

HOPE
Out of ASPIRE, there is HOPE

Izindlela zokuvikela iHIV

Indlela yokweluleka egxile kumbambi qhaza

Ukuzela ukungenela





Ngíyawkwemukela...

...Ngíyabonga!

Ukwelulekwa kwe HOPE

Ukukhetha: Ukukusiza ukhethe indlela yokuvikela iHIV ehambisana nawe

Ukukhuluma ngokukhululeka: ngesinqumo sokusebenzisa iringi noma ezinye izindlela zokuvikela iHIV

Ukukusiza ukhethe


Akubo bonke abantu besifazane abafuna ukusebenzisa iringi

Ekuhlanganeni kwethu sizo...

Khuluma nge ringi noma ngezinye izindlela ozikhethile zokuvikela iHIV

Kusiza ukhethe indlela ekulungele yokuvikela iHIV

Kusiza ulungise indlela oyikhethile



ngikutshele
ngenani
lomuthi

Ukukhuluma ngokukhululekile

Ngizo

- Lalela ngolwazi lwakho lokusebenzisa iiringi noma ngezinye izindlela zokuvikela iHIV
- Kusiza unqobe ubunzima ohlangabezana nabo ekuvikeleni iHIV
- Kusiza uhlale ungenayo iHIV



Angeke ngiku...

- Jaje
- Phoqe ukuthi usebenzise iiringi

Olunye ucwaningo lwe ringi

Ngitshele ngesinqumo sakho sokungenela lolucwaningo...

Iziphi izinzuzo owazithola ngokubamba iqhaza kwi ASPIRE?

Iziphi izinzuzo obona ukuthi uzozithola ngokubamba iqhaza kwi HOPE?



Uzweni ngemiphumela yakwi ASPIRE??

Imiphumela emikhulu yakwi ASPIRE

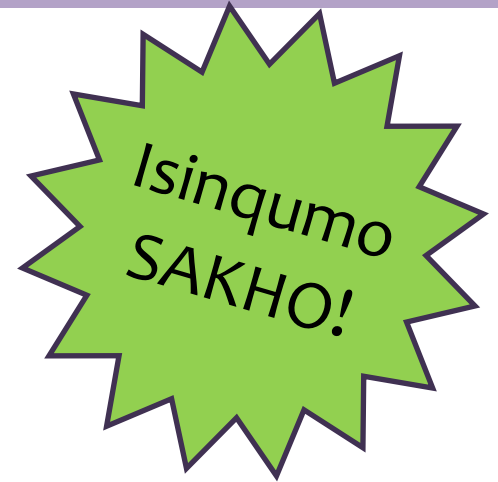
- ✓ Iringi ingehlisa kakhulu amathuba okutheleleka nge HIV kumuntu wesifazane
- ✓ Ukuvikeleka kukhulu uma iRingi isetshenziswa ngaso sonke isikhathi
- ✓ Iringi ayivikeli uma ingasetshenziswa
- ✓ Iringi iphephile kakhulu ukusetshenziswa

Iringi?

“Yebo, ngiyafuna ukusebenzisa iRingi”

“Cha, angifuni ukusebenzisa iRingi”

“Mhlawumbe, angikakaqiniseki”



