

# BARO NAFAMAW

Afamu musow ka gafe filanan

**AFEM / BAMAKO**

Association des Femmes Educatrices du Mali

**UNICEF / MALI**

Programme Communication

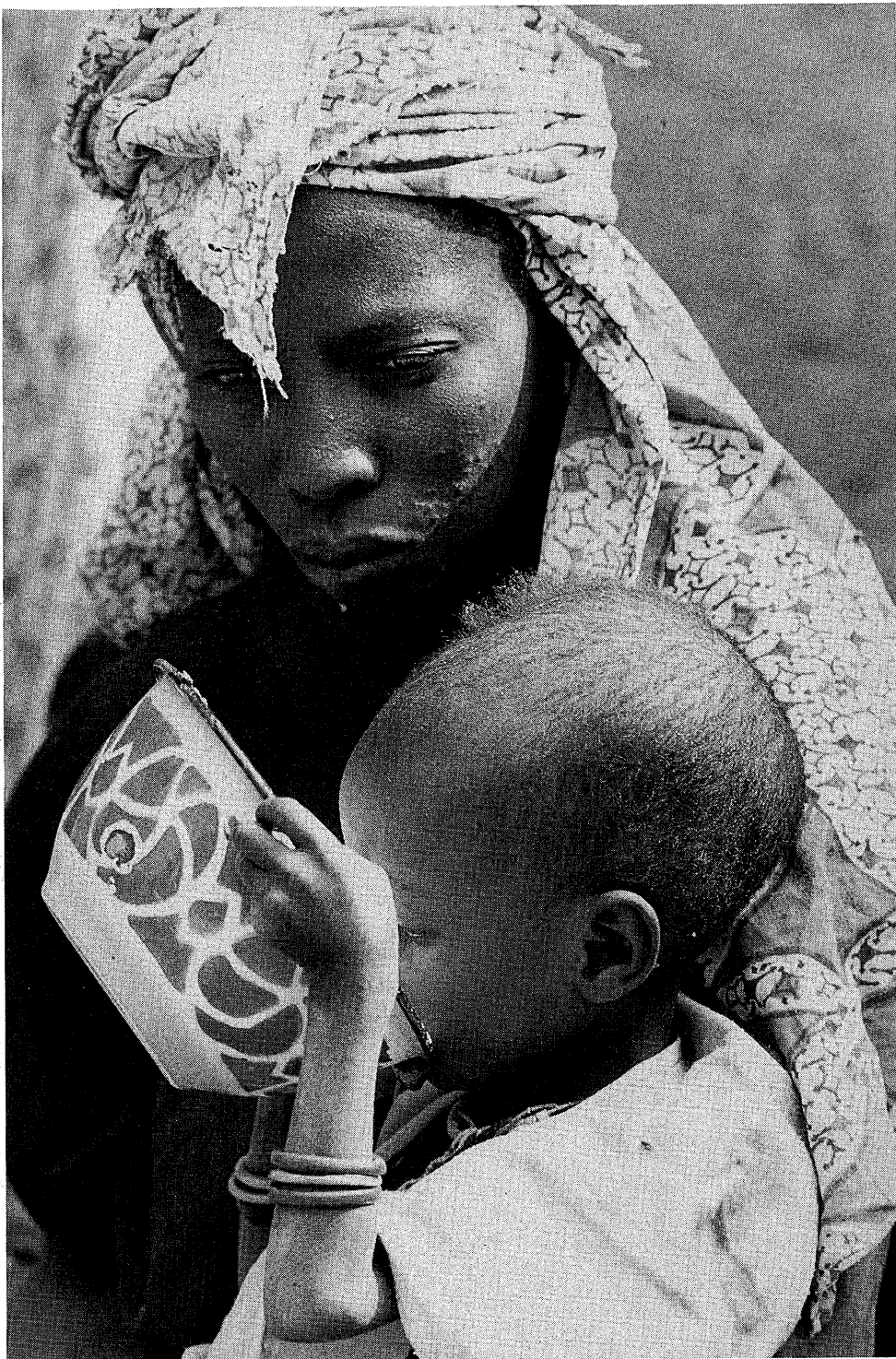


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# ၂၆bila

"Maa kodon be, i kobæe don tæ"

An ka masala !



