaunda nekuda kwekuti uri musikana kana mukomana) uye nekusaenzana kwemikana, njodzi yekubatira HIV uye mhirizhonga kune madzimai nevasikana
- Kutsigira vamwe vezera rako vari pakati penjodzi kuburikidza nekunyatsoteerera uye kuvabatsiridza kuti vawane zvirongwa zvakavanakira

Chikamu chekutanga chetoolkit ino chine ma [Ambassador Tools](#). TZvituru izvi zvichakupa ruzivo pamusoro peHIV, oral PrEP uye nezvimwe zvaungashandisa munharaunda yauri. Unogona kuratidza vamwe kuti vave vanofarira kuziva nezve oral PrEP uye nebasa raunoita!

Chikamu chechipiri chiri mutoolkit ino chine ma [Worksheets](#). Aya ndeako anokubatsira kufungisisa, kunyora nyora manotes, uye kugadzirisa matambudziko nezvimwewo! Uchange uchinyora maworksheet aya mutraining/dzidziso ino yose.

Ndinokushuvira rombo rakanaka nedzidziso ino- Ndiri kunzwa kufara kuti uchange uchindijoinha saAmbassador! SaAmbassador, une ruzivo nesimba rekubatsira vamwe vezera rako kuti varambe vakachengetedzwa kubva kuhutachiwana hweHIV. Tiri tose, tinokwanisa kusimbisa nharaunda yedu, kuti ive nehutano uye kuti inge yakachengetedzeka. Tisu zvizvarwa zvenguva yedu zvichapedza HIV!

Ambassador:



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Ambassador Tools

Manyepo



Usanyengerwe - Aya manyepo. Hachisi chokwadi ichi!

Unogona kuzviona kuti munhu ane HIV nekungomutarisa.

Haufaniri kusangana sangana nevanhu vane HIV kuti vasakuzadze utachiwana.

Kushandisa makondomu kana PrEP zvinoratidza kuti hauvimbe nemumwe wako.

Vasikana nemadzimai echidiki vari panjodzi yakakura yekubatira HIV nekuti vanodanana-danana nevanhu vakawanda wanda.

Pane mimwe mishonga yechivanhu inokwanisa kukuchengetedza kubva kuHIV ukaiisa munhengo yesikarudzi yechidzimai.

Kuita bonde nemhandara kunorapa HIV.

Kuita bonde uri kutevera kunodzika njodzi yekubatira HIV.

Vanamai vane HIV havafaniri kuyamwisa vana vavo.

Varume vanoita bonde nevamwe varume uyezve vaye vanotengesa bonde ndivo vega vanokwanisa kubatira HIV.

Ukabatira HIV unobva warwara wofa.

Chokwadi



Ichi ichokwadi! Unokwanisa kuvimba neruzivo urwu kuti uzvichengetedze kubva kune HIV!

Hapana paungazive kuti munhu ane HIV nekungomutarisa. Vanhu vazhinji vane HIV asi vanenge vasingatozive. Nzira imwechete yekuziva kuti une hutachiwana hweHIV kuongororwa ropa rako.

Haukwanisi kubatira HIV sekubatira kwaungaita chikosoro/flu. HIV inogokwanisa chete kutapurirwa kune vamwe neropa, urume, zvinoyerera kubva muchibereko uye nemukaka wemuzamu- zvikapinda muropa remunhu asina hutachiwana hweHIV. Haukwanisi kuwana HIV kubva mukutsvodana, kumbundirana, kushandisirana zvekubikisa, kushandisa chimbuzi chimwe, mosquito kana kugumwa.

Kuzvichengetedza kubva kuHIV haisi nyaya yekuvimbana. Chero munhu anogona kuva neHIV- uye vanhu vazhinji havazive pavamire nezve HIV. Kana muchifambidzana mukudanana nekuvimbana, munofanira kuda kudzivirirana kubva kuHIV. Izvi zvinoreva kuti bonde rakachengetedza, kuwongororwa ropa nguva nenguva uye kufungisisa nezve kutora oral PrEP.

Vasikana nemadzimai echidiki vari panjodzi yekubatira HIV kupfuura vakomana vemazera avo kwete nekuti vanodanana danana nevanhu vakawanda. Vakadzi vari panjodzi yakati kurei yekubatira hutachiwana nekuti zvinoti itei nyore kuti hutachiwana hupinde nepanhego yesikarudzi yemunhukadzi kupfuura yemuhurume. Uyezve vakadzi nevanasikana havakwanise kunyatsozvidzivirira nekuti vanoonekwa sevane masimba mashoma ekutaurirana nevanodanana vavo nezvebonde rakadzivirirwa. Oral PrEP inogona kubatsira vasikana nemadzimai echidiki kuti vatore matanho ekuchengetedza hutano hwavo!

Hapana mishonga yechivanhu kana miti inokwanisa kukuchengetedza kana kukurapa kubva kuHIV. Kuisa zvirimwa nemitu munhengo yako yesikarudzi kunotowedzera njodzi yekubatira HIV, zvinogona kuomesa/kubvisa hunyoro munhengo yako, zvinogona kuita kuti ubvarukire panhengo iyi zvova nyore kuti HIV ipinde mumuviri mako.

Aya manyepo. HIV hairapike.

Kuita bonde uri kutevera kunokwanisa kuwedzera njodzi yekubatira HIV nekuti HIV inowanikwa muropa rinobuda panotevera munhukadzi.

Hazvisi nyore kudaro. Mukaka wemuzamu unopa zvinovaka muviri uye zvinodzivirira mwana kubva kune zvakawanda, uye HIV inogona kudzivirirwa nemishonga chaiyo. Vanaamai vane HIV vanofanira kushanda naana chiremba vavo kuti vawane nzira dzinonyatsovashandira.

Chero munhu anogona kubatira HIV.

Nyangwe kusina mishonga unorapa HIV, pane mishonga inoderedza hutachiwana inonzi maantiretroviral, ARVs muchidimbu. Kana mishonga iyi ikatangwa paine nguva, ikanwiwa zvakafanira, munhu ane HIV anogona kutorarama hupenyu hurefu hune hutano asina kusvika pakuita AIDS. Mishonga iyi inobatsira kudzivirira kutapurira hutachiwana kune vamwe.

