

KULANKHULA ZA KUTCHOSA
PAKATI (MIMBA)

**POGWILITSA NTCHITO MA PILISI
A KUCHIPATALA
NDONDOMEKO YA KAGWILITSIDWE KAKE**







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Kutchosa Mimba ndi mankhala a kuchipatala ndi nchitidwe otchosa pakat pogwiritsa ntchito mapilisi. Maplisi amene amagwilitsidwa ntchito kutchotsa pakati amatchedwa Mifepristone ndi Misoprostol

Makhwalawa amagwra ntchito chimodzimodzi nd m'mene mimba imachokela akapoloza. Kuchotsa mimba nd mankhwala 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.





UTHENGA WOKHUZA NDI BUNGWE

Women Help Women

WEB: [HTTPS://WOMENHELP.ORG/](https://womenhelp.org/)

EMAIL: [INFO@WOMENHELP.ORG](mailto:info@womenhelp.org)

TWITTER: [@WOMENHELPORG](https://twitter.com/womenhelporg)

FACEBOOK: [WOMENHELPWOMENINTERNATIONAL](https://www.facebook.com/womenhelpwomeninternational)

MAMA Network

MOBILIZING ACTIVISTS around MEDICAL
ABORTION (MAMA).



women help women

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

Iyi nd njira yomwe inakhazikika nd ophunzitsa anzaa a bungwe la Women Help Women, (www.womenhelp.org.) omwe akhala akugwira ntchitoyi kwa zaka zoposa khumi pa nkhanu yochotsa mimba m'malo osalola mchitidwe ume-neu. Unakhazikisidwa ndi cholinga chothandiza olimbiki-sa pakupeleka mauthenga ndi ndikachosedwe ka mimba mosamala omwe akuchokela kudela la mu maiko ku chip-ululu cha Sahala, mothandizidwa ndi bungwe la Women Help Women. Women Help Women ndiloyamkira pa chin-thandi and I zipangizo chomwe chimalandila kuchokela ku mabungwe a Inroads, COMs project, IPPF, Sea Change Polo-galamu komaso akuluakulu a SIA Legal. Tatengako mfundo ndi ukadaulo omwe anapeleka pa mchitidwe ochotsa mim-ba 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 aliyese alindi ufulu wathandizidwa komaso ulemu mu nthawi imene amachosa mimba.



Malingana ndi bungwe la Zaumoyo pa Dziko lonse, azimayi opitilira 56 miliyonipa chaka amasakha kutaya mimba. Kutaya mimba ndi opaleshoni imodzi imachitika kwambiri pa dzo lonse lapansi, koma anthuwa sapisidwa mwayi ochosa mimba kuzera mnjira zotetezedwa nde amayika mmiyoyo ndi thanzi yawo pachipysezo. Kuchotsa mimba mosatezedwa ndi njira imodzi yomwe azimayi ambri amafera-pa 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 malamulo ali amalesedwa. Kuchotsa mimba sikuyenera kukhala kosaziteza chifukwa kukuchitika kunja kwa malamulo kapena pafupi ndi chipatala.

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



Izi zikhonza kukhala kufalisa mauthenga a kuchotsa mimba kuchipatala:

- | | |
|--|---|
| <ul style="list-style-type: none"> • Mapepala omata pakhoma • Zousa • Zolembalemba • Zolemba pa Malaya • Tinsalu to puputula m'manja • Zokhoma mu misewu • Zochitika mbali mwa mseu ndi zosangalasa zina • Ku zoyimbayimba | <ul style="list-style-type: none"> • Kupekan nyimbo za Mankhwala a Misoprostol nndi ndakatulo. • Kuyenda Mmiseu ndi zionetselo zina • Zochitikachitika mumagulu ndikuonesera |
|--|---|

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

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 kugwilita 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 kuchokera kwama alangizi).
- Iintaneti ndi masamba a mchezo.
- Kutcheza komanso alangizi oyendayenda.
- Polankhulana pa ma lamyaa guru.
- Misonkhano ya magulu osiyanasiyana.
- Misonkhano ndi akadaulo pa nkhanayi.

[3.1] Kuchosa mimba ndi kusolidwa

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

Kusolidwa 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.

Kusolidwa kwagona pa njira zingapo: mabungwe ndi mayendetsedwe ake. Malamulo ake, zikhulupiliro za mmudzi, m'mene munthu ukhulupilira ndi kuziweluzza 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 mankhwalala osayenera pochosa mimba kamba ka malamulo oletsa 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 nkhani yochosa mimba

Kupeleka uthenga wakuchosa mimba pogwilitsa ntchito mapilisi ndikoyena pa umoyo, maufulu a munthu komanaso chilungamo. Ntchito za ufulu ochotsa mimba zikhonza kulongoledwa mu njira zosiyanasyana ndipo zonsezi zikhonza kukozedwa malingana ndi amene akuuzidwa.

