

LOK I LWAK PI MIYO NGEC I MYERE



BUK ME TELLO OPWONYE

USAID Regional Health Integration to Enhance Services, North-Lango (RHITES-N, Lango)



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AYABCOC A CEK

Dwogo ping cimo tok: Buk man obedo gi telo opwonye ikine me notto jo kede kello alokaloka ame oyiku pi iryonget a USAID Regional Health Integration to Enhance Services – North, Lango (RHITES-N, Lango) ite namma me kontwak a USAID 72061718C00004. Jami ame tye ibuki okwanyo ibuk ame jo oyiko pi dongo kwan ajo atino kede kana me otimo iye ikweda ikom mon iwilobo, ngeyo peki ame cimo tok kelo, buk me tic man oyiko kun beo iwinyere kede USAID

Gi telowa ikwan ni oyiko me konyo jo I akina mere me miyo agam ikom cimo tok kede poko dano oko, gin anoto lwak karacel iyi akina jo apol I Uganda. En miyo agam ikom peki ame cimo tok kelo ikom jo ame tye akwo kede kudi two jonyo, jo atye kede two aola owio kede jo ame obedo kede peko me gero pien en obedo icoo onyo dako. Jo okene dang obedo mon ame cate, coo ame buto kede coo, kede anyira ame oyac kun mwaka mere pwod tidi

Gi telo wa ikwan ni tye aryo. Acel me apwony ame tye iye atuc tic me atia kede tuko goga, acaki te kop me yot kom kede gin apwony myero tim. Me aryo obedo en oyiko pi okwan tye iye kad me leyo tam ame miyo jo ikine mere cako bedo kede jami me alara ikom cimo tok.

Jami iyi buk telo kwan ni oyiko kun jo apolmiyo tam gi iye iyi akina gi USAID, iryonget me yot kom I Uganda, kede Opwonye me Yotkom, odiro i pwonnyo opwonye i kite me kubere i yi a kina lwak.

Pwoc olobakino woto bot opwonye me yok kom me Dicitrik me Apac, Alebtong, Kwania, Oyam, Kole, Lira, Dokolo, Otuke. Kede Amolatar kede opwonye atye kede ngec ikom kubere kede lwak kede dang otela ajo ame tye akwo kede kudi me two jonyo ame yaa Amolatar kede Otuke Dicitrik ame obedo iyi apeny me Keboro Ngec Okwan ame pwod ocakere ote miyo gini jami mogo apirgi tek me tyeko yiko buk me telo okwan man. Opwoyo wun opwonye me yot kom me dictrick ilango ame obedo gini ipwonyere me acel ikom cimo tok tutwalere wok me Dokolo, Alebtong kede Alub ngat aloo kop me yot kom I kole Dicitrik ame oneno gini ni buki ogonyere acil ileblango

Jami ame ocoo i yi Buk

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Wiewie a Dongo

Tye tyenkop a pol apapat ame omio jo pe woto moo kony i dakatal, pi man, pire tek ni iryongete i myere myero kel miti i cuny jo wek owot onwong gini kony me dakatal. Purujek man, Rhites-N i Lango ame USAID en aye oculu pire kun tio kede gamente me Uganda cwako kwoyo kwo i yore opore ame yilo yotkom pi diyo cuny coo, mon, bulu kede otino wek olim gini dakatal pi nwongngo kony. Neno atut tye i kom yotkom toto kede atin, lagoro nywal, pii kede miyo jami bedo a cil, pit, maleria, aoola awio kede two jonyo.

Ootlwak i myere obedo jo ame pir gi tek i kubbu dakatale kede jo ame tye i myere. Omyere yee kop gi, ngeo gi bala owote kede jirani gi, kede dang ogeno kop ame ya i bot gi. Acalo ootlwak pi kop a kwako yotkom i myere, gin tic gi obedo:

- miyo ngec a kwako kop me yotkom a pir gi tek.
- kwero yee gobagoba yee gobagoba kede niang a nok
- tyekko pekki ame jo tye kede a kwako yotkom gi kede wot i dakatal pi nwongngo kony
- diyo cuny jo me tutte pi gengngo twoe kede gwokko yotkom gi
- miyo jo ngeyo kwone kony me yotkom a papat kede diyo cuny gi me wot nwongngo kony me dakatal
- cakko leyo tam
- ling te winynyo kop a jo

Me bedo aotlwak a ber a tek myero ibedo i diro a ber me kubere i jo. Ka obedo lok i dano acelacel onyo lok i lwak i gurup, kubere i lwak tye i ye leyo lok kun dano acelacel woro ngat ame tye alok kede, i beo i ling, winynyo te nyammo tam kede.

LOK I LWAK I YORE A BER A NIANGNGO YOT

Ikweda kede ngec ame jo limo nyutu ni yore acel a ber a tek me kello alokaloka i kwo a dano obedo diro me kubere ame obedo dang yore acel me kubere a wan otio kede i rwon a ping twatwal.

Buk-ki oyubu me konynyo jo a mio kony, jo a ooto lwak, jo a loko pi jami, olwagi, kede ootlwak i myere wek teggo ngec gi ikom diro i kubere me konynyo jo, pacci, kede omyere i koporo gini yore onyo kite me kwo a beco a tek pi kwo a yilo yotkom ote kwoyo kwo a mit.

Buk me tello Lok i Lwak-ki tye ame opokere i dule aryo 1) Pwony i kilaci kede me 2) ketto i tic gin opwonyo.

Pwony me kilaci bino miyo wiewie a dongo kede citep i citep me yubbu yore a ber a tek pi tic me kubere i lwak, kede kite me ketto gin opwonyo i tic i beo tuku-alea, leyo lok, kede tyekko peko.

I yi agikki pwony me nino acel, jo opwonyo bino bedo kede kare me tic agonya kede diro magi me leyo tam a kwako yotkom kede kony me dakatal bot jo i myere gi.

JAMI ME APWONYA IKOM KITE ME KUBERE I LWAK

Jami me pwonyere ikom kite me kubere i lwak tye i ye:

- Buk tello kite me Lok i Lwak
- Tic i *PowerPoint* me pwonynyo jami i yi buk anyutu kite me Lok i Lwak
- Jami ocoo a nyutu me pimmo diro me Kubere i Lwak
- Timmo ikweda ame pwony pwod pe ocakere kede iyoonge pwony i tum pi keboro kit ame pwony owoto kede.
- Kad me leyo tam ikom penkop a kwako yotkom
- Tic me tuku alea okene ame omedo
- Catibiket me tyekko kwan

TIC ANGAT AME TELO PWONYNYO OPWONYE

Acalo bala atela i pwonynyo opwonye, yin ticci obedo guti a dwong me doro kwan-ni kede miyo cwak bot jo ame otye apwonynyo ka owoto gini me ketto jami opwonyo magi i tic i myere gi kede. Kwan obedo ka but kite me pwonyere. Cwak kede tam ame yaa i boti i kare me ketto jami opwonyo i tic pir gi bino bedo a tek pi miyo purujek-ki wot a ber.

Me nwoyo nenno ticci i ka pwonyere kede kan okene a pat

- Miyo ngec ikom Lok i lwak meddo i kit ame oromo tic kede me yabbo wang lwak i myere.
- Pwonynyo jo i kwan kede diro ame mitte pi kite me Lok i lwak.
- Nyuttu kite me dongngo ngec a jo i kwan pi goyo pulan me ketto i tic miyo ngec pi yotkom i myere.
- Cwakko kede miyo tam bot jo opwonyo ka otutte gini me ketto i tic yuba me miyo ngec pi yotkom

NGEC A KWAKO PWONYNYO KITE ME LOK I LWAK

Goyo pulan me wek gin ame apwonynyo i kwan tum a ber

- Kwan me nine aryo-ni tye opoko i yie abic.
- Kwan-ni oyubu pi iryongete ame yabo wang otedero kede iryongete a tutte pi kello dongo i myere kede jo odyere me kubbu yuba me yotkom i myere kun nyamo tam kede jo onyo gurupe i myere.
- Opwonye aryo en aye myero tel kwan-ni ame nwongo akadi ni ngo tye i ye dano acel ame pwonyo jo akwan meddo kede akonykore acel.
- Popoko tic kede jami me atia (bala gwokko purujekta, ketto jo i kwan i gurupe, rayo tam i bot jo i gurupe, pokko kede rayo temere omio ame kwan pwod pe ocakere kede iyoonge tyekko kwan) rorom i cawa me kwan i yi akina opwonye.
- Lwong dakatal acel me diciturik onyo adiro me yotkom acel me bin yab kwan man. Tye gi mio jo keto cuny gi i kwan ote niang gini a tut ber akwan man bot gamente.
- Kwan man tye i ye ngec ikom kite me Lok i Lwak pi apwony kede dang tye i ye cawa me leyo tam i gurup a dongo kede en a tino pi jo ame tye i kwan me loddo diro a pol wek omak jami opwonyo a ber. Mii jo ame tye i kwan cawa oromo me tiyo tic ame omio kede loddo jami opwonyo oromo.
- Dule me pwony magi tye ame oyubu i yore ame yee leyo tam kede mio kare pi apeny kede nyammo tam a pol. Mii okwan kare me penynyo apeny ikom gin ame opwonyo kede miyo ripot ikom tic ame omio gi i yi agikki me pwony acelacel.
- Buk-ki oyubu i yore ame mio tic kede bedo a yot. Pi gin apwonya acelaceal tye i ye:
 - Tyenkop pi pwonyny-nyo– neno me acoba i pwony-nyo
 - Coc ame oketo i bokci me AKWANA PI APWONY–me miyi ngec okene a kwako kite me pwonynyo dul kwannoro-no
 - Apwony akobbo ni: ame ocoo i nukutae oryebere obedo coc me miyi ngec ikom gin me apwonya.
 - TIC: ngec pi meddo diro me pwony i dule me pwony
 - Ayung me dul: me nenno i wiewie gin ame myero pwony i yi dule me pwony
 - Pwonynyo jo i Power Point – me nyuttu jami ame pir gi tek i dul pwony acelacel.
 - Buk me tello jo ame tye i kwan, ame myero mi bot dano acelacel, man tye i ye cale kede kite me kwo a papat a jo maro kwoyo ame obino tic ked gi i dul pwony acelacel kede bino konynyo i poyo wic ka itye irwatte i jo i myere.

CAKKO TIC

Tii kede jami ocoo-ni pi yubbu kwan jo.

JAMI AME AMITTE

- Mii jo nino dwe ite nenno ni pe orwatte kede nine me kwer mogo onyo kare me weo
- Mok kan ame kwan a bedo i ye.
- Yer ka kwan ame okanne dang oling a ber, abongo ginnoro keken ame romo timere i ooko me ballo kwan
- Lwong jo ame mio kony me yotkom kede maro kubere i lwak
- Mok tye opwonye ame apwonyo jo(nwong gin aryo akadi ni ngo)
- Lwong welo me awora ame bino yabbo kwan-ni (man romo bedo adiro me yotkom i diciturik, atela me dakatal)

JAMI ME ATIA

- Mok wel jo ame abedo i kwan
- Yub papara a dongo onyo en a tino kede makka, acelacel myero bed pi gurup acelacel a tino kede acel okene pi apwony
- Yub gi weo kede pi dang bed i wi mejji.
- Med wel papara me pwony, buke tello jo a bedo i kwan, jami me keboro kit ame kwan tye awot kede, meddo kede catibikete ame bino mitte.
- Jami a minicituri ame bwo yotkom ame oyubu pi konyo i lokko kwo kede jami me dakatale ame tye i myere

YUBERE

- Can mejji i yore a ber ame mio jo i kwan neno owote gi kede apwony abongo peko moro keken
- Kwan buk me pwony ducu ite yubere a ber ame kwan i kokome pwod pe ocakere.

AJENNA

Ajenna me Kwan

8:00 – 8:30	Coye kede matto cai
8:30 - 9:00	Dul Pwony me ACEL: Jollo Jo kede Nyutte
9:00 – 10:00	Dul Pwony me ARYO: Kwo Opore pi Yotkom kede Jami ame Gengo Lokko a Kwo
10:00 – 10:30	Weo
10:30 – 12:00	Dul Pwony me ADEK: Lok i Lwak pi Lokko Kwo Gi
12:00 – 13:00	CEM ME I DYE CENG
13:00 – 14:00	Dul Pwony me ANGWEN: Jami ame Pir Gi Tek pi Kubere i Lwak i Yore ame Niangnge
14:00 – 15:30	Dul Pwony me ABIC: Cikakino Tekop me Kwo Opore Pi Yotkom i Myere
15:30 – 15:45	Tweyo Tere

Slide 1**KWAN ME LOK I LWAK PI MIYO NGEC****1. DUL PWONY ME ACEL:****NYUTTE****COC PI APWONY**

Tye kede ngec A ame omedo-pwony i Power Point

Slide 2**Jollo jo kede Nyutte: Dakika 15****COC PI APWONY**

- *Jol jo obino i kwan. Nyut welo/wele me awora ame alok i jo*
- *Kwa okwan me nyutte acelacel ite penynyo ka man obedo acakki kwan gi ikom Kubere i Lwak*
- *Mii okwan temere ame kwan pwod pe ocakere. (Tye i ngec B ame omedo -Temere ame kwan pwod pe ocakere)*

Neno ame myero coba i kwan-ni kede beo dok i yi ajenna : Dakika 10**COC PI APWONY**

Cak pwony oko kun beo i tic kede Slide ame neno a myero cob i kwan tye i ye. Iyoonge kwanno, peny ka apenynyoro tye i ye.

