

# TŠHATA YA DITSHWANELO TSA BALWETSE

Dingwagasome di le dintsi bontsi jwa batho ba Aforika Borwa bo itemogetse go gana kgotsa kgatako ya ditshwanelo tse di botlhokwa tsa botho tse di jaaka ditshwanelo tsa ditirelo tsa boitekanelo. Go netefatsa gore ditshwanelo tsa phitlheleo ya boitekanelo di a diragatswa jaaka di totobaditswe mo Molaotheong wa Rephaboliki ya Aforika Borwa (Molao wa No 108 wa 1996), Lefapha la Boitekanelo le ikemiseditse go tlotla, go rotloetsa le go sireletsa tshwanelo e, ebile le tsaya TŠHATA E YA DITSHWANELO TSA BALWETSE jaaka selekanyo se se tlwaelegileng sa go netefatsa gore tshwanelo e e a diragatswa.

Tšhata e eikaegile ka molao mongwe le mongwe o o dirang mo Rephaboliking ya Aforika Borwa le mo mererong ya madi / ditšhelete ya naga.

## TIKOLOGO E EITEKANETSENG E BILE E BOLOKEGILE

Mongwe le mongwe o na le tshwanelo ya tikologo e eitekanetseng e bile e bolokegile e etla netefatsang boitekanelo ba gagwe ba mmele le ba tlhaloganyo, go akaretsa thebolo e e lekaneng ya metsi, bophepa le kolelo ya matlakala mmogo le tshireletso mo mefuteng yotlhe ya kotsi ya tikologo, jaaka kgotlelego, kwelotlase ya ikholoji kgotsa tshwaetsego.

## GOTSAYA KAROLO MO GOTSEIWENG GA DITSHWETSO

Moagi mongwe le mongwe o na le tshwanelo ya go tsaya karolo mo go theiweng ga melao ya boitekanelo Gape mongwe le mongwe o na le tshwanelo ya go tsaya karolo mo go tseiweng ga ditshwetso ka ga merero e e amang boitekanelo ba gagwe

## PHITLHELELO YA DITIRELO TSA BOITEKANELO

Mongwe le mongwe o na le tshwanelo ya go fitlhelela ditirelo tsa boitekanelo tse di akaretsang:

- go amogela tlhokomelo ya tshoganyetso ka nako e e siameng kwa setheong sengwe le sengwe sa tlhokomelo ya boitekanelo se se butsweng go sa kgathalesege gore motho o na le bokgoni ba go duela kgotsa nyaa;
- kalafo le go busetswa maamong a a siameng a pholo tse di itsisitsweng molwetse gore a tlhaloganye kalafo kgotsa go busetswa maamong a a siameng a pholo le ditlamorago ga tsona;
- go rebolelwa ditlhokwa tse di kgethegileng jaaka mo maseeng a a sa tswang go belegwa; bana, basadi ba ba imileng, batsofe, batho ba ba naleng bogole, balwetse ba ba mo ditlhabing, motho yo o tshelangka HIV kgotsa balwetse ba AIDS;
- kgakololo ntle le kgetholo, go gatelelwa kgotsa tiriso dikgoka mo mererong e tshwana le boitekanelo ba pelegi, kankere kgotsa HIV le AIDS
- tlhokomelo e efokotsang pogo le ditlhabi ebile e amogelesega mmele maleba bogolo mo malwetseng a a senang kalafi kgotsa bofelong ba malwetse a a senang kalafi;
- maitsholo a asiameng a badiri ba boitekanelo a a bontshang bopelotlhomogi, go tlhompha seriti sa botho, bopelotelele, kutlwelobotlhoko le boitshoko; le
- tshedimosetso ya boitekanelo e e akaretsang go nna teng ga ditirelo tsa boitekanelo le ka moo ditirelo tseo di ka dirisiwang sentle ka teng e bile tshedimosetso eo e le ka puo e e tlhaloganngwang le molwetse.

## KITSOYA INŠORENSE YA BOITEKANELO / SEKEMA SA THUSO YA KALAFI

Leloko la inšorense ya boitekanelo kgotsa la sekema sa kalafi thuso ya kalafi se na le tshwanelo ya tshedimosetso kaga inšorense eo kgotsa sekema sa thuso ya kalafi le go gwetlha, fa go tlhokegang, ditshwetso tsa inšorense eo kgotsa tsa sekema seo sa thuso ya kalafi tse di amang leloko.

