



Photo: Colleen Lowe Morna

Libakiso Matlho thupelong ea tekano Lesotho

# KHAOLO EA BONE HO ETSA MERALO EA TEKANO MAKHOTLENG A MATHOMO

## Sepheeo:

Sepheeo sa thuto ena ke ho sebelisa thuto e entsoeng lithutong tsa lihlooho tse fetileng ka ho:

1. Hloaea lintlha tsa sehlooho tsa tekano ka hara lekala la puso ea libaka;
2. Ho etsa meralo ea tšebetso ea makhotla a mathomo le a litereke;
3. Ho lumellana ka tsela eo ho ka sebetsoang ka eona mabapi le hore meralo e tsebe ho ntšetsoapele kapa hona ho kenngoa tšebetsong.

# LITŠEBELETSE TSE FANOANG KE PUSO EA LIBAKA, LESOTHO



## Boichoriso 1: Hobaneng tekano e le ntlha kholo pusong ea libaka?

Ha u ntso u tsoela pele ho aha ntšetsopele ea meralo, ho bohlokoa ho ikhopotsa hore na ke hobaneng tekano e le taba ea bohlokoa pusong ea libaka.

| MOSEBETSI / MATLA                                          | Masepala le Literekeng | Sechabeng |
|------------------------------------------------------------|------------------------|-----------|
| <b>TŠIRELETSE LE MAEMO A TŠOHANYETSO</b>                   |                        |           |
| Tšireletso ea mollo                                        | *                      |           |
| <b>THUTO</b>                                               |                        |           |
| Likolo tsa mathomo                                         | *                      |           |
| <b>BOIKETLO BA SECHABA</b>                                 |                        |           |
| Tlhokomelo ea 'm'a , bana ba masea batho ba nang le bokoa  | *                      |           |
| <b>BAHLAHLABI BA TSA BOPHELO</b>                           |                        |           |
| Tlhahlobo ea lijo                                          | *                      |           |
| Tlhoekiso le Taolo ea lithoele                             | *                      |           |
| Tlhatsuo ea liphahlo                                       | *                      |           |
| Tlhompheho le tšireletso ea sechaba                        | *                      |           |
| <b>LIPALANGOANG</b>                                        |                        |           |
| Litselana tse nyane le tsa maoto                           | *                      | *         |
| Litsela le sephethephethe                                  | *                      |           |
| Seemelo sa libese                                          | *                      |           |
| <b>TIKOLOHO LE BOHLOEKI</b>                                |                        |           |
| Taolo ea lihloliloeng                                      | *                      | *         |
| Litša tsa mabitla                                          | *                      | *         |
| Limmoshara                                                 | *                      |           |
| Tlhokomelo ea Tikoloho                                     | *                      |           |
| Ho pata litopo tsa batho ba hlokang le bafu ba senang beng | *                      |           |
| Taolo ea makhulo                                           | *                      | *         |
| Literata le libaka tsa boikhathollo                        | *                      |           |
| Ho teratela                                                | *                      |           |
| <b>MOETLO, BOITHAPOLLO LE LIPAPALI</b>                     |                        |           |
| Makhoakhoa le litsi tsa phomolo                            | *                      |           |
| Moetlo le boithapallo                                      | *                      |           |
| <b>METSI</b>                                               |                        |           |
| Phepelo ea metsi (tokiso)                                  | *                      |           |
| Mehloli ea metsi                                           | *                      |           |
| <b>MORUO</b>                                               |                        |           |
| Temo: litšebeletso tse ntlafatsang temo                    | *                      |           |
| Meru: Paballo, ntlafatso le taolo ea meru e metseng        | *                      |           |
| Litša /kabo ea mobu                                        | *                      | *         |
| Tlhasimollo ea moruo                                       | *                      |           |
| Limmaraka (phano le taolo)                                 | *                      | *         |
| Taolo le tumello tsa ho aha                                | *                      |           |



### Litšebeliso tse fanoang ke puso ea libaka

**Tikoloho le bophelo:** Litšebeliso tse kang tšebeliso ea matloana, taolo ea likhoere-khoere 'moho le taolo ea mosi ea likoloi le oa lifeme li baka tšilafalo ea tikoloho le lioa tsa mafu a itseng tse qetellang ka tahlehelo ea bophelo. Ka lebaka lena basali ba angoa ke maemo ana ka kotloloho hobane ba jara boikarabelo tlhokomelong ea bakuli le malapa.