Ngitshele ngesinqumo sakho

Ulwazi lwakho lwe Ringi

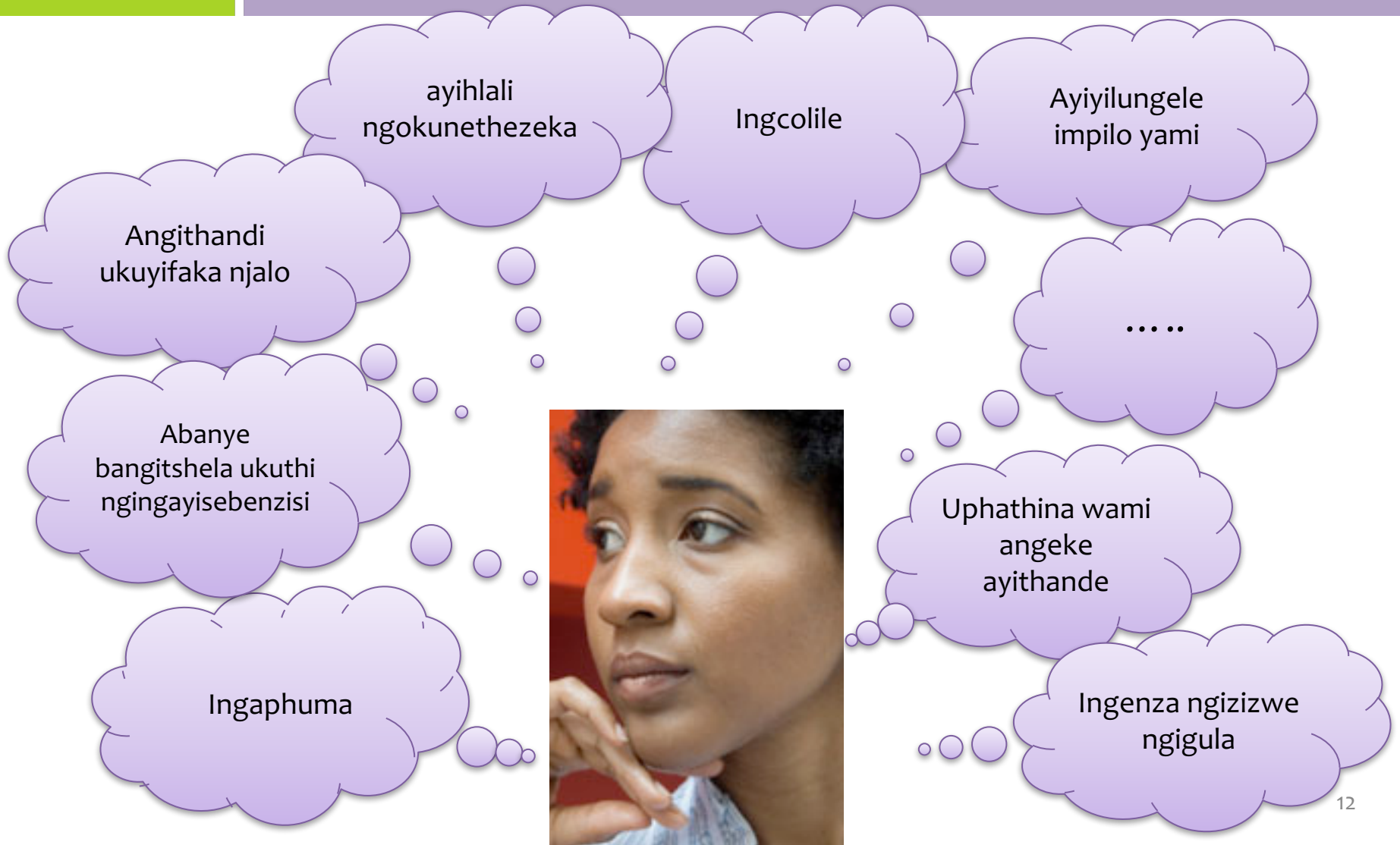
Yini eyakusiza ngokusebenzisa iRingi kwi ASPIRE?

Ibuphi ubunzima owabunqoba?

Uzimisele ngokuyisebenzisa kanjani iRingi

kulolucwaningo?

Ukukhathazeka nge Ringi



Izindlela zokuvikela iHIV

Sebenzisa iRingi njalo

Sebenzisa amakhondomu njalo

Khuthaza uphathina ukuthi asoke

Sebenzisa iPrEP ephuzwayo



Uma uphathina wakho ene HIV, mkhuthaze asebenzise ama ARV

Khuthaza uphathina ukuthi ahlolwe iHIV

Lapha izifo zocansi

Yehlisa inani lophathina bezocansi

Yenza izinto ezinobungozi obuncane ngokocansi

Izinqumo zakho zokuvikela iHIV

Uzimisele ngokuthi lezindlela ozikhethile zokuvikela iHIV uzozisebenzisa kanjani?

Ungenza njani ukuqinisekisa ukuthi uphumelele ekusebenziseni izindlela ozikhethile?

