



HOPE

Out of ASPIRE, there is HOPE

Ukhetho kuThintelo lwe-HIV

INdlela yokuCebisa eGxile kumThabathi Nxaxheba

UTyelelo lokuBhalisa





Síyawkwamkela...

...kwaye síyakubulela!

UCetyiso lokuBambelela kwi-HOPE

UKHETHO: Ukuncedisa wena ukuba ukhethe olona hlobo lukulungeleyo lokuthintela i-HIV

INGXOXO EVULELEKILEYO: Malunga nezigqibo eziphethelene nokusebenzisa iRingi okanye nayiphi na enye indlela yokuthintela i-HIV

Olunye uPhononongo lweRingi

Ndixelele ngesigqibo sakho sokungena kolu phononongo...

Ibingawaphi amancedo avela ekuthabatheni inxaxheba kwi-ASPIRE?

Inokuba ngawaphi amancedo athile okuthabatha inxaxheba kwi-HOPE?

UkuNceda Wena uKhethe


Ayínguye wonke owasetyhini ofuna ukusebenzisa iRingi

Ekuhlanganeni kwethu, síza...

Kuxoxa ngeRingi okanye nayiphi na enye indlela yothintelo lwe-HIV oyikhethayo

Kunceda wena wenze isigqibo ngesona sicwangciso sothintelo lwe-HIV sigqwesileyo kuwe

Kunceda ulungise isicwangciso sakho



Ukwabelana
ngeNqanaba
leChiza
elikwiRingi

INgxoxo eVulelekileyo


NDIZA

- Kumamela amava akho okusebenzisa iringi okanye ezinye iindlela zothintelo lwe-HIV
- Kunceda woyise imiceli mngeni kuthintelo lwe-HIV
- Kunceda ukuba uhlale ungenayo i-HIV

NGEKE

- Ndikugwebe
- Ndikutyhale ukuba usebenzise iringi





Yintoni oyivileyo malunga neziphumo
ezivela kwi-ASPIRE?

IziPhumo ezinguNdoqo ezivela kwi-ASPIRE

- ✓ IRingi inokucutha kakhulu ulosulwelo lwe-HIV kowasetyhini
- ✓ Ukhuselelo luphezulu kakhulu xa iRingi isetyenziswe ngalo lonke ixesha
- ✓ IRingi ayikhuseli xa ingasetyenziswanga
- ✓ IRingi ikhuselekile kakhulu kwingozi ukuba isetyenziswe

IRingi?

“Ewe, Ndifuna ukusebenzisa iRingi”

“Hayi, andifuni ukusebenzisa
iRingi”

“Mhlawumbi, Andikaqiniseki”

Ndixelele ngesigqibo sakho



Amava akho ngeRingi

Yintoni ekuncedileyo ukuba usebenzise iRingi kwi-ASPIRE?

Yeyiphi imiqobo oyoyiseleyo?

Zeziphi izicwangciso zakho zokusebenzisa iRingi
kolu phononongo?

Okukhathazayo Malunga neRingi



UKhetho loThintelo lwe-HIV

Sebenzisa iringi ngokungaguququkiyo

Sebenzisa iikhondom ngokungaguququkiyo

Khuthaza iqabane ukuba liyokwaluka

Sebenzisa i-PrEP ethathwa ngomlomo



Ukuba iqabane lakho seli HIV+, khuthaza ukubambelela kwi-ARV

Khuthaza iqabane ukuba livavanyelwe i-HIV

Fumana unyango lwee-STIs

Yehlisa inani lamaqabane akho okwabelana ngesondo

Zimisele okokuba uyawukwabelana ngesondo ngendlela elumkileyo enomngcipheko osezantsi wokosulelwa

Izicwangciso zakho zothintelo lwe-HIV

Zeziphi izicwangciso zakho zokusebenzisa ezindlela zothintelo lwe-HIV uzikhethileyo?

Yintoni onokuyenza ukuqinisekisa impumelelo yakho ekusebenziseni ezo ndlela?

Imiceli mngeni kuThintelo lwe-HIV

.....