**Tlhokomelo ea bakuli metseng:** Basebeletsi ba tsa bophelo metseng ha bana lisebelisoa tsa tlhokomelo ea bakuli tse kang liatlana, liferesekoto, boea, malapi a tlamisang, kahoo litlhoko tsa basali tse amanang le ho pepa ha li arabeloe ka nepo.

**Metsi:** Basali ba na le karolo e kholo taolong ea metsi le likhoerekhoere malapeng. Basali 'moho le bana ke bona ba khang metsi sebakeng sa tšebeliso ea lelapa, ho a boloka ho fihlela a sebelisitsoe molemong oa ho pheha, ho hloekisa, ho hlatsoa esita le ho noesetsa. Leha ho na le mathata mabapi le metsi, basali ke bona ba jarang boikarabelo ba ho buisana le baahisane ka phephelo ea metsi tlhahlobo ea mehloli, ho fana ka tsela eo phephelo ea metsi, e tla etsoa ka eona, ho etsa tšusumeto ho ba boholong ba amehang phephelong ea metsi esita le ho hlaba mokhosi ha metsi a bonahala a qepha.

**Matloana:** Banna ba shebane le ho etsa liqeto mabapi le mofuta oa matloana o lokelang ho ahoa, empa tlhokomelo ea oona e bonahala e le boikarabelo ba basali kaha bohloeki ba matlo le matloana bo nkoa e le mosebetsi oa basali. Basali ba khothaletsa kapa ho ruta le ho laola bana hore na ba sebelise matloana joang. Karolo e fokolang ea moralo e ka etsa phapano e kholo tšebelisoeng kapa ho se sebelisoeng ho lisebelisoa tsena, mohlala, basali ba bangata ba tšaba ha bana ba sebelisa matloana ka lebaka la mekoti ea tsona e meholo eo ba eeng ba se ke ba batloe maikutlo nakong eo matloana ana a etsoang.

**Litlolo tsa molao le tšireletso:** Ntle ho litlolo tsa molao tse phahameng tse amang basali, ke liphofu tse kaholimo tsa tliekefetso ea malapeng ho kenyeletsa le tliekefetso ea motabo.

**Kabo ea litša:** Leha banna le basali ka puo ea molomo ba na le matla a ho fumana khahlametso meahong le mobung ka nako e 'ngoe, litšebeliso tsena li ngotsoe ka mabitso a banna. Ho makatsang ke hore litoropong thepa ea mofuta o joalo e ikarabella basaling haholo ba sa nyaloang kaha e le bona lihlooho tsa malapa.

**Litlhoko tse tloaelehileng le maano a tekano:** Lekala la tekano le batla ho etsa bonnete ba hore litloaelo le litlhoko tsa tekano li nkeloa bohato.

**Tekano:** Hona ke litebello tse fapakaneng tseo sechaba li se lebeletseng mekhoeng ea monna, mosali, ngoanana, moshanyana, se ipapisitse le litloaelo.

**Lefapha le se nang meralo:** Basali ba etsa karolo e kholo ea barekisi ba se nang mangolo bakeng sa hore basali ba fuoe lisebelisoa tse betere joaloka matlo a 'maraka a hloekileng ao ba ka sebeletsang ka ho oona a bile a sireletsehile e le ho etsa chelete kamora lihora tse ngata tse tšebetso, boikarabelli ba toropo bo hlekefetsa basali le ho ba ahlola ka ho tlola molao.

**Lipalangoang le phumaneho ea tsona:** Basali ba lokela ho palama likoloi tsa baeti ho ea fihla malapeng ka nako molemong oa polokeho. Mohlala, basali ba sebetsang malapeng ba tsohella mosebetsing e sa le ka matjeke ha beng ba malapa ba ea mosebetsing. Ka hoo ba qobelleha ho sia bana le seng molemong oa ho ea fata metsuntsunyane. Ho feta moo ba tsamaea libaka tse telele litseleng tseo tse seng ntle tse bileng li sa bolokelang.



