

UKUYA OCANSINI OKOKUQALA Handbook

Ukuya Ocansini Okokuqala

****Ukuya Ocansini Okokuqala: Uhambo Lokuqala Olugcwele Imizwa Nezinto Okufanele**

Uzazi**

ukuya ocansini okokuqala kuyisigameko esibalulekile empilweni yomuntu,

esihlanganisa imizwa ehluahlukene, ukulangazelela, kanye nokwesaba okuncane. Lesi

sigameko asimayelana nje ngokwenza into entsha, kodwa futhi sithinta indlela umuntu

abona ngayo ubudlelwano, ukuzethemba kwakhe, kanye nempilo yakhe yezocansi

esikhathini esizayo. Kulesi sihloko, sizohlola ngokujulile konke okudingeka ukwazi

ngaphambi kokuba uye ocansini okokuqala, kuhlenganise nezindlela zokuzilungiselela,

amathiphu okuxhumana nomlingani, kanye nezinto ezibalulekile zokuphepha.

Ukuqonda Ukuya Ocansini Okokuqala

Ukuya ocansini okokuqala akumayelana nje nento yokwenza ngokomzimba kuphela.

Kuyehluka kumuntu nomuntu, futhi imizwa nemikhuba ehlobene nalokhu kungaba

yahlukahluke kakhulu. Kubalulekile ukuqonda ukuthi akukho okulindelekile

ngokuphelele, futhi akufanele uzizwe ucindezekile noma uhlazekile uma izinto

zingahambi kahle njengoba bekulindelwe.

Izimfanelo Zokuba Nokulungele

Ukuba nokulungele ukuya ocansini okokuqala kusho ukwazi ngokugcwele ukuthi yini

oyifunayo nokuthi yini ongakufuna. Lokhu kufaka phakathi ukuqonda imizwa yakho,

ukwazi izingozi zokungavikeleki, kanye nokuba nendlela yokukhuluma ngalokho okukhathazayo nomlingani wakho. Ukulungele kwakho kungakhulisa ukuzethemba kwakho futhi kwenze lolu hambo lube yinto enhle kakhulu.

Izinto Ezingase Zibe Yingcindezi

Kwesinye isikhathi, abantu bazizwa becindezelekile ngenxa yokucindezelwa kwabangane, umphakathi, noma izimfundiso ezithile. Kubalulekile ukukhumbula ukuthi ukuya ocansini okokuqala kufanele kube yisinqumo sakho esizimele, hhayi into oyenzayo ngenxa yokucindezelwa. Ukuzwa ukucindezeleka kungaholela ekungajabuleleni lolu hambo futhi kube nomthelela ongemuhle empilweni yakho.

Amathiphu Okulungiselela Ukuya Ocansini Okokuqala

Ukuya ocansini okokuqala kufuna ukulungiselela okungaphezu kokuba nje sezingeni lomzimba. Ukuqonda nokulungiselela ingqondo, imizwa, kanye nomzimba kuyasiza ukwenza lesi sigameko sibe yinto enhle futhi engakhathazi.

Xhumana Ngokuvulekile Nomlingani Wakho

Ukuxhumana kubalulekile kakhulu. Khuluma nomlingani wakho ngale ndaba ngokusobala nangokwethembeka. Yabelana ngemizwa yakho, ukukhathazeka, kanye nezilindelo zakho. Lokhu kuzokwenza kube lula ukuba nobudlelwano obuhle futhi kugweme ukungaqondi kahle.

Fundisisa Ngempilo Yezocansi

Ukuqonda indlela umzimba wakho osebenza ngayo, kanye nezindlela zokuvikela ezifanele,

kuyisinyathelo esibalulekile. Funda mayelana nezindlela zokuvikela ezifana nokusebenzisa amakondomu, ukuqwashisa ngezifo ezithathelwanayo ngocansi (STIs), kanye nokubaluleka kokuvivinywa njalo.

Lungiselela Ukuphepha Kwakho

Ukuya ocansini okokuqala kufanele kube yinto ephephile. Qiniseka ukuthi usebenzisa izindlela zokuvikela ezifanele, futhi uma kudingeka, xhumana nodokotela wakho ukuze uthole izeluleko ezifanele. Ukuphepha kwakho kuqakathekile kakhulu.

Izinto Okufanele Uzilindele Ngaphambi Ngesikhathi Sokuyocansi

Okokuqala

Izinto eziningi zingase zenzeke ngesikhathi uya ocansini okokuqala, futhi ukwazi lokhu kungakusiza ukuthi uzizwe ukhululekile futhi ulindele kahle.

Imizwa Ehlukahlukene

Kungaba nemizwa ehlukahlukene efana nokuthukuthela, ukukhathazeka, injabulo, noma ngisho nokwesaba. Lokhu kungenxa yokuthi lokhu kuyingxenye entsha empilweni yakho futhi umzimba wakho uyazama ukujwayela isimo esisha.

Izinguquko Emzimbeni

Ngokuvamile, umzimba uyaphendula ngokwehlukana ngesikhathi socansi lokuqala.

Abanye abantu bangase babe nokungakhululeki kancane noma ubuhlungu obuncane, ikakhulukazi uma kungokwesifazane ngenxa yokuvuvukala kwehymen noma ukungajwayeleki. Lokhu kuvamile futhi kuvame ukudlula ngokushesha.

Ukubaluleka Kokuphumula Nokunakekela

Ngemva kokuyocansi okokuqala, kubalulekile ukunakekela umzimba wakho. Thatha isikhathi sokuphumula, hlambulula kahle indawo yangasese, futhi uma kukhona okungajwayelekile, njengobuhlungu obungapheli noma ukopha ngokweqile, xhumana nodokotela.

Ukuya Ocansini Okokuqala Nokuxhumana Komlingani

Ukuxhumana nomlingani wakho kuyisihluthulelo sokwenza ukuya ocansini okokuqala kube yinto enhle futhi engakhathazi. Lona akuyona indaba yokwenza izinto ngokushesha noma "ngokufanele," kodwa mayelana nokuthi nobabili nizizwa nikhululekile futhi nijabule.

Yiba Nesineke Futhi Ube Nezwi

Ukuba nesineke nokukhuluma ngokusobala ngezinto ezikukhathazayo noma ezikuthokozisayo kuzosiza kakhulu. Ungesabi ukusho uma kukhona okungakhululekile noma ofuna ukukushintsha. Ukuxoxa kungasusa ukungaqondi kahle futhi kwenze lolu hambo lube lula.

Qaphela Izimpawu

Bheka izimpawu zomlingani wakho mayelana nokuthi uyakujabulela yini noma cha. Ukuya ocansini kufanele kube yinto ezozwakala kahle kubo bobabili, futhi uma kukhona okungalungile, kufanele nikwazi ukumisa noma ukulungisa isimo ngokushesha.

Izindlela Zokuzivikela Nezempilo Ngemuva Kokuya Ocansini

Okokuqala

Ukuya ocansini okokuqala akupheli lapho uqeda. Ukuzivikela kanye nokunakekela impilo

yakho yezocansi kubalulekile ngaso sonke isikhathi.

Ukusebenzisa Amakondomu

Amakondomu ayindlela esheshayo futhi ephumelelayo yokuvikela izifo ezithathelwana ngocansi kanye nokuvimbela ukukhulelwa okungafunwa. Qiniseka ukuthi uyawazi amagugu wokusebenzisa amakondomu ngendlela efanele.

Ukuhlolwa Kwezifo Ezithathelwana Ngocansi (STIs)

Ngemva kokuya ocansini okokuqala, kuhle ukuhlolwa kwezifo ezithathelwana ngocansi ukuze uqinisekise ukuthi usempilweni enhle. Ukuhlolwa njalo kuyindlela engcono kakhulu yokugcina impilo yakho nokuphepha komlingani wakho.

Ukuxhumana Nodokotela

Uma ungazizwa kahle noma unezinkinga ezithile, njengokopha okungajwayelekile noma izinhlungu, akufanele uzizwe unqena ukuya kudokotela. Ukunakekelwa kwezempilo kuyisihluthulelo sokugcina impilo yakho isesimweni esihle.

Ukuya ocansini okokuqala kuyisigameko esibalulekile esingaguqula indlela umuntu abona ngayo ubudlelwano nezocansi. Noma kunjalo, ukulungiselela kahle, ukuxhumana nomlingani, nokunakekela impilo yakho kuyokwenza lesi sigameko sibe yinto enhle, ephephile, futhi egcwele ukwaneliseka. Qiniseka ukuthi wenza lolu hambo ngokwakho, ngezinga lakho, nangendlela okhululekile ngayo.

