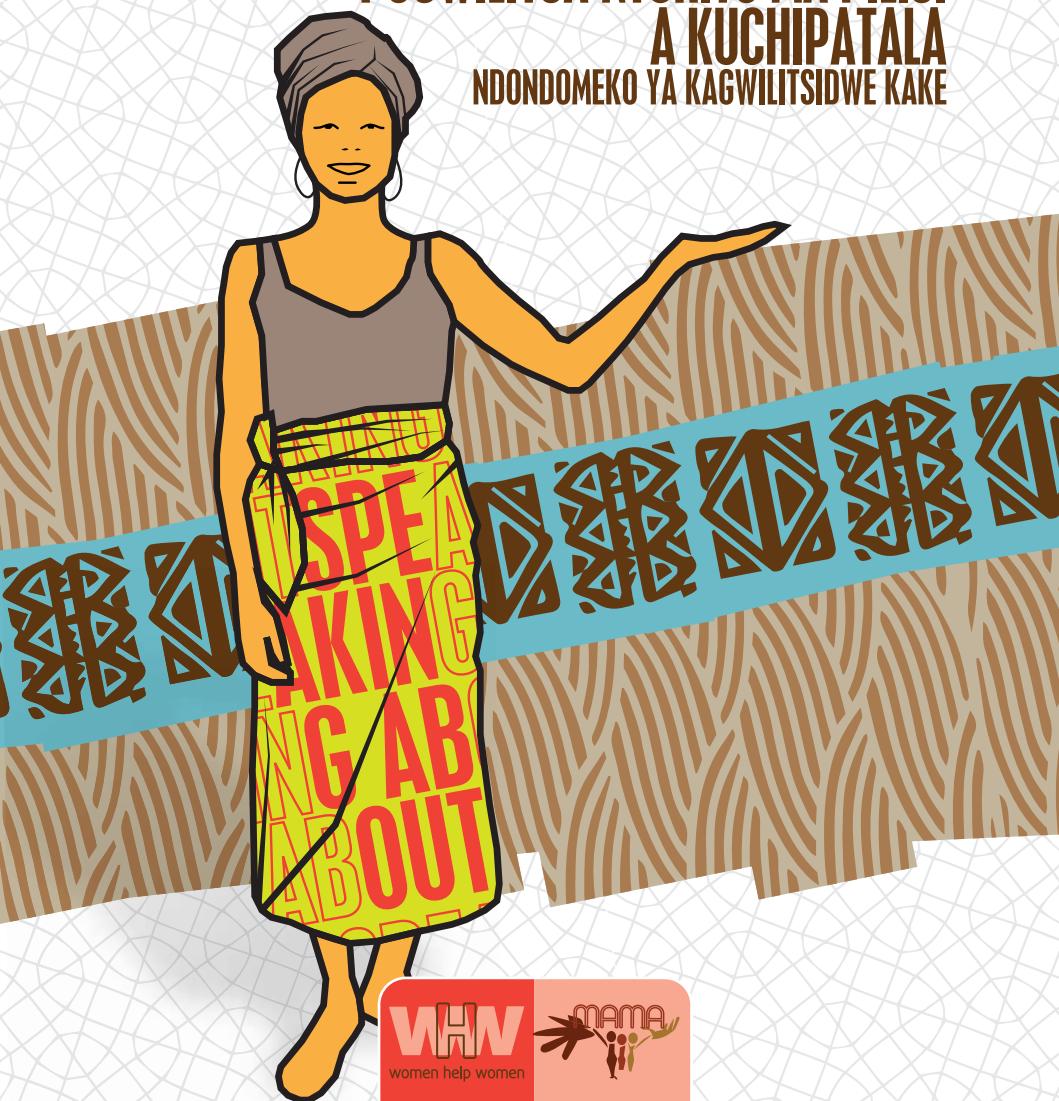


KULANKHULA ZA KUTCHOSA  
PAKATI (MIMBA)

POGWILITSA NTCHITO MA PILISI  
A KUCHIPATALA  
NDONDOMEKO YA KAGWILITSIDWE KAKE





- [01.] **Mawu oyamba**
- [02.] **Ndi chifukwa chanji kuli kofunka kuziwa za mankhwala a misoprostol ndi mifepristone**
- [03.] **Kumvesetsa nkhani yonse**
- [03.1] Kusalana ukachosa mimba
- [03.2] Ndodomeko yabwino yoyakhula ubwino wochosa mimba
- [04.] **Kulalnkhula za m'mene wenkha unga chotsele mimba**
- [04.1] Zomwe tingalankhule -  
Mfundu  
Makhalidwe
- [04.2] Kusonkhensa mayankho  
Kodi omvera uthenga wako ndi ndani  
Magulu anayi a mafunso  
Kuwonesera njira zamachitidwe  
Za chinsisi ndi mbali ya malamulo
- [05.] **Zitsanzo za njira zolumikizilana**
- [05.1] Mafunso kuchokera kwa atolankhani
- [05.2] Kalata kwa mkozi wa nkhani kapena kulemba maganizo ako kwa mkozi
- [05.3] Pa masamba a mchezo
- [05.4] M'mene ungapeclekere uthenga kwa anthu pagulu

# [01.]

## CHIYAMBI

Kutchosa Mimba ndi mankhala a kuchipatala ndi nchitidwe otchosa pakat pogwiritsa ntchito mapilisi. Maplisi amene amagwilsidwa ntchito kutchotsa pakati amatchedwa Mife-pristone ndi Misoprostol

Makhwalawa amagwra ntchito chimodzimodzi nd m'mene mimba imachokela akapoloza. Kuchotsa mimba nd mankhala kumatcdwanso kuti “Kuchotsa mimba ndi mapilisi” kapena”

Pa wekha Kugwilitsa ntchito mapilisi kuti utchose mimba ndi mchitidwe otchotsa mimba kunyumba osati ku chipatala. Izi zimatchedwanso kuti kuchosa mimba panokha; kuzithandiza pawekha; kapena, kuzithandizila kunyumba

Pokha pokha anthu ali ndi uthenga woyenera, kutchotsa mimba m'masiku oyambilira kwasonyeza kuti ndizothandiza komaso mzotheka pa dziko lapansi.

