CAEB

La Société Civile Engagée Pour La Planification Familiale Plus

humanité &inclusion

Ebenezer International

AMPLIFYCHANGE

KAYAN AIKI

Na Mai Kula da Tsarin Aikin HKLJH

KUNDIN KOYASWA NA 4 : KAYAN AIKI NA GWARZAYE DOMIN WAYE KAI A KAN HKLJH CIKIN MAKARANTU DA KUMA WASU WURARE

Agusta 2019

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Le **«Kundi koyaswa a kan Kiyon Lafiya da ya shafi Jima'i da Haifuwa domin Yara madamanta da Matasa, Bada kulawa da ta dace da Bukatun Yara madamanta da matasa»,** kundi ne mai shafi 178 da **Engender-Health** ta shirya domin aikin projen mai kula da Tsarin Iyali da ake kira (Agir PF)..29

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Kalamun farko

Ofishin bada Shawara da tallafi ta fannin Tarbiyya daga Tushe da ake kira (CAEB) ya san da muhimmancin neman afuwa da ƙarfafa iyawar Ƙungiyoyin Fara Hula game da al'amarin kare Hakin mutane, ta fannin Kiyon Lafiya da ya shafi Jima'i da Haifuwa (HKLJH).

An shimfiɗa dokoki da farilai da yawa na ƙasa da ƙasa domin a tabbatar da hakin ɗan Adam gaba ɗaya, da kuma HKLJH daga cikinsu:

- Jerin ayukan cigaba mai ɗorewa daga nan zuwa 2030 ;
- Kundin Majalisar Ɗumkin Duniya da aka sa hannu a kanshi a Francisco a shekara ta 1945
- Yarjejeniya ta ƙasa da ƙasa da ke kula da Hakin Yara Ƙanana da ake kira (CIDE) ta shekara 1990
- Kundi Hakin ɗan Adam da Al'umma na Afirika da aka shirya a shekara ta 1981
- Yarjejeniya ta Kundi Hakin ɗan Adam da Al'umma mai kula da hakin mata a Afirika, da ake kira « Yarjejeniyar Maputo » na shekara ta 2005.

Waye ma mutane kai game da aikin HKLJH cikin makarantu da kuma wuraren da ba makarantu ba ne, a cikin birni da ƙauye, ya zama wajibi domin a ba mutane sani da iyawa masu kawo sake halaye da cika wajibi, da kuma falkar da lamirin mutane.

An shirya "kayan aiki" da aka gwada su cikin duniya da Afirika ta kudanci Sahara, domin a ƙarfafa aikin waye ma mutane kai cikin makarantu da wasu wurare. An shirya wannan kundi koyaswa domin tafiyar da ayukan projen Amplifychange da ya shafi ƙasashe huɗu na Afirika ta kudancin Sahara. (Burkina Faso, Guinée, Mali et Niger). Yana ɗaya daga cikin kudaye huɗu na "Kayan aiki na mai kula da tsarin aikin HKLJH" wanda zai ƙarfafa iyawar shugabannin ƙungiyoyi masu neman afuwa da suke aiki cikin bunƙasa HKLJH cikin ƙasashe huɗu (4) da aka zaɓa a cikin Afirika ta kudancin Sahara. Da tunanin kuzarantar da mutane game da haki, da ya shafi kiyon lafiya ta fuskar jima'i da haifuwa; zai tallafa ma aiki tare cikin ƙungiyar fara hula, cikin duniya da cikin ƙasashe.

Wannan kundayen koyaswa suna cikin kayan aiki:

- Kundin koyaswa na 1: Yadda ƴan ƙasa ke ɗaukar niyya domin ƙarfafa amfanin da dokoki cikin aikin HKLJH
- Kundi koyaswa na 2: A gane, a kuma yi aiki da tsarin da aka yi bisa hakin mutane cikin fannin HKLJH
- Kundin koyaswa na 3: Shimfiɗa aikin haɗin gwiwa domin neman afuwa na samo ma mutane hakinsu, game da aikin HKLJH.
- Kundin koyaswa na 4: Kayan aikin na gwarzayen aikin waye ma mutane kai a kan aikin HKLJH, a cikin makarantu ko wasu wurare daban.

Abin da kundayen koyaswar suka ƙumsa, yana lura da yanayin siyasa, da zamantakewa, da tattalin arziki na ƙasashen, da yankunan ƙasashen, da kuma matsaloli da suka zama kangi ga aikin HKLJH, bisa ga bincike daban-daban da muka yi[1] da kuma abin da abukan aikinmu na cikin sauran ƙasashe suka ji kuma suka gani.

Kowane kundin koyaswa na kayan aiki, an shirya shi yadda za ya zama da sauƙin amfani da shi, inda akwai jagoran koyaswa na kundi cikin siffar PDF da Word, da PowerPoint na kundin, domin bukatun koyaswa nan gaba cikin ƘFH, da bidiyo da aka ɗauka tamkar misali mai kyau na masu koyar da ƘFH.

An shirya kayan aikin cikin harshe faransanci, aka kuma juya su cikin harsuna 4 (Bambaranci na Mali, Maninka na Guinée, Hausa na Niger et Mosanci na Burkina Faso) da kuma rubuntu makafi da ake kira Braille.

Gwarzo, shi ne “mutumen da ke riƙe da wani tabbaci, wani dalili, wata tabi’a”. Yana iya zaɓen wani “mutum, ko gungun mutane, ko wani abu da yake da matsayi na farko cikin wani fanni”. Ta haka, kalmar “gwarzo” (ko gwarzuwa) cikin kan maganar wannan kundi, tana nufin masu kula da tsarin aikin HKLJH na ƙungiyoyin da suka nuna muradi na masamman zuwa ga aikin HKLJH.

Muna fatan waɗannan kundaye za su taimaka ma gwarzaye masu kula da tsari/proje na ƙungiyoyin da suke aiki cikin HKLJH, su ƙware cikin aikinsu na kuzarantarwa da sarrafa kuɗin da aka zuba domin a kawas da ƙalubalai da suka shafi aikin HKLJH, tare da sa hannun gungun marasa galihu, da waɗanda aka ware.

[1] Les 11 études menées par Ebenezer International dans le cadre de la présente subvention stratégique sont les suivantes:

- Six (6) Analyse de l’Economie Politique du secteur DSSR respectivement au Burkina Faso, Mali, Niger, Guinée, Malawi, Zimbabwe, disponible en français. La version Anglaise est aussi disponible pour les études du Malawi et du Zimbabwe ;
- Analyse comparative ciblée de la littérature en lien avec les DSSR en Afrique de l’Ouest (Burkina Faso, Mali, Niger, Guinée), disponible en française ;
- Analyse comparative ciblée de la littérature en lien avec les DSSR en Afrique du Sud-Est (Malawi, Zimbabwe, Ouganda, Afrique du Sud), disponible en français et en anglais ;
- Sondage en ligne sur la satisfaction des citoyens sur les Droits à la santé sexuelle et reproductive pour les écoles secondaires et les universités avec 30 000 répondants dans 6 pays de l’Afrique subsaharienne (Mali, Burkina, Niger Guinée, Malawi, Zimbabwe) disponible en français ;
- Analyse de l’indice du pays favorable aux DSSR pour 6 pays de l’Afrique subsaharienne (Mali, Burkina, Niger Guinée, Malawi, Zimbabwe), disponible en français;
- Rapport sur la performance des droits à la Santé Sexuelle et Reproductive pour 6 pays de l’Afrique subsaharienne, disponible en français ;
- Formulaire d’évaluation de la performance des politiques DSSR, disponible en français.