Apwony akobbo ni: _____

Slide 3

Ame kwan-ni pwod pe otum, okwan myero bed ame oromo:

- Niang kite me Lok i Lwak kede yore ame oromo tic kede me miyo ngec pi alokaloka i myere
- Nyut diro me Lok i Lwak ame mitte
- Mii okwan ti tic oromo i pwonynyo jo pi ikello alokaloka i kwo i yi pacci pi yillo yotkom.

COC PI APWONY

Slide 4

Beo dok i yi ajenna me kwan (Tye i yi ngec ame omedo me 3-Ajenna me Kwan)

Slide 5**2. DUL PWONY ME ARYO:****AYUNG I WIEWIE A KWAKO KWO OPORE PI YOTKOM**CAWA A MITTE: **DAKIKI 60****Kwo opore pi yotkom: Dakika 30****Tyenkop me dul pwony-ny**

Miyo okwan niangngo kwo opore pi yotkom ame obedo guti a pire tek me purujek-ki, tyenkop omio myero wot pwony jo i myere kede jami ame omio lokko kwo a jo tek

Apwony akobbo ni: _____

RHITES-N i Lango tye atic kede gamente me Uganda me cikakino miyo kony me dakatal i beo i dakatale agamente kede en ame cung i wi gi ken gi i diciturike me tung a Nyarodir me Uganda kun beo i kony me lim oya i bot USAID.

Dakatale me nwongngo kony me yotkom mio kony bot jo ame woto agonyap i nwongngo kony.

Ento jo ducu pe tye agonya onyo pe woto moo kony i dakatal.

- *Tye jo ame romo bedo i kuddi two jonyo ame nwongo amitto kony me dakatal (There are people who may be HIV positive and who need treatment)*
- *Mon a yac ame amitto nywallo otino a kom gi yot ento pwod pe owoto i nwongngo kony me dakatal (Pregnant women who want a healthy child but have not gone for prenatal care)*
- *Jo a tye kede aoola awio ame amitto nwongngo kony me dakatal (People with TB who need treatment)*

Jo pe nwongo kony me dakatal ame yi gi amitto pi tyenkop a pol apola. Man en kan ame iryongete me myere kede jo ame pwonyo lwak i myere pir gi tek twatwal i ye. Iryongete mogo i myere kede jo apwonyo omyere romo miyo kony me dakatal magi tunu bot jo amitto. Jo okene romo loko kede jo te kello miti me wot moyo kony me dakatal ame gin amitto.

Opwonye akobbo ni: _____

Cak kede niangngo a ber tim onyo kwo ame yin imitto ni jo yer. Neno wa tye me kello miti i cuny jo kede i pacci wek okony gi i tyekko pekki ame okemo gi i nwongngo kony ame cuny gi mito. Yin dang ite nyutti gi kwo opore pi yotkom gi.

Wan otye onenno twoe abiro a balo yotkom: tye i ye kuddi two jonyo kede two jonyo; two

atipa, lagoro nywal, yotkom toto kede atin, pii, aoola awio, i gwokko pii kede jami bedo a cil. Two acelacel i kan tye kede i boc me kwo kede tekwaro ame okeme. Gin ducu cacal—gwokko cilo kede kede pii a cil pir gi tek twatwal pi yotkom wa; aoola awio kede two atipa, pit a ber pi yotkom toto kede atin.

TIC ME KILACI

COC PI APWONY

Apwony apenyngo okwan me tuccu kwo opore pi yotkom acelacel. Apwony acakko kede two acel, bala, kuddi two jonyo kede two jonyo meddo i yotkom toto kede atin yotkom eka te coyo ikom papara a dit. Okwan te gammo kun miokit kw oa jo alubere kede two acelacel.

Apwony akobbo ni: _____

Kong ikob wunu kwone kwo a pire gi tego opore pi yotkom ame jo penyo wu kede.

Tekki otum nyut Slides 6-11 ite poro kede jami ame okwan otucu i cawa me tic-ci.

Slide 6

Gengngo kede pimmo kuddi two jonyo

- Pe icak rwatte i butu ka pwod anaka pe irwatte i butu
- Tii kede kondom ka imaro butu twatwal
- Lire i dakatal oko
- Bulli kede jo a dongo ame maro rwatte i butu twatwal myero pimere pi kuddi two jonyo kare i kare
- Ka dano opimere te nwongngo ni etye kede kuddi two jonyo, en myero cak mwonyngo yat oko cutucutu
- Tekki dano ocalo mwonyngo yat oko, myero medde i mwonyngo nino i nino.

Slide 7

Yotkom toto kede atin

Gwok i kare me yac

- Ka dako yac, lim dakatal tyeno angwen wek nen kit ame tye kede
- Pimere pi kuddi two jonyo

- Ka ipimere ite nwongngo ni itye i kuddi two jonyo, cak mwonyonyo yat cutucutu.
- But i yi tannrua
- Nywal atinni i dakatal onyo bot dano ame opwonyo kede collo mon

Slide 8

Yotkom toto kede atin-iyooonge nywal

- ➔ Dok i dakatal kit ame adiro me yotkom okobo kede pi kony okene iyoonge nywallo atin
- ➔ Dot atinni i yi cawa me acel ame onywale i ye kede mi cak kor keken (abongo miyo dek onyo gin amata moro keken bala pii) pi dwete a romo abicel.
- Iyoonge dako i nywallo atin, myero ti kede yen a nyen oyubu pi gengngo yac pi kare a romo dwete 24.

Slide 9

Atin kede okere

- Nge anyut me two atipa ite moyo kony kede gwok me dakatal cutucutu
- Nen ni omio otino yat i cawa ikokome ka i cako nenno anyut me two cado itap.
- Nge pekki ame atin tye kede bala(lyeto, poo a kom, oolo a tek, ka pe tye awot) ite moyo kony me dakatal cutucutu
- Gwer atin me gengngo twoe.
- Tyek agwera ducu pi otino me mwaka aryo dwogo ping

Slide 10

Gwokko Pii kede Ping bedo a cil

- Log cingi i cabun kede pii, dwongngere wok iyoonge lokko nappi atin onyo iyoonge nyongo
- Log cingi ame pwod pe i yubu cem onyo icemo

Slide 11

Aoola awio

- Ka dano tye aoola awio onyo kore rem, myero pim pi aoola awio
- Ka jo tye a ceggi i dano ame two aoola awio, myero pim gi pi aoola awio dang.
- Ka dano ocako nwongngo yat pi cangngo aoola awio, myero otyek gini tic i yen ducu kit ame otito kede wek ocang gini a ber.

TIC ME GURUP**COC PI APWONY**

Apwony apokko okwan i gurupe abic te miyo two acelacel bot gurup acelacel. Kwa gi me penynyo apeny anga ame otye gini kede i kom two acelacel. Obedo niang a nok? Obedo yee gobagoba? Iyoonge dakika abic, mii gurup acelacel nyam tam gi kede gurupe ducu.

Apwony akobbi ni: _____

Obedo wunu i gurupe abic a papat, ate miyo gurup acelacel nyammo tam ikom two acelacel. I gurup wu-n, coo ping apeny ame jo openyo a kwako two-no. Med i ye niang a nok kede yee gobagoba ame iwinyo dang. Ter dakika abic me nyammo tam i ye eka ote kwayo gurup acelacel me miyo wa ngec i kom apeny mogo a nonok?

Ayung

- Kwo me opore me yotkom magi cal acala kede mogo okene
- Ngec ame tye i dul-li myero mii ngec a beco oromo me pwonynyo dano acelacel kede gurup a jo.
- Jo tye kede niang a nok ikom kwo opore pi yotkom ame kelo lwo i kite me ketto gi i tic.
- Ticci obedo me kello miti me wot i dakatal i cuny jo pi nwongngo kony me dakatal. Omikony me dakatal bino gammo apeny gi a kwako kop me yotkom.

Jo a myero lok ked gi kede jami ame gengo gi i lokko kwo i yore opore: *Dakika 30***Tyenkop me dul-li**

Me niangngo jo ame tye i miti me nwongngo kony me dakatal kede me niangngo ageng mogo ame jo nwongngo i moyo kony me dakatal.

COC PI APWONY

Dul pwony-nyi a cakere i nyammo tam ikom jo ame purujek a RHITES-N i Lango tye i miti me lok ked gi kun beo i ootto lwak i myere.

Apwony akobbo ni: _____

Yuba-ni otyeko nwongngo gurupe ame amitto kony okene me lok otedero i myere pi diyo cuny gi wek olok kwo gi ote cakko wot moyo kony me dakatal. Gurupe magi myero kel miti ote diyo cuny gi wek omoo gini kony me gengngo kede me cangngo two ame onyamo tam i kom gi nen con-ca. Gurupe magi tye i ye:

Slide 12

- Coo ame mwaka gi tye i yi akina 18-49 pi wot pimmo kuddi two jonyo, gammo yat kede lire.
- Mon a yac—(Pimere, gammo yat, kede pit, gwokko pi kede ping bedo a cil.
- Jo ame tye amwonynyo yat aool awio—myero medde wang ame otum, pimmo kuddi two jonyo
- Otino kic—pimmo, miyo yat kede pit.
- Gurupe ame romo nwongngo kuddi two jonyo oyotoyot twatwal: Pimere, gammo yat, lire, tic i kondom. Man tye i ye gurupe bala
 - Ocikrec
 - Keyi
 - Coo ame rwatte i butu icoo wad gi
 - Olaya (Jo acatte)

Acoc akobbo ni: _____

I cawa okene tye ageng mogo ame myero ityeki ka itye iootto lwak pi lokko kwo gi. Ageng mogo romo jengere ikom jami ame yin apiri keni i yee i ye onyo jami ibeo i yee, mogo obedo jami a kwako yotkom kan ame yin ibedo i ye; kede mogo romo bedo tekwaro onyo jami ame gengi yin apiri. Niangngo kede tyekko ageng mogo ame okemo jo pire gi tek me konynyo jo lokko kwo gi pi bedo a kom gi yot.

COC PI APWONY

Apwony angabbo coc i kor ot kun nwongo ocoo nying gurupe a jo ame alok ked gi i ye tung cel. Leleo 'coc ame mwonne' kede okwan ite kwayo gi me coyo ageng mogo ame okemo jo omio gi pe woto nwongo kony me dakatal. Yer gurup a jo i myere acelacel ite miyo okwan nyammo jami mogo ame gengo jo i wot i dakata ame pwod pe owoto i en okene kede mi gi mwon coc gi i kor ot. Bebea dok i wiewie i yi ageng omio, peny gi ka moro tye ame oweko ooko eka ite kobo ikom gurup a jo i myere okene.

Apwony akobbo ni

Gurup acelacel i myere ame wan onyamo tye oketo i kor ot. Pi gurup acelacel coo gin acelacel ame gengo lokko kwo ite mwonno i kor ot.

COC PI APWONY

Tekki gurupe ducu otyeko miyo ripot me jami a gin onyamo oko, kwa dano acel onyo jo aryo i yi akina okwan me ketto agam i acacal i karacel. Ite dok penynyp okwan ka tye ageng moro ame orem. Ibino bedo kede slide acel kede ageng mogo ame omedo. Kwan en ame gurupe pe omio.

Acoc akobbo ni:

Kit ame cawa wa otum oko kede-ni, tye ageng mogo ame wi wa owil kede?

Kan tye tyenkop okene ame omio jo pe woto moo kony me dakatal.

Slides 13, 14,15**Jami a gengo nwongngo kony**

- Pe ngeo ka wot me nwongngo kony me dakatal.
- Dano kuru pi cawa a lac twatwal i dakatal me nwongngo kony
- Dakatal pe kede jami bala yen, kony, kede yen me agwera
- Cawa me tic pe rwatte kede cawa ame nwongo dakatal pwod tye twolo

Jami agengo nwongngo ngec

- Pe onge gini kodi kony ame omitto
- Lworo ni gin a rac atimere
- Ngec ame pe tye ateni kede anii a kwako gammo yen kede nwongngo kony me dakatal

Cimmotok

- Rwenynyo tic acalo adwoggi me litkom onyo yac
- Owote kede paco romo kweri oko
- Bulu pe winyo a ber ka tye i dakata pi lworu ni atic me yot kom alengere oko.