Izingqinamba ekuvikeleni iHIV

.....

kunzima
ukukhuluma
nophathina
wami

angihlali
nginama
khondomu

ngiyakhohlwa
ukusebenzisa
amakhondomu

ngangithathekile
ngalowomzuzu
ningacabangi

uphathina
wami
akazimisele

ngangikade
ngiphuza
ningacabangi



Isikali sokubaluleka

Esikalini sika 0 kuya ku 10 lapho u0 echaza ukuthi akubalulekile neze u10 kubaluleke kakhulu, Kubaluleke kangakanani kuwe ukusebenzisa lezindlela ozikhethile ukugwema ukutheleleka nge HIV?

0	1	2	3	4	5	6	7	8	9	10

**Akubalulekile
neze**

**Kubaluleke
kakhulu**

Iziphi izizathu ezenza ukuthi ukhethe leyonamba ungakhethi u0 noma u1?

Isikali sokuzethemba

Esikalini sika 0 kuya ku 10 lapho u0 echaza ukuthi angizethembi neze u10 ngizethemba kakhulu, uzethemba kangakanani ukuthi uzokwazi ukusebenzisa lezindlela zokuvikela iHIV ozikhethile njalo?

0	1	2	3	4	5	6	7	8	9	10

Angizethembi
neze

Ngizethemba
kakhulu

Kwenziwa yini ukuthi ukhethhe leyo namba ungakhethi u0 noma u1?
Yini engasiza ukuthi leyo namba inyuke?
Ungakwenza kanjani lokho?



Kukhona okunye ofuna sikhulume ngakho
namhlanje?...

...nge Ringi?

...ngezinye izindlela zokuvikela iHIV ozikhethile?

Ngokuvakasha okulandelayo

Sihlangana nini futhi?
Siyokwenzani?

Khumbula:

Buyisa iRingi yakho

Kusukela enyangeni yesithathu ngiyobe
sengikutshela ngenani lomuthi

Ukuvakasha kokulandelela

Izinyanga 1, 2, 3, 6, 9



Ngiyakwemukela... ..Ngiyabonga!

Ingxoxo yethu namhlanje

Ukufeza okuphokophelele kuye kube nzima

Ukuphumelela



- Usebenzile, uphumelele kulokhu obukuphokophelele!
- Uma ufisa singaxoxa ngokuthi ungaqhubeka kanjani nokuphumelela

Ukuphoxeka

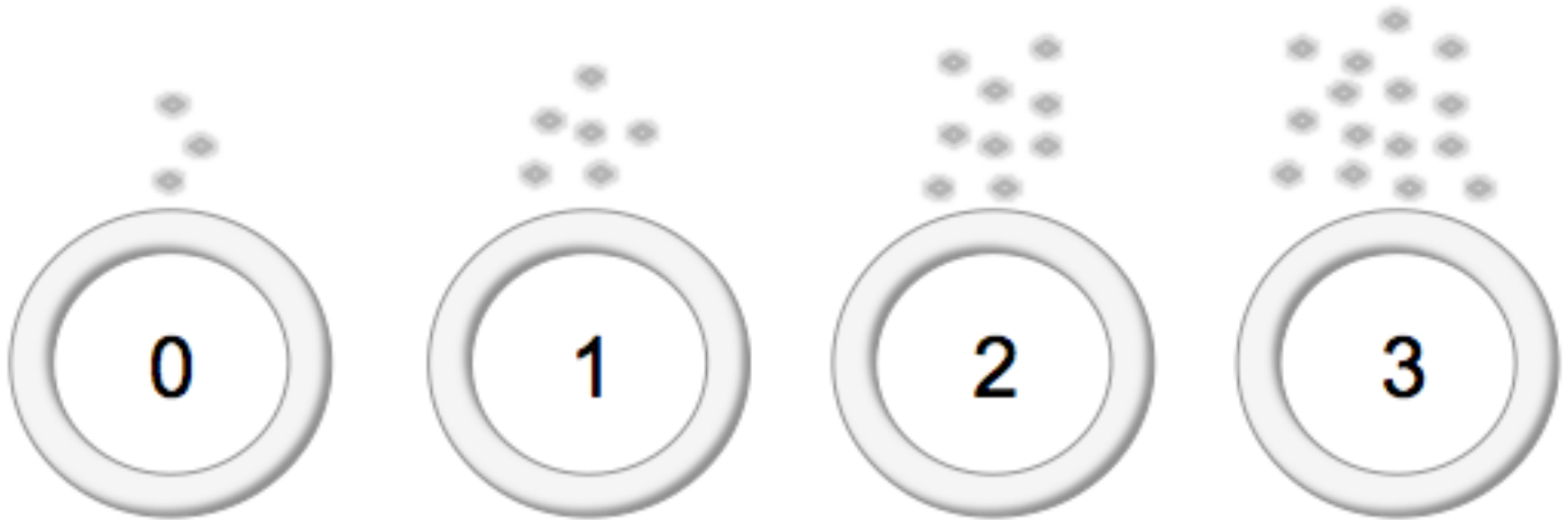


- Ungakhathazeki, angizile ukuzokujaja
- Uma uthanda, singasebenzisana sithole isixazululo