KUTAPUKIRANA KUNOITA HIV

HIV inokwanisa kutapurirwa kubva kune munhu ichienda kune mumwe kuburikidza neropa, zvinoyerera kubva muchibereko, kana munhengo yechikadzi kana urume uye mukaka wemuzamu:



- Bonde repanhengo yesikarudzi yechikadzi
- Bonde rekunhengo inorasa tsvina mumuviri wemunhu
- Bonde rekushandisa muromo



- Kuzvitakura
- Kuzvara/kusununguka
- Kuyamwisa



- Kuzvibaya zvinodhaka mumuviri netsono yashandiswa nevamwe
- Kubata kana kugumha ropa

KUDZIVIRIRA HIV



Oral PREP
Kana usina hutachiwana hweHIV unokwanisa kuzvidzivirira nekutora mushonga unonzi PREP



PEP
Kana wakapinda panjodzi yekubatira HIV, unokwanisa kuzvichengetedza nekutora mushonga unonzi PEP mushure nemaawa 72 wapinda munjodzi



ART
Kana uine hutachiwana hweHIV unokwanisa kudzivirira kutapurira utachiwana nekutora mushonga we ART

Dzimwe nzira dzekudzivirira HIV pabonde ndeidzi:



Kushandisa kondomu rechirume kana rechikadzi pabonde - kusanganisira bonde repanhengo yesikarudzi yechikadzi, bonde rekunhengo inorasa tsvina mumuviri wemunhu uye nebonde rekushandisa muromo



Kushandisa mawater-based lubricant kuti kondomu risaputike pabonde uye pakuita rakaona/riri dry



Kuongororwa zvirwe zvepabonde nekuzvirapwa mushure mekunge zvaonekwa



Kusaita zvebonde, kuderedza nhamba yevanogenda navo pabonde uye kuziva pamire mumwe wako maererano nestatus yake

Vana amai vane HIV vanogona kuderedza njodzi yekutapurira hutachiwana kune vacheche vavo nekuita izvi:



Kunwa mishonga we HIV pavanenge vaine pammuviri, pakupona mwana/kuzvara uye pakuyamwisa



Kurapisa mucheche wavo nemishonga inorapa HIV



Kuderedza njodzi pakuyamwisa



Kushandisa nzira dzekuronga mhuri kudzivirira nhumbu/pammuviri kusvika njodzi yadereera



Kana uine HIV uchifunga kuita mwana, taura nachiremba wako nezvenzira dzekuderedza njodzi yekutapurira hutachiwana kune mwana

Unogona kuderedza njodzi yekubatira hutachiwana nemuropa nekuita izvi:



Kusabata ropa revamwe vanhu



Kusashandisa tsono yamboshandiswa nemumwe



HIV inogona kutapurirwa paunophwa ropa temumwe munhu, asi zvapatana zvizhinji zvinooogora HIV muropa risati raiswa mauri. Kana usingazwi kugadzikana, vhuunza chiremba wakoi



HAUKWANISI KUBATIRA HIV KUBVA MUKUBATANA, KUTSVODANA KANA KUPANANA CHIKAFU KANA ZVINWIWA NEMUNHU ANE HIV



Problem Tree yekusaenzana kwemikana pakati pevakaadzi nevarume / Gender Inequality



CARE Response

Enda pane
nzvimbo
yakachen-
geteka

Nzvimbo yakachengeteka inzvimbo yekuti munhu anonzwa kugadzikana. Nyatsotarira kuti anokwanisa kutaura munzvimbo iyi akasununguka uye asinganzwe kutya. Mutsanangurire kuti iwe uripo kuzomuteerera -uye hauzomutarisire pasi kana kuti hauzomuudzire zvekuita. Muudze kuti anokwanisa kuvimba newe uye hapana wauchaudza nezve hurukuo yenyu.

Teerera
nemazvo

Muratidze kuti urikumuteerera uye urikunzwisisa zvaarikutaura. Muviri wako ngauratidze kuti urikuteerera nemazvo. Mupe mukana wekuti ambotaura uye ratidza kuti urikunzwisisa zvaari kunzwa.

Vimbisa

Muvimbise nekumuratidza kuti haasi ega, uripo kuzomuratidza kuti zvaari kunzwa hazvina kuipa. Kana ambotaura nezve mhirizhonga yaakambosangana nayo, muudze kuti unomunzwisisa uye kuti haisi mhosva yake.

Musimbise
ukurudzire

Muzivise kuti ndiye ane simba rekusarudza kuti zvii zvichaitika pamberi. Mubatsire kuti aone zvaangada uye afungisise nezve sarudzo yake. Iva wakagadzirira kumupa ruzivo pamusoro perubatsiro rwaanokwanisa kuwana.

Test and Prevent

Munhu wese ane chekuita pakudzivirira HIV munharaunda yatnogaral:

WONGORORO

Wongororwa hutachiwana hweHIV uye zvirwere zvepabonde - uye wongororwa nguva nenguva!

Kazhinji panotapurirana hutachiwana, hunobva kune vanhu vanenge vasiri kuziva kuti vane hutachiwana. Kuziva kuti une hutachiwana kunokupa simba rekuchengeta hutano hwako nekudzivirira kutapurira hutachiwana kune vanwe. Kuziva paumite kwakakosha kuti udzivirire HIV.

Kana uchiongororwa HIV muropa, unokwanisazve kuongororwa zvirwere zvirwere zvepabonde. Zvirwere zvepabonde zvinogona kurapwa, asi zvikasapwa, zvinokonzera matambudziko ehutano akakomba. Zvirwere zvepabonde zvinowedzera njodzi yekubatira HIV - kuongororwa ropa uye kurapwa zvirwere zvepabonde kunobatsira kudzivirira HIV.



DZIVIRIRA

Zvichengetedze kubva kuHIV pese paunoenda pabonde!



Makondomu echirume neechikadzi

Makondomu echirume neechikadzi anodzivisa kusangana kweganda nemvura dzinobuda mumuviri (skin and body fluids) zvingava nehutachiwana hwe HIV nehwezvirwere zvepabonde.



Oral PrEP (pre-exposure prophylaxis)

Oral PrEP mushonga wekuti munhu asina hutachiwana hweHIV anogona kunwa kuti azichengetedze kubva kuHIV. Mushonga uyu ukatorwa mazuva ose, munhu ari kuutora akapinda panjodzi yehutachiwana, hutachiwana uhwu hahungakwanisi kukupinda muropa. Hutachiwana hunobva hwafa, munhu oregedza kubatwa nehutachiwana hweHIV. Oral PrEP haikwanise kudzivirira kubva kuzvirwere zvepabonde saka zvinokurudzira kuti munhu ashandise kondomu.