## TLHOPHO YA DITIRELO TSA BOITEKANELO

Mongwe le mongwe o na le tshwanelo ya go itlhophela motlamedi wa boitekanelo yo o rileng malebana le ditirelo kgotsa setheo se serileng sa

boitekanelo malebana le kalafo fa fela tlhopho eo e ka se thulane le dikaelo tsa melao ya maitsholo tse di dirisiwang ke batlamedi bao ba tlhokomelo ya boitekanelo kgotsa ditheo tseo, le tlhopho ya ditheo tse di tsamaelanang le dikaelo tse di kannweng tsa thebolo ya ditirelo.

## GO ALAFIWA KE MOTLAMEDI WA BOITEKANELO YO O NANG LE LEINA

Mongwe le mongwe o na le tshwanelo ya go itse motho yo o alafang e bile o tshwanetse go thuswa ke batlamedi ba ba tshwailweng sentle.

## KHUPAMARAMA LE SEPHIRI

Tshedimosetso e e amanang le boitekanelo jwa mongwe, go akaretsa tshedimosetso e e amanang le kalafi, e ka rebolwa ka tetla ya molwetsi morago ga go netefatsa gore go tlhalogantswe lebaka la go dira jalo, ntle fela ka go gapelediwa ke molao mongwe kgotsa taelo ya kgotlatshekelo.

## TETLA E E TLHALOGANTSWENG

Mongwe le mongwe o na le tshwanelo ya go neelwa tshedimosetso ka botlalo e bile e nepagetse ka ga maemo a malwetse a gagwe, ditlhatlhobo, kalafo e e tshitshinngwang le ditshenyegelo tse di amegang, gore motho a tle a kgone go tsaya tshwetso e e maleba mabapi le nngwe le nngwe ya dikarolwana tse.

## KGANOYA KALAFI

Motho a ka gana kalafi e bile go gana goo go ka buiwa ka molomo kgotsa ka go kwala fa fela go gana goo go sa tsenye boitekanelo jwa ba bangwe mo kotsing.

## GO ROMELWA GO BONA KAKANYO E NNGWE

Mongwe le mongwe o na le tshwanelo ya go romelwa go bona kakanyo e nngwe kwa motlameding yo mongwe wa boitekanelo go ya ka kopo ya molwetse.

## TSWELETSO YA TLHOKOMELO

Ga go ope yo o tshwanetseng go latlhiwa ke motlamedi wa porofesenale wa boitekanelo kgotsa setheo sa boitekanelo seo kwa tshimologong se neng sa tsaya maikarabelo a boitekanelo jwa gagwe.

## NGONGOREGO KA DITIRELO TSA BOITEKANELO

Mongwe le mongwe o na le tshwanelo ya go ngongorega ka ditirelo tsa tlhokomelo ya boitekanelo le gore dingongorego tseo di a batlisiswa le go neelwa karabo e e tletseng ka ga dipatlisiso tseo.

Molwetse kgotsa modirisi mongwe le mongwe o na le maikarabelo a alatelang:

- Go itsise batlamedi ba tlhokomelo ya boitekanelo ka ga dikeletso tsa gagwe malebana le leso la gagwe.
- Go obamela dithulaganyo tsa kalafi tse di laetsweng kgotsa dithulaganyo tsa go leka go busetswa maamong.
- Go batlisisa ka ga ditshenyegelo tse di amegang tsa kalafi le / kgotsa go leka go busetswa maamong le go rulaganya tuelo.
- Go tlhokomela makwalo a boitekanelo a a mo go ene.
- Go tlhokomela boitekanelo jwa gagwe.
- Go tlhokomela le go sireletsa tikologo.
- Go tlotla ditshwanelo tsa balwetse ba bangwe le batlamedi ba boitekanelo.
- Go dirisa dithebolelo tsa boitekanelo sentle ebile e se botlhaswa.
- Go itse ditirelo tsa gagwe tsa boitekanelo tse di mo tikologong ya gagwe le gore di aba tirelo efeng ya boitekanelo.
- Go begelela batlamedi ba boitekanelo ka tshedimosetso e e maleba e bile e le e e nepagetseng malebana le tlhatlhobo, kalafi, go leka go busetswa maamong kgotsa dikgakololo.

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