Biacara

- Pe romo keng tic pien adwongtic akwero culle oko.
- Pe oculu pi gin ame konyo kore ka peko obedo atye
- Wot i dakatal wellere tek twatwal
- Wel a rac ka dano owoto i dakatal onyo i ot a catto yen i wuk

Bedo karacel jo kede tekwaro

- Cwara pe mia cente me wot i dakatal.
- Otela dini pe ye kop me lagoro nywal
- Pacci i Uganda pol otino twatwal

AYUNG

Slides 16-17

- Jami a kwako lokko kwo pi yotkom ame wan olok i ye-ni cacal acala
- Jo tye kede niang a nok ikom kit kwo ame gin okwo man kelo lworu i kite me lokko kodi kwo magi
- Ticci obedo miyo ngec ateteni me konyonyo i kello miti i cuny jo wek owot gini i dakatal
- Omikony me dakatal bino gammo apenmy me yotkom ame gin romo gammo
- Ageng romo bed ateteni ento mogo niangere anianga
- Ngeyo gin ame tye agengngo dano i nwongngo kony me dakata obedo citep namma acel ame pire tek twatwal me konyonyo dano-no onyo paco-no i tyekko peko-no.
- Lok i Lwak i yore opore a ber obedo gin acel ame pire tek twatwal i ngeyo kede i lok ikom ageng ame jo tye kede

Slide 18**3. DUL PWONY ME 3:****LOK I LWAK PI LOKKO KWO OPORE PI YOTKOM**CAWA AMITTE: **Dakika 60****Tyenkop me pwonyngo dul-li:**

- Gony gin ame kwo obedo
- Nyut jami ame pir gi tego pi leyo lok i yore ame niangere: kubere i yore acel ka oporo kubere ryoryo
- Nyuttu kede ling winynyo a ber, kubere ryoryo, diro ame mitte me poyo wic kede miyo lwak kede omyere tic a tek me lokko kwo opore pi yotkom

Apwony akobbo ni: _____

En okene obedo ni, wan dok olok ikom lok i lwak. Me acakki myero kong ogony gin ame kwo obedo? Tye ngattoro i yi gurup romo gonyngi wa gin ame kwo obedo?

[Yer okwan aryo onyo adek ite coyo agam gi ikom papara a dit ame ongabo malo.]

Wek kong opor agam aryo magi ame beber-ri.

Slide 19

Kwo obedo yore me tiyo, dok i ginnoro, kede timmo ginnoro, calo adwoggi me ginnoro keken ame otimere kannoror onyo kittoro keken

Slide 20

Ka ginnoro acel otimere, jo a papat timere dok i ye i yore a papat. Tim wa niangngo tek twatwal kede dang jengere ikom jami a pol a papat. Mogo obedo jami ame jengere i kom nga ame wan obedo a pir wa ken wa bala (ngec, yee, neno, gin ame wan otero ni pire tek twatwal). Mogo yaa i ooko ame wan ope i twero i ye bala (i pacci, gurup olwagi, kwo a jo, kede cik). Aporere obedo; kwo awobe me mwaka apar wie kare i kare jengere ikom tim olwagi(owote) mere.

Iromo nyammo wunu tam ikom gin ame kwo a jo jengere i ye akadi obedo en ame bino calo adwoggi me nga ame dano obedo onyo jami ame yaa i ooko? Aporere ka dano obedo cwar,

maro onyo adwong dog tic? Kodi gin-ni loko kwo i yore a ber ya i yore a rac? Tam ango ame iromo miyo me tyekko kodi jami ame kelo lokere a kwo magi?

COC PI APWONY

Kwa okwan aryo onyo adek me leleo kede jo a por mogo papat gi tye. Mi okwan okene peny apeny ikom a por magi ame omio. Niangngo jami ame lokere a kwo ojengere i ye pire tek me kello miti a jo pi lokko kwo.

Apwony akobbo ni: _____

Aporere tye ni, jo okene paro twatwal ni otino gi myero bed kede anyim a ber dong pi man romo kello kero me lokere a kwo ka onwongo gini ni mio neno gi ni cobere a ber.

Slide 21

Lokko kwo romo cobere i yore a pol a papat ento Lok i Lwak ame otimo i beo i otto lwak kede miyo myere tutte a tek pi ikweda nyutu ni magi bedo jami ame pir gi tek twatwal i kello niang.

[Kwa jo moro aryo onyo adek ame ojalle me dok i yi apeny magi.]

Ngattoro romo miya apor me kwo ame en ocalo kwoyo, oweko kwoyo onyo oyubu a cocok-ki? Kobbi wa jami ango ame omio imoko tam me lokko kwo ni? Ngo ame okelo kero me miyi lokko kwo ni?

Opwoi pi miyo wa ngeyo apor magi.

Slide 22

Yubbu kit ame yin i loko kede i jo romo konynyi me tic karacel kede jo onyo myere a pol. Ngeyo jami ango ame lokere a kwo a jo jengere i ye romo konynyo me miyi nyammo tam a ber odoco ka icop i dano moro.

Kite me kubere i lwak kwone pol apola:

- *Maddo cwiny wang i wang*
- *Limmo paco*
- *Pwonynyo olwagi*
- *Nyammo tam i gurup*

COC PI APWONY

Apwony apenynyo okwan kede apeny-nyi te coyo agam i bot jo moro adek onyo angwen.

Acoc akobbo ni: _____

Diro me Lok i Lwak romo lokko kwo i yore ango?

Tam yore mogo ame diro me Lok i lwak romo lokko i kwo kun an acoyo agam a jo moro a nok ibot jo moro a nok .

COC PI APWONY

Apwony acoyo ping agam mogo a nok te coyo i papara ame ongabo malo.

Lok i Lwak loko kwo

- Mi jo ngec wek gin yer yore opore me kwo
- Kobbi jo kan ame gin romo wot i ye me nwongngo kony me dakatal
- Kwer yee gobagoba kede niang a nok ame romo bedo ageng mogo ame mio jo pe woto yenyo kony me dakatal
- Pwony yore me gengngo twoe onyo cangngo twoe (bala cem ame myero cam i kare me yac, kite me tic i kondom)
- Kony jo me wot moyo kony me dakatal kare i kare onyo nwongngo kony ka peko moro ongolle
- Mi jo nge kit kede gwok opore pi jo ame kom gi lit i myere
- Cupuru leyo lok i yi akina coo kede mon i mokko tam pi jami a kwako yotkom

Apwony akobbi ni: _____

Wek kong onen yore a pol a papat ame lok kede kubere pir gi tek kede i kello gen kede i lokko dwon i cawa me leyo tam inyim jo onyo dano. Obino tic kede kwone lok aryo ducu ame obedo lok i dog kede lok abong tic i dog.

Slide 24

Kong oti ticcoro wek ocak oko. Yer awotti i langeti pi tic me tuku alea. Dano acel i yi akina wu atukku kaka dako ame onwongngo ni eyac oko atura. Dano okene obedo aootlwak ame tye alok kede a kwako bedo a kome yot i kare me yac. Ter dakika a romo abic tunu i yi abicel i leyo lok-ki.

I kubere , wan oloko i kom Lok tungcel kede leyo lok ryoryo. Ame pwod pe owoto a tut i yi apokapoka ame tye i yi akina gi, wek kong owiny i boti. Ngattoro romo jalle me poro gin ame lok tungcel kede lok ryoryo obedo?

[Yer jo moro a nok me leleo agam gi kede jo ducu]

Slide 25

Lok tungcel obedo yore ame pol a jo ame tye i twero loko kede jo ame gin kubere ked gi bala opwonye, omikony me yotkom, ocatwil, otic a gamente. Gin opwonyo gi me lok aman-no.

Apwony akobbo ni: _____

Kodi leyo lok-ki pe maro miyo dano ame otye alok kede gammo apeny ame cunye tye i ye:

- Onene i wang a ping
- Ka otemo lok onyo penynyo apeny ongole oko
- Pe owinyo lokkere/pe otame ka tye a lok
- Nwongo kwo tek pien—ocae, pe ojole, otere bala dano ame yi jo okwero
- Obunye abunya

Apwony akobbo ni: _____

Yin iwinyo ni ngo i cawa ame onwongo itye i tukku kaka “dako a yac” onyo “aootlwak”?

[Peny agam i bot okwan]

Yore okene obedo lok ryoryo kan ame aootlwak paro pi dako a yac; keto dako a yac namma acel kede nene bala guti me nyammo tam ducu. Neno me kodi lok-ki tye me miyi nwongngo ngec ame tye ateni odoco kede dang me miyo dano leyo lok i cunye ducu wek jo tun i moka ikom gin ame myero tim i yoonge leyo lok.

Apwony akobbo ni: _____

- Cako leyo lok
- Ling itii te winynyo kop
- Mio kede gamo ngec
- Loko a niangngo yot
- Nyutu woro
- Penyo apeny

COC PI APWONY

Peny okwan ka “aootlwak” otiok kede diro mogo i kan i cawa me lok kede dako a yac. Nyam tam i ye.

Apwony akobbo ni _____

Ineno apokapoka ame tye i ye?

Tye jami a beco i yi agikki pi aotlwak ame otio kede yore me leyo lok ryoryo pien leyo lok-ki donyo a tut loo leyolok tungcel oko. Ngattoro romo kong gecco berere?)

[Ling iwiny agam a jo i kwan. Myero agam gi bed i ye: dako a yac onwongo tye agonya kede oniang. Woro kede gen bedo tye bot dano ame ilok kede me gero wat ikokome. Ka tam adek magi pe oloko i ye nen ni iloko ikom gi bala miyo tammi me agikki dong]

MIYO JO KEDE MYERE CAKKO TIC KEDE MAKKO TIC

[Kwa jo moro a nok ame ojalle: coo ayung me coc i papara a dit ongabo malo.]

Acoc akobbo ni: _____

Ame pwod pe owoto i penkop okene, ngattoro kong romo leyo ked wa yore me lok ryoryo ame gin otio kede? Anaka kong itio kede yore magi? Cunyi winyo ni cal i gin ame ingeo? Tic kede ber?

Aman dong kit ame otemo kede tic acel me apor oko-ni, wek kong dok omed yore mogo okene ame iromo tic i diro me lok i lwak ryoryo i nyammo tam kede jo i myere?

Tye yore me kubere a pol apola ame mio leyo lok agonya onyo lok ryoryo bedo a yot kede jo i myere.

COC PI APWONY

Peny okwan me miyo yore ame oromo tic kede me cukuru kor diro me lok ryoryo. Co i kor bao.

Apwony akobbo ni: _____

Aporere mogo ene:

Slide 26

- Jol i yore a ber. Ti i dulkom me kubere i yore(a jo ngeo ni opore) kede kubere i lok dog me nyuttu woro kede ni iparo pi dano.
- Nyut woro. Yeng wii, ling iwiny dwon ame tye atic kede
- Ling ite winynyo a ber. Mi niang a ber ni yin pe i tye i bunyere, ni cunyi tye keken ka i winynyo tam gi kede itye imitto winynyo gin ame gin akobbo.
- Pe ingol lok gi. Mi jo i myere kob gin ame gin amitto kobbo.
- Mi tammi bed i lok dog kede kwena ame niangere a bongo lok dog. Bed atera me niangngo jami mogo ame nen i dulkom abongo kobbo i dog kede jami mogo ame

romo kato ame “pe okobo i dog” bala kit obedokit ame cuny gi tye awinyonyo kede onyo para gi.

- Peny apeny ame ogamo agonya. Ling iwiny agam a ber ite keboro agam me ateteni i ye.
- Ti kede leb aniango yot. Bed nwoyo kop acel-lo me miyo niangngo bedo a yot.
- Ti kede jami pwony me konynyo i niang. Med kobbi gi ni omoo ngec okene.

Apwony akobbo ni: _____

I cawa-ni wan opokere wunu i gurupe a titino ote timmo gin acel Ame pire tek i diro me kubere kede lwak: ling ite winynyo a ber. Omedde wunu kede en okene i dye ceng ite bedo kede kare me bedo temmo yore ducu ame okobo malo-no.