Izinga lomuthi eRingini

Ukusebenzisa
okuphansi

Ukusebenzisa
okuphakeme



Akukho
kuvikeleka

Ukuvikeleka
okuphezulu

Khumbula...

Imiphumela yenani lomuthi alihlali liwungqo

Sikwazisa ngemiphumela ukuze...

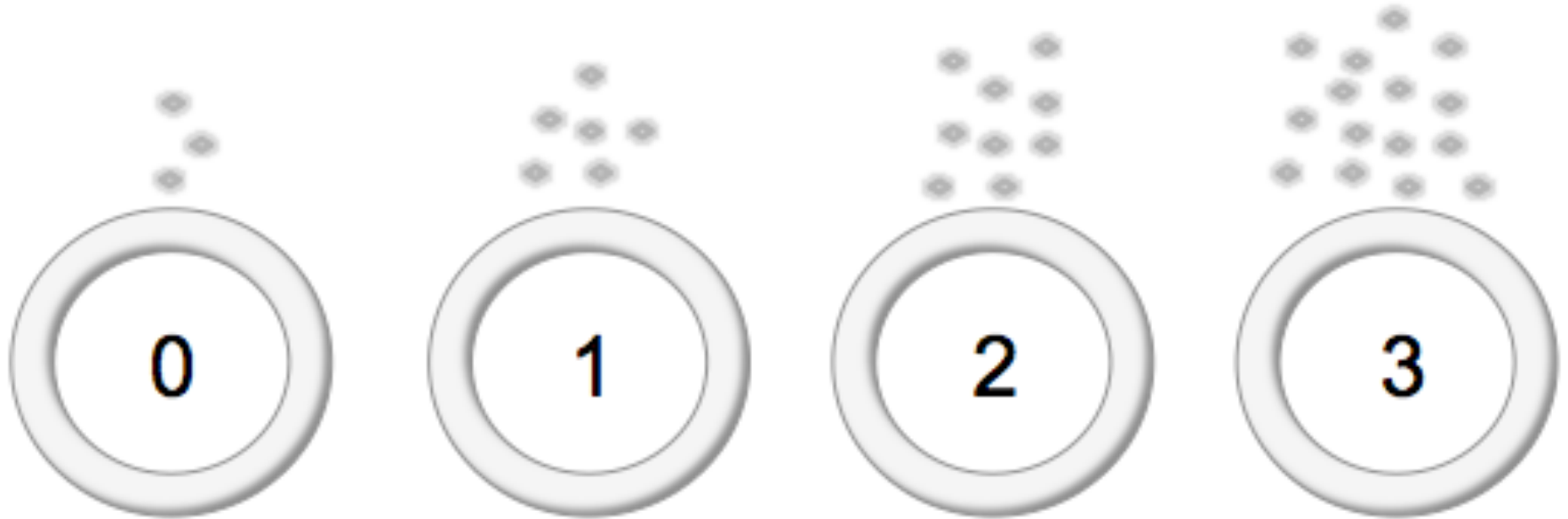
- Ube nolwazi mayelana nenani lokuvikeleka olutholayo eRingingi
- Ukukusiza ukhethe ukuthi ufuna ukusebenzisa iRingingi ngokwahlukile ukuze uthole ukuvikeleka kwi HIV okuthe xaxa

Kukuwe ukuthi ufuna ukwenzani ngalolulwazi

Izinga lakho lokuvikeleka

Akukho
kuvikeleka

Ukuvikeleka
okuphezulu



Ucabangani ngalokhu?

Uzizwa kanjani mayelana nezinga lokuvikeleka olitholile eRingini?
Kuchazani lokhu kuwe mayelana nokuhlala ungatheleleki nge HIV?

Iziphi izinhlelo zokuvikela iHIV owawuzikhethile ngokwedlule?

Sebenzisa iRingi njalo

Sebenzisa amakhondomu njalo

Khuthaza uphathina ukuthi asoke

Sebenzisa iPrEP ephuzwayo



Uma uphathina wakho ene HIV, mkhuthaze asebenzise ama ARV

Khuthaza uphathina ukuthi ahlolwe iHIV

Lapha izifo zocansi

Yehlisa inani lo-phathina bezocansi

Yenza izinto ezinobungozi obuncane ngokocansi

Landelela

Izinto zihambe kanjani ngendlela yakho yokuvimbela iHIV?

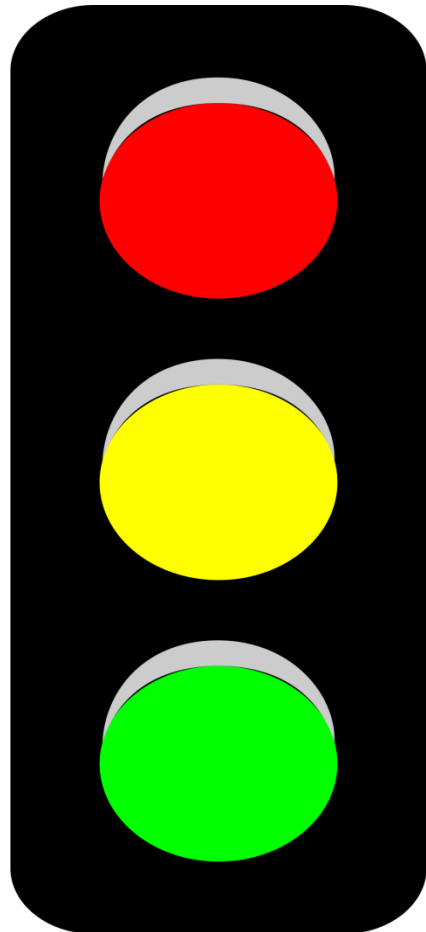
Yini esebenzile?

Yini engasebenzanga?

Ibuphi ubunzima ohlangane nabo?

Ubunqobe kanjani?

Ukuzizwa ngohlelo lokuvikela olukhethile

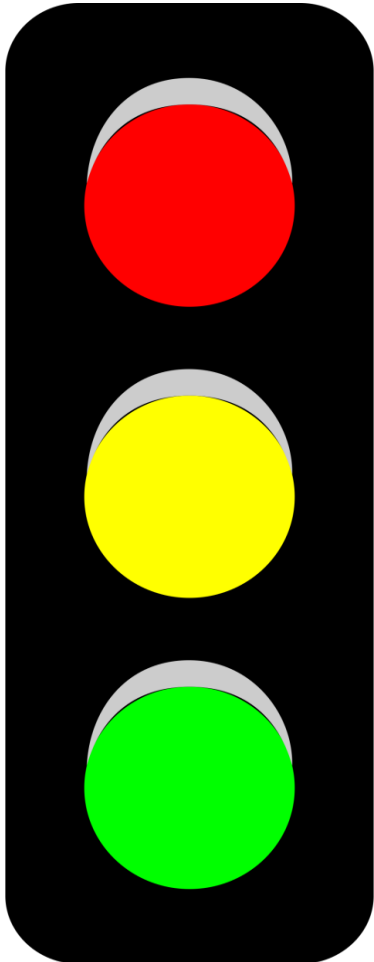


Uhlelo lwami alusebenzanga. Ngidinga ukwenza into ehlukile nje impela ukuze ngizivikele kwi HIV.

Uhlelo lwami belu nje-nje. Ngidinga ukushintsha ezinye izinto ukuze ngizivikele kangcono kwi HIV

Uhlelo lwami luhambe kahle impela, kumele nje ngiqhubeke ngenze lokhu engikwenzayo ukuze ngizivikele kwi HIV

Ukunqoba izihibe



Iziphi ezinye izindlela zokuvikela iHIV ezingakusebenzela kangcono?

Ungenza njani ukuze lendlela ibe impumelelo kuwe?

Iziphi izihibe odinga ukuzinqoba ukuze uphumelele?

Yini ongayenza ngokuhlukile ukuze uphumelele?

Kulokuhlangana kwethu yini esingayenza ukukusiza uphumelele?

Yini ekwenze uphumelele ohlelweni lwakho?

Yini ongayenza ukuze uqhubeke ngokuphumelela nohlelo lwakho?

Ukulungisela amasonto azayo

Ikhona into eyenzekayo kulamasonto ambalwa ezayo engaphazamisa uhlelo lwakho lokuvikela iHIV?



Isikali sokuzethemba

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Angizethembi
neze

Ngizethemba
kakhulu

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Ungakwenza kanjani lokho?



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namhlanje?...

...nge Ringi?

...ngezinye izindlela zokuvikela iHIV ozikhethile?

Ngokuvakasha okulandelayo

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Siyokwenzani?

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Buyisa iRingi yakho

Kusukela enyangeni yesithathu ngiyobe
sengikutshela ngenani lomuthi

Vala ingxoxo

Inyanga ka 12



Ngiyakwemukela... ..Ngiyabonga!

Ingxoxo yethu namhlanje

Ukufeza okuphokophelele kuye kube nzima

Ukuphumelela



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Ukuphoxeka

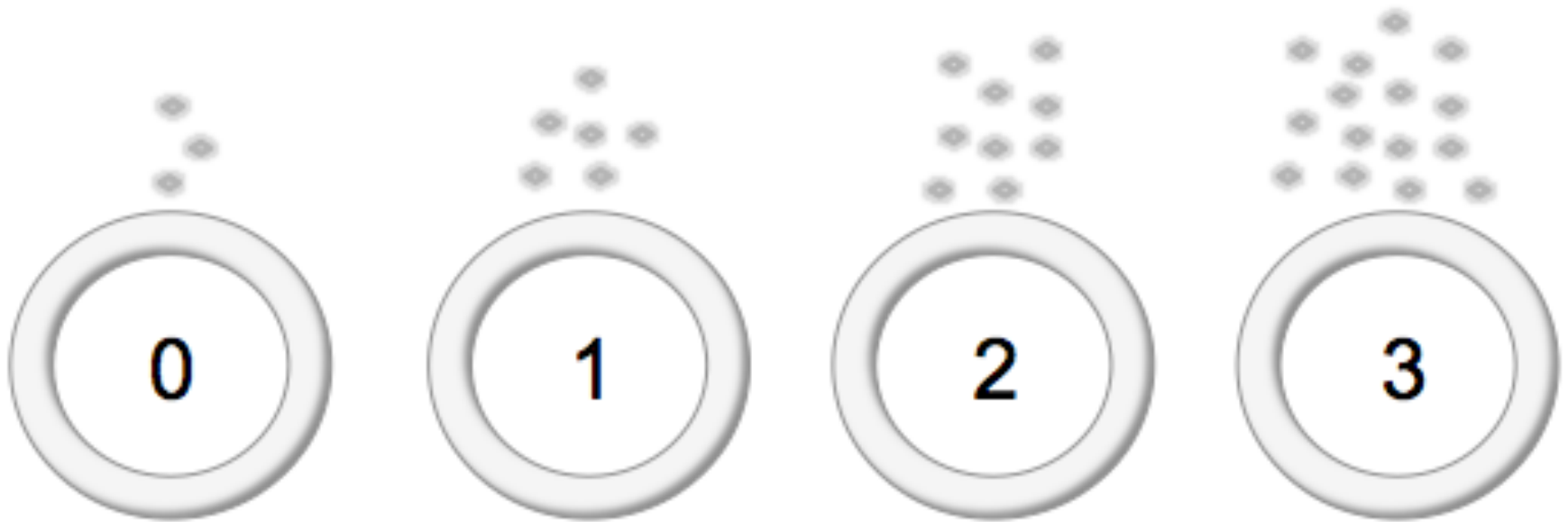


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- Uma uthanda, singasebenzisana sithole isixazululo

Izinga lomuthi eRingini

Ukusebenzisa
okuphansi

Ukusebenzisa
okuphakeme



Akukho
kuvikeleka

Ukuvikeleka
okuphezulu

Khumbula...

Imiphumela yenani lomuthi alihlali liwungqo

Sikwazisa ngemiphumela ukuze...

