

Ekenko TyAlumentu

- Otali **shunitha pevi oshiponga** shokukwatwa ko HIV.
- Otali shunitha pevi oshiponga shokukwatwa **Komikithi dhilwe hadhi zi momilalo**
- Una ly a ningwa mondjila, epu **hali ningwa meendelolo notali gamene**



DHANA UUDHANO MONDJILA:

- A** Abstinence/okwiidhilkika omilalo: Okwaaya momilalo ogwo omukalo omwaanawa gwokwiig- amena ko HIV.
- B** Be faithful/okwiitula momuholike gwoye: Kala nomuholike gwoye oye awike naye na kale wo ashike nangoye.

C Condomise/okulongitha okondoma: Longitha aluhe okondoma mondjila.
MC Male circumcision/kenkwa ongegameno lya gwedhwa po.



Nawalife Trust
namibian centre for communication programmes

