



Enkola ezenjawulo mu kuziyiza
akawuka kamukenenya
Enkola ey'okubudaabuda ey'esigamizibwa ku
byetaago bya Nnakyewa

Olukyala olw'okuyingizibwa





Tukwaniriza..

...era webale!

Okubudaabuda kw'okukozesa nga bwolagiddwa mu HOPE

OKULONDAKO: Okuyamba okulonda enkola esinga ey'okuziyiza akawuka ka mukenenya gyoli.


OKUNYUMYA MU BWESIMBU: Ebikwata ku kusalawo okukwatagana n'okukozesa akaweta oba enkola endala yonna ey'okuziyiza akawuka ka mukenenya.

Okuyamba okulondako

Sí buli mukyala yena ayagala okukozesa akaweta

Mulutula lwaffe, tujja....

- Kubaganya ebirowoozo ku kaweta oba enkola endala yonna ey'okuziyiza akawuka kamukenenya gy'olondako.
- Okuyamba okusalawo ku ntekateeka esinga ey'okuziyiza akawuka kamukenyanya gyoli.
- Okuyamba okutereza entekateeka yo.



Ekipimo
ky'edaggala
mu kaweta

Okunyumya mu bwensimbu

NJA

- Kuwuliriza byoyiseemu ng'okozesa akaweta oba enkola endala eyokuziyiza akawuka kamukenenya.
- Okuyamba okuvunuka obuzibu eri okuziyiza akawuka kamukenenya.
- Okuyamba okusigala nga tolina kawuka kamukenenya

SIJJA

- Kusalira musango
- Okukaka okukozesa akaweta




Okunoonyereza okulala okw'akaweta

Mbulira ku kusalawokwo okuyingira mu
kunoonyereza kuno...

Biki ebimu byewaganyulwamu okuva mukwetaba mu
ASPIRE?

Biki ebimu byoyinza okuganyulwamu nga wetaba mu
HOPE?



Biki byowulidde kubyaava mu
kunoonyereza kwa ASPIRE?

Ebikulu ebyava mu kunonyereza kwa ASPIRE

- ✓ Akaweta kasobola okukendeereza ddala omukisa gw'omukyala okufuna akawuka ka mukenenya
- ✓ Obukuumi buli wagulunyo nga akaweta kakozesebwa buli kiseera
- ✓ Akaweta tekaziyiza nga tekakozesebwa
- ✓ Akaweta tekalina bulabe okukakozesa

Akaweta?

- “Yee, njagala okukozesa akaweta”
- “Nedda, sagala kukozesa kaweta”
- “Oba, sinaba kwekakasa”



Mbuulira ku kyosazewo

Byoyiseemu n'akaweta

Kiki ekyakuyamba okukozesa akaweta mu ASPIRE?

Bizibu ki byewavunuka?

Biki byoteekateeka eri okukozesa akaweta mu
kunoonyereza kuno?

Ebyeralikiriza ku kaweta



Enkola enzenjawulo ez'okuziyiza akawuka ka mukenenya

Kozesa akaweta buli kiseera

Kozesa obupiira bu kalimpitawa buli kiseera

Kubiririza omwagalwawo okumutayirira/oku mukomola

Kozesa empeka ezimiribwa okuziyiza okwatibwa akawuka ka mukenenya

Kendeeza ku muwendo gw'abantu bewegatta nabo

Wetabe mu nkola ey'okwegata eyobulabe obutono/obwawansi



Singa muganziwo alina akawuka ka mukenenya, mukubirize okumira eddagala eriweweza akawuka nga bwebamulagiridde

Kubiriiza muganziwo okufuna okukeberegwa akawuka kamukenenya

Okufuna obujanjabi bw'endwadde eziyita mukwegata (STIs)

Entekatekazo ez'okuziyiza akawuka kamukenenya

Biki byotekateka eri okukozesa enkola ey'okuziyiza akawuka kamukenenya gye walonzewo?

Oyinja kukola ki okukakasa obuwanguzi bwo nga okozesa enkola ezo?

Obuzibu ku kuziyiza akawuka kamukenenya

.....

Kizibu
okwogera ne
muganzi
wange

Sitera kubeera
nabupiira bu
kalimpitawa

Nesangibwa
nga
nkwatiddwa
mu mbeera

Nerabira
okukozesa
obupiira
bukalimpitawa

Muganzi
wange
simwetegefu

Nali nywa
nga
sirowooza



Ekipimo ekiraga omugaso

Ku kipimo ekiva ku zero(0) okutuuka ku kumi (10) nga zero(0) siyamugaso yadde era kumi(10) nga yamugaso nyo, kyamugaso kitya eri ggwe okukosesa enkola gyewalondako okwewala okufuna akawuka kamukenenya?

0	1	2	3	4	5	6	7	8	9	10

Sikyamugaso
yadde

Kyamugaso
nyo

Nsonga ki ezimu lwaki walondawo
ennamba eyo notalonda zero(0) oba
emu(1)?

Ekipimo ekyo kwekakasa

Ku kipimo ekiva ku zero(0) okutuuka ku kumi(10) nga zero(0) tewekakasa nakamu era kumi(10) nga wekakasa nyo, wekakasa kyenkanawa nti onosobola okukozesa buli kisera enkola eyokuziyiza akawuka ka mukenenya gyewalondawo?

0	1	2	3	4	5	6	7	8	9	10

Sekakasa
yadde

Nekakasiza
ddala

Kiki ekikuletera okukakasa ennamba eyo era netaba zero(0) oba emu(1)?
Kiki ekiyinza okuyamba okujjambusa waggulu?
Kino oyinza kukitukako otya?



Kiki ekilala kyewandyagade twogereko
leero.....

...ekikwata ku kaweta?

....ekikwata kunkola endala ezokuziyiza
akawuka ka mukenenya zolonzewo?

Olukyala oluddako

Ddi lwetunadamu okusisinkana?

Tujja kukola ki?

Jukira:

Okukomyawo akawetako

Njakugabana nawe ebiva mu kukebera obungi
bweddagala okutandiika ku mwezi o gw'okusatu
lwogya olw'okunoonyereza

Enkyalo ezidako/ez'okugoberera

Emyezi 1, 2, 3, 6, 9



Oyanirizibwa... ..era
webale!

Olutula lwaffe olwaleero

Okutuukiriza ebigendererwa kiyinza okuba kigumu.

Obuwanguzi



- Webale okoze bulungi, otukirizza ebigendererwa byo!!
- Bwoba oyagala, tuyinza okuteesa awamu engeri gyoyinza okweyongerayo nobuwanguzi.

Obwennyamivu



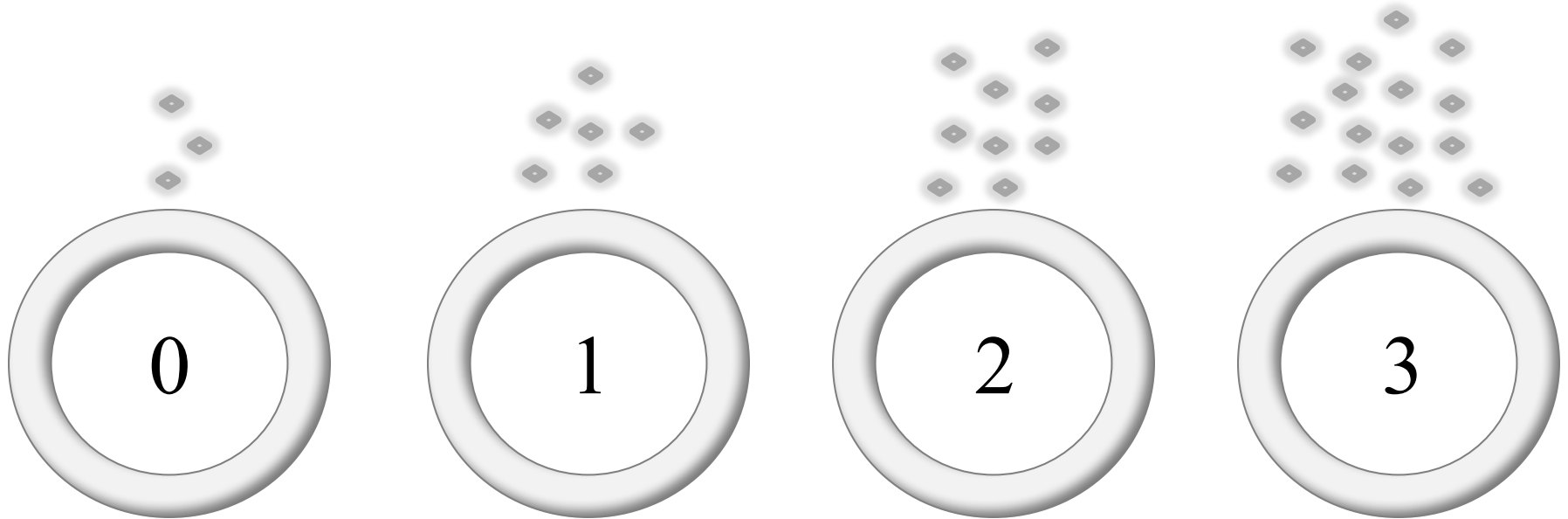
- Teweralikirira; siija kusalira musango.
- Bwooba oyagala tuyinza okuteesa awamu okufuna engeri gyoyinza okuvunuka ebikukalubiriza.

Obunji bwedagala eriri mu kaweta

Enkozesa eriwansi



Enkozesa eri wagulu



Tewali bukuumi



Obukuumi buli wagulu

Jukira...

Ebivuude mu kukebera obunji bwedagala mukaweeta biyinsi obutabeera bikakafu kikumi ku kikumi.

Tugabana naawe ebivudemu...

- Olyoke ofune ekifananyi kyobunji bwobukuumi bwofuna okuva mukaweta
- Okuyamba okwesalirawo engeri endala gyoyinza okukozesa akaweta enakuwa obukuumi obusingako eri akawuka kamukenenya

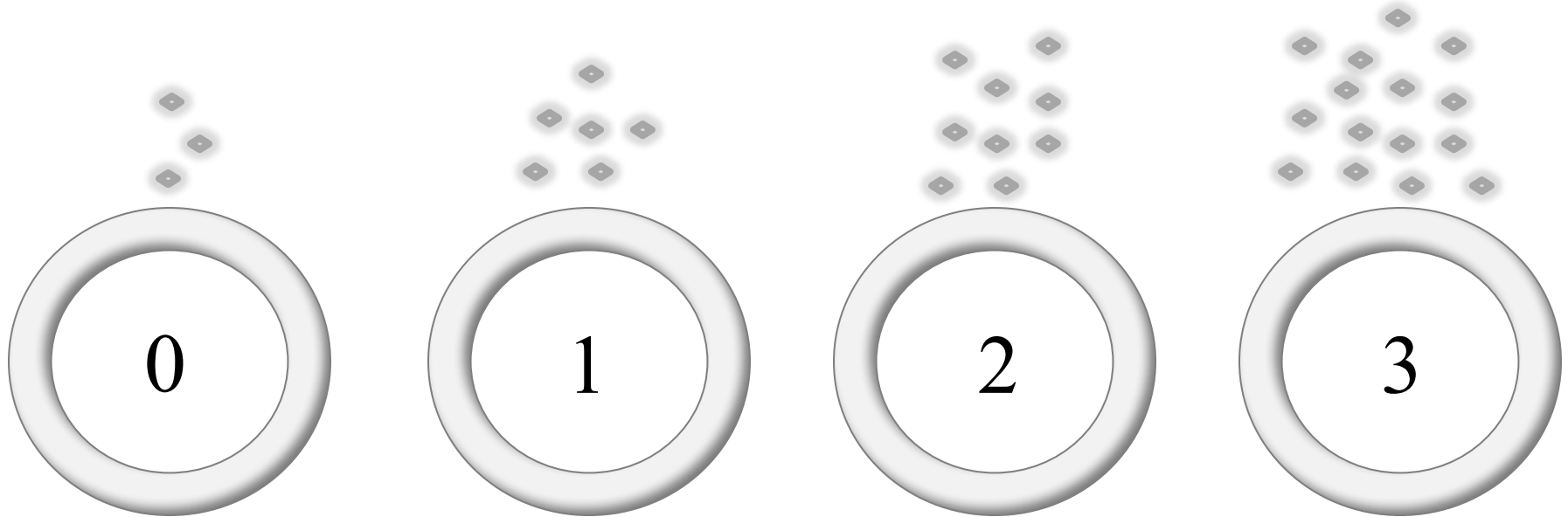
Gwe wesalirawo kyonookola nebino byetwogedeko

Obunji bwobukuumi bwofunye

Tewali bukumi



Obukumi buli wagulu



Biki byolowooza ku bino?

Owulira otya, kubikwaata ku bukuumi bwofunye okuva mukaweta?
Kinu kiteegezaaki kukusigala nga toina kawuka kamukenenya?

Nkolaki ez'okuziyiza akawuka kamukenenya zewalondawo omulundi ogwasembayo?

Kozesa akaweta buli kiseera

Kozesa obupiira bu kalimpitawa buli kiseera

Kubiririza omwagalwawo okumutayirira/oku mukomola

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Kubiriiza muganziwo okufuna okukeberegwa akawuka kamukenenya

Okufuna obujanjabi bw'endwadde eziyita mukwegata(STIs)

Okukebera kubyatesebwaako mu lutuula olw'okubudaabuda olwasembayo

Ebintu byagenda bitya n'entekatekayo
ey'okuziyiza okufuna akawuka
kamukenenya?

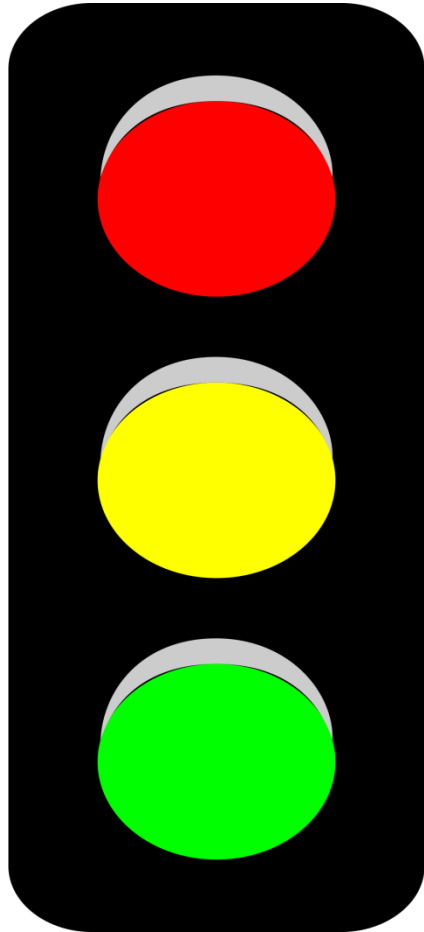
Kiki ekyakola?

Kiki ekitakola?

Bizibu ki bwewasanga?

Wabivunuka otya?

Byowulira ku ntekateka y'okuziyiza

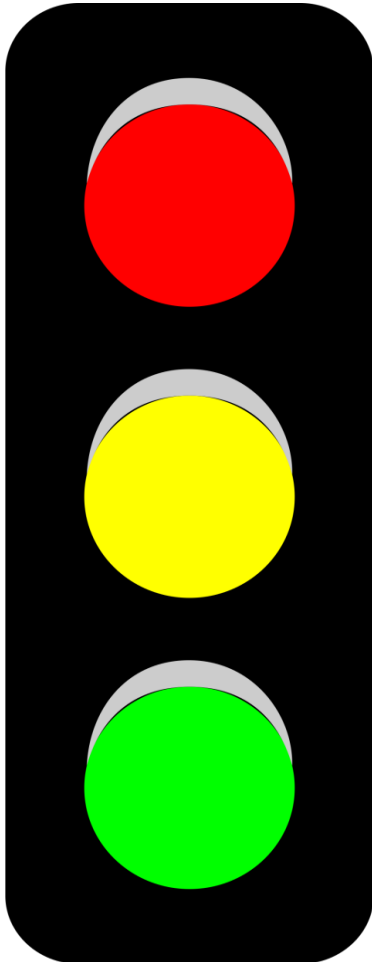


Entekateeka yange teyakola. Netaaga okukola ekintu ekyenjawulo ennyo obutafuna kawuka kamukeneya

Entekateeka yange yagenda bwetyo-bwetyo Netaaga okukyusa mu bintu ebimu ndyoke nsobole okwekuuma obulungi obutafuna kawuka kamukeneya

Entekateeka yange yagenda bulungi nnyo. Netaaga okugenda mumaaso nga nkola byenkola okwekuuma obutafuna kawuka kamukeneya

Okuvunuka Obizibu



Nkola ki endala eyokuziyiza akawuka kamukenenya eyinza kukolera okusingako?
Biki byoyinza kukola kufuna obuwanguzi obusingako kululwo ng'okozesa enkola eno?

Bizibuki byewetagisa okuvunuka olyoke ofune obuwanguzi?
Kiki kyonyinza okukola mungeri endala okufuna obuwanguzi?
Mulutuula lwaffe luno, biki byetuyinza kukola ebinakutusa kubuwanguzi?

Kiki ekyakuyamba kufuna obuwanguzi muntekatekayo eyokuziyiza akawuka ka mukenenya?
Biki byoyinza kukola kweyongerayo mubuwanguzi bwentekatekayo mukuziyiza akawuka ka mukenenya?

Entekateeka za wiiki ezijja mumaaso

Ekintu kyona ekinabaawo mu wiiki entono eziddako ekisobola okutaataganya entekateeka yo ey'okuziyiza akawuka ka mukenenya?



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Olukyalo olusembayo

Omwezi 12



Oyanirizibwa... ...era webale!

Olutula lwaffe olwaleero

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Obwennyamivu



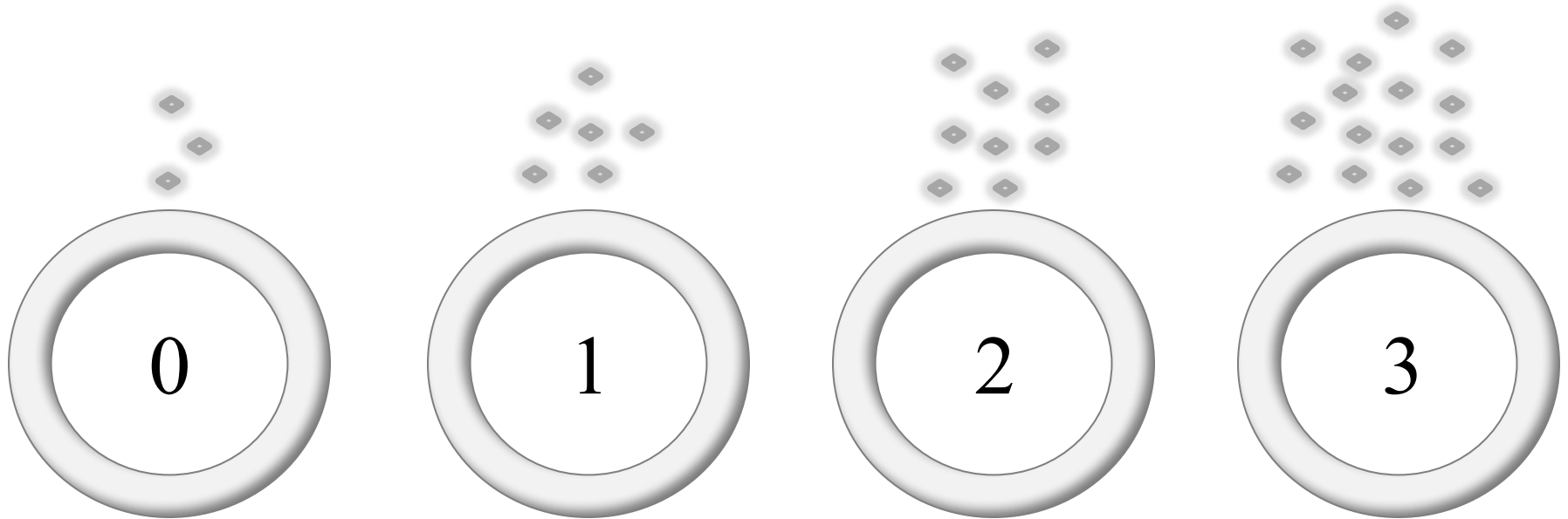
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Enkozesa eriwansi



Enkozesa eri wagulu



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Obukuumi buli wagulu

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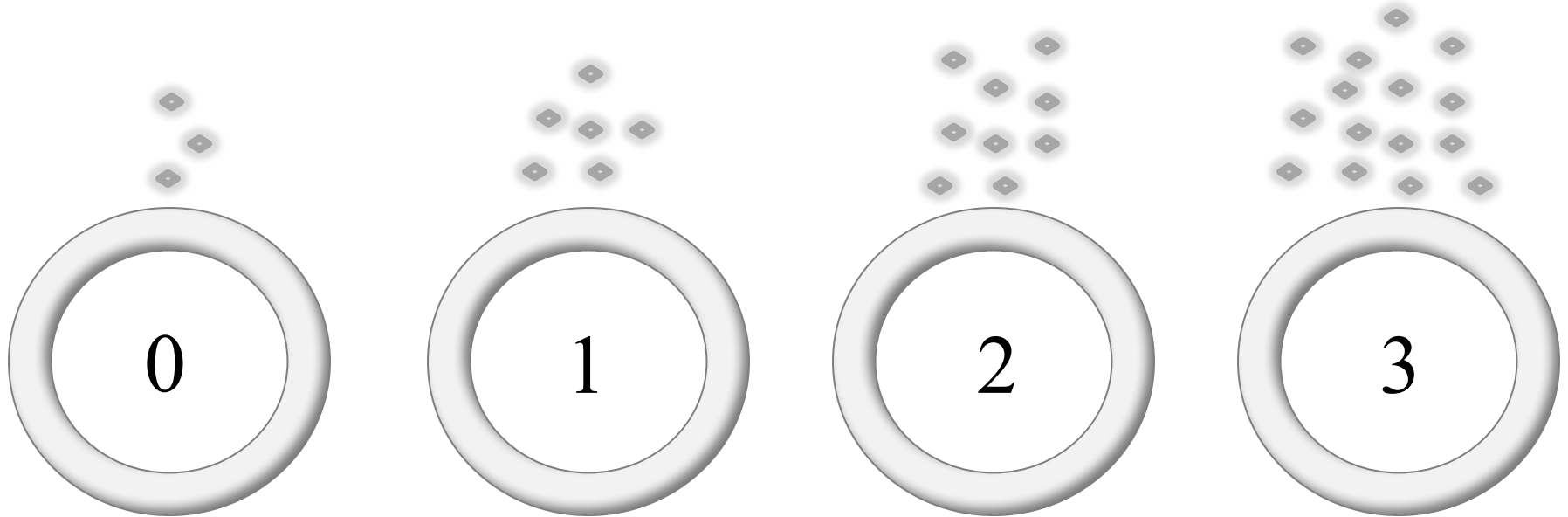
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Tewali bukumi



Obukumi buli wagulu



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ey'okuziyiza okufuna akawuka
kamukenenya?

Kiki ekyakola?

Kiki ekitakola?

Lowooza kubyayita...

Nkola ki ez'okuziyiza akawuka kamukenenya
ezisinze okukolera n'goli mu kunoonyereza?

Nkola ki ezookuziyiza akawuka kamukenenya zewandyagadde okukozesa gye bujja?

Ekilala...

Okwewala kwegatta

Kozesa obupiira bu kalimpitawa buli kiseera

Kubiririza omwagalwawo okumutayirira/oku mukomola

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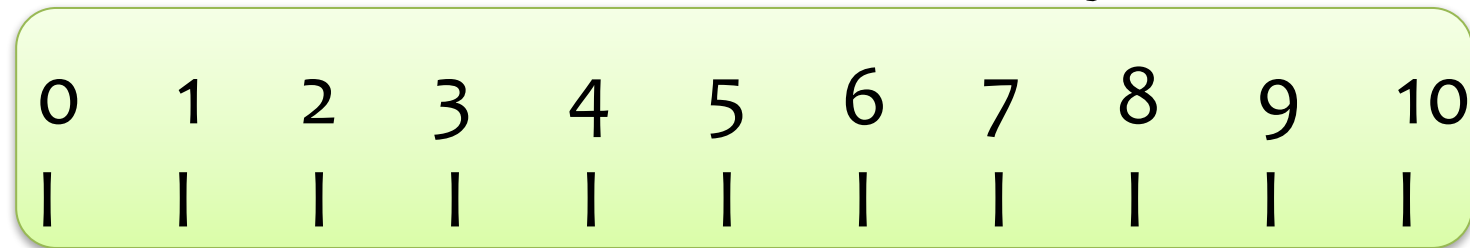
Entekateta ez'okuyiziza akawuka ka mukenenya gyebujja

Oteekateeka ki okukozesa enkola ezokuziyiza akawuka ka munkenenya zoloonzeko?

- ~ Oyinza kukola ki okukakasa obuwanguzibwo?
- ~ Bizibu ki ebiyinza okukalubiriza ate osobola otya okubivunuka?

Confidence Ruler

Ku kipimo ekiva ku zero(0) okutuuka ku kumi (10) nga zero(0) tewekakasa yadde ne kumi(10) nga wekakasiza ddala nyo ,wekakasa kyenkanawa nti ogyakusigala nga tolina kawuka kamukenenya?



Sekakasa
yadde

Nekakasiza
ddala nyo

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leero.....

Webale nyo!!!!

- Okwetaba mukunoonyereza kuno
- Okweewayo noyogera mubwesimbu nga teri kwekwekerera
- Omulimu gwokoze okuyamba kukendeeza akawuka ka mukenenya mu banakyeewa mu Afrika.



Webale!