Makh'anselara a fana ka tlaheho thupelong ea tekano Lesotho

Photo: Colleen Lowe Morna

**TAOANA LI MESANA**

Ha se feela ba bitsoang taoana tse mesana  
 Ba sehlahlo ba bile ba matla a lifefo batho bao  
 Ba mpa ba engoe nokeng ke nyenyefatso ea tsoalo  
 Ba mumufatsoe ba be ba katloe e be bo litokotoko  
 Khoba boo bo ba fetole mekhoka-khoale le mekopa-kopa  
 Ba tlangoe ka mahlalahlela a bohloko bo sa tsoeng mali  
 Empa haele meeokho ea batlatlapua e ka tlala merifi

Mengoaha ha e ntse e feta mathata a hloe mekoalaba  
 E tsoelipane e tsoapele joalo tsela e leeme ea bophelo  
 Ba phele ba itlhophele ke ho lula ba kharungoa ba rorotheloa  
 Bothata bona bo ba hlokise boitšepo le boikamohelo  
 Phelo bo be bosula ke ho hloka khotso le phomolo moeeng  
 Ba qetelle ba ja joang le likhomo ba khaola literentše  
 Bana khoeli e apoheloe ke maru, raka molebo o e so shoe

Che le ha ba hobosoa hakaalo ke bo petsoa majoeng ba sebele  
 Ke bamamelli ba mathata ha se bo-nonyana tsa 'mula tata-putla  
 Ba mokoka ba bile ba libete tsa ho tsotoa eo metinyane  
 Kaha ba phela le litau tse lutseng li hoanka li pururma  
 Ba khahloloa sa ntja tse setseng meketeng tse se nang beng  
 Ba phoqoe ho thoe ba ngalle motšeeo ba be ba holofalle ruri  
 Bang ba be ba shoe ke booatla boo ba ho hlaolela leokana

Basali batlatlapua, bona liphofu tsa tlhekefetso tsa mefuta-futa  
 Nthoana tsa ho hatelloa ke moetlo lekenelo le sa sale  
 Athe le tabeng tsa motabo ha ba na taolo ba tlenela pele  
 Ba laoloe le litabeng tsa pelehi ho sa natsoe maemo a bophelo  
 Ha chakatsa e kholoa ka matla a mponyane ba tšoaetso ea mafu  
 Ha baa le bona nthoana tsa batho har'a AIDS e jeleng setsi  
 Ke batho ba ho tingoa taolo moruong le boeta-peleng ba naha  
 Ho mengoaha ba tlena ba mameletse bohloko sa motho a phatsoa.

Moea oa lerato le kutloelo bohloko oa hahlamela merabe lefatšeng  
 Linaha tsa khobokana ho thakelana malebela a phelisano  
 Mooko-tabo ea hla ea eba kabo ea litokelo tsa basali  
 Mehoo ea etsoa, ba bonela tokoloho haufi, ea eba litlatse kahoohele  
 Kopano tsa tšoar, lekane tsa tekenoa, empa joo lesisitheho bophethahatsing  
 Tokelo tsa basali li ntse li hatikelo, e be tsa tieho ke life?  
 Ke neng phakoe e tla hlomoloa ke sello sa tsuonyana?  
 Che! O e opile khomo lenaka Mosotho ha a re tlou ha e bone monoang.

Ho khale e na tšekeletsane ba shebeletse, meea e robehile  
 Ba aparetsoe ke masoabi ka lebaka la tlhekefetso tse booatla  
 Kaha ho bonahala mosali e le ntho ho olosoa e hobosakoa  
 Ba lle boko seo se hloke mohlomohi ba be ba shoele tharing  
 Meloko e hlahlamang e je lefa phelo boo bo mahlonoko  
 Ba hopole hore thlolehong mosali o tsoetsoe le bomalimabe

*Athe che bomalimabe ha bo jeoe lefa, ntho li etsoa ke batho  
Ke neng e tla khaotsa ho na tšekeletsane ena pula e litokelo?*

*Ruri tlou ha e bone monoang baheso ke le bolelle  
Ke 'nete tlou ha e bone monaoang  
Empa ha o ka oa ipopa oa iketsa seripe o ka bonahala  
Ho joalo feela le ho basali mekokotlo ea malapa a likoele  
Bona li-ea thoteng le tikoloho, moruo, khotso le phelo bo botle  
Ha ba ka tlohela mohono, lehloeo, litšebo le likobiso  
Ba ipopa ngatana 'ngoe ba ba ntsoe leng ba hloliha  
Ba ka utloahala, etsoe tlou e matha mpetleke ha e utloa lerata.  
Ratanang le hlomphane, le khaotse ho kenya metsi ka moeli.*

Mafapha a tlatsoang ka a latelang:

- Ke mang, ke lekala lefe le ikarabelang mosebetsing oo?
- Karolo e qalang ke efe?
- Chebelo pele ke eng- sebopheho sa mantlha sa mokhatlo ke eng, 'me katleho ea sebopheho see e tla joang.
- E tlameha ho qala ka mora nako e kae?
- Ke moralo ofe oa lichelete o hlokahalang ho qeta mosebetsi oo?