Uthenga wochetsa mimba pa wekha moziteteza kwathan-dizira ketetza azimayi paumoyo wawo komanso thanzi, koma kukamba za nkhaniyi kwakhala kobvuta.



Cholina cha bukuli ndi chothandiza amemne akupeleka uthenga wochotsa mimba kuzela m'mauthenga osiyana siyana.

Iyi ndi njira yomwe inakhazikika ndi ophunzitsa anzao a bungwe la Women Help Women, ([www.womenhelp.org](http://www.womenhelp.org)) omwe akhala akugwira ntchitoyi kwa zaka zoposa khumi pa nkhanji yochotsa mimba m'malo osalola mchitidwe ume-neu. Unakhazikisidwa ndi cholina chothandiza olimbikisa pakupeleka mauthenga ndi ndikachosedwe ka mimba mosamala omwe akuchokela kudela la mu maiko ku chipululu cha Sahala, mothandizidwa ndi bungwe la Women Help Women. Women Help Women ndiloyamkira pa chinthandi and I zipangizo chomwe chimalandila kuchokela ku mabungwe a Inroads, COMs project, IPPF, Sea Change Pologalamu komaso akuluakulu a SIA Legal. Tatengako mfundo ndi ukadaulo omwe anapeleka pa mchitidwe ochotsa mimba kumalo komwe kuli kovuta.



Ziwani za chiyakhulo: \*Women Help Women anazindikila kuti posasiyana pamuthu wama-muna ndi muthu wakazi sikunaphatikize maufulu ndikufanana kwa anthu omwe anga fune kuchosa mimba. Tikukhulupilila kuti aliye alindi ufulu wathandizidwa komaso ulemu mu nthawi imene amachosa mimba.

# [02.]

## NDI CHIFUKWA CHANJI KULI KOFUNKA

KUZIWA ZA MANKHWALA A MISOPROSTOL NDI MIFEPRISTONE



Malingana ndi bungwe la Zaumoyo pa Dziko lonse, azimayi opitilira 56 miliyonipa chaka amasakha kutaya mimba. Ku-taya mimba ndi opaleshoni imodzi imachitika kwambiri pa dzo lonse lapansi, koma anthuwa sapasidwa mwayi ochosa mimba kuzera mnjira zotetedzedwa nde amayika mmiyoyo ndi thanzi yawo pachiopyzezo. Kuchotsa mimba mosate-tezedwa ndi njira imodzi yomwe azimayi ambri amaferapa uchembere. Kafukufuku amati mwa azimayi 300 omwe sanasate njira yotetezeka pochotsa mimba m'modzi amafa.

Kuchosa mimba pawekha pogwilitsa ntchito mapilisi ndi njira imodzi yokhayo imene ili yoyenela ngakhala mala-mulo ali amalesedwa. Kuchtsa mimba sikuyenera kukhala kosaziteteza chifukwa kukuchitika kunja kwa malamulo kapena pafupi ndi chipatala.

Mauthenga a kachosedwe ka mimba moziteteza pa lamya (pano ali m'maiko osachepera 20), zochitika mma comumuniti komaso nthandizo limene amapere a bungwe la Women Help Women pa kuteteza thanzi ndi kukwera kwa ufulu wa ubeleki. Kuthandizira kupeza mankhwala a mapilisi ochotsela mimba ndi chilimbikiso chopeleka mphamvu komanso kutsutsana ndi mchitidwe ofumnika kuuwunikilapo pazau-bereki.

### [3.1] Kuchosa mimba ndi kusalidwa

Zochika ndi zoganzira pa nkhani yochotsa mimba zikhonza kukhala zosamvetseteka. Mu madera ambiri kuchotsa mimba ndi mwikho komanso nkhani yosakamba pagulu. Ngakhale patakhaku vomeleza zochotsa mimba ambiri akhonza kuyikidwila malire.

#### Kusalidwa Ukachosa mimba ndi chani?

Kuchotsa mimba ndi nkhani ya zikhulupiliro kuti kuchotsa mimba ndikulakwa komanso kosavomelezeka malingana ndi madela komanso zikhulupiliro zathu. Zimenez zimanenedwa munthu akaulula kuti anachosapo mimba, pena amanena ndi anthu akumbari.

Kusalidwa kwagona pa njira zingapo: mabungwe ndi mayendetsedwe ake. Malamulo ake, zikhulupiliro za mmudzi, m'mene munthu ukhulupilira ndi kuziweluza yekha. Zikhonza kukha malamulo oletsa, ku chinjilizidwa, kusowa chithandizo cha chipatala. Kukhala ndi maganizo osemphana ndi anthu omwe akufuna kuchotsa mimba, makamaka amene amachosa paokha.

Komanso maganizo oipa omwe amauzidwa anthu omwe akufuna kuchosa mimba zimenezi zimapangisa kusalana komaso kupanga zinthu zopanda chilungamo.

Komabe manyazi obwera kamba kochosa mimbaku ku-

masokoneza ndondomeko zimene anthu angasate kuti apeze zipangizo zoyenera malingana ndi malamulo omwe amavomereza kapena kukana muchitidwewu.

Zimenezi zimapangisa anthu kugwirisa ntchito mankhwala osayenera pochosa mimba kamba ka malamulo oletsaka kuchosa mimba.

Zikutengeraso khalidwe la komwe anthu akukhala ngati ndikovomerezeka kutero kapena ai izi ziliso ndi mabungwe oima pawokha monga ma kalabu ndi magulu amumizi, a zipembezo komaso andale.

### **[3.2 ] Ndondomeko ya zokambilana pa nkhaninyochosa mimba**

Kupeleka uthenga wakuchosa mimba pogwilitsa ntchito mapilsi ndikoyena pa umoyo, mafulu a munthu komanso chilungamo. Ntchito za ufulu ochotsa mimba zikhonza kulongosoledwa mu njira zosiyasanasyana ndipo zonsezi zikhonza kukozedwa malingana ndi amene akuuzidwa.

#### **Thanzi labwino**

Kuyambla kale kuchotsa mimba kwakhala kukutengedwa ngati mbali imodzi ya nkhaninyo za umoyo. Kuchutsa mimba mosatiteteza kwachitsa kukwera chiwelengero cha amayi womwalira ndi kuchulutsa zokambakamba , zomwe zili zopeweza ngati pangakhale njila zoziteteza. Malamulo okonazidwa sakuchepesa kuchuluka kwa mchitidwe ochossa mimba. Malamulo amangochulusa mchitidwe oti azimai azipeza njira zosatetezeka pochotsa mimba zomwe a sayansi anapeza.

#### **Kuchepesa kuopysa/Kuvulazidwa**

Ndondomeko ya kuchepetsa kuopysa kochotsa mimba kumathandizira keteteza moyo mu m'malo momwe malamulo

ndi chikhalidwe chimaletsa nchitidwewu ndipo zimachitsisa kuti anthu azichitanchitidwewu mozembayitsa. Ndondomekoyi dziwa kuti kuchotsa mimba ndi chithandizo cha mapilisi kunyumba chi chithandizo ndi kotetezedwa kusiyana ndi ku kachotsetsa motsephana ndi malamulo ndipo ngati kuchotsaku kungachitike ziyenera kukhal zotetezeaka.

### **Maufulu a munthu**

Kusowa kwa njira zotetezedwa zochotsela mimba ndi njira zolelera ndi kuphwanya maufulu a munthu. Maufulu amenewa ndi monga kupeze chithandizo cha achipatala, ufulu okhala mfulu ku nkkaza, kunyozedwa, ufulu okhala ndi chinsisi ndi komanso kusungilidwa chinsisi ndi ufulu opeza ma uthenga a zaumoyo ndi maphunziro. Kunaziwika kuti kuika ziphysinjo pa nkhaniza kuchotsa mimba padzikilonse ndi kuphwanya ufulu wa munthu. Bungwe la Maiko onse a dziko lapansi, khoti la za maufulu a anthu, ngwirizano wa maiko a kwa angelezi ndi Bungwe la zaumoyo pa dziko lapansi onsewa amabvomeleza kuchotsa mimba motetezedwa ndi kuchotsa mimba mwa malamulo.

### **Chilungamo pa ubeleki**

Cholinga ndi chofuna kuvomeleza ndikuthana kupondeleza. Chilungamo pa za ubeleki chagona po mvetsa kuti zotsutsana zimathandizira kusankhana pa mamuna kapena mkazi, kapena ogona naye, mtundu, za lumikizana kuti pakhale kumvetsetsana. Kusowa kwa kupeza njira zochotsela mimba zimalumikizidwa ndi mchitidwe ogawanika pamene anthu osowa chithandizo amakumana ndi ziphinjo kuti apeza za umoyo, chilungamo nde chiteteko chisamaonele komwe munthu akuchoker, mtundu komanso m'mene amapezera. Pamenepa njira yochotsela mimba ndi nkhaniza ufulu ndi mchitidwe

# [04.]

## KULALNKHULA ZA M'MENE

WENKHA UNGA CHOTSELE MIMBA



### [4.1] Tingalakhule bwani – Zonna kapena mfundu

Polankhulapo za kuchotsa mimba, mfundu ndi chiwelen-gero cha mchitidwewu ndi zofunika kwambiri. Chifukwa chosayilora nkhaniyi kukambidwa momasuka anthu ambiri samadziwa za zaumoyo ndi m'mene zimakhalira. Komano kuti upeleke bwino uthenga pa mchitidwe ochota mimba mo mvetsetseka pagulu, sikoyenera kukkamba za mfun-do zokha pa nkhaniyi. Kukambilana za mchitidwe ochot-sa mimba kumakhala konvetsetseka ngati opeleka uthenga wakhazikika pa ubwino. Makamaka kupeleka uthenga wab-wino pa mchitidwewu woti uwagwedeze owumvera.

#### Zonna

Konzekelani ndi mfundu zonna ndi maumboni oona. Monga:

- Chiwelengelo cha ochotsa mimba, imfa za amayi kamba ka uchembere. Nkhani ya kulera.
- Umboni wa zotsatila zochotsa mimba mosaziteteza
- Umboni wa zotsatila zochotsa mimba moziteteza pog-wilitsa ntchito mapilisi
- Ma Ufulu achibadwidwe ndi kususana ndi malamulo

(mabungwe, ufulu opeleka ndi kulandila mauthenga kulingana ndi malamulo a akulu a dziko

- Kupeza maumboni ena a mbali zina ndi opeleka maumboniwo

Kuvomeleza kuti maiko onse, kaya lamulo likuta chani, mchitidwe ochotsa mimba umachitika, komano zotsatila zochotsa mimba mosaziteteza ndi zopeweka pololeza kuchotsa mimba ndi kulora anthu kulandila mauthenga a m'mene angapezele njira zosamalika.

Kuzindikila kuti mayiko onse, kusatengela malamulo, anthu amachosabe mimba, mchifukwa chake kuchosa mimba mosayenela ndikopewedwa, pakungofunika kuonjezera mauthenga komaso njira zakachosedwe.

### Mfundo

Kukhanzikisa Mfundo nzako. Kuyakhulapo njira and maganizo abwino pa dziko, ulemu kwa anthu komaso kuchitila ubwino anzako ndikuthandizapo.

Chisanzo cha Mfundo zabwino:

### Kuziyimilila pawokha ndi kusiya kwathu:

- Ndi mzimayi yekha ali ndi mimbaamene amazwa kut nthawi yakwana kutenga mimba ndipo iye yekha ali ndi chisankho cosamala mimbayo. Pamene wapana chsnkho chochosa mimba, ayenela kusankha njira yomwe angatenge kuti atetezedwe pochotsa mimbayo.
- Azimayi ndi chotengera ndipo ali ndi ufulu kupana chiganizo pa uchembere wawo. Ndipo ufulu wawo uyenela kulemekezeka.

### **Chiterezo ndi Thanzi:**

- Mmene munthu akufuna kuchotsela mimba ndi chiganizo chake, kaya akufuna njira ya mapilisi kaya njirazina. Koma ikakhala njira yakuchipatala iyenera kukhala yotetezedwa ndiyovemelezeka ndi malamulo.
- Kuteteza kapena zachpatala ziyanela kukhala zounidwa ndi akadaulo osati nkhamba kamwa.

### **Njira yopezera mauthenga**

Uthenga ndi Mphamvu. Aliyense ndiwoyenera kupeza uthengs woyenera, uthenga okhala ndi umboni. Kuchotsa mimba ndi mapilisi ndi kotetezedwa.

### **Kudzipeleka kumakhalidwe abwino, chilungamo ndi ufulu wa wa anthu:**

- Tili ndi cholinga chopeleka umboni wokhazikika womwe ukusonyeza umbino wa kuchotsa mimba pogwiritsa ntchito mapilisi. Kuletsa kupeleka uthenga kumapangisa kuti chiopsezo poochosa mimba.
- Pamene boma kapena anthu alephera kuthandiza mzika zake. Anthu ayenera kuthandizana okhaokha kuti akhale ndi chiterezo komanso umoyo. Ogwira ntchito a za umoya a m'madera ndi amabungwe amateteza maufulu a anthu poeleka mauthenga a njira zotetezekwa.

## Mphamvu

- Ndikoyenera ndi kofunika munthu kuziteteza wekha komanso kuthandiza ena kuti achite chimodzimodzi.
- Azimayi amene analandilapo uphungu amakhal okwima maganizo ndipo amapanga ziganizo za moyo wawo komanso kuthandiza ena. Amene amwathandiza amamenyera ufulu ku kupondelezana ndi malamulo.

### [4.2] Kukonzekera mayankho

**Kodi omvera uthenga wanu ndi ndani?**

Ndi koyenela kuziwa gulu la anthu amene amvre uthenga wako komanso zomwe utalankhule. Ndibwino kuonaso kuti kodi ma uthenga angawa ndimagulu ati ndingawapsile makamaka ma uthenga a zaumoyo, pa anthu ogwiliza chimodzi kapena azimayi amene angafune chinhandizo.

**Ma gawo anayi a mafunso**

Mafunso omwe mungalandire kuchokela kwa omvera amakonda kukhala okhuzana ndi izi.

- **Polojekiti yanu (muma chita chani? Chifukwa chani?)**
- **Mapilisi ochotsela mimba ndi ubwino wake.**
- **Za Malamulo.**
- **Makhalidwe ake.**



### Kuwonesera njira zamachitidwe

1. Konzkelani – ponkonzekera kukalankhula pa gulu ndibwino kupanga uthenga woywnera m'mmaganizo ako. Ukhonzango kupeleka zitsanzo zoseketsa zomwe wina anapangapo, koma mosungila ena chinsisi. Ukhonza kulemba mitu ya zonenedwa komanso kuzisunga pamtima.
2. Pakakhala funso, ganizilani mozama pa nkhani yafun-sidwayo. Poyankha onesetsani kuti mwakhazikika pa mfundo zolumikizitsa zomwe mukuyenela kulankhula.
3. Pezani mwayi ulumikiza mfundo zabwino zomwe zi-wagwedeze omverawo. Olo litakhala funso lovuta liz-ikulimbitsani pelekani yankho ulemu ndi mphamvu zo-limbikitsana.
4. Khalalani odekha. Ozabwerenza mau osankha, okwiya kapenanso onyoza amene abwera ndi funso.
5. Chilimikani pa paza ntchito yanu ndi zolina za nt-chititoyo. Pa yankho lililonse mukhonza kuonjezera-po mfundo zina zothandizira nthito yanuyo komanso mmene zilili zabwino.