TIC ME GURUP: MYERO LING WINY A BER

CAWA AME AMITTE: **Dakika 30**

Apwony akobbo ni: _____

- Kwany awotti pi tic-ci. Dano acel abedo acek ceko; dano acel aling awinyonyo.
- Acek ceko atic kede dakika abic me kobbo gin ame otimere i kome kun temo lokling lok-ling bala obedo kite. Aporere, temmo gikko matto taba, meddo tic me atia ibedo wot tyeno aryo nino i nino pi dakika 15. Dano ame aling awinyonyo PE ALOK pi dakika aryo-no.
- Tekki dakika abic otum, lokere wunu ite tero dakika abic me timmo tic acel-lo doki.
- Ibino bedo wunu kede dakika abic me nyammo kwo a dano-ni karacel ite poro wunu gin ame dano oling te winynyo otimo me miyo ngat ame alok ngeyo ni etye ewinynye onyo epe i cawa me ling winynyo ceko-no. Gurup acelacel myero coo tam a pire tek ame onyamo.
- Yer awot wu acel ame abino miyo ripot ikom gin ame inyamo wunu bot gurup a dit. [Iyoonge dakika 10, dok wunu i gurup wu doki. Kwa gurup acelacel me tic i dakika aryo pi miyo ripot me adwoggi me gin ame gin onyamo)

[Tekki ripot a gurup otum oko, kwa okwan ducu kede apeny i ping kan. Yer okwan aryo pi apeny acelacel]

Apwony akobbo ni: _____

Man onwongo tek loo kit ame itamo kede oko? Kit ame dano oling awinyonyo pe twero lok kede, en otimo ngo me:

- nyuttu ni en eniang (tic i dwon, yengngo wic)
- Nyuttu miti mere kede woro (okubere i dulkom i yore opore(ongio wanga, yengngo wic, obwonyo; pe ongolo acek ceko; onen ngat ame ber kede mwol.

Tic-ci nyutu ni kubere abongo lok romo miyo ngec a ber kit ame lok dog mio kede.

DUL PWONY ME 2: YUNGNU

Apwony akobbo ni: _____

Me yungngu, yin ibedo dano ame tye i dwon owinyo. I beo i tic kede yore me lok ryoryo i nyammo tam kede otela kede jo me myere ni, yin iromo bedo me twon kony twatwal i nenno kit ame kwo tye alokere kede.

Me yubbu kubere i myere ni, ngo ame myero atim?

[Ling me winynyo kit ame a]

1. *tic kede diro me lok ryoryo, kun otio i lok dog onyo abongo tic i lok dog, me yillo rwon me leyo lok kede miyo lwak tutte pi tic i myere.*
 - *Jol dano i yore a ber. Peny ni: 'Itamo ni ilima tin pi tyenkopporo do?*
 - *Nyut woro. Yeng wii, ling iwiny kit ame dwone tye awinyere kede.*
 - *Nen kwena ame dul kome amiyo, gin ame en akobbo kede jami mogo ame "pe oromo kobbo i dog," bala winy me cwiny onyo para.*
 - *Peny apeny ame gamere agonya ite ling winynyo agam a ber.*
 - *Lok i yore ame niangngo yot ite bedo nwoyo gin acel-lo pi mokko ni oniang*
 - *Ti kede jami me pwonyere wek tam ame imiyo niangere a ber*
2. *Ling a ber ite winynyo i cawa me nyammo tam i dano*
 - *Ling ite winynyo a ber. Pe ibunyere*
 - *Pe ingol lokkere*

Apeny onyo tammoro tye?

Slide 28**4. DUL PWONY ME 4:****DIRO ME LOK I LWAK**CAWA AME AMITTE: **DAKIKA 45****Tyenkop me dul pwony-nyi tye me:**

- Poro kede bedo penynyo apeny ame ogamo agonya, ame obedo diro acel a mitte twatwal pi leyo lok a ber.
- Poro kede bedo kobbo kite me tic i leb ame niangngo yot, ame obedo diro ame mitte pi miyo niang kede mokko jami ame obedo kwo opore
- Nyammo tam ikom kite me tic kede jami pwonyere i kare me leyo lok kede cikakino te tim ame nyutu kwo i yore opore.

TAM AME PIR GI TEGO PI APWONY

Bed kede buke me tello apwony meddo kede cale ogoo i nyonyo ame tye anyuttu kwo a pol meddo kede coc ocoo a cego pi dul pwony-nyi.

Apwony akobbo ni: _____

Ngattoro tye kede apenynyoro onyo tammoro keken oyaa i dul pwony me odikko-ni?

Tye ginnoro ame myero medde i lok i ye wek niangere a ber?

[Ling a nok pi nyammo tam—mi bed pi dakika a romo 10]

Wan onwoo nenno ber aling winynyo kop a ber kede tic i kite me lok ryoryo bala jami ame pir gi tego i kello gen, tek cuny kede makko wat a ber me leyo lok kede jo i myere. Jami okene ame pir gi tego pi kubere i lwak i yore a ber onyammo odoco kan:

Slide 29

- Penynyo a peny ame ogamo agonya
- Lok i leb ame niangngo yot
- Tic i jami pwony me cikakino te kwo ame okobo ni kwo a ber obedo

APENY AME OGAMO AGONYA

Apwony akobbo ni: _____

Ngattoro romo kong miya apor me apeny ame ogamo agonya?

[Agam ame aya i bot okwan] [Imaro tic kede kodi apeny-nyi me rayo ngec i bot jo i myere? Nyut i tingngo cing malo.

Apeny ame agam gi pe tye acel mio leyo lok kede kubbu ngec bedo a yot.

Ti kede apeny ame ogamo agonya me keboro jami pi nwongngo ngec a dwong ka agammoro ame omio pe oromo, onyo ka agam me Ee onyo Pe tye ame pe okobo tam ducu onyo obedo goba.

Yin itamo ni ngo omio dano pe mio ngec agonya bot amikony me yotkom?Ngo a romo bedo ni gengo gi i kobbo tam gi?

[Nwong agam i bot jo aryo onyo adek. Ling ite winynyo agam bala: Omikony me yotkom kede dakatale buru jo. I cawa moro keken ame gin owoto i dakatal, ocao gi ni gin pe paro kede kom gi ken gi onyo me pe otimo gin ame naci okobo ni tim.]

- Apeny ame ogamo agonya roko agam a dwong i bot dano
- Apeny ame ogamo agonya mi kare me rotto yoo nyammo tam kede apeny onyo me keboro agam
- Apeny ame ogamo agonya cakere kede nyigkop bala "Iyore angoo" onyo "Ngo" onyo "Tromo kobba..."

Apwony akobbo ni: _____

Iromo miya wunu apeny mogo ame ber pi apenya? Kan tye i ye apeny mogo ame iromo nwongngo pir gi tego:

- Ngo ame gengi i tero atinni i dakatal? Oromo konynyi ni ngo?
 - Pi pe idonyo i gurup me miyo cwak i cabit okato? Imungu wa twatwal!
 - Inwongo tek me wot i dakatal kede otino adek? Ngattoro romo wot kedi?
1. Apeny ame ogamo ni Ee/Pe onyo i nyigkop acel onyo aryo. Magi pir gi tek pi meddo niang onyo mokko tam onyo kobbo ginnoroonyo me miyo ngec okemo ginnoro acelloro.
 2. Rurubu tic kede apeny ame ogamo agonya meddo kede mogo agam gi cego me keboro penkop mogo a cal i en ame otye anyammo. Apore gi en: Imwonyo yat aoola awio ni dong pi kare a rom kwene?Imaro mwonyonyo nino i nino? Oromo konynyi ni ngo me miyi medde i mwonyonyo yat?

Ka itio kede apenya ame pe ogamo agonya, gin romo miyi agam a cek ame niangngo tek. Penynyo kwone apeny ame orurubu mio jo i myere kare me miyo agam i teretere ame nwongno rwatte twatwal kede ceko alutu.

Apwony akobbo ni: _____

Amitto ni jo moro aryo jalle me temmo kong poro penynyo kodi apeny magi i gurup. Dano acel abedo aootlwak eka awottere te bedo toto ame tye atin. Tim ber i ti kede apeny ame agammere obedo ee/pe ame oruryubu kede apeny ame ogamo agonya me niangngo ka dano-ni tye awot i dakatal kede ka pe, pi ngo kede oromo tyekko peko-ni ni ngo?

[Ka jo aryo magi otyeko oko, peny gurup a didit kede kodi apeny ame aootlwak kede toto atin otio kede; mi gi kob kodi apeny ango ame gin onwongo oromo tic kede?]

Aman-ni wan owot miyo wun ducu kare me pwonynyo tic kede apeny ame agammere tye nyigkop acel onyo aryo kede iyoonge ite tic wunu kede apeny me keboro gin ame otye akobbo.

TIC ME GURUP**PENYNYO APENY AME OGAMO AGONYA KEDE APENY ME KEBORO JAMI**CAWA AME AMITTE: **Dakika 15****Slide 30****Apwony akobbo ni:** _____

Kwany jo moro aryo pi tic-ci.

Ilokere wunu iyoonge dakika abic ka dano acel otuku ka aootlwak awottere te tukku kaka dano me myere. Aootlwak romo yero kit kwo moro acel i yi akina en ame tye i buk tello okwan. Dano me myere i ti-ci, myero peny apeny me nwongngo ngec kede te katto i neno mogo a titino me miyo gi lok a tek i kop me yotkom. Rurubu tic kede apeny ame ogamo agonya, apeny me keboro tam kede apeny ame agammere obed Ee/Pe.

Iyoonge, gurup a jo aryoaryo magi myero nyam tam kun oleleo ngec magi:

- *omio dano me myere ngec ateni a kwako bedo kede kit kwo opore pi yotkom*
- *Omio dano me myere kare oromo me lok a tek, nyammo tam ikom kit kwo ame kwoyo yot, kede ogoo pulan pi kit alokaloka moro ame myero kong tem kello.*

Loloka wunu ite tero dakika a romo 15 me tyekko tukku tuku alea-ni, iyoonge ite nyammo wunu tam ikom tic-ci. Wan obino penynyo gurup a jo aryo moro me leyo kede jo lung kit ame onwongo gini ni tuku alea-ni owoto kede.

[Iyoonge dakika 10, kob ni]

Kan tye i ye akwenyakin pi dakika abic. Tyek oko ite miyo gi ngeyo en ame onwongo tye a ber kede en ame onwongo pe tye a ber.

TIC PI GURUP

Apwony akobbo ni: _____

Jo moro tye ame ajalle

Tim ber ikobbi wa kodi apeny ame itio wunu kede, kede ka leleo ngec-co.....

[Yer jo moro aryo me nyammo kit kwo ame gin oyero kede gin ame gin opwonyo i ye]

[Kur a nok me nyammo tam tum]

Bedo dano me myere omi iwinyo ni ngo? Inwongo ni oling ote winynyo tammi? Owori? Omi iloko oromo ikom kwo ni kede omi kare me miyo tammi?

Aman-ni dong cawa oromo oko me yin iwot leleo tam kede jo i myere ni i yore ame pwonyo jo kede kello miti gi pi ikom tim gi.

LOK I YORE AME NIANGNGO YOT

Slides 31

Apwony akobbo ni: _____

Lok i yore ame niangngo yot kede i leb ame ngattoro keken romo niangngo myero bed neno ni me acoba i miyo ngec. Man gengo ruccu wi dano kede mio pe bedo i para onyo i lworu a kwako bedo kan ame gin pe onge.

Iromo miya wunu apor me nyigkop mogo ame yin ingeo ni jo i myere kede jo ame pe okwano nwongo niangngo tek? (Aporere romo bedo nyigkop mogo me yotkom bala liro coo abongo dic, yotkom toto kede atin, gwokko pii kede ping bedo a cil ?

Slide 32-33

- Pire tek kare i kare me tic i leb a niangngo yot wek inge ka ngec kede jami okobo i yore i yore oniangere.
- Bed nwoyo kop ame ikobo wek niangngo bed i gi a yot.
- Kare okene pore me tic kede nyigkop a niangngo yot me konynyo kor jo i myere ame pe ngeo kwan kede coc.

Yore okene ame iromo miyo ngec onyo tam a ber ame omio ame niangngo tek wek niangngo bed a yot obedo tic kede jami me pwonyere ame obedo diro ame wan ocakko nyammo iyoonge man.

TIC KEDE JAMI ME CUPURU PWONY

Slide 34

Apwony akobbo ni: _____

Tekki imio dano ongejo jami a kwako kop me yotkom oko, pire tek me lok ikom citepe mogo a titino a timere ame dano kede jo i myere romo timmo me yubbu yotkom gi kede yotkom jo i paco gi.

Wan otye kede twoe a pol twatwal ame myero olok i kom gi i yuba-ni mogo wan oloko oko i kom gi cocon i dul pwony.

Kit kwo acelacel mito dano, paco kede myere me kwanynyo citep me cwakko kit kwo magi. Yer two acel kede kit kwo acel. (Lwong dano acel i yi akina okwan wek yer acel onyo aryo)

Wek ocak kede kit kwo namma acel. Ngo ame jo romo timmo me lokere onyo lubbu kwo-ni. (Coo agam i kom papara a dit ame ongabo malo.) Pacci romo timmo ngo? Myere romo timmo ngo?