Kunzima
ukuthetha
neqabane lam

Andisoloko
ndinazo
iikhondom

Ndiyalibala
ukusebenzisa
iikhondom

Ndandicinga
ngalento
ndiyenzayo
ndingacingi
ngokunye

Iqabane
lam
alivumi

Ndandisela kwaye
ndandingacingi



IRula yokuBaluleka

Kwisikeyile sokulinganisa esiqala ku-0 siye ku-10 apho u-0 ingu akubalulekanga kwaphela kwaye u-10 ingu kubaluleke ngokugqithisileyo, kubaluleke kangakanani kuwe ukusebenzisa iindlela ozikhethileyo ukuphepha ukosulelwa yi-HIV?

0	1	2	3	4	5	6	7	8	9	10

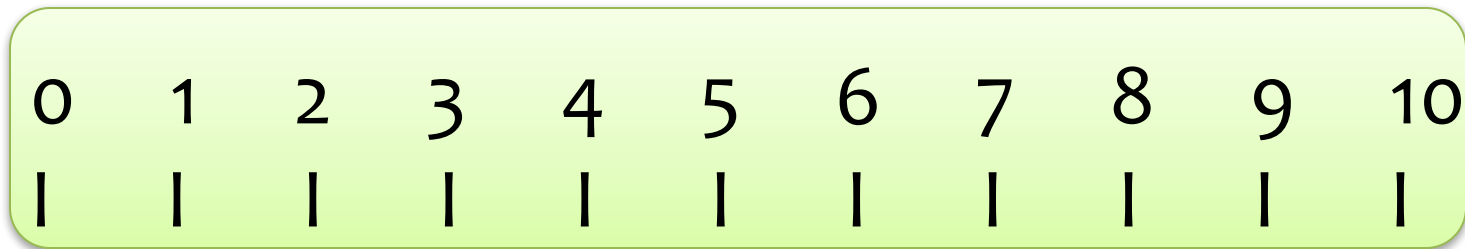
Akubalulekanga
kwaphela

Kubaluleke
ngokugqithisileyo

Zeziphi ezinye zezizathu zokuba kutheni ukhethe elo nani lingabi ngu-0 okanye u-1?

IRula yokuziThemba

Kwisikeyile sokulinganisa esiqala ku-0 siye ku-10 apho u-0 ikukungazithembi kwaphela kwaye u-10 ikukuzithemba ngokugqithisileyo, uzithembe kangakanani ukuba uza wukwazi ukusebenzisa ngokungaguquguqukiyo indlela yothintelo lwe-HIV oyikhethileyo?



**Ukungazithembi
kwaphela**

**Ukuzithemba
ngokugqithisileyo**

Yintoni eyenza ukuzithemba kwakho kwelo nani lingabi ngu-0 okanye u-1?

Yintoni enganceda ukulisa phezulu?

Ungafikelela njani apho?



Ingaba yintoni enye ongathanda ukuba
sixoxe ngayo namhlanje...

...malunga neRingi?

...malunga nezinye iindlela zokuthintela i-HIV
ozikhethileyo?

UTyelelo oluLandelayo

Sihlangana nini kwakhona?

Siza kwenza ntoni?

Khumbula:

Ukubuyisa iRingi yakho

NdiNdiza kwabelana ngesiphumo

samanqanaba echiza ukuqala kwiNyanga ka-

3

Amatyelelo Alandelayo

KwiNyanga 1, 2, 3, 6, 9



Siyakwamkela... ..kwaye siyakubulela!

Ukuhlangana kwethu
namhlanje

Ukufikelela kwiinjongo kungaba nzima

Impumelelo



- Wenze kakuhle, ufikelele kwiinjongo yakho!
- Ukuba ungathanda, singathetha ngokuba ungaqhubekeka kanjani