Gabatarwa

Yanayin da ake ciki

Ƙasashen Afirika ta Yamma da Yankin Kudanci Afirika, suna fuskatanr ƙalubalai da yawa: matsalolin yin aiki da dokoki, matsalolin fassara su, haɓakar ci da haikin mutane, matsalolin da suka zama kangi game da harakar magani, kasawar tabbatar da hakin mutane, rashin isassun kuɗi domin tafiyar da aikin kiyon lafiya, rashin daidaitattun farilai na aikin (HKLJH), bisa ga yadda ƙasashen duniya suka ɗauki alkawari.

AmplifyChange tana da gudummawa mai dubaru da ke da gurin :

- A nemi afuwa, kuma a taimaka wajen inganta siyasa da dubarar aikin HKLJH, dangance da abubuwa (darusa) na kan gaba na AmplifyChange cikin yankunan ƙasashe, cikin ƙasashe 4 na Afirika ta Yamma (Mali, Guinée, Niger, Burkina Faso) ;
- A sauƙaƙa ƙarfafa iyawar mutane game da kafa aikin haɗin gwiwa na ƙungiyoyin fara hula, domin iya aiwatar da aiki mafi kyau, bi sau-da-ƙafa na tasirin da siyasar aikin HKLJH cikin ƙasashen 4 na Afirika ta kudancin Sahara a Afirika ta Yamma (Mali, Guinée, Niger, Burkina Faso).

Banda wannan, projen yana aiki tare da ma'aikatu biyu cikin Afirika ta Yamma da Yankin Kudancin Afirika, wato:

- Ƙungiyar Kiyon Lafiya ta Afirika ta Yamma da ake kira (OOAS) a cikin Haɗin Kan Ƙasashen Afirika ta Yamma ta fannin Tattalin Arziki da ake kira (CEDEAO) a Bobo Dioulasso, a ƙasar Burkina Faso;
- Asusun Majalisar Ɗumkin Duniya mai Kula da Al'umma (UNFPA), mai cibiyarsa a Afirika ta Yamma a Dakar, ƙasar Sénégal.

Wannan gudummawa mai dubara ta AmplifyChange aikin haɗin gwiwa na ƙungiyoyi 4 (CAEB, Haɗin gwiwar ƘFH domin sake salon tafiyar da tsarin iyali a Afirika ta Yamma mai aikin da harshen faransanci, Ebenezer International et Humanité & Inclusion) domin tsawon shekara biyu (2) , daga 1 ga watan Nobamba na 2018 zuwa 31 ga watan Oktoba na 2020, inda **CAEB** ce ke shugabanci. Tana ba ƙungiyoyin da ke cikin wannan ƙawance damar su yi aikin neman afuwa, su kuma tafiyar da ayukan ƙarfafa iyawar ƙungiyoyi domin a inganta siyasar aiki da dubarun HKLJH, cikin ƙasashe 4 na Afirika ta kundanci Sahara a Afirika ta Yamma (Mali, Niger, Guinée da Burkina Faso), tare da kan ziyara ta musanyar bayanai da kwatanta binciken da aka yi cikin ƙasashen Yankin Kudancin Afirika (Malawi, Zimbabwe da Ouganda).

An aiwatar da projen cikin yankunan ƙasashe biyu na Afirika ta kundancin Sahara :

- Afirika ta Yamma: Guinée, Mali, Niger, Burkina Faso ;
- Yankin Kudancin Afirika : Malawi, Zimbabuwe, Ouganda.

Dalili

Ta wannan dalili ne aka shirya waɗannan kundayen koyaswa huɗu na « Kayan aiki na mai kula da tafiyarda tsarin HKLJH ». An zaɓi kundin koyaswa na da ake kira «Kayan aiki na gwarzayen waye ma mutane kai, cikin makarantu da wasu wuraren da ba makarantu ba», domin a tattara kuma a raba kayan aikin sadarwa da suka dace da bukatun waye ma mutane kai, na abukan aiki cikin ƙasashen da muke tafiyar da aikinmu, domin a bunƙasa tsarin iyali, da kiyon lafiya da ya shafi sha'anin haifuwa da HKLJH, a cikin ƴan makaranta, da wasu wurare daban.

Manufa

Wannan Kundin koyaswa yana gabatar ma masu kula da tsari na abukan aikinmu, wani rukunin kayan aiki, da hanyoyi ko dubaru na waye ma mutane kai game da HKLJH. Yana tanada masu kayan waye ma mutane kai da suka yi daidai da bukatun waɗanda aka nufa cikin makarantu da kuma wasu wurare, da mutanen da suke da iyawar da ake bukata, domin su sa aikin waye ma mutane kai a kan HKLJH, cikin ƙoƙarinsu na kawo cigaba da taimakon bil adama. Manufa ta ƙarshe ita ce a tabbatar da inganci aikin waye ma mutane kai game da HKLJH cikin makarantu da wasu wurare a cikin ƙasashen Mali, da Guinée, da Burkina Faso da kuma Niger.

Guri

Wannan kundi ya sa masu kula da tafiyar da tsari/projen HKLJH su yi abubuwa kamar haka:

- Su saba da kayan aiki daban daban na waye ma mutane kai game da HKLJH cikin makarantu da wasu wurare, su kuma iya amfani da su cikin bunƙasa aikin HKLJH;
- Su gane hanyoyin iri iri, saƙonni da fusahohin waye ma mutane cikin yanayin rikicin bil adama, da al'amarin ƙanjimau (VIH/SIDA), da hanyoyin zamani na tsarin iyali da sha'anin ciyon yoyon fitsari;
- Su iya tsara taruwanni ko koyaswa zuwa ga masu bada kulawa da suke aiki tare da mata, ƴan mata, da gungun marasa galihu, cikin birane ko ƙauyuka, domin a ba su sani da iyawa game da aikin waye ma mutane kai game da HKLJH.

Hanyar tafiyar da aiki

A shirya wannan kundin koyaswa bisa ga tafarkin sa hannun kowa da kowa, daidai da wannan hanyar tafiyar da aiki, mai matakai huɗu :

- **Mataki na 1 :** zaɓen mashahurin da za ya ƙirƙiro kundin farko;
- **Mataki na 2 :** Neman littattafai (abin da aka rubuta a kan fanni) da munsanyar bayanai tsakanin jigajigan masu akin cikin HKLJH;

- **Mataki na 3 :** Yin amfani da shawarwari da aka samu cikin binciken da aka tafiyar da shi ƙarƙashin Ebenezer International;
- **Mataki na 4 :** Yin amfani da ƙarin bayanai da aka samu cikin wallafawar ƙarshe ta kundin.

Abin da kundi ya ƙumsa

Ana iya karkasa kayan aikin da aka gabatar da su a nan cikin kashi iri 7 kamar haka:

- Kayan aiki na 1 zuwa 8 sun shafi waye ma mutane kai game da HKLJH gaba ɗaya;
- Kayan aiki na 2 yana zance a kan waye ma matasa (samari da ƴan mata) kai game da al'amarin ƙanjimau (VIH/SIDA) ;
- Kayan aiki na 5 yana zance a kan bunƙasa kiyon lafiya da ya shafi haifuwa domin yara madamanta a lokacin rikicin bil adama;
- Kayan aiki na 7 yana zance a kan waye ma mutane kai domin masu kula da al'amarin ciyon yoyon fitsari cikin al'umma;
- Kayan aiki na 8 yana zance a kan hanyoyin zamani na tsarin iyali;
- Kayan aiki na 9 ya shafi bunƙasa yanayin doka da yake bada dama a yi aikin HKLJH;
- Kayan aiki na10 – ya shafi horas da ma'aikata masu bada kulawa.

Gabatar da kayan aikin

Akwatin hotuna na « Matasa su tarbiyyar da matasa ko tarbiyar da ƴan sa'ar juna», wani kundi ne mai shafi 39, da yake ƙumshe da darasi 19 na tattaunawa a kan kiyon lafiya da ya shafi jima'i da haifuwa cikin matasa.

Kowane hoto yana kwatanta wani darasi da aka fuskanta.

Ana aza tamboyoyi domin a shiga cikin tattaunawa bisa ga darasin da hoton yake kwatantawa.

Tattaunawar bisa darasi sukan ƙare da wani babban saƙo.

Yaya ake amfani da wannan kayan aiki cikin waye kai game da HKLJH ?

Ana iya amfani da akwatin hotuna na «Matasa su tarbiyyar da matasa» domin waye ma mutane kai game da HKLJH cikin makarantu da wasu wurare daban.

Cikin tsari ko proje na HKLJH, ana iya horas da matasa warin juna, a kan yadda ake amfani da wannan kayan aiki, kanan a yaɗa su ga matasa cikin ƙauye da birni, cikin ƙungiyoyin matasa.

- ✓ Cikin gari, cikin anguwa ;
- ✓ Wuraren hira ;
- ✓ Cikn hilin wasar ƙwallo ;
- ✓ Cikin tashar mototi;
- ✓ A kasuwa;
- ✓ Cikin gareji da ma'aikatun sana'ar hannu ;
- ✓ Makarantu da Jami'u, ds.

Ana bukatar a lura da samun dama ga matasa, matsayin karatu da suka yi, (ko ganewarsu) da wasu al'amura, kamar yadda suke duban waye kai da ake yi a kan HKLJH a wurin da suke.

Ana iya wallafa Kayan aikin bisa takarda, ka ajiye cikin allon zamani, ko salula. Ana iya nuna shi kan bango.…

Ana iya yaɗa abin da kundin ya ƙumsa cikin taro 10 zuwa 19 na waye kai ko tattaunawa bisa ga darasi daban daban, tsawon minti 15 zuwa awa 1, dangance da ganewar mahalarta taron da kuma halin da ake ciki a wurin. Taron waye kai na iya ɗaukar kwana 3 zuwa 5 cikin zaman taro a cikin gari guda ko in sai a tafi wani gari; ko kuwa tsawon

wata 3 zuwa 6 ga tsarin waye kai domin mutane da aka nufa, da ba su da isasshen lokaci da za su bada domin taron waye kai.

Abin da kayan aikin suka ƙumsa

Matasa su tarbiyyar da matasa

Sauyawar jikin yaro a lokacin balaga

Sauyawar jikin yarinya a lokacin balaga

Matakan haifuwa

Hana kai yin jima'i

Sasantawa a kan amfani da hualar mazakuta

Aminci tsakanin mata da miji

Cizon sabro da ɗafa ma wani ciyon ƙanjimau (SIDA)

Abin da bai da hatsarin ɗaukar ciyon ƙanjimau

Makurkurin haƙora da ɗaukar ciyon ƙanjimau

Kayan aiki masu kaifi da ɗaukar ciyon ƙanjimau

Doguwar sumba da ɗaukar ciyon ƙanjimau

Karuwanci da ciyon ƙanjimau

Giya da sauran ƙwayoyi masu sa maye

Ɗaukar ciyon ƙanjimau daga uwa zuwa ɗa

Cututukan da ake ɗauka ta hanyar jima'i

Haddaba ta fannin jim'ai tsakanin malaman makaranta da yan makaranta

Tattaunawa cikin ƙungiyoyin matasa

Sadarwa da taɗi tsakani uwaye da yaya

A ina za a sami kayan aiki ?

Ana samun wannan kayan aiki cikin wannan shafin yanar gizo: http://www.dssr-osc-ao.org/index.php/etudes/

Kayan aiki na 2 : Akwatin hotuna a kan ƙanjimau(VIH/SIDA) : Riga kafin kamuwa da ƙanjimau ga ƴan mata masu shekaru 9-19

Gabatar da kayan aikin

« **Akwatin hotuna a kan ƙajimau(VIH/SIDA) : Riga kafin kamuwa da ciyon ƙanjimau ga ƴan mata masu shekaru 9 zuwa 19**» kundi ne mai shafi 12 da aka shirya domin aikin **Proje SWDD a Mali**, inda aka raba shi sashe 3. Kayan aiki ne mai nuna ƙwatance da hotuna bisa ga darasi daban daban, wanda masu koyaswa za su yi amfani da su a lokacin taruwanni na isar da bayanai a kan sake halaye, a wuraren da ba wata damuwa tare da ƴan mata masu shekaru 9 zuwa 19..

Akwatin hotuna yana nuna hotuna da suka shafi cututuka da ake ɗauka ta hanyar jima'i da ciyon ƙanjimau.(IST/VIH/SIDA). Kayan aikin yana nuna hotuna da suke rakka bayanan (manyan abubuwan da ake waye ma mutane kai a kansu).

Yaya ake amfani da wannan kayan aiki cikin waye game da HKLJH ?

Cikin tsari ko projen HKLJH, ana iya horas da mashawarta a kan yadda za su yi amfani da kayan aikin, kanan a yaɗa su cikin al'ummarsu. .
Cikin tsari ko projen HKLJH, ana iya horas da mashawarta matasa warin juna a kan yadda za su yi amfani da kayan aikin, cikin ƙauye da birni, cikin ƙungiyoyin matasa. Ana iya shirya taruwannin domin samari da ƴan mata cikin gungu daban daban.

- ✓ Cikin gari, cikin anguwa;
- ✓ Wuraren hira;
- ✓ Cikin hilayen ƙwallo ;
- ✓ Cikin tashar mototi ;
- ✓ A kasuwa;
- ✓ Cikin gareji da wuraren masana'antu aikin hannu;
- ✓ Makarantu da Jami'u, ds.

Ana iya yaɗa abin da kayan aikin ya ƙumsa cikin taruwanni 10 zuwa 19 na waye kai ko tattaunawa a kan darasi daban daban, tsawon minti 15 zuwa awa ɗaya, dangance da fahimtar mutane da halin da ake ciki a wurin. Waye kan na iya ɗaukar kwana 3 zuwa 5 cikin taruwanni a gida ko in sai tafi wani wuri daban; ko kuma suna iya ɗaukar wata 3 zuwa 6 idan mutanen da aka nufa ba su da isasshen lokacin da za su bada domin taruwannin waye kai.

Ya kamata a lura da damar da mutane suke da ita, matakin da suka tsaya na makaranta (ganewarsu), da kuma wasu al'amura kamar irin duban da suke ma waye kai a kan HKLJH a cikin wurin.