Thanzi labwino

Kuyambla kale kuchotsa mimba kwakhala kukutengedwa ngati mbali imodzi ya nkhani za umoyo. Kuchutsa mimba mosatiteteza kwachitsa kukwera chiwelengero cha amayi womwalira ndi kuchulutsa zokambakamba, zomwe zili zopeweka ngati pangakhale njila zoziteteza. Malamulo okonazidwa sakuchepesa kuchuluka kwa mchitidwe ochosa mimba. Malamulo amangochulusa mchitidwe oti azimayi 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

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

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

Kuyamba:

Kodi zolinga zanu ndi chani nanga zotsatira zaka ndi chani.

Kupanga tsamba lanu chikhonza kukhala chithu cha mwayi 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 yomweyi. 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 kuoelekapo zomwe inu mumakhulupilira ndi zolinga za gulu.

M'mene mungalembela 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 nkhaniyo kuti awerenge yonse.
- Lembani mfundo zanu msanga komanso mosatalikitsa. Lembeni nkhaniyo ndi kufotokoza kufunika kwake. Gwilitsani ntchito mau omveka bwino asakuluwika. Ngati mikufuna owerenga kuti achitepo kathu awuzeni!
- Polemba kalatayi onetsesani kuti mwalembapo dzina lanu, adiresi a bungwe, nambala ya lamy, bungwe lanu komanso email adiresi. A nuzi samasindikiza nkhani zosaziwika komwe zachokera, iwo akhonza kuchotsa maina anu mutaphempha kutelo.

[5.3] Masamba a mchezo

Masamba a mchezo amapeleka mwayi kwa omenyela maufulu ndi magulu ena kulumikizana ndi anthu awo payekha payekha, m'malimana kapenanso pa dziko lonse. Zimathandizanso mbali zonse kukamba kugulu.

Zitsanzo za masamba a mchezo ndi monga Facebook, Twitter, Instagram, Tumblr, Pinterest, YouTube, 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

ndi chikhalidwe chimaletsa nchitidwewu ndipo zimachititsa kuti anthu azichitanchitidwewu mozembayitsa. Ndonomekoyi 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 zotetezeka.

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 nkhasa, kunyozedwa, ufulu okhala ndi chinsisi ndi komanso kusungilidwa chinsisi ndi ufulu opeza ma uthenga a zaumoyo ndi maphunziro. Kunaziwika kuti kuika ziphysinjo pa nkhani za kuchotsa mimba padziko lonse 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 mvetsetsa kuti zotsutsana zimathandizira kusankhana pa mamuna kape-na 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 chitetezo chisamaonele komwe munthu akuchoker, mtundu komanso m'mene amapezera. Pamenepa njira yochotsela mimba ndi nkhani ya ufulu ndi mchitidwe



[4.1] Tingalakhule bwanji — Zoona kapena mfundo

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

Zoona

Konzekelani ndi mfundo zoona ndi maumboni oona. Mon-ga:

- 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

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[Zitsanzo za m'mene mungakambililane]

Lamulo la mfundo zitatu zofunika:

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

Zitsanzo za mfundo zitatu:

- Kuchotsa mimba ndi mapilisi ndikotetezedwa
- Kutu kuchotsa mimba mu miyezi itatu yoyamba kuma-funika 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 kuchot-sa 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 lembe. Iyi ndi njira imodzi yofikila anthu ambiri komanso imathanso kupangit-sa mtsutso pa nkhan yanuyo. Kalata kwa mkozi ndi njira yokhazikika kuziwitsa anthu kuti inu kapena bungwe lanu limmagwira ntchito yanji, komanso kupita patsogolo zolin-ga zanu.

- Atolankhani amagwira nthito 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 zolinga zanu.
- Tetezani zinsisi ndi mbiri ya awo amagwiritsa ntchito mapilisi. Nthawi zina atolankhani amafuna nkhanu wina wake amene anagwilitsako ntchito mapilisiwa. M'malo mwake inu ngati namkungwi mukhonzeka kukamba kakhni kongofananilana.
- Osalora kuyankha mafunso mozizimusidwa.
- Mutha kunene kuti ndinu omamngiza ndi ntchiti yina koma mubwenza lamya mosakhalitsa. Ichi chikupasani 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 nto-la nkhanu akupitiliza kufunsa funso lomwe lomwelo olo akhala chete kuti mulankhulepo zambiri. Inu mungo-lankhula zomwe inuyo mukufuna kulankhulapo.