Udano

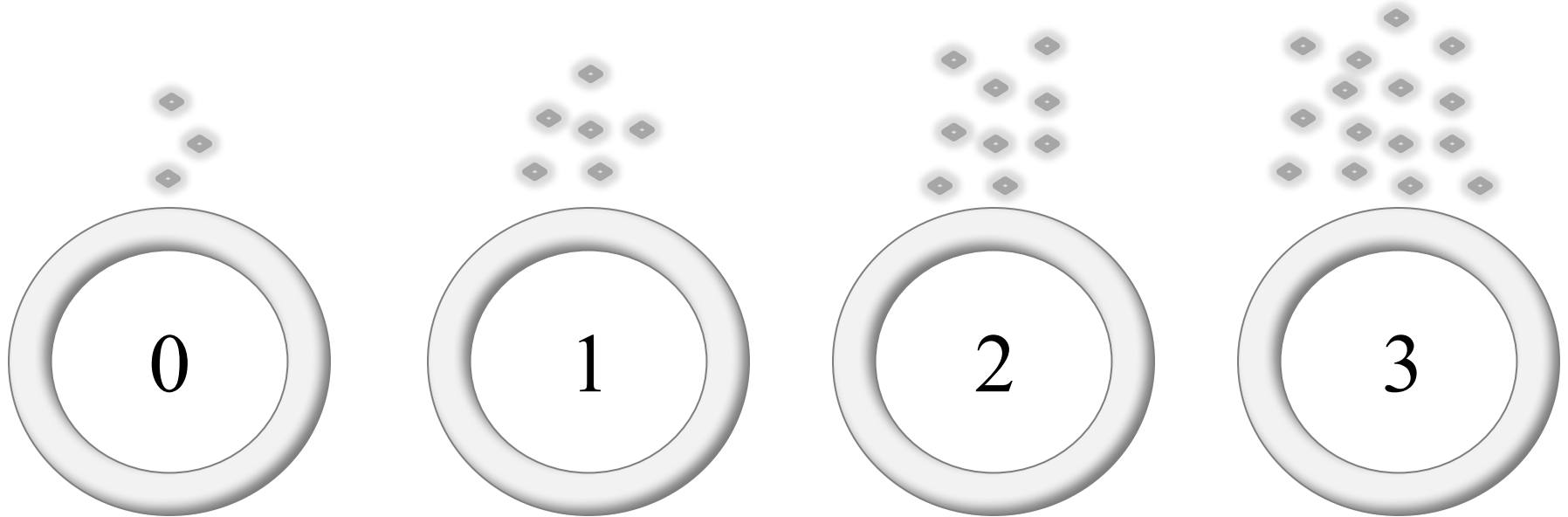


- Ungaxhalabi; andikho apha ukuzokugweba
- Ukuba ungathanda, singasebenzisana size sifumane izisombululo

Amanqanaba eChiza kwiRingi

Usetyenziso
olusezantsi

Usetyenziso
oluphezulu



Akukho
Khuseleko

Ukhuseleko
Oluphezulu

Uze ukhumbule...

Iziphumo zenqanaba lechiza zingangachaneki ngqo ku 100%

Sabelana ngeziphumo kunye nawe...

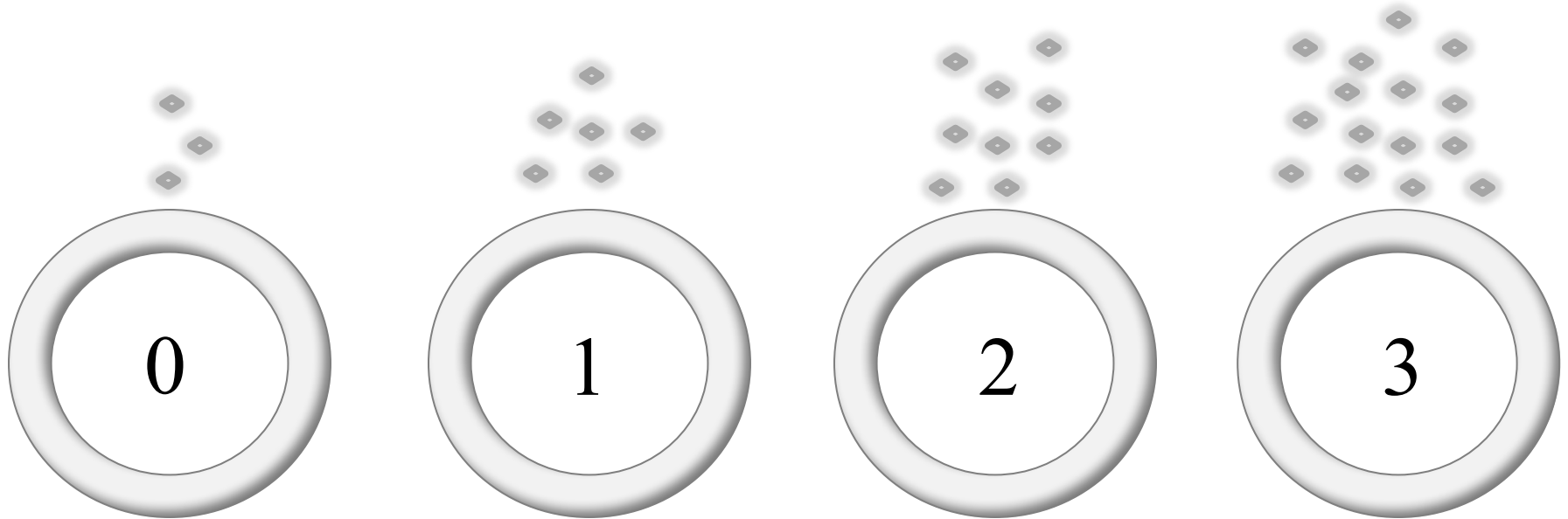
- Ngoko ke uzakuba nolwazi oluphangaleleyo malunga nokhuselo olufumanayo kwiRingi
- Sizakunceda wena ukhethe ukuba ufuna ukusebenzisa iRingi ngokwahlukileyo na ukuze ikunike ukhuseleko kwi HIV olungaphezulu kunolu