# SIDA

SIDA, ni dɔw ko bamanankan na "t'i da" walima "siban" ye bana ye min ma mɔɔ to fɔɔ, n'a y'i minɛ. Nka bana don fana, n'i y'i yere tanga a ma, a t'i sɔɔ.

Keneya sabatili jekulu min sigilen be diɛ kɔɔ, n'a be wele nansarakan na ko "OMS" o ka jatemine y'a jira ko sida banakise be mɔɔ miliyon 10 de jolila, ko sida banabaato be mɔɔ 500 000 fo 800 000 la bi. Sida be diɛ fan tanninaani bæ la. Sida tɛ mɔɔ bo mɔɔ la : cɛw ni musow, denmisenw ni mɔɔkɔɔbaw, faantanw ni faamaw. Sida be sɔɔbajamanaw na, a bi faantanjamanaw na o cogo kelen na. Diɛ kɔɔ bi, sida kera bana sanbalɔɔ ye, bana fɔɔ fɔɔ min b'a fe ka dankari hadamadenw ka keneya sabatili la.

Sida kelebaarada be fugulanafama di mɔɔw ma fuu, an be waati min na i ko bi. An balimaw, a' ye nin wele ninnu lamɛn :

1 - ɔɔ : cɛw ni musow, bæ ka se i yere la, furu kɔɔ, cɛw ka se u ka kulusi jalaw la, musow ka se u ka taafebolow la. Ni minnu tɛ furu la, u kana u sennɔ caya - cɛw ni musow, bæ ka dan dapɔɔɔn kelen na.

2 - nan : ni min ma se a yere la, o k'i taamaɔɔɔn ke fugulanafama ye.

3 - nan : aw minnu be na dugubaw kɔɔ tilemabaaraw la, aw kana jine an danbew kɔ, aw kana dugubason kolonw ta, n'o tɛ aw na banasidɔnbaliw ke somɔɔsama ye.



# SIDA NI DILANNABANAW

## Dilannabanaw

Bana caman be diɓe koɓɓ, farakinna ni mali koɓɓ n'u be sɔɓɓ ceni muso ka jekɓɓ. O banaw bese wele ke "dilannabanaw" i n'a fo : damajalan, da, o n'a koɓɓonaw.

## Damajalan

O be ceni muso bee mine. n'a be cela, o bese k'a yelma muso fe. O cogo kelen fana don n'a bemuso fana na. n'a be cela, tile saba koɓɓ, a jegenkeyɓɓ b'a neɓe nen beɓɓ a la, n'a ma furake, a bekɓɓ, a bese ka cebali densɓɓ la. N'a ye muso mine, a bese ka men ka sɔɓɓ a m'a don. N'a ma furake, a koɓɓolen bemuso fana baki ka bange.

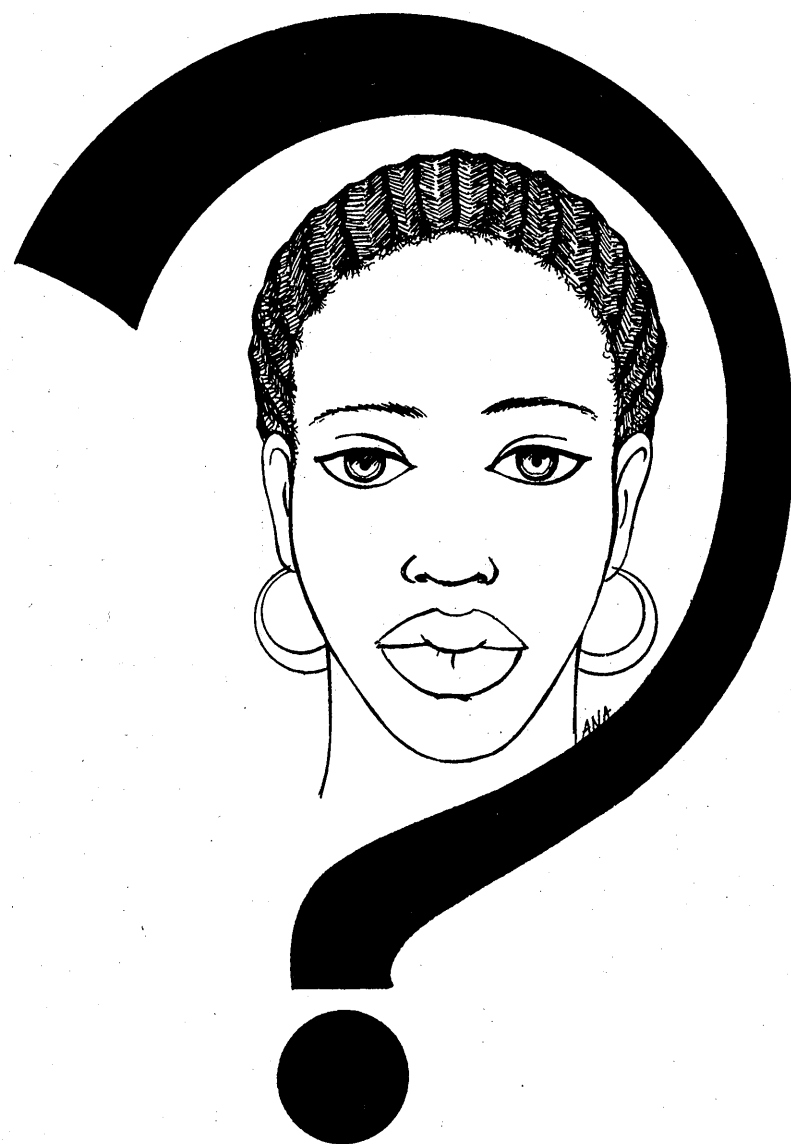
## Da

O mana cewalima muso mine, a benɓɓ bila u farikolo yɔɓɓ don la fo k'a ke joli ye. O bese ka be n kulusi koɓɓ na ma walima taafekɓɓ la. Da fana be se ka fiɓe bila bange la.

## Sida

O fana be sɔɓɓ ceni musoya walew fe. Nka sida ni dilannabanatɔw be tali ke koɓɓ na kɛrenkɛnnenya la yɔɓɓ min na o ye ko dilannabana ninnu caman be sira laben sida ye. N'u koɓɓra kose be farikolo min na, o te geɓya don sida bana kisew temeni na ka taa joli la.





## SIDABANA

### Sida ye mun ye ?

Sida ye bana ye min siya donnen tɛ kosɛɛ fɔɔ.

Min b'a jira tigitigi ko sida banakɛɛ tɛ mɔɔ farikolo la, o ye jolita ye. Ni joli tara, o be segesege. Segesege jaabi mana a sɛntiya ko sida banakɛɛ be mɔɔ min joli la, o tigi bi wele ko "seropositifu" o kɔɔ ye k'o tigi ye kɛnɛbaatɔ ye jɛnaye la, nka a bɛɛ ka banakɛɛ ye lema mɔɔ wɛɛ la, ani sida bana be se k'o tigi mine don dɔ la. Seropositifu jɛnaye ka kɛɛ. Olu be se ka to ten fɔ san duuru walima san tan ka sɔɔ u ma bana.

Seropositifu ye suguya fila ye

- \* a fɔɔ : minnu jɛnaye ka kɛɛ
- \* a filanan : banabaatɔ degunnenw

Segesege jaabi mana a sɛntiya ko sida banakɛɛ tɛ mɔɔ min joli la, o tigi be wele ko "seronegatifu".

Sida banakɛɛ ye fɛn jɛnema fitinin ye i n'a fɔ banakɛɛ tɔw minnu tɛ ye jɛ na.



# SIDA TAAMASIYENW

Sida be se ka bisigiya ni taamasiyen minnu ye olu file :

## Taamasiyen kologirinw

\* Kɔnɔboli katigebali ka tɛmekalo kelen kan siɲɲan mugaŋ fo bisaba tile kɔnɔ, kɔnɔbolifura kodɔnɲenw ti mago jɛ min na.

\* Ni sida ye i minɛ, i fanga be ban k'i fasa.

Misali : Kilo keme o  
keme, kilo tan



hakeb'i jekalo kelen kɔnɔ.

\* Fariganbanbali, min ka ca kalo kelen ye ni fariganfura kodɔnɲenw joda tɛ min na.

## Taamasiyen misenw

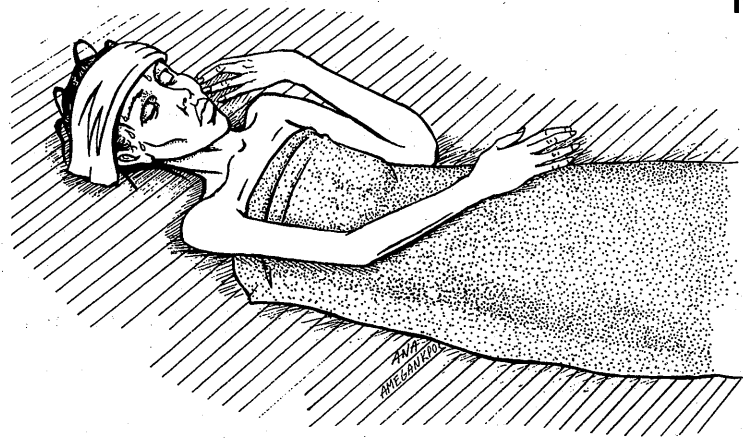
Sogɔsogɔ gɛlen, fura temin ban, o n'a jɔgonnaw ani gololabanaw fura teminnu na. Sida to da kɔnɔna be bɔsi, k'a nɛn jeya. Kuru be falen a kamankɔrɔla la, ani a kan kɔrɔ, n'o be ke i na fo genɛgenɛn.



I Fanga be ban - K'i fasa



Kɔnɔboli katigebali



Farigan



N Ka sida sɛmentiyali tɛ dɔnjolita kɔ

### Kɔɔsili

- \* N ka sida sɛmentiyali tɛ dɔnjolita kɔ
- \* Fura jɔnjɔn ma sɔrɔ a la folɔ

Cɛ ni musoya



Ka sidatɔ joli kɛ  
kɛnyabaa to la



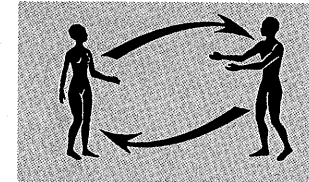
Ni banakise bɛ muso  
kɔnɔma min joli la, o bɛ  
se k'a yɛlɛma a den fɛ



# SIDA SƆRƆ COGO

## Sira fɔɔ

Cɛ ni musoya - ni cɛni muso jena, n'a ya sɔrɔ sida bɛ cɛ la, a belawaji min bɔn muso kɔnɔ, sida banakise bɛ o de la. N'a y'a sɔrɔ sida bɛ muso fana la, sida banakise bɛ sɔrɔ o ka lawaji la, o tuma, ceni musoya siratige la, lawaji de bɛ sida banakise yɛlɛma mɔɔ fɛ. Cɛ ni cɛya fana bɛ o cogo kelen de la.



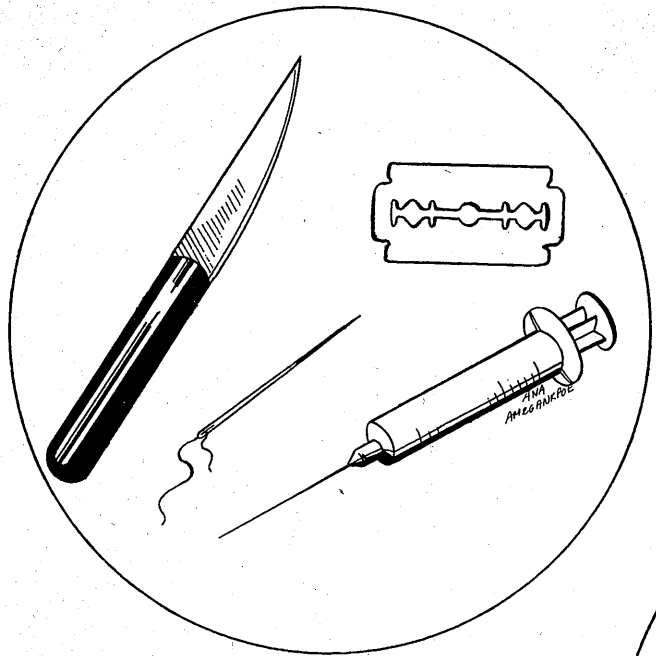
## Sira filanan

A bɛ sɔrɔ joli fɛ i n'a fɔ baarakeminen fɛn o fɛn n'a bɛ joli bɔ m=ɔ la, n'a ma lakana baaraa fɔɔ kɔ fɛ. Sida banakise bɛ mɔɔ min joli la n'o joli donna mɔɔ wɛrɛ la, a bɛ yɛlɛma o tigi la.

## Sira sabanan

Ni banakise bɛ musokɔnɔma min joli la, o bɛ se k'a yɛlɛma a den fɛ.





Baarakɛ minnɛn  
lakana baliw



Bolakoli minnɛnw

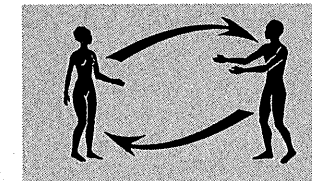


Nin susu minnɛnw



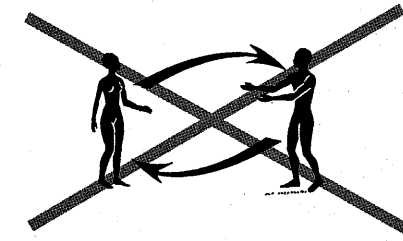
Misali : pikiribijɛ tobibali, bolokoli ni barajuru tige minnɛnw,  
kundisirifew ani tulo ni kundi ni tamanci bijɛw, nin boɔɔɔ minnɛnw.

Joli min bɛ don banabaatow la, ni banakisɛ b'o la, o bɛ kɛsababu ye  
ka sida yeɛma u tigi fɛ.

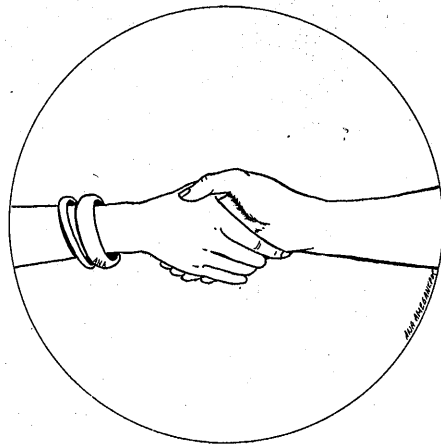




# WALE MINNU TƎ SIDA LASE MƆGƆ MA



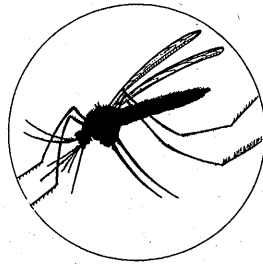
Sidato fɛmɔgɔya ti sida bila mɔgɔ la - ka dumuni kesidato fewalima ka ji min minen kelen na o tesida bila mɔgɔ la - ka sidato bolo mine, k'a anbarase walima ka baara keɓɔgɔn fɛ o si tesida lase mɔgɔma - ka da sidato fedilan kelen na, ka sɔɔceni musoya ma don aw ni ɓɔgɔn cɛ, o tesida bila mɔgɔ la. Aw bese ka jɛɓɓɓɓɓ kelen na walima ka ɓɔgɔn ka finiw don, o t'a bila mɔgɔ la, soso kinka tɛ a bila mɔgɔ fɛ - ɓɛji tɛ a bila mɔgɔ fɛ.