Question

Answer

Yini ongayilindela

ngesikhathi sokuqala ukuya

ocansini?

Ngesikhathi sokuqala ukuya ocansini, abantu bavame

ukuba nezimizwa ezihlukahlukene ezifana nokuxineka,

injabulo, noma ukukhathazeka. Kubalulekile ukuba nezwi

lokuxhumana nomlingani wakho ukuze kube isipiliyoni

esikhululekile nesijabulisayo.

Kufanele ngilindele

izinguquko

ezingokomzimba nini

ngemuva kokuqala ukuya

ocansini?

Ngemuva kokuqala ukuya ocansini, kungenzeka ubone

izinguquko ezifana nokukhula kwe-hormone,

ukuguquguquka kwemizwa, noma izinguquko emzimbeni

ezifana nokukhula kwezitho zobulili. Lezi zinguquko

ziyingxenye yentuthuko yakho yomzimba nengqondo.

Iyini indlela engcono

yokuzilungiselela ukuya

ocansini okokuqala?

Indlela engcono yokuzilungiselela ukuya ocansini
okokuqala ihlanganisa ukufunda ngocansi oluphephile,
ukuxhumana ngokusobala nomlingani wakho,
ukusebenzisa izindlela zokuvikela ezifanele, nokuba
nesineke ukuze isipiliyoni sibe mnandi futhi siphephile.

Kungani kubalulekile
ukusebenzisa ukuvikelwa
ngesikhathi sokuqala ukuya
ocansini?

Kubalulekile ukusebenzisa ukuvikelwa njengamakondomu
ukuze uvikele ekuthelelweni izifo ezithathelwanayo
ngocansi (STIs) kanye nokuvimbela ukukhulelwa
okungafunwa. Lokhu kwenza isipiliyoni sokuqala sibe
siphephile futhi sikhululeke.

Ngabe ukuya ocansini
okokuqala kubuhlungu
noma kuyadabukisa?

Ukuya ocansini okokuqala kungahluka kumuntu nomuntu;
abanye bangase bazizwe benobuhlungu noma
bengakhululekile, kuyilapho abanye bezizwa bekhululekile
futhi bejabule. Ukuxhumana nomlingani wakho

nokuthatha izinyathelo zokuphumula kungasiza

ukunciphisa noma yiluphi ubuhlungu noma

ukungakhululeki.

****Ukuya Ocansini Okokuqala: Ukuqonda Nokulungiselela Umzuzu Obalulekile****

ukuya ocansini okokuqala kuwumcimbi obaluleke kakhulu empilweni yomuntu,

ogcwele imizwa ehlukahlukene, ukungaqiniseki, kanye nezimfuno zokwazi. Lo mcimbi

awuhambisani nje kuphela nokwethula umzimba othile kokuqonda kwezocansi, kodwa

futhi unomthelela omkhulu empilweni yomuntu ngokomzwelo, ngokomzimba,

nangokomphakathi. Ukuqonda kahle ukuthi yini okufanele ilindelwe, ukulungiselela kahle,

nokuba nolwazi olujulile kungasiza ekunciphiseni ukungezwani nokukhathazeka okuvame

ukuhambisana nalolu daba.

Ukuya ocansini okokuqala akuyona nje into ebonakala kuphela ngezinga lomzimba;

kuyisigaba esibalulekile somuntu siqu, esingaphinde sithinte indlela umuntu azibheka

ngayo ubudlelwano, ukuzimela, kanye nokuzethemba kwakhe. Ngakho-ke, ukuhlola le

ndaba ngobuhlakani nangokunemba kubalulekile kakhulu kubantu abasha, odokotela,

kanye nabazali abafuna ukuqondisa izingane zabo ngendlela efanele.

Ukuqonda Ukuya Ocansini Okokuqala: Izinto Eziyinhloko

Okufanele Zaziwe

Ukuya ocansini okokuqala kuvame ukuba yinto eyinqaba futhi egcwele imizwa

ehlukahlukene, okuhlanganisa injabulo, ukwesaba, ukukhathazeka, kanye

nokungaqiniseki. Lokhu kwenzeka ngenxa yokuthi kunemibono eminingi ehluahlukene mayelana nalokhu okwenzeka, kanye nomthelela wamasiko, amasiko, nezimfundiso zomphakathi.

Kubantu abaningi, ukuya ocansini okokuqala kungahlukaniswa ngezindlela ezimbili eziyisisekelo: ngokomzimba nangokomzwelo. Ngokombono womzimba, lokhu kusho ukungena kwezitho zangasese zomuntu wesifazane nezowesilisa, kanti ngokomzwelo, kungaba yisisekelo sokwakha ubudlelwano obusha noma ukuqala kwesigaba esisha sobudlelwano bokuthandana.

Izinto Eziyinhloko Okufanele Zicatshangelwe Ngaphambi Kokuba Uhambe

Kule Nqubo

Ukuya ocansini okokuqala akufanele kube yisinqumo esithathwa ngokushesha noma ngaphansi kwengcindezi. Kubalulekile ukuthi abantu abasha baqonde izinto eziningana ngaphambi kokungena kule nqubo:

Ukuvikeleka: Ukuqonda izindlela zokuvikela ezifanele kubalulekile, ikakhulukazi

1.
izindlela zokuvikela izifo ezithathelwana ngocansi kanye nokuvikela ukukhulelwa okungafunwa.

Ukuzethemba Nokuvumelana: Ukuya ocansini okokuqala kufanele kube

2.
ngesivumelwano esigcwele phakathi kwabantu ababili. Akufanele kube yinto ehambisana noguquko lomzwelo noma ukucindezelwa.

Ukuqonda Umzimba Wakho: Ukwazi ngokwanele umzimba wakho nokuthi yini

3.

ongayilindela kungasiza ekwehliseni ukungezwani nokukhathazeka.

Ukuxhumana: Ukwazisa umlingani wakho ngalokho okuthandayo nalokho

4.

ongakuthandi kungaba nomthelela omuhle kakhulu ekuqinisekiseni ukuthi kokubili

niyazizwa nikhululekile.

Izingozi Nezingozi Ezihambisana Nokuya Ocansini Okokuqala

Noma ukuya ocansini okokuqala kungaba yisikhathi esijabulisayo, kunezingozi ezithile

okufanele zicatshangelwe. Izingozi ezivamile zifaka phakathi:

Izifo Ezithathelwana Ngocansi (STIs): Ukungasebenzisi kahle noma

1.

ukungasebenzisi nhlobo izindlela zokuvikela kungaholela ekutholeni izifo ezifana ne-

HIV, i-chlamydia, ne-gonorrhea.

Ukukhulelwa Okungafunwa: Lokhu kungaba nomthelela omkhulu empilweni

2.

yomuntu, ikakhulukazi uma umuntu engakakulungeli ukuba ngumzali.

Ukulimala Komzimba: Ngokukhethekile kubantu besifazane, ukuya ocansini

3.

okokuqala kungaholela ekulimaleni kancane kwesitho sangasese noma

ukukhathazeka komzimba ngenxa yokungazimiseli kahle komzimba.

Imizwa Engazinzile: Ukuya ocansini okokuqala kungaholela ekuzizweni

4.

ungakhululekile noma ukudideka ngokomzwelo, ikakhulukazi uma lokhu kwenzeka ngaphandle kokuba khona kwengxoxo evulekile noma ukuqonda okwanele.

Indima Yezemfundo Nokuqwashisa Ngokwecala Lokhu

Imfundo ephathelene nokuba nolwazi oluqondile, oluqinile noluvulekile mayelana nezocansi isiza kakhulu ekunciphiseni ukungezwani kwemizwa nokuvikela izingozi. Ezinye zezindlela ezisebenzayo zokukhuthaza ukuqwashisa lokhu zifaka phakathi:

Izifundo Zocansi Ezikoleni

Izifundo zocansi ezikoleni zenzelwe ukuhlinzeka abafundi ngolwazi olugcwele mayelana nezindlela zokuvikela, izimpawu ze-STIs, nezindlela zokuba nobudlelwano obuhle nobeqondile. Lokhu kusiza abafundi ukuthi benze izinqumo ezinolwazi mayelana nokuya ocansini okokuqala.