Into oyenzayo ngolulwazi lukhetho lwakho

Inqanaba lakho lokhuseleko

Akukho
Khuseleko

Ukhuseleko
Oluphezulu



Zezíphí iingcinga zakho ngoku?

Uziva njani malunga nenqanaba lokhuseleko olufumene
kwiRíngí?

Ithetha ukuthini na ke kuwe lento ekuhlaleni ungenayo i-HIV?

Zeziphi iindlela zokuthintela i-HIV ubuzikhethile ngaphambili?

Sebenzisa iringi ngokungaguququkiyo

Sebenzisa iikhondom ngokungaguququkiyo

Khuthaza iqabane ukuba liyokwaluka

Sebenzisa i-PrEP ethathwa ngomlomo



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Fumana unyango lwee-STIs

Yehlisa inani lamaqabane akho okwabelana ngesondo

Zimisele okokuba uyawukwabelana ngesondo ngendlela elumkileyo enomgcipheko osezantsi wokosulelwa

Ukufika

Zihambe njani izinto kwisicwangciso sakho sothintelo lwe-HIV?

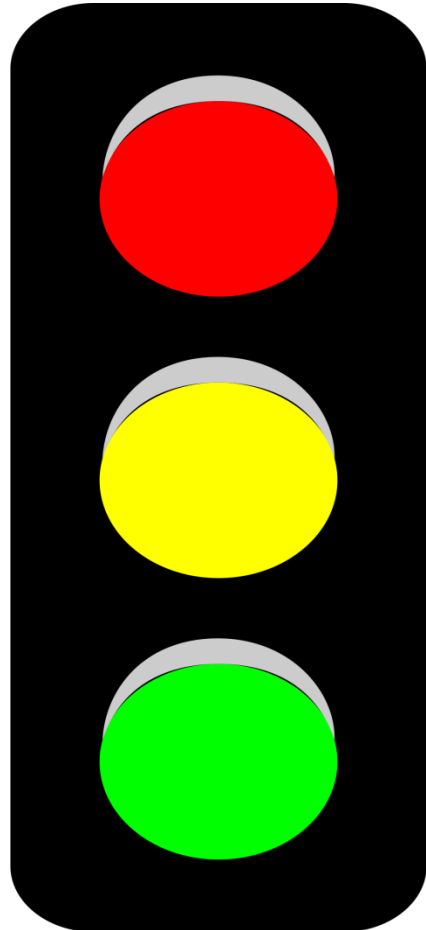
Yintoni esebenzileyo?

Yintoni engasebenzanga?

Yeyiphi imiqobo ohlangane nayo?

Uyoyise kanjani?