Kusaita zvebonde, kuderedza nhamba yevanhu vanoenda pabonde navo uye kuchcheudzwa zvingonawo kudzivirira HIV.

PINDURA

Kana wambopinda munjodzi yehutachiwana hweHIV, kasika kuona zvekuita!

Kana uri kushushikana kuti wakapinda munjodzi yehutachiwana hweHIV, unogona kunwa mishonga kuderedza mukana wekubatira hutachiwana hweHIV.



PEP (post-exposure prophylaxis)

Kana hutachiwana hwapinda mumuviri, PEP inogona kudzivisa kupararira kwehutachiwana hwe HIV. Kana hutachiwana hukasakwanisa kupararira, hunofa. PEP inofanira kunwiwa mukati memaawa 72 mushure mekunge munhu apinda munjodzi uyezve mazuva ose kwakwemavhiki mana 4.

RAPWA

Kana wabatwa nehutachiwana hweHIV, tanga kutora mushonga nekukurumidza kuti ugare uri mutano uye usaparadzire hutachiwana kune vanwe.

Mushure mekunge waziva kuti une HIV, zvakakosha kuti utange mushonga nekukurumidza. Mushonga haurape HIV asi unogona kudzivisa hutachiwana kuti husapararire uye kuti usazoitse AIDS-zvichireva kuti unokwanisa kurarama hupenyu hutano, hurefu. Mushonga we HIV unoderedza njodzi yekutapurira hutachiwana kune vanwe.



ART (Antiretroviral therapy)

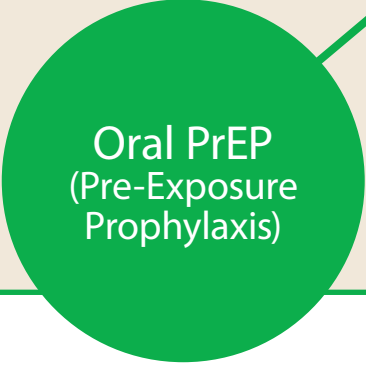
ART mishonga inoshanda kuderedza huwandu hwehutachiwana hweHIV mumuviri wemunhu uye kupa simba kumasoja emuviri. Kana mushonga ukatangwa nenguva, ukanwiwa mazuva ose, hutachiwana huri muropa hunoita hushoma zvekuti hunotadza kutapurirwa kune vanwe. Iyi inonzi undetectable viral load.

Oral PrEP, PEP and ART

Maantiretrovirals mishonga inoita kuti zvisave nyore kuti HIV irwise masoja emuviri uye isapararire. Oral PrEP neART zvinoshandisa maARV akasiyana anoshanda nenzira dzakasiyana kurwisa hutachiwana. Oral PrEP, PEP nema ARV hazvikwanise kuchinjaniswa pakunwiwa – zvinongoshanda chete semaudzirwo aunenge wakaitwa kuchipatara kana kiriniki.



MUSHONGA WEANTIRETROVIARAL



Oral PrEP (Pre-Exposure Prophylaxis)

INGANWIWE NANI?

Vanhu vasina hutachiwana hweHIV vangade kuzvidzivirira kubva kuhutachiwana.

INOSHANDA SEI?

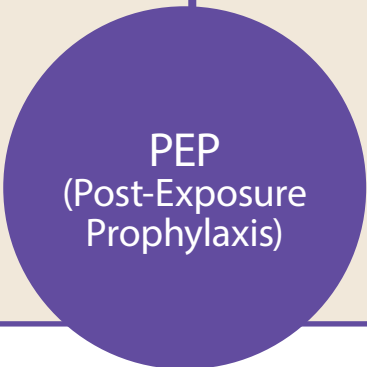
Oral PrEP inodzivirira munhu kubva mukubatira HIV nekuchengetedza kuti masoja emuviri wake asarwiswe nehutachiwana.

INOSHANDISWA ZVADII?

Munguva idzo munhu anenge ari panjodzi yakakura yekubatira hutachiwana hweHIV.

INONYATSOSHANDA KUSVIKA PAPII?

Oral PrEP inofanira kutorwa mazuva ose. Ikange iri mumuviri, inogona kudzivirira hutachiwana ne 90%.



PEP (Post-Exposure Prophylaxis)

INGANWIWE NANI?

Vanhu vaye vangashushikane nekuda kwekuti vakapinda panjodzi yekubatira HIV mumaawa makumi masere nemaviri (72) apfuura.

INOSHANDA SEI?

Inodzivirira hutachiwana hweHIV kubva mukupararira kune mamwe masero emuviri. HIV ikasakwanisa kupararira, inofa.

INOSHANDISWA ZVADII?

PEP inofanira kushandiswa mushure memaawa 72 munhu achinge apinda munjodzi yekubatira HIV uye inotorwa mazuva ose kwemavhiki maviri.

INONYATSOSHANDA KUSVIKA PAPII?

Izvi zviri maererano nezvinhu zvakawanda asi, munhu akatanga kutora PrEP ozoitrazve mazuva ese kwemavhiki mana, pane mukana mukuru wekudzivirira kubatira HIV.



ART (Antiretroviral Therapy)

INGANWIWE NANI?

Vanhu varikurama nehutachiwana hweHIV.

INOSHANDA SEI?

ART mishonga inodzivirira huwandu hwe HIV mumuviri nekusimbisa masoja emuviri.

INOSHANDISWA ZVADII?

Vanhu vane hutachiwana hweHIV vanofanirwa kutanga ART nekukurumidza.

INONYATSOSHANDA KUSVIKA PAPII?

Mashandiro ayo anosiyana nemunhu, asi mushure mekutanga ART, munhu ane mukana mukuru wekurama hupenyu hwakareba hune utano. ART inogona kutadzisa hutachiwana kuti hutapurirwe kune vamwe vanhu.

Oral PrEP – Kupindura mibvunzo yenyu

Kwaziwai! Ini ndiri HIV prevention Ambassador. Mungava nemivhunzo here maererano neoral PrEP?



Chii chinonzi oral PrEP?

Mushonga unokwanisa kunwiwa nemunhu asina hutachiwana hweHIV kuti azvidzivire kubva kuHIV. Izwi riniti PrEP rinoreva PrE (usati) Exposure (wapinda munjodzi yekutapukirwa nehutachiwana) Prophylaxis (mushonga unodzivira kubatira hutachiwana).

Inoshanda sei?

Oral PrEP inochengetedza ropa rako kubva kuHIV. Nekuti HIV haikwanise kupinda muropa rakachengetedzwa iri, hutachiwana hunofa.

Inonyatsoshanda here?

Ukaitora mazuva ese, inoderedza mukana wekubatira hutachiwana ne90%. Taura nevehutano kuti uzive kuti unofanira kuitora kwenguva yakareba sei kuti idzivire kubatira kwako HIV.

IYakandinakira here?

Iyi isarudzo yako. Muviri ndewako, sarudzo ndeyako! Pangave nechinangwa chekuti ufunge nezvekutora oral PrEP kana uri kuita bonde uye uchida imwe nzira yekuzvichengetedza kubva kuHIV. Oral PrEP inogoda kutorwa chete pane dzimwe nguva dzeupenyu apo unenge uri panjodzi yakakura yekubatira HIV.

Oral PrEP inochengetedza here kubva kuzvirwere zvepabonde?

Kwete! Oral PrEP haidzivire kubva kuzvirwere zvepabonde nepamuviri. Zvinokurudzirwa kuti ushandise makondomu, pamwechete nenzira dzeuronga mhuri pamwechete neoral PrEP.

Pane here maside effects?

Oral PrEP yakangofanana nemimwe mishonga. Pane vamwe vanhu vashoma vanoita maside effects anenge kutemwa nemusoro, kudzikira miri, kunzwa kuda kurutsa, kurutsa, mudumbu, asi izvi zvinopera mushure memavhiki mashoma.

CNdinogona kutora oral PrEP nemimwe mishonga here?

Hongu, oral PrEP haikanganisane nemimwe mishonga yaungange uri kutora.

Ndikatora oral PrEP, zvinoreva kuti handichamwe zvinodhaka here?

Doro nezvimwe zvinodhaka/madrugs hazvikanganise PrEP. Asi zvichengetedze kubva kune zvinodhaka/madrugs. Kana uri kuita bonde, usaregere kushandisa makondomu kuti uzvidzivire kubva kuzvirwere zvepabonde nepamuviri.

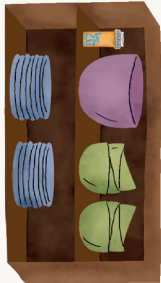
Ndinofanira kuita sei kana ndichida kutora oral PrEP?

Chekutanga, kuona vezvehutano. Vanokubatsira nematanho ekuti utore.

Matips 10 Ekushandisa Oral PrEP

Shandisa bhokisi rine

- 1 **Chengetedza mapiritsi ako pasiri nyone kuti awanikwe**
Edza kutsvaga pakachengetedzeka, kure nekunotambira vana, pakaoama zvekare.

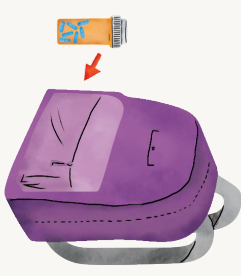


- 2 **zvikanu zvikanu zinoenderana nemazuva enwedzi**
Zvinogona kukubatsira kuti uone kuti watora mapiritsi mazuva ose.



- 3 **Gara uine mamwe mapiritsi ekuwedzera pane ainawo kana achinge ave kupera**

Isa mamwe mapiritsi mubegi rako remakeup kana mupesi woisa mubegi hombe/handbag. Nenzira iyi, unenge uinawo kwese kwaunonda, kungava kuchikoro, kubasa. Ita kuti agare pasina hunyoro uye pakachengetedzekai!



- 4 **Tora piritsi iri mazuva ose**

Tora piritsi nguva dzimwe chete mazuva ose, sekuti paunogeza mazi no kana paunorara.



- 5 **Edza nzira dzakasiyana dzekumedza piritsi rako**

Edza kusa parurimi, wodzvuta mvura wobhendesa musoro usati wamedza.



- 6 **Isa alarm patoni yako kana kuisa pill reminder application**

Isa alarm inodzokorora kurira kuti ikubatsire kurangarira kutora piritsi rako mazuva ose. Unogona kudownload pill application mahara kuti uise mareminder anokuyechidza kunotora mamwe mapiritsi rekuchengetedza zvaungada kunyora nyora nezve zvamunokurukura nevehutano.



- 7 **Kumbira mumwe munhu kuti akuyechidze**

Kumbira shamwari, hama kana mudiwa wako kuti akurangaridze kutora piritsi rako.



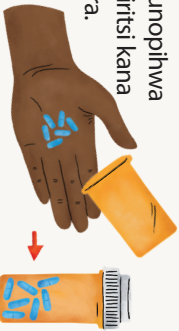
- 8 **Pinda kana kutanga yako support group neshamwari, yeoral PrEP**

Hausiwe wega uri kutora oral PrEP. Batana nevamwe vasikana nevakadzi vechidiki kuti mutsigirane. Mamwe masupport group anotoda kuti munge muri pamwechete muchionana, mamwe anoitwa pasocial media kana WhatsApp.



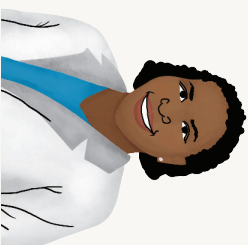
- 9 **Edza kuti mapiritsi ako asakupere**

Ronga uchiona zviri kumberi uve unopihwa mamwe mapiritsi kana ako ave kupera.



- 10 **Chengetedza misangano/maappointments yako/ako nevehutano**

Kana uri kuita maside effects, taura nevehutano nezvenzira dzekumaderedza. Vehutano vanogona kukubatsira kana uchinetseka nekutora piritsi rako mazuva ose.



Kutora piritsi rako mazuva ose kunokuchengetedza kubva kuHIV



Kuudza Vamwe Role Play 1: Kuita Sarudzo



Ndinofanirwa here kuzivisa mukomana/murume wangu kuti ndirikuda kushandisa PrEP?

Haufanirwe kunzwa kumanikidzwa kuudza munhu. Muviri ndewako, une kodzero rekuzvisarudzira zvaunoda kuita maererano neutano hwako.

Vamwe vasikana/vakadzi vanoshandisa PrEP vakomana/varume vavo vasingazvizivi, vamwewo vanosarudza kuudza vakomana/varume vavo. Iwe unozvisarudzira. Zvingabatsira kufunga kuti sei urikuda kumuudza uye sei usingade kumuudza.



Zvakanaka hazvo kungova nerutsigiro rwake.

Vasikana/vakadzi vakawanda vanoshandisa PrEP vanoti zvinobatsira kungova netsigiro yemukomana/murume.

Ndikasamuudza, hana yangu haizogadzikane uye ndinotyia kuti achazongozviziva.

Ndirikunzwisisa kuti sei usinganzwe kugadzikana. Hazvina hazvo kushata kunzwa kusagadzikana kana uine chawakaviga muhana yako. Tinokura tichiudzwa kuti izvi hazvina kunaka. Asi unofanira kuziva kuti isarudzo yako yekuudza mukomana/murume wako. Haufaniri kunzwa kusagadzikana kana uchiita sarudzo maererano neutano hwako. Ukasarudza kusamuudza, ndinokwanisa kukubatsira kuti zvisazivikanwe.

Pangava here nezvikonzero zvingaita kuti usade kuti azive?

Handina shuwa nekuti achanditsigira here! Ko akafunga kuti handina kuvimbika kana kuti handimutembe? Ko kana asingade kuti ndiitore?

Idzi ipfungwa dzinosusha vakawanda. Edza kumbotaura naye nezve oral PrEP usina kumuudza kuti wanga uchifunga kuishandisa. Semuenzaniso, unogona kuti mamwe madzimai ari kuishandisa. Izvi zvinogona kukuudza kuti anonyatsofungi nezvayo.

Ukafunga kumuudza, tinogona kumboedza kuvhunzana zvingafungire kuti angazokuvhunza.

Usakanganwe, ukamuudza akasakutsigira, unokwanisa kuita sarudzo yekuti ungada here kuishandisa wega.

Kuudza vamwe Role Play 2:

Kuudza mudiwa wako/waunofambidzana



Ndafunga kuudza mudiwa wangu, mune yambiro yamungandiudzewo here kuti ndozvifambisa sei?

Handifungi kudaro.

Zvinogona kubatsira kuti utaure nemumwe wako nezve oral PrEP usati wamuudza kuti wave kuishandisa. Edza kuita seunozviti taurei pamunenge muchitaura dzimwewo nyaya kuti umupe ruzivo rwakakwana. Nhaurirano idzi dzinogona kukubatsira kuti unzwisise zvaanofunga nezve oral PrEP.

Zvakanaka, ndichazviedza. Pandinenge ndagadzirira kumuudza ndinotaura kutii?

Chitanho chekutanga chaungada kutora ndechekemuudza kuti uri kufunga nezvekutora PrEP here kana kuti uri kutatora/kunwa PrEP.

Handisati ndave shuwa.

Kana wasarudza kumuudza kuti uri kufunga nezvekuitora PrEP, unogona kuti:

- Unoziva here kuti HIV muvasikana nemadzimai munharaunda muno iri kuwanda?
- Ndanga ndiri kufunga nezvekutora oral PrEP kuti ndigozvichengetedza kubva kuHIV.
- Iri kukurudzirwa kune madzimai nevasikana kuti vachengetedzwe kubva kuHIV.
- Ndakambonzwa nezvayo. Haina njodzi yaingaunza kumuviri wemunhu.
- Zvinenge zvakangofanana nekutora mimwe mishonga yekudzivirira urwere.
- Ndingade kuti undipe tsigiro yako. Kutora oral PrEP kungandiita kuti ndinzwe kuti ndakachengetedzwa kubva kuHIV. Vakadzi nevasikana vazhinji vezera rangu vari kubatira hutachiwana, saka ini ndinoda kuti ndinge ndakachengetedzwa.

Ko ndikazofunga kumuudza mushure mekunge ndatomboinwa?

Unogona kufunga nezvekutora kuti:

- Kushandisa oral PrEP kwakangofanana nekutora imwe mishonga inodzivirira utano- haisi nyaya hombe.
- Ndakakurudzirwa kuitora nemumwe mushandi wehutano. Ndaita saruzo iyi ndega nekuti izvi zvave zvehutano hwangu, hazvingazokukanganise.
- Ndinoitora nekuti vasikana vakadzi vezera rangu vari kutapurirwa neHIV, saka ndingada hangu kuziva kuti ini ndakachengetedzwa nyangwe zvidii.

Izvi ndezviwe zvezvaungataure. Ndiwe unonyatsoziva mumwe wako, saka zvakanakoshi kuti usarudze zvaungade kutaura.

Usakanganwa kuti kutora PrEP ikodzero yako. Unenge uchiita saruzo ine ruzivo rwakanaka kuti uchengetedze upenyu hwako.

Ko akafunga kuti ndiri kudanana nevamwe vanhu/umwe munhu kana kuti handimutembi?

Unogona kuedza kutsanangura kuti kushandisa oral PrEP hakunei nehukama hwenyu/kufambidzana kwenyu - isaruzo yehutano hwako. Unogona kutsanangura futi kuti unenge uri kutomutemba nepaunomukumbira kuti akutsigire.

Ko akafunga kuti izvi zvave kureva kuti hapasisina chikonzero chekushandisa makondomu?

Tsanangura kuti oral PrEP inogodzivirira iwewe chete kubva kuHIV. Haimudzivirire. Haidzivirire zvekare zvirwere zvepabonde. Makondomu ndiyo nzira inonyanyokurudzirwa nekuti chengegetedza kubva kuHIV, zvirwere zvepabonde uye nepamuviri pasina kurongwa.

Ungave uine imwe yambiro here?

Hongu, teerera mazano aya:

- Kuziva nguva chaiyo yekutora nyaya idzi kwakakosha. Edza kutsvaga nguva iyo anenge akafaribuka, pamunenge makafara mese uye muine pakavandika pekutaurira.
- Kana uchizeza kuti anozotsamwa kana kuita mhirizhoga, edza kutsvaga paunokwanisa kuzotiza kana kuwana rubatsiro kana wave munjodzi.
- Edza kudzidzira zvauchazotaura. Ndinofara kuita izvi newe, kana kuti unogona kutsvaga shamwari yako.
- Kana uine shamwari dziri kunwa oral PrEP dzakaudza vamwe vadzo/vadinofambidzana navo, kumbira kuudza kuti vakazvifambisa sei.

Kuudza Vamwe Play 3:

Kushandisa kwako oral PrEP zvisina anoziva



Ndasarudza kusaudza mumwe wangu.

Zvakanaka kuti waita sarudzo inokushandira. Vakadzi vazhinji vanoitawo sarudzo yakadai uye vanoshandisa PrEP yavo zvakanaka naka vasingaudze vamwe vavo/vavanofambidzana navo.

Ungave uine mivhunzo here nezve kushandisa kwako PrEP zvisina anoziva?

Ndinoita sei kuti asazovibate?

Kana uchida kuudza vamwe vanhu muhupenyu hwako vanosanganisira mhuri yako kana shamwari, ita kuti vanzwisise kuti wasarudza kusaudza mumwe wako. Uye unogoudza chete vanhu vaunovimba navo.



Ndinoviga sei mapiritsi angu eoral PrEP?

Kune nzira dzakawanda dzekuvanza mapiritsi ako. Unogona kuedza:

- Kumachengetera mune chimwe chigaba
- Kumachengetera mukabhegi
- Kumaisa mumapads ako kana matampon

Vakadzi vanotyta kuti vamwe vavo vanozovabata vanogona kumachengeta pamwewo, kana kumba kweshamwari asi izvi zvinogona kusava nyore pakurangerira kumatora mazuva ose.

Mamwe madzimai haavanze mapiritsi awo, vanonyepera kunge ndeezvimwe zvinhu sejeko kana kuronga mhuri.

Ko akazvibata?

Kunyangwe vakadzi vazhinji vachishandisa oral PrEP varume/ vavanofambidzana navo vasingavabate, zvakanaka kuziva kuti uchatii ukabatwa.

Unogona kuti:

- Kushandisa PrEP kwakangofanana nekutora mimwe mishonga inochengetedza utano - Haisi nyaya hombe.
- Ndakakurudzirwa kuitora nemushandi wezvehutano. Ndakaita sarudzo iyi nekuti ndeye hutano hwangu uye haina zvaingakukuvadza nazvo.
- Ndinoitora nekuti vakadzi vazhinji/vasikana vazhini vezera rangu vari kutapudzirwa HIV, ndinoda kuziva kuti ndakachenegetedzwa nyangwe zvidii.

Unogona kuti wanga uchingoiedza uye waizomuudza kana wasarudza kuitora.

Tidzi ndedzimwe pfungwa. Ndiwe unonyatsoziva mumwe wako, zvakanakosha kuti usarudze zvauchatura.

Ndakasununguka kuzviita newe kana kuti unogona kukumbira shamwari.

Pane zvimwe zvandinofanira kufunga nezvazvo here?

Usakanganwe kutora, oral PrEP ikodzera yako. Muviri ndewako, une kodzero yekuita sarudzo yehutano hwako. Hausi wega. Vasikana nevakadzi vazhinji vanosarudza kutora oral PrEP vasina wavaudza.

Kana uine mimwe mivhunzo kana zvaungade kuziva unogona kutaura neni. Kana wasarudza kuudza mumwe wako/waunofambidzana naye pane imwe nguva isiri ino, ndinogona kukubatsira kuzviita zvekare.

Kuzivisa Vamwe Role Play



Hongu! Chii chinonzi oral PrEP?

Mushonga wekuti munhu asina HIV akautora anodzivirirwa kubva kuHIV.

Oral PrEP inochengetedza ropa kuti munhu adzivirirwe kubva kuHIV. Kana munhu ari kutora oral PrEP mazuva ose apinda panjodzi yekubatira hutachiwana, hahuzokwanisi kupinda muropa. Hutachiwana hunofa, uye munhu oregedza haazobatiri HIV.

Kwaziwai! Ini ndiri HIV Prevention Ambassador. Ungave nemivhunzo here nezveoral PrEP?



Oral PrEP haisi yevaye vanotengesa bonde here nevakadzi vasina kuvimbika?

Oral PrEP ndeye munhu wese ari panjodzi yekubatira hutachiwana hweHIV. Huwandu hwevasikana nevanhukadzi vari kutapukirwa nehutachiwana munyika ino hwakanyanya. Izvi hazvikonzwerwi nekusavimbika kwavo. Zvinokonzerwa nekuti dzimwe dzenguva havana ruzivo rwenzira dzekuzvidzivirira rwakakawana. Oral PrEP inogona kushandura izvi!



Vasikana havana chinangwa neoral PrEP. Vanofanirwa kusaita bonde kusvika varoorwa.

Kusaita bonde/Humhandara imwe nzira yekuti vasikana nemadzimai vazvichengetedze kubva kuHIV, asi nzira iyi hazvishandire munhu wese.

HIV iri kuwanda kuvasikana nemadzimai saka zvakangonaka kuva nedzimwe nzira dzekudzivirira kuti vagokwanisa kuavisarudzira nzira inonyatsovaitira.

Usanetsekane nekuti oral PrEP inokurudzira kusazvibata, nekuti vasikana nemadzimai vaite bonde: pane tsvakiridzo zvinji dzinoratidza kuti ichi hachisi chokwadi.

Zvakakosha kurangarira kuti vasikana nemadzimai akaroorwa anogonawo kuwana hutachiwana. Zvinogona kuti vasikana vasisiri kuita bonde vabatire HIV kana vabatwa chibharo.



Oral PrEP ingakonzera kushaikwa kwembereko here mumwanasikana wangu?

Aya manyepo.

Zvakaonekwa kuti oral PrEP haikonzere kushaikwa kwembereko kune munhukadzi.



Kana mumwe wangu achida kushandisa oral PrEP, zvinoreva here kuti haanditembe kana kuti ane mumwe waari kudanana naye?

Kushandisa oral PrEP hazvireve kuti mumwe wako haakutembe

kana kuti ane mumwe waari kudanana naye. Zvinongoreva kuti ari kutora matanho ekuchengetedza hutano hwake. Oral PrEP ndeimwe yemishonga inochengetedza hutano. Vakadzi vazhinji vane vavari kudanana nayo vanatora oral



Mwanasikana wangu angada mvumo here yekushandisa oral PrEP here?

Zvinosiyana nekuti ane makore mangani uye nekuti anogara kupi. Kune dzimwe nzvimbo, haangade mvumo kana apfuura makore 16 ekuberekwa. Kune dzimwe nzvimbo, anofanirwa kunge apfuura makore 18. Hazvinei kuti achafanirwa kuwana mvumo kana kuti haatarisirwe kupihwa mvumo, kutsigira mwanasikana wenyu kuti atore oral PrEP kunomuchengetedza kubva kuHIV kuti awane kurarama hupenyu hurefu hune hutano. Kukurudzira mwanasikana wenyu kunosimbisa hukama hwenyu uye kunogona kuita kuti ave anokuudzai nezvesarudzo dzaangada kuita muhupenyu hwake mune ramangwana.

Tingadii kuti tidzivirire hutachiwana hwe HIV munharaunda yedu?



Kutsigira vasikana nemadzimai echidiki kushandisa oral PrEP inzira yakakosha yekudzivirira hutachiwana. Kana vakadzi nevasikana vari kushandisa oral PrEP vakawanda, huwandu hwe HIV munharaunda hunoderera.

Zvakakosha kuderredza njodzi yekutapurirwa utachiwana muhupenyu hwako. Unogona kuita izvi nekuongororwa ropa kuti uzive kuti une hutachiwana here. Kana uine HIV, kune mishonga inoshanda kuchengetedza hutano hwako nekudzivirira kutapurirwa utachiwana kune vamwe vanhu.

Unogona kuzvichengetedza nemumwe wako nekushandisa makondomu.

Worksheets

CARE Response - Disclosures of Violence

NHANHO	Ndingaita sei izvi?	Zvinenge zvichiratidzika sei?
<p>Gadzira nzvimbo yakachengeteka</p>	<p>Nzvimbo yakachengeteka inzvimbo yaanonzwa kugadzikana. Nyatsotarira kuti anokwanisa kutaura munzvimbo iyi akasununguka uye asinganzwe kutya. Mutsanangurire kuti uripo kuzomuteerera uye hawuzomutarisire pasi kana kuti hawuzomuudzire zvekuita. Muudze kuti anokwanisa kuvimba newe uye hapana mumwe munhu wauchaudza zvese zvaanenge ataura.</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>
<p>Teerera nemazvo</p>	<p>Muratidze kuti uri kumuteerera uye uri kunzwisisa zvaari kutaura. Muviri wako ngauratidze kuti uri kuteerera nemazvo. Mupe mukana wekuti ambotaurewo uye ratidza kuti uri kunzwisisa zvaari kunzwa.</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>
<p>Vimbisa</p>	<p>Muvimbise nekumuratidza kuti haasi ega, uripo kuzomuratidza kuti zvaari kunzwa hazvina kuipa. Kana ambotaure nezve mhirizhonga yaakambosangana nayo, muudze kuti unomunzwisisa uye kuti haisi mhosva yake.</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>
<p>Tsigira usimbise</p>	<p>Murege azive kuti ndiye ane simba rekusarudza kuti zvii zvichaitika pamberi. Mubatsire kuti azive zvaanoda uye afungisise zvaachasarudza. Iva wakagadzirira kumupa ruzivo pamusoro perubatsiro raanokwanisa kuwana.</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>

Rwendu rwe Oral PrEP

1

Hesi! Ini ndinonzi
 Ndakanzwa nezwe oral PrEP asi handinyatsoziva nezvayo.

Zvii zvingade kuzivikanwa neCharacter yako nezwe Oral PrEP kuti akwanise kusarudza kuti ingamutira here?

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3

Ndinoda kushandisa oral PrEP. Ndinoiwana sei?

Ungamubatsire sei kuti awane oral PrEP?

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2

Ndingada kushandisa PrEP asi ndinoiya kuti

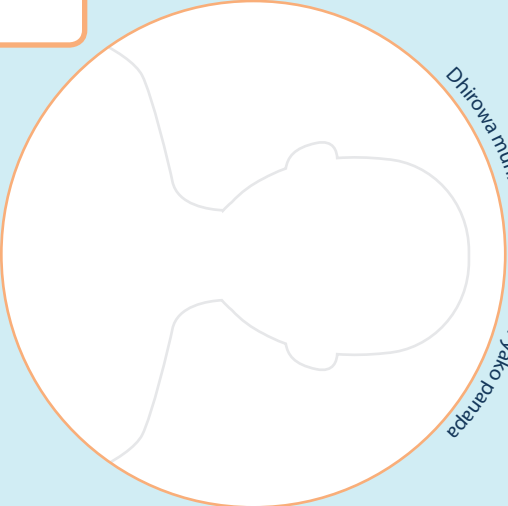
Ungamukurudzira/kumusupporter seikuti anzwe kusununguka kushandisa oral PrEP?

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Dzirowa muhu wako/character yako paaya

4

Ndiri kushandisa oral PrEP asi dzimwe nguva ndinokanganwa kuinwa. Handizivi kuti ndicharamba ndichitora here.

Ungamukurudzira here kutora oral PrEP mazuva ose uye kuti arambe achitora paanenge ari panjodzi yekubatira hutachiwana?

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5

Ndinofanira kuudza here wandinofambidzana naye kana vabereki?

Ungamukurudzire sei nesarudzo yekuti oudza vabereki newaanofambidzana naye here nezvekutora PrEP?

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Zvinhu zvinofadza kuziva kuti ndakachengetedza hutano hwangu nekuziva kuti ndakadzivirirwa kubva kuHIV!

Character Profile

Zita

Ndiani?

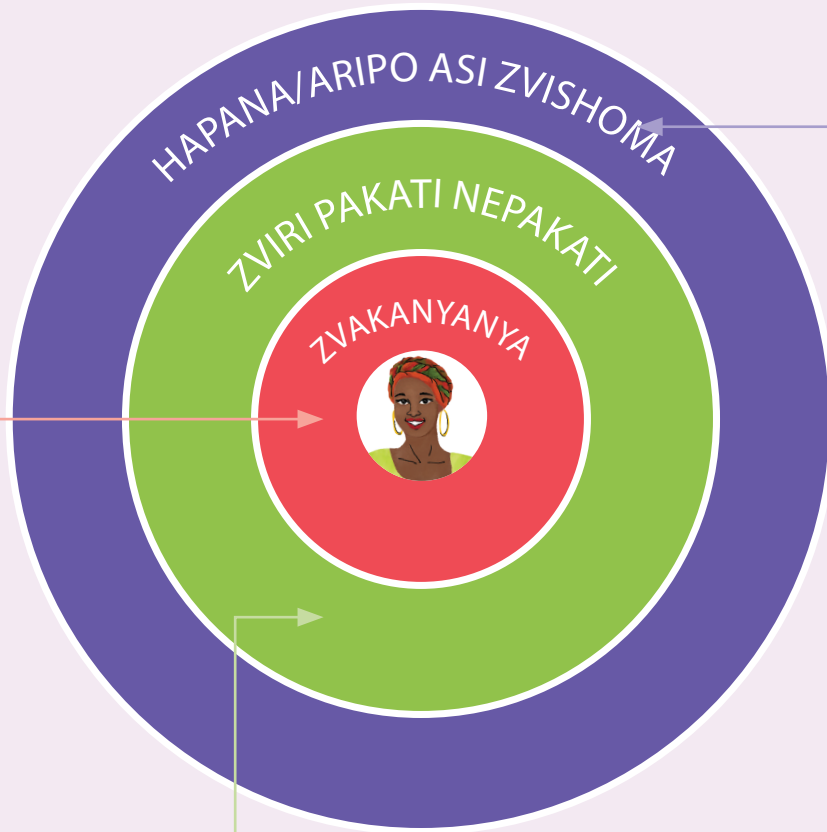
Ari panjodzi yekubatira HIV here?
Anozvichengetedza sei?

Anozivei, anofungei
uye anonzwei
nezveHIV?

Anozivei,
anofungei uye
anonzwei nezve oral
PrEP?

Vandingakwanisa kuchinja mafungiro

Ndiani waunokwanisa kuchinja mafungiro?



Zvakanyanya

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Zviri pakati nepakati

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Zvishoma

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Kubvisa mhingaidzo dzeoral PrEP

Chii chingaita kuti zvine nyore kune vamwe
vezera rako vashandise PrEP?

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Chii chingaita kuti zvine nyore kuti vamwe
vezera rako vazive nezvePrEP?

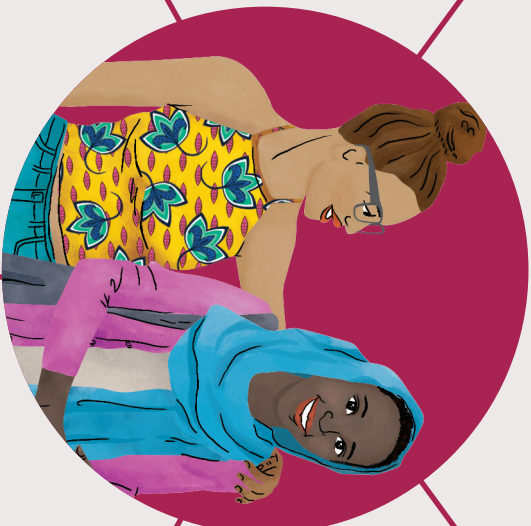
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Chii chingaita kuti zvine nyore kune vamwe
vezera rako vawane PrEP?

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Chii chingaita kuti zvine nyore kuti vamwe
vezera rako vatore PrEP zvakakanaka uye varambe
vachitora?

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Chii chingaita kuti zvine nyore kuti vamwe vezera
rako vaudze vabereki vavo nevanodanana
navo nezvekushandisa oral PrEP?

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Kuronga hurongwa hwekumiririra vamwe

Nderipi dambudziko raunoda kugadzirisa?

Zvii zvauri kuda kuita (chinangwa chako/ donzvo rako)?

Ndiyani anesimba rekuita izvi?

Ndeipi mikana iripo ingaita kuti vaiite izvi?

Ndivanaani vaunowirirana navo vaunogona kushanda pamwe navo nekusimbisa iwe kuwedzeredza masimba ako ekushandura zvinhu?

Nderupi rubatsiro kana kuti zvinhu zvaunazvo, uye chii chaunoda?

Chirongwa chezvandichaita

Chinangwa chedu

Chii chaunonyanya kufarira nemoyo wese kuita saAmbassador?

Ndeapi masimba auinawo achakubatsira iwe pabasa rako saAmbassador?

Ndeapi maitiro emabasa aunonyanya kufarira kuita anotibatsira kusvika pachinangwa chedu?

Ndekupi kwaune simba rekuinfluencer?

Ndechipi chinhu chimwe chaunogona kuwana chichabatsira chinangwa chako? (Donzvo rako)

Nderupi rubatsiro kana zvinhu zvaunazvo, uye chii chaunoda kuti uite izvi?

CARE Response - Peer Support

NHANHO	Ndingazviita sei izvi?	Izvi zvinoratidzika sei pakuita kwazvo?
<p>Gadzira nzvimbo yakachengeteka</p>	<p>Nzvimbo yakachengeteka inzvimbo yaanonzwa kugadzikana. Nyatsotarira kuti anokwanisa kutaura munzvimbo iyi akasununguka uye asinganze kutya. Mutsanangurire kuti uripo kuzomuteerera uye hawuzomutarisire pasi uye hawuzomuudzi zvekuita. Muudze kuti anokwanisa kuvimba newe uye hapana wauchauudza nezvenyaya yake.</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>
<p>Teerera nemazvo</p>	<p>Muratidze kuti uri kumuteerera uye uri kunzwisisa zvaari kutaura. Muviri wako ngauratidze kuti uri kuteerera nemazvo. Mupe mukana wekuti ambotaura uye ratidza kuti uri kunzwisisa zvaari kunzwa.</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>
<p>Vimbisa</p>	<p>Muvimbise nekumuratidza kuti haasi ega, uripo kuzomuratidza kuti zvaari kunzwa hazvina kuipa. Kana ambotauura nezve mhirizhonga yaakambosangana nayo, muudze kuti unomunzwisisa uye kuti haisi mhosva yake.</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>
<p>Simbisa nekutsigira</p>	<p>Muzivise kuti ndiye ane simba rekusarudza kuti zvii zvichaitika pamberi. Mubatsire kuti azive zvaanoda uye afungisise zvaachasarudza. Iva wakagadzirira kumupa ruzivo pamusoro perubatsiro rwaanokwanisa kuwana.</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>

OPTIONS
HIV Prevention
Ambassador
Toolkit

