

# NTHANO YA BWALYA

Khalidwe lokhala olumikizidwa ndi zoulusa or kapena kunena kuti pa neti lakhala mbali yayikulu ya miyoyo yathu. Pali zinthu zambiri zomwe tingachite pa zoulutsira or kapena kunena kuti pa neti, zinthu monga kusewera masewera akanema olo kepena kungo cheza ndi abwenzi, koma ndi chofunikila kuti tonse tikhale otetezedwa bwino pamene tichita zimenezi.



Walya ndi mtsikana amene ali ndi zaka 14 kapena khumi ndi zinayi amene akhala ku matero, mu Lusaka.

Mtsikana ameneyu akhala ali kuchita chisumbali ndi Yohane amene ali ndi zaka makhumi awiri ndi zisanu ndi cimodzi 26 ndipo achokela ku ka mwala, Mu Lusaka.

Chisumbali chimenechi chakhala pafupifupi chaka chimozi.

Masiku ochepa akumbuyo uku Yohane anafunsa Bwalya kuti amtumizile zinthunzi zake zamaliseche olo kapena kunena kuti zopanda zovala. Ndipo pachiyambi pake pa nkhanayi Bwalya anadodoma kunena kuti sanafune kuchita zimenezi koma pambuyo pake anadzijambula zinthunzi nthunzi alimaliseche namtumizira Yohane chifukwa anayopa kuti chisumbali chao chingathe.

Koma kwa kanthawi kochepa Yohane anayamba kufunsa Bwalya nkhanu yakufuna kugona naye m'malo amodzi chinthu chimene Bwalya anakana.

Mwakubwezela, Yohane anatumiza zinthunzinthunzi za Bwalya alimaliseche pa neti.

Bwalya analemba ma uthenga kumupempha Yohane kuti achose zinthunzithunzi koma Yohane anangosula ma uthenga ameneo?

## Kodi Ndi chiyani chemene Bwalya angachite?

Kodi mudziwa kuti kuli mau ambiri amene ana amasiwenzetsa pa kunena za ziwalo zapathupi zobisika? Ena mau moonjezera ndi:

kunena paza  
Kumbuyo

akuti ku  
Thako

kuboma kapena Malo  
olemekezeka

ku danana

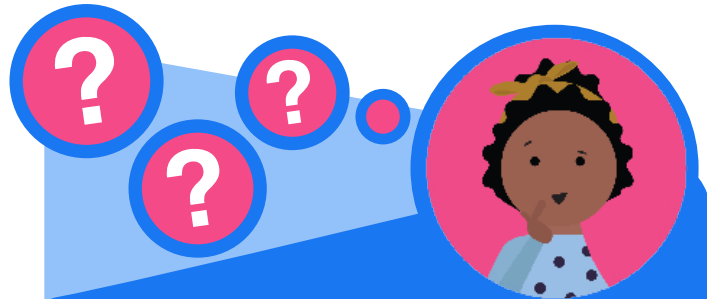
ku dudu

ku John

Malo onzuna

ku ujeni

ku umunthu



Bwalya anada nkhwana kweni- kweni ndipo anafunitsitsa thandizo kuti akambeko ndi munthu wina yemwe angalabadire ndi kukhulupilira.

Ndipo Bwalya anakumbukila zimene anauzidwa ku sukulu natuma lamyamba ku child helpline, Lifeline / Childline Zambia pakutumila pa nambala iyi 116.

Child helpline ndi kabungwe kamene mwachidule kamathandizira mwachinsinsi ana ndi iwo achichepele pa zinthu zamene zingavute pa moyo wawo.



Lifeline / Childline Zambia ndi kabungwe kapadera kamene kama chita zauphungu, chisogozo ndi kutumiza pa ma lamyamba kwa azibambo, azimai, anyamata ndi atsikana amene akukumana nazo zobvuta zosiyanasiyana.

Masomphenya a kabungwe aka ndi kukhala osachitilana zaupandu mumadera amene tikhalilaulele. a mdziko lathu la Zambia ndipo tigwapo pa kuteteza, kupatsa mphamvu ndi kuthandizira mabungwe maka maka ya adzimai ndi ana m'madera athu, kukhala umoyo wabwino wopanda chiwawa cha pa jenda, kuthandauza kuti ukhala umoyo wotetezedwa ku cikhalidwe cosankhana paza ufulu wa cibadwidwe.

Ali ndi manambala othandizira awiri: Lifeline 933 ndi Childline 116, manambala awa ndi ulele kopanda kulipila ndipo asebenza usana ndi usiku pa ma netweki onse mu Zambia. 116 ninambala yamene ina patsidwa ku ana achichepele chabe, koma 933 ninambala ya ana ndi akulu.

Ndi kabungwe kokhulupililika kuthandizila mabvuto amene apezeka pakati ka azimai, azibambo, anyamata, atsikana, ana achichepele ndi wina aliyense mu ziko la Zambia amene akumana ndi mabvuto a kuzunzidwa, kugonana ndi mabvuto a m'maganizo ndikufuna wina angakambe zimene zifunika munthu ali ndi dzitu lomvetsa madandaulowa, kopanda kuwagamula mlandu wosaweluzidwa Aphungu odziwa zitundu zosiyanasiyana ali ophunzitsidwa ndipo ndiakaswili pa kuthandiza zofunikila ana, achichepele Ndi akulu omwe pakuvetsela, kutumiza kwamene iwo akhoza kupeza thandizo, ku police, ku chipatala kulingana ndivuto angapezeke nalo.



Pambuyo pakuimba lanya pa nambala ya 116 Bwalya analankhulitsana ndimphungu amene ndikaswili pa kumvetsela, kulankhulitsana ndi ana ndi kuwathandiza. Anafotokozera mphungu meneyu zonse zomwe zinachitika ndi mumene anali kumvelera pa nkhanayi.

Wopeleka uphungu waku Lifeline / Childline Zambia anamvetsera ndi kuuza Bwalya kuti zimene zinacitika sizinali bwino ndipo anamuthokoza polimba mtima kuzazena nkhanayi. Izi zinamumvetsako bwino Bwalya.

Mphunguyu, analangiza bwalya pomupatsa uphungu ndi malangizo, komanso cymene angacite pazazithunzizo zimene zinali pa mphepo ya internet. Anamuuzanso za hotline (nambala ndi nchito yace).

Ndi thandizo lochokela kwa mphungu Bwalya anakwanisa kuchita lipoti pa zipata zopangilapo ma lipoti.

Pambuyo pace anamvako bwino pamene anatsimikiza kuti pali wina azacitapo kanthu pa nkhanayi yace ya zithunzi zace zosayenera zija zinali pa phempe.

### Kodi hotline ndi ciani?

Nambala ya thandizo ndi nambala yoikidwa kuti yithandizile kupanga dziko lapansi kukhala lotetezedwa kwa munthu wina aliyense. Ngati mwatsoka inu muona zithunzi thunzi olo ma filimu ya kugonana ya munthu amene inu muganizila ali ndi zaka zochepa pa 18( khumi ndi zisanu ndi zitatu), inu mufunika kutuma lanya ku nambala yathandizo. Aja akaswili pa nkhanayi zofufuza azayetsesa kwambili kuchosa zinthunzithunzi ndi mafilimu amaliseche ndikugonana pa neti.

### Kodi zipata za nambala yathandizo nichani?

Ichi ndiye chisanzo chaziko lina kuthandizila ziko linanso limene lilibe nambala yathandizo. Inu mukhoza kunena ku zipata zonenelako munga muchitila kunambala yathandizo.

Mwaichi ngati muona mwangozi zinthunzithunzi kapena ma filimu akugonana gonana ya munthu amene inu muganizila kuti ali ndizaka zofika pa 18 , mukhoza kuchita chilungamo ndi mo bisa zina lanu nenani apa:

 StopIt  
[www.stopit.ac.zm](http://www.stopit.ac.zm)

Ngati mukhala ndivuto ndi neti pa nthawi imene inu mufuna kuchita lipoti koma mukali kufunisira kuti mukambisane ndi wina pa kufuna thandizo, inu tumani lanya ku Lifeline / Childline Zambia pa 116.

 LIFE|CHILDline  
933 116

 ZICTA

 IWF  
Internet  
Watch  
Foundation

 Child  
Helpline  
International

Ndipo Phungu analangiza Bwalya mokhalira celu pa mphamvu ya internet pamene akuceza ndi anthu potsatira. Izi zinsinsi ndiye:


Unganizira amene ukuceza naye kuti ndan.

Osaulusa za umoyo wako pa neti ngakhale fungulo zachinsinsi.

Unganiza usanatume kalikonse pa net.

Unganizira ena, kuwapatsa ulemu oyenera ndiponso osatuma zithu zosaloledwa koma cabe maunthenga oyenelera. Osatuma zithunzi za ena kopanda cilolezo cawo.

Kuti adziwe zambiri, Bwalya anapatsidwa njira imene angathe kugwiritsa nchito iyi ndi;

 Lifeline / Childline Zambia  
<https://clzambia.org/>

 StopIt  
[www.stopit.ac.zm/resources](http://www.stopit.ac.zm/resources)

 ZICTA  
<https://www.zicta.zm/>



Asadule lanya, phungu, anamfunsa Bwalya ngati kungakhale kotheka kuti azilankhuzana. Phunguyu adaonga Bwalya powadalira kuti amthandize ndiponso anamuza kuti auze anzake onse angafune thandizo kuti azikhala omasuka kutuma nthawi ina iliyonse. Pothera pene- pene Bwalya anauzidwa kuti akhale omasuka nthawi zones.