

# PUBERTY BOOK BOYS

# CHISODZERA

Kabuku ka anyamata





## Acknowledgements

Thanks to all contributors who have made this book possible. Most importantly, the voices of boys and girls from St Martin's Primary School, Nasawa and St Martin's Community Day Secondary Schools who shared their personal stories and questions about puberty. Much thanks to the intern who put the stories together.

Special mention goes to the following books which were used as reference: Government of Nepal, Ministry of Health and Population, National Health Education Information and Communication Center's book (2011), **KISHOR**.

Marni Sommers, Growth and Changes

GEMS Diary by ICRW in India

MIE (2011), Life Skills, Sexual and Reproductive Health for HIV and AIDS Education for Primary Schools in Malawi (2nd edition)

Finally, this book was made possible by Protecting Futures by Always and Tampax and Save the Children

### Technical and content advisors

Beth Outterson (SC/USA)

Brad Kerner (SC/USA)

### Working group

Doreen Mbendera - Ministry of Youth

Dinah Kapaula- South East Education Division Office

Hilton Mautanga – Zomba Rural District Education Office

Yamikani Nkhoma – Zomba District Health Office

Twesa Mwamlima – Zomba District Youth Office

Masozzi Mkandawire – YONECO

Clifford Masambuka – Ulumba Youth Organization

Emily Maosa – Save the Children

### Content check

Clara Chindime – UNICEF

Maria Chikalipo – Kamuzu College of Nursing

### Illustrations and design

Montgomery Thunde

### Booklet produced by

Save the Children

### Date of production

December 2013

## Kuthokoza

Tikuthokoza onse amene anathandizapo polemba bukuli. Koma tikuyamika koposa anyamata ndi atsikana ochokera ku sukulu za St Martin's Primary, Nasawa ndi St Martin's Community Day Secondary amene anatifotokozera nkhani zawo komanso mafunso awo pa nkhani zokhudzana ndi kutha msinkhu. Tikuthokozanso amene anathandiza kusunghanitsa nkhanizi.

Mwapadera tikuyamika chifukwa chotilora kugwiritsa ntchito mabuku awa: Government of Nepal, Ministry of Health and Population National Health Education Communication center's book (2011), **KISHOR**.

Growth and Changes by Marni Sommers

GEMS Diary by ICRW in India

MIE (2011), Life Skills, Sexual and Reproductive Health for HIV and AIDS Education for Primary Schools in Malawi (2nd edition).

Pomaliza tikuyamika a Protecting Futures by Always and Tampax ndi Save the Children amene anapereka chithandizo cha ndalama zimene tinagwiritsa ntchito polemba bukuli.

### Alangizi pa Kakonedwe ndi Mitu ya m'bukuli

Beth Outterson (SC/USA)

Brad Kerner (SC/USA)

### Anthu omwe anali m'gulu lokonza bukuli

Doreen Mbendera - Ministry of Youth

Dinah Kapaula- South East Education Division Office

Hilton Mautanga – Zomba Rural District Education Office

Yamikani Nkhoma – Zomba District Health Office

Twesa Mwamlima – Zomba District Youth Office

Masozzi Mkandawire – YONECO

Clifford Masambuka- Ulumba Youth Organization

Emily Maosa – Save the Children

### Owunika nkhani zonse za m'bukhuli

Clara Chindime – UNICEF

Maria Chikalipo – Kamuzu College of Nursing

### Wojambula zithunzi ndi kuyala bukuli

Montgomery Thunde

### Womasulira m'Chichewa

Alick Kadango Bwanali (akbwanali@yahoo.co.uk)

### Wosindikiza bukuli

Save the Children International

### Tsiku Losindikiza

December 2013

# CHISODZERA

Kabukhu ka anyamata



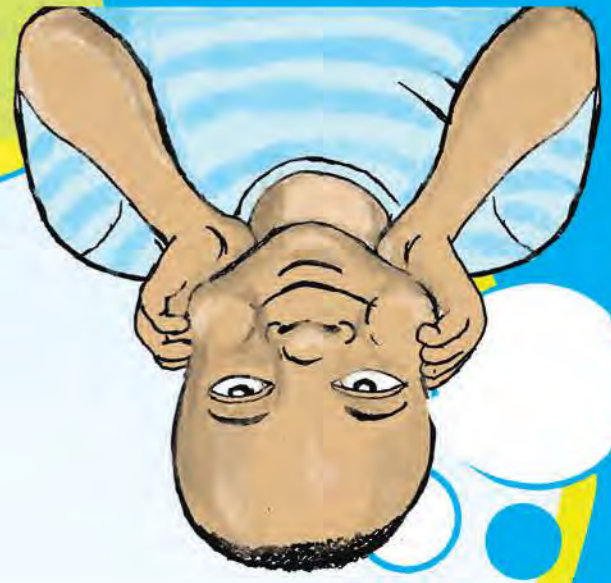
MALOTO  
ANGA



Aliyense amakhala ndi Zikhumbokhumbo ndi Maloto pamoyo wake. Kodi inu zikhumbokhumbo zanu komanso maloto anu ndi otani?

Mumalalaka mutachita chiyani mmoyo wanu?

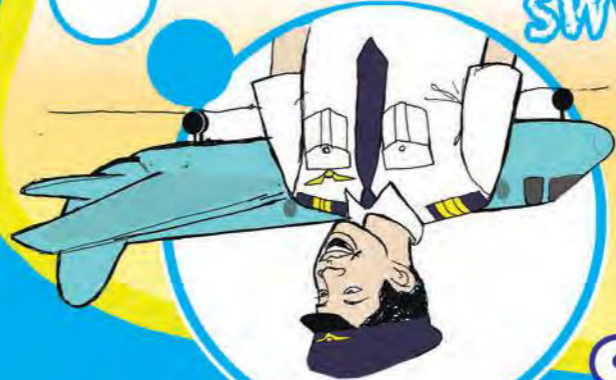
Jambulani chithunzi kapena lembani mawu angapo oyimira zikhumbokhumbo zanu ndi maloto anu. Afotokozereni anzanu, abale anu komanso makolo anu. Anthu amenewa angathe kukuthandizani kukwaniritsa zikhumbokhumbo zanu ndi maloto anu.



Draw a picture or write a few words of your **hopes** and **dreams**. Share it with your friends, siblings, and parents. They can help you make your hopes and dreams come true.

Everyone has HOPES and DREAMS for their life.  
What are your hopes and dreams?  
What do you want to achieve in life?

MY DREAMS



PUBERTY BOOK  
BOYS

## Growth and Development

4

### What is puberty?

This is the period a boy starts to experience changes in his body. This usually takes place between ages 10 to 14. Everyone experiences these changes, but some boys experience them earlier than others.

### Who is an adolescent?

An adolescent is a young person who is undergoing puberty, but is not a grown up person or not matured yet. They pass through a period known as adolescence, which is a journey from being a child to being an adult. This lasts from about 9 or 10 years old, all the way to 18 or 20 years old. It is marked by dramatic physical, psychological and social changes.

### You will see the following body changes during puberty:

- You will grow taller
- Hair will grow on your chest, armpits, and around the penis
- You will start to see moustache and beard
- Your voice will deepen
- You may start to sweat more which can make you smell bad if you do not wash yourself
- Your face will become oily which may cause pimples
- Your chest will become wider
- You might experience the coming out of watery material from the penis (ejaculation while you are sleeping. These are called "wet dreams"; "Wet dreams is when a boy produces white sticky watery material known as semen";

## Kodi kutha msinkhu ndi chiyani?

Iyi ndi nthawi yomwe mnyamata amaona kusintha m'thupi lake. Kawirikawiri zimenezi zimachitika mnyamatayo akakwanitsa zaka kuyambira 10 mpaka 14. Aliyense kusinthaku kumamchitikira kungoti ena zimawachitikira msanga kuposa anzawo.

### Kodi mnyamata wachisodzera ndani?

Mnyamata wachisodzera ndi munthu yemwe thupi lake likusintha kuti likhwime. Anyamata amadutsa nthawi yachisodzera yomwe thupi lawo limasintha kuchoka ku ubwana kupita ku ukulu. Gawo limeneli la moyo wa munthu limayambira zaka 9 kapena 10 mpaka zaka 18 kapena 20. Pa nthawi imeneyi zinthu zambiri zimasintha m'thupi, maganizo komanso pa kakhaliidwe.

### Pamene mukukula zinthu izi zimasintha m'thupi mwanu:

- Mumakula mu msinkhu kapena kuti kusalika
- Tsitsi limamera pachidali, m'nkhwapa ndi pa chinena
- Mudzayamba kumera ndevu
- Mawu anu amamveka manzenene
- Mumatuluka thukuta lochuluka lomwe limayambitsa fungo loipa ngati simudzisamalira
- Nkhope yanu imachita mafuta omwense amayambitsa ziphuphu
- Chidale chanu chidzatambasuka
- Mudzayamba kudzikodzera - "kudzithira umuna kutulo"

Powonjezera pa kusinthika kwa m'thupi, izinso zitha kukuchitikirani lero kukwiya kenako kukondwanso kapena kuchita manyazi pang'ono.

4

Kusinthatintha kumeneku sikoopsa, zimachitika ndithu. Powonjezera apa anyamata ena amakhala ndi zilakolako zina monga:

- kuziyerekeza ndi anzanu ena
- Kufunitsitsa kuti ena azikumvetsetsani pa zofuna zanu
- Kufunitsitsa kukhazikitsa magulu anuanu a anyamata okhaokha
- Kufunitsitsa kukhala opambana m'kalasi ndikumapikisana ndi anzanu ena
- Chilakolako chogonana
- Kufunitsitsa kukhala odzidalira



Anyamata ena achisodzera

- Amayamba mwano ndi ukali
- Amadya kwambiri zomwe zimachititsa kuti azikula msanga

## Nkhani ya Levinson

Sindimadziwa chilichonse chokhudza kudzikodzera umuna kutulo popeza zimenezi zinali zisanandichitikire. Tsiku lina ndinaona mtsikana wokongola kwambiri ndipo usiku ndinalota ndikugonana naye. Nditadzuka ndinaona kuti ndinali nditadzikodzera umuna. Pamene ndinayamba kuona zimenezi ndinaganiza zoti munthu wina wake wandilodza.

Ndinali ndi mantha kuti zimenezi zimatanthauzanji ndipo ndinafunsa mbale wanga zokhudza kusintha kwa m'thupi koma sindinamuze zomwe zimandichitikira zodzikodzera umuna kutulo



Mwamwayi iye anandifunsa, "Ukamagona, umalota utayandikana ndi atsikana?" Ine ndinati, "Inde". Iye anandifotokozerana kuti maloto amenewo anali okhudza kudzikodzera umuna. Nthawi zina izi zimachitika mnyamata

ali m'tulo. Nthawi zambiri zimenezi zimachitika pamene mnyamata akulota maloto ogonana.

Mbale wangayo anandiuzanso kuti zimenezi sizitanthauza kuti ine tsopano ndakula chifukwa sindingathe kukwaniritsa udindo wosamalira mwana.



- Besides body changes, you may experience many emotional changes. You may feel happy one day, and then all of a sudden feel sad or shy the next day.
- These emotional changes are normal. All of these emotional changes can cause some boys to have new desires. For example:
- The desire to please others and not feel different from friends
- The desire to want others to understand your feelings
- The desire to form your own groups with boys only
- The desire to be successful in school and feel competitive with friends
- Sexual desire that makes you feel attracted towards girls
- The desire to feel independent
- Furthermore some adolescents become rude and aggressive which they can learn to control
- Eat more which promotes growth

I did not know anything about wet dreams before I experienced it myself. One day I saw a very beautiful girl, and at night I dreamt about her. When I woke up, I found myself wet. When I started experiencing this, I thought someone was bewitching me. I was afraid of what this meant, so I asked my brother about the changes of the body but did not tell him about my experiences of wet dreams. Fortunately, he asked me, "When you are sleeping, do you dream of being close to girls?" I answered, "Yes". He explained to me that those were wet dreams. He told me that wet dreams are when liquid called semen comes out of the penis, known as ejaculation. This sometimes happens when a boy is asleep. It usually occurs when the boy is having a sexual dream.



My brother also told me that this does not mean that I am fully mature because I cannot take on the responsibilities of having a child. Wet dreams do not mean you are ready to have sex, they only mean that you are growing up and have reached puberty.

**My advice to younger boys: when you see these changes, do not think that someone is practicing magic on you. Wet dreams and body changes happen to all adolescents. They are normal.**



**Questions to consider**

1. What made Levinson to have wet dreams for the first time?

---



---

2. What was Levinson's feeling when he woke up in the morning?

---



---

3. What have you learnt from the story?

---



---

Kudzikodzera umuna kutulo sikutanthauza kuti ndiwe wokonzeka tsopano kuyamba kugonana, kumangotanthauza kuti mukukula ndipo tsopano mwafika pa msinkhu wokhwima.



**Malangizo anga kwa anyamata achisodzera ndi akuti mukaona kusintha kumeneku sizitanthauza kuti munthu wina akukulodzani. Kudzikodzera ukala ndi kusintha kwa thupi kumachitikira aliyense yemwe wafika pa msinkhu wa unamwali. Sizachilendo.**

**Mafunso ofunika kuwaganizira**

Kodi chomwe chinachititsa kuti Levinson adzikodzere umuna kwanthawi yoyamba kutulo chinali chiyani?

---



---

Kodi Levinson atadzuka maganizo ake anali otani?

---



---

Mwaphunzirapo chiyani pankhaniyi?

---



---

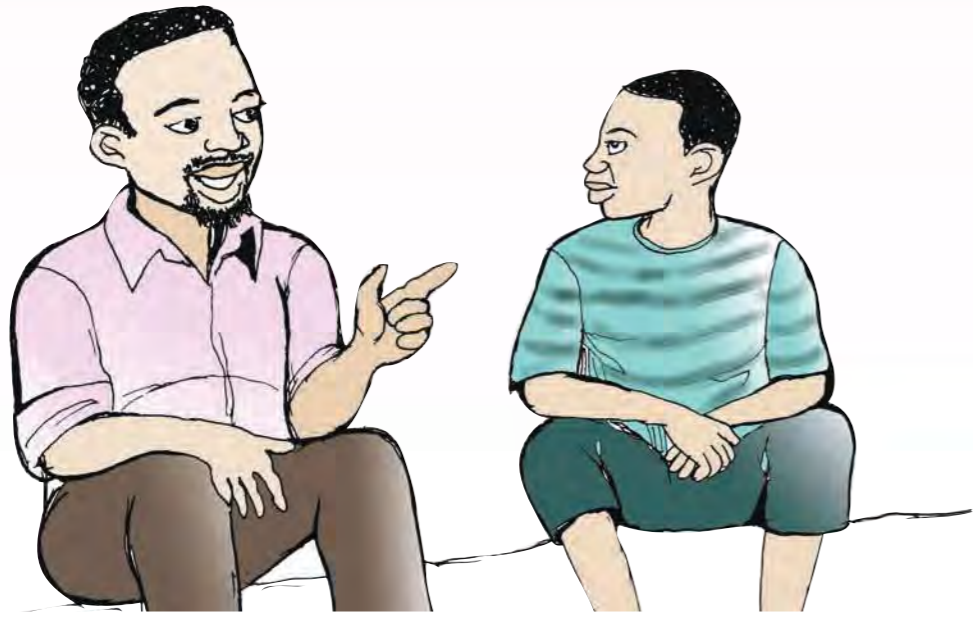
**Kodi ndide nkhwana ngati...**

**Sindinathe msinkhu ?**

Ayi ndithu! Kutha msinkhu kuli ngati kuti mwayamba ulendo wautali wochoka ku ubwana ndikusanduka munthu wamkulu. Paulendowu zinthu zambiri zidzakhala zikusintha m'thupi komanso m'maganizo anu. Anzanu ena onse zimenezi zidzawachitikiranso. Osadandaula, palibe choopsa.

## Pali zaka zimene munthu amayenera kutha msinkhu ndipo ine sindinafikepo?

Ayi sichoncho. Palibe zaka zenizeni zimene mnyamata amayenera kutha msinkhu. Anthu onse ali ndi matupi osiyana ndipo mtsikana kapena mnyamata aliyense amatha msinkhu panthawi zosiyanasiyana. Kutha msinkhu sikuchitika tsiku limodzi. Mnyamata amazindikira kuti akutha msinkhu akaona zinthu zina zikusintha monga kumera tsitsi pachinena, ndevu komanso mawu amamveka manzenene.



## Ndikutuluka ziphuphu, Ndiye kuti ndikwatire?

Ayi sichoncho. Kutuluka ziphuphu ndiye chizindikiro chakutha msinkhuko ndipo zimayamba chifukwa chakuti nkhope yanu imatuluka mafuta ambiri. Koma sizitanthauza kuti muyenera kukwatira. Muyenera kudikira mpaka mutaphunzira komanso mukudzidalira kuti mukwatire.

Ndizomvekadi kuti atsikana ndi anyamata ambiri amada nkhwawa akamatha msinkhu koma zinthu zimene amada nazo nkhwawa sizoopsa ndipo zimachitika kwa wina aliyense. Koma ngati mukudabwa kapena kusowa mtendere chifukwa cha zimene zikukuchitikirani, khalani omasuka kukafunsa akulu anu, makolo, amalume, aphunzitsi komanso ngakhale achipatala.



**Should I worry if... I have not gone through puberty yet?**  
Absolutely not! Puberty means you have started a long journey from childhood to adulthood. During this journey, your body and mind will go through changes. All your friends will be experiencing the same thing. So, do not worry as this is normal.

## Is there a specific age for reaching puberty and I have not gone through it yet?

No. There is no specific age for reaching puberty. Everyone's body is different and every boy and girl starts puberty at a different age. Puberty is more of an ongoing process. Someone knows they're going through puberty by experiencing things like development of facial hair, pubic hair and deep voice.



## I'm starting to get pimples? Does it mean that I need to get married?

No. Pimples are part of puberty, and begin because you will start to produce more oil on your face. It should not mean that someone needs to get married and right away. It is best to wait until you attain a good education and you are independent to get married. It's understandable that most girls and boys worry a lot during puberty, but most of the things they worry about are entirely normal and happen to everyone. If you feel overwhelmed and confused by what you are going through, feel free to ask questions to older siblings, parents, uncles, teachers, and even health workers.



## Blessings' Story

There are many changes I have experienced on my body from the time I was young up to now. My voice became deep, I increased in weight, hair grew in my pubic area, the penis and scrotum became bigger, I developed pimples on my face, I had mood swings whereby sometimes I was very happy or very sad, and I felt nervous most of the time. I also had sexual feelings and experienced wet dreams.

Even today the pimples on my face make me uncomfortable when I look at myself in the mirror. I was also scared by my penis getting bigger because I thought it meant that I had to get married soon. I had no intention of discussing these body changes with anyone because I thought it was very embarrassing.

I finally got the courage to ask my older brother about what was happening to me. He told me that all these changes are completely normal and necessary for all boys to go through. He also told me about the enlargement of the penis, and that when a person grows up every organ in the body also grows.

My advice to younger boys is that when they experience changes in their bodies, they should ask parents or guardians, uncles or even a trusted older adolescent. I assure you that these body changes are just natural.



**Questions to consider**

1. What changes did Blessings experience when he was growing up?

---



---

2. Who did Blessings ask for advice about what was happening to his body?

---



---

3. What have you learnt from the story?

---



---

**Nkhani ya Blessings**

Pali kusintha kosiyanasiyana komwe kwachitika m’thupi langa kuyambira pa nthawi yomwe ndinali mwana mpaka pano. Mawu anga anayamba kukula, ndinayamba kunenepa, tsitsi linamera pa chinena, mchira komanso mavalu anga zinayamba kukula, kunkhope kwanga kunayamba kutuluka ziphuphu, khalidwe langa limasinthasinthu, nthawi zina ndimakhala wokondwa kenako n’kukhala wokhumudwa ndipo nthawi zambiri ndinali ndi mantha. Ndimakhalanso ndi nyere ndipo ndimadzikodzera umuna kutulo.

Ngakhale lero ziphuphu zomwe zili kumaso kwanga zikundisowetsa mtendere ndikadziyang’anira pa kalilole. Ndimachitanso mantha ndi kukula kwa mchira wanga kamba koti ndimaganiza kuti zimenezi zimatanthauza kuti ndiyenera kukwatira posachedwa. Ndinalibe maganizo okambirana ndi munthu wina aliyense za kusintha kwa thupi langaku kamba koti ndimaganiza kuti ndi zochititsa manyazi.

Potsiriza ndinalimba mtima ndikumufunsa mkulu wanga za zomwe zimandichitikirazo. Iye anandiuza kuti zonsezi sizinali zachilendo komanso zimachitikira mnyamata wina aliyense. Iye anandiuzanso za kukula kwa mchira ndipo anatinso munthu akamakula ziwalo zonse za m’thupi nazo zimakulanso.



**Malangizo anga kwa anyamata achisodzera ndi oti azifunsa kwa makolo awo, akuluakulu omwe akuwayang’anira komanso anyamata akuluakulu odalirika akaona kusintha kwa thupiku kapena akambirane ndi amalume awo. Ndikukutsimikizirani kuti kusintha kwa thupiku si kwachilendo.**

**Mafunso ofunika kuwaganizira**

Ndi kusintha kwanji komwe kunamuchitikira Blessings pa nthawi yomwe iye amakula?

---



---

Kodi Blessings anafunsa kwa yani pa zomwe zimamuchitikira m’thupi lake?

---



---

Mwaphunzirapo chiyani pankhaniyi?

---



---

## Zofunika kuti mudziwe

### Ndi zovuta zANJI zimene anyamata amakumana nazo akamatha msinkhu?

Anyamata amakumana ndi mavuto osiyanasiyana akamatha msinkhu. Anyamata ena amakhala ndi mantha chifukwa cha kusintha kwa thupi lawo. Anyamata ambiri sadziwa zambiri za zomwe zimachitika m'thupi mwawo munthu akamakula, sadziwa kuti angathe kukambirana ndi yani za kusinthaku.



Anyamata ena amasinthasintha kakhalidwe kawo, zomwe zimachititsa kuti pena akhale osangalala komanso sachedwa kukwiya. Ena amangokhala duu osaonetsa chidwi pa china chilichonse, ena amatsatira makhalidwe a anzawo zomwe zimayambitsanzo mavuto ena monga kugwiritsa ntchito mankhwala osokoneza bongo, kusiya sukulu, kuchita mwano, kufuna kukhala odziimira paokha, kukhala ndi chidwi ndi maonekedwe awo, chidwi chofuna kudziwa zambiri za kugonana ndikuyamba mchitidwe wogonana.

Chinthu chimodzi chovuta koma chofunika kwambiri kuphunzira pamene munthu akukula, ndikupewa kukamizidwa ndi amzako kuchita zoipa zimene sukufuna kuchita.

### Ndiyenera kuchita chiyani ndikatha msinkhu?

Fotokozerani munthu amene mumamasukirana naye kwambiri monga munthu wamkulu kapena wachinyamata amene mumamudalira. Ngati mukuona kuti zimenezi ndizovuta, yesani kukambirana ndi munthu wina wake wa ku malo azachinyamata (youth center), kapena kalabu ya achinyamata, mphunzitsi, wotheadizira aphunzitsi (teacher aide), mlangizi wa zachinyamata (YCBDA), wazaumoyo (HSA).

### Kodi ndi zoonazoti ndi atsikana okha omwe amatha msinkhu?

Ili ndi bodza la mkunkhuniza. Anyamata ndi atsikana onse amatha msinkhu. Komabe atsikana amafulumirako kutha msinkhu kuposa anyamata. Zinthu zomwe zimawachitikira atsikana ndi zomwe zimafotokozedwa kawirikawiri kuposa zomwe zimawachitikira anyamata. Izi ndi zomwe zimachititsa kuti zizioneka ngati kuti ndi atsikana okha omwe amatha msinkhu.

## For your information

### What problems does a boy have when he reaches puberty?

Boys experience different problems when they reach puberty. Some boys have

fear because of the changes >

they are going through.

Most boys do not have

information on growing up, they

do not know whom to discuss

with. Some boys experience

mood swings which may

cause them to feel happy one

moment and sad the next.

Some feel withdrawn

because they experience

peer pressure leading to

problems such as substance abuse, school dropout, rudeness, desire for

independence, concern about appearance, curiosity to know more about sex

and start to have sex.

One of the hardest but most important things to learn to do during puberty is to resist peer pressure from your friends.

### What should I do when I reach puberty?

Tell someone close to you like an adult or reliable older adolescent. If you

don't feel okay doing that, then try speaking to someone at a youth center or

youth club, teacher, peer educator, Youth Friendly Health Service

Provider, Youth Community Based Distribution Agent (YCBDA) or an adult you

trust.

### Is it true that it is only girls who reach puberty?

Absolutely not. Both boys and girls go through puberty. However, girls start

puberty before most boys do. Girls' experiences are commonly talked about

more than the boys' experiences. This is why it may seem that girls are the

only ones who go through puberty. But this is not true.

### Is it a must to get married when one reaches puberty?

It is not a must to get married when one reaches puberty. Puberty only means

that one's body is maturing. In fact, boys and girls start puberty when they are

very young when they are not ready to take on the responsibilities of marriage

and parenthood.

Friends may know some good information, because chances are that they are experiencing the same thing. However it is always better to get more advice from trusted adults because they tend to have more correct information.

### Is it good to get information about puberty from your friends?

Some parents tell their children all about the body changes but other parents do not feel comfortable discussing puberty with their children because no one ever talked to them about it. It is OK to seek information from other adults in your life, like uncles, teachers, or health providers. You can even try asking your parents questions.



### What should parents tell their children when they reach puberty?

Puberty can be a confusing and overwhelming time in a boy's life and having people there to support him is a huge help. Teasing boys or girls because of the changes they are going through is mean. Talking and helping friends during puberty will earn you respect.

### How do you help those adolescents who have reached puberty?

He can learn more about body changes so that he is prepared to keep himself safe when the time comes by NOT engaging in sex.

### How can a boy take care of himself when approaching puberty?

There are so many reasons why boys and girls leave school. Starting puberty should not be one of those reasons. What is your plan to stay in school?

### When somebody stops schooling, does it mean that they have reached puberty?

### When a boy or girl gets married, does it mean that they have reached puberty?

No! Marriage does not automatically start puberty. And starting puberty does not mean you should get married. Finish school first and try to achieve your hopes and dreams. It is good to get married after attaining a good education and you are independent to take care of yourself and your family.

### Kodi ndi zokakamiza kuti munthu akwatire akatha msinkhu?

Simukakamizidwa kukwatira mukangotha msinkhu. Kutha msinkhu kumangosonyeza kuti thupi lanu ndi limene likukhwima koma osati maganizo. Zoonazizeni ndi zakuti anyamata ndi atsikana amayamba kutha msinkhu akadali aang'ono, asanafike pokhala ndi maudindo a banja kapena ukholo.

### Kodi mnyamata kapena mtsikana akakwatira kapena kukwatiwa ndiye kuti watha msinkhu?

Kukwatira sindiye kuti munthu watha msinkhu. Komanso mukatha msinkhu sindiye kuti mukwatire kapena mukwatiwe. Muyenera kutsiriza maphunziro anu ndikukwaniritsa zikhumbokhumbo ndi maloto anu.

### Kodi munthu akasiya sukulu ndiye kuti watha msinkhu?

Pali zifukwa zosiyanasiyana zimene anyamata ndi atsikana amasiyira sukulu. Kutha msinkhu sichifukwa chosiyira sukulu. Malingaliro anu ndi otani pankhani yopitiliza sukulu?

### Kodi mnyamata angadzisamalire bwanji pamene akuyandikira kutha msinkhu?

Mnyamata atha kukonzekera pophunzira zambiri zokhudza kusintha kwa thupi kuti nthawiyo ikamadzafika iye adzakhale okonzeka ndikudziwa momwe angadzitetezere ndi kupewa kuyamba zogonana.



### Kodi achinyamata akatha msinkhu mumawathandiza bwanji?

Nthawi yotha msinkhu imakhala yozunguza pamoyo wa anyamata ndi atsikana ndipo ndikofunika kukhala ndi anthu ena amene angawathandize. Sibwino kumayankhula zachipongwe pamene anyamata kapena atsikana atha msinkhu. Chofunika ndikucheza nawo ndikuwathandiza. Mukatero adzakupatsani ulemu

### Kodi makolo amawauza chiyani ana awo akafika pa msinkhu wa unamwali?

Makolo ena amauza ana awo zonse zimene zimasintha m'thupi mwawo koma makolo ena samasuka kukambirana ndi ana awo za kutha msinkhu chifukwa chakuti panalibe amene anawakambirapo za nkhanayi pamene iwo ankatha msinkhu. Ndi bwino kufunsa nzeru kwa anthu aakulu monga amalume, aphunzitsi kapena azaumoyo. Muthanso kufunsa makolo anu mafunso amene mungakhale nawo.

## Kodi ndibwino kufunsa anzathu za kutha msinkhu?

Anzani angathe kudziwa zina zokhudzana ndi kutha msinkhu chifukwa amakhala kuti nawonso zinawachitikira koma ndibwino kufunsira nzeru kwa anthu aakuluakulu odalirika chifukwa amakuwuzani zoon.

## Ndichifukwa chiyani achinyamata ena amachita mwano akatha msinkhu?

Pamene achinyamata akatha msinkhu maganizo awo amasinthasintha ndipo nthawi zina amachita zinthu mosakhazikikanso. Lero atha kuoneka osangalala, tsiku lina n'kukhala wosakondwa kapena kuoneka ozunguzika. Izi sizachilendo kapena zodabwitsa ngakhale kuti nthawi zina zimafika poipa.

## N'chifukwa chiyani achinyamata amakhala a dzitho akatha msinkhu?

Kutha msinkhu kumachititsa kuti matupi a achinyamata asinthe zomwe zitha kuchititsa kuti akhale adzitho. Makamaka anyamata minofu ya m'matupi awo imakula ndi kukhala ya m'phamvu.



## Tiyambe zibwenzi tikafika pamsinkhu wanji?

Mutha kuyamba zibwenzi mukaona kuti mwakhwima m'thupi ndi m'maganizo momwe. Koma muyenera kuzindikira zotsatira za zochitika pachibwenzi monga kugonana. Zimenezi mungathe kupereka nazo mimba zomwe zingakupatseni chiudindo chachikulu chosamalira mwana. Mungathenso kutenga matenda opatsirana pogonana kuphatikizapo HIV. Choncho ndi bwino kudikira mpaka mutakula ndikudziwa momwe mungapewere kutenga mimba komanso matenda opatsirana pogonana.



## Why do some adolescents become rude when they reach puberty?

Puberty can cause great mood swings which may cause adolescents to act in new and different ways. So you may feel happy one day then isolated and confused the next day. You might even feel angry but not understand why. The changes in mood are normal but it can feel very overwhelming.

## Why do boys become strong when they reach puberty?

Puberty causes changes in adolescents' bodies which can make them stronger. Specifically with boys, their muscles will get bigger and stronger.



## At what age should one start having boy/girl relationship?

One can start having a boy/girl relationship when one is physically and mentally mature. One should be able to know the consequences of the relationship such as having sex. This can lead to pregnancies ending up with big responsibilities of taking care of the baby. It may also lead to getting Sexually Transmitted Infections (STIs) including HIV and AIDS. Preferably it is better to wait until you are older and know how to prevent pregnancy and STIs.



**What happens when somebody gets married very young?**  
When someone gets married too young, it can stop their schooling, and get in the way of achieving hopes and dreams. It often leads to having children early and taking on adult roles before you are an adult, can also contract STIs and HIV. It is much better to get married when you have attained a good education and you are independent.

**Why do some grown-ups force children to have sex with them?**

This is also known as sexual abuse. Some grown-ups like to take advantage of children because they are powerless and easily manipulated with gifts like sweets and biscuits. Some grown-ups believe that children are free from STIs and HIV. This should not be tolerated because people need to be able to consent to having sex, and children can usually not consent to this. Should this happen to you or to a friend, report to a trusted adult or to a child protection worker around your school or even at the Community Victim Support Unit (CVSU).

**Where should a boy or girl go to report when they have been raped?**

A boy or girl should tell a trusted adult, such as: parents, uncle, auntie, a teacher, a child protection worker or a health worker. They should make sure to tell someone so that they can get appropriate care and support

**Why do boys start getting pimples on their faces when they start puberty?**

You will start to produce more oil on your face during puberty which may lead to more pimples. Make sure to wash your face often to keep it clean reducing oil on the face.

**Is it bad if I wake up with wet, sticky spot on my underwear?**

Although many boys feel embarrassed or guilty about this, it cannot be controlled and it happens to all boys, so it is normal. It is called a wet dream. This is when semen is released from a boy's penis while he is sleeping.



**Chimachitika ndi chiyani munthu akakwatira ali wamng'ono?**

Mnyamata akakwatira akadali wamng'ono angathe kusiya sukulu ndikulephera kukwaniritsa zikhumbokhumbo ndi maloto ake. Kukwatira muli aang'ono kumachititsa kuti mukhale ndi ana mwachangu ndikukhala ndi udindo wa munthu wamkulu musanakhwime komanso mutha kutenga matenda opatsirana pogonana ndi HIV. Choncho ndi bwino kukwatira mutaphunzira komanso mukudzidalira .

**Ndi chifukwa chiyani akuluakulu ena amaumiriza ana kuti agonane nawo?**

Mchitidwe umenewu ndi nkhanza zachisembwere. Akuluakulu ena amapezerapo mwayi pa ana chifukwa chakuti anawo alibe mphamvu zozitetezera ndipo nkosavuta kuwanyengerera ndi zinthu monga masiwiti ndi mabisiketi. Akuluakulu ena amakhulupirira kuti akagonana ndi mwana wamng'ono ndiye kuti angathe kuchizidwa ku matenda opatsirana pogonana ndi HIV. Osalola mchitidwe woterewu chifukwa pogonana pamafunika kuvomereza ndipo ana sangathe kupanga chisankho choyenelera. Koma zimenezi zikakuchitikirani kapena zikachitikira mzanu kaneneni kwa munthu wamkulu kapena wogwira ntchito zoteteza ana (child protection worker) amene ali pafupi ndi sukulu yanu kapena ku komiti yothandiza anthu ozunzidwa m'dera mwanu (Victim Support Unit).

**Kodi mtsikana kapena mnyamata akagwiridwa akanene kuti?**

Mnyamata kapena mtsikana ayenera kufotokozera munthu wamkulu amene amamukhulupirira monga makolo, amalume, azakhali mphunzitsi kapena mkulu woona zoteteza ana kapena azaumoyo. Muyenera kuonetsetsa kuti mwafotokozera munthu wina wake kuti mulandire chisamaliro ndi chithandizo choyenerera.

**Ndichifukwa chiyani anyamata amayamba kutuluka ziphuphu kumaso akamatha msinkhu?**

Mukamatha msinkhu mumayamba kutulutsa mafuta ambiri kumaso omwe amachititsa kuti mukhale ndi ziphuphu zambiri. Onetsetsani kuti mukusamba kumaso kwanu kawirikawiri kuti muchepetse mafuta ndi kukhala osalala.

### Kodi ndi chinthu choipa kudzuka m'mawa ndi kupeza kuti malo ena a kabudula wamkati anyowa ndi zinthu zamadzimadzi zomata?

Ngakhale kuti anyamata ambiri amachita manyazi kapena kuona ngati alakwa kamba ka zimenezi, palibe chomwe munthu angachite kuti zisachitike ndipo zimenezi zimamuchitikira mnyamata wina aliyense, choncho si zachilendo. Uku kumatchedwa kudzikodzera umuna kutulo. Apatu ndipomwe umuna umatuluka ku mchira munthu ali mtulo.



### Nkhani ya Madalitso

Nditayamba kukhala ndi chilakolako cha atsikana, nthawi zonse ndimafuna kuti ndizioneka bwino kuti azikopeka. Ndinadziwa kuti ndinkatengeka ndi atsikana chifukwa ndikaona atsikana angapo m'kalasi ndimakhala ndi chilakolako chocheza nawo kwambiri. Ndimaganiza zokhala ndi chibwenzi.

Mbale wanga amakonda kunena kuti sindidzakhala ndi ana kamba koti ndinalibe chibwenzi ngati iyeyo. Ndinakambirana ndi abambo anga za momwe ndimamvera m'thupi langa ndipo iwo anandiuza kuti nthawi yanga yochita zogonana inali isanakwane kamba koti kutero kukanayika moyo wanga pachiswe. Anandiuza kuti ndikanatha kumupatsa mimba mtsikana yemwe ndikanagonana nayeyo kapenanso kutenga kachiroombo ka HIV. Anandilangiza kuti m'malo mwake maganizo anga akhale pa maphunziro anga.



Malangizo anga kwa anyamata achisodzera ndi oti ndinaphunzira zoti anyamata ayenera kupewa zogonana ngakhale kuti sizachilendo kukhala ndi chilakolako chogonana. Pali zinthu zina zambiri zomwe mungathe kuchita pa nthawi yomwe mulibe chochita china chilichonse monga kuchita masewero osiyanasiyana kapena kucheza ndi anzanu. Limbikirani maphunziro anu ndipo mudzasangalala ndi zomwe mudzapeze.

When I started having special feelings for girls, I always wanted to appear attractive to them. I knew I was attracted to girls because when I saw a few of them in class I would think about being close to them. I thought that I must have a girlfriend.

My brother used to say I will never have children because I did not have a girlfriend like him. I talked to my father about how I was feeling and he told me that I am not ready to have sex yet because it is a big risk. He told me that I could impregnate a girl and get STI including HIV and that I need to focus on my studies instead.



My advice to younger boys is that they should abstain from sex even though it is normal to have sexual feelings. There are plenty of other things you can do to fill your time like playing sports and hanging out with friends. Work hard in school and you will be very proud of your accomplishments.

### Questions to consider

Between Madalitso's brother and father, whose advice would you choose?

Why would you choose that advice?

Four horizontal lines for writing an answer.

## How do you overpower sexual feelings?

Sexual feelings are natural. It usually happens when one reaches puberty. Both boys and girls experience this. This does not mean an adolescent should start having sex. There are different ways a boy or a girl can overpower these feelings. It is advisable to divert one's mind by preoccupying yourself with other activities such as playing football or netball, reading books and playing board games. Some people advise on taking a bath. If one fails to overpower the feelings by preoccupying the mind, one may do masturbation. Masturbation is when a boy tries to relieve himself from sexual desire. This is normal but can be used after trying the other ways as mentioned above. This is done as a way of promoting abstinence from sex. If you cannot abstain from sex use a condom correctly and consistently.



## Mafunso ofunika kuwaganizira

**Pakati pa malangizo omwe Madalitso analandira kuchokera kwa m'bale wake ndi omwe analandira kuchokera kwa abambo ake mungasankhe ati?**

---

---

**Mungasankhe malangizo amenewo chifukwa chiyani?**

---

---

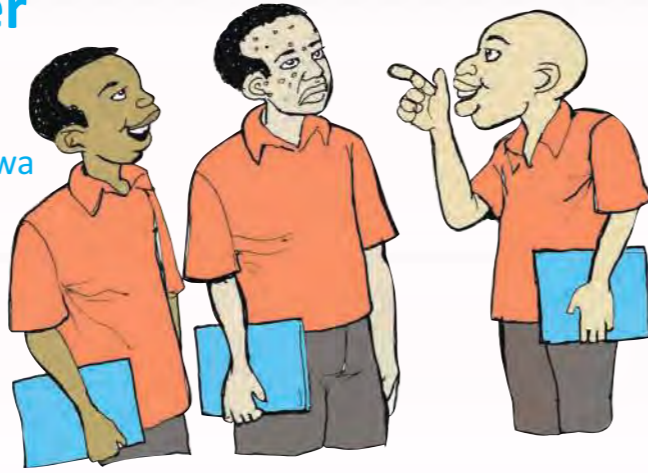
## Mungathane bwanji ndi chilakolako chogonana (nyere)?

Ndichilengedwe kukhala ndi nyere. Zimenezi zimachitika kawirikawiri munthu akangotha msinkhu. Zimachitika kwa anyamata ndi atsikana omwe. Koma sizitanthauza kuti achinyamatawo ayambe kugonana. Pali njira zosiyanasiyana zimene anyamata kapena atsikana angathanirane ndi chilakolako chogonana. Achinyamata ayenera kumayika chidwi chawo pa zinthu zina monga kusewera mpira wamiyendo kapena wamanja, kuwerenga mabuku, kusewera masewero monga bawo, chess, scrabble, draft ndi ena. Ena amati kusamba kumathandiza. Koma ngati zikuvuta kuthetsa chilakolakochi mungathe kubunyula. Kubunyula ndi kwabwino koma muchite zimenezi pokhapokha pamene njira zinazi zalephereka. Imeneyi ndi njira yopewera mchitidwe wogonana. Ngati simungathe kudziletsa kumchitidwe wogonana muyenera kugwiritsa ntchito kondomu nthawi zonse komanso molondola.



# Nkhani ya Christopher

Nditakwanitsa zaka 14 ndinayamba kuona kusintha kwathupi langa. Pomwe zimachitika izi ndinali wodabwa komanso ndinali ndi nkhwawa. Ndinadzifunsa ndekha, “ndingachitenji kuti ndithetse vuto limeneli?” Pa nthawi imeneyo ndinkaganiza kuti anali matenda. Ndinali ndi mantha kuti ndimuuze munthu wina aliyense zomwe zinkandichitikirazo.



Nkhawa yanga inakulanso kwambiri pamene anzanga ena anandiuza kuti ndimwalira kamba ka kusintha kwa thupi langa komwe kumachitikako. Ambiri mwa anyamata ndi atsikana ku sukulu amandinyodola kamba ka ziphuphu zomwe zinatuluka kumaso kwanga. Ndinkachita manyazi ndikuganiza kuti ndinali wosaoneka bwino. Ndinkaganiza ndagwidwa ndi matenda.

Pamene aphunzitsi athu anayamba kutifotokozera zomwe zimachitika pa msinkhu wa unamwali mtima wanga unakhuzumuka. Aphunzitsiwo anafotokoza zonse zomwe zimandichitikira. Zoti ndimwalira sizinali zoono ndipo zomwe zimandichitikirazo sizinali zachilendo. Aphunzitsiwo anauza kalasi yonse kuti kunyodola kunali kuphwanya malamulo a sukulu.

**Malangizo anga kwa anyamata achisodzera ndi oti azivomereza zomwe zikuwachitikirazo chifukwa ndi chilengedwe. Ayenera kupilira ngakhale anzao atamawaseka chifukwa cha mmene akuonekera. Musawanyodole anzanu. Anzanu sangakulemekezeni kamba kochita zimenezo.**

## Mafunso ofunika kuwaganizira

Kodi Christopher anayamba kuona kusintha thupi lake ali ndi zaka zingati?

---



---

Ataona kusintha kwa thupi la Christopher, anzake a ku sukulu anachita chiyani? Kodi zimenezi zinali zabwino?

---



---

# Christopher's Story

When I was 14 years I started experiencing body changes . As this was happening, I became very surprised and worried. I said to myself, "what can I do in order to solve this problem?" "At that time I felt as if it was an infection. I was afraid to tell anyone about what was happening to me.

I was even more worried when some of my friends told me that I will die because of these changes that were happening to me. Many of the boys and girls at school teased me because of the pimples on my face. I felt ashamed and ugly. I felt as if I had been attacked by a disease.

When our teacher began telling us about what happens during puberty, I felt very relieved. She was talking about everything that I was experiencing. I was not going to die I was just going through something normal. Our teacher also told the whole class that it was against the school rules and regulations to tease others.

My advice to younger boys is that they should just accept what happens to them because it is natural. They should persevere even though other kids laugh at them because of how they look. Never tease other kids. That is not how to earn respect in life.

At what age did Christopher begin to experience body changes?  
 How did his friends at school react to his body changes? Was it good?

## Questions to consider



# Gender Issues

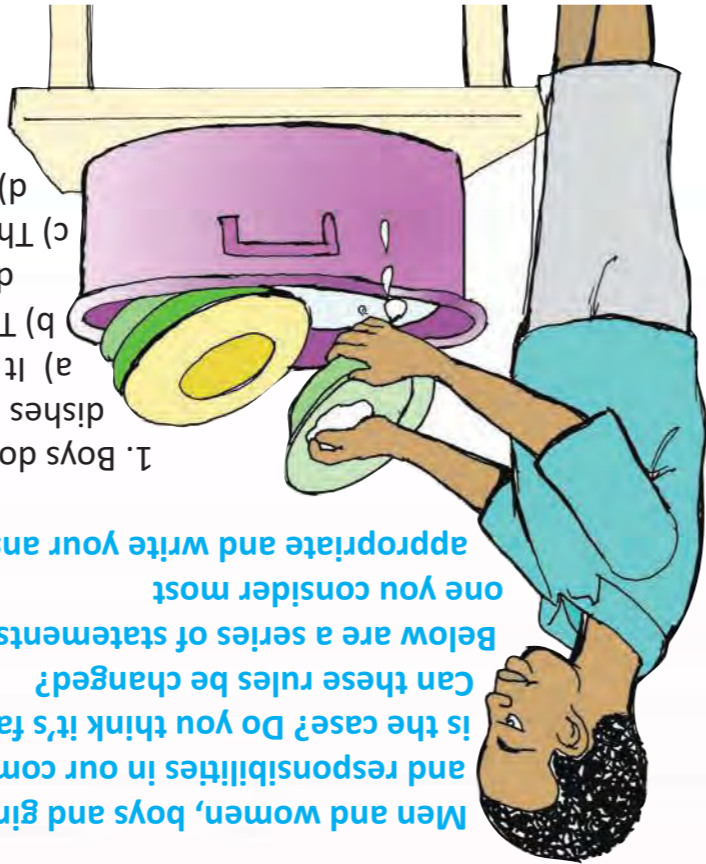
A quiz about the roles of boys and girls

Men and women, boys and girls often take on different roles and responsibilities in our community. Why do you think this is the case? Do you think it's fair? Who made these rules? Can these rules be changed?

Below are a series of statements and answers. Please mark the one you consider most

appropriate and write your answer to the question.

- Boys do not have to help clean dishes because...
  - It is not their job
  - They do not know how to wash dishes
  - They have studies to do
  - They feel too busy to do the job



Is it fair that girls have to wash all the dishes? What would happen if you helped your sister and mother wash dishes? What could you say to others to show that washing dishes does not mean you are not a real boy?

- Girls deserve to be treated differently than boys by teachers because...
  - They don't have hopes and dreams like boys
  - They are not intelligent
  - They will never be able to complete primary school cycle
  - They feel inferior to boy

Do you think it is easier for you to reach your hopes and dreams than girls of your age? Why? What might get in the way of girls achieving their hopes and dreams?

# Kusasiyana pakati pa anyamata ndi atsikana (JENDA)

Mafunso okhuza udindo wa anyamata ndi atsikana



Abambo ndi amayi, anyamata ndi atsikana amakhala ndi udindo komanso ntchito zosiyanasiyana m'madera mwawo. Nchifukwa chiyani zinthu zimakhala chomwechi? Mukuona ngati pali chilungamo pamenepa? Ndani anapanga malamulo amenewa? Kodi malamulo amenewa tingathe kuwasintha?

Mmusimu tafotokozamo mfundo komanso mayankho a mafunsowa. Chonde chongani funso limene mukuliona kuti ndilofunikira kwambiri ndipo pereke yankho lake.

- Anyamata sayenera kuthandiza kutsuka nawo mbale chifukwa...
  - Sintchito yawo.
  - Sadziwa kutsuka mbale.
  - Amayenera kuwerenga za kusukulu.
  - Atha kusekedwa

Ndibwino kuti atsikana azitsuka okha mbale? Chingachitike ndichiyani mutathandiza mchemwali kapena amayi anu kutsuka mbale? Mungawauze chiyani anzanu pofuna kuwalimbikitsa kuti kutsuka mbale sikutanthauza kuti sindinu mnyamata weniweni?

- Aphunzitsi amayenera kuchita zinthu kwa atsikana mosiyana ndi momwe amachitira kwa anyamata chifukwa...
  - Alibe zikhumbokhumbo ndi maloto ngati anyamata
  - Sianzeru
  - Sangathe kumaliza maphunziro a pulayimale
  - Amadziona olephera

Mukuganiza kuti ndichapafupi kwa anyamata kukwaniritsa zofuna ndi maloto awo kusiyana ndi atsikana. Chifukwa chiyani? Chingakulepheretseni ndi chiyani kukwaniritsa zikhumbokhumbo ndi maloto anu?

3. Kukhala pa chibwenzi ndi mtsikana ndiye kuti...
- Mnyamata tsopano ndi bambo ndipo atha kugonana ndi mtsikana
  - Mnyamata atha kuwumiriza mtsikana kuti agonane naye
  - Mnyamata ayenera kumupatsa ulemu bwenzi lake ndikugwiritsa ntchito kondomu pogonana
  - Kudziletsa sikungatheke



Mukuganiza kuti anyamata amatengedwa ngati amuna enieni akangokhala pachibwenzi ndi mtsikana? Ndichifukwa chiyani zili chomwechi?

4. Poyerekeza ndi anyamata, atsikana ambiri amasiya sukulu chifukwa...
- Maphunziro awo salabadiridwa ngati a anyamata.
  - Sayembekezera kuti angapite patali ndi sukulu.
  - Atsikana ayenera kugwira ntchito za pakhomu.
  - Atsikana si anzeru ngati anyamata



Mukuganiza kuti atsikana ndi anzeru ngati anyamata? Kodi pasukulu panu pali atsikana anzerudi? Kodi anyamata ali ndi udindo wanji pothandiza atsikana kukwaniritsa maloto awo pa sukulu?



3. Having a relationship with a girl means that...
- A boy is now a man and is ready to have sex
  - The boy can force the girl to have sex
  - A boy needs to be respectful of his girlfriend and use condoms if they decide to have sex
  - Abstinence cannot be possible
- Do you think boys are automatically treated as men when they have a relationship with a girl? Why is this so?

4. When compared to boys, more girls drop out of school because...
- Their education is not given as much importance as boys
  - Girls need to be doing household chores instead
  - They are not as intelligent as boys
  - They are not supposed to go higher with education



Do you think that boys are more intelligent than girls? Are there girls in your school who are more intelligent than boys? What role do boys have in helping girls achieve success in school?

Do you think that it's right for boys to be beaten in school? Do you think that girls are better behaved and that boys need to learn discipline? Does violence teach discipline and lead to respect or fear?

---



---

- 6. Boys are beaten in school because...
- a) They are tougher and can take it
- b) Girls are better behaved
- c) They need to learn discipline
- d) Teachers are afraid of boys

---



---

Do you think that men are capable of looking after children? Do you think it should be part of a man's responsibility?



- 5. Men cannot look after children because...
- a) They are not born with the skills to be caregivers
- b) Neighbors will make fun of them
- c) It is not considered a man's responsibility
- d) Children are difficult to look after

- 5. Amuna sangathe kusamalira ana chifukwa...
- a) Anabadwa opanda luso losamalira ana.
- b) Anzawo atha kumawaseka.
- c) Imatengedwa kuti sintchito ya amuna.
- d) Kusamalira ana ndikovuta.



Mukuganiza kuti amuna angathe kusamalira ana? Mukuganiza kuti uzikhalanso udindo wa amuna?

---



---

- 6. Anyamata amamenyedwa ndi aphunzitsi chifukwa...
- a) Ndiolimba, amapilira
- b) Atsikana ali ndi khalidwe labwino
- c) Amayenera kuphunzira mwambo
- d) Aphunzitsi amadana ndi anyamata

Mukuganiza kuti ndibwino kuti anyamata azimenyedwa kusukulu? Mukuganiza kuti atsikana ali ndi khalidwe labwino ndipo kuti anyamata ayenera kuphunzira mwambo? Kodi kuchita ndewu kumathandiza kuphunzitsa mwambo komanso kuti kumaphunzitsa utsogoleri komanso kuti anthu azikuopa?

---



---

7. Ndikofunika kuti atsikana azipitiriza sukulu chifukwa ...
- Ndiufulu wawo kuti aphunzire ngati anyamata
  - Ali ndi zikhumbokhumbo komanso maloto omwe angawakwaniritse ngati ataphunzira.
  - Cholinga chawo sikukagwira ntchito zapakhomo.
  - Zimathandiza kupewa kukwatiwa mwachangu.

**Mukuganiza kuti atsikana ayenera kuphunzira ngati anyamata. Mukuganiza kuti atsikana amakhala ndi zikhumbo komanso maloto anji?**



### Anyamata ndi atsikana ndi osiyana koma ndi olingana

Achinyamata onse ali ndi mwayi wosankha kuchita zinthu zimene zingawathandize kukwaniritsa **ZIKHUMBOKHUMBO NDI MALOTO AWO**. Kodi ndi bwino kusiyanitsa pochita zinthu pakati pa anyamata ndi atsikana? Zisankho zanu zingakubweretsereni bwanji ulemu?

### Nkhani ya Temi

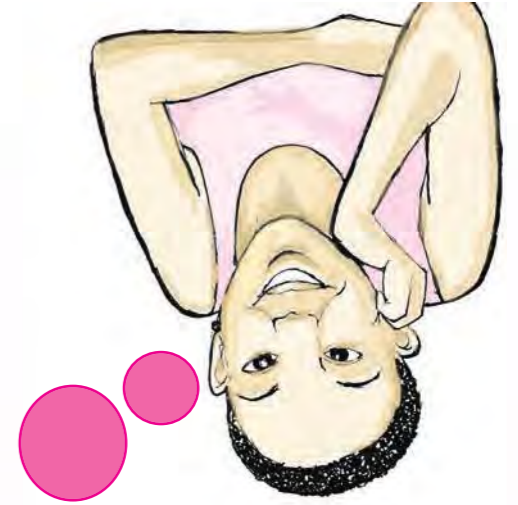
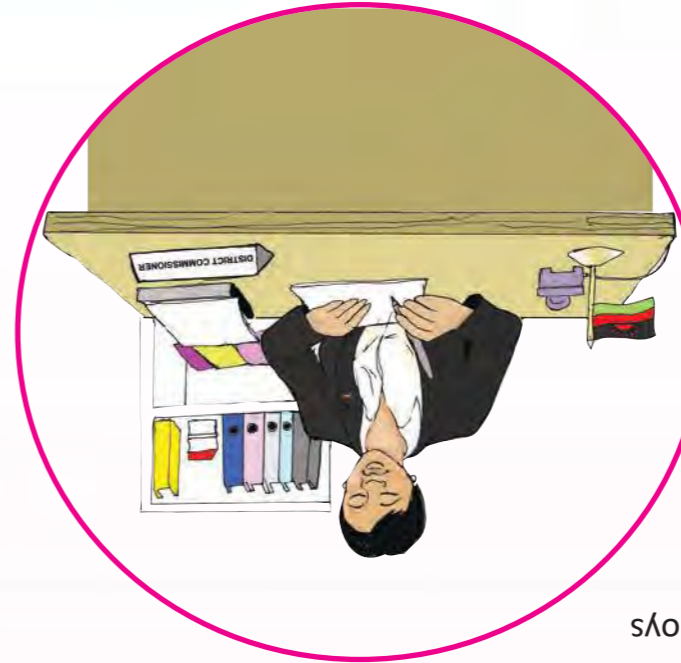
Temi ali ndi zaka 14 ndipo amakhala ku Chikomwe. Banja lawo ndi lalikulu ndipo ali ndi alongo ake atatu ndi ang'ono ake awiri. Tsiku lililonse akaweruka ku sukulu Temi amathandiza alongo ake ntchito za pakhomo chifukwa kutunga madzi ndi kusamalira ang'ono ake si ntchito yaing'ono. Temi amawathandizanso alongo akewo kuchotsa mbale ndi zinthu zina akamaliza kudya chakudya cha madzulo komanso kukhala nawo ndi kuwathandiza ntchito ya ku sukulu.



Temi is 14 years old and lives in Chikomwe. He has a big family with three younger sisters and two younger brothers. After he comes home from school every day he helps his younger sisters with their chores because carrying water, and taking care of his younger brothers is no small task. Temi also helps them clean up after dinner and even stays with them to help them play football after school, but he declines. They don't understand why he wants to help out his family so much because it is not his duty. Temi tells them that he feels good helping his family and sharing the load, and that he would feel guilty being the only one who gets to have fun.