Abin da kayan aikin ya ƙumsa

Akwatin hotuna na ƙajimau (VIH/SIDA) :

Riga kafin kamuwa da ƙanjimau ga yan mata masu shekaru 9 zuwa 19

Hanyoyin da ake iya ɗaukar ciyon ƙanjimau (VIH/SIDA)

- Yadda ake amfani da kayan akin
- Gargaɗi zuwa ga mashawarci
- Fassarar kalmomi
- Manyan saƙonni

Hanyoyin riga kafin ƙanjimau (VIH/SIDA)

- Kamuwa ta hanyar jima'i
- Kamuwa ta wurin haɗuwar jini
  - Amfani da abubuwan da suka ƙazamtu da jini
  - Kamuwa daga uwa zuwa ɗa

Hanyoyin da ba a kamuwa da ƙanjimau (VIH/SIDA)

- Cin abinci da wanda ya kamu da cutar
- Amfani da salanga guda
- Amfani da kayan cin abinci guda (kwanoni, koshiyai)

A ina za a sami wannan kayan aiki ?

Ana samun wannan kayan aiki a wannan shafin yanar gizo

- **http://www.dssr-osc-ao.org/index.php/etudes/**

Kayan aiki na 3 : Tafarkin rayuwar jima'i mai dacewa: kayan aiki na isar da bayanai da waye kan matasa da yara madamanta

Gabatar da kayan aikin

"**Tafarkin rayuwar jima'i da ta dace" : kayan aiki na isar da bayanai da waye kan matasa da yara madamanta"** kundi ne mai shafi 10 da Ofishin Ministan Matasa da Wasannin Guje-guje, tare da taimakon Ofishin Ministan Kiyon Lafiya na Mali, da kuma tallafin Asusun Majalissar Ɗumkin Duniya mai kula da Al'umma suka tsara.

Kayan aikin yana ƙumshe da darasi 10 da suka shafi kiyon lafiya ta fannin haifuwa kaɗai, inda aka gabatar da su ba tare da hotunan kwatance ba. An shirya shi domin a fuskanci matsalar lura da bukatu na masamman na matasa, domin a kawasda ƙalubalai kamar haka:

- Rage yawan mace-mace da suke da nasaba da ƙanjimau(IST/VIH/SIDA), da al'amarin ɗaukar juna biyu da ba a so ba, da zubda ciki, da miyagun tabi'u masu sa cikas ga rayuwa;
- A sansance, kuma a ɗauki mataki game da matsaloli da suka shafi balagar matasa;
- Bada cikakkun bayanai da za su kawo sake hali;
- A bada cikakkiyar kulawa game da matsalolin da ake fuskanta.

Yaya za a yi amfani wannan kaya aiki cikin waye kai game da HKLJH ?

A cikin tsari ko projen HKLJH, ana iya amfani da wannan kayan aiki domin taimakawa wajen horas da mashawarta, masu tarbiyyar da juna, da waɗanda suke da jigon matsayi cikin aikin waye kai, game da kiyon lafiya da ya shafi haifuwa a wurin matasa.

Masu bida tattaunawa a kan kiyon lafiya da ya shafi haifuwa wurin matasa, suna iya amfani da shi, masamman cikin makarantu.

Ana iya yaɗa abin da kayan aikin ya ƙumsa cikin taruwanni 10 na waye kai ko tattaunawa a kan darasi daban daban, tsawon minti 15 zuwa awa ɗaya, dangance da fahimtar mutane da halin da ake ciki a wurin. Waye kan na iya ɗaukar kwana 3 zuwa 5, cikin taruwanni a gida ko in sai tafi wani wuri daban; ko kuma suna iya ɗaukar wata 3 zuwa 6, idan mutanen da aka nufa, ba su da isasshen lokacin da za bada domin taruwannin waye kai.

Abin da kayan aikin ya ƙumsa

Tafarkin rayuwar jima'i da ta dace :
Kayan aikin waye kai domin matasa da yara madamanta

Kalmomin farko

Minene kiyon lafiya da ya shafi haifuwa (KLH)?

Sauyawar jiki da ake gani ga matasa

Haila (al'ada) ga ɗiya mace

Juna biyun da ba so a ɗauka ba

Hanyoyin hana ɗaukar juna biyu ga matasa

Kwayar magani mai hana ɗaukar juna biyu

Sinadari mai kashe ƙwayar maniyi

Hular mazakuta

Cututuka da ake ɗauka ta hanyar jima'i

Kanjimau (VIH/SIDA)

Al'amarin jinsi da haki na kiyon lafiya da ya shafi haifuwa zuwa ga matasa da yara madamanta

A ina za a sami wannan kayan aiki ?

Ana samun wannan kayan aiki cikin wannan shafin yanar gizo

- http://www.dssr-osc-ao.org/index.php/etudes/

Gabatar da kayan aikin

«Kayan aiki na kiyon lafiya da ya shafi jima'i da haifuwa domin matasa da yara madamanta» , kayan aiki ne da ke cikin shafin yanar gizo, wanda yake ƙumshe da kundaye samfarin PDF da ake iya sabkewa, wanda The Challenge Initiative (TCI Université) ta shirya, kuma yake cikin kayan aikinta na Neman afuwa game da sha'anin kiyon lafiya da ya shafi jima'i da haifuwa domin matasa da yara madamanta. (KLJHMYM).

Wannan kayan aiki na gabatar da ayuka da aka yi gadan gadan, bisa ga tabbatattun bayanai domin inganta samun kulawa ga matasa ta fuskar samun bayanai, a kan kiyon lafiya da ya shafi jima'i da haifuwa (KLJH) cikin birane. Yana gabatar da darsi 14 da suka shafi KLJHMYM inda aka kasa cikin sassa huɗu:

- Sashe na 1 : Haddasa bukatu (darasi 4)
- Sashe na 2 : Kulawa da abin da ke akwai (darasi 5)
- Sashe na 3 : Manyan abubuwa (darasi 2)
- Sashe na 4 : Neman afuwa (darasi 3)

Kowane darasi an gabatar da shi bisa wani shafi da yake ɗauke da bayanai, da kuma hotuna, ko allo. Banda gabatarwa, ana fassara kowane darasi cikin manyan abubuwa uku.(Minene riba/amfani? Yaya za a aiwatar da shi? Waɗanne bayanai ke akwai?), kanan ya ƙare da bada shawarwari, ƙalubalai, da wasu kayan aiki da suka danganta da darasin, da kuma jerin littattafai da wasu masamar bayanai.

Kayan aiki na 7 : Yanayin doka mai kyatatawa na « Kayan aiki na mai kula da tsarin aikin HKLJH » na bayyana yadda ake tsara darasi.

Yaya ake amfani da wannan kayan aiki cikin waye kai game da HKLJH ?

An shirya kayan aiki na KLJHMYM masamman domin a taimaka ma ma'aikatan sashen HKLJH, cikin tafiyar da tsari da projen HKLJH, tare da maida hankali ga KLJHMYM a cikin biranen da ke son sa al'amarin matasa cikin aikin tsarin iyali, da kiyon lafiya da ya shafi haifuwa.

Domin iya aiki da wannan kayan aiki yadda ya kamata, masu kula da tsari/projen HKLJH na iya:

- Karanta dukan darusa daga farko domin su saba da bayanai, da ribar da ake samu, da shawarwari game da aiwatar da aikin cikin tsari/projen HKLJH;

- Su duba domin su san abin da darasin ya ƙumsa, wanda yake da nasaba tsari/projen HKLJH na masamman da suke so su fuskanta, cikin aikinsu na HKLJ, masamman ta fannin tafiyar da aikinsu ;
- Su sa (misali zaman taro na koyaswa, da wallafa takardu, da abubuwan da za yaɗa cikin kafofin yaɗa labarai…) sha'anin yaɗa darusa da suka dace na kayan aikin cikin tsari/projen HKLJH tare da abukan aiwatar da aiki;
- Su yi hidimomi na musanyar bayanai (zaman taro na muhawara, ziyara ta munsanyar bayanai da koyo, taron manema labarai...) a kan darusa da suke da muhimmanci cikin yanayin da suke.

Abin da kayan aikin ya ƙumsa

Kayan aiki na Kiyon Lafiya da ya shafi Jima'i da Haifuwa domin matasa da yara madamanta

Kayan aiki na KLJHMYM : Tono bukatu

- Sake zamantakewa da hali domin kiyon lafiya da ya shafi jima'i da haifuwa zuwa ga matasa
- Cikakkiyar tarbiyya a kan al'amarin jima'i
- Sakewar farilai game da al'amarin jinsi
- Kiyon lafiya ta wurin amfani da kimiyar zamani

Kayan aiki na KLJHMYM : Kulawa & abin da ke samuwa

- Jiga-jigan rukunin matasa a birni
- Hanya mai kula da al'amarin hakin ɗan Adam
- Sa hannun matasa cikin aiki
- Hulɗa ta fannoni daban daban
- Sarrafa bayanai

Kayan aiki na KLJHMYM: Manyan abubuwa

- Bada lissafi
- Yanayin doka mai kyautatawa

Kayan aiki na KLJHMYM : Neman afuwa

- Kwararrun ma'aikatan kiyon lafiya domin matasa
- Shigarwa da yaɗa abubuwan kulawa

A ina za a sami kayan aikin?

Ana samun wannan kayan aiki cikin wannan shafin yanar gizo

- https://tciurbanhealth.org/fr/adolescent-youth-sexual-reproductive-health-toolkit/
- http://www.dssr-osc-ao.org/index.php/etudes/

Kayan aiki na 5 : Kayan aiki na kiyon lafiya da ya shafi jima'i da haifuwa domin yara madamanta a lokoacin rikicin bil adama

Gabatar da kayan aikin

«Kayan aiki na kiyon lafiya da ya shafi jima'i da haifuwa domin yara madamanta a lokacin rikicin bil adama» , kundi ne a shafi 92 da ma'aikatar "Save the Children" ta shirya tare da taimakon UNFPA(Asusun Majalisar Ɗumin Duniya mai kula da Al'umma). Kundi yana bada bayanai da shawarwari masu kyautata kiyon lafiya da ya shafi jima'i da haifuwa domin yara madamanta, da aiwatar da ayuka ta fannin kiyon lafiya da ya shafi jima'i da haifuwa da yake kula da yara madamanta.

Masu bada kulawa da ba su taɓa samun horaswa ta aiki da yara madamanta ba, na iya amfani da Kayan aikin nan a sauƙaƙe, tare Ƙaramin Tsarin na fuskantar Gaugawa (ƘTG) tamkar tunani na farko, kuma su iya yin aikin cikin gaugawa.

ƘTG cikin aikin kiyon lafiya da ya shafi haifuwa, jerin ayuka ne na farko masu muhimmanci, da ake yi domin rage mace-mace, da nakkasa cikin mutanen da rikici ya abkar ma, masamman mata da ƴan mata. ƘTG yana ɗauke da jagoran aikin kulawa dangance da kiyon lafiya, tare da lura da matakin farko na gaugawa (bala'i, ko kuma abin da mutane suka haddasa) da kuma shawarwari na tsarin iyali da kiyon lafiya da ya shafi haifuwa, bayan da ƙura ta lafa. ƘTG yana da guri biyar:

- Tabbatar da daidaita tafiyar da aikin kiyon lafiya da ya shafi jima'i da haifuwa;
- A yi riga kafi, kuma a iya fuskantar sakamakon zilama da musgunawa masu nasaba da jima'i;
- A yi riga kafin yawan mace-mace na yara ƙanana da na mata;
- A rage yaɗuwar cutar ƙanjimau;
- A yi tsarin kafa cikakkun ma'aikatun kiyon lafiya da za su kula da fannin jima'i da ahifuwa

An tsara waɗannan kayan aiki 14, cikin sassa huɗu: sa hannu cikin aiki, auna aiki, kafa aiki, raba bayanai cikin al'umma da tarbiyyarwa daga ma'aurata.

Yaya ake amfani da wannan kayan aiki cikin waye kai game da HKLJH ?

Kowane rikicin bil adama yana da nasa matsayi. An nufa da cewa kowane kayan aiki a daidaita shi domin a biya bukatu na masamman da aka gani zahiri. An nufa da a yi aiki da wannan kayan aiki domin a waye ma mutane kai game da bukatu da suka shafi kiyon lafiya, ta fannin haifuwa domin yara madamanta, kuma ya zama mataki na farko cikin shigar da KLJHMYM domin biyan bukatar gaugawa ta fannin kiyon lafiya da ya shafi haifuwa.

Masu kula da tsarin aiki HKLJH na iya:

- Su saba da abin da kayan aiki ya ƙumsa, domin a iya aiki da shi nan gaba;
- Su duba kayan aikin cikin tafiyar da aikinsu na tsarin HKLJH, domin a lura da shawarwari na masamman da suka shafi aikinsu na HKLJH;
- Su taimaka wajen yaɗa abin da kayan aikin ya ƙumsa cikin aikinsu na ƙarfafa iyawar ƙungiyoyin al'umma da suka zama abukan aiki;
- Amfani da shawarwarin da aka bada cikin aikin waye kai da aka yi, da bunƙasa HKLJH cikin yanayin rikicin bil adama.

Abin da kayan aikin ya ƙumsa

Kayan aiki na kiyon lafiya da ya shafi jima'i da haifuwa, domin yara madamanta a lokacin rikicin bil adama

Gabatarwa

- Hakin Ɗan Adam da hakin yara
- Biyan bukatar kiyon lafiya da ya shafi haifuwa domin yara madamanta

Aiwatar da Karamin Tsari na Gaugawa (KTG) na kiyon lafiya da ya shafi haifuwa a lokacin rikicin bil adama, domin yara madamanta

- KTG: Sashen kiyon lafiya da ya shafi haifuwa domin yara madamanta – takardar bayanai
- KTG: yara madamanta da zilama ta fannin jima'i-tarkardar bayanai
- KTG: Lafiyar jarirai da uwaye wurin yara madamanta – takardar bayanai
- KTG: Riga kafin kamuwa da cutar ƙanjimau, da shan magani – wurin yara madamanta – takardar bayanai
- KTG: Yara madamanta da tsarin iyali – takardar bayanai
- Yara madamanta, lafiyar hakali, da taiamako ta fannin hankali da zamantakewa – takardar bayanai

Kayan aiki na sa hannu cikin aiki

- Sa hannun yara madamanta
- Sa hannun al'umma da iyaye
- Kofar shiga kiyon lafiya da ya shafi haifuwa cikin tsarin, daga yara zuwa yara madamanta