- (mabungwe, ufulu opeleka ndi kulandila mauthenga kulingana ndi malamulo a akulu a dziko)
- Kupeza maumboni ena a mbali zina ndi opeleka ma-umboniwo

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

Kukhazikisa 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 kuti nthawi yakwana kutenga mimba ndipo iye yeekha ali ndi chisankho cosamala mimbayo. Pamene wapana chisankho 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.

Chitetezo ndi Thanzi:

- Mmene munthu akufuna kuchotsela mimba ndi chiganizo chake, kaya akufuna njira ya mapilisi kaya njira zina. Koma ikakhala njira yakuchipatala iyenera kukhala yotetezedwa ndiyovemelezeka ndi malamulo.
- Kuteteza kapena zachpatala ziyenela 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 chitetezo komanso umoyo. Ogwira ntchito a za umoya a m'madera ndi amabungwe amateteza maufulu a anthu poeleka mauthenga a njira zotetezeka.



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 mayankho

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

Malangizo ambiri:

- Konzekelani Mfundo 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 zachipatala olo kugwilitsa ntchito mau a akadaulo, chifukwa uthengawu ndiofunika kupita kwa anthu ena oti zimenezo sangatolepo kanthu.
- Osalankhula zinthu zoti sizikukhuzana ndi zomwe mukukambilana ngakhale kuti mtolankhani akuyesetsa kufuna kuziwa zina zomwe sukuyenela kunena.

Mudziko lililonse, konzani ndondomeko ya malamulo pa:

- Ufulu opeza uthenga wa zamalamulo (maiko ambiri 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 anzengedwapo 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 olo kuthandizila wina kuti apalamule mulandu. Nthawi zambiri izi sizofunika, poti malamulowa amanogofuna kukhaulisa kwkambiri anthu. Nkofunika kusindika kuti lamuloli silionjezelapo kuchotsa mimba.
- Ngati kuli kokakamiza kumutsala kapena kukamunene la 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

Mphamvu

- Ndikoyenera ndi kofunika munthu kuziteteza wekha komanso kuthandiza ena kuti achite chimodzimodzi.
- Azimayi amene analandilapo uphungu amakhal okwi-ma 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 ndingawapapale makamaka ma uthenga a zaumoyo, pa anthu ogwiliza chimodzi kapena azimayi amene angafune chinthandizo.

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. Konzekelani – ponkonzekera kukalankhula pa gulu ndibwino kupanga uthenga woywnera m'maganizo ako. Ukhonzanso kupeleka zitsanzo zoseketsa zomwe wina anapangapo, koma mosungila ena chinsisi. Ukhonza kulemba mitu ya zonedwa komanso kuzisunga pamtima.
2. Pakakhala funso, ganizilani mozama pa nkhani yafunsidwayo. Poyankha onesetsani kuti mwakhazikika pa mfundo zolumikizitsa zomwe mukuyenela kulankhula.
3. Pezani mwayi ulumikiza mfundo zabwino zomwe ziwagwedeze omverawo. Olo litakhala funso lovuta lizikulimbisani pelekani yankho ulemu ndi mphamvu zolimbikitsana.
4. Khalalani odekha. Ozabwerenza mau osankha, okwiya kapenanso onyoza amene abwera ndi funso.
5. Chilimikani pa paza ntchito yanu ndi zolinga za ntchitito. Pa yankho lililonse mukhonza kuonjezera-po mfundo zina zothandizira nethito yanuyo komanso mmene zilili zabwino.

Kodi Moyo Umayamba Liti?

Anthu ambiri ali ndi maganizo osiyana siyana pa nkhati yoti moyo umayamba liti, izi ndi m'mene amaonela nkhani 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 nkhani 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.

Chinsisi 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 zintsisi 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 zoo-na zake.

	Kuchotsa mimba ndi kosutsana ndi malamulo a dziko muno. Nchifukwa chani mukulimbikitsa mchitidwewu? 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 moziteteza 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.
Zamakhalidwe	Kuchotsa mimba si chinthu chabwino m'maganizo anga komanso chaута samafuna. Munthu aliyense atha kupanga chisankho kulingana ndi kuchotsa mimba, komanso ndi njira yomwe iye waona kuti ndiyomuyenera. Ine ndikufuna kupangira wina aliyense chisankho a nkhani yochotsa mimba. imeneyi si mbali yanga.
	Kutchosa Mimba Sikupha? Kupeza Misoprosol ndi kwabwino. Ngati mzimayi angagwritse ntchito mapilisiwa atangobeleka amachepetsa kutaya magari 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.