## Zitsanzo za mafunso ovuta kapena/ndemanga ndi mayankho ake

<b>Polojekiti yanu</b>	<p><b>Kodi cholinga cha kampeni yanu ndichani?</b>  Uku kukhazikitsa kwa ntchito yophunzitsa m'mene mapilisi a Misoprostol angagwiritsidwire ntchito yocho-tsela mimba motetezedwa (komanso kuchepetsa kutaya magazi kwambiri) uthengawo ukukhazikika pa mmfundu za bungwe la za umoyo padziko lonse lapansi. (WHO) Nambala ya Lamya (pelekani nambala) yakhanzitsidwa kwa onse akufuna kupeza uthenga kwa onse akufuna kutchotsa mimba.</p>
	<p><b>Kodi uthenga ukupelekedwa ndiwotani?</b>  Kampeniyi ikupelekedwa kwa azimayi ndi m'mene angachotsele mimba moziteteza ali kunyumba pogwilitsa nychito mapilisi a Misoprostol (amatchedwano Cytotec) mankhwalawa amapezeka (tchulani dziko) imapelekanso unthenga m'mene anaggwilitsire ntchito mapilisiwa motetezeza pobeleka ndi uthenga wina okhuzana kugonana. Cholina chake ndi kuthandiza anthu kukhala moyo wathanzi komanso kukhala oziwa.</p>
	<p><b>Kodi mumalimbikitsa kuchotsa mimba pa ntchitoyi?</b>  Timapeleka uthenga mwatchutchutchu ndi zosatila kafukufuku wa a sayansi. Uthengamu ndi olondola. Aliyense ali ndi ufulu kukhala ndi uthenga umenewu komanso kupanga chiganizo pa moyo wake.</p>
	<p><b>Nanga azimayi angapeze bwanji mapilisi amenewa?</b>  Misoprostol amapezeka mu ma sitolo a mankhwala amatchedewa (mu Famase) komanso akhonza kupezeka poyitanitsa ku mabungwe omwe sapanga business ngati Women Help Women. Mapilisi a misoprostol ali pa m'ndandala wa mankhwala ofunikila ku bungwe la za umoyo padziko lonse lapansi poti amathandizanso ku matenda osiyanasiyana. Amagwiritsidwa ntchito ku muzipatala za azimayi poteteza ndi kuchiza kutaya kwa magazi komanso mzi-mayi akapita pambali. Amathandizanso pochiza zilonda za m'mimba ndi matenda a mafupa</p>

<b>Kuchotsa Mimba pogwilitsa ntchito Mapilisi</b>	<p><b>Kodi ndi zoopsyia mzimayi kumwa mankhwala payekha?</b></p> <p>Kuchotsa mimba pogwilitsa ntchito mapilisi ndi kotetezeka ndiponso kosavuta kupapngila kunyumba mu masiku woyamilira a mimbayo. Anthu zikwi zikwi achotsa mimba ku Amelika kumanso ku ulaya ndiponso ndi nchitidwe okhazikika kumeneko. Misoprostol ndimapilisi amene anakhazikidwa ndi a bungwe la World Health Organization.</p>
	<p><b>Mungalongosole m'mene mapilisi a Misoprostol amagwilira ntchito?</b></p> <p>Mapilisi a Misoprostol amapangitsa kupołosa kutaya magazi ku maliseche a mzimayi. Kuti uchotse mimba ya masabata khumi ndi awiri pamafunika mapilisi khumi ndi awiri a Misoprostol (12). Mapilisi anayi amayikidwa kensi kwa lilime. Pakatha mawola atatu mapilisi ena anayi ayikidwenso pansi pa lilime, pakathanso ma wola atatu mapilisi ena anayi ayikidwenso pansi pa lilime (olo pelekani kamwedwe a Mifepristone and Misoprostol)</p> <p>Ngati mzimayi abereka kumalo koti kulibe a zachipatala. Mapilisi a Misoprostol amapangitsa chibelekero kubwelera mchimake kumanso kuchepetsa kutaya magazi komanso kutulusa chingwe cholukizila mwana ndi make m'mimba (Mzimayi akangobeleva chingwechi chisanatuluke ayike mapilisi atatu pansi pa lilime. Misoprostol amathandizanso kuletsa kutaya magazi kwambiri mzimayi akangobeleva.</p>
	<p><b>Kodi si timayesa kuti m'maiko ena kuchotsa mimba kumachitika pokha pokha pakhale madotolo?</b></p> <p>Kuchotsa mimba ndi mapilisi ndi chimodzimodzi ndi kupita padela. Mzimamyi akapita pambali/ Kupoloza amamuthandiza ndi azimayi anzake kopamba madotolo.</p> <p>Kafukufuku wa a science amaonetza kuti azimayi ali ndi kuthekela kuchotsa mimba paokha, ngati ali ndi uthenga woyenela pa nkhaniyi. M'maiko akuulaya ndi ku Amelika anthu amamwa okha mankhwalawa kunyumba zawo.</p>

	<p><b>Kodi Kuchots Mimba Kuwasokoneza mumamganizidwe?</b>      Chisankho china chilichonse chomwe munthu amapanga chikhonza kupangisa kapena kusapangisa munthu kukhala motero. Ambiri apelekelo umboni woti akachotsa mimba amakhala ndi mtendere.azimayi ochotsa mimba paokha amafunika kulimbikitsidwa komanso thandizo popeza sizikuchitikila ku chipatala komanso zimapangisa kukhala ndi maganizo ambiri poganziliza zomwe zingachitike ngati lamulo lingagwepo. Zoti kuchotsa mimba kumapangitsa munthu kutaya mutu ndi ndisokonekeza chabe komanso zabodza. Kusowa chithandizo ndi chomwe chiwapweteka azimayi, ndi chifukwa a pabanja, aza chipatala ndi mudzi onse umafunika kuthandizapo.</p>
	<p><b>Kodi ndi zoophya zanji zomwe zingachitike utamwa mapilisi amenewa?</b>      Zosokonekera zomwe zingachitike ndizochepetsesa. Zosokonekelazi ndi chimodzimodzi ndi kupita pambali/ kupoloza monga kutaya magazi kwambiri kapena kutenga matenga kuchibelekero.zosokonekelazi ndi zochepa chiwelengo chimasonyeza kuti mwa amayi a mimba khumindi asanu kapena makumi awiri pa makumi khuni ampita pambali/kupoloza. Azimayi akhonza kupeza chithandicho china choonjezera ku chipatala, poti mapilisiwa amagwira ntchiti m'mene munthu umapitira pambali palibe angasiyanitse.</p>
<b>Mbali zamalamulo</b>	<p><b>Kodi ndikosaloledwa kupele ma uthenga awa?</b>      Ndi ufulu wchibadwidwe kupezu kapena kupeleka uthenga. Uthenga ndi wamphavu chifukwa umapangitsa munthu chiganizo choyenela payekha. Kampeni yathu ndi kupeleka uthenga molingana ndi kafukufuku wa a ukadaulo a zofufuza pa mapilisi a Misoprstol poteteza kutaya magazi komanso kuchotsa mimba moziteteza.</p>
	<p><b>Kodi sitikuyenela kulemekeza malamulu a dzikoli?</b>      Azimayi amachotsa mimba kuno olo pali malamulo, chofunika nchakuti amaziwa kuchotsa mosamala. Uthungawu umateteza umoyo wa azimayi komanso kupeleka uthenga umemnewu ndi ulemu wapadela ku umoyo wa anthu. Ife kwathu ndi kupeleka uthengawu, si kwa ife kupangira wina aliyense chisankho.</p>

	<p><b>Kuchotsa mimba ndi kosutsana ndi malamulo a dziko muno. Nchifukwa chani mukulimbikitsa mchitidwewu?</b></p> <p>Padakali pano lamulo loletsa kuchotsa mimba likupweteketsa azimayi. XXX ya azimayi amachotsa mimba chaka chilichonse mdziko muno. Kuloledza kuchotsa mimba ndi ufulu wamunthu, pa mudzi. Makamaka atsikana achichepere Osakwatiwa, wosauka sangapeze chithandizo cha kuchotsa mimba mozitezeza ndi kapasidwa zilango ndi mnyozo. Ikufuna tisinthe ndi choling choti pakhale kufafana ndi chilungamo. M'malo mochepetsa zilolezo zochotsela mimba tiyenera kukweza umoyo wa azimayi kuti akhale ndi ubeleki wabwino pa maganizo awo. Malaulo athu ayenela azithandzila za umoyo wa amayi posatengera kuti akulandi chithandzo chochotsa mimba kuchipatala kaena wapeza mapilisi pai iye yekha.</p>
<b>Zamakha-lidwe</b>	<p><b>Kuchotsa mimba si chinthu chabwino m'maganizo anga komanso chauta samafuna.</b></p> <p>Munthu aliyense atha kupanga chisankho kulingana ndi kuchotsa mimba, komanso ndi njira yomwe iye waona kuti ndiyomuyenera. Ine sndikufuna kupangira wina aliyense chisankho a nkhani yochotsa mimba. imeneyi si mbali yanga.</p>
	<p><b>Kutchosa Mimba Sikupha?</b></p> <p>Kupeza Misoprosol ndi kwabwino. Ngati mzimayi angagwritse ntchito mapilisiwa atangobeleka amachepetsa kutaya magazi kwambiri ndi theka komanso kupewa imfa. Mdziko lino chaka chilichonse XXX amayi amataya mimba. azimayiwa amapanga paokha, mwakhalidwe ndi chisankho mosamala. Azimayiwa ndi azimayi athu, anzathu, azichemwali komanso ana athu. Ambiriwa ali kale ndi ana ndiye amapanga chiganizochi molingana ndi m'mena amalionera banja lawo. Ichi ndi chisankho cha aliyense payekha nndi m'mene waonera.</p>

### Kodi Moyo Umayamba Liti?

Anthu ambiri ali ndi maganizo osiyana siyana pa nkhati yoti moyo umayamba liti, izi ndi m'mene amaonela nkhanzi ya kuchotsa mimba. Anthu akhonza kusankha potengera zikhulupiliro olo kusutsana kulingana nndi nkhati yoti moyo umayamba liti. Kaya kuti moyo umayamba ukangotenga mimba kapena nthawi ina ukakhala ndi mimba akhonzabe kuchotsa mimba. Chisankho chochotsa mimba olo kubeleka chimakhala ndi amene ali ndi mimba. Iyi si nkhanzi ya anthu a ndale. Ntchito yathu ndi kuonetsetsa kuti anthu ali nndi umoyo wabwino, pamene akupanga chisankho cha m'mene angachotsela mimbayo, osati kukakamizana pa zikhulupiliro.

### Chinsinsi ndi zinthu zamalamulo

Nthawi zina mukhonza kufunsidwa ku ulula maina a anthu ena okhuzidwa, olo nthawi zina anthu amene anachotsapo mimba. Yankho ndiloti inu mumasungila chinsisi anthu omwe aachotsapo mimba komanso chikhulupiliro chomwe anthuwo anali nacho pa iwe. Moteteza ndi mosunga zintssi si ndibwino kutchula ma bungwe m'malo motchula maina a anthu, pokhapokhapo ngati ali aneneli a mabungwewo. Ngati mungafunsidwe za chiwelengero cha anthu amene akulandila chithandizo kuchokela kwa bungwe lanu ndibwino kuyankha kuti aliyense amene wafunsa chithandizo amathandizika ndi uthenga mwachinsisi komanso ndi zoona zake.

## **Mudziko lililonse, konzani ndondomeko ya malamulo pa:**

- Ufulu opeza uthenga wa zamalamulo (maiko ambirir ndi malamulo amenewa mu malamulo akulu a mdziko) nkoyenelanso kuziwa ngati panakhalapo milandu yokhuzana ndi kupeza uthenga wa malamulo ndi m'mene milanduyo yinagamulidwira.
- Ngagti pali zileso zolesa kupeleka uthenga pa nkhani zochotsa mimba komanso ngati pali wina amene anazengedwapo mulandu chifukwa chopeleka uthe pa za kuchotsa mimba. zimenezi zikhonza kukatsusidwa mu khoti pogwilitsa ntchito migwilizano ya za maufulu a anthu.
- Tanthauzo mu malamulo la kufuna kupalamula mulandu elo kuthandizila wina kuti apalamule mulandu. Nthawi zambiri izi sizofunika, poti malamulowa amangofuna kukhaulisa kwkambiri anthu. Nkofunika kusindika kuti lamuloli silionjezelapo kuchotsa mimba.
- Ngati kuli kokakamiza kumutsala kapena kukamunenela munthu amene wachotsa mimba.
- Mabungwe omenyera maufulu a anthu ndi migwilizano yawo. Maiko ali ndi udindo pa zimanezi, amayenela kupeleka ukadaulo pa nkhani za uchembere



Pa mutu uwu ti peleka njira zingapo momwe mabungwe amene amagwira ntchito m'madela pa nkhani yochotsa mimba pawekha amagwilitsa ntchito ndi zina zoonjezera.

## [5.1] Kukonzekera mayankha

Kuyankha Mafunso kutchoka kwa atolankhani ngati a nyumba zolemba Nkhani, wailesi, kanema, Masamba a a Mchezo kuli ndi kuthekela kufikila anthu ambiri.

### **Malangizo ambiri:**

- Konzekelani Mfundu zanu
- Inu mukuziwa zambiri pa nkhaniyi. Atolankhani amankhala ndi nkhani zambiri, osawatenga ngati akuziwa zambiri pa nkhani yochotsa mimba.
- Osalankhula mokhala ngati wazamalamulo kapena wa zachipaptala olo kugwilitsa ntchito mau a akadaulo, chifukwa uthengawu ndiofunika kupita kwa anthu ena otizimenezo sangatolepo kanthu.
- Osalankhula zinthu zoti sizikukhuzana ndi zomwe mukukambilana ngakhale kuti mtolankhani akuyesetsa kufuna kuziwa zina zomwe sukuyenela kunena.

- Atolankhani amagwira ntchito mothamangitsana ndi nthawi ndiye zambili zokambilana mwina samalemba ndiye nd bwino kulankhula mfundo zokhazokha.
- Poti nthawi ndi zokamba zokhazikika, ziwani zovuta koma nthawi yambiri kambani zaubwino wa kuchotsa mimba ndi zolina zanu.
- Tetezani zinsisi ndi mbiri ya awo amagwiritsa ntchito mapilisi. Nthawi zina atolonkhani amafuna nkhani wina wake amene anagwilitsako ntchito mapilisiwa. M'malo mwake inu ngati namkungwi mukhonza kukamba kakhni kongofananilanako.
- Osalora kuyankha mafunso mozizimusidwa.
- Mutha kunene kuti ndinu omamngiza ndi ntchiti yina koma mubwenza lamya mosakhalitsa. Ichi chikupasami mpana kuti mukonzekele pa zomwe mungayankhepo. Lankhulani modekha komanso khazikikani pa mfundo. Muyenela chiganizo chonse osayankha kuti “Eya” kape-na “Ayi”.
- osasokonekela kapena kukhala ndi nthumazi ngati ntola nkhani akuputiliza kufunsa funso lomwe lomwlo olo akhala chete kuti mulankhulepo zambiri. Inu mungolankhula zomwe inuyo mukufuna kulankhulapo.

## Lamulo la mfundo zitatu zofunika:

Nthawi zambiri atolankhani amalemba nkhani yayifupi, samalemba nkhani yonse. Nde ndikofunika ku konzekela nfundo zitatu zomwe mukankhazikikepo. Zifunseni nokha kuti ndi mitu itatu yiti yomwe mukufuna kukambapo pa nkhaniyi.

Zitsanzo za mfundo zitatu:

- Kuchotsa mimba ndi mapilisi ndikotetezedwa
- Kuti kuchotsa mimba mu miyezi itatu yoyamba kumafunika mapilisi khumi ndi awiri a Misoprostol (kapena pilisi limozi la Mifepristone ndi anayia Misoprostol)
- Aliyense ofuna kumva zambiri akhonza kuyimba lamya pa nambala iyi(pelekani nambala ya ulele) kuti apeze uthenga wa chinsisi komanso uphungu m'mene kuchotsa mimba motitetezela.

### [5.2] Kalata kwa mkozi kapena kupelekapo maganizo

Kalata kwa mkozi ndi njira yolakhulilana ndi a nuzi pepala, mambukhu kapenaso ena a zolemba lemba. Iyi ndi njira imodzi yofikila anthu ambiri komanso imathanso kupangitsa mtsutso pa nkhani yanuyo. Kalata kwa mkozi ndi njira yokhazikika kuziwitsa anthu kuti inu kapena bungwe lanu limmagwira ntchito yanji, komanso kupita patsogolo zolingga zanu.

## M'mene mungalembele kalata kwa mkozi:

- Pezani mulingo wa mau amene mungalembe mu nuzi pepala mukuilembelayo.
- Chiganizo chanu choyamba mu kalatayo ndichofunika kwambiri. Lembani zoti owelenga achite chidwi ndi nkhanayo kuti awerenge yonse.
- Lembani mfundu zanu msanga komanso mosatalikitsa. Lembeni nkhanayo ndi kufotokoza kufunika kwake. Gwiliitsani ntchito mau omveka bwino asakuluwika. Ngati mikufuna owerenga kuti achitepo kathu awuzeni!.
- Polemba kalatayi onetsesani kuti mwalembapo dzina lanu, adiresi a bungwe, nambala ya lamya, bungwe lanu komanso email adiresi. A nuzi samasindikiza nkhanizosaziwika komwe zachokera, iwo akhonza kuchotsa maina anu mutaphempha kutelo.

### [5.3] Masamba a mchezo

Masamba a mchezo amapeleka mwayi kwa omenyela mau-fulu ndi magulu ena kulumikizana ndi anthu awo payekha payekha, m'malimana kapenango pa dziko lonse. Zimathan-dizango mbali zonse kukamba kugulu.

Zitsanzo za masamba a mchezo ndi monga Facebook, Twitter, Instagram, Tumblr, Pinter-est, You Tube, Google+, LinkedIn, WhatsApp ndi zina zambiri..

Masamba a mchezo ndi ofinika ngati chida kupeleka chithandizo posintha zithu zina, kusintha chitidwe wa anthu, komanso kuthandiza kusitha mchitidwe ndi

malamulo ena. Masamba a mchezo amafunika kuganizira bwino m'mene angafikile anthu ofunikira ndiso nd m'mene olandila uthengawo angakilepo ndemanga pa nkhanayo. Blog ndi njira ina yomwe ungayikile nkhanzi pa tsamba lako kuti umve ndemanga kuchoka kwa anthu ena.

Mmusimu muli njira zina zomwe mutha kugwilitsa ntchito kuti masamba anu a mchezo athandizire zolina za ntchito ndi uthenga wanu.

### **Kuyamba:**

*Kodi zolina zanu ndi chani nanga zotsatira zaka ndi chani.*

Kupanga tsamba lanu chikhonza kukhala chithu cha mwaiyi kuti dziko likudziweni motani. Khalani omvetsetseka pa zomwe mukufuna kupanga, kodi mukungu phunzitsa, mukufuna chithandizo, Mukulumikizitsana.

*Kodi gulu lomvetsela uthenga wanu ndi ndani?*

Kodi mukufuna kukumana ndi anthu ofuna chithandizo? Anthu amumudzi omwe anaonetsa chidwi, mabungwe omwe akugwira ntchito yonga yomweysi. Kumbukilani zimenezi nthawi zonse mukupanga tsamba la mchezo.

*Mupange tsambali kukhala lanu:*

Anthu owerenga akufuna kuziwa kuti ndinu ndani, mukufuna chani ndipo cholinga chanu ndi chani, kodi mbiri ya bungwe lanu ndi chani? Mchifukwa chani mukugwira ntchito imeneyi. Mukhonza kuolekapo zomwe inu mumakhulu-pilira ndi zolina za gulu.

*Mitundu ya zolembedwa:*

Zolemba zikhonza kukhala zinthu monga zithunzi, nthano, nkhani, chiganizo. Zolemba zanu zikhale zolingana ndi cholinga ndi zotsatila za ntchito yanu.

*Gwiritsani liwu loti A:*

Anthu amasala mchitidwe wochotsa mimba, makamaka wochotsa payekha munthu. Amakhulupilira kuti nchitidwe umenewu ndi wachikunja. Osaopa kugwilitsa ntchito liwu loti kuchotsa mimba.

## **[5.4 ] Njira yopelekera uthenga kumudzi**

Pali njira zambiri zopelekera uthenga wa kuchotsa mimba ndi mapilisi:

- Zitsanzo za njira m'mene munga uthenga.
- Ma nambala aulele (komwe angapeze mauthenga ku-chokera kwama alangizi).
- Iintaneti ndi masamba a mchezo.
- Kutcheza komanso alangizi oyendayenda.
- Polankhulana pa ma lamyaa guru.
- Misonkhano ya magulu osiyanasiyana.
- Misonkhano ndi akadaulo pa nkhaniyi.



Izi zikhonza kukhala kufalisa mauthenga a kuchotsa mimba kuchipatala:

- Mapepala omata pakhoma
- Zousa
- Zolembalemba
- Zolemba pa Malaya
- Tinsalu to puputila m'manja
- Zokhoma mu misewu
- Zochitika mbali mwa mseu ndi zosangalasa zina
- Ku zoymbayimba
- Kupekan nyimbo za Mankhwala a Misoprostol ndi ndakatulo.
- Kuyenda Mmiseu ndi zionetselo zina
- Zochitikachitika mumagulu ndikuonesera

*\*ziwani za chiterezo (chaka cha 2017): mukamagwilitsa ntchito masamba a mchezo ndikoyenera kuganizira za chiterezo cha njira, ufulundi chinsisi. Mwachidule ndibwino kugwilitsa ntchito masamba amene alibe zoletsa chifukwa chosabisa ndinso m'mene zolembedwa zimasungidwila komanso pazifukwa ziti. Nkoyenela kugwilitsa ntchito potomizila mauthenga ngati waya kapena.*



## UTHENGA WOKHUA NDI BUNGWE

Women Help Women

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**EMAIL:** [INFO@WOMENHELP.ORG](mailto:INFO@WOMENHELP.ORG)

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MAMA Network

**MOBILIZING ACTIVISTS around MEDICAL  
ABORTION (MAMA).**