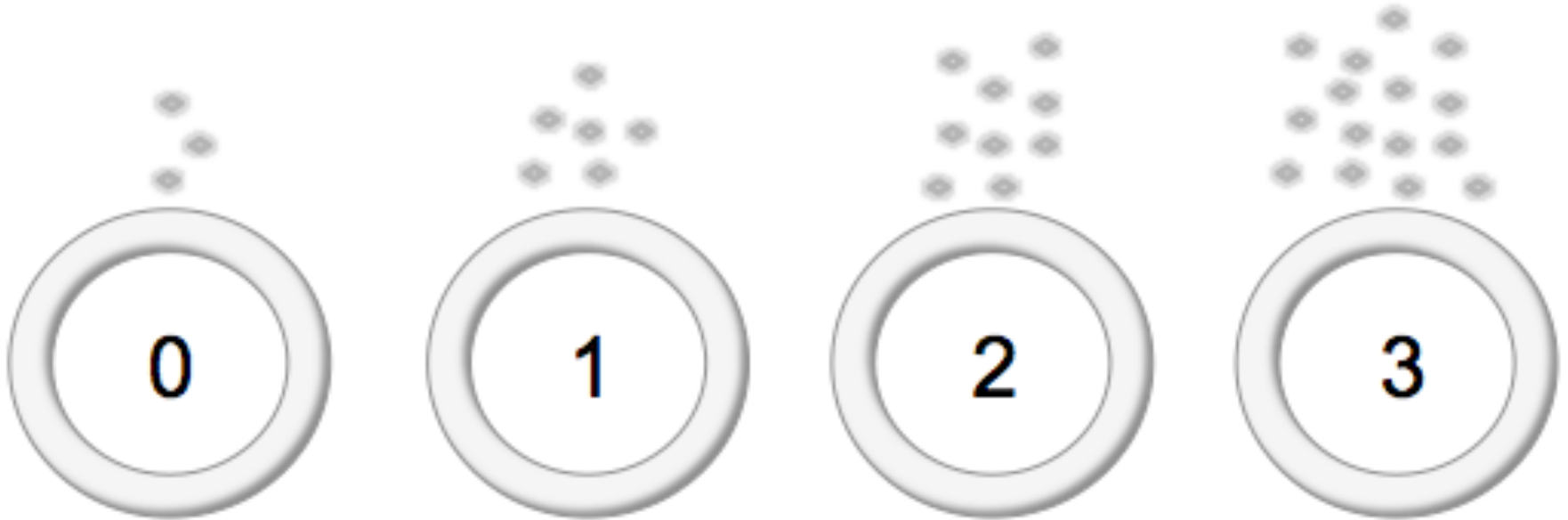
- Ube nolwazi mayelana nenani lokuvikeleka olutholayo eRingingini

Kukuwe ukuthi ufuna ukwenzani ngalolulwazi

Izinga lakho lokuvikeleka

Akukho
kuvikeleka

Ukuvikeleka
okuphezulu



Ucabangani ngalokhu?
Uzizwa kanjani mayelana nezinga lokuvikeleka olitholile eRingini?

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Yini esebenzile?

Yini engasebenzanga?

Cabanga emuva...

Iziphi izindlela zokuvikela iHIV azakusebenzela kangcono ngesikhathi socwaningo?

Ekuqhubekeleni phambili uzosebenzisani ukuzivikela?



Izindlela zokuvikela iHIV zakusasa

Uzimisele ngokuzisebenzisa kanjani izindlela ozikhethike zokuvikela?

- Uzokwenzenjani ukuqinisekisa ukuthi uyaphumelela?

- Iziphi izingqinamba ongahlabangezana nazo, ungeza njani ukuzinqoba?

Isikali sokuzethemba

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Angizethembi
neze

Ngizethemba
kakhulu

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Yini engasiza ukuthi leyo namba inyuke?

Ungakwenza kanjani lokho?



Kukhona okunye ofuna sikhulume ngakho
namhlanje?...

Ngiyabonga!!!!

- Ngokubamba kwakho iqhaza ocwaningweni
- Ukufuna ukukhuluma ngokuvulelekile
- Ukubamba kwakho iqhaza ekusizeni ukwehlisa izinga labantu besifazane abatheleleke nge HIV lapha eAfrica



Ngiyabonga!