### **Kea le lebohela**

**Hona ke qetello ea moralo oa ntšetsopele oa tekano. Joale le lokela ho o kenyeletsa likhakanyong tsa lichelete le be le o kenye tšebetsong**



Barupelloa thupelong ea tekano Lesotho

Photo: Colleen Lowe Morna

| SETŠOANTŠO SA MORALO OA TEKANO LEKALENG LA PUSO EA LIBAKA, LESOTHO                                                 |                                                                                                 |                                                                                                    |                                                                                                                               |         |             |                                                         |
|--------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|---------|-------------|---------------------------------------------------------|
| SEPHEEO                                                                                                            | LIKHOTHALETSO                                                                                   | BAPHETHAHATSI                                                                                      | BOITLHATLHOBO                                                                                                                 | TŠUPISO | NAKO        | LIKHAKANYO TSA CHELETE                                  |
| <b>I. PUSO</b>                                                                                                     |                                                                                                 |                                                                                                    |                                                                                                                               |         |             |                                                         |
| <b>BOEMELI</b>                                                                                                     |                                                                                                 |                                                                                                    |                                                                                                                               |         |             |                                                         |
| Ho etsa bonnete ba hore basali ba emelo ka ho lekana le banna maamong a tsamaiso ka hara makhotla a Puso ea Libaka | Ho fa basali boemeli ba karolo ea mashome a mahlano lekholong (50%) maamong a tsamaiso          | Lekala la Tekano, Bacha, Lipapali le Bothapollo, Lekala la Puso ea Libaka le mekhatlo e ikemetseng | Ke karolo e kae ea basali maamong a tsamaiso ka har'a Makhotla a Puso ea Libaka?                                              | Tlaleho | 2008 - 2012 | Lekala la Tekano, Lekala la Puso ea Libaka, UNDP, UNFPA |
| Ho matlafatsa basali hore ba be maamong a tsamaiso le ho qothisana lehlokoa le banna boiketong ba likhetho         | Fa basali karolo ea mashome a mahlano lekholong maamong 'ohle a tsamaiso                        | Lekala la Tekano, Lekala la Puso ea Libaka le mekhatlo e ikemetseng                                | Ke mananeo afe a ntseng a tsoelapele a matlafatsang basali lipolotiking, litabeng tsa tekano le litabeng tsa basali le molao? | Tlaleho | 2008 - 2012 | Lekala la Tekano UNDP, UNFPA, Irish Aid                 |
| <b>SEABO</b>                                                                                                       |                                                                                                 |                                                                                                    |                                                                                                                               |         |             |                                                         |
| Ho phahamisa seabo sa basali boetapeleng ba mekha ea lipolitiki                                                    | Theha mokhatlo oa basali ba maparamente ba mekha e fapakaneng ea lipolotiki.                    | Lekala la Tekano le mekhatlo ea sechaba                                                            | Na ho na le mekhatlo ea basali ba mekha e fapakaneng ea lipolotiki?                                                           | Tlaleho | 2008        | Lekala la Tekano UNDP, UNFPA, Irish Aid                 |
|                                                                                                                    | Khokahano ea makhotla a mathomo, ea mabatooa a naha 'moho le mokhatlo oa basali oa maparamente. | Lekala a puso ea libaka, Tekano le mekhatlo e lik'hanseleng                                        | Na ho na le khokahano e kileng ea etsoa ea mekhatlo ea basali?                                                                | Tlaleho | 2008 -2012  | Lekala la Tekano UNDP, UNFPA, Irish Aid                 |
| Ho matlafatsa bakhethoa ba puso ea libaka ba basali                                                                | Tlhahlobo ea litsebo tseo basali ba nang le tsona.                                              | Lekala la Puso ea Libaka, la Tekano le mekhatlo ea metse                                           | Na ho ho kile hoa eba le tlhahlobo ea litsebo tseo basali ba nang le tsona? Ke litsebo tsa mofuta ofe tseo ba nang le tsona?  | Tlaleho | 2008 -2012  | Lekala la Tekano UNDP, UNFPA, Irish Aid                 |

| SEPHEEO                                                            | LIKHOTHALITSO                                                                                                                                | BAPHETHAHATSI                                                           | BOITLHATLHOBO                                                                                                                                                                     | TŠUPISO   | NAKO        | LIKHAKANYO TSA CHELETE                       |
|--------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|-------------|----------------------------------------------|
|                                                                    | Thupelo mabapi le litsebo tse hloailoeng ke bakhethoa ba puso ea libaka ba basali molemong oa ho ntlafatsa basali litabeng tse ba amang.     | Lekala la Puso ea Libaka, la Tekano le la mekhatlo ea metse             | Tse hlokehang tsona ke life?                                                                                                                                                      | Litlaleho | 2008 - 2012 | Lekala la Tekano UNDP, UNFPA, Irish Aid      |
|                                                                    | Koetliso ea basali ho ipapisitsoe le litlhoko tsa bona molemong oa ho ntlafatsa bophelo ba bona.                                             | Lekala la puso ea libaka, Lekala la tekano 'moho le mekhatlo ea metseng | Ke koetliso ea mofuta o feng e kileng ea fanoa?<br><br>Ke karolo e kae lekholong ea bakhethoa ba basali ba Puso ea Libaka e lokelang ho koetlisoa ka selemo? Ho tla bekhoa joang? | Litlaleho | 2008 - 2012 | Lekala la Tekano UNDP, UNFPA, Irish Aid, GTZ |
| Ho hlalella le ho khothaletsa banna ho tšehetsa litaba tsa tekano. | Matšolo a tlhokomeliso ho banna ka tekano le ntlafatso ea naha                                                                               | Lekala la puso ea libaka, Lekala la tekano 'moho le mekhatlo ea metseng | Na ho kile haeba le matšolo a tlhokomeliso ho banna mabapi le tekano? Ke mekhahlelo efe ea banna e lokelang ho koetlisoa hang hang mabapi le litaba tsa tekano.                   | Litlaleho | 2008 - 2012 | Lekala la Tekano UNDP, UNFPA, Irish Aid      |
|                                                                    | Ho tšoarela bakhethoa ba Puso ea Libaka ba banna le ba basali ba 'moho le liofisiri tsa makala a mang lithupelo mabapi le litaba tsa tekano. | Lekala la puso ea libaka le la Tekano le mekhatlo ea metseng.           | Ke koetliso ea mofuta ofe e kileng ea tšoaroa?                                                                                                                                    | Litlaleho | 2008 - 2012 | Lekala la Tekano UNDP, UNFPA, Irish Aid      |

| SEPHEEO                                                                                                                                     | LIKHOTHAELETSO                                                                                                                                                                                        | BAPHETHAHATSI                                                                      | BOITLHATLHOBO                                                                                                                                                                                               | TŠUPISO   | NAKO        | LIKHAKANYO TSA CHELETE                                   |
|---------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|-------------|----------------------------------------------------------|
|                                                                                                                                             | Ke lipuisano life tse kileng tsa tšoaroa lipakeng tsa bakhethoa ba Puso ea Libaka ba banna le liofisiri tsa makala a mang?                                                                            | Lekala la puso ea libaka, Lekala la tekano 'moho le mekhatlo ea metseng            | Na ho se ho kile hoa tšoaroa lipuisano le bakhethoa ba Puso ea Libaka ba banna mabapi le litaba tsa tekano? Ke makhetlo a makae ao ho lebeletsoeng ho tšoara lipuisano le oona mabapi le litaba tsa tekano? | Litlaleho | 2008 - 2012 | Lekala la Tekano UNDP, UNFPA, Irish Aid                  |
| Ho eketsa seabo sa marena a basali (Basali ba marena kapa bo 'm'a bona.)                                                                    | Ho khothaletsa liphetohe mabapi le hore molao o lumelle basali ba marena hore e be bahlahlami boreneng ka morao ho hore marena a theohe litulo tsa borena 'me bara ba je borena lefa ho bo-'m'a bona. | Lekala la Tekano literekeng le makhatla a mathomo                                  | Na ho na le marena a basali ao e leng bahlahlami ka tsoalo boreneng?                                                                                                                                        | Litlaleho | 2008 - 2012 | Lekala la Tekano Lekala la Tekano UNDP, UNFPA, Irish Aid |
| <b>TLHOKOMELISO EA SECHABA</b>                                                                                                              |                                                                                                                                                                                                       |                                                                                    |                                                                                                                                                                                                             |           |             |                                                          |
| Ho tsosolosa seabo se lekanang lