

**Buku La Ndongomeko Zakwenera
Kulondezga Pakupereka Wovwiri
Ku Womama Na Wasungwana
Awo Wachitirika Nkhanza**



Mazgo Ghakudangirira

Unandi wa nkhaiza izo zikuchitika kwa womama na wasungwana ntchinthu chimoza icho chikuchitiska kuti pawe kuleka kuyana pakati pa womama na wadada kweniso pakati pa wana wasepuka na wasungwana muno mu Malawi. Nkhaiza ku womama na wasungwana zikuchitiskaso kuti charu cha Malawi chitondeke kutukuka. Boma la Malawi ndakujipereka kuti limalane na suzgo la kuchitira nkhaiza womama na wasungwana. Boma lilikunozga malango ghankhongono pakovwira kumalana na suzgo ili kweniso kuyambiska milimo yakupambanapambana iyo chanduro chake nkhumalana na suzgo la kuchitira nkhaiza womama na wasungwana. Unduna wakuwona vya kuti paleke kuwa mphambano pakati pa wanakazi na wanalume, chitukuko cha mumizi kweniso kupereka wovwiri ku wanthu, ukuteweta pamoza na mawupu ghakupambanapambana pa mulimo wakulimbana na suzgo ili. Unduna uwo ukuwikaso m'malo nthowa zakupambanapambana zakovwira kumalana na nkhaiza izo womama na wasungwana wakusangana nazo.

Nangawuli malango na milimo yakupambanapambana yokovwira pakumarana na suzgo ili vilikuwikika mumalo, ntchachitima kuwona kuti womama na wasungwana muno mu Malawi wachali kuchitirika nkhaiza za kupambanapambana. Chimoza icho chikuchitiska kuti suzgo ili lilulilire kukula ntchakuti kukolelanako kweniso kuteweta milimo mwa chilungamo pakati pa mawupu agho ghakovwirapo pa suzgo ili nkuchoko. Apo womama na wasungwana wakusangana na masuzgo ghakulu kuti wasange wovwiri kweniso unenesko panji chilungamo pa ivyo vyawachitikira, pala wasanga mawupu ghakuti ghangawawira, kanandi wovwiri uwo wakupokera ukuwa wambula kukholweska. Kanandi wovwiri uwo ukufiska chanduro cha wupu uwo ukupereka wovwiri mumalo mwakuti phindu linandi lilute kwa uyo wali kuchitirika nkhaiza. Womama wanandi awo wachitirika nkhaiza wakutemwa kukapenja wovwiri pakukadandawula ku mafumu na makhoti gha muvukaya. Mafumu na makhoti gha muvukaya ghanandi ghalije ndondomeko zakukukhazikika izo ghangalondezga pakutumizga wakudandawula na nkhanu yake kunyake kuti wakapokere wovwiri wakukulirapo. Mwachiyelezgero waka, mafumu na makhoti ghamuvukaya ghanandi ghakutondeka kuteweta mwakukoleranako na wa vipatala panji mawupu ghakovwira wakuchitirika nkhaiza. Ivi ndivo vikupangiska kuti uchitiro wa nkhaiza ku womama na wasungwana uleke kumala kweniso kutangwaniska mulimo wakupereka wovwiri kwa womama na wasungwana awo wachitirika nkhaiza. Ipo ntchakuzirwa kuti masuzgo agho mafumu na makhoti gha muvukaya ghakusanga ghawuniikiye nakumazgika mwaluwiro mwakuti mulimo wakumalana na nkhaiza ku womama na wasungwana wende makola muno mu Malawi.

Unduna uwo ngwakukondwa na mulimo uwo ulikuchitika pakuwoneskeska kuti pawe buku la ndondomeko ya umo wovwiri ku awo wachitirika nkhaiza wenderenge kweniso ma notsi ghakudangirira pa vyose nga ni nthowa yimoza yakuwoneskeska kuti pali kukolelanako pakati pa wose awo wakukhwaskika na mulimo wakovwira wakuchitirika nkhaiza. Buku ili livwirengeso pakuwoneskeska kuti wovwiri wakukwanira kweniso wovwiri uwo ukuwika panthazi vyakusowelwa vya awo wachitirika nkhaiza ndiwo ukuperekeka nyengo zose. Ndongomeko ya umo wovwiri ku awo wachitirika nkhaiza wenderenge zikupereka ndondomeko ya umo wakuchitirika nkhaiza wangapokerera wovwiri kufumira ku wanthu na mawupu ghakupambanapambana muchikaya (mafumu ghalala/ma T/A), mawupu ghakovwira wakuchitirika nkhaiza muvukaya, mawupu gha womama, ma komiti ghakuwona vya mumabanja pasi pa malango gha charu chino ghakuwona vya nthengwa, kumala kwa nthengwa na kakhaliro ka pabanja, mawupu gha kulwera wanangwa wa wanthu kweniso mawupu ghakovwirapo pakumazga mikangano kwambula kuya kukhoti, ndondomeko ya umo wovwiri ku awo wachitirika nkhaiza wenderenge iyi yikulongosolaposo umo maofesi na mawupu gha boma ghangatwetera mwakukolelana pa mulimo wakupereka wovwiri ku wakuchitirika nkhaiza, maofesi na mawupu agha ni vipatala, ofesi yakovwira wakuchitirika nkhaiza ku polisi, ofesi yakovwira wanthu pa boma, Unduna wakuwona kuti paleke kupambana pakati pa wanalume na wanakazi, dipatimenti yakuwona vya vilima, Wupu wakuwona vya wanangwa wa wanthu (Human Rights Commission), ofesi yakupokera madando gha wanthu ya Ombudsman, ofesi yakuwona vya chuma na katundu uwo wenecho wali kufwa ya Administrator General, na makhoti na wose awo wakupereka wovwiri wakukhwaska malango.

Kwizira mu maubali na umoza uwo ulipo pakati pa mawupu na maofesi, ndondomeko ya umo wovwiri ku awo wachitirika nkhaiza wenderenge iyi yikuwoneska ivyo wakuchitirika nkhaiza wakhazge kuti vimuchitikirenge kufumira ku malo ghakupokerako wovwiri ghakukaya kufikira ku maofesi na ku mawupu gha boma. Ndongomeko iyi yikuwunikiraso umo wakupokera madando kufumira kwa wakuchitirika nkhaiza wangatwetera mulimo wake kweniso maudindo gha mofesi, mawupu panji wanthu waliwose awo wakukhwaskika na mulimo wa kupereka wovwiri kwa wakuchitirika nkhaiza. Pachanya pa vyose iyi, ndondomeko iyi yikulongosolaso wovwiri uwo wakuchitirika nkhaiza wakwenera kukhazga kufuna ku awo wali mumaudindo. Utali wa nyengo iyo mtundu wa wovwiri uliwose wuzamutola uzamuwa wakulondezga uchitiro wakuzomerezgeka charu chose chapasi.

Pakupanga ndondomeko iyi, wanthu, mawupu na maofesi ghose agho ghakutolapo lwande pa milimo wakukhwaska nkhaiza zakuchitika ku womama na wasungwana wakatorapo lwande. Ichi chikawa nthewura pakukhumba kuwoneskeska kuti waliyose wamanye mundandanda wa vyakuchitika para tikupereka wovwiri kwa wakuchitirika nkhaiza mwakuti chiwe chipusu kunjirikizga wakuchitirika nkhaiza; kuchita kalondolondo wa wakuchitirika nkhaiza, kweniso kupulika kufuma ku wakuchitirika nkhaiza umo wanguvwirikira. Nangawuli masuzgo ghangawapo pakugwiriska ntchito ndondomeko iyi, masuzgo agha tingaghachepeska pakuwoneskeska kuti wose awo wayigwiriskenge ntchito wawe na upangiri wakukwanira pakateweteskeru kake. Ichi chizamuvwira kuti wovwiri wose wakuperekeka uwe wakuwika panthazi uyo walikuchitirika nkhaiza. Pachifukwa ichi, nkhuweya ku wose awo wagwiriskenge ntchito ndondomeko iyi na wose awo wakukhwaskika na mulimo wakupereka wovwiri ku wakuchitirika nkhaiza kuti wajipereke kwakujumpha kuti ndondomeko iyi yifiske chanduro chake. Para waliyose wangalondezga ivyo ndondomeko iyi yikudumba, nilije chikaiko chilichose kuti tingamazga uchitiro uheni uwo kweniso kupereka wovwiri wapachanya kwa awo wachitirika nkhaiza. Tizamukwaniriskaso kuvwira wakuchitirika nkhaiza kuti wasange ulunji panji unenesko pa suzgo ilo lilikuwachitikira, na kuti awo wakawachitira nkhaiza iyi walangike nga ni umo malango ghakuyowoyera.

Nati nipereke viwongo ku wupu wa UK-aid kwizira mu pulogalamu ya Tithetse Nkhaiza pakupereka ndalama kweniso wovwiri wa mtundu unyake pa mulimo wakunozga ndondondomeko iyi iyo yikulongozga umo wovwiri ku awo wachitirika nkhaiza ungaperekekeru. Niwongeso mawupu gha UNFPA, UN Women na ghanayake agho ghakuvwira unduna uwo. Nkhumanya kuti chifukwa cha matenda gha COVID19-, takhala tikuteweta pamoza mulimo wakuvwirikira awo wachitirika nkhaiza kuti ndondomeko ya kendeskeru ka wovwiri wakuperekeka ku awo wachitirika nkhaiza yiwe yakuti yingagwiriskikaso ntchito mu nyengo ya masuzgo agho ghakwiza mwakabuchi. Pala tingakolana mawoko, tingamanya kumazga uchitiro wakuchitirana nkhaiza, chomenemene kwa wanakazi na wana.

Patricia Annie Kaliati

NDUNA YAKUWONA VYAKUTI PALEKE KUWA MPHAMBANO PAKATI PA WANAKAZI NA WANALUME, CHITUKUKO CHA MUMIZI KWENISO KUPELEKA WOWWIRI KU WANTHU.

JULY 2020

Ving'anamulo vya Mazgo

"Mwana": munthu waliyose uyo vyaka vyake vindakwane 18.

"Kugwentheska wana": Kwakuyana na chigawa 15 cha malango ghakukhwaska vyakugwentheska wanthu, kugwentheska wana chikung'anamura kutola wana, kuwayegha kufuma malo ghanji kuluta nawo malo ghanyake nakuyamba kuwasunga, kupokera panyake kutora wana nachakulata chakuwayuzga. Para mwana wagwentheskeka, chikuphara pakweru kuti mwana uyo wangupusikika, kuwofyeka na kuchichizgika. Apa chikumanyikirathu kuti kuti mwana uyo wanguzomera chara kuti wagwentheskeke.

"Chiphepisko": izi ni ndalama izo awo wasangika kuti mbakubuda pa mulandu wakupereka kwa awo wakazakadandawula ku khoti. Ndalama izi zikuperekeka pavifukwa nga ni ivi: kuwengerapo ivyo vili kunangika, kuperekeka waka, nga ntchilango kweniso kusazga vifukwa vyose ivi. **"Chiphepisko chakuwengerapo vyakunangika"** ni ndalama izo khoti lalangura kuti ziperekeke kuti zigwiriskike ntchito kulipirira vinthu nga ni mabilu gha kuchipatala, mabilu gha ku khoti, ndalama izo wakuchitirika nkhaza wataya, kweniso ndalama zakunozgeskera vinthu vya wakuchitirika nkhaza ivyo vili kunangika. Mwachiyezgero, mwanakazi uyo watchayika na mwanalume wake ndipo wapyoka woko nakukagona kuchipatala mazuwa 6, chikung'anamura kuti geni yake yayima kwa mazuwa 6. Ipo mama uyu wangakadandawula ku khoti kuti waphepiskike na ndalama zakulipirira kuchipatala, ndalama zakulipirira loya kweniso kuwengeraka ndalama izo watondeka kusanga chifukwa geni panji ntchito yake yanguyima kwa mazuwa 6. Kuti munthu wapokere ndalama za chiphepisko cha mtundu uwo, ma lisiti na vikalata vya kuwikira ukaboni vikwenera kuperekeka ku khoti. **"Chiphepisko chakuperekeka waka"** ni ndalama izo zikuperekeka chifukwa cha vyakuwinya na masuzgo agho munthu wajumphamo chifukwa chakuchitirika nkhaza. Mwachiyezgero, pa chifukwa chakupyoka woko, khoti likubeka unandi wa vyakuwinya na masuzgo agho wakuchitirika nkhaza wangujumphamo ndipo paumaliri nakulangura unandi wa ndalama izo zikwenera kuperekeka. **"Chiphepisko cha chilango"** ni ndalama izo zikuperekeka chifukwa cha nkharo yiheni ya uyo wachita nkhaza. Mwachiyezgero, para mwanakazi yula wakapyola woko chifukwa chakuti afumu wake wakamukankha mwankhaza apo wakumanyirathu kuti pafupi pali ma sitepusi ghakujitika ndipo mama uyu wakawira woko pakuwopa kuwira mwana, mwanakazi uyu ngwakwenerera kupokera chiphepisko cha chilango.

"Kugonana na mwana": Kwakuyana na chigawa 138 ya malango gha charu cha Malawi, chikung'anamura uchitiro wakugonana na msungwana uyo wandakwaniske vyaka 16.

"Kufumizga mulandu mu khoti": Kwakuyana na chigawa chachiwiri cha malango ghakubeka vya kupwererera, kupereka chivikilora na urunji/chilungamo ku wana, chikung'anamura kuti mulandu uwo uyo walikuchita nkhaza ni mwana ukufumizgika ku khoti kuti ukadumbike kunyake.

"Nkhaza za pakhomo": Kwakuyana na chigawa chachiwiri cha malango ghakukhwaska vya kuchepeska nkhaza zakuchitika mumakhomo, chikung'anamura ubudi wamtundu uliwose uwo ukuchitika pakati pa wanthu awo wakufumira khomo limoza. Ubundi uwo ungawa kuchitirana nkhaza pa thupi, wakukhwaska vyakugonana, kunyozana, vyakukhwaska ndalama na vinyakhe.

"Uwali wapakhomo": Kwakuyana na chigawa chachiwiri cha malango ghakukhwaska vya kuchepeska nkhaza zakuchitika pakhomo, chikung'anamura ubali uwo ulipo pakati pa wanthu awo mba banja limoza ndipo wakukhala nyumba yimoza kweniso wakuthembana/kugomezgana pa ukhaliro kweniso pa nkhani ya ndalama. Mu ubali wa mtundu uwo -

- Wakudandawula na wakudandaulika wakuwa pa ufumu na uwoli;
- Munthu na wakudandaulika wali kubabizgana mwana ndipo munthu uyu wakuchitirika nkhaza za pakhomo na wakudandaulika panji mwawi wakuchitirika nkhaza za

pakhomo ngukulu chomene;

- Munthu yumoza ni mupapi ndipo munyake ni mwana panji mubale wakukhala naye waka munyumba; kweniso
- Wakudandawula na wakudandaulika wali waka pa chibwezi ndipo wakhala wakwenderana kwa kujumpha chaka chimoza.

"Nkhaza za pakati pa wanalume na wanakazi": mu nkhaza za mtundu uwo muli uchitiro uheni wa mitundu ingapo. Nkhaza izi zikuchitika chifukwa chakuti munthu uyo wakuchitirika nkhaza ni mwanakazi panji ni mwanalume, kweni kanandi, zikuchitika kwa womama na wasungwana.

"Mutheto uheni": Kwakuyana na chigawa chachitatu cha malango gha kuwoneskeska kuti paleke kuwa mphambano pakati pa wanakazi na wanalume, chikung'anamura kankhalo panji m'dauko uwo, pakutolera kupambana uko kulipo pati pa wanalume na wanakazi kweniso kuwa wakutola panji wambura kutola, kangapangiska vinthu ivi:

- Kuyuyula ntchindi, umoyo panji wanangwa wa munthu waliyose
- Kupwetekeka kwa pathupi kweniso kukweweka mu mtima kwa munthu waliyose.

"Wakupereka wovwiri wa vyaumoyo": mawupu panji wakaswiri wa vyachipatarata, awo wakupereka wovwiri wa vyaumoyo, nga ni manesi na madokotala, awo walikusambira vyakupereka wovwiri wa vyaumoyo mu vipatala vya boma na ivyo nivya boma yayi.

"Wachitemwa": mufumu, muwoli, wakutemweka mwanakazi panji wakutemweka mwanalume (chibwezi). Nkhaza za pakati pa awo wali pachitemwa ni nkhaza zose izo zikuchitika pakati pa wanthu awo wali kutolana panji wali pa chibwezi.

"Malo ghakusangapo mtundu uliwose wa wovwiri": agha ni malo agho wanthu wakuchitirika nkhaza wangasangako wovwiri wakupambanapambana; wovwiri wa vyaumoyo, wovwiri wa vyamalango kweniso wovwiri pa masuzgo ghakupambanapambana. Wovwiri uwo wakupereka ni mawupu agho ghakukumana nakutewetera lumoza mulimo wakovwira wakuchitirika nkhaza.

"Nkhaza za pathupi": uchitiro panji kuleka kuchita chinthu chinyake nachakulata chakupwetekeka munthu pathupi.

"Malo ghakuvikirika": agha ni malo agho wakuchitirika nkhaza uyo wakukhumbika wovwiri na kupwererera wakusungika. Malo agha ghangawa makhomo agho ghakulera wanthu awo walije pakukhala panji malo agho ghali kuzengeka kuti wawikikirenge wakuchitirika nkhanza mwachilindizga waka.

"Kubwakirira": Kwakuyana na chigawa 132 cha malango gha charu cha Malawi, chikung'anamura kugonana na mama panji msungwana uyo wali na vyaka 16 kuya munthazi mwakumuchichizga. Nyengo zinyake, mama panji mwanakazi uyu wangazomera chifukwa cha wofi panyake chifukwa chakuti mwanalume wamupusiska mama uyu kuti nimufumu wake - nakoso uku nkhubwakirira.

"Ndonomeko ya kendeskero ka kaperekero ka wovwiri": chikung'anamura ndondomeko iyo yili kukhazgikiskika pakovwira wakuchitirika nkhaza kuti wasange wovwiri wakwenerera pa ivyo vyawawonekera.

"Wakupereka wovwiri": munthu panji wupu wuliwose uwo ngwakuzomezgeka kuti ungapereka wovwiri kwa mama panji msungwana uyo wachitirika nkhaza, ndipo mu gulu ili muli wapolisi, magulu gha kupereka chivikiriro mu mizi (wa 'community police'), mawupu gha mipingo, maofesi gha boma, mawupu agho nga boma chara kweniso mawupu ghakovwira wakusuzgika.

"Nkhaza za kugonana": uchitiro uliwose wakukhwaska kugonana mwakuchichizga panji kofya kweniso kuzomezgeka panji kuwoneska khumbiro lakuchita ubudi wose uwo uli kulembeka

mu Chaputala XV cha malango ghakwendeskera charu cha Malawi (unyake mwa ubudi uwu ni: kubwakirira, kusunga munthu mwakumuchichizga, kupweteka viwalo vya mwanakazi, kunyoza wanakazi, kuchita vyakugonana wanakazi pelapela, kukorerera wana na wanthu wakuzweta mutu, kunjizgana uhule, kufumiska nthumbo, navinyake).

“Kupwetekana mu zina la kugonana”: ni uchitiro wakupambanapamba nga ni kubwakirira, kugonana na mwana, kupweteka viwalo vya mwanakazi panji mwanalume na kurongora nkharo ya kutemwa vyakugonana.

“Kuchita/kuchitiska munthu vyakugonana kuti usangepo phindu”: Kwakuyana na chigawa chachiwiri cha malango ghakukhwaskana na uchitiro wakuzgeweska wanthu, viyerezgero vyake vili mwa ntheura: kutolapo lwande pa uchitiro wakupanga geni kwizira mu vyakugonana nga ni uhule, kuvina kwakuyambiska khumbiro lakugonana, uhule wakuchichizgika, na kuchichizgika kupanga mavidiyo gha kugonana.

“Kuyuzga munthu pa nkhani ya vyakugonana”: Kwakuyana na chigawa 6 cha malango ghakukhwaska kuti paleke kuwa mphambano pakati pa womama na wanalume, chikung'anamula kuchita panji kuyowoya vinthu vyakukhwaska vyakugonana ivyo vingachitiska munthu kuti walengeskeke panji watentheme.

“Wakuchitirika nkhaza”: Munthu (nga ni mzimayi, mwana, mwanalume, munthu uyo ngwa chilima) uyo waza pakweru nakuphara kuti wachitirika nkhaza. Mazgo ghakuti “wakuchitirika nkhaza” ghakulongola kuti vyamanyikwa kale kuti nkhaza yachitika nanga wuli uyo wazunulika kuti ndiye wachita nkhaza iyi khoti lichali lindamusange na mulandu uwu.

“Ndondomeko yakuwika panthazi wakuchitirika nkhaza”: Wose awo wakutolapo lwande pa suzgo la nkhaza zakuchitikira wanakazi wakuwika panthazi wanangwa, vyakusowelwa kweniso vyakukhumba vya awo wachitirika nkhaza.

“Mulandu wakuwika panthazi wakuchitirika nkhaza”: Nyengo zinyake, m'malo mwa wakuchitirika nkhaza, uyo wangakagwada ku khoti wangawa munthu wapadera. Makhoti ghakwenera kupenjerezga mwenecho uyo wali kuchitirika nkhaza nyengo zose. Mwachiyerezgero, pa mulandu wa munda, doda linyake lingagulisa munda ya pabanja iyo yalimikanga na wadumbu wake awo wose ni vyokoro. Wakugula munda iyi wangawa wanthu wa geni wawiri ndipo doda ili lingachimbira na ndalama zose. Nkhani iyi yingafika ku khoti chifukwa wanthu wageni awo wagula munda uwu wakukhumba kumanya mwenecho cha iye wa malo agha. Womama wawiri wala wapokeka malo agho wasangilangapo chakurya na wowwiri pakhomo pawo. Ipo ichi doda lila lachita ni nkhaza yakukhwaska chuma kwa womama wawiri awa. Womama awa wachitirika nkhaza. Pala khoti lindafufuze za wamama wawiri awa ndiko kuti khoti lapwererera za wanangwa wa wanthu wawiri wa geni wala. Apa chikulongora pakwelu kuti wakuchitirika nkhaza mu nyengo zinyake wakumanyikwa mwaluwiro chara. Ipo makhoti ghakwenera kupenjerezga wose awo wachitirika nkhaza pa mulandu uliwose. Pala wakuchitirika nkhaza wafufuzika nakusangika, chikuwa chipusu kuti wakhoti wavikirire wanangwa wawo nanga kuwe kuwalongozga waka uko wangakasanga wowwiri pa nkhaza iyo wachitirika.

“

*Awo wakugwira ntchito ku chipatala
wakawa wanthu wakupulikiska kweniso
wa lusungu.*

*Wakaniwira chomene kuti nipulikiske ndondomeko ya
umo mulandu wane uyenderenge.*

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Ndondomeko za Kendeskero ka Mulandu Wa Nkhaza ku Khoti la boma

Ndondomeko za kendeskero ka mulandu wa nkhaza ku khoti la boma chikung'anamura wovwiri wose uwo ukuperekeka kwa wakuchitirika nkhaza kuti wasange ulunji panji chilungamo pa ivyo vyawachitirika kwizira ku khoti lakwendeskeka na boma. Mulandu uwo ungajulika ungawa wakuswa malango gha charu panji wakunangirana kwa pakati kwa wanthu. "Ndondomeko ya kendeskero ka mulandu wakuswa malango gha charu" ukujulika nachakulata chakusanga ulunji panji chilungamo kweniso kupereka chivikiriro ku wanthu mucharu pakusanga awo mbakubuda, kupereka chilango, kweniso kuvwira pakunyolola nkharo ya awo wachita nkhaza. Mulandu uwo ukujulika m'malo mwa boma na mwimiri uyo kanandi wakuwa wapolisi ndipo wakudandawula pa mulandu uwo wakuwa uyo wachitirika nkhaza. Mboni ya mulandu uwo yikuwa uyo walikuchitirika nkhaza.

Vyakuchitika pa ndondomeko ya mulandu uwo vikuwa mwantheura: kufufuza nkhanu na kukola awo wakusachizirika kuti ndiwo walikuchita nkhaza; vyakuchitika pambere nkhanu yindanjire mu khoti (kunozga ukaboni nga ni makalata gha kuchipatala gha uyo wakusachizirika kuti ndiyo walikuchita nkhaza, kufufuza nakuchemeska awo wachitirika nkhaza); kupereka chivikiriro ku wakaboni wa mulandu nyengo zose; kupempha belo kweniso kupulika mulandu wa belo; wakusachizirika yula kuphalira khoti pala wakuzomera panji kukana mulandu; kukolelanako kuti wakudandaulika wazomere mulandu na chakulata chakuti waleke kupokera chilango chikulu; kuyezuzga; kupereka chiphepisko kwa wakuchitirika nkhaza; kugamula vyaka vyakukhakhala ku jele; kunozga vinyake na vinyake ivyo vikanangiskika. Pa milandu iyo wakudandaulika ni mwana, malango gha charu chino ghakukhwaska vya kusamalira, kuvikirira na kupereka chilungamo ku wana, ghakuzomereza kuti pala mwana uyo wazomera kwananga kwake, mulandu wake ufumeko ku khoti. Mulandu pala wafumako ku khoti, wose awo wakukhwaska wangakadumbirana waka kuti mwana yula wawwirike kuti wasinthe nkharo yake yauchindere. Vyose ivyo vichitikenge pa mwana uyo kuwalo kwa khoti vikwenera kukholweska uyo wachitirika nkhaza. Milandu yinandi yakukhwaska nkhaza ku womama na wasungwana yikufumizgika ku khoti chara.

Pa milandu ya nkhaza ku womama na wasungwana pakwenera kuwa wovwiri wakufumira ku maofesi na mawupu ghanyake nga ni agha:

- Wa vyachipatala kuti wapereke ukaboni pa mulandu kweniso kupereka wovwiri wachipatala na ulongozgi kwa wakuchitirika nkhaza
- Wovwiri wakuperekeka ku wanthu awo wachitirika nkhaza nga ni ulongozgi kweniso kupereka mauthenga agho ghangovwira pa kugamula unandi wa vyaka vyakukagwira jele.
- Wovwiri wakuperekeka ku khoti uwo ukupereka mauthenga ghakuzirwa kuti ghawovwira khoti kuti lipeleke chinangulo/chigamulo mwakuyenerera. Mauthenga agha ghakuwa mu lipoti ilo likulembeka pambere chilangulo chindiperekeke mwakulondezga vigawa 260 na 231 vya malango ghakwendeskera milandu ya mtundu uwo na maukaboni ghake. Mauthenga agha ghakupereka ukaboni m'malo mwa wakuchitirika nkhaza ndipo ghakuwunikiraposo pa umo nkhaza iyo yachitika yakhwaskira umoyo wa munthu uyu.

"Ndondomeko yakuyendeskeru milandu yakunangirana kwa pakati pa munthu na munthu" yili kunozgeka na chakulata chakuti uyo wakagwada ku khoti wapembuzgike pa ivyo munthu munyake wamuchutira. Milandu ya mtundu uwo yikuwovwira kuti wanthu wapembuzgike pala wapwetekeka chifukwa cha kusowa nkhalo na kutayirira kwa munthu munyake. Milandu ya mtundu uwo yikuzomereza kuti munthu wasume kuti wapike ndalama za

chiphepisko chifukwa cha kupwetekeka kwake. Milandu iyi yikovwira awo wakutemwa kuchita nkhaza kuti wamanye uheni wa nkharo yawo. Mulandu wose uyo wakuyambiska ni munthu uyo wachitirika nkhaza ndipo wangakasuma ku khoti:

- Kutu wavikiririke, wapike mazaza ghakukhala mu nyumba nakutchimbizga uyo wakuchita nkhaza panyumba.
- Kutu wamazge nthengwa nakugawa katundu uyo walipo.
- Kutu wamazge nthengwa ya mwana panji nthengwa ya mtundu uliwose iyo yanguwa yambula kuzomerezegeka.
- Kutu wapemphe wovwiri (wa mwana panji wa mwanakazi) panji kupempha chikhozgero kuti chiyerezege chakuti wakuchita nkhaza waperekenge wovwiri chilondezgekenge.
- Kutu wakasimikizge kuti munthu ndiye nadi mupapi wa mwana. Ivi vikuchitika pala munthu munyake wakukana kuti ndiye yayi wiske wa mwana.
- Kutu wagawane katundu.
- Kutu wawezgereke katundu uyo walikupokeka
- Kutu wapokere chiphepisko cha ndalama chifukwa cha kusuzgika na kupwetekeka apo wakachitirika nkhaza.
- Kutu wapoke chiphepisko chifukwa cha kutondeka kusanga ndalama nyengo iyo wakuchitirika nkhaza wakawa wakupwetekeka kweniso chifukwa chakwenda ku khoti.
- Kutu wakadandawule ku khoti chifukwa chakufumizgika ntchito mwa nkhaza chomenemene munthu uyo ntchito yamala chifukwa wakatondekanga kwiza ku ntchito mazuwa ghanyake chifukwa chakwenda ku khoti na kuchipatala apo wakachitirika nkhaza.
- Kutu wapoke ndalama izo wakananga pa kulipira maloya apo wakakajula mulandu wa kufumizgika ntchito mwankhaza ku khoti; ntchito yakumala chifukwa chakuti wakakhala kuntchito mazuwa ghanyake apo wakendanga ku khoti na ku chipatala wati wachitirika nkhaza.
- Kutu watole chizomerezege chakuti naye wapikeko katundu wakulekeka na wapapi awo walikufwa pala nyengo yakugawa katundu uyo yakwana.
- Kutu wasuske umo katundu uyo wali kulekeka na wapapi awo walikufwa wagawikira na ofesi ya boma yakuwona vya katundu wamtunu uwo panji ofesi ya abwanamkubwa wa boma ilo.
- Kutu wasuskepo umo wili yalembekera (chomenemene pala munthu uyo wandalembeke mu wili iyi).
- Kutu wapenje wovwiri wa kugawana charu panji minda.
- Kutu wasange wovwiri wamtundu uliwose chifukwa cha masuzgo ghaliwose agho wakusangana nawo chifukwa cha kuchitirika nkhaza.
- (Manyani kuti ivi yalembeka pachanya apa ni viyerezege waka. Vifukwa vyakujulira mulandu wa kunangirana kwa pakati kwa wanthu vilipo vinandi chomene).

Kenekanandi, pa milandu yakunangirana kwa pakati kwa wanthu, uyo wakukagwada ku khoti ni uyo wachitirika nkhaza. Khoti likuzomerezege yayi kuti munthu munyake ndiye wazakayimilire wakuchitirika nkhaza pakukajula mulandu. Nangauli vili nthaura, nyengo zinyake, wa khoti wakuzomerezege kuti munthu munyake wayimilire wakuchitirika nkhaza pakukajula mulandu.

Mwimilili uyo wazomerezegeka kukajula mulandu kuyimilira wakuchitirika nkhaza mwakulondezga malango agha:

- (a) Kutu wakatole chilangulo cha khoti (chilangulo chakuti munthu wakhale munyumba, kutola umwenecho wa nyumba panji kuvikiririka) mwakulondezga malango gha charu cha Malawi ghakukhwaska vya kuchepeska nkhaza mumakhomo. Wanthu awo wangayimilira wakuchitirika nkhaza ni awo:
- i. Mumufu panji muwoli uyo wachitirika panji wangachitirika nkhaza;
 - ii. Munthu uyo wali kubabizgana mwana na uyo wakudandaulika,

- ndipo munthu uyu ndiyo wakuchitirika nkha za pa khomo;
- iii. Mupapi wa mwana panji munthu uyo wakukhala na mwana ndipo nkha za yikhukhwaska mwana;
 - iv. Mwana, ndipo mwana uyu kuti ngwakuzweta mutu chara;
 - v. Mupapi panji mubali wa uyo wakudandaula panji wakudandaula, kweni uyo wakukhala pa khomo ili chara;
 - vi. Wapolisi;
 - vii. Uyo wokovwira pakubekeskeska kuti chilangulo cha khoti chikulondezgeka;
 - viii. Wakupereka wowwiri uyo walikuzomerezgeka na boma kuti wangateweta mulimo uwu.

(b) Kupempha khoti kuti lilangule kuti wakudandaulika waperekenge wowwiri kwa mwana ndipo wanthu awo wangayimirira wakuchitirika nkha za ni awa:

- i. Mwana
- ii. Mupapi wa mwana
- iii. Uyo wakukhala na mwana
- iv. Wabali wa mwana
- v. Uyo wakugwira ntchito yakupereka wowwiri ku wanthu
- vi. Wa polisi
- vii. Msambizi
- viii. Wa vyachipatala
- ix. Munthu mnyake waliyose uyo ngwakwenerera.

“Ndongomeko ya milandu ya kunangirana kwa pakati pa wanthu” yikuyamba pala wakudandaula waluta ku khoti kupereka madando ghake. Munthu uyo wakudandaulika wakwenera kuzgorapo pa mulandu uwu pambere mazuwa 14 ghandajumphe ku khoti likulu. Pala wakudandaulika wandazgorepo pazuwa 14, wakudandaula wakupokera chiphepisko chose icho wangupempha ku khoti. Pala wakudandaulika wakuzgorapo cha, mulandu ukujumpha mu ndondomeko zingapo izo zingatora miyezi yiwiri ku khoti likulu pambere mulandu undanjire kuti ukadumbike mu khoti. Kudumba mulandu kungatola mazuwa ghawiri panji ghatatu ndipo chilangulo chikuperekeka mazuwa 30 ghandajumphe. Ku khoti lichoko, kulije ndondomeko zakuwoneska kuti mulandu utolenge nyengo yitali wuli kuti uyambe kudumbika. Pa chifukwa ichi, utali wa nyengo iyo mulandu ungatola vikutolera kuti ni milandu yinandi wuli iyo khoti ili likudumba. Kweni kanandi, mulandu ku khoti lichoko ukutola mwezi umoza kuti uyeluzgike kufuma apo ukanjirira mukhoti.



Awo Wakutolapo Lwande pa Kupereka Wowwiri ku Awo Wachitirika Nkhaza

Ivyo awo wakupereka wowwiri ku wakuchitirika nkha za wakwenera kulondezga:

- Chakwamba, mungachitanga uheni uliwose chara nyengo zose pakupereka wowwiri ku wakuchitirika nkha za. Wakuchitirika nkha za wawe wakukondwa na wowwiri uwo wapokera kufuma kwa ise.
- Pala tikuwovwira mwana, tiwoneskeske kuti wowwiri withu walata pa vyakusowelwa vya mwana uyu.
- Tileke kusankha chakuchita kwambula CHIZOMEREZGO cha uyo wachitirika nkha za. Pala wakuchitirika nkha za ni mwana panji munthu wakuzweta mutu, titole chizomerezgo kufuma ku mupapi panji mubali wakwenerera wa mwana panji munthu wakuzweta mutu uyo.
- Chitani vidumbirano vinu na wakuchitirika nkha za pa malo ghakudumuka mphepo. Yezgeskani kuti wakuchitirika nkha za mwanakazi wadumbirane na mwanakazi munyake ndipo mwanalume na mwanalume munyake pala awo wachitirika nkha za ndimo wakhumbira kuti viwire.
- Pulikizgani mwakufwaska ivyo wakuchitirika nkha za wakulongosola. Mungamuyeruzganga chara. Mungasekanga panji kuwoneska kuti mwakhwaskika panji kuchuluskika chara.
- Mukwenera kupereka ntchindi ku wakuchitirika nkha za ndipo mungamuyowoyiskanga kanthu kakuti kangamukhuwazga chara.
- Fumbani mafumbo ghekha agho ghakukolelanako na nkhani iyo yalongosoleka.
- Wakuchitirika nkha za wangawerezganga kulongosola nkhani yake kanandinandi chara.
- Mungachombolanga wakuchitirika nkha za.
- Nyengo zose, woneskeskani kuti wakuchitirika nkha za ngwakuvikiririka mwakukhwanira.
- Mulandu wakuswa dango pakuchitira munthu nkha za, nanga nkha za iyo yiwe yichoko wuli, ungamalilanga mkudumbizgana waka chara. Mulandu uwu ungamalira mkudumbizgana pekhapekha ntchakuzomerezgeka na malango gha charu cha Malawi. Tingadumbizganaso waka pala uyo wakachita nkha za wazomera ubudi wake ndipo wapolisi na wakhoti wazomera kuti mulandu ungamalira kuwalo kwa khoti.
- Kwakuyana na malango gha charu chino, milandu ya kubwakirira na kugonana na mwana ni milandu yikuluyikulu ndipo YIKWENERA kukafiskika kupolisi. Milandu ya mtundu uwu yangamalanga pakudumbizgana waka chara. Yungamalirangaso waka pa chigawa panji ku ofesi yakovwira wakuchitirika nkha za ku polisi chara.
- Wapolisi wakwenera kuchiska awo wachitirika nkha za na wabali wawo kuti mbuwemi chara kukajala mulandu wa

kugonana na mwana, kubwakirira na mulandu uliwose wakukhwaska vyakugonana. Milandu ya mtundu uyu yikwenera kuluta ku khoti ndipo wose awo wakukhwaskika na mulandu uyu wangatoleka kuwa wakaboni wakuwukira mwakuti uyo wakachita nkhaza walangike chifukwa cha nkharo yake yiheni.

- Nyengo zose, muwe wakusunga chisisi, muwoneskeske kuti pali chivikiri chakukwana ndipo muperekenge nakuwoneska ntchindi.
- Kwakuyana na malango gha charu chino, mulandu wa kubwakirira panji kugonana na mwana ungakajulika ku khoti pambele mundakaphale ku polisi chara.

Vikaya

Mafumu na wadangiriri wa mipingo, vipani na mawupu gha muvikaya mbakuzilwa chomene pa mulimo wakumalana na uchitiro wa nkhaza ku womama na wasungwana. Kawirikawiri, wakuchitirika nkhaza na wabali wawo wakutemwa kukaphala ku wadangiriri awa na wupu wamuchikaya wakowona vya chivikiri pala wachitirika nkhaza. Wadangiriri na wupu wamuchikaya wakuwona vya chivikiri pakwamba wakwenera Kubeka mtundu wa nkhaza iyo yathulika. Pala nkhaza yawoneka kuti njakuswa malango gha charu (nga ni kubwakirira, kugonana na mwana, kutimba, kupweteka munthu, na vinyake), wadangiriri na wupu wakuwona vya chivikiri muchikaya wakwenera kukathula nkhani iyi ku awo wali kupika mazaza ghakupereka wowwiri kwa awo wachitirika nkhaza nga mbapolisi kweniso wachipatala. Wadangiriri kweniso walala wa wupu wa wakuwona vya chivikiri muchikaya wangayezganga chara kumazga mulandu uyu pakudumbizgana waka. Nkhani iyi yikwenera kukaphalika ku polisi panji kuchipatala pambele maola 24 ghandajumphe. Pakukathula nkhani iyi, tileke kuyezganga uyo wachitirika nkhaza panji uyo wachita nkhaza, tiwoneskeske kuti tikusunga chisisi cha uyo wachitirika nkhaza kweniso kupereka ntchindi zose.

Wa vyachipatala kusazgirapo malo ghakusangapo wowwiri wa mtundu uliwose

Wose awo wakusachizirika kuti wachitirika nkhaza wakwenera kupimika mthupi kuchipatala. Kupima uku kwenera kuchitika na munthu uyo walikusambizgika vya kupima kweniso kupereka wowwiri wachipatala kwa uyo wachitirika nkhaza zakukhwaska kugonana kweniso nkhaza za mtundu unyake. Wavyachipatala awo walikusambizgika vya kupereka ulongozgi wakwenera kupereka wowwiri pa masuzgo gha mughanoghano.

Azachipatala adzachita zinthu zotsatirazi:

- Kupwererera wakuchitirika nkhaza mwakulondezga fundo yakuwika panthazi wakuchitirika nkhaza
- Kufumba mafumbo uyo wachitirika nkhaza na chakulata chakumanya vinandi pa ivyo vyamuchitikira
- Kufumba mbiri ya umo mthupi mwake mulili
- Kufumba chizomerezgo kuti wamupimepime
- Kupima thupi lose la munthu uyu
- Kupima pa mashini vinyake na vinyake vyakukhwaska munthu uyu
- Kulemba masuzgo ghose agho ghasangika mu kabuku ka kuchipatala ka munthu uyu kweniso mu kompyuta ya kuchipatala
- Kupereka wowwiri waluwiro pa suzgo ilo likuwonekerathu pathupi la munthu uyu
- Kupereka mankhwala ghakuvikirira munthu uyu kuti waleke kutola HIV. Mankhwala agha ghakuchemeka HIV-PEP ndipo ghakwenera kuperekeka pambele maola 72 ghandajumphe kufumira apo munthu uyu wakachitirika nkhaza yakugonana.
- Kupereka mankhwala ghakuvikirira munthu uyu kuti waleke kutola matenda gha Hepatitis B. Mankhwala agha ghakuchemeka HBV-PEP ndipo ghakwenera kuperekeka pambele maola 72 ghandajumphe kufumira apo munthu uyu wakachitirika nkhaza yakugonana.
- Kupereka mankhwala ghakutondeska kutola nthumbo pambele maola 72 ghandajumphe kufumira apo munthu uyu wakachitirika nkhaza yakugonana

- Kupereka mankhwala ghakuvikirira munthu uyu ku matenda ghakupirana pakugonana.
- Kupereka wowwiri wakuhepeska kukweweka mumtima
- Kuchita kalondolondo wa umo munthu uyu walili
- Kuweleramo na kudumbiskana nkhani ya munthu uyu. Pavidumbirano ivi pakwenera kuwa wanthu wakufumila vigawa vyakupambanapambana vya chipatala.
- Kupereka lipoti la chipatala ilo lilutenge ku khoti.
- Kupereka wowwiri ku wakuchitirika nkhaza pala waluta ku khoti na nkhani zawo.

Wachipatala wakwenera kutumizga nkhani iyi ku polisi pala wamala kumupima uyo wachitirika nkhaza pambele maola 24 ghandajumphe kufumila apo munthu uyu wakizira kuchipatala.

Unduna wakuwona kuti paleke kuwa mphambano pakati pa wanalume na wanakazi, wana, vilima kweniso kupereka wovwiri ku wanthu

Awo wakugwira ntchito yakupereka wowwiri kuwanthu ku unduna uyu kweniso awo wakugwira ntchito yakupwererera wana muvikaya, wakuwira wakuchitirika nkhaza mu nthowa zinandi nga ni izi: kuyendera makhomo kuti wawone umo vinthu vilili, kuwika mumalo vinthu vakuwovwira kulutiska panthazi chivikiri cha wanthu, kuyendeska milimo yose, kuyendera wanthu awo wakupokera wovwiri kuti wakawone umo vinthu vikwendera, kweniso kukolelanako na wanthu muchikaya pakuwika mumalo ndondomeko zakuwoneskeske kuti wanthu wawe wakuvikirika kweniso wa umoyo uwemi kunthazi kose.

Wowwiri wakuperekeka ku wanthu/Ntchito yakusanga vinandi vyakukhwaska nkhaza iyo yachitika

- Kufumba mafumbo nachakulata chamanya vinandi vyakukhwaska nkhani
- Kuvwila pakupepuska awo wachitirika nkhaza pa uzito wa nkhaza iyo yawachitirika
- Kusambizga wanthu nthowa yakujivikirira ku nkhaza
- Kupereka chivikiri ku awo wachitirika nkhaza
- Kulonderezga awo wachitirika nkhaza nachakulata chakumanya umo wakukhalira
- Kulimbikiska wakuchitirika nkhaza pakuwamanyiska ivyo wakwenera kumanya kweniso kuwalongozga
- Kuvwila pakugumatizga wose awo wakowwira wakuchitirika nkhaza nga ni wapolisi, wachipatala, wakhoti, kweniso mawupu ghakupambanapambana kuti wawilepo pakupeleka malo ghakukhala panji kugona kwa wakuchitirika nkhaza
- Kunozga lipoti la nkhani ilo likuperekeka ku khoti
- Kupereka ulongozgi kwa wakuchitirika nkhaza na wabali wake wuwu
- Kuwapo apo wakuchitirika nkhaza wakufumbika mafumbo na magulu ghakupereka wowwiri. Ivi vikuwa nthura pala wakuchitirika nkhaza ni mwana panji ni munthu wakuzweta mutu.
- Kuwoneskeske kuti wakuchitirika nkhaza ngwakuvikirika pakukatola chilangulo cha chivikiri ku khoti panji kutola wakuchitirika nkhaza nakukamuleka ku banja ilo lingakwaniska kumusunga makola
- Kulonderezga wakuchitirika nkhaza kweniso nkhani yake iyo yili ku khoti

Ofesi ya polisi yakuwona vyakuwira awo wachitirika nkhaza

Udindo wa ofesi iyi ni:

- Kupereka wowwiri pa suzgo la mumaghanoghano
- Kufufusa pala munthu uyu wali pa chofyo chilichose
- Kukolelanako na awo wakowwira wanthu pakusanga malo ghakukhala ghawemi gha munthu uyu.

Pala ni mwana, uyo wakugwira ntchito yakuvikirira wana kweniso uyo wakugwira ntchito yakufufusa vinandi vyakukhwaska nkhaza iyo yachitika wakwenera kuwapo nyengo zose.

Wovwiri wose uwe kuti waperekeka pakumala maola 24 kufumila apo nkhani yikazakathulika ku ofesi iyi. Paumaliro, nkhani iyi yitumizgike ku ma ofesi ghanyake ku polisi kwene kuko.

Ofesi ya polisi ya vyakufufuzafuza

Udindo wa ofesi iyi ni:

- Kufufuza na kumanga wose awo wakusachizgirika kuti ndiwo wali kupanga nkha.
- Kupereka chivikiriro ku wakuchitirika nkha.
- Kulondereza wanthu wose awo wangawa na ukaboni pa nkhani iyi.
- Kulemba lipoti la kumangiwa kwa awo wakusachirizgika kuti ndiwo wali kupanganga nkha.

Vyose iyi viwe kuti vyachitika pambere maola 24 ghandajumphe kufumila apo nkhani iyi yikazakathulika ku ofesi iyi. Paumaliro, nkhani iyi yitumizgike ku maofesi ghanyake gha kupolisi kwene kuko.

Kuzenga mulandu

- Vyakuchitika pambere mulandu undanjire mu khoti
- Kuwika mulandu pa mundandanda wa milandu iyo yamunjira ku khoti
- Vyakuwulula
- Kumanya zuwa la mulandu ku khoti
- Kulemba ma lipoti gha ivyo vikumanyikwa pa mulandu uwo mwakukolelanako na awo wakugwira ntchito yakufufuza vinandi vyakukhwaskana na nkha iyo yachitika
- Kulondereza wakaboni wose mwakukolelanako na ofesi ya polisi ya vyakufufuzafuza
- Kupereka vyakuwululika kwa uyo wakudandaulika
- Kuwoneskeska kuti lipoti la kukoleka kwa wose awo wakusachizgirika mulandu uwo laperekeka ku khoti lichoko

Vyose iyi vikwenera kuperekeka pambere mazuwa 14 ghandajumphe kufumira apo mulandu ukathulika ku khoti.

Pakunjizga mulandu pa mundanda wa milandu iyo yamunjira ku khoti, ivi vikwenera kuwa mumalo:

- Mndandanda wa vyose ivo vikasangika pakufufuza mulandu.
- Ma sitetimenti
- Lipoti ya polisi
- Lipoti ya ntchenjezgo ku wakusachizgirika mulandu
- Ukaboni wa kumangika kwa wakudandaulika
- Vyakulongora
- Makalata ghalighose agho ghangawapo

Wakhoti

Udindo wa wakhoti ni uwo:

- Kujula mulandu. Pangajumphanga maola 24 chara mulandu undajulike kufumila apo wapolisi wiza nawo.
- Kuyowoya zuwa la mulandu nakuphalira wose awo wakukhwaskika na mulandu uwo - mazuwa ghawiri.
- Kudumba mulandu kwambula kulekezekezekeze. Pakujumpha mazuwa 14, mulandu uwe kuti wamala.
- Kuwoneskeska kuti wakuchitirika nkha wakuvwirika mwakukwanira nyengo yose
- Kutuma wakuchitirika nkha uko wangakapoka wovwiri pala kwasangika kuti wakuhumbika wovwiri. Ivi vichitike kwambula kucedwa.
- Kusachizgapa kuti wakudandaula wasange maloya agho gangamuyimirira pa mulandu. Ivi vingachitika pala khoti lasanga kuti munthu uyu wakusuzgikirapo kulondeza vyakuchitika ku khoti.
- Kusandasanda maukaboni ghose agho ghaperekeka
- Kupereka chilangulo/chagamulo. Khoti likuperekaso vilangulo vichokovichoko nga ni chiphepisko chakuperekeka kwa wakuchitirika nkha kweniso wovwiri unyake uwo ukwenera kuperekeka kwa wakuchitirika nkha.
- Kupereka chilangulo chaumaliro. Chilangulo ichi chikwenera kuperekeka pambere mazuwa 30 ghandajumphe kufumila apo mulandu ukayambira. Chilangulo ichi chikwenera kuwaso

na vilangulo vichokovichoko vyakukhwaska chiphepisko na kuyeruzga unandi wa vyaka vya jele. Pakupereka chilangulo chaumaliro ichi, khoti likwenera kuwoneskeska kuti wakuchitirika nkha waleke wakulengeskeka na nkha iyo yikamuchitikira.

- Kuwoneskeska kuti vyose ivyo khoti lalangula vikulondezgeka
- Waliyose uyo wandakholwe na chilangulo cha khoti panji umu mulandu wose wayendera wali na wanangwa wakukagwada ku khoti likulu
- Kwakuyana na vigawa 360 na 361 vya malango ghakendeskeru ka milandu na ukaboni ku khoti, makhoti ghakulu ghali na udindo wakulawilira umu makhoti ghachoko ghakugwirira ntchito yawo. Majaji gha makhoti ghakulu ghali na mazaza ghakuchemeska vyose vyakukhwaska umu mulandu ukayendera mu khoti lichoko kuti wasimikizge pala mulandu ukayenda makola kweniso mwakulondezga malango. Pala kwasangika kuti mulandu ukayenda makola yayi, khoti likulu lingamanya kulangula kuti vyose ivyo khoti lichoko likalangula vileke kugwira ntchito. Pala vyachitika mwantheula, vinthu viwiri vingachitika:
 - a) Khoti likulu lingapereka chilangulo chinyake.
 - b) Khoti likulu lungalangula kuti mulandu ukadumbikeso makola mu khoti lichoko lenelila.

Kunozga nkharo: Jele kweniso malo ghakusambizga kusintha nkharo

Mulimo wakunozga nkharo ya munthu uyo wasangika na khoti kuti ngwakubuda ikuchitika ikuyamba pala mulandu wamala waka. Nyengo zinyake, wakuchitirika nkha wanyake wakuhumbiskiska kuti wakamuwone uyo wakawachitira nkha ku jele kuti wakamuyowoyere chilichose icho chili kumtima wawo. Awo wakugwira ntchito ku jele wangamanya kunozga mapulogalamu ghakusintha nkharo agho ghakupereka mwawi kuti wakuchitirika nkha na wakuchita nkha wasangane maso na maso.

Mawupu agho nga boma chara

- Awo wakugwira ntchito yakupereka wovwiri ku wanthu, kupereka wovwiri wa mumaghanoghano, wovwiri pa mulandu, kweniso awo wakugwira ntchito ku ofesi ya polisi yakovwira awo wachitirika nkha pamoza na mawupu agho ngaboma chara wangavwira pakupereka ulongozgi ku wakuchitirika nkha malinga wose walikusambizgika za kachitiro kawemi ka ntchito iyi. Kachitiro kawemi ka ntchito iyi ni ako kakugwiriska ntchito nthowa izo pali ukaboni wakuti nthowa izo zikovwira nadi kweniso kulata pakuchepeska kukweweka kwa mu mtima.
- Mawupu agha ghangawovwiraso pakujula malo agho wakuchitirika nkha wangakasangapo wovwiri wakupambanapambana mu chigawa.
- Muwupu agha ghangawovwiraposo pakupereka malo ghakuvikirika makola ghakuti awo wachitirika nkha wangakhalangapo nyengo iyo nkhanu yawo yili ku khoti.
- Mawupu agha ghangawovwiraposo paku wezgera umoyo wa awo wachitirika nkha mwakale kuti wanthu awa wawe wakujiyimira pawekha pankhani ya kasangiro ka ndalama na vinyake.
- Mawupu agha ghangawovwiraposo pakuwezgereska ubali pakati pa wakuchitirika nkha na wakuchita nkha. Ivi vikovwira kuti uyo wachitirika nkha wayambe moyo wupsa kweniso uyo wakachita nkha kuti wamanye na kuzomerezga kuti ivyo wakachita vyatimbanizga umoyo wa munyawo.

“

*Namanyanga chara kuti wapolisi
wamuniwovwira, kweni wanivwira
chomene.*

Sono nkholuta ku khoti.

”



Ndondomeko ya Kendeshero ka Mulandu Wakuzengeka Kuwalo kwa Khoti la Boma

Mulandu wakuwalo kwa khoti la boma kanandi ukuchemeka mulandu wakuzengeka mu vikaya ndipo mulandu uwu ukulondezga mitheto yakupambanapambana. Milandu ya mtundu uwu yikuwa mumawoko gha boma chara. Pali wanthu, mawupu panji maofesi ghangapo agho wakugomezgeka mu vikaya kuti ndiwo wowovwirenge pa kudumba milandu yakupambanapambana. Wanthu, mawupu, panji maofesi agha ghakuwa ghakukhazikika muchikaya ndipo ntchito zawo zikulondezga midauko panji chisopa chawanthu kweniso malango agho wanthu muchikaya wali kukolelanako kuti ndiwo walondezgege. Kasandasanda uyo Pulogilamu ya Tithetse Nkhaza yikachita wakulongola kuti womama wanandi wakutemwa makhoti ghamuvikaya pakudumba makani ghakukhwaska nkhasa za mubanja nga ni katundu, kugwirisiro ka ndalama, kukanizgana mwawi wakupanga geni, kulera wana, vibwezi, ulowevu, na vinyake. Kasandasanda munyake uyo ukachitika na wupu wa vyalo vyose vya pasi wa United Nations mwakukolelanako na mawupu ghanyake wakasanga kuti milandu 80 pa milandu 100 yiliyose yikumalira mu makhoti gha mu vikaya. Kasandasanda wawoneskaso kuti wanthu wanandi wakutemwa makhoti gha muvikaya chifukwa chikuwa chapafupi kuti munthu usange ulunji na chivikiriro pa ivyo vyakuchitikira. Makhoti agha ghakowwiraso chomene ku malo uko makhoti gha boma kulije panji ghakutondeka kugwira ntchito zake mwakukola mtima. Chikuwa chapafupi kuti wanthu awo mbakavu wasange wowwiri ku makhoti gha muvikaya ndipo, kanandi, chilangulo cha khoti la muchikaya chikuwa chakuzomerezgeka na wanthu wanandi m'chikaya. Kusazgirapo apo, mulandu mu makhoti agha ukuwa na vyakuchitika vichoko ndiposo wukwenda mwa luwiro chomene.

Awo wakutolapo lwande chomene

Wanji mwa awo wakutolapo lwande chomene pa ntchito za makhoti gha muvikaya ni awa:

- Mafumu, wadangiriri wa mipingo, wadangiriri wa vipani vya ndale, wadangiriri wa mitheto yakupambanapambana, mphara ya m'muzi, waperekezgi, mawupu gha muvikaya agho ghakowwira wakuchitirika nkhasa, mawupu gha muvikaya nga ni mawupu gha womama, athenga, kweniso mawupu agho ghakuteweta mulimo wakukhwaska nkhasa zakuchitirika ku womama na wasungwana.
- Udindo wa wose awa nkhuwovwira pa kudumbiskana kweniso kuphemaniska panji kuwa mkhalapakati pa makani, kupereka ulongozgi na wowwiri wakupambanapambana kwa awo wachitirika nkhasa na wabali wawo, kuperekezga awo wachitirika nkhasa kweniso kutumizga awo wachitirika nkhasa ku maofesi panji mawupu ghanyake agho kuperekaso wowwiri ku wakuchitirika nkhasa.
- Kene kanandi, mulandu pala wayamba ukuwevye nyengo yenecho yakumalira, kweni wose wakuchiskika kuti mulandu wendengeko mwaluwiro pala wayamba.
- Wose awo wakutolapo lwande mumakhoti gha muvikaya wakwenera kulongola ntchindi nakusunga chisisi nyengo zose.
- Pala mulandu ukukhwaska mama panji msungwana uyo ngwachilima panji mbuwu, wapapi panji wabali wa munthu uyu, awo wakupereka wowwiri ku wanthu, panji wavyachipatala wakwenera kuwapo kuti wawovwire wakuchitirika nkhasa kuti walongosole vyose.
- Munyengo zinyake, mulandu ukumalira pa khoti lakwamba. Nyengo zinyake, pala nkhanu yasuzga, yikutumika ku khoti likulu la muchikaya. Mwachiyerezgero, pala mulandu wasuzga ku khoti la m'muzi, mulandu uwu ungamizgika ku khoti la kwa gululupu panji kwa fumu yilala (T/A).

Ubali uwo ulipo pakati pa makhoti gha boma na makhoti gha muvikaya pa milandu yakunangirana kwa pakati pa wanthu wa mchigawa

Pala mulandu wasuzga ku makhoti ghamuvikaya, mulandu uwu ungamizgika ku mawupu panji maofesi gha boma agho ghali kupika mazaza ghakumalana na milandu ya mtundu uwu panji kusanga nthowa zapadera zakumazgira suzgo ilo lilipo. Nyengo zinandi, mawupu na maofesi gha boma agha ghakuteweta mulimo wawo mwakulondezga malango gha charu cha Malawi panji kulondezga fundo zakuvikirira wananga wa munthu waliyose. Mawupu na maofesi agha ndigho ghakuwa ghakwamba kupokelera nkhanu iyo yafuma ku ma khoti ghamumakaya. Kufuma kumaofesi na mawupu gha boma agha, mulandu uwu ungamizgika ku ma ofesi agha:

Wupu waboma wakuwona vya wanangwa wa wanthu kuno ku Malawi (MHRC)

Wupu uwu ukuteweta milimo yavikirira wanangwa wa wanthu mwakuyima pawekha ndipo ukakhazikiskika mwakulondezga chigawa 129 cha malango ghakwendeskera charu chino. Chandulo chakukhazikiska wupu uwu chikawa chakuvikirira kweniso kufufuza nkhanu za kuswera wanthu wanangwa. Wanangwa uwo wupu uwu ukufufuza ni uwo ulikulembeka mu malango gha charu chino panji malango ghanyake agho charu chino chikulondezga. Zinyake mwantchito za wupu uwu ni izi:

- Kumanyiska boma na wanthu wose vya wanangwa wa wanthu
- Kufufuza nkhasi zakukhwaska wanangwa wa wanthu
- Kuwovwirapo pakudumba makani ghakukhwaska wanangwa wa wanthu pakugumatizga pamoza wose awo wakukhwaskika
- Kuyerezga mwapadera makani ghakukhwaska kusweka kwa wanangwa wa wanthu
- Kupereka ulongozgi na wowwiri ku awo wanangwa wawo wasweka kweniso kuwatumizga uko wangakasanga wowwiri wapadera
- Kulawirira umo mawupu kweniso maofesi gha boma ghakutewetera milimo yawo
- Kumalizgiska nkhanu izo zatora miyezi yitatu zikufufuzika na wupu uwu

Unduna wakuwona vyakuti paleke kuwa mphambano pakati pa wanalume na wanakazi, chitukuko cha m'makaya kweniso kupereka wowwiri ku wanthu (ma dipatiment ghakowwira wanthu kweniso kuona vyakuti paleke kuwa mphambano pakati pa wanalume na wanakazi) (Bekani ivyo vyalembeka pa mutu wa mawupu gha boma)

Wupu wakupereka wowwiri ku wanthu pa vintu vyakukhwaska malango

Wupu uwu ulikukhazikiskika na chigawa chachitatu cha malango ghakukhwaska vya kupereka wowwiri wa vyamalango ku wanthu. Chakulata chake nkupereka wowwiri wa vyamalango nga ni kuphemiska panji kuwa nkhasa pa mulandu, kwimirira kweniso kupereka ulongozgi ku wanthu wakavu pa mulandu. Wanthu awo wupu uwu ukovwira ni wekha awo wangakwaniska chara kusanga loya wakuti wawayimire pa mulandu ku khoti. Wupu uwu ni chintu chimoza icho boma likupereka ku wanthu wake kusazgirapo pa vintu nga ani sukulu, vya umoyo, chakurya kweniso maji. Wupu wa mtundu uwu ulipo umoza muno mu Malawi.

Ofesi ya polisi yakuwona vyakowwira awo wachitirika nkhaza

Kupereka wowwiri ku wachitirika nkhaza kweniso kuvikirira wana ntchinthu chimoza chikulu icho wapolisi kuno ku Malawi wakuteweta kwizira mumlimo wakupereka chivikiriro muvukaya. Maofesi agha ghakakhazikiskika mu chaka cha 2001 na chakulata cha kuvikirira, kulutiska panthazi kweniso kuwoneskeska kuti wanangwa wa awo wachitirika nkhaza za mtundu uliwose chomenemene womama na wana ukulondegeka na waliyose. Maofesi agha ghakuteweta nga ni malo ghachisisi agho makani ghakukhwaska nkhaza za kugonana, kubwakirira na nkhaza za mtundu unyake izo zikukhumba chisisi zikufufuzika. Maofesi agha ghakupereka wowwiri uwo;

- Ulongozgi
- Kupereka wowwiri pa masuzgo gha pathupi panji mu maghanoghanoo
- Kunjirikizga
- Kutuma wakuchitirika nkhaza ku wupu panji ofesi yanyake kuti ndiko wakapoke wowwiri wa mtundu unyake. Ivi vikuchitika pambere mazuwa ghankhondi ghandajumphe

Ofesi ya mulala wakuwona vya katundu uyo wenecho wali kufwa

Iyi ni ofesi ya boma iyo chilato chake nkhwendeska vya katundu uyo wenecho wali kufwa. Bwanamkubwa wa boma lililose ni mwimilili wa ofesi iyi. Ofesi iyi yingapanga iyi:

- Kusunga mwakulindizgirapo waka katundu uyo palije ukaboni wakuti awo wali kufwa walikuleka chokolo panji mubali wakuti wangauhala.
- Kulemba makalata ghakupempha kuyendeska panji kusunga katundu uwo wenecho wali kufwa
- Kusoreka na munthu waliyose kuti ofesi iyi ndiyo yizakagawe katundu wake pala wafwa
- Kuchita gazeti khumbiro lakulemba makalata ghakupempha kuyendeska panji kusunga katundu uyo wenecho walikufwa. Ivi vichitike mazuwa 14 pambere pempho lindalembeke

- Munthu uyo ngwakwenerera wangakapempha ku khoti nyengo yiliyose kuti vikalata vyakuyendeskeru chuma icho wenecho wali kufwa vifumeko ku ofesi iyi.
- Kusunga vyose vyakukhwaska katundu uyo ofesi iyi yili kusoreka kuti ndiyo yizakagawe pala mwenecho wafwa
- Khoti likulu lingasora munthu mulala uyo ngwakwenelela kuti ndiyo wapokere katundu kufuma ku ofesi iyi mumalo mwa munthu uyo ni mwana panji wakuzweta mutu.
- Kupharazga chuma chose icho wenecho wandalute kukachifumba. Chuma ichi chikwenera kupangika gazeti ndipo pala pajumpha vyaka viwiri, chuma ichi chikwenera kusazgika pa chuma cha boma panji kugwiriskiska ntchito pa mulimo wakugawa chuma icho wenecho walikufwa
- Kuphemiska panji kuwa mkhalapakati pala pakati pa wabali wa uyo walikufwa palije kukolelanako na umo chuma chingagawikira ndipo pala kuphemiska uku kwatondeka kuwira, nkhani iyi yikutumizgika ku khoti

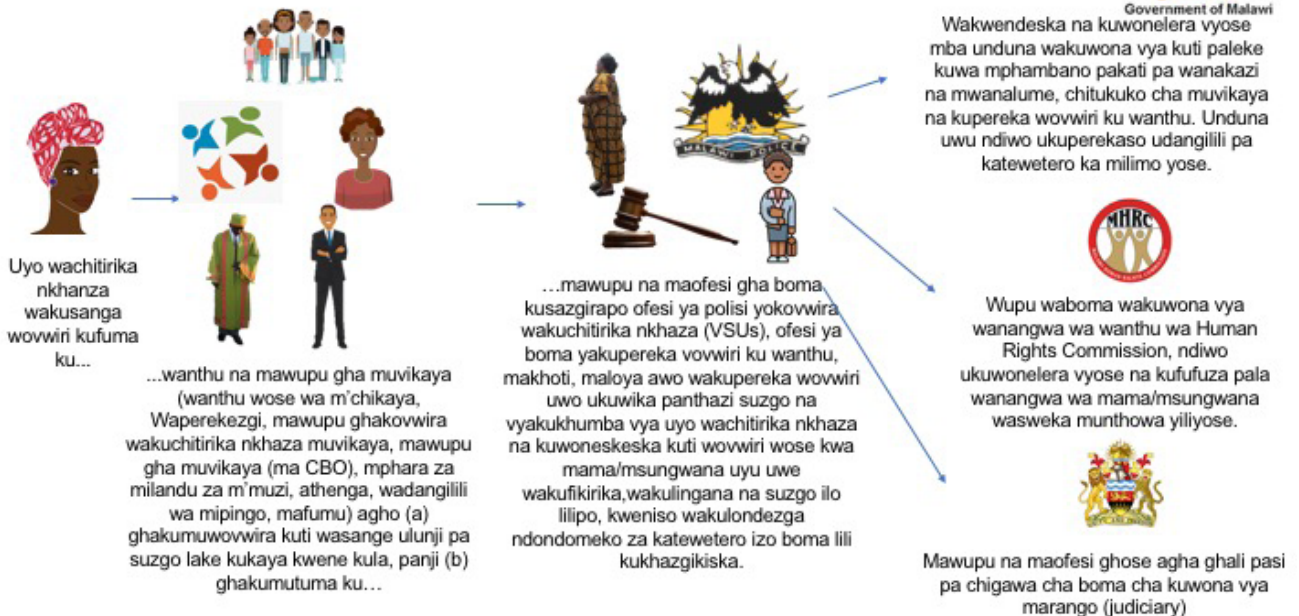
Makhoti

(Bekani ivyo vyalembeka pa mutu wa mawupu gha boma)

Ofesi yakowwira awo wali na madando (Ombudsman)

Ofesi iyi nja boma ndipo yili kukhazikiskika mwakulondezga chigawa 123 cha malango gha charu chino. Chakulata chake nkhwendeska nkhani yili yose yambula ulunji ndipo uyo wabudirika wandapike mwawi wakuti wasange ulunji pakupanga apilu ku khoti ndipo pakuwoneka kuti palijeso wowwiri uliwose. Wupu uwo wukulawirira umo mawupu ghaboma nga ni polisi, vipatala, makhoti, panjiso ma ofesi agho ghakutewetera wanthu ghakutewetera wanthu. Pala mawupu na maofesi agha ghakutondeka kuteweta milimo yawo mwakulondezga malango kweniso mwakukholweska, wanthu wali na wanagwa wakukadandaula ku ofesi iyi.

Awo wakupereka wowwiri ku womama na wasungawa wakuchitirika nkhaza



“

Weruzgi wa mulandu wakazomera pempho lane kuti nipereke ukaboni wane pamphepete.

Ivi vikaniwowwira kuti nijumphe mu ndondomeko zose za mulandu wane kwambura suzgo liliose.

”



Peji lakusazgirapo lakwamba: Chithuzithuzi cha umo mulandu ukwendera

Ndondomeko ya umo mulandu wa nkhaza za pakugonana/nkhaza za pachibwezi/nkhaza za pathupi ukwenera kuyendera ku makhoti gha boma na makhoti ghamuvikaya

Awo wakulawilira katewetero ka milimo ka mawupu: ofesi yakupokera madando kufuma kwa wanthu; wupu wakuwona vya wanangwa wa wanthu; wupu wakuwona vya kapwelelero ka wana; mphara ya malango

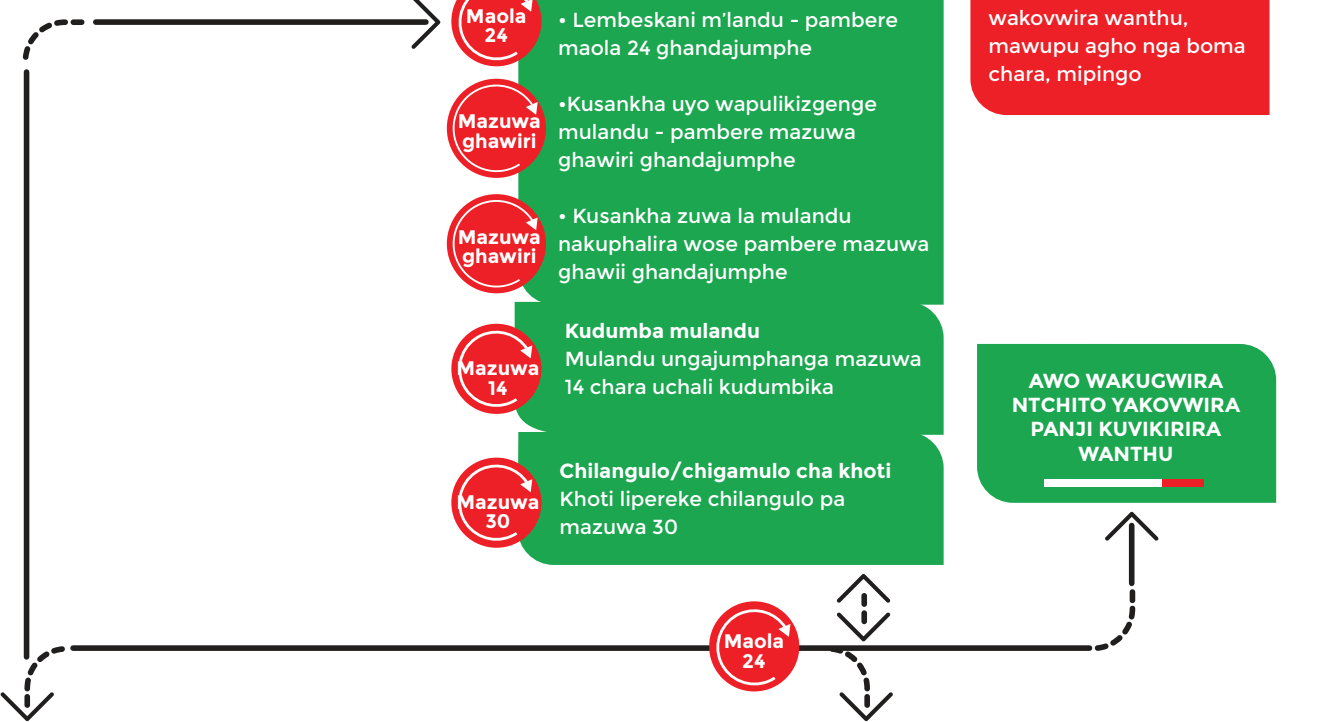
KHOTI/KHOTI LAKUDUMBIRAKO MILANDU YA WANA

- Maola 24**
 - Kulembeska mulandu
 - Lembeskani m'landu - pambere maola 24 ghandajumphe
- Mazuwa ghawiri**
 - Kusankha uyo wapulikizgenge mulandu - pambere mazuwa ghawiri ghandajumphe
- Mazuwa ghawiri**
 - Kusankha zuwa la mulandu nakuphalira wose pambere mazuwa ghawii ghandajumphe
- Mazuwa 14**
 - Kudumba mulandu
 - Mulandu ungajumphanga mazuwa 14 chara uchali kudumbika
- Mazuwa 30**
 - Chilangulo/chigamulo cha khoti
 - Khoti lipereke chilangulo pa mazuwa 30

WOVWIRI PALA MULANDU WAMALA

Kufuma ku awo wakovwira wanthu, mawupu agho nga boma chara, mipingo

AWO WAKUGWIRA NTCHITO YAKOVWIRA PANJI KUVIKIRIRA WANTHU



WAPOLISI

- Maola 24**
 - Ofesi yakukhwaskana na vya awo wachitirika nkha/ kuvikirira wana
- Maola 48**
 - Ofesi ya vyakufufuzafufuza
- Mazuwa 14**
 - Ofesi yakuwona vya kuzenga wanthu milandu/Uyo wakuzenga wana milandu/ofesi yakuwona vyakuzenga wanthu milandu m'charu

MAWUPU NA WANTHU WA MUCHIKAYA

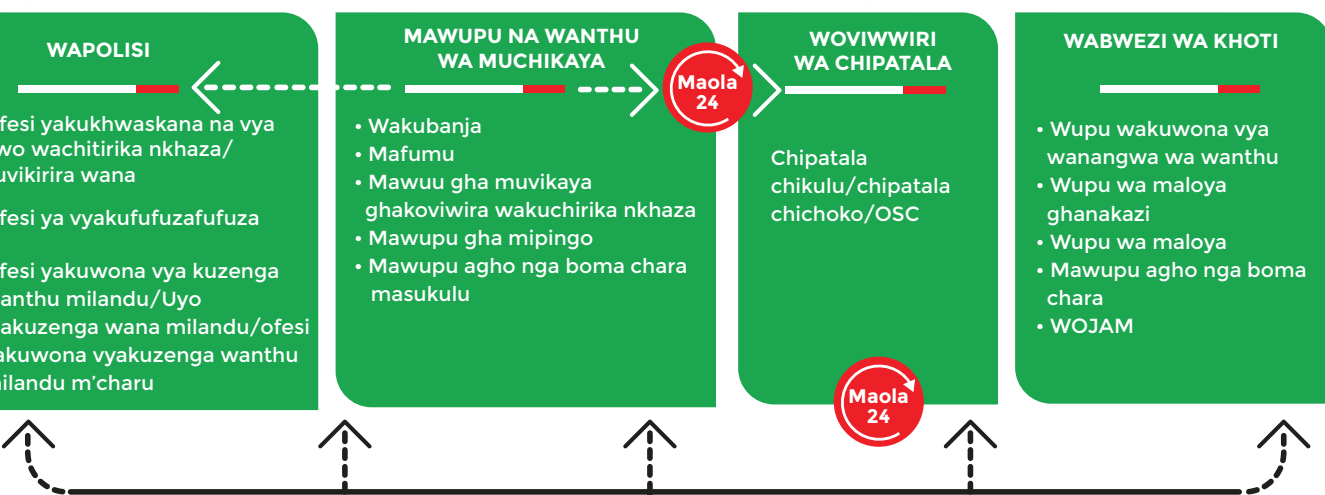
- Wakubanja
- Mafumu
- Mawuu gha muvikaya ghakoviwira wakuchirika nkha
- Mawupu gha mipingo
- Mawupu agho nga boma chara masukulu

WOVIWIRI WA CHIPATALA

- Chipatala chikulu/chipatala chichoko/OSC

WABWEZI WA KHOTI

- Wupu wakuwona vya wanangwa wa wanthu
- Wupu wa maloya ghanakazi
- Wupu wa maloya chara
- Mawupu agho nga boma chara
- WOJAM

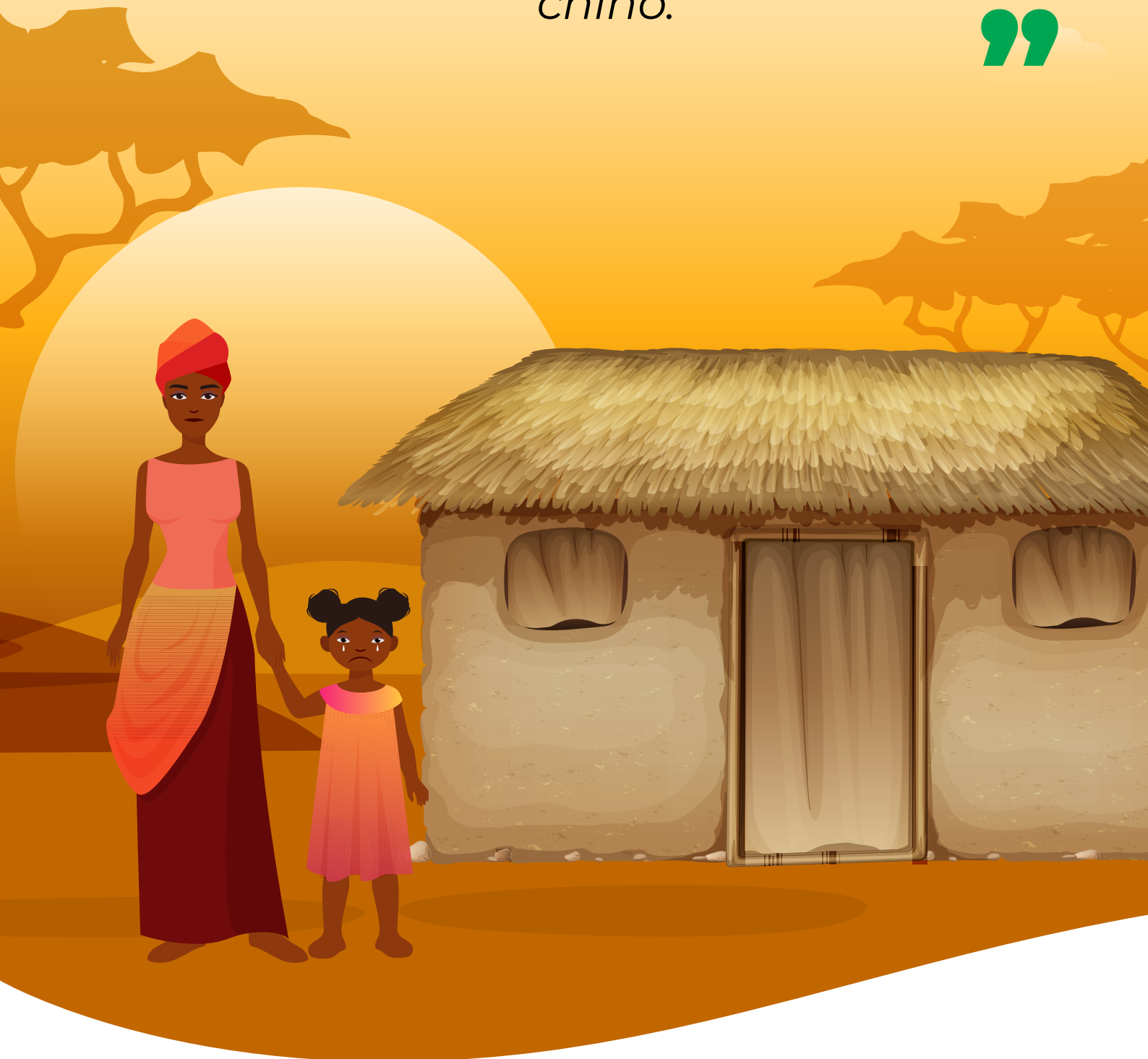


WAKUCHITIRIKA NKHAZA
Kusazgirapo wakuchitirika nkhaza uyo ngwakuzweta mutu panji uyo ni mwana

“

*Kufumira apo mulandu wa mwana
wane msungwana ukayambira,
tapokera wowwiri unandi chomene
kufumila ku wanthu wa m'chigawa
chino.*

”



Ndondomeko ya umo mlandu wakuswa malango gha charu wankhaza ku womama na wasungwana ukwendera: nkha za kugonana, nkha za mubanja/pachibwezi, nkha za pathupi: mumakhoti gha boma na mumakhoti gha muvukaya

WAPOLISI

Ofesi yavyakufufuzafufuza

- Kulemba ma sitimenti
- Kufufuza nakuwunjika ukaboni
- Kusungu makola ukaboni wose uwo wasangika kuti mulandu wende makola
- Kudumbilana na uyo walutenge na mulandu ku khoti
- Kukhwaskana na wachipatala kweniso awo wakupereka wowwiri ku wanthu pa ivyo kafukufuku wa ofesi iyi wasanga
- Kukola uyo wakughanaghanirika kuti ndiyo wali kuchita nkha za

Ofesi yakovwira wakuchitirika nkha za/ awo wakuvikira wana

- Kuwoneskeska kuti wakuchitirika nkha za ngakuvikirika mwakukwana
- Kumuchombora wakuchitirika nkha za chara
- Kufufuza pala wakuchitirika nkha za wali pa chofyo chilichose
- Kulongozga/kupereka uphungu
- Kuvwira pa vyakupwetekeka vilivose vya pathupi
- Kunjirikizga wakuchitirika nkha za
- Kufumba mafumbo pa malo gha pamphepete
- Pala wakuchitirika nkha za ni mwana, mulimo wose uchitike na wapolisi wakuwona vyakuvikira wana

Kuzenga mulandu/wakuzenga milandu wana/ofesi yakuzenga milandu wanthu

- Wapolisi uyo wakuzenga mulandu Pala wakuzengeka mulandu ni mwana, mulandu uwo ukuwa m'mawoko gha wakuzenga milandu wana
- Kuzenga mulandu
 - Kuvwira wakuchitirika nkha za kusanga awo wangamovwira nga ni awo wakumanya chiyowoyero cha masayini, wakung'anamulira viyowoyero na wanyake
 - Kuwoneskeska kuti wakuchitirika nkha za ngakuvikirika ku khoti
 - Kuyowoyapo za umo mulandu ukwendera
 - Kupereka malangizo pambere mulandu undayambe
 - Kukolelanako na wose awo wakuvwira wakuchitirika nkha za

MAWUPU, WANTHU, NA MAOFESI GHA MUCHIKAYA

- Wa kubanja
- Mafumu
- Wupu wakuwona vyakuvwira awo wachitirika nkha za/CCPW
- Mawupu gha mipingo
- Mawupu agho nga boma chara/ma CBO
- Masukulu

Ntchito zawo ni izi:

- Kuwoneskeska kuti wakuchitirika nkha za ngakuvikirika
- Uku ndiko wakuchitirika nkha za wakukaphara ivyo vyamuchitirika
- Kuwoneskeska kuti wakuchitirika nkha za wavikirika mwaluwiro
- Kuchombora wakuchitirika nkha za chara
- Pala wakuchitirika nkha za ni mwana panji ngwa chilima, mubekiskiskeni palipose kuti muwone chimanyikwiro chakuti wachitirika nkha za
- Kutumizga nkha za kunyake

KHOTI/KHOTI LA WANA

Kulembeska mulandu

- Lembeskani mulandu pambere maola 24 ghandajumphe
- Sankhani uyo wazamuzenga mulandu pambere mazuwa ghawiri ghandajumphe
- Sankhani zuwa la mulandu ndipo manyiskani wose pambere mazuwa ghawiri ghandajumphe

Kudumba mulandu

Mulandu ungajumphanga mazuwa 14 uchali kudumbika chara

- pulikizgani ivyo wakudandawula na wakudandaulika wakuyowoya
- Mulandu uwo ukukhwaska mwana ukudumbikira mchipinda umo mukuwa wanthu wekha awo mbakuzomerezgeka.
- Kuyimiskayimiska yayi pala mulandu wayamba kudumbika

Chilangulo/chigamulo

Mwezi ungajumphanga yayi chilangulo chindaperekeke

- Vyakulangula vinyake vyose, nga ni kupereka chiphepisko kweniso wowwiri wakupambanapambana uwo ukukhumbika kwa wakuchitirika nkha za
- Kuwoneskeska kuti vyose ivyo khoti lili kulangula vikukwaniriskika

WOWWIRI WAKUPEREKEKA PAUMALIRO WA MULANDU

Wowwiri uwo ukuperekeka na ofesi ya boma yakovwira wanthu, mawupu agho nga boma chara, mipingo

- Kupereka ulongozgi
- Kupereka malo ghakukhalapo kweniso makhomo agho munthu wangakhalapo mwakuvikirika
- Kuweleraso na kukhala mu chikaya, kusukulu, kuntchito

OFESI YAKOVWIRA WANTHU/ WAKUTOLERA VINANDI VYAKUKHWASKA NKHA ZA IYO YACHITIKA

- Kusandasanda umo uyo wachitirika nkha za walili

- Kupereka wowwiri wa mumaghanoghano na kunjirikizga wakuchitirika nkha za pambele mulandu undayambe; ivi vichitike mwachisisi
- Kuperekezga wakuchitirika nkha za uko wangakasanga wowwiri chomenemene pala ni mwana
- Kuvwira wakuchitirika nkha za kusanga awo wangamovwira nga ni awo wakumanya chiyowoyero cha masayini, na wakung'anamulira viyowoyero.
- Kutumizga wakuchitirika nkha za kunyake
- Kulemba lipoti la vyose vyakukhwaska nkha za iyi
- Kukapeleka lipoti ili ku khoti

Ofesi yakovwira wanthu yikwenelaso kupeleka wowwiri ku wanthu na mawupu ghanyake agho ghakovwirapo pa nkha za iyi. Wowwiri uwo ungawa:

- **Malo ghakukhalapo**
- **Khomo lakukhalapo ilo ndakuvikirika mwanadi**

Kwakuyana na umo vinthu taviwona, wakuchitirika nkha za wakwenera kutumizgika ku ma ofesi agha pala tawona kuti kunyumba kwake kulije chivikiriro cheneko.

Wowwiri wakuwoneskeska kuti ntchindi za uyo wachitirika nkha za zavikirika ukwenera kupelekeka. Wowwiri uwo muli vinthu nga ni mapadi, mafuta ghakuphaka, mankhwala ghakuchukumulira mumulomo, vyakuvwala vyamukati na vinyake

WOWWIRI WA CHIPATALA

Chipatala chikulu/chipatala chichoko

Ntchito yake ili mwa nthura:

- Kupereka wowwiri pa suzgo lililose la pathupi kuti munthu uyu wakhazikike
- Pala ni mwana, uyo wakugwira ntchito zakuvikira wana na uyo wakutolera vinadi vyakukhwaska nkha za iyo yachitika wakwenera kuwapo
- Munthu uyu wawovwirike pa suzgo la mumaghanoghano kuti waleke kukweweka mumutima
- Mankhwala ghakovwira kuvikirika ku HIV (gha HIV PEP) ghaperekeke pambere maola 72 ghandajumphe.
- Mankhwala ghakovwira kuvikirika ku matenda gha Hepatitis B (gha HBV PEP) ghaperekeke pambere maola 72 ghandajumphe.
- Mankhwala ghakovwira kuvikirika ku nthumbo ghaperekeke pambere maola 72 ghandajumphe.
- Katemela wa matenda gha Tetenus
- Mankhwala ghakovwira kuvikirika ku matenda ghakupilana pa kugonana ghapelekeke
- Kuwona umo munthu uyu walili mkaghanaghaniro nakupereka wowwiri pala pali suzgo lililose
- Kulemba lipoti la chipatala na kukapereka ku khoti
- Kupereka ukaboni ku khoti
- Kukalembeska mulandu ku khoti
- Kulemba vyose ivyo wasanga mukabuku ka kuchipatala ka munthu uyu
- Kupereka wowwiri kuti thupi la munthu uyu liwereremo

“

*Tiza pano kuti mutiphemiske
kweniso na kutirongozga pa makani
ghakukhwaska vyamubanja.
Wangutinjikizga kuti tize kuno mba
wupu wakuwovwira awo wachitirika
nkhaza m'chigawa chithu.*

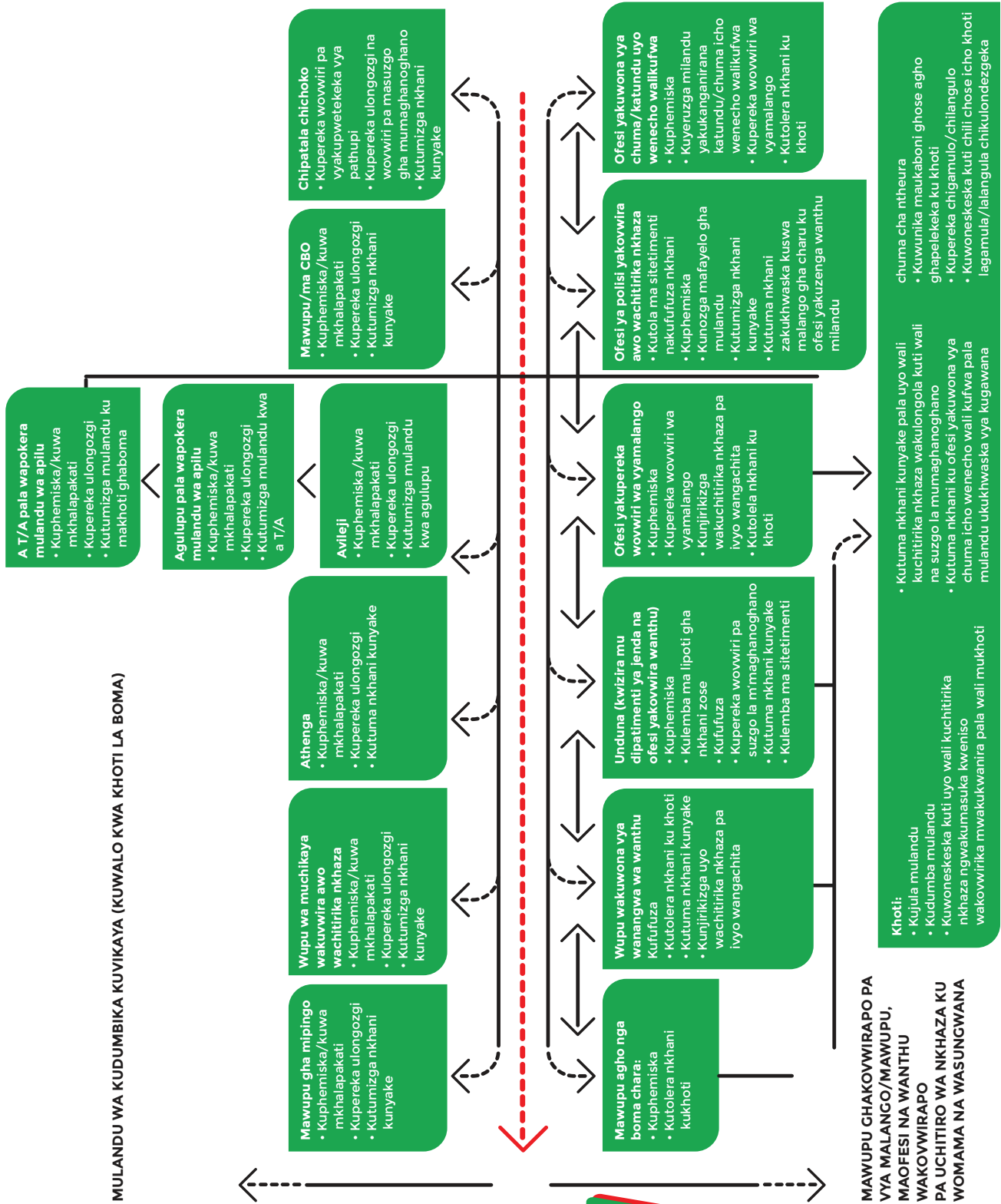
Tina chigomezgo chose kuti kuno mutovwirenge.

”

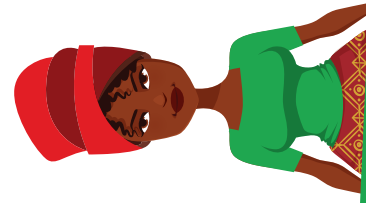


Peji lakusazgirapo lachiwiri: Umo mulandu wankhaza ku womama na wasungwana uwo ukuzengeka kuwalo kwa khothi la boma ukwendeskeka

Umo mulandu wa nkhaza ku womama na wasungwana (nkhaza za mubanja na pachibwezi/nkhaza zakukhwaska vya chuma) ukwendeskeka kufumila kumakhothi gha muvukaya mpaka kukafika ku makhoti gha boma



Nkhaza yachitirika:
 Nga ni uchitirokweniso mundaiko uheni uwo ukuchitirika munthu uyo wapokera nkhaza iyi kuti wapwetekeke pathupi panji mumaghanoghano



WAKUCHITIRIKA NKHAZA
 Kusazgirapo wakuchitirika nkhaza uyo ngwakuzweta mutu, wachilima panji uyo ni mwana

Nhanza za pakhomo / kweniso za mubanja / pachibwezi
 • Kuleka kupereka wovwiri ku banja, nga ni wovwiri ku wana panji ku wakutemweka
 • Kupoka katundu/chuma
 • Kelekeska wakutemweka kuchita geni
 • Kuchitirika wakutemweka kuti wakwekenge mu mtima chifukwa chakuchita vibwezi panji kumutombozga
 • Ulowevu

“

*Nanguwa na wofi kukaphara
nkhani yane kupolisi, kweni
wanowwira chomene.*

*Wanowwiraso kuti nimanye vinyake na vinyake
ivyo vichitikenge kunthazi kose uku
pandondomeko ya mulandu wane.*

”





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**Tithetse !
Nkhanza ●**

Udindo Watose



**Tithetse !
Nkhanza ●**