Iimvakalelo malunga neSicwangciso soThintelo

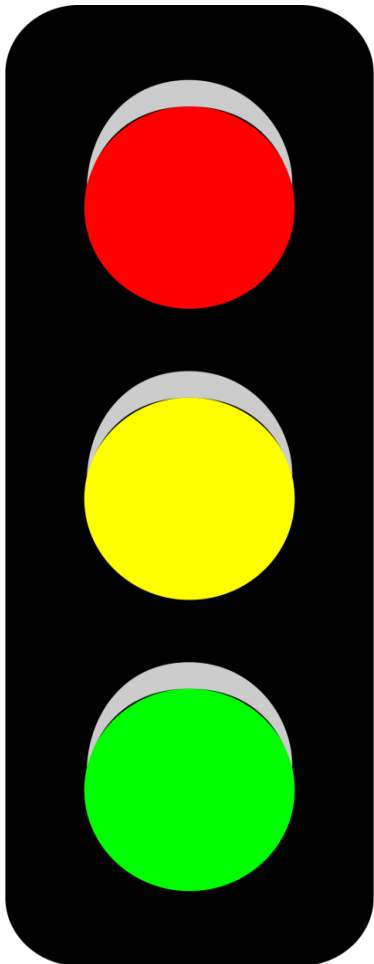


Asisebenzanga isicwangciso sam. Kufuneka ndenze into eyohluka ngokupheleleyo ukuze ndingafumani i-HIV

Isicwangciso sam sihambe kanje-nje. Kufuneka nditshintshe izinto ezithile ukuze ndizikhusele ngcono kwi-HIV.

Isicwangciso sam sihambe kakuhle ngokwenene. Kufuneka ndihlale ndisenza endikwenzayo ukuzikhuselela kwi-HIV.

Ukoyisa imiqobo



Zeziphi ezinye iindlela zokuthintela i-HIV ezingakusebenzela ngcono?

Yintoni ongayenzayo ukwenza lindlela ize iphumelele kakhulu?

Yeyiphi imiqobo osafuna ukuyoyisa ukuze uphumelele?

Yintoni ongayenza ngokohlukileyo ukuze uphumelele?

Yintoni esingayenza ngexesha leseshoni yethu engakunceda uze uphumelele?

Yintoni ekuncedileyo ukuze uphumelele kwisicwangciso sakho sokuthintela?

Yintoni ongayenza ukuze uqhubekeke uphumelela kucwangciso lwakho lokuthintela?

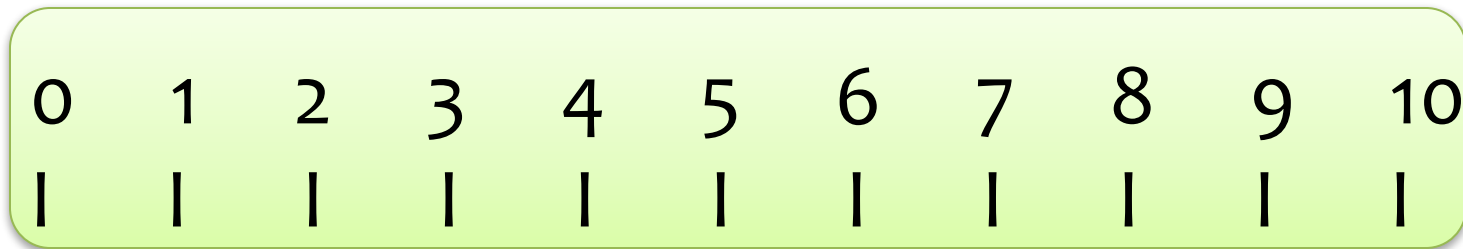
Ukucwangcisola iiveki ezizayo

Kukhona nantoni na eyenzekayo kweziveki zimbalewa zizayo enokuchaphazela isicwangciso sakho sothintelo lwe-HIV?



IRula yokuziThemba

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Ukungazithembi
kwaphela

Ukuzithemba
ngokugqithisileyo

Yintoni eyenza ukuzithemba kwakho kwelo nani lingabi ngu-0 okanye u-1?

Yintoni enganceda ukulisa phezulu?

Ungafikelela njani apho?



Ingaba yintoni enye ongathanda ukuba
sixoxe ngayo namhlanje...

...malunga neRingi?

...malunga nezinye iindlela zokuthintela i-HIV
ozikhethileyo?

UTyelelo oluLandelayo

Sihlangana nini kwakhona?

Siza kwenza ntoni?

Khumbula:

Ukubuyisa iRingi yakho

Ndiza kwabelana ngesiphumo samanqanaba
echiza ukuqala kwiNyanga ka-3

UTyelelo lokuPhela

Inyanga ye-12



Siyakwamkela... ..kwaye siyakubulela!

