



**CHIVA SOUTH AFRICA**  
MENTORING. PARTNERING. SAVING LIVES.

# Adolescent Sexual & Reproductive Health Rights



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**Lawa ngamalungelo awo wonke umuntu omusha kungakhathaliseki iminyaka, nobulili, nebala, nenkolo, nesikompilo, nesimo senhlalo, nesimo sengqondo kanye nekhono lomzimba wakhe:**

1. Ilungelo lokuthola ulwazi olimayelana nempilo yezocansi nokuzalana.
2. Ilungelo lokuthola lonke usizo oluseduzane nolungabizi lwempilo yezocansi nokuzalana.
3. Ilungelo lokunikwa usizo oluhlanipha imfihlo emtholampilo.
4. Ilungelo lokunikwa usizo lwasemtholampilo oluhlonipha isithunzi sakho.
5. Ilungelo lokuthola isiqiniseko sokuthi izinto zakho eziyimfihlo zizovikeleka.
6. Ilungelo lokuthola incazelo ngezinhlelo ezizolandelwa ekulashweni kwakho.
7. Ilungelo lokuthola usizo lokulashwa kubantu abaqeqeshelwe ukululetha.
8. Ilungelo lothola usizo oluqhubekayo.
9. Ilungelo lokuthola usizo esikhungeni esaziwayo.
10. Ilungelo lokuveza uvolwakho mayelana nosizo olutholayo nokukhalaza um aungagculisekile..
11. Ilungelo lokuthola impatho enokulingana ngokobulili.
12. Ilungelo lokuba endaweni ehlanzekile nephephile.
13. Ilungelo lokwenza izinqumo ngedlela ekhululekila nenolwazi ezimayelana nempilo yocansi nokuzalana.



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# Adolescent Youth Friendly Services- 10 standards



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1. Izinhelo zokuphatha ezibekelwe ukulekelela izinhlelo ezibalulekile
2. Imigomo yomtholampilo namagugu yokulekelela instha ngamalungelo okuzalana nocansi
3. Izinhlelo zomtholampilo ezifanele nezidingo zentsha nokuthi zitholakale kalula
4. Isakhiwo somtholampilo esifanele ukuhlinzeka ulusha mayelana nohlelo lwezempilo
5. Umtholampilo unawo imishanguzo, izimpahla namathuluzi okuhlinzeka izinhlelo ezisemqoka
6. Izinhlelo ezibekelwe ukuqeqesha abasebenzi ukuhlinzekela izinhlelo zolusha kahle
7. Izinhlelo ezingaguquki ezithinta ulwazi, imfundo Kanye nokuxhumana
8. Intsha ithola ukuhlwala komzimba okusezingeni
9. Intsha ithola ukunekekelwa ngamunye ngokwemhlanhlandlela ebekiwe.
10. Umtolampilo uyaqhybeka nokuhlinzeka ngezimpahla nezinhlelo zolusha



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# Adolescent Sexual & Reproductive Health Responsibilities



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**Bonke abantu abasha fundiswe kokwanele mayelana namalungelo ocansi, ubulili nange mpilo yezokuzalana.**

## **Ukuziphatha**

- Kungumsebenzi wakho ukuthi uziholele empilweni engcono
- Kungusebenzi wakho ukungazibandakanyi nokuziphatha okungakufaka enkingeni.

## **ulwazi**

- Kungumsebenzi wakho ukufunda ngocansi oluphephile nokusebenzisa ulwazi ngendlela efanele.
- Kungumsebenzi wakho ukufuna ulwazi uma ulidinga.
- Kungumsebenzi wakho ukufundisa abanye abantu ngokufundile mayelana nolwazi ngocansi oluphephile, nobulili nangempilo yokuzalana.

## **kwezokulashwa**

- Kumsebenzi wakho ukuthi uvule isifuba futhi ubeqotho ngenkinga yakho uma ubuzwa emtholampilo.
- Kungumsebenzi wakho ukusebenzisa umshanguzo ngendlela futhi uyiqede.
- Kumsebenzi wakho ukuqhaphela izinsuku zokonala nokugcina izinsuku ezibekiwe zokuvakashela emtholampilo.

## **emtholampilo**

- Kungumsebenzi wakho ukungagcolisi emtholampilo.
- kungumsebenzi wakho ukuhlonipha abanye abantu khona bezobezokuhlonipha