Ukuxoxisana Ngobudlelwano

Ukuxoxa ngokukhululekile nabazali noma abantu abadala abayizithenjwa kungasiza abantu abasha ukuthi baphathe kahle umuzwa wabo futhi bathole izeluleko eziwusizo. Lokhu kunciphisa ukungezwani okungase kuvele ngesikhathi sokwenza lesi sinqumo.

Izinsiza Zokweluleka

Izikhungo zezempilo kanye nabeluleki bangaba yindlela enhle yokuthola ulwazi oluthe xaxa kanye nosizo olungokomzwelo uma umuntu esebenza ukulungiselela ukuya ocansini

okokuqala. Lokhu kubalulekile ikakhulukazi kulabo abanezinkinga zokukhathazeka noma ukungezwani kwemizwa.

Ukuqhathanisa Ukuya Ocansini Okokuqala Kwamadoda

Namakhosikazi

Nakuba ukuya ocansini okokuqala kuyinto ejwayelekile kubo bobabili ubulili, kunezici ezithile ezingahluka ngokwemvelo nangokomzwelo phakathi kwamadoda namakhosikazi.

Amadoda

Amadoda ngokuvamile angaba nokulangazelela okuphakeme kokuhlangenwe nakho kocansi, kodwa futhi angabhekana nengcindezi yokuthi kumele "aphumelele" kulesi sigameko.

Ukungabi nolwazi okwanele kungaholela ekuxakeni, ukungathembi, noma ukwesaba ukuphathwa kabi komzimba ngesikhathi socansi.

Amakhosikazi

Amakhosikazi angase abe nokwesaba okukhulu ngenxa yemibono yomphakathi mayelana nobumsulwa kanye nezinqubomgomo zomphakathi ezibeka umthwalo omkhulu kubo.

Ukuya ocansini okokuqala kungaholela ekulimaleni kancane kwesitho sangasese noma ukungakhululeki ngokomzwelo uma engazimiseli kahle.

Ukuqonda lezi zinhlangothi zomqondo kungasiza ekwakheni indlela engcono yokuxhasa kanye nokulungiselela abasha balo mcimbi.

Izindlela Zokulungiselela Ukuya Ocansini Okokuqala

Ukuya ocansini okokuqala akufanele kube yinto ethathwa kalula. Ukuze kube nokuhlangenwe nakho okuhle, kubalulekile ukulandela izinyathelo ezithile:

Funda Ngolwazi Olunembile: Thola ulwazi mayelana nezindlela zokuvikela,

1.
izimpawu ze-STIs, kanye nokuthi umzimba wakho ungase uphendule kanjani.

Xoxa Nomalingani Wakho: Qinisekisa ukuthi niyavumelana futhi nizizwa

2.
nikulungele kokubili ngokomzimba nangokomzwelo.

Lungisa Ukuzivikela: Hlela ukuvikela ukukhulelwa okungafunwa kanye nezifo

3.
ngokusebenzisa amakondomu noma ezinye izindlela ezifanele.

Thola Isikhala Esifanele: Qinisekisa ukuthi indawo eniyoyisebenzisa ikhululekile,

4.
iphephile, futhi inikeza ubum?hlo obudingekayo.

Phumula Futhi Wenze Ngokuthula: Ungaphuthumi; thatha isikhathi sakho ukuze

5.
ujabulele futhi uqinisekise ukuthi konke kuhamba kahle.
Ukuya ocansini okokuqala kuyisinyathelo esibalulekile nesithinta umqondo womuntu, kodwa lapho kulungele futhi kugcinwa ngokuphepha, kungaba umuzwa ojabulisayo

nowakhayo.

Ukuqonda konke lokhu kungasiza ekwehliseni ukungezwani komqondo nokukhulisa

ukuzethemba kwabantu abasha abahlangabezana nalesi sigameko esibalulekile empilweni

yabo. Ngokulandela imihlahlandlela efanele, ukuphathwa ngokuqonda, nokuthola ulwazi

oluqondile, ukuya ocansini okokuqala kungaba yisinyathelo esiqinisa ubudlelwano futhi

siqinisa ukudala impilo yezocansi enemphilo nesimeme.

ukuya ocansini, ucansi lokuqala, isifundo socansi, ukuvikeleka ocansini, ukulondolozwa

kobudlelwano, imfundo yokocansi, izindlela zokuvikela, ukuzijwayeza ocansini,

amalungelo ocansi, ukuqonda ucansi