



UNKK NOMAGUGU SIMELANE  
UNGQONGQOSHE WEZEMPILO

# ZIBHEKE NGALESI SIKHATHI "SENYANGA YEZOTHANDO"



## SEBENZISA IJAZI UPHINDE UHLELE UMNDENI UKUZE UGWEME UKUKHULELWA OKUNGAHLELIWE KANYE NEZIFO EZITHATHELANA NGOCANSI

### Ukuvulwa kwezikhungo zemfundo ephakeme kanye nokuvulwa kwezikole kusho ithuba lokuqala kwezinto ezintsha kubantu abasha.

Njengoba singena enyangeni uFebruary neyaziwa ngokuthi "inyanga yezothando", sithanda ukunxena abantu abasha ukuba bazinike isikhathi sokucabanga ukuthi bangawanciphisa kanjani amathuba okuzithola sebebhekene nezingqinamba ezigwemekayo njengokukhulelwa okungahleliwe, ukutheleleka ngezifo zocansi okubalwa khona nesandulela ngculazi i-HIV.

Yize kunomuzwa obonakalayo ukuthi impela "uthando luvutha amalangabi" njengoba sibheke osukwini lwezithandani i-Valentine's Day mhlaka 14 February, sinxena abantu abasha ukuba bazithibe nokuzibandakanya nezocansi ukuze bakwazi ukuqhuba ezemfundo baphinde baqaphe isimo sabo sempilo.

Sithanda ukuphinde sinxuse labo asebeqalile ukuzibandakanya nezocansi ukuba bathathe izinyathelo ukuze bagweme izimo ezingezinhle ezifana nokukhulelwa okungahleliwe, ukutheleleka ngezifo zocansi okubalwa khona igciwane le-HIV kanye ne-AIDS.

Ucwaningo luveza ukuthi intsha yesifazane eneminyaka engu 15 kuya kwengu 24 isengcupheni enkulu yokutheleleka ngegciwane le-HIV ngenxa yokuzibandakanya nabantu abadala nokuyibo abagcina bebathelela ngegciwane le-HIV.

Emuva kwalokhu, lentsha kuba yiyo egcina seyithelela abafana abancane abalingana nayo.

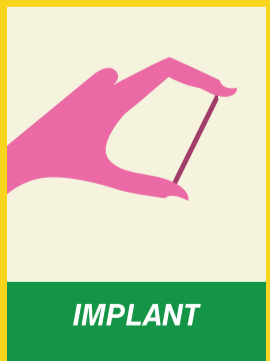
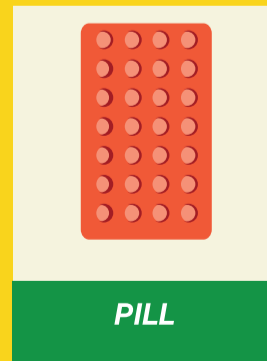
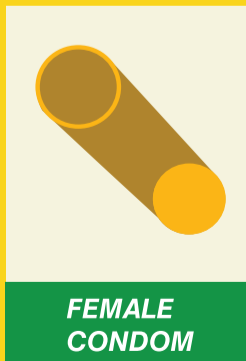
Njengoba sibheke enyanga yezothando, sithanda ukunxusa abantu abasha ukuba bacabangela ikusasa labo ngokwenza izinto ezisemqoka kuqala.

Lokhu kusho ukuthi kumele izifundo kanye nempilo yabo bayibeke phambili.

Kusho ukuthi kumele bangazibandakanyi nezocansi, basebenzise ijazi noma benze uhlelo lokuhlela umndeni ngaso sonke isikhathi. Lokhu kuzoqinisekisa ukuvikeleka kwabo ezintweni ezimbi njengokukhulelwa okungahleliwe, izifo ezithathelana ngocansi kanye negciwane le-HIV. Lokhu kuzophinde kuqinisekise ukuthi kuze kufike isikhathi sokuba bagogode kwezemfundo besaphila bakwazi ukuhlela ngendlela ikusasa.

Abantu abasha abangakwazi ukuzithiba ocansini bayagqugquzelwa ukuba basebenzise uhlelo lokuzivikela olumbaxambili, nokungukusoka kanye nokusebenzisa ijazi ngaso sonke isikhathi uma bezibandakanya nezocansi baphinde nabesifazane bahlela umndeni.

**Lezi zihlelo zezempilo ziyatholakala mahala emphakathini.**



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