*Ukuhlangana kwethu
namhlanje*

Ukufikelela kwiinjongo kungaba nzima

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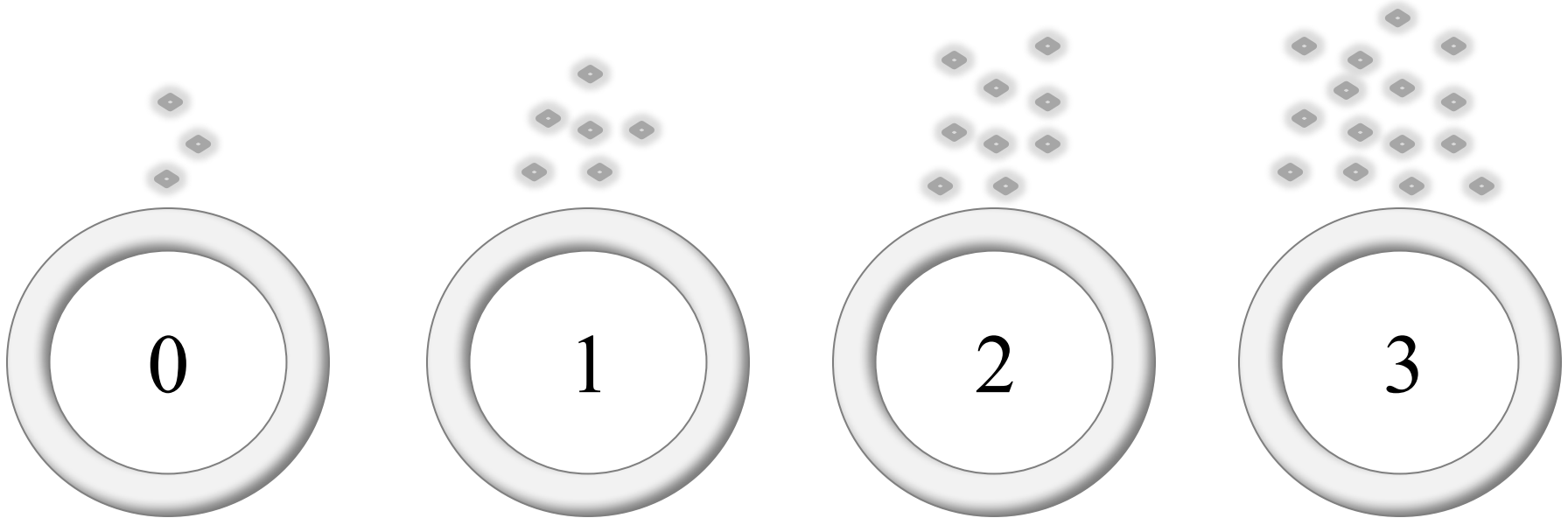
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olusezantsi



Usetyenziso
oluphezulu



Akukho
Khuseleko

Ukhuseleko
Oluphezulu

Uze ukhumbule...

Iziphumo zenqanaba lechiza zingangachaneki ngqo ku 100%

Sabelana neziziphumo kunye nawe...

- Ngoko ke uzakuba nolwazi oluphangaleleyo malunga nokhuselo olufumanayo kwiRingi

Into oyenza ngolulwazi lukhetho lwakho

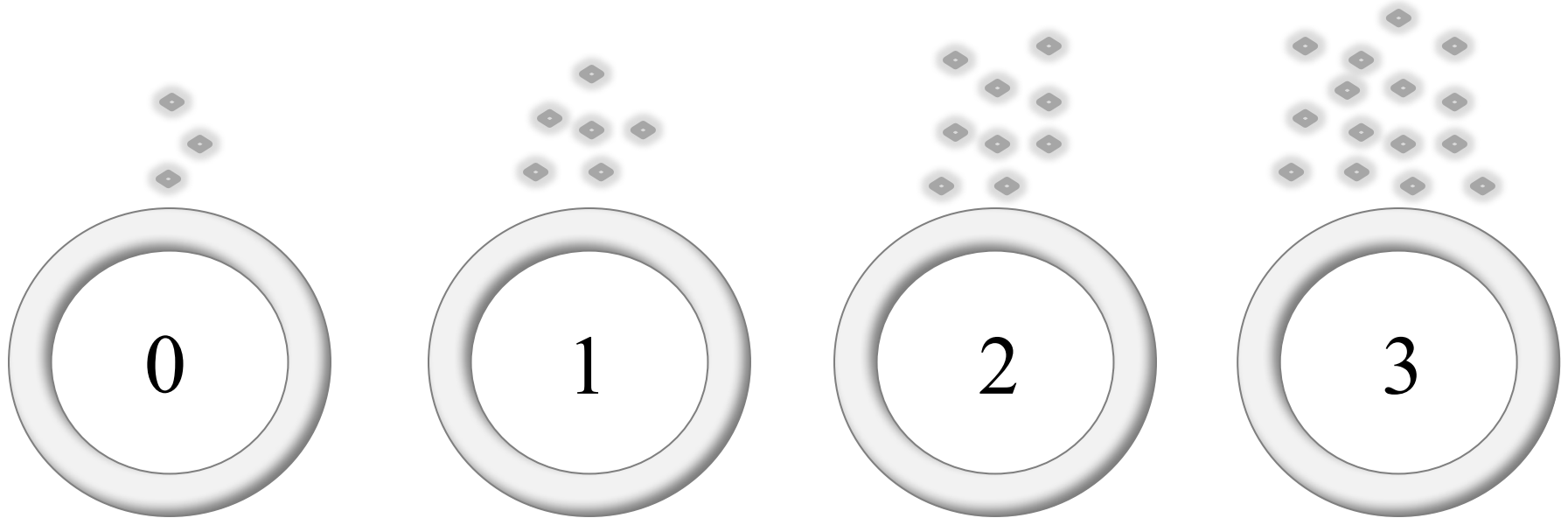
Inqanaba lakho lokhuseleko

Akukho

Khuseleko

Ukhuseleko

Oluphezulu



Zeziphi iingcinga zakho ngoku?
Uziva njani malunga nenqanaba lokhuseleko olufumene
kwiRingi?

Zeziphi iindlela zokuthintela i-HIV ubuzikhethile ngaphambili?

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Ukufika

Zihambe njani izinto kwisicwangciso sakho sothintelo lwe-HIV?

Yintoni esebenzileyo?

Yintoni engasebenzanga?

Cinga ubuyele emva...

Zeziphi iindlela zothintelo lwe-HIV ezisebenze ngcono kuwe ngexa lophononongo?

Loluphi ukhetho kuThintelo lwe-HIV ofuna ukulusebenzisa ukuqhubela phambili?



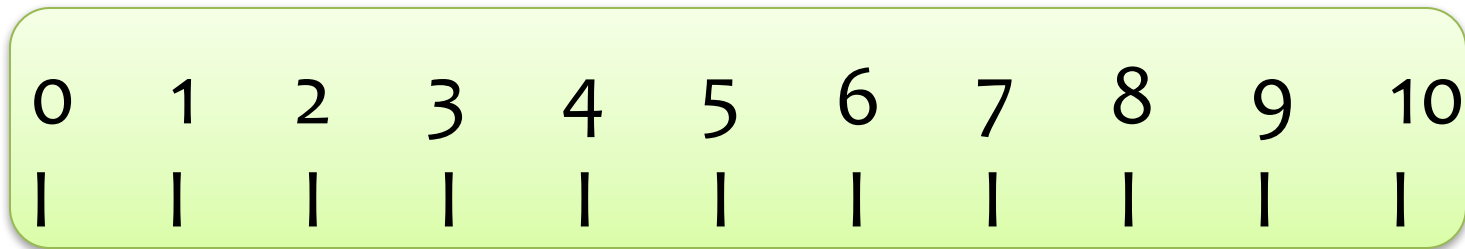
IziCwangciso zoThintelo lwe-HIV zeXa eliZayo

Siyintoni isicwangciso sakho sokusebenzisa ezindlela uzikhethileyo?

- Yintoni onokuyenza ukuqinisekisa impumelelo?
- Yeyiphi imiqobo ongadibana nayo kwaye ungayoyisela kanjani?

IRula yokuziThemba

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Ukungazithembi
kwaphela

Ukuzithemba
ngokugqithisileyo

Yintoni eyenza ukuzithemba kwakho kwelo nani lingabi ngu-0 okanye u-1?

Yintoni enganceda ukulisa phezulu?

Ungafikelela njani apho?



Ingaba yintoni enye ongathanda ukuba
sixoxe ngayo namhlanje...

Enkosi!!!!

- Ngokuthatha inxaxheba koluphononongo
- Ngentumekelelo yakho yokuthetha ngokuphandle
- Ngoncedo lwakho ekuncediseni ukunciphisa ulosulwelo lwe HIV kwabasetyhini eAfrika



Enkosi!