### Story of Temi

**Boys and Girls are different but equal.**  
All boys have the choice to act in ways that help both boys and girls achieve their hopes and dreams. Is it fair to treat boys and girls unequally? How will your choices earn you respect?



Do you think that girls deserve to be as educated as boys? What are some hopes and dreams you think girls have?

7. It's important to keep girls in school because...
- It's their right to have the same education as boys
  - They have hopes and dreams that will be easier to achieve with education
  - Their purpose isn't to only do household chores
  - They have same capabilities as boys

Based on the stories of Temi and Manute, which do you like the most? Which boy is more respectable and honorable? Would you like to be like Temi or Manute? Write a few sentences explaining what kind of son and brother you would want to be. Share it with your siblings and parents.

Manute is also 14 years old and lives in Kasimu. He has a smaller family with only a sister, mother, father, and himself. Manute goes to school every day and goes to play football with his friends right after he finishes his homework. His mother and sister take care of the household chores all by themselves while his father is out in the garden digging. Manute doesn't feel it is his job to help out his family because he is young and deserves to have fun.

## Story of Manute

What would you tell your friends if they started teasing you for actions that improve fairness between boys and girls?

Have you ever felt this way?

How is Temi feeling about not helping his family?

Nthawi zambiri anzake a Temi amamuitana kuti akasewere naye mpira akaweruka ku sukulu koma iye amakana. Anzake samvetsa chifukwa chimene iye amafunira kuthandiza alongo ake kamba koti imeneyi si ntchito yake. Temi amawauza kuti amamva bwino akamawathandiza alongo ake ndi kugawana ntchito kotero kuti zitha kumuwawa ataona kuti ndi iye yekha amene akumakhala ndi nthawi yosewera.



Kodi Temi akuti akanamva bwanji akanakhala kuti sakuwathandiza ntchito alongo ake?

Kodi inunso munayamba mwakhalapo ndi maganizo ngati amenewa?

Kodi mungawauze chiyani anzanu ngati atayamba kukuyankhulani zachipongwe chifukwa cha zochita zanu zofuna kupititsa patsogolo chilungamo pakati pa atsikana ndi anyamata?

## Nkhani ya Manute

Manute nayenso ali ndi zaka 14 ndipo amakhala ku Kasimu. Banja lawo ndi laling'ono ndipo m'banjamo muli iyeyo, mlongo wake, abambo kudzanso amayi ake. Manute amapita ku sukulu tsiku lililonse komanso amakasewera mpira ndi anzake akangomaliza ntchito yomwe anampatsa ku sukulu. Ntchito yonse ya pakhomo amagwira ndi amayi ake komanso mlongo wake pamene bambo ake amakhala akulima ku munda.

Manute samaganiza kuti ndi ntchito yake kuthandiza m'banjamo kamba koti iyeyo ndi mwana ndipo ayenera kusewera.

Pakati pa nkhani ya Temi ndi Manute, ndi iti yomwe mwaikonda kwambiri? Ndi mnyamata uti yemwe ali wolemekezeka? Mungakonde mutakhala ngati Temi kapena Manute? Lembani ziganizo zingapo zofotokoza malingaliro anu a khalidwe lomwe inu mukufuna mutamaonetsa kwa makolo komanso abale anu m'banjamo. Afotokozereni malingalirowo makolo komanso abale anu.

## Ndi chiyani chomwe chimachititsa munthu kuti akhale mnyamata kapena mtsikana?

Pa chikhalidwe chathu pali zikhulupiriro komanso ntchito zomwe zimaganizidwa kwa anyamata ndi atsikana. Anthu ali ndi maganizo okhudza momwe atsikana ndi anyamata ayenera kuchitira zinthu. Kodi mukuganiza kuti maganizowa ndi owona?

Sankhani pochonga ✓ bokosi limodzi pafunso liri lonse.

1. Anthu amanena kuti anyamata ayenera kuvutitsa anyamata anzawo chifukwa zimenezi zimaonetsa kuti anyamatawo ndi amphamvu.  
Zoona  Zabodza
2. Anthu amanena kuti akazi sangakwanitse kupereka zinthu zonse zofunikira pa banja. Zoona  Zabodza
3. Anthu amanena kuti mwamuna weniweni amakhala ndi mkazi komanso ana ankhaninkhani. Zoona  Zabodza
4. Anthu amanena kuti ntchito ya atsikana ndi kutunga madzi ndi kulima kumunda. Zoona  Zabodza
5. Anthu amanena kuti anyamata ayenera kuphunzira kwambiri kuposa atsikana. Zoona  Zabodza
6. Anthu amanena kuti anyamata okha ndiwo ali ndi ntchito ya utsogoleri.  
Zoona  Zabodza

**What makes someone a boy or girl?**  
In our culture there are different beliefs about how boys and girls should act. Do you think they are all true? Put a ✓ against the box with the right answer.

1. People say that boys should bully other boys because that proves they are strong.  True  False

2. People say that women cannot provide for the family.  True  False

3. People say that a real man has a wife and many children.  True  False

4. People say that girls are responsible for collecting water, and working in the garden.  True  False

5. People say that boys should be educated more than girls.  True  False

6. People say that only boys have leadership roles.  True  False

Throughout the community, there are examples of men and women living equally. Instead of forcing roles and responsibilities on people based on whether they are a man or woman, boys and girls should get equal opportunities to do work and activities based on their interests and skills. You can do anything you put your heart and mind to!



Choose one behavior for each question that you think will earn you the most respect. Put a ✓ against the right answer.

**Who is more respectable...**

Those who request their parents to send their sisters to school?

or

Those who don't care if their sister drops out of school?

**Who is more respectable...**

The boy who cleans up after himself?

or

The boy who leaves mess for his mother and sisters to clean up?

**Who is more respectable...**

Those who accompany their sisters on their way to school for protection against bullies?

or

Those who bully girls as they are walking to school?

**Who is more respectable...**

The boy who does nothing when his sister is taken out of school to help with homework?

or

The boy who speaks up and respectfully requests that their sisters be able to stay in school?

**Who is more respectable...**

The boy who helps clean dishes after dinner before doing homework?

or

The boy who leaves all the dishes for his sister to wash after dinner and goes out to have fun with friends?



M'madera ambiri muli zitsanzo za amayi ndi abambo omwe akuchita zinthu ndi kukhala mofanana. Mmalolo molimbikitsa zogawa ntchito ndi maudindo pakati pa anthu potengera zoti anthuwo ndi aamuna kapena aakazi, anyamata ndi atsikana ayenera kupatsidwa mwayi wofanana wochita zinthu potengera zofuna komanso luso lawo. Mutha kuchita chilichonse chomwe inu mwachikonda komanso mwachifunitsitsa!

## Kupatsidwa ulemu ndi ena

Sankhani khalidwe limodzi pafunso lililonse lomwe mukuona kuti mungalandire nalo ulemu. Sankhani pochonga ✓ bokosi limodzi mwa mabokosi awiri aliwonse amene ali kutsogolo kwa mafunso.

### Ndani woyenera kupatsidwa ulemu....

Amene amapempha makolo awo kuti atumize alongo awo kusukulu?

kapena

Amene sakhudzidwa alongo awo akasiya sukulu panjira?

### Ndani woyenera kupatsidwa ulemu....

Mnyamata amene amakonza akadetsa pamalo?

kapena

Mnyamata amene amasiyira amayi kapena alongo ake kuti amukonzere pamalo akaonongerapo?

### Ndani woyenera kupatsidwa ulemu...

Amene amaperekeza alongo awo kusukulu pofuna kuwateteza kwa anthu amene angawazunze?

**kapena**

Amene amazunza atsikana popita kusukulu?

### Ndani woyenera kupatsidwa ulemu...

Mnyamata amene sachitapo kanthu mlongo wake akamusiyitsa sukulu kuti akathandize ntchito zapakhomo?

**kapena**

Mnyamata amene amayankhulapo ndikupempha mwaulemu kuti alongo ake apitirize sukulu?

### Ndani woyenera kupatsidwa ulemu...

Mnyamata amene amatsuka mbale akatha kudya asanalembe ntchito yakusukulu?

**kapena**

Mnyamata amene amasiyira mlongo wake mbale zonse kuti amutsukire iye ndikupita kokasewera ndi anzake?



### Ndani woyenera kupatsidwa ulemu...

Amene amathetsa mavuto ndi mawu aulemu?

**kapena**

Amene amathetsa mavuto mwaziwawa?

### Ndani mungamupatse ulemu kwambiri...

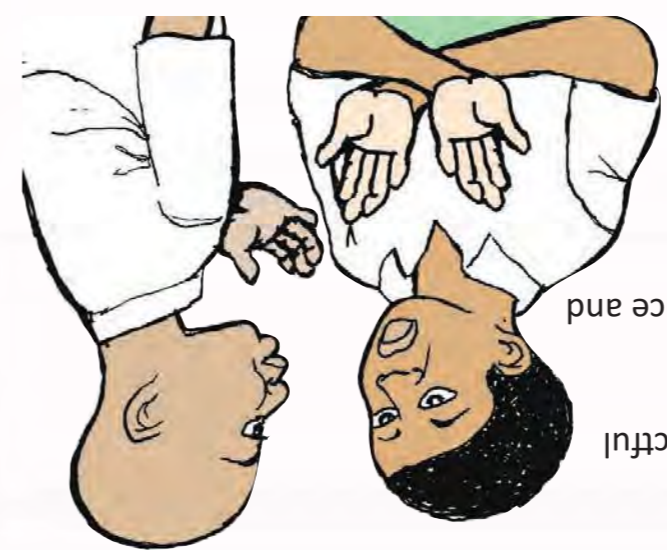
Bambo amene amalimbikitsa maphunziro a ana ake akazi?

**kapena**

Bambo amene amakamiza ana ake akazi kukwatiwa akangotha msinkhu?

A person's **gender** has to do with roles that are defined by the society and this differs from place to place. Expected activities a boy may do are different from what is expected of a girl. In some communities, a boy does not help with household work as it is considered as a girl's duty. In other communities, boys and girls can do any job. Boys can also help with household chores and remain being boys. In life, whatever a boy does, a girl can also do as well. Boys and girls should get same opportunities, whether in school or elsewhere. Both boys and girls can help with household work. Girls can also achieve their dreams, boys need to respect the wishes of the girls and support them. Both boys and girls can do anything meaningful they put their heart and mind to!

## Difference between Sex and Gender



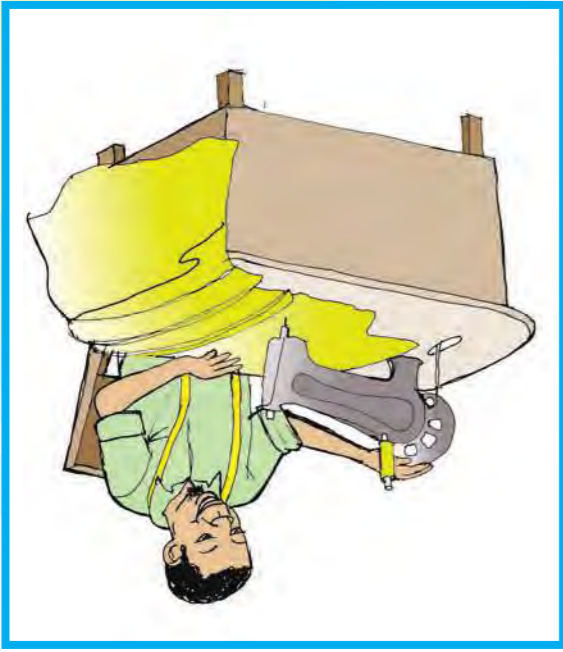
**Who is more respectable...**  
Those who solve problems by using respectful words?  
**or**  
Those who solve problems through violence and fighting?  
**Who do you respect more...**  
A man who encourages his daughter to get education  
**or**  
A man who marries off his daughters once they attain puberty.

## You have the ability, so take responsibility!

Why do some men feel like it is good to do some tasks outside the home to earn money, but not good to do the same task at home? Look at the pictures of some tasks provided below and think about how this task can be both good to do inside and outside the house.

Yes  No

A tailor?



Outside home (as a job)

Yes  No

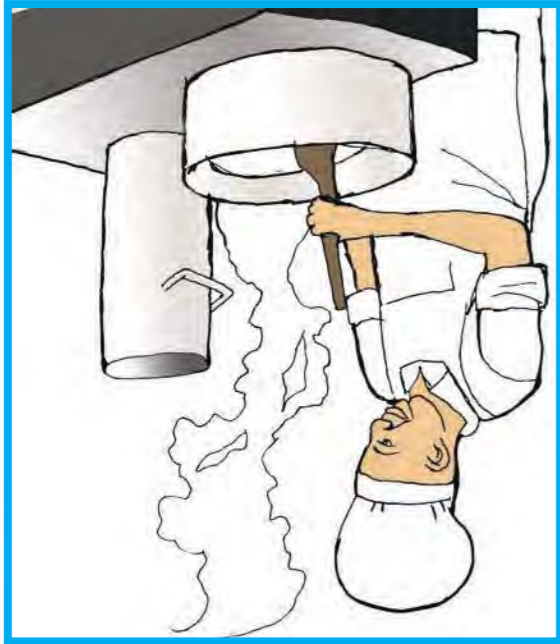
Sewing clothes?



At home

Yes  No

Chef in a hotel?



Outside home (as a job)

Yes  No

Man cooking?



At home

## Kusiyana kwa kubadwa wamkazi kapena wamwamuna ndi Jenda

Kudziwika koti munthuyu ndi wamwamuna kapena wamkazi kumayendera momwe munthuyo wabadwira. Munthu amabadwa wamwamuna kapena wamkazi ndipo izi sizingasinthidwe. Anyamata ndi atsikana amakumana ndi zinthu zosiyana pa kasinthidwe ka thupi akamatha msinkhu. Mwachitsanzo anyamata amadzikodzera umuna kutulo pamene atsikana amachita msambo ndipo izi sizingasinthidwe.

**Jenda** ya munthu imadziwika kamba ka ntchito zomwe zagawidwa kwa akazi ndi amuna ndi gulu la anthu ndipo imasiyana malinga ndi dera. Zochitika zomwe mnyamata akuyembekezeka kuchita zitha kukhala zosiyana ndi zomwe mtsikana amayembekezeka kuchita. M'madera ena mnyamata sathandiza pa ntchito zapakhomo popeza ntchitozi zimaganiziridwa kuti ndi za atsikana. M'madera ena anyamata ndi atsikana atha kuchita ntchito ina iliyonse. Anyamata atha kuthandiza pa ntchito zapakhomo ndipo amakhalabe anyamata ndithu.

Pamoyo wa munthu chilichonse chomwe mnyamata angachichite mtsikana nayenso atha kuchichita bwino lomwe. Anyamata ndi atsikana ayenera kupatsidwa mwayi wofanana kaya ndi pasukulu kapenanso malo ena alionse. Anyamata ndi atsikana onse atha kuthandiza pa ntchito za pakhomo. Atsikana nawonso atha kukwaniritsa maloto awo, anyamata ayenera kulemekeza zofuna za atsikana ndi kuwalimbikitsa. Anyamata ndi atsikana onse atha kuchita china chilichonse chothandiza chomwe achikonda komanso achifunitsitsa kwambiri!

### Mungathe, choncho musadzikaikire!

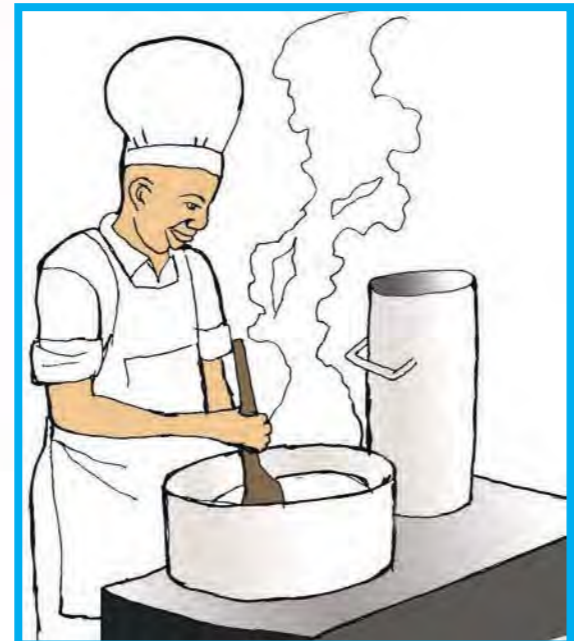
Ndi chifukwa chiyani amuna ena amaganiza kuti palibe cholakwika kugwira ntchito zina ku malo ena kuti apeze ndalama koma si zinthu zabwino kugwira ntchito zomwezo pakhomo pawo? Onani zithunzi za zina mwa ntchito zomwe zaperekedwa m'munsizi ndi kuganizira momwe ntchitozi zingakhalire bwino kuzichita pakhomo komanso malo ena.

#### Pakhomo



Kuphika?  Eya  Ayi

#### Malo ena (ngati ntchito yolipidwa)



Khukhi mu hotela?  Eya  Ayi

#### Pakhomo



Kusoka zovala?  Eya  Ayi

#### Malo ena (ngati ntchito yolipidwa)



Telala?  Eya  Ayi

Women are expected to do all of the chores listed above inside the home because society says that it is their duty. This work is seen as not being very important, and women are not paid for it. If men help women out and do some of these tasks, they will still be considered men. They will be respected and loved more because they are helping out the family. It is important to remember that work done outside the home for money is just as important as work done inside the home.

Washing dishes in restaurant?  Yes  No



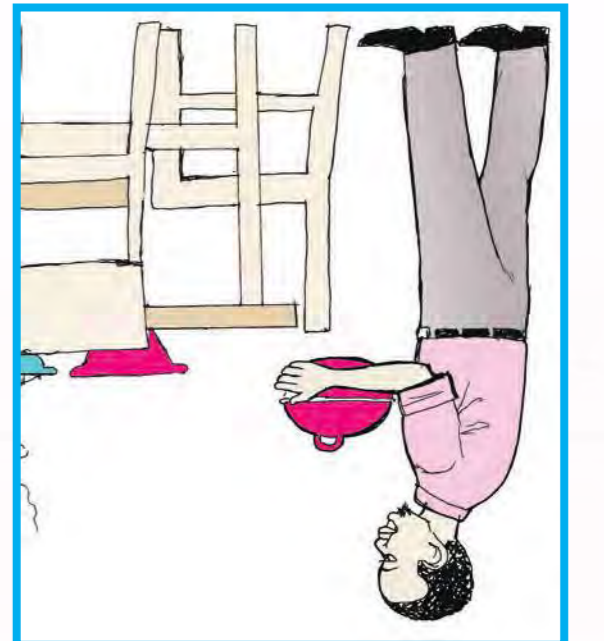
Washing the dishes?  Yes  No



A waiter in a hotel?  Yes  No



Serving food?  Yes  No

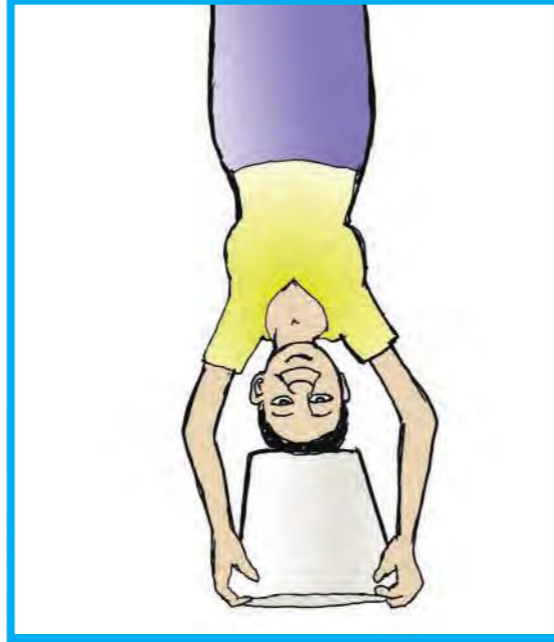
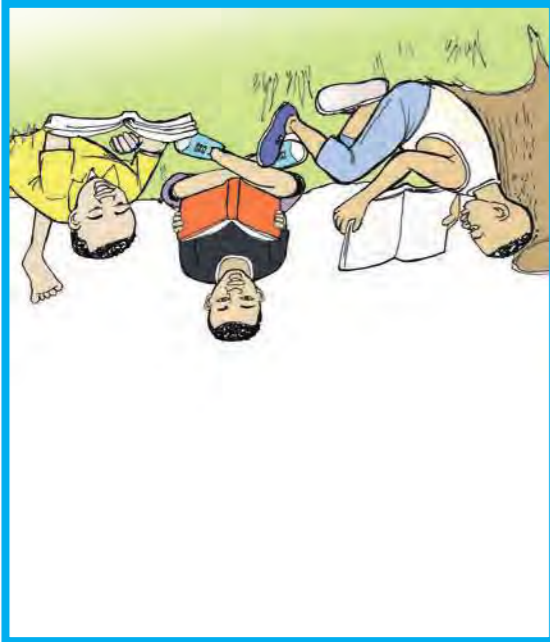


#### Outside home (as a job)

#### At home



Picture 2



Picture 1

Look closely at the pictures below. What are the differences you see between the activities being done by boys and girls?

**Find the difference**

**Pakhomo**



Kuwomola chakudya?  Eya  Ayi

**Malo ena (ngati ntchito yolipidwa)**



Kupereka chakudya mu hotela?  Eya  Ayi

**Pakhomo**



Kutsuka mbale?  Eya  Ayi

**Malo ena (ngati ntchito yolipidwa)**



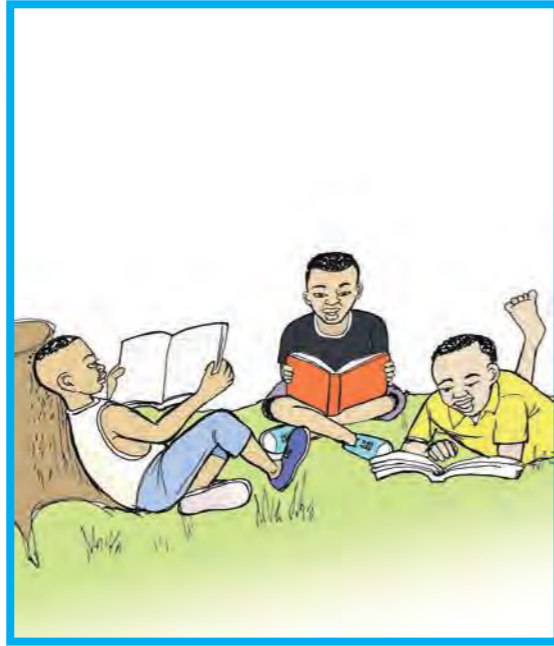
Kutsuka mbale m'nyumba yodyera?  Eya  Ayi

Akazi amayembekezeka kugwira ntchito zonse zapakhomo zomwe zalembedwa pamwambapa chifukwa anthu amanena kuti ntchitozi ndi zawo. Ntchitozi zimaganziridwa kuti ndi zosafunika ndipo amayi salipidwa kamba kogwira ntchitozi pakhomo. Ngati amuna atathandiza amayi kugwira ntchitozi pakhomo adzapitirira kuonedwa kuti ndi amuna. Adzalemekezedwa ndi kukonedwa kwambiri chifukwa choti akuthandiza m'banjamo. Ndikofunika kukumbukira kuti kufunika kwa ntchito yomwe munthu akugwira ku malo ena kuti alipidwe ndalama ndi chimodzimodzi ndi ntchito yomwe munthu akugwira pakhomo.

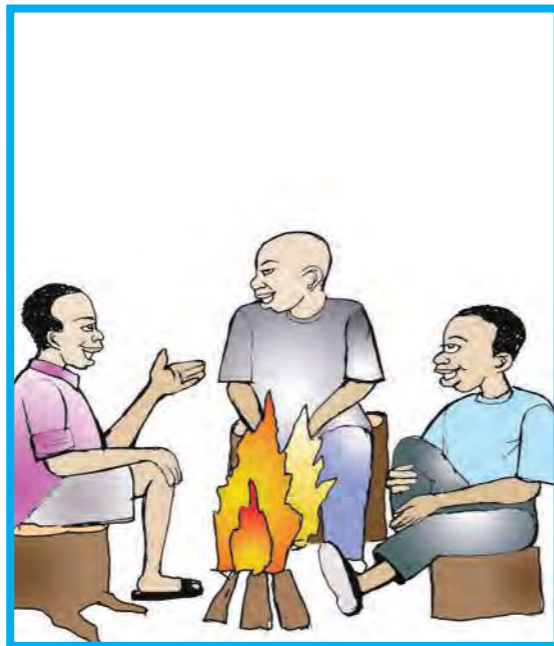
# Pezani kusi yana

Onetsetsani zithunzi zili m'munsizi. Mukuona kusi yana kwanji pakati pa zochitika zomwe akuchita atsikana ndi zomwe akuchita anyamata?

Chithunzi 1



Chithunzi 2



Draw pictures of other differences in work and behaviors you have seen between boys and girls.

**Think and write:**  
Are the differences in these pictures fair or unfair?

1. What are some differences in the work and behavior of boys and girls that you have seen in your community?

---

---

---

---

2. Why do you think these differences exist? What can you do to eliminate these differences so that the lives of boys and girls are more equal? In the space below, write your thoughts.

---

---

---

---

# What you need to know about HIV/AIDS

Malawi is one of the countries with high rate of HIV infection. Many youth are also affected, some have HIV while others are orphans because of HIV.

HIV is the virus that causes AIDS. AIDS is a disease that one suffers when he/she gets HIV. When one has HIV the body becomes weak and fails to fight diseases leading to suffering from different diseases often.

## 1. How does one get HIV?

One can get HIV by having unprotected sex (without a condom) with someone who is HIV positive, by sharing needles with someone who is HIV positive, or by being born to a mother who is HIV positive (though not everyone born to mothers with HIV get it). You cannot get HIV by hugging, living in the same house with someone who is HIV positive, kissing, holding hands, eating together or from mosquito bites.

## 2. When one goes to the hospital for HIV testing, is it possible not to find the virus despite that one is HIV positive?

HIV tests work very well, but there is also a small chance the test does not work. When the virus has just entered the body, it may not be seen (this is known as window period). This does not mean you

should not get tested because the majority of test results are correct. Testing can be repeated after 3 months but regular testing is encouraged.

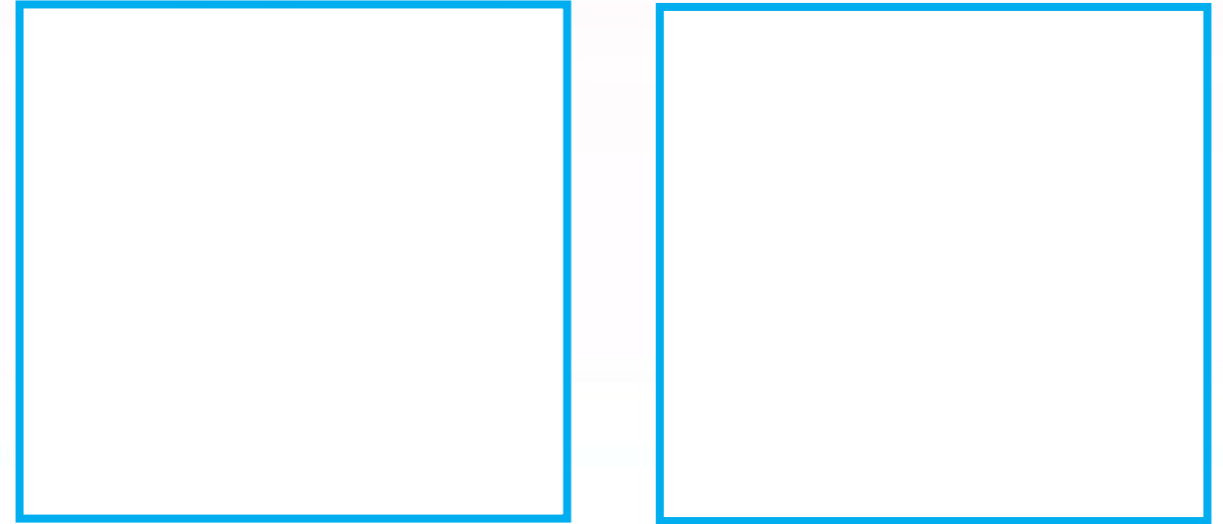
## 3. How can we prevent getting HIV?

Getting HIV can be prevented by abstaining from sex, avoiding contact of body fluids such as not sharing needles with others, using condoms correctly and consistently when having sex, HIV positive mothers giving birth in a hospital and taking medication to prevent passing it on to their children.

# Ganizirani ndi kulemba

Kodi kusiyana komwe kuli m'zithunzizi n'kwachilungamo kapena ayi?

Jambulani zithunzi zoonetsa kusiyana komwe mwakuona pa ntchito ndi makhalidwe pakati pa atsikana ndi anyamata.



1. Kodi kwina mwa kusiyana komwe mwakuona m'dera lanu pa ntchito ndi makhalidwe a anyamata ndi atsikana ndi kuti?

---

---

---

---

2. Mukuganiza kuti kusiyana kumeneku kukukhalapo chifukwa chiyani? Mungachitenji kuti muthetse kusiyanaku kuti moyo wa atsikana ndi anyamata uzikhala ofanana kwambiri? M'mipata yomwe yaperekedwa m'munsiyi, lembani maganizo anu.

---

---

---

---

# Zomwe Muyenera Kudziwa Zokhudza HIV Ndi Edzi

Dziko la Malawi ndilimodzi mwamaiko amene muli anthu ambiri omwe ali ndi kachiroboko ka HIV. Achinyamata ambirinsu akukhuzidwa ndi nkhanayi. Ena alinako kachiroboko komanso ena ndi amasiye chifukwa makolo awo anamwalira ndikachilomboka.

HIV ndi kachiroboko komwe kamayambitsa Edzi. Edzi ndi matenda omwe munthu amadwala akatenga kachiroboko ka HIV. Munthu akakhala ndi kachiroboko ka HIV thupi lake limakhala lofooka ndipo limalephera kulimbana ndi matenda. Choncho izi zimachititsa kuti munthuyo azidwala matenda osiyanasiyana nthawi ndi nthawi.

## 1. Kodi munthu amatenga bwanji kachiroboko ka HIV?

Munthu atha kutenga kachiroboko ka HIV pogonana mosadziteteza (osagwiritsa ntchito kondomu) ndi munthu wina yemwe ali ndi kachiroboko, pobwerekana mashingano obowolera pathupi monga jakisoni ndi munthu yemwe ali ndi kachiroboko ka HIV, komanso pobadwa uli ndi kachiroboko kamba koti amayi ako anali nako (ngakhale kuti si ana onse omwe amabadwa kuchokera kwa amayi omwe ali ndi kachiroboko ka HIV omwe naonso amakatenga kachiroboko!). Simungatenge kachiroboko ka HIV pokumbatirana, kukhala nyumba imodzi ndi munthu yemwe ali ndi kachiroboko ka HIV, kupsopsonana, kugwirana manja, kudiyera pamodzi kapena kulumidwa ndi udzudzu.



## 2. Munthu akapita kukayezetsa magazi kuti adziwe ngati ali ndi kachiroboko ka HIV, kodi ndizotheka osakapeza kachiroboko ngakhale kuti iyeyo ali nako kachiroboko m'thupi mwake?

Kuyezetsa magazi kuti munthu adziwe ngati ali ndi kachiroboko ka HIV kapena ayi kumatha kuti zoono koma nthawi zina zotsatirazo zitha kukhala zolakwika. Koma izi sizitanthauza kuti tisamakapimitse magazi athu chifukwa nthawi zambiri zotsatira za kupimitsako zimakhala zoono. Ndibwino kupita kukapimitsa magazi anu ngati mwagonana mosagwiritsa ntchito kondomu.

**4. Do children have the right to go for HIV testing?**  
Children have every right to go for HIV testing so that they can see if they should be treated or not. However, it is always good to ask a caring adult you trust to go with you for the test.

**5. Is it true that when an HIV positive older man sleeps with a child, the virus will disappear?**  
This is absolutely false. This is a terrible myth that has led to many girls being infected with HIV.

**Post exposure prophylaxis (PEP)**  
Post-Exposure Prophylaxis (PEP) is the treatment given to a person to reduce the chance of getting HIV. PEP is given when a person who is HIV negative has been in contact with body fluids of the person who is HIV positive or those whose HIV status is not known. The contact of body fluids could be through sex or blood. This treatment is supposed to be taken **within 72 hours** of being in contact with the body fluids. Before you are given the treatment, you will be tested for HIV since the treatment is only given to those people who are HIV negative so that they do not get the virus. The treatment does not cure HIV but prevents HIV to multiply in the body of the person who is HIV negative. Those adolescents that have been raped should go to the health centre or hospital to get PEP.

## When should a person get PEP?

When one had unprotected sex with an HIV positive person

When one has been raped by a person who is HIV positive or negative

When a condom breaks while having sex

When one was involved in a car accident or any other accident where there was bleeding and ended up in a mixture of body fluids

## Positive living

When a boy or a girl is HIV positive should not be discriminated against. We should support and help them to achieve their dreams. They should:

- Avoid re-infection-through abstinence from sex or correct and consistent use of condom
- Avoid stress and worry – mix with friends

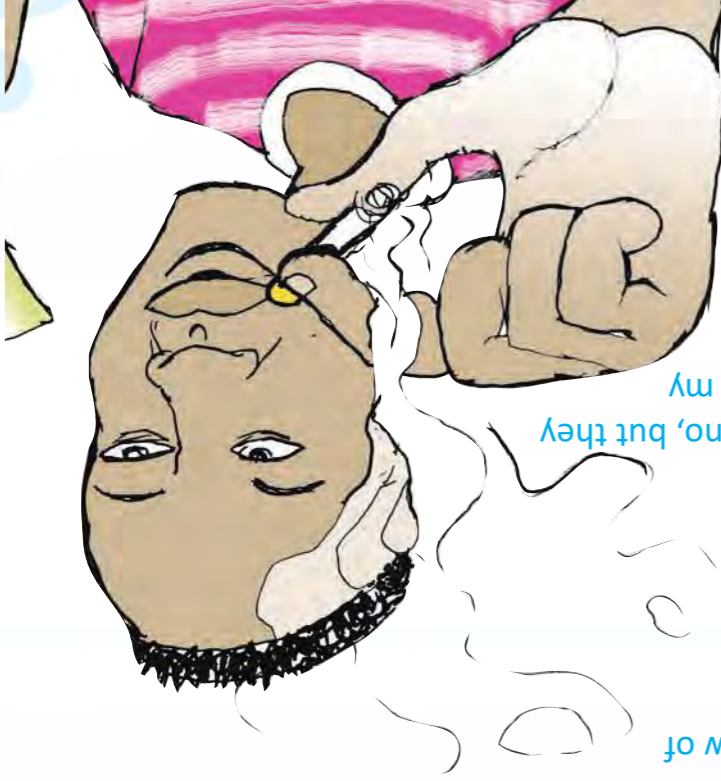
Growing up is a long process, and during that time, adolescents must face many challenges, such as peer pressure and fear of the unknown. They may do things that they may not like just to please others and feel accepted by friends.

## Assertiveness

- Go to the hospital when sick
- Eat a well balanced diet
- Practice good personal hygiene: wash your hands before eating and when coming from the toilet
- Avoid smoking and drinking alcohol to remain healthy
- Do regular exercises and have adequate time to rest

## Oddo's Story

One day after school, I saw a few of my friends walking towards me. They were passing something to each other. When they got closer, I realized it was a cigarette. They called out to me and told me to smoke with them. At first I said no, but they kept on pushing the cigarette in my face. Even though I was afraid of disgracing my family and getting in trouble, I wanted to be like them because they were the big boys in school. I wanted them to think I was popular and cool. I took the cigarette from my friend and tried it. I didn't like it, but felt accepted by them. I now realize that real friends would have never made me do something I didn't want to. I should have stood up to the peer pressure and walked away.



Oddo's story shows that there are different obstacles a person meets when growing up. It is one's responsibility to stand up for himself/herself to overcome these obstacles. Adolescents, just like other people, may also face invisible walls which are very difficult to defeat.

### 3. Tingapewe bwanji kuti tisatenge kachiroambo ka HIV?

Mutha kupewa kutenga kachiroambo ka HIV podzisunga (osagonana) kapena kuonetsetsa kuti mukugwiritsa ntchito kondomu moyenera pa nthawi iliyonse yomwe mukugonana. Anthu omwe ali ndi kachiroambo ka HIV atha kupewa kupatsira anthu ena kachiroamboka pogwiritsa ntchito makondomu moyenera nthawi ina iliyonse akugonana. Anthuwa asabwerekanenso majekiseni ndi anzawo. Pali mankhwala otchedwa ma-ARV omwe amathandiza kuti amayi omwe ali ndi kachiroamboka asawapatsire ana awo.

### 4. Kodi ana ali ndi ufulu wokapimitsa magazi awo kuti adziwe ngati ali ndi kachiroambo ka HIV?

Ana ali ndi ufulu wokapimitsa magazi awo kuti adziwe ngati ali ndi kachiroambo ka HIV kapena ayi kuti adziwe zoti ayambe kumwa mankhwala kapena ayi. Komabe nthawi zonse zimakhala bwino kupempha munthu wamkulu wachikondi kuti akuperekezeni kokapimitsa magaziko.

### 5. Kodi ndi zoonā kuti kachiroambo ka HIV kamatha m'thupi la munthu wamkulu iyeyo akagonana ndi mwana wamng'ono?

Ili ndi bodza lamkunkhuniza. Ichi ndi chikhulupiriro choopsa chomwe chachititsa kuti ana ambiri apatsidwe kachiroambo ka HIV.

### Mankhwala Othandiza Kuletsa kutenga Kachiroambo Ka HIV Mwangozi

Mankhwala othandiza kuletsa kutenga kachiroambo ka HIV mwangozi ndi mankhwala omwe munthu amapatsidwa kuti athe kupewa kutenga kachiroamboka. Mankhwala amaperekedwa kwa munthu yemwe alibe kachiroamboka koma wakhudzana ndi madzi a m'thupi la munthu yemwe ali ndi kachiroambo ka HIV kapena a munthu yemwe sakudziwa momwe m'thupi lake mulili. Munthuyu atha kukhudzana ndi madziwa kudzera mu kugonana kapena magari. Mumayenera kulandira mankhwalawa pasanathe maola 72 (masiku atatu) kuchokera pa nthawi yomwe mwakhudzana ndi madzi am'thupiwo. Musanapatsidwe mankhwalawo adzayamba akupimani ngati muli ndi kachiroambo ka HIV kapena ayi kamba koti mankhwalawa amaperekedwa kwa anthu okhawa omwe alibe kachiroambo ka HIV n'cholinga choti asakatenge kachiroamboko. Mankhwala sachiza HIV koma amaletsa kachiroamboka kuswana m'thupi la munthu yemwe alibe.

Achinyamata omwe agwiridwa ayenera kupita ku chipatala kuti akalandire mankhwala othandiza kuletsa kutenga kachiroambo ka HIV.

## Kodi munthu ayenera kupita kukalandira mankhwala othandiza kuletsa kutenga kachiroombo ka HIV nthawi iti?

- Munthu akagonana mosadziteteza ndi mnzake yemwe ali ndi kachiroombo ka HIV.
- Munthu akagwiridwa ndi wina yemwe ali ndi kachiroombo ka HIV ngakhalenso yemwe alibe komanso amene sakudziwa kuti ali ndi kachilombo kapena ayi.
- Kondomu ikang'ambika pa nthawi yogonana.
- Pamene munthu anachita ngozi ndipo panali kusakanikirana kwa madzi a m'thupi.

## Kuvomereza kupezeka ndi kachiroombo ka HIV

Mnyamata kapena mtsikana akakhala ndi kachiroombo ka HIV sayenera kusolidwa. Tiyenera kuwalimbikitsa ndi kuwathandiza kuti akwaniritse maloto awo. Atha kupitiriza maphunziro awo ndi kugwira ntchito iliyonse yomwe amailakalaka.

Iwo ayenera:

- Kupewa kugonana kapena kugwiritsa ntchito makondomu nthawi zonse pofuna kupewa kuonjezera tizirombo ta HIV m'matupi awo
- Kupita ku chipatala akadwala
- Kudya zakudya za magulu onse
- Kukhala ndi ndikuchita zinthu mwaukhondo: kusamba m'manja asanayambe kudya komanso pochokera ku chimbudzi
- Kupewa kusuta fodya ndi kumwa mowa kuti apitirire kukhala ndi umoyo wabwino
- Kuchita masewero olimbitsa thupi ndi kukhala ndi nthawi yokwanira yopuma
- Kupewa kukhala ndi nkhwala komanso wodandaula – osadzipatula

When one is growing up, he/she meets different obstacles in life. It is one's responsibility to stand up for himself/herself to overcome the obstacles. Adolescents just like any other people face invisible walls which are very difficult to defeat. Have you ever heard of an invisible wall? They are all around us. They are the walls that keep us from standing up for our beliefs and feelings. Read the stories below to see how invisible walls keep boys from sharing their opinions.

## Sam's story

Sam is in standard 7 and keeps feeling pressure from his parents to drop out of school and become a farmer.

Sam does not want to do this because he has dreams of becoming a lawyer. He is scared to stand up to his parents because both



of them are farmers and he does not want to embarrass them in front of the community. Sam's teachers

encourage him in school because he is very intelligent, but his parents don't because they have never gone to school. After

church one weekend, Sam decided to tell them how he felt, but he felt an invisible wall. His

parents were like a barrier to his dream; it felt like an actual wall making it very difficult for him to tell his parents his true feelings. Sam decided to say nothing and accept his parents' decision.

Have you ever felt this way?

What can you do to change these feelings and take down invisible walls so you can tell your parents that you have other hopes and dreams?

## Kudzikhulupirira

Kukula ndi chinthu chomwe chimachitika nthawi yayitali, pali zovuta zambiri zimene achinyamata amakumana nazo monga kuwumirizidwa kuchita zomwe anzawo akuchita komanso kungoopa zinthu zomwe sakuzidziwa n'komwe. Atha kuchita zinthu zomwe iwo sakuzifuna pongofuna kukondweretsa anthu ena kuti anzawo awalandire

### Nkhani ya Oddoi

Tsiku lina nditaweruka kusukulu ndinaona anzanga ena akubwera komwe ine ndinali. Iwo amapatsirana chinthu china chake. Atandiyandikira ndinadziwa kuti chinthucho chinali ndudu. Anandiyitana ndi kundiuza kuti ndisute nawo.

Poyamba ndinakana koma iwo anandikakamiza. Ngakhale kuti ndimaopa kuchititsa manyazi banja lathu ndi kukhala pa mavuto, ndinafuna kuti ndikhale monga iwowo kamba koti anali anyamata otchuka ndi owopedwa pa sukulupo. Ndinafuna kuti iwowo aganize kuti ine ndinali wotchuka komanso wapamwamba. Ndinatenga nduduyo kwa mnzanga ndikuyesa kusuta. Fodyayo sanandisangalatse koma ndinaona kuti anzangawo anandilandira.

Tsopano ndazindikira kuti anzanga enieni sakanandikakamiza kuchita zinthu zomwe ine sindimazifuna. Ndimayenera kukanitsitsa zomwe amandikakamizazo ndikungochoka pamalopo.

Nkhani ya Oddoi ikuonetsa kuti pali zovuta zambiri zomwe munthu amakumana nazo akamakula. Ndi udindo wa munthu wina aliyense kulimbana ndi kugonjetsa mavuto amenewa. Achinyamata monga munthu wina aliyense athanso kukumana ndi zopinga zina zosaoneka zovuta kwambiri kuthana nazo.

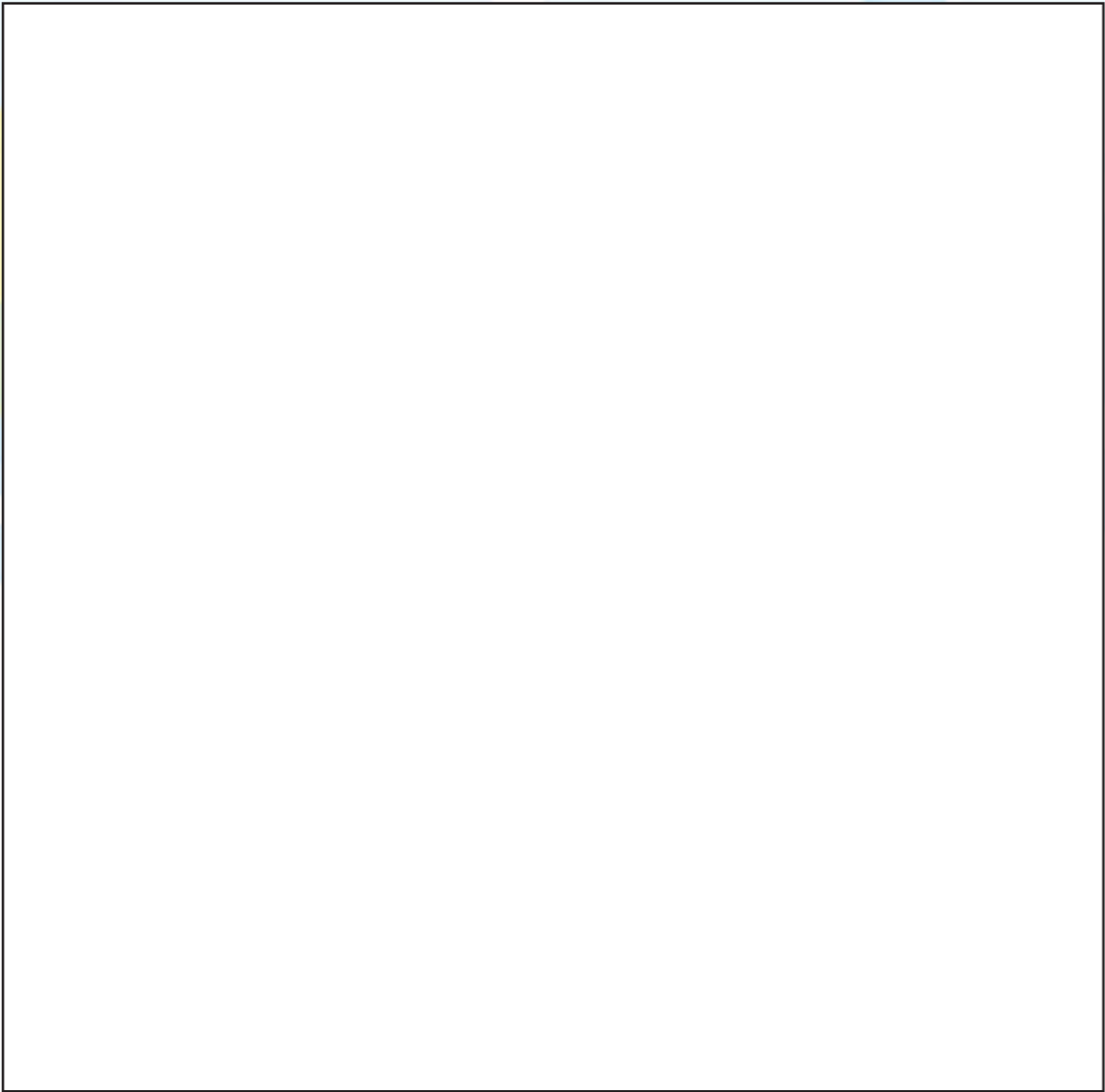


## David's story

David is playing football with his friends when he sees his sister struggling to go help her carry it back to their house, but he is worried that his friends will make fun of him and call him a girl. He also wants to help his sister out before she falls and is yelled at. David is not sure what to do. He is feeling an invisible wall because he can't go over and help his sister. Have you ever felt this way? What can you do to change these feelings and take down invisible walls so you can tell your friends that it is more respectable to help others in need, and that it doesn't make you any less of a boy?

Have you ever experienced an invisible wall that made it hard for you to do something you knew was right but you feared that you would be teased for it?

Draw a picture of the situation below and share it with your friends and family.



## Kuopa zinthu zosaoneka

Munthu akamakula amakumana ndi zopinga zosiyanasiyana m'moyo mwake. Ndi udindo wa munthu wina aliyense kulimbana ndi kugonjetsa mavuto amenewa. Achinyamata monga munthu wina aliyense athanso kukumana ndi zopinga zina zosaoneka koma zovuta kwambiri kuti athane nazo. Kodi munayamba mwamvapo za mawu oti zopinga zosaoneka? Zopingazi zatizinga tonsefe. Zopinga zimenezi zimatilepheretsa kulimbana ndi zikhulupiriro komanso zofuna zathu. Werengani nkhani zomwe zili m'munsizi kuti muone momwe zopinga zimenezi zimalepheretsa anyamata kukambirana maganizo awo.

## Nkhani ya Sam

Sam ali sitandade 7 ndipo wakhala akukakamizidwa ndi makolo ake kuti asiye sukulu ndi kukhala mlimi. Sam sakufuna kuchita zimenezi chifukwa maloto ake ndi oti adzakhale katswiri wa za malamulo (lawyer). Iye akuopa kulimbana ndi makolo ake chifukwa onse ndi alimi choncho sakufuna kuwachititsa manyazi pakati pa anthu. Aphunzitsi a



Sam amamulimbikitsa kuti alimbikire sukulu chifukwa Sam ndi wanzeru pamene makolo ake samamulimbikitsa chifukwa chakuti iwo sanaphunzire sukulu. Tsiku lina atabwera ku mapemphero, Sam anaganiza zowauza makolo ake maganizo akewo koma analephera. Makolo ake anali ngati chinthu chomwe chikupinga maloto ake; iye amamva ngati pali khoma lenileni lomwe likumulepheretsa kuti awauze makolo akewo maganizo ake enieni. Sam anaganiza zongokhala chete ndikuvomereza zomwe makolo ake amafuna. Kodi inu munayamba mwakumana ndi zopinga zamtunduwu? Tingachitenji kuti tisinthe zinthu zoterezi kuti tithe kuchotsa zopinga zosaoneka ndi masozi kuti muzitha kuwauza makolo anu kuti muli ndi zikhumbokhumbo komanso maloto ena?

## Nkhani ya David

David akusewera mpira ndi anzake ndipo waona mlongo wake akuvutika ndi ndowa ya madzi yomwe wasenza kuchokera ku chitsime. Iye maganizo amupeza oti asiye kaye kusewera mpirawo kuti akamulandire mlongo wakeyo koma ali ndi nkhuwa yoti anzake amuseka ndi kumunyoza kuti ndi mtsikana. Iye akufunanso kuthandiza mlongo wakeyo asanagwe ndi kukalipidwa. David sakudziwa chochita. Iye akumva chopinga chosaoneka chifukwa akukanika kupita kukamuthandiza mlongo wake.

Adolescents can also get more information on puberty from parents, trusted adults like uncles, aunts, and grandparents. In some communities there are youth clubs that have information on puberty. You can also get information from peer educators, YCBDA's and health care providers.

## Where to get information on puberty

When growing up, boys and girls have different experiences. What is important is to note these changes, appreciate them and where one has questions, ask a trusted adult who can explain the situation.

## Point to note

Menstruation is when blood trickles out from a girl's vagina for three to five days. This happens once a month after experiencing menarche. Many girls are scared when they menstruate for the first time because they do not know what it is. Some girls experience abdominal pain or body weakness, they also fear that boys will make fun of them in school when they are experiencing menstruation.

## What is menstruation?

Just like when boys experience wet dreams during puberty, girls also experience something very special that helps prepare them for the future when they are ready to have children. This is called menstruation.

## about menstruation?

## Menstruation? What is that? Why do boys need to know

- Hair grows under the armpits, and around the pubic area
- Breasts grow and become more sensitive
- Voice becomes more soft
- Face becomes oily which can cause pimples
- Start to sweat more which can make them smell bad
- Menstruation begins



- Girls will see the following body changes during puberty:
- Grow taller
- Hips get wider

Girls experience body changes just like boys do. However, some of them are different.

## What do boys need to know about girls experiences during puberty

## Thoko's Story

I did not know anything about menstruation before it happened to me. I was 15 years old. I saw the blood on my panties and just thought that I was not keeping myself clean. So I bathed several times, scrubbing my body to take the dirt away. But the blood kept on coming. That is when I got scared. I went to find my grandmother to tell her about what was happening. She told me that this is something that every girl goes through. It means that I am growing up and becoming a woman. She reminded me that just because I had started menstruating, this didn't mean that I was an adult yet, like her. She also showed me how to use cloth to absorb the blood and to wash and dry the cloth. She even gave me some money to buy some sanitary pads so I could use them in school and not worry about soiling my clothes. She also told me that now I have to keep myself safe from boys because if I have sex with a boy, I could become pregnant.



Kodi inu munayamba mwakumanako ndi vuto ngati limeneli? Tingachitenji kuti tisinthe zinthu zoterezi kuti tithe kuchotsa mantha pa zinthu zomwe sitikuziona kuti muzitha kuwauza anzanu kuti ndi chinthu chaulemu kuthandiza anthu ena omwe akufuna chithandizo, komanso kuti kuchita zimenezi sikumuchititsa munthu kuti asiye kukhala mnyamata?

**Kodi inu munayambapo mwachita mantha ndi zinthu zimene simukuziona zomwe zinakuchititsani kuti mukanike kuchita chinthu china chake chomwe inu mumaganiza kuti chinali chabwino koma mumaopa kuti anthu ena akunyozi chifukwa chochita chinthucho?**

Jambulani chithunzi cha zomwe zinachitikazo ndikukambirana ndi anzanu komanso makolo ndi abale anu.

## Kodi atsikana amakumana ndi zotani akamatha msinkhu?

Thupi la atsikana limasintha monga momwe amachitira anyamata. Komabe zinthu zina zimakhala zosiyana.

Atsikana akamatha msinkhu adzaona zinthu izi:

- Amakula mumsinkhu/amatalika
- amayamba mbina
- Kumera tsitsi m'khwapa komanso pa chinena



- Mabere amakula ndipo amanyanyuka (kuchita nyere) akakhudzidwa
- Mawu amayamba kumveka nthetemya
- Kumaso kumachuluka mafuta omwe amayambitsa ziphuphu
- Amayamba kutuluka thukuta kwambiri zomwe zimachititsa kuti azimveka fungo loipa
- Amayamba kusamba

## Kusamba? Chimenechi ndi chiyani? Ndi chiyani chimene anyamata ayenera kudziwa za kusamba?

Monga momwe anyamata amadzikodzera umuna kutulo akatha msinkhu, atsikana naonso amakumana ndi chinthu china chapadera chomwe chimathandiza iwowo kuti akonzekere zam'tsogolo akadzafika pa msinkhu wobereka ana. Chinthu chimenechi ndi kusamba (kutuluka magazi kumaliseche kwa masiku angapo mwezi uliwonse).

## Kodi kusamba ndi chiyani?

Kusamba ndi pomwe magazi atuluka kumaliseche a mtsikana kwa masiku atatu kapena asanu. Izi zimachitika kamodzi pa mwezi kuyambira pomwe mtsikanayo watha msinkhu. Atsikana ambiri amachita mantha akatha msinkhu chifukwa sadziwa kuti chikuchitika ndi chiyani. Atsikana ena amamva kupweteka m'mimba kapena kufowoka kwa thupi, iwo amaopanso kuti anyamata aziwaseka ku sukulu pa nthawi yomwe akusamba.

## Zoyenera kudziwa

Anyamata ndi atsikana akamakula amakumana ndi zinthu zosiyanasiyana. Chofunika ndi kuzindikira ndi kuvomereza kusintha kumeneku ndipo ngati muli ndi funso mukafunse munthu wamkulu yemwe mumamukhulupirira yemwense angathe kulongosola zomwe zikukuchitikiranizo.

## **Komwe mungapeze mauthenga ena ofotokoza za kutha msinkhu**

Achinyamata athanso kupeza mauthenga ofotokoza za kutha msinkhu kuchokera kwa makolo, akuluakulu odalirika monga atsibweni, azakhali ndi agogo. M'madera ena muli mabungwe a achinyamata omwe ali ndi mauthenga okamba za kutha msinkhu. Muthanso kupeza mauthengawa kuchokera kwa alangizi achinyamata(YCBDA), alangizi a zaumoyo (HSA) komanso ku zipatala.