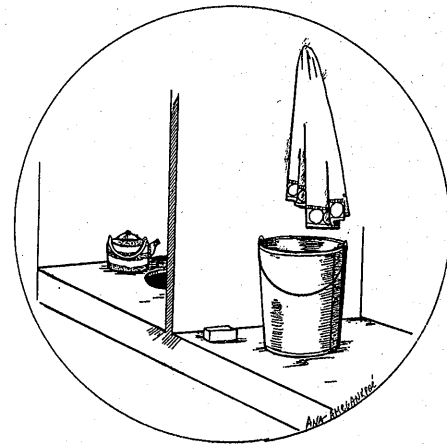
Bolo di ɓɔgɔn ma



ɓɔgɔn ka fini don



Sosɔ kin da



Ka jɛɓɓɓɓɓ kelen na



Dumuni keɓɔgɔn fɛ



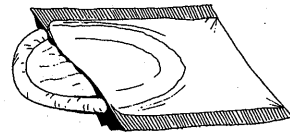
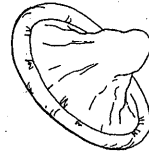
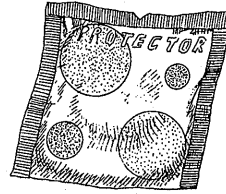
Ka ɓɔgɔn da furuku sumusumu



Se nyere la



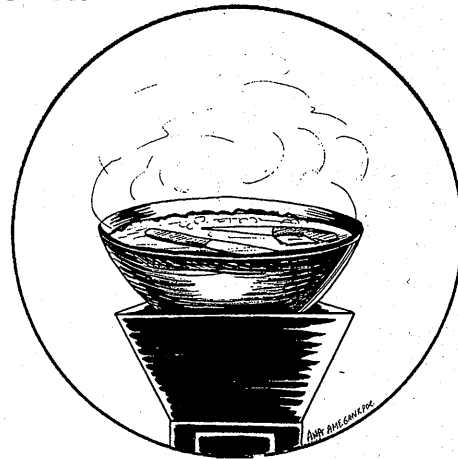
Ce kelen, muso kelen



Fugula nafama donni



I kana minneww tabibali don i yere la



I ka joli baara ke minneww tobi kosebe



# YERETANGA

"Banakunben ka fisa banafurake ye"

## Yeretanga folo

Ce ni musoya siratige la o ye :

\* se n yere la ani fugulanafama donni. Sen yere la koro ye cewalima muso k'i wasa don a furuƙoƙon d'ƙon na, furukebaliw ka basigibaliya dabila, u k'u wasa don kanuƙoƙon kelen na n'i ma se i yere la i ka fugula nafama donni wajibiya.



## Yeretanga filanan

Joli sira kan : ka joli baarakemineww (sizo, lamu, sirife, bijew, miseli, pikiribineww) lakana k'u tobi kosebewalima k'u jeni. U belakana ni jaweliji walima alikoli ye olu de bebanakisefaga. K'a wajibiya joli saniyalen ka don banabaatow la.



Muso kɔnɔma sidato bɛ den banabaatɔ wolo



## Yeretanga sabanan

Ni sida bana bɛ muso min na o mankan ka den sɔɔ.

Ni sida banakise bɛ musokɔnɔma min na a ka ɲi o k'a kɔnɔ tɪnɛn'a ma taa yɔɔ jan.

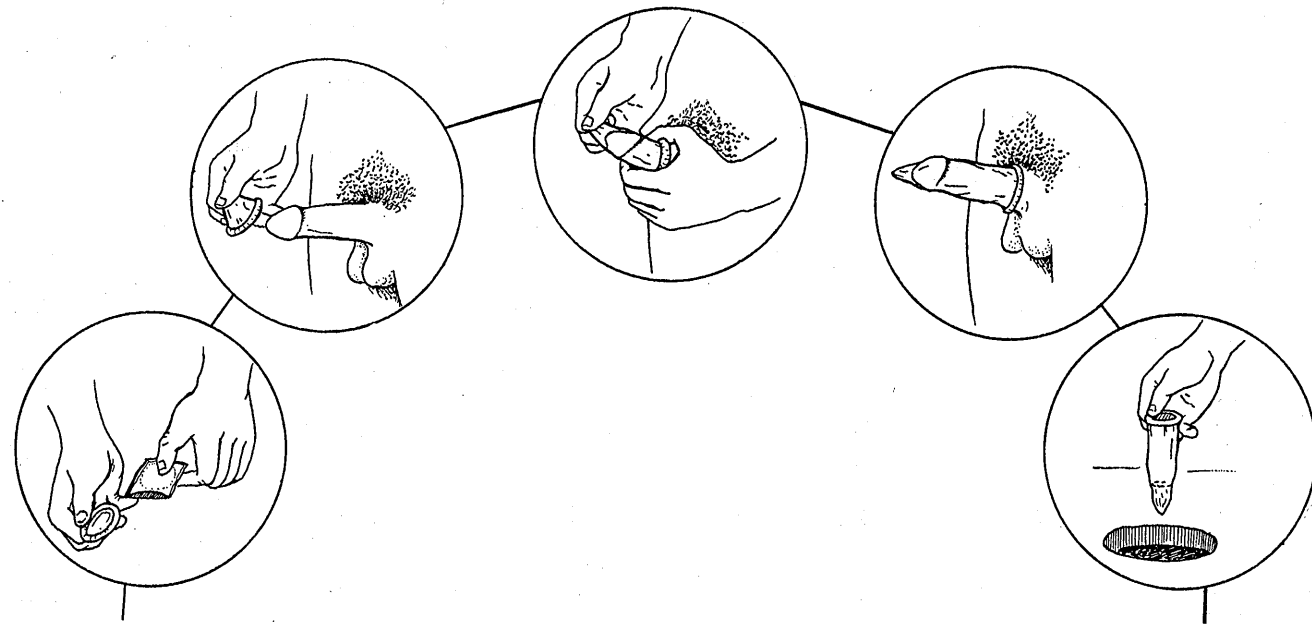




# FUGULANAFAMA DONCOGO

- \* i be foroko dafara k'a labo. i be fugulanafama forokonin sege sege ni wo t'a la
- \* i b'a to i ceya ka wuli folo
- \* i b'a ninkunnin dere, fiye kana don walasa a kana peren
- \* i b'a walanwalan ka se ceya dan na
- \* n'i tilala doron i be wuli ka fugulanafama bo joona, k'a siri, ka soro ka fili yoro la denmisenw bolo t'a soro yoro min na, i n'a fo jegen walima ka dingerin sen k'a fili o koro, ka soro k'o datugu.

Kalcsili : Fugulanafama kelen, jeko kelen, wa a te ko k'a mara





An ka sidatow la don kosebe



## LAADILIKANW

A ka jin beeka dan i furu jɔgɔn ma ceni musoya sira la.

Ni minnu tɛfuru la (cefara muso kan) an ka dan teri kelen ma. An ka se an kan kulusijala ani taafebolow la.

Ka se an yere la tigitigi. Ni min mase a yere la o k'i taamaɔgɔn ke fugulanafama ye.

Ni sida be muso min na, o ka jin a kana laɔ bawo sida be se k'a den mine.

A ka jin an ka joliw lakana k'u tanga sida banakise ani banakise werew ma.

An kana kundi ni bonbosidi lamuw falen-falen. Mɔgɔ kelen, lamu kelen.



An ka kunnafoniw di ɲɔɲɔn ma sidabana kan

An kana sida banabaatow lagosi, an k'u tɔpɔtɔ, k'u gɛɛ an na, o tɛ sida bila mɔɔ la. An b'an gɛɛya sidatɔ joli kana don an joli la joginnida fɛ. N'an furucɛ don walima furumuso, dilan bɛ se ka don an ni ɲɔɲɔn cɛ, nka cɛ bɛ fugulanafama don.

An balimaw, an kana maloya, an kana ɲine.

A' ye fugulanafama labato !

An k'an hakili n'an fanga fara ɲɔɲɔn kan ka sida kɛkɛ ka bɔ an ka jamana kɔɔ.