Zitsanzo za mafunso ovuta kapena/ndemanga ndi mayankho ake

Polojekiti yanu	Kodi cholinga cha kampeni yanu ndichani? Uku kukhazikitsa kwa ntchito yophunzitsa m'mene mapilisi a Misoprostol angagwiritsidwire ntchito yochotsela mimba motetezedwa (komanso kuchepetsa kutaya magari kwambiri) uthengawo ukukhazikika pa mmfundo za bungwe la za umoyo padziko lonse lapansi. (WHO) Nambala ya Lamya (pelekani nambala) yakhanzitsidwa kwa onse akufuna kupeza uthenga kwa onse akufuna kuchotsa mimba.
	Kodi uthenga ukupelekedwa ndiwotani? Kampeniya ikupelekedwa kwa azimayi ndi m'mene angachotsele mimba moziteteza ali kunyumba pogwilitsa nychito mapilisi a Misoprostol (amatchedwanso Cytotec) mankhwalawa amapezeka (tchulani dziko) imapelekanso unthenga m'mene anagwilitsire ntchito mapilisiwa motetezeka pobeleva ndi uthenga wina okhuzana kugonana. Cholinga chake ndi kuthandiza anthu kukhala moyo wathanzi komanso kukhala oziwa.
	Kodi mumalimbikitsa kuchotsa mimba pa ntchitoi? 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.
	Nanga azimayi angapeze bwanji mapilisi amenewa? Misoprostol amapezeka mu ma sitolo a mankhwala amatchedwa (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 magari komanso mzimayi akapita pambali. Amathandizanso pochiza zilonda za m'mimba ndi matenda a mafupa

Kuchotsa Mimba pogwilitsa ntchito Mapilisi	Kodi ndi zoopsya mzimayi kumwa mankhwala payekha? Kuchotsa mimba pogwilitsa ntchito mapilisi ndi kotetezeka ndi-ponso 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.
	Mungalongosole m'mene mapilisi a Misoprostol amagwilira ntchito? Mapilisi a Misoprostol amapangitsa kupolosa kutaya magazi ku maliseche a mzimayi. Kuti uchose mimba ya masabata khumi ndi awiri pamafunika mapilisi khumi ndi awiri a Misoprostol (12). Mapilisi anayi amayikidwa kungsi 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 Mifepistone and Miso-prostol) Ngati mzimayi abereka kumalo koti kulibe a zachipatala. Mapilisi a Misoprostol amapangitsa chibelekeru kubwela mchimake kumanso kuchepetsa kutaya magazi komanso kutulusa chingwe cholukizila mwana ndi make m'mimba (Mzimayi akangobeleka chingwechi chisanatuluke ayike mapilisi atatu pansi pa lilime. Misoprostol amathandizanso kuletsa kutaya magazi kwambiri mzimayi akangobeleka.
	Kodi si timayesa kuti m'maiko ena kuchotsa mimba kumachitika pokha pokha pakhale madotolo? Kuchotsa mimba ndi mapilisi ndi chimodzimodzi ndi kupita padela. Mzimamayi akapita pambali/ Kupoloza amamuthandiza ndi azimayi anzake kopamba madotolo. Kafukufuku wa a science amonetsa kuti azimayi ali ndi kuthekela kuchotsa mimba paokha, ngati ali ndi uthenga woyenela pa nkhanayi. M'maiko akuulaya ndi ku Amelika anthu amamwa okha mankhwalawa kunyumba zawo.

Mbali zamalamulo	Kodi Kuchots Mimba Kuwasokoneza mumamganizidwe? Chisankho china chilichonse chomwe munthu amapanga chikhonza kupangisa kapena kusapangisa munthu kukhala motero. Ambiri apelekelapo 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 poganizila 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.
	Kodi ndi zoophya zanzi zomwe zingachitike utamwa mapilisi amenewa? Zosokonekera zomwe zingachitike ndizochepetsesa. Zosokonekelazi ndi chimodzimodzi ndi kupita pambali/ kupoloza monga kutaya magazi kwambiri kapena kutenga matenga kuchibelekeru. zosokonekelazi ndi zochepa chiwelo 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 ntchito m'mene munthu umapitira pambali palibe angasiyanitse.
	Kodi ndikosaloledwa kupele ma uthenga awa? 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 Misoprostol poteteza kutaya magazi komanso kuchotsa mimba moziteza.
	Kodi sitikuyenela kulemekeza malamulu a dzikoli? 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 uthungawu, si kwa ife kupangira wina aliyense chisankho.