Acoyo tam wu ducu i papara a dit ame ongabo malo eka ote lok wunu i ye.

Aman-ni wek olokere onen bukki me tello okwan. I yi buk tello okwan-ni itye kede kade me leyo tam ame cale tye tung nyime kede apeny meddo i ngec iyoonge ame iromo tic ked gi i tic me otto lwak.

[Kobbi okwan me moyo kan ame buke tello okwan kede kade me leyo tam]

Ter dakika moro a nonok ite kwanno gin i yi jami magi ite penynyo apenynyoro keken.

I dul pwony ame a lubbu, wan otic kede nyony pwony magi i dul kwan me leyo lok, ento ame pwod pe otimo man-no, aromo kong penynyo tammi ikom nyony me pwony magi?

Inwongo jami magi pir gi tek?

Ineno peko moro ame okemo tic ked gi i myere ni?

Jo i myere ayee nyony pwony magi pi tic a tek i lokko kwo?

[Coo tam a jo i yi papara a dit ame ongabo malo]

DUL PWONY ME 4: AYUNG

Slide 35

Apwony akobbo ni: _____

Me yungngu, ibeo i penynyo apeny ame agammere obedo ee onyo pe, lok i yore ame niangngo yot kede tii i jami me pwonyere ame iromo tic kede:

- *Raa ngec ateteni i bot jo i myere wek i mad cuny gi kun beo i jami ame timmo yot.*
 - *Mi ngec ikom gin ame tiye, a yot, a timere, a niangere bot jo, pacci kede omyere pi kello alokaloka me kwo.*
 - *Rot kit ame tic tye awot kede ite cikakino te citepe mogo a titino ame otimo pi kello alokaloka i kwo.*
1. *Ti kede apeny ame ogamo agonya ite lok i yore ame niangngo yot me rayo ngec amitte ite nenno ni jo ame imiyo ngec oniang gin ikobo ni gin otim kede kit ame myero otim gini kede.*
 2. *Ti kede cale me cikakino te tam ame omio ni opore me kello alokaloka i paco kede miyo jo tic a tek.*
 - *Coo, gur, onyo coo citepe a titino ame yin kede jo i lok ked gi oyee temmo.*
 - *Rot ked gi jami ame omoko ni jo abedo timmo kare i kare.*
 - *Poyo wi jo ni mokko tam pi alokaloka ame timmo yot romo konynyo gi i mokko tam ikom kite me kwo opore pi yotkom.*

Tammoro onyo apenyonyoro tye?

Slide 36

5. DUL PWONY ME 5:

CIKAKINO TE KWO OPORE PI YOTKOM I MYERE NI

CAWA AMITTE: **Dakika 60**

Tyenkop me dul pwopny-nyi

1. Nyut yore ame oromo kweddo kede kit ame tic tye awot kede anyim onyo cikakino kite me yelle okene onyo tem dok kit kwo okene
2. Ye pwonynyo ketto i tic kede coyo ping citepe okene ame kelo lokere a kwo.
3. Nen ite nwoyo eka ite bedo pwonynyo kite me tic kede kade me leyo tam kede jami me tic mogo ame cupuru kor pwony

JAMI AME PIR GI TEK PI APWONY

Tic okene ame oromo dang tic kede

- *Okwan romo tiyo tic me lok i lwak pi lokko kwo gi kun otio kede kade me leyo tam ame tye bot okwan okene. Gin romo bedo pwonyngo kubere i lwak ken gi onyo i beo gurupe a titino*
- *Okwan romo yaa oko i ka pwonyere ote wot tic i kade me leyo tam magi i myere mogo a ceggi kede dano acelacel onyo i gurupe mogo a titino*
- *Oromo lwongngo omyere me bedo i kwan-ni ote bedo gini dang tye i dul pwonyere i cawa ame okwan tye atic kede kade me leyo tam.*

Mi nino wot ame jo tye angye gin ame otye otiyo gini kun i tio bala agwokcawa pi tic ame jo tye atiyo. Poyo wi okwan kede cawa ka otyeko gini nucu atic oko, kede poyo wi gi i dakika abic onyo apar ame odong me tyekko tic wek otyek tic i cawa i kokome.

Ka dong tic otum oko, kwa okwan me leleo ngec ame gin olimo i tic kede kade magi.

Apwony akobbo ni: _____

Slide 37

Iromo kello miti kede cikakino tutte, tic owoto a ber, kede en ame oballe oko kun i cupuru kwoyo opore pi yotkom i pacci kede i myere gi?

[Gam tam i bot okwan aryo onyo adekkoro ame ojalle. Peny okwan okene ka kong otemo gini kodi tam magi kede jo ame otemo ikom gi odok i ye ni ngo?]

Apwony akobbo ni: _____

Iromo kello miti kede cikakino te kwo opore pi jo kede myere ame oye temmo i kare ame i limo gi i pacci kede i myere gi. Ka ilok ked gi, ti kede apeny ame ogamo agonya kede keboro ateteni me a gam i mwolo wek inge jami ame otimo gini a ber kede en ame otimere a rac ikom lokko kwo kun iteggo dang wat a ber ame itye iyubbu.

Ka inyammo tam i kom kwo, pire tek me penynyo i yore ame pe ngolo kop i wi dano kede myero mii dano lok agonya ikom mene otio kede en ame pe otio...kede pi ngo mogo otio kede en okene pe otio. Ite dok i kwo ame gin olimo i yore a pola papat.

Slide 38

- Mi cwak pi jami otimere a ber ite diyo cuny gi me medde i lokko kwo i yore a beco magi.
- Lok ikom jame ame otemo timmo pe te lare kun ikobbi gi ni acobere gite kede mi gi cwak me dok temmo onyo omoo gini kony me miyo alokaloka ni timere.
- Dii cuny jo ame pe otemo me cikere me temmo. Moo ageng mogo ame jo onwongo ite miyo tam ikom kit ame oromo tyekko kede i ageng magi.
- Ka kodi kwo-no pe lare onyo pe lokere, kony gi me donynyo kede yore okene me temmo ite miye dok cakko tic ikom kwo okene anyen i tit.

[Peny gurup] Ngattoro romo miyo wa apor me lok kede dano pi moyo kony (bala wot pimmo aoola awio) eka tekki irwatte ked gi inwongngo ni ngat owoto pe? Kodi tyenkop ango onyo pekki ango ame gin omio a kwako gin ame omio gi pe owoto? Iromo konynyo gi ni ngo i yore me nwongngo ngattoro i paco onyo owote gi moro ame romo miyo gi cwak?

Yore okene me konynyo jo i lokko kwo ame otye otemmo gini lokko obedo miyo gi ngeyo kodi kwo ame gin tye a tutte me lokko-no. Yore a ber me lokko kwo i opore odoco obedo ngeyo kodi kwo-no en-no a ber. Apore obedo, miyo onywal gwetto nine i yi kalenda ame myero gwer otino gi i ye i yi mwaka oko. Kobbi gi me ngollo nine ame ogwero atin oko i ye.

6. AYUNG KEDE TWEYO TERE**Slide 39****Slide 40**

Me yungngu dul-li, pi cikakino lokko kwo:

- Peny kop a kwako kite me kwo gi/gin ame gin maro timmo ite coyo agam a dano acelacel ping pi miyo jo ngeyo.
- Nyam tam ikom jami mogo ame timere me miyo jo kwoyo kwo opore pi yotkom. Tyek peko pi tyenkop ame cuny dano nwongo ni romo gengngo gi itemme kello a lokaloka mogo a titino.

- ➔ Mok yee ite coyo jami me atima ping ame nwongo tye i ye dang yore me tic momot wek tem timmo ame otto lwak okene pwod ope otimere. Tem me mokko ni dano oye ni etic a tek pi lokko kwo.
- ➔ Cikakino te kop me lokko kwo ka itye i cokere onyo ilimo pacci me nenno kit ame lokko kwo tye awot kede.

Ngattoro onyo tye apeny onyo tammoro okene?

TWEYO TERE

Slide 41

Apwony akobbo ni: _____

Apwonyo tutte wu. Wun ducu itio wunu tic me awura twatwal.

Apenynyoro me agikki onyo tammoro me amia tye ame pwod pe omedde anyim.

Apeny acel me agikki: yore anga ame iketto kede i tic gin ame ikwano tin kan –iketto i tic nucu yaa ducu—i ticci bala aotlwak.

[Nyammo tam]

Aleggi wu winyo a ber. Tim ber iniang kong kit ame kwo i myere kede miti a jo i kare me ikweda i myere tye kede ite donyo cakko tic.

Apwoyo wunu

NGEC OKENE AME OMEDO

- A. AJENNA ME KWAN
- B. SLIDES ME POWER POINT
- C. NYING JAMI ME ANENA PI LOK I LWAK
- D. KADE ME LEYO TAM
- E. AME PWOD PE OTIMO IKWEDA KEDE IYOONGE TIMMO IKWEDA
- F. TIC OMEDE ME TUKU ALEA

Ngec A ame omedo

Ajenna me Kwan

8:00 – 8:30	Coye kede Matto cai me Odikko
8:30 - 9:00	Dul Pwony me ACEL:Jol kede Nyutte
9:00 – 10:00	Dul Pwony me ARYO: Kwo opore pi Yotkom kede Jami a Gengo Lokko Kwo
10:00 – 10:30	Weo
10:30 – 12:00	Dul pwony me ADEK: Lok i Lwak pi Lokko Kwo
12:00 – 13:00	CEM ME I DYE CENG
13:00 – 14:00	Dul Pwony me ANGWEN: Jami ame pir gi tek i Lok i Lwak i yore ame Niangere
14:00 – 15:30	Dul Pwony me ABIC: Cikakino te Kwo Opore pi Yotkom i Myere
15:30 – 15:45	Twey Tere

Ngec ame omedo i B

PWONY KEDE POWER POINT



USAID



INTERPERSONAL COMMUNICATION (IPC) WORKSHOP

USAID RHITES-N, Lango Project

**Session ONE:
Welcome and Introduction**

OBJECTIVES OF WORKSHOP

- Understand interpersonal communications and how it can be used in community outreach activities
- Improve interpersonal communication skills of participants
- Engage participants in social and behavior change outreach activities to promote health seeking behaviors

AGENDA

Session TWO: Overview of Health Behaviors

HIV PREVENTION AND TESTING

- Abstain from sex if you are a virgin
- Use a condom if you are sexually active
- Get medical circumcision
- Sexually active adolescents and adults should get tested regularly for HIV
- If a person tests positive for HIV, he/she should start treatment immediately
- Once a person starts HIV treatment, they need to stay on their treatment and take it daily

MNCH: ANTENATAL CARE

- When pregnant visit the clinic four times for check-ups
- Be tested for HIV
- If tested positive for HIV start treatment immediately
- Sleep under a bednet
- Deliver your baby in a health facility or with a trained attendant

MNCH: POST-NATAL CARE

- Visit the clinic for care after the baby is born as told by the health worker
- Breastfeed your baby within an hour of delivery and exclusively (no other food or drink) for six months
- After a woman delivers, she should use modern contraceptives to avoid pregnancy for at least 24 months

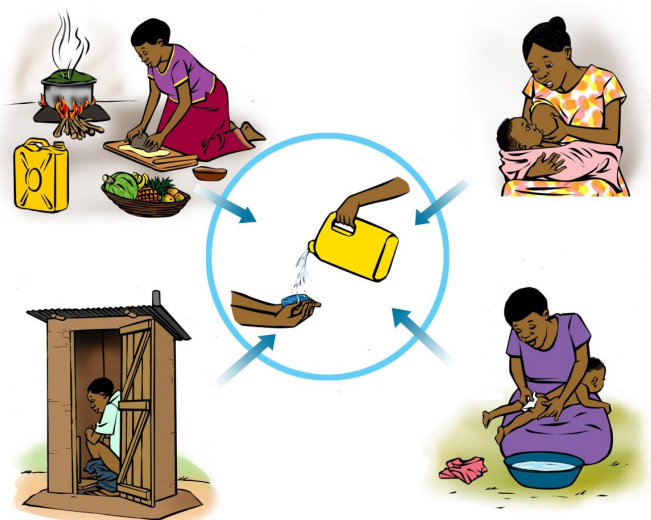


BABY AND INFANT

- Recognize symptoms of malaria and seek prompt diagnosis and care
- Provide prompt treatment for children with diarrhea at the onset of symptoms
- Recognize problems with baby (fever, seizures, heavy coughing, non-movement) and seek care immediately
- Get you child immunized to avoid infection
- Complete all immunization for your child under two years of age

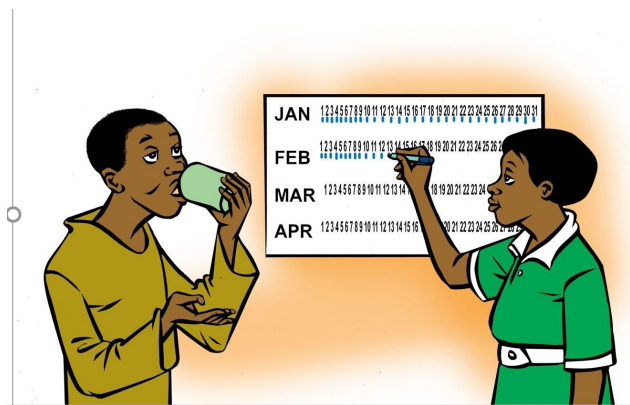
WASH

- Wash your hands with soap and water, especially after you change a diaper or defecate
- Wash your hands before preparing food or eating



TB

- If a person has a cough or chest pains they should be tested for TB
- If they are around someone who has TB, they should be tested for TB
- When a person starts TB treatment they need to complete the entire treatment to get better



Audiences

- Men age 14-39
 - Pregnant Women
 - Orphans
 - People at risk of
 - HIV infection
 - Fisherfolk
 - Servicemen
 - Men who have sex with men
 - Sex Workers (transactional sex)
- HIV testing, treatment, circumcision, TB treatment,
- HIV test and treat, MNCH, malaria prevention, WASH
- Testing and treatment, nutrition
- HIV testing and treatment, circumcision, condom use

Barriers to Health Behavior

Access

Do not know where to go for services

Must wait long hours for care at a clinic

Clinic does not have supplies, medicines, services, immunizations

Work hours do not correspond with clinic's hours

Information

Do not know what service they need

Fear the worse

Misinformation and rumors about treatment and care

Barriers to Health Behavior

Stigma

- Lose employment because of illness or pregnancy
- Rejection by family and friends
- Youth feel uncomfortable at clinics because of providers' bias

Economics

- Cannot miss work because will not be paid
- Not covered by insurance
- Transportation to clinic is too expensive
- Unexpected costs when visit clinic or pharmacy



Barriers to Health Behavior

Social and Cultural

- My husband does not give me money to go to the clinic
- Religious leaders are against family planning
- Families in Uganda have many children

Summary: Session Two

- These health behaviors are closely related to one another
- People have misconceptions about their health behaviors that create fear about adopting them
- Your role is to provide enough accurate information to help motivate people to go to health facilities
- Providers at the clinic will answer their specific medical questions

Summary: Session Two continued

- Barriers can be real but there are many that are perceived
- Recognizing what is preventing a person from receiving health service is a critical first step in helping a person or a family overcome them
- Effective interpersonal communication is an important tool in identifying and addressing barriers

Session THREE: Interpersonal Communication For Behavior Change

Behaviors

*Behaviors are the way we **act, react and perform**, in response to different stimuli under different situations and conditions.*

Behavior Change through IPC

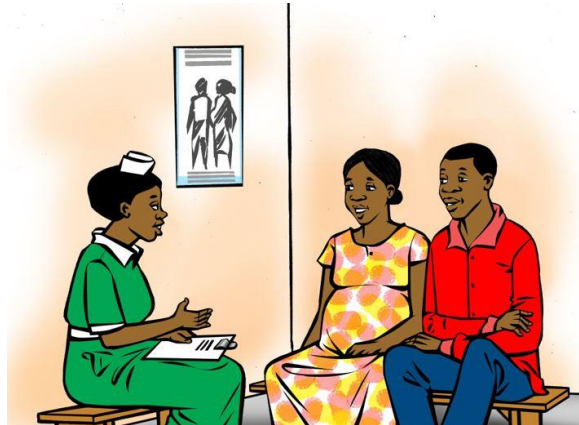


Behavior change can be achieved by a variety of ways

IPC done through social mobilization and community engagement research shows are the most effective

Effective IPC

Identifying what **factors** influence peoples' behaviors can help you deliver more effective messages during face- to-face encounters.



One-Way or Two Way Communication

Exercise:

- Choose a partner next to you for a role play exercise
- One of you play the role of a woman who has just learned she is pregnant. The other person is the community mobilize
- The mobilizers talks to the young woman about keeping healthy while pregnant
- Take five-six minutes to interact

One Way vs Two Way IPC

One-Way Communication

- Most in authority are trained in this approach
- Intent is to gather key information
- Draw a conclusion
- Form an action plan to solve the problem or situation

Two-Way Communication

- Individual at the center of the interaction
- The intention is to gather accurate information.
- Engage the individual in dialogue that leads to agreement on an action plan

Techniques to Encourage Two-Way Communication

- Give a warm welcome
- Show respect
- Listen attentively
- Does not interrupt
- Ask questions
- Pay attention to verbal and non-verbal messages
- Use simple language
- Use support materials

Session FOUR: Interpersonal Communication Skills

Three IPC Skills

- Asking open-ended questions
- Speaking simply to ensure understanding and agreement
- Using support materials to reinforce recommended practices

Asking Open Ended Questions

- Elicit a greater response
- Allow you to follow up with questions or to probe
- Begin with words like “how” or “what” or “can you tell me...”

EXERCISE

Pick a partner for this exercise. You will take turns being a community mobilizer and community member and then switch roles after five minutes.

Pick a health behavior from the Participants Guide.

The “community mobilizer” questions to get information and set small goals to engage the person in behavior change. Use a combination of open-ended, probing and Yes/No questions.

Then each pair will discuss whether the “community mobilizer”:

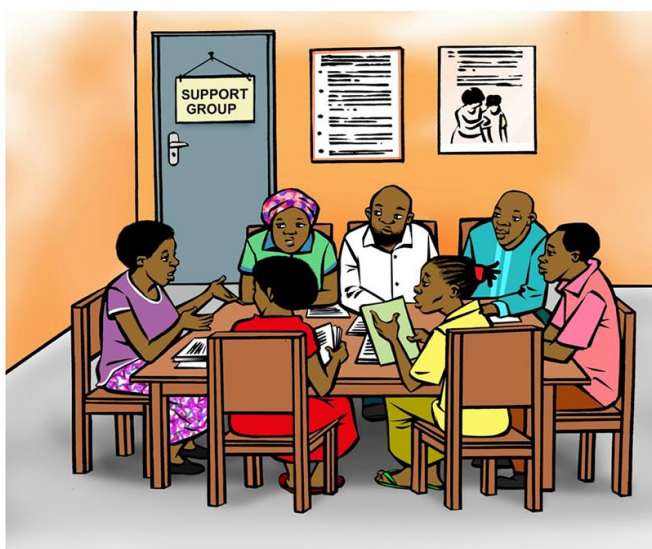
- Gave the community member the correct information to adopt good practices in the home
- Engaged the community member, discussed doable behaviors, and set a plan for specific changes to try

Take 15 minutes to take turns and complete this role play and to discuss the exercise. We'll then ask selected pairs to share their experience with the whole group.

Use Simple Language

- Helps community members hear the information about what they need to do

- Use words and language that is easy for any person to understand



Tips for Simple Speaking

- Use simple words
- Repeat the same words to make it easy for the individual person to fully understand what you are asking them to do
- Adjust the words and language based on the literacy level of the individual or community members

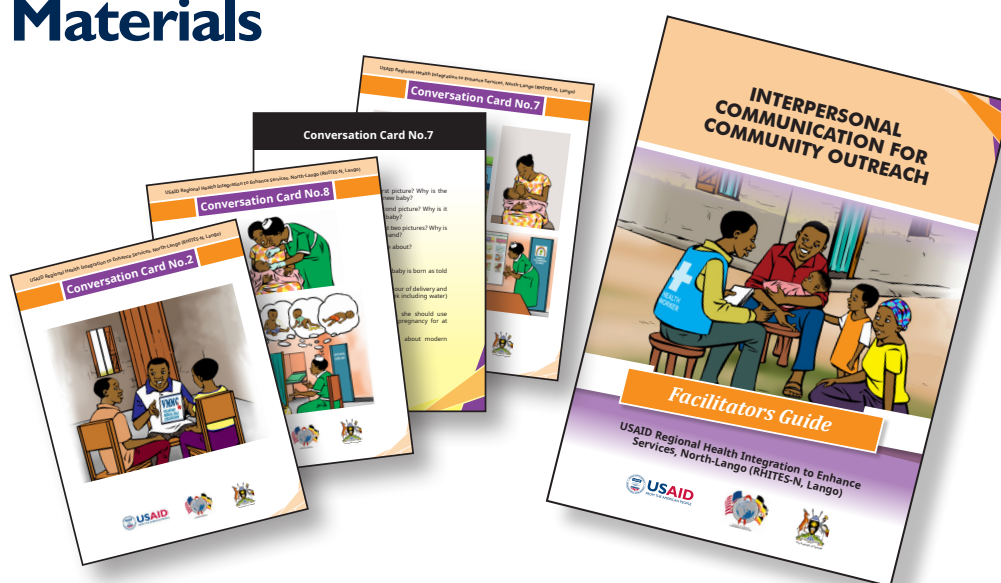
Use Support Material

Use the materials and visuals developed with the Ministry of Health

Conversation cards are useful to help start discussions and let people ask questions

Illustrations are reminders for individuals to make daily small doable changes that will lead to changes over time

Support Materials



Session Four Summary

- Gather accurate information from individuals to counsel them on doable actions
- Provide actionable, simple, practical information to enable behavior change
- Use the pictures to reinforce recommended health actions

Session FIVE: Reinforcing Healthy Behaviors In Your Community

Reinforcing Positive Behaviors

How can you motivate and reinforce individuals' attempts at adopting positive behaviors that contribute to their good health?

Tips for Reinforcing Positive Behaviors

- Offer support for success and encourage continuation of the behavior
- Address lapses with support to try again or seek support for making the change
- Encourage those who did not try. Identify barriers that the individual encountered and offer suggestions on how he/she can overcome them
- If the behavior is not possible or practical for an individual to achieve, help them identify a different step to try and have him or her recommit to the new behavior

SUMMARY AND CONCLUSION

Summary: Session 5

- Ask about lifestyle behaviors and record answers to raise awareness
- Discuss specific doable actions to encourage healthy behaviors
- Discuss barriers individuals feel could prevent them from trying to make some small changes helps break down barriers to change
- Agree on practical steps to try before the next meeting
- Reinforce behavior change in follow up meetings or household visits
- Identify personal, cultural or social barriers that get in the way of behavior change

How Did We Do?

How will you apply what you learned today – part or all of it – to your role as a community mobilizer?

Questions and Answers

Comments

Post-training survey

How Did We Do?

How will you apply what you learned today – part or all of it – to your role as a community mobilizer?

Questions and Answers

Comments

Post-training survey

NGEC AME OMEDO I C

KADE ME LEYO TAM

1. Lire acoo i daklatal abongo dic

Apeny me anyama

- *Ngo ame itamo ni tye atimere i cal-li?*
- *Pi ngo lon-ni tye abwonyo?*
- *Pi ngo loca okene-ca yie pe yom?*
- *Pi ngo pire tek me coo i lire i dakatal?*
- *Yin itamo ni pi ngo omio coo pe yee lire i dakatal?*
- *Ingeo kan ame myero iwot i ye me lire i dakatal?*

Ngec ame pir gi tek

- ➔ Lire abongo dic i dakatal yot twatwal tekki ngat ame atimmo obedo adiro me yotkom ame opwonyo.
- ➔ Pire tek pien gengo kobbo twoe ame kobo i mit bala two jonyo.
- ➔ Akadi kono bed ni ilire oko, myero pwod itii kede kondom tekki irwatte i butu.
- ➔ Wotti i dakatal obedo gin me imung kede mii igwoko komi pi kare me kwo ni alutu.
- ➔ Lire abongo dic i dakatal pe balo rwatte ni i butu i yore moro keken kede dang pe dwoko gupu ni me i coo cen.
- ➔ Gwok komi kede kom jo ame imaro.....wot i ____ dakatal pi lire.



Poroyore me lire i dakatal

- ➔ Lire pe obedo nekkoman coo. I lire ongolo ka pok del wi man ento pe ongolo man alutu.
- ➔ Lire coo kony i dwokko ping rwom me nwongngo two kede liro wi mani dang mio lwokko a cil bedo a yot.
- ➔ Lire pe gengo kuddi two jonyo kede twoe mogo a kobo i butu, myero iruk kondom me gengngo twoe magi.

2. Kade me leyo tam i kom lire a coo abongo dic idakatal

Apeny me anyama

- *Yin itamo ni ngo ame tye atimere i cal-li?*
- *Yin itamo ni pi ngo omio aootlwak tye alok i dako-ni kede cware?*
- *Pi ngo pire tek me coo i lire?*
- *Pi ngo pire tek bot mon ni cog gi myero lire?*
- *Itamo ni icoo romo lire pien onyamo tam gin i cege ni en myero lire?*

Ngec ame pir gi tek

- ➔ Lire a coo i dakatala abongo dic yot twatwal tekki ngat ame otimo obedo adiro me yotkom ame opwonyo.
- ➔ Pire tek pien gengo kobo a twoe a kobo i mit bala two jonyo.
- ➔ Mon cwako lire pien konyo i dwokko ping nwongngo two i yi akina gi kede cog gi kede dang ber pi cilkom.
- ➔ Akadi ilire oko i dakatal, myero pwod itii kede kondom tekki irwatte i butu.
- ➔ Wotti i dakatal obedo gin me imung kede dang gwoki pi kwo ni alutu.
- ➔ Lire a coo abongo dic i dakatal pe balo rwatte ni i butu i yore moro keken kede dang pe dwoko gupu ni me icoo ping.
- ➔ Gwok komi kede kom jo ame imaro.....wot i ____ dakatal pi lire.

USAID Regional Health Integration to Enhance Services, North-Lango (RHITES-N, Lango)

#2 kad me leyo lok



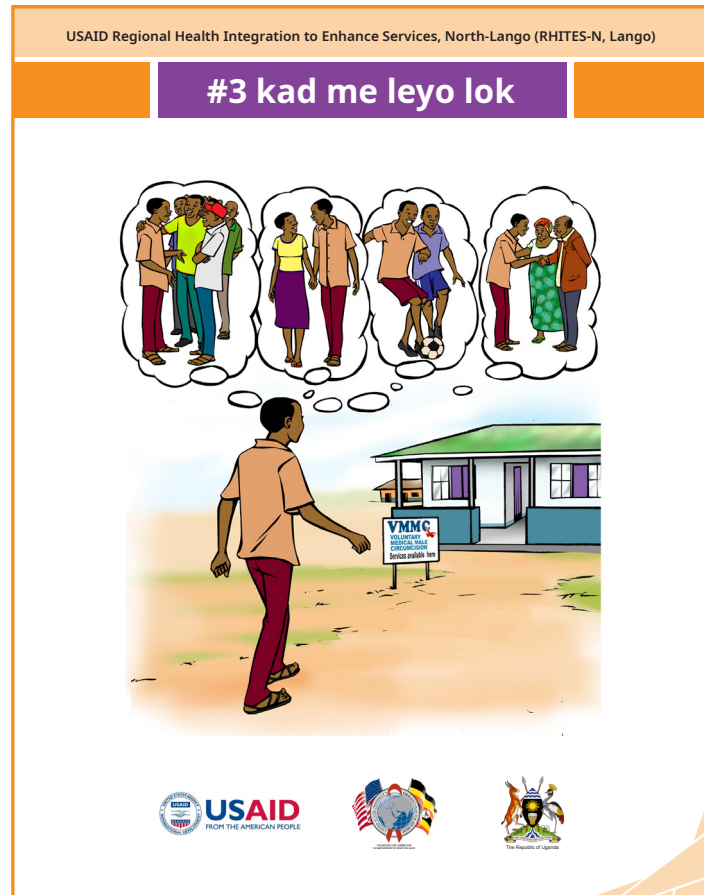
3. Kad me leyo tam ikom lire abongo dic i dakatal

Apeny me anyama

- *Itamo ni ngo ame tye atimere i yi cal-li?*
- *Itamo ni loni tye aparo ngo?*
- *Pi ngo pire tek me coo i lire?*
- *Itamo ni cege tye amito ni en lire?*
- *Itamo ni lire a loni bino yomo yi onywalere dang?*
- *Itamo ni icoo man romo lire?*

Ngec ame pir gi tek

- ➔ Lire a coo i dakatala abongo dic yot twatwal tekki ngat ame otimo obedo ngat ame opwonyo kede adiro me liro jo.
- ➔ Pire tek pien gengo kobo atwoe a kobo kede mit bala two jonyo.
- ➔ Mon cwako lire pien konyo i dwokko ping nwongngo two i yi akina gi kede cog gi kede dang ber pi cilkom.
- ➔ Akadi bed ni ilire oko i dakatal, myero pwod itii kede kondom tekki irwatte i butu.
- ➔ Wotti i dakatal obedo gin me imung kede dang gwoki pi kwo ni alutu.
- ➔ Lire a coo abongo dic i dakatal pe balo rwatte ni i butu i yore moro keken kede dang pe dwoko gupu ni me icoo ping.
- ➔ Gwok komi kede kom jo ame imaro.....wot i ___ dakatal me ilire.



4. Jo onyomere tye Alimmo Dakatal pi Kop me Yac kede Pimmo Kuddi Two Jonyo

Apeny me anyama

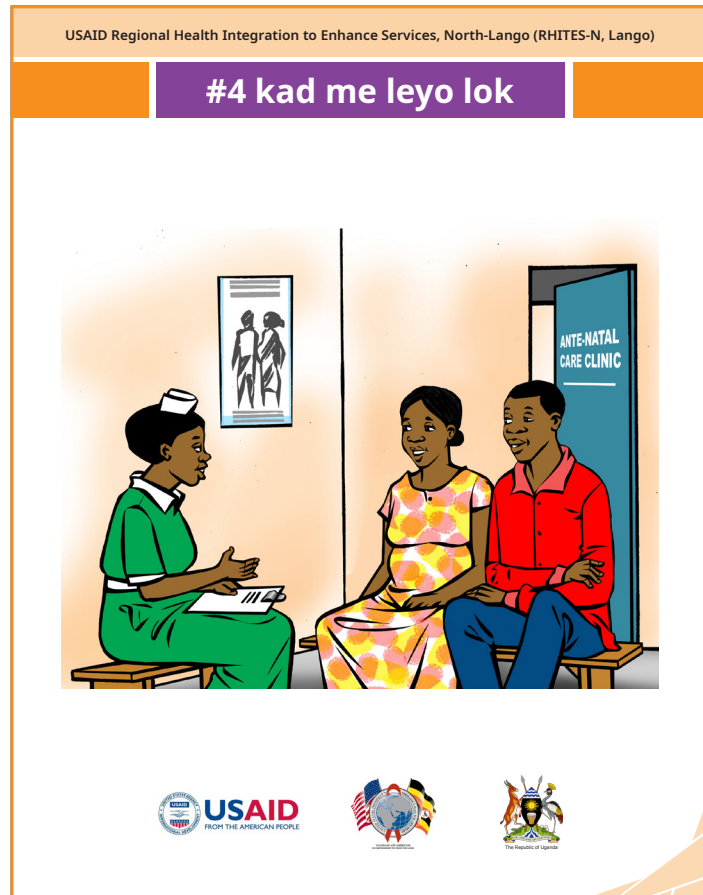
- *Itamo ni ngo ame tye atimere i yi cal-li?*
- *Ber awot i dakatal obedo ngo bot dako i kare me yac?*
- *Pi ngo i coo myero wot kede cege i dakatal?*
- *Naci okobbi dako-ni kede cware ni ngo?*

Ngec ame pir gi tek

- ➔ Mon a yac myero lim dakatal tyeno angwen i kare me yac gi.
- ➔ En kede cware myero yubere me nywallo atin i dakatal onyo kan ame adiro me yotkom opwonyo tye i ye.
- ➔ Mon a yac myero pim kuddi two jonyo i kom gi kede myero cak mwonyonyo yat cutucutu.

Ngec okene a dwong

- ➔ Coo myero gwok cente pi nenno ni mon obedo a kom gi yot i kare me yac kede nywal.
- ➔ Mon myero cam cem ame gwoko yotkom gi, but i te tannarua pi gengngo two atipa, kede dang myero lim dakatal i ngwen pi bedo a kom gi yotkom i kare me yac kede nywal.
- ➔ Ka dako tye i kuddi two jonyo, myero cak mwonyonyo yat cutucutu pi gengngo kobbo kuddi two jonyo i kom atin i yic.
- ➔ Ka i coo tye i kuddi two jonyo, en myero cak mwonyonyo yat kede te tic i kondom ka tye arwatte i butu i cege pi gengngo kobbo kuddi two jonyo ikom dako kede atin i yic.



5. Cimmotok

Apeny me anyama

- *Ngo ame yin itamo ni tye atimere i yi cal-li?*
- *Yin itamo ni ngo omie tye ocung/awot kene?*
- *Itamo ni cunye tye awinyngo ni ngo?*
- *Ngo ame myero jo i myere tim me lokko kodi lok ikom jo-ni?*

Ngec ame pire gi tek

- ➔ Jo ame mwonyo yen me two jonyo romo bedo a kwo a kom gi yot, romo nyom kede tic pi dongngo myere.
- ➔ Jo ame tye amwonyngo yen me two jonyo kobo ni owote gi pe dong loko ked gi onyo jo kwano anii ikom gi.
- ➔ Kodi tim magi mio cunye gi winyo ni yi jo okwero gi oko ote cakko bedo ken gi ken gi. Jo okene yi gi wang a tek te kwero gammo yat oko, onyo kwero dang mwonyngo yat oko. Man mio kom jo ame tye i kuddi two jonyo bedo a lit.
- ➔ Mwonyngo yen me kuddi two jonyo mio kom jo bedo a yot. Mii jo ame tye amwonyngo yen cwak ite dang nyutti gi mara.

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#5 kad me leyo lok



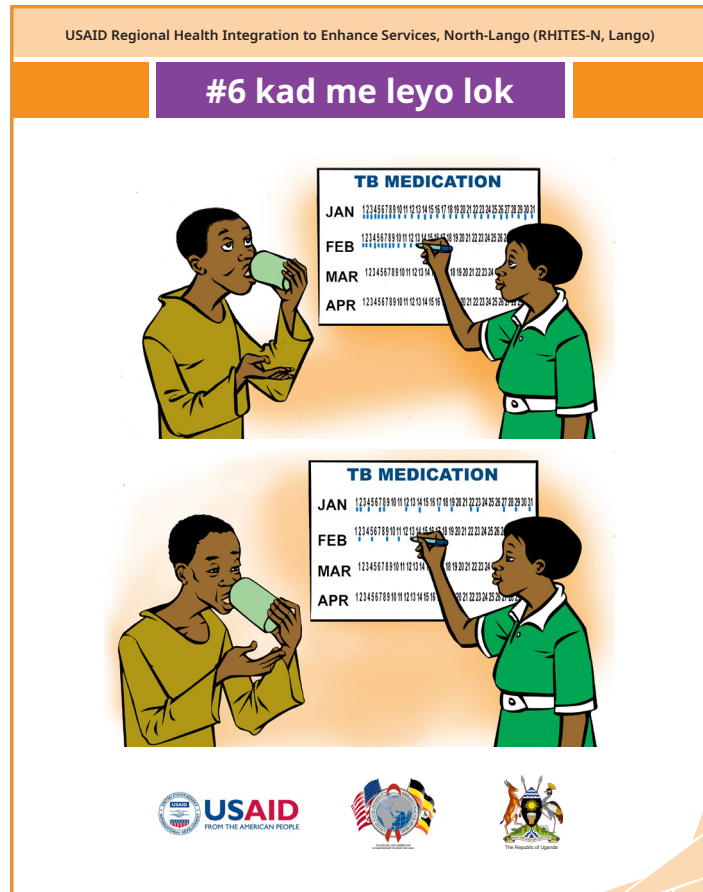
6. Mwonynyo Yat Aoola Awio kede Lubbu Kite me Mwonynyo

Apeny me anyama

- *Itamo ni ngo ame tye atimere i yi cal-li?*
- *Itamo ni pi ngo en oweko mwonynyo yat nino i nino oko?*
- *Yin ineno/itamo ni ngo otimere ikare ame dano-ni oweko mwonynyo yat?*
- *Ngo ame yin myero itimmo me mwonynyo yat nino ducu?*

Ngec ame pire gi tek

- ➔ Aoola awio obedo two ame mako iwuku
- ➔ Aoola awio obedo two ame kobo oyotoyot kede dang yaa i kom dano acel te kobo i kom dano okene.
- ➔ Aoola awio cang. Tye kede yen ame cango ento mito mwonynyo yet nino ducu pi mwaka acel.
- ➔ Yen aoola awio tye me nono kede dang tye i dakatale a pol.
- ➔ Romo bedo a tek me mwonynyo yat pi mwaka acel, dwongngere wok tekki i cako winyngo a ber oko ento winy gin ame dakatalli okobo.
- ➔ Ka ngattoro i paco wu tye kede aoola awio, nen ni owoto gini me nwongngo yen amwonya ote medde gini i mwonynyo yen gi abongo keng.



7. Kony me dakatal iyoonge nywal

Apeny me anyama

- *Ngo ame tye atimere i yi cal me acel? Pi ngo dako-ni tye i dakatal kede atinnere ame onywalo nyen?*
- *Ngo ame tye atimere i cal me aryo? Pi ngo pire tek me dotto atinni?*
- *Ngo ame tye atimere i cale aryo me agikki magi? Pi ngo dako-ni tye alok i cware? En tye akobbi naci ni ngo?*

Ngec ame pir gi tek

- ➔ Wot i dakatal pi kony kit ame adiro me yotkom okobo kede iyoonge nywallo atin?
- ➔ Dot atinni i yi cawa me acel ame onywale i ye ite pitte kede cak kor keken (abongo miyo dek onyo pii amata) pi dwete a romo abicel.
- ➔ Iyoonge dako inywalo atin, myero ti kede yen me gengngo yac me kare-ni, akadi ni ngo, pi dwete 24 pi gengngo yac me atura.
- ➔ Wot i dakatal pi ngec ikom yen me kare-ni pi gengngo yac.

USAID Regional Health Integration to Enhance Services, North-Lango (RHITES-N, Lango)

#7 kad me leyo lok

The illustrations depict various healthcare scenarios: a nurse in a green uniform attending to a mother and her baby; a sign for an HIV clinic with a red ribbon symbol; a mother in a yellow and white patterned dress holding her baby; and a nurse in a green uniform talking to a woman in a purple dress in front of a family planning poster and a sign for a family planning clinic.

The bottom of the graphic features three logos: the USAID logo with the text 'FROM THE AMERICAN PEOPLE', the United States flag, and the coat of arms of the Republic of Nigeria.

8. Yotkom atin

Apeny me anyama

- *Ngo ame tye atimere i yi cal-li?*
- *Pi ngo pire tek me tero atinni i dakatal?*

Ngec ame pir gi tek

- Nge kit ame anyut me two atipa nen kede ite wot i pimmo kede moyo kony me dakatal pi otino a tino oyotoyot.
- Mii otino a tino yat cado oyotoyot tekki ineno ka anyuttere itap.
- Nge pekki ame atin tye kede(bala lyeto, myelkom, oolo a tek, ka pe tye awot) ite wot nwongngo kony me dakatal oyotoyot.
- Gwer otino pi gengngo twoe i makko gi.

USAID Regional Health Integration to Enhance Services, North-Lango (RHITES-N, Lango)

#8 kad me leyo lok

USAID FROM THE AMERICAN PEOPLE

9. Gwokko pii kede ping bedo a cil

Apeny me anyama

- *Dako-ni tye atimmo ngo i yi cale magi?*
- *Pi ngo en tye aloggo cinge?*
- *Pi ngo pire tek me loggo cing ame pwod pe i yubu cem?*

Ngec ame pir gi tek:

- ➔ Log cingi i cabun kede pii, dwongngere wok ka iloko nappi onyo ka atin onyongo?
- ➔ Log cingi ame pwod pe iyubu cem onyo icemo.
- ➔ Loggo cing gengo two ikobo ikom jo i paco ni.



NGEC D AME OMEDO

Gi keboro nying jami me atima pi kite me lok i lwak

Gi keboro nying jami me atima pi kite me lok i lwak

LOK I LWAK PI YILLO KWO OPORE PI YOTKOM

Lok i lwak i yore ame gin te niang a ber cakere kede: ling mot; nytuttu woro; miyo leyo lok wot a ber; tic i leb ame niangngo yot kede miyo ngec ame tiyo yot. Lub citepe magi me konyonyo jo i gwokko kom gi a ber ote wot moyo kony me dakatal ame yii gi tye amitto.

1. Raa ngec ame tye ateni

- Jol dano i mara ite miye bedo ame tye agonya
- Keboro tyenkop ame omie en olimi
- Peny kop a kwako kwo opore pi yotkom.
- Ti kede apeny ame ogamo agonya kede keboro agam pi nwongngo en ame tye ateni. Ling itii ite winynyo a ber.
- Penye ikom tutte mere me lokko kwo i kare okato a ngec
- Nyut pekki ame gengo lokko kwo

2. Mok yee ikom citepe ame oromo lubbu pi lokko kwo

- Kobbi jo yore okene ame romo lokko kwo wek otem gini
- Kobbi gi ber a yore okene magi me lokko kwo
- Mok ite coyo ping jami ame timmo yot me wek otem gini ame pwod pe dok ilimo gi.
- Mii jami mogo me cuppuru lokko kwo ite cwallo gi kan okene pi nwongngo jami mogo ame okobo ni ber pi cikakino lokko kwo.

3. Rot yoo tam onyamo ite cikakino kop me lokko kwo i yi alimo acelacel

- Peny gi a kwako tutte gi i lokko kwo.
- Keboro pekki ame okemo tutte gi ilokko kwo.
- Coo ping alokaloka a beco i kwo ame tye anen onyo cikakino te yore me meddo tutte onyo temmo yore okene me lokko kwo.
- Mok gin okene me atima ite coyo ping citepe ame alubbu.
- Tii kede yore me lok ryoryo, kun beo i lok dog kede kubere a bongo tic i lok dog
- Jol i yore opore
- Nyut woro.
- Nen kit ame en tye akubere i dulkome okene kede, kop kede jami mogo ame romo nen ame "pe okobo," bala winy me cwiny kede para.
- Pen apeny ame ogamo agonya ite ling mot winynyo agam
- Tii kede leb ame niangngo yot ite nwoyo kop okene me moko ni oniang
- Tii kede jami ame cupuru kede cikakino te tam a beco ame omio

Gi keboro nying jami me atima pi kite me lok i lwak

LOK I LWAK PI YILLO KWO OPORE PI YOTKOM

Lok i lwak i yore ame gin te niang a ber cakere kede: ling mot; nytuttu woro; miyo leyo lok wot a ber; tic i leb ame niangngo yot kede miyo ngec ame tiyo yot. Lub citepe magi me konyonyo jo i gwokko kom gi a ber ote wot moyo kony me dakatal ame yii gi tye amitto.

1. **Raa ngec ame tye ateni**

- Jol dano i mara ite miye bedo ame tye agonya
- Keboro tyenkop ame omie en olimi
- Peny kop a kwako kwo opore pi yotkom.
- Ti kede apeny ame ogamo agonya kede keboro agam pi nwongngo en ame tye ateni. Ling itii ite winynyo a ber.
- Penye ikom tutte mere me lokko kwo i kare okato a ngec
- Nyut pekki ame gengo lokko kwo

2. **Mok yee ikom citepe ame oromo lubbu pi lokko kwo**

- Kobbi jo yore okene ame romo lokko kwo wek otem gini
- Kobbi gi ber a yore okene magi me lokko kwo
- Mok ite coyo ping jami ame timmo yot me wek otem gini ame pwod pe dok ilimo gi.
- Mii jami mogo me cuppuru lokko kwo ite cwallo gi kan okene pi nwongngo jami mogo ame okobo ni ber pi cikakino lokko kwo.

3. **Rot yoo tam onyamo ite cikakino kop me lokko kwo i yi alimo acelacel**

- Peny gi a kwako tutte gi i lokko kwo.
- Keboro pekki ame okemo tutte gi ilokko kwo.
- Coo ping alokaloka a beco i kwo ame tye anen onyo cikakino te yore me meddo tutte onyo temmo yore okene me lokko kwo.
- Mok gin okene me atima ite coyo ping citepe ame alubbu.
- Tii kede yore me lok ryoryo, kun beo i lok dog kede kubere a bongo tic i lok dog
- Jol i yore opore
- Nyut woro.
- Nen kit ame en tye akubere i dulkome okene kede, kop kede jami mogo ame romo nen ame "pe okobo," bala winy me cwiny kede para.
- Pen apeny ame ogamo agonya ite ling mot winynyo agam
- Tii kede leb ame niangngo yot ite nwoyo kop okene me moko ni oniang
- Tii kede jami ame cupuru kede cikakino te tam a beco ame omio

Papar me aponga pi keboro ngec ame kwan pwod pe ocakere kede iyoonge kwan

PAPARA ME APONGA PI KEBORO DIRO ME LOK I LWAK AME KWAN PWOD PE OCAKERE

Nino Dwe _____

1. Anaka kong ibedo i kwan me lok i lwak ame dong itio-ni?

EE____ PE____

Ka EE, ibedo kede kare me ketto i tic gin opwonyo i dog ticci?

EE____ PE____

2. Itye igenno ngo i kwan-ni? _____

3. Tye kagi mogo i kite me lok i lwak ame itye imitto niangngo a ber onyo imitto bedo timmo i kwan-ni? Gwet en ame imitto ducu

_____ kite me kubere kede jo i myere na

_____ ling winynyo

_____ tic i leb a yot

_____ kite me tic i lok ryoryo

_____ jami tic a nen kede mogo me cupuru tic

_____ mogo okene _____

4. Tye kop okene a kwako yotkom ame inwongo nyammo kede jo i myere tek twatwal a loo mogo okene oko? EE____ PE____

5. I kare-ni dang iloko kede jo me lokko kwo gi i yore opore pi yotkom?

EE____ PE____

Apwoyo

KEBORO DIRO ME KWAN I LOK I LWAK-PAPARA ME APONGA IYOONGE KWAN PI KEBORO NIANG

Nino Dwe _____

Gwet agam opore ite miyo tyenkop pi agammi.

1. Inwongo jami ame opwonyo i kwan man tye me kony?

Pe konyo

Konyo kittoro

Konyo twatwal

Timber imii tyenkop pi agammi _____

2. Itamo ni jami opwonyo onwongo tye a cil ame niangngo yot?

Pe niangere atwal

Niangere kittoro

niangngo yot twatwal

Mi tyenkop pi agammi _____

3. Itamo ni apwony opwonyo a ber?

Pe a ber

Ber i dyere i dyere

Ber a tek

Mi tyenkop pi agammi _____

4. Gin acel ame apwonyo tin obedo.... _____

5. Gin acel ame pwod atye akalakala i ye obedo.... _____

6. Tam ango ame yin iromo miyo pi yubbu pwonyere-ni? _____

7. Dul pwony mene ame inwongo nyen boti? _____

Apwoyo

NGEC F AME OMEDO

Tic me tuku alea ame omedo

Tuku alea me pwonyonyo ling mot ite winyonyo kop a ber

Dakika 30

COC PI APWONY

Tic-ci tye me pwonyonyo diro me lok i gurup a jo a papat ame okwan awot nwongngo i myere. Kobbi okwan yer owote gi. Dano acel abedo dano me myere en okene te bedo aotlwak i myere. Kobbi jo ame omakere aryoaryo me yero kodi gurup a jo mene ame gin omitto lok ked gi kede ikom penkop ango:

- Icoo/dako ame ocalo tic i yat aoola awio
- Nyako a tidi ame oyac pi tyeno me acel.
- Mon ame tye kede otino onywalo nyen
- Icoo, ame pe amitto ni cege tii kede yat gengngo yac
- Jarawee ame itye ikobbe kop ikom kondom onyo lire abongo dic i dakatal.

Apwony akobbo ni: _____

Wan owot pwonyonyo diro i lok i lwak kun beo i tuku alea. Yer awotti ite yero kodi gurup a jo ame irwatte ked gi kede peko me yotkom ame inyammo wunu i yi akina en ame opwonyo. Dano acel abedo aotlwak i myere en okene te bedo dano me myere. Tuk tuku alea pi dakika a romo 10 kun itio kede diro me lok i lwak ame ipwonyo tin. Tekki ityeko, lokere wunu ite dok yero awotti okene dok ite tukku tuku alea-ni pi dakika 10 okene.

(Tekki tuku alwea magi otum) ter dakika moro a nok me nyammo tam ikom leyo lok ame obedo tye: diro mene ame okonyo twatwal, ngo ame wii owil kede, inyamo tam pi kare a rom kwene?

NGEC G AME OMEDO

Catibiket me Tyekko Kwan

CATIBIKET ME TYEKKO KWAN

CATIBIKET ME TYEKKO KWAN-NI OMIO BOT

Man moko ni _____ otyeko a ber twatwal kwan me nino acel
ame dul oculu pire obedo Minicituri a Bwoo kop me Yotkom kede purujek a
USAID ame olwongo ni Rhites-N, Lango:

KITE ME LOK I LWAK PI MIYO NGEC I MYERE

Nino Dwe: _____

Rhites- N, Lango _____



CATIBIKET ME TYEKKO KWAN

CATIBIKET ME TYEKKO KWAN-NI OMIO BOT

Man moko ni _____ otyeko a ber twatwal kwan me nino acel
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KITE ME LOK I LWAK PI MIYO NGEK I MYERE

Nino Dwe: _____

Rhites- N, Lango _____