Kayan aikin auna aiki

- Auna kiyon lafiya ta fannin jima'i da haifuwa wurin yara madamanta
- Awon gaugawa na farko na kiyon lafiya da ya shafi jima'i da haifuwa wurin yara madamanta
- Nazarin halin da yara madamanta suke game da kiyon lafiya da ya shafi jima'i da haifuwa
- Auna kiyon lafiya da ya shafi jima'i da haifuwa domin yara madamanta da suke cikin yanayin gaugawa

Abin da kayan aikin ya ƙumsa

Kayan aiki na kiyon lafiya da ya shafi jima'i da haifuwa, domin yara madamanta a lokacin rikicin bil adama

Kayan aiki na kafa akin

- HEADSSS na aunawa
- Jerin abubuwan da ake bincikawa cikin aikin kiyon lafiya da ya shafi jima'i da haifuwa, wanda ya dace da yara madamanta

Kayan aiki na raba ma al'umma da na koyaswa daga ma'aurata

- Jerin kayan aiki na tarbiyyar da juna
- Gabatarwar yadda ake raba abubuwa cikin al'umma
- Shirin aiwatar da raba abubuwa ga al'umma – takardar jerin abubuwan
- Kayan aikin binciken yara madamanta masu raba abubuwa cikin al'umma
- Takardar mai jagora wanda ke aikin raba abubuwa cikin al'umma, ta yara madamanta

Raba bayanai da darasin da aka koya

- Raba darasin da aka koya - takardar raba darasi

A ina za a sami kayan aikin ?

Ana samun wannan kayan aiki a wannan shafin yanar gizo

- http://www.dssr-osc-ao.org/index.php/etudes/

Kayan aiki na 6 : Akwatin hotuna a kan kiyon lafiya da ya shafi haifuwa

Gabatar da kayan aikin

« **Akwatin hotuna a kan kiyon lafiya da ya shafi haifuwa**» kundi ne mai shafi 20 da aka shirya domin aikin **Projen SWDD Mali**, wanda mashawarta za su yi amfani da shi a tabbatattun wurare. Wannan yana taimakawa wajen taruwannin isar da bayanai da suka shafi sake halaye domin ƴan mata masu shekaru 9 zuwa 19, game da sha'anin kiyon lafiya da ya shafi haifuwa. Yana gabatar da hotuna da suka shafi:

- Al'amari haifuwa : Minene aikin mazakuta (zakari) da matuci(al'aura) cikin al'amarin haifuwa
- Hanyar hana ɗaukar juna biyu : hanyoyi daban daban na tsarin iyali.

Yaya ake amfani da wannan kayan aiki cikin waye kai game da HKLJH ?

Cikin tsari ko projen HKLJH, ana iya horasda mashawarta ko matasa , kanan a yaɗa shi zuwa ga ƴan mata da mata cikin ƙauyuka da birane.

Ana iya yaɗa abin da kayan aikin ya ƙumsa cikin taruwanni 10 na waye kai ko tattaunawa a kan darasi daban daban, tsawon minti 15 zuwa awa ɗaya, dangance da fahimtar mutane da halin da ake ciki a wurin. Waye kan na iya ɗaukar kwana 3 zuwa 5 cikin taruwanni a gida ko in sai tafi wani wuri daban; ko kuma suna iya ɗaukar wata 3 zuwa 6, idan mutanen da aka nufa ba su da isasshen lokacin da za su bada domin taruwannin waye kai.

Ana bukatar a lura da damar da mahalarta taro suke da, da fahimtarsu, da wasu al'amura, kamar irin duban da suke yi ma waye kai a kan HKLJH a wurin.

Abin da kayan aikin ya ƙumsa

Akwatin hotuna a kan kiyon lafiya da ya shafi haifuwa

Yadda ake amfani da shi

Gargaɗi zuwa ga mashawarci

Haifuwa

- Sassan matuci (al'aura) na waje
- Sassan matuci na ciki
  - ✓ Sassan matuci na waje : in aka dube su fuska da fuska
  - ✓ Sassan matuci na ciki: in aka dube su daga dabra

Hanyoyin zamani na hana ɗaukar juna biyu da ke akwai a Mali

- Hanyoyi masu gajeren zango
  - ✓ Kwayar maganin hana ɗaukar juna biyu
  - ✓ Hular mazakuta da ta matuci,
  - ✓ Zoben matuci,
  - ✓ Sinadarai masu kashe ƙwayar maniyi,
  - ✓ Sinadari mai hana maniyi shiga mahaifa,
  - ✓ Allura
- Hanyoyi masu dogon zango
  - ✓ DIU : Sinadari mai kashe ƙwayar maniyi
  - ✓ Sinadarin da ake dasawa cikin damtsen mace

A ina ake samun wannan kayan aiki?

Ana samun wannan kayan aiki a wannan shafin yanar gizo

- http://www.dssr-osc-ao.org/index.php/etudes/

Outil 7 : Awatin hotuna da suka shafi cutar yoyon fitsari, na masu aiki cikin al'umma

Gabatar da kayan aikin

«Akwatin hotuna da suka shafi cutar yoyon fitsari na masu aiki cikin al'umma », kundi ne mai shafi 32 da aka shirya domin aikin projen USAID/**Fistula Mali d'IntraHealth International: tsikayen kawas da cutar**, da aka raba sashe 3. An shirya akwatin domin masu bada kulawa ta fannin kiyon lafiya ta fuskar horaswa da waye kan mutane, bisa ga riga kafin cutar yoyon fitsari, da inganta lafiyar uwaye mata a cikin al'umma.

Kayan aikin yana nuna hotuna tafe da bayanai ko tambayoyi na waye kai.

Yaya ake amfani da kayan aikin cikin waye kai game da HKLJH ?

Cikin tsari ko projen HKLJH, ma'akatan kiyon lafiya, da malaman makaranta, (masamman malama makarantar sakandari masu koyaswa a kan jikin ɗan Adam)… na iya samun horaswa a kan yadda ake amfani da wannan kayan aiki, kanan a yaɗa shi cikin al'ummarsu.

Ana bukatar a lura da damar da mahalarta taro suke da, da fahimtarsu, da wasu al'amura, kamar irin duban da suke yi ma waye kai a kan HKLJH a wurin.

Ana iya wallafa kayan aikin bisa takarda, ko allon zamani, ko salula. Ana iya nuna majiginsa bisa bango…

Ana iya yaɗa abin da kayan aikin ya ƙumsa cikin taruwanni 5 na waye kai ko tattaunawa a kan darasi daban daban, tsawon minti 15 zuwa awa ɗaya, dangance da fahimtar mutane da halin da ake ciki a wurin. Waye kan na iya ɗaukar kwana 1 zuwa 2 cikin taruwanni a gida ko in sai tafi wani wuri daban; ko kuma suna iya ɗaukar wata 1 zuwa 3 idan mutanen da aka nufa ba su da isasshen lokacin da za su bada domin taruwannin waye kai.

Abin da kayan aikin ya ƙumsa

Akwatin hotuna da suka shafi cutar yoyon fitsari na masu aiki cikin al'umma

Sashe na 1 yana bada tarihi mai ban tausayi na Alima, yar yarinya mai shekara 14. Ana amfani da wannan tarihi domin a haddasa tattaunawa a kan al'amuran da suka kai Alima ga wannan mugun hali.

Sashe na 2 yana bayyana minene cutar yoyon fitsari, da yadda take abkuwa.

Sashe na 3 yana maida hankali ga hanyoyin riga kafi daga cutar yoyon fitsari. Yana bayyana abubuwan da mata, iyalai, da al'umma suke iya yi domin a tabbatar da ana ɗaukar juna biyu cikin tafarki marar hatsari.

A ina ake samun kayan aikin?

Ana samun wannan kayan aiki cikin wannan shafin yanar gizo

- http://www.dssr-osc-ao.org/index.php/etudes/

Gabatar da kayan aikin

« **Hanyoyin zamani na hana ɗaukar juna biyu : Tsarin Iyali**» , kundi ne mai shafi 28 da Intra-Heath International ta Sénégal ta shirya, tare da haɗin gwiwar wasu ƙungiyoyi 28, har da Ofishin Minista mai kula da Kiyon lafiya da Ayukan Al'umma.

Yana taimakawa wajen yin taruwanni tare da waɗanda ke so, domin a taimaka masu su ɗauki ƙudurin da ya dace cikin suna so, game da al'amarin tsarin iyali.

Yaya ake amfani da wannan kayan aiki cikin waye kai game da HKLJH?

Cikin tsari ko projen HKLJH, ana iya horas da masu bada kulawa domin su iya aiki da wannan kayan aiki a cikin ƙauyuka da birane.

Kowace hanyar waye ma mutane kai a kan tsarin iyali, tana bisa takarda mai shafi gaba da baya:

- Shafi na gaba ya shafi wanda ake waye ma kai, akwai hotuna da manyan abubuwa da ya kamata a riƙe.
- Shafi na baya ya shafi wanda yake tafiyar da waye kan, akwai manyan abubuwa da ya kamata a tattauna tare da wanda ake waye ma kai.

Kowace hanyar tsarin iyali, an gabatar da ita cikin abubuwa biyar da suke ginshiƙai:

- Gajerar gabatarwa a kan hanyar
- Yadda ake amfani da hanyar
- Ribar da ake samu cikin bin hanyar
- Kasawar hanyar
- Illa(wani rashin jin daɗi) da wasu mata ke iya fuskanta

Ana iya yaɗa abin da kayan aikin ya ƙumsa cikin taruwanni 10 zuwa 12 na waye kai a kan hanyoyin Tsarin Iyali (TI), tsawon minti 30 zuwa awa ɗaya, dangance da fahimtar mutane da halin da ake ciki a wurin. Waye kan na iya ɗaukar kwana 3 zuwa 5 cikin taruwanni a gida ko in sai tafi wani wuri daban; ko kuma suna iya ɗaukar wata 3 zuwa 6 idan mutanen da aka nufa ba su da isasshen lokacin da za su bada domin taruwannin waye kai.

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Ana bukatar a lura da damar da mahalarta taro suke da, da fahimtarsu, da wasu al'amura, kamar irin duban da suke yi ma waye kai a kan HKLJH a wurin.

Abin da kayan aikin ya ƙumsa

Hanyoyin zamani na hana ɗaukar juna biyu : Tsarin Iyali

- **Gabatar da kayan aikin**
- **Sinadarin ƙwarya hana ɗaukar juna biyu**
- **Allurai da ake kira (dépo-provéra da Sanaya Press)**
- **Sinadarin da ake dasawa cikin damtse da ake kira : Jadelle ko implanon NXT**
- **Sinadarin da ake sawa cikin mahaifa (DIU)**
- **Zoben matuci da ake kira (AVP)**
- **Hular matuci(al'aura)**
- **Hular mazakuta**
- **Hanyar shayar da jariri ta har tsawon wata shida da ake kira (MAMA)**
- **Hanyar lura da al'ada (haila), inda ake amfani da wani tabzi**
- **Hanyar lura da kai (MAO, mace ta san lokutantan)**
- **Hanyar ƙulle mahaifa**
- **Hanyar hana ɗaukar juna biyu ta gaugawa (CU)**

A ina za sami wannan kayan aiki ?

Ana samun wannan kayan aiki a wannan shafin yanar gizo

- http://www.dssr-osc-ao.org/index.php/etudes/

Gabatar da kayan aikin

«Yanayin doka mai kyautatawa» , kundi ne mai shafi 9 da TCI Université ta shirya, wanda yake cikin kayan aikinta na neman afuwa a kan KLJHMYM.

Daga cikin abubuwan da suke iya taimaka ma masu kulawa da tsari/projen HKLJH, yana yaɗa kalmomi da suka shafi hakin bil adama, da kuma bunƙasa yanayin doka da siyasa da suke kyautata samun kulawa ga matasa.

Yaya ake amfani da wannan kayan aiki cikin waye kai game da HKLJH?

Cikin tsari ko projen HKLJH, ana iya horas da shugabanni da masu kula da tsarin ayukan ƙungiyoyi mata da matasa a kan amfani da wannan kayan aiki, cikin ƙauyuka da birane. Irin wannan horaswa za ta sa su iya cika aikinsu cikin aikin neman afuwa domin samun yanayin doka mai kyautata aikin HKLJH.

Mai kula da tsarin aikin HKLJH, na tafiyar da abubuwa kamar haka, ciki aikinsa na neman afuwa game da abin da zai kyautata HKLJH:

- Nazarin shawarwari 24 zuwa ga masu ɗaukar ƙuduri, masu kula da tafiyar da aiki, masu bada kulawa, da waɗansu da abin ya shafa, domin a riƙe waɗanda suke da muhimmanci domin aikin neman afuwa, game da yanayin doka mai kyautatawa cikin matakai da farilai (8) da suka shafi hakin ɗan Adam(banda wariya, kasancewar abin da ake so, kai ga abin da ake so, yarda, inganci, ɗaukar ƙudurin da ya dace, sirri, sa hannu cikin aiki) ;
- Nazari da lura da tasirin da ake iya samu, bisa ga aikin kulawa da lafiya ta fannin haifuwa dangance da kowane fanni daga cikin 9 da suka shafi hakin ɗan Adam (yarda cikin sha'anin jima'i, fyaɗe, kariya domin yara, yarda cikin sha'anin magani, jima'i da mutum guda mai jinsi iri ɗaya, shekarun isa mutum, shekarun isa aure, kiyon lafiya da ya shafi jima'i da haifuwa, cikakkar tarbiyya game da sha'anin jima'i).

Ana iya yaɗa abin da kayan aikin ya ƙumsa, a lokacin taron koyaswa a gida ko a wani wurin daban, tsawon kwana 3 zuwa 5, inda mahalarta taron, shugabanni ne da shugabannin proje da na ƙungiyoyi, da ƙungiyoyin cikin al'umma, (masamman na matasa da mata), ko duk wani mutum da ke iya faɗa a ji, ko inganta aikin HKLJH cikin ƙauyuka da birane, misalin shugabannin addini da na gargajiya.

Abin da kayan aikin ya ƙumsa

Yanayin doka mai kyatatawa

Wace riba ake samu?

Yaya ake iya aiwatar da shi ?

- ✓ Yanayi mai dubaru na hakin ɗan Adam
- ✓ Yanayin doka
  - Ku auna yanayin doka na kiyon lafiya da ya shafi haifuwa a wurin da kuke
  - Ku auna aiwatarwa da tasirin yanayin doka na kiyon lafiya da ya shafi jima'i da haifuwa
  - Ku iya gane yadda ake bada lissafi
  - Ku shirya dubara ta neman afuwa wurin matasa

Waɗanne irin bayanai ke akwai?

Shawarwari masu amfani

Kalubalai

Kayan aiki masu nasaba da wannan tafiya

- ✓ Kayan aikin auna al'amarin doka
- ✓ Kayan aikin neman afuwa

Kayan aikin da ake samu cikin ƙasashe

- ✓ Nigéria
- ✓ Sénégal
- ✓ Indiya
- ✓ Keniya
- ✓ Tanzaniya

A ina za a sami wannan kayan aiki ?

Ana iya samun wannan kayan aiki a cikin wannan shafin yanar gizo

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Kayan aiki na 10 : Kundi koyaswa a kan Kiyon Lafiya da ya shafi Jima'i da Haifuwa na wurin Yara madamanta da Matasa, Bada kulawa da ta dace da Bukatun Yara madamanta da matasa

Gabatar da kayan aikin

«Kundi koyaswa a kana Kiyon Lafiya da ya shafi Jima'i da Haifuwa na wurin Yara madamanta da Matasa, Bada kulawa da ta dace da Bukatun Yara madamanta da matasa», kundi ne mai shafi 178 da **Engender-Health** ta shirya domin aikin projen mai kula da Tsarin Iyali da ake kira (Agir PF).

Kayan aikin yana samun tushensa a kan cewa, idan masu bada kulawa suna da masaniya a kan bukatu na masamman na kiyon lafiya, da suka shafi matasa da yara madamanta, misalin hatsarin ɗaukar juna biyu da sauri, rashin galihu ɗiya mata game da al'amarin cutar ƙanjimau da sauran cututuka, lokacin balaga da yake da nasaba da ɗaukar ƙuduri game da zancen hana ɗaukar juna biyu, to suna iya ƙarfafa iyawarsu ta fannin sadarwa da shawarwari da za su yarda tsakani masu bada kulawa da waɗanda ake kula da su.

Banda wannan, ingancin kulawar da ake ba yara madamanta da matasa, na iya ƙaruwa idan masu bada kulawar suna fahimtar sha'anin cigaban yara madamanta da matasa, ta fuskar jima'i da zamantakewa.

Yaya ake iya amfani da wannan kayan aiki cikin waye kai game da HKLJH?

Kundin koyaswar yana ɗauke da ayukan koyaswa da ma'aikatun kiyon lafiya ke iya aiwatar da su a matakai daban daba (misali., masu marabtar mutane ; masu bada kulawa, ds .) domin su sami iyawar da ake bukata, domin bada kulawa ta fannin kiyon lafiya da ya shafi jima'i da haifuwa da ta dace da yara madamanta da matasa. Ana iya koyar da shi cikin taron koyaswa na kwana 5. An bada tsarin kowace rana domin a mori lokaci a samu a koyar da dukan darusa da ke ciki.

Duk da haka, ayuka da tsarin tafiyar da aiki na koawce rana da aka gabatar da su cikin wannan kundi, ana iya daidaita su domin biyan bukata da yanayi na masamman da mahalarta taron suke. Misali, masu kula da tafiyar da tsari/proje na iya sa abukan aikinsu na wuri, ko na ɓangare gwamnati, ko ƙungiyoyin fara hula (ƙungiyoyi, ƘZK na wuri, ƙungiyoyin na cikin al'umma da suke aiki cikin fannin HKLJH), cikin aikinsu na HKLJH.

a) Zaman taro na koyarwa a gida ko a wani wuri, na kwana 5;
b) Rana guda ta koyarwa ga sati, ko ga wata;
c) A riƙa yin koyarwar da marece tsawon kwana 10 cikin sati biyu, ds.

Abin da kayan aikin ya ƙumsa

Kundi koyaswa a kan kiyon lafiya da ya shafi jima'i da haifuwa, domin yara madamanta da matasa, da bada kulawa da ta dace da bukatunsu

Godiya

Gabatarwa

Rana ta 1

- Gwaji kafin koyaswar
- Gabatar da mahalarta taro, duba gurin koyaswar, sansancewar farilan da za a kiyaye
- Bada haske game da akidar sha'anin jima'i wurin yara madamanta da matasa
- Muhimmancin aiki tare da yara madamanta da matasa
- Koyo a kan sha'anin jinsi
- Abin da sha'anin jima'i ya ƙumsa

Rana ta 2

- Tuni a kan rana ta farko
- Saƙonni a kan ....
- Ƙetari guda gaba, ƙetari guda baya
- Misalin a kan kiyon lafiya da hakin ɗan Adam game da al'amarin jima'i da haifuwa
- Lafiyar yara madamanta

Abin da kayan aikin ya ƙumsa (ƙari da ƙarshe)

Kundi koyaswa a kan kiyon lafiya da ya shafi jima'i da haifuwa, domin yara madamanta da matasa, da bada kulawa da ta dace da bukatunsu

Rana ta 3

- Tuni a kan rana ta 2
- Tsarin abin da za a tafiyar da shi
- Iya sadarawa da Ingantattun Shawarwari
- Miyagun tunani da zargi a kan al'amarin halin mutum ta fannin jima'i
- Amsa tambayoyi masu wuya
- Al'amarin hana ɗaukar juna biyu

Rana ta 4

- Tuni a kan rana ta 3
- Misali na bada shawara ga Matasa da Yara Madamanta
- Mazaunin matasa

Rana ta 5

- Tuni a kan rana ta 4
- Auna aiki da Tsara ayuka
- Gwaji bayan koyarwa

A ina za sami wannan kayan aiki ?

Ana samun wannan kayan aiki a cikin wannan shafin yanar gizo

- **http://www.dssr-osc-ao.org/index.php/etudes/**

Maƙasudi

Maimakon a ƙirƙiro wani sabon kayan aiki na waye ma mutane kai game da HKLJH, a cikin makarantu da wasu wurare daban, mun ga ya kyautu a cikin aikin wannan proje, a tattara dukan kayan aiki da suka shafi al'amarin HKLJH, da kuma suke iya gaugautar da ƙoƙarin waye kai a kan HKLJH a Mali, da Guinée, da Burkina Faso da Niger. Kayan aiki da aka zaɓa cikin wannan kundin koyaswa, aikin ƙungiyoyi ne da suke da babbar ƙwarewa zahiri, game da waye ma mutane kai a kan HKLJH cikin yanayi aban daban.

Wannan kundin koyaswa yana gabatar da kayan aiki 10, da masu kula da tsari/projen HKLJH ke iya daidaitawa dangance da bukatu na waye kai a kan HKLJH a cikin makarantu da wasu wurare daban.

A'almarin waye kai game da HKLJH, abu ne da ya kamata a yi taka-tsantsan a cikin yanayin Afirika ta Yamma. Abu ne da ya kamata a yi zancen shi tare da lura da yanayin doka, yanayin al'adu, yananyin addini da na gargajiya – da suke da nasaba ta faɗa a ji cikin al'ummarmu.

Muna fatan yaɗuwar wannan kayan aiki masu daidaituwa da bukatu na masamman na tsari/proje, za su taimaka da kyau wajen ƙarfara ƙoƙarin waye ma mutane kai game da HKLJH cikin makarantu da sauran wurare.

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