

KODI NKHANZA ZA PAKATI PA AMUNA NDI AKAZI NDICHIYANI?

Mchitidwe uliwonse woipa wopangira munthu pamene munthuyo sakufuna ndipo mchitidwewo ukuchitika chifukwa cha kusiyana kwakuti wina ndi mkazi kapena mwamuna. Nkhanza ndi kuphwaya ufulu wachibadwidwe wa munthu.

MITUNDUYA NKHANZA

Nkhanza zogonana

Kugwilirira, kugonana ndi mwana ngakhale mwanayo atavomereza, kugonana wina asakufuna, kugonana ndi ana achichepere osakwana zaka 16 zakubadwa, kugonana mogwiritsa ntchito mphamvu kapena udindo, kukakamizidwa kulowa m'banja komanso miyambo ndi zikhalidwe zoipa ndi zina mwa nkhanza zokhudza kugonana.



Nkhanza za kuthupi

Kugwiritsa ntchito mphamvu ndi cholinga chofuna kuvulaza munthu monga kumenya zibakera, makofi kapena kugwiritsa ntchito chida pomenya munthu.



Nkhanza zokhudza maganizo

Mchitidwe ulionse umene ungapangitse wina kukhala osakondwa, wamantha, onyozeka, okhumudwa, owawidwa mtima, ndi osafunikira kwa anthu ena. Izi ndi monga kuyankhula monyozza, mochititsana manyazi, kuopseza, komanso kulamula.

Nkhanza zokhudza zachuma

Nkhanza zokhudza zachuma ndi monga kumana mkazi kapena mwamuna ndalama ndi zinthu zofunika pa moyo wawo kaamba koti ndi mwamuna kapena mkazi; kuika dala malamulo okhwima pa kagwiritsidwe ntchito ka chuma; k o m a n s o kupondereza m w a m u n a kapena mkazi kuti asapeze mwai okhala ndikuthekera k o p e z a ndalama.



Zotsatira za nkhanza zapakati pa amuna ndi akazi

Zotsatira za nkhanza zapakati pa amuna ndi akazi ndizambiri ndipo zimakhudza wina aliyense kuyambira ochitiridwa nkhanza, banja lawo komanso mmudzi.

Zina mwa zotsatira ndi izi:

- Kuvulazidwa
- Kusokonekera maganizo, kukhala ndi nkhawa, kusakhala ndi chilakolako chogonana, kutaya chiyembekezo ngakhaleso kukhala ndi maganizo ofuna kudzipha
- Kudzisala kapena kusolidwa
- Kutenga matenda opatsirana pogonana kuphatikizapo HIV
- Kutenga mimba zosakonzekera
- Kuchoka kwa mimba kapena kukakamizidwa kutaya mimba
- Imfa
- Kupha

Dziwani izi:

- Tisaloze zala ochitiridwa nkhanza
- Kuchitirana nkhanza ndikuphwaya Ufulu wachibadwidwe wamunthu
- Nkhanza sinjira yothetsera mavuto, kusamvana kapena kupeza zimene tikufuna
- Chamuna sikutanthauza kukhala ovuta, oyenera ulemu, wambiri kapena wolamula
- Mkazi sikatundu kwa mwamuna, chimodzimidziso



mwamuna sikatundu kwa mkazi

KOMWETINGAPEZETHANDIZO

Malo a chikwanekwane

- Malo a chikwanekwane amapezeka mzipatala zikuluzukulu komanso mzipatala zina m'dziko muno. Ku malo achikwanekwane amapeleka thandizo kwa ochitiridwa nkhanza ndipo amasunga chinsisi.
- Amaonetsetsa kuti amene wachitiridwa nkhanza walandira thandizo la Chipatala, apolisi komanso khoti.
- Amaonetsetsanso kuti munthu walandira upungu ndipo amapanga kalondolondo kuontsetsa kuti munthu akutetezedwa kuti asachitiridwensho nkhanza.

Bwalo lakudera lothandiza ochitiridwa nkhanza (CVSU)

- Awa ndi mabwalo amudzi omwe amapeleka thandizo lokhudza nkhanza zapakati pa amuna ndi akazi.
- Mabwalowa anakhazikitsidwa kuti azisamalira omwe achitiridwa nkhanza, kuteteza nkhanza maka kwa amai ndi ana.
- Mabwalowa amaonetsetsa kuti omwe achitiridwa nkhanza alandira upungu komanso kuwatumiza ku polisi ndi kuchipatala kuti alandire thandizo malingana ndivuto lomwe akumana nalo.

Ofesi yachinsinsi ku Polisi (VSU)

Apolisi amathandiza pamene wina wachitiridwa nkhanza. Apolisi amasalira ndi kuteteza omwe achitiridwa nkhanza ndipo amafufuza mlandu.

Bwalo loweluzu milandu yokhudza Ana

Khoti la ana linakhazikitsidwa kutsatira lamulo lowonetsetsa kuti ana akusamalidwa ndi kutetezedwa. Ma khoti a ana ndi osiyana ndi makhoti oweruza milandu ya akulu. Ogwira ntchito ku khoti la ana kuphatikizapo ma majisitiliti anaphunzitsidwa bwino zakaweruzidwe ka milandu yokhudza ana.

Malo Osulira Ana

Malo amenewa ndi komwe amasulirako ana omwe

alakwira malamulo ndicholinga choti anawo akhale nzika zabwino komanso odalirika kudera kwawo. Ena mwa malo osulilako ana ndi Mpemba, Kachere, Chilwa ndi Bvumbwe

Kudzipereka kwanga:

- Sindidzachitira nkhanza mwamuna, mkazi, mtsikana, mnyamata kapena ana
- Sindidasokoneza chitukuko cha banja langa molingana ndi chuma komanso mtendere wamumtima
- Sindidzakhala chete ndikadzawona wina akuchitiridwa nkhanza
- Sindidzaweruza kapena kusala iwo amene achitiridwa nkhanza chifukwa sivuto lawo
- Ndidzathandiza iwo amene achitiridwa nkhanza kuti apeze thandizo loyenera
- Ndidzagwira ntchito yothana ndi nkhanza zapakati pa amuna ndi akazi mdera langa
- Sindidzakhala osokoneza kapena kuthetsa mabanja



PAMODZITINGATHE KUTHETSA NKHANZA ZA PAKATI PA AMUNA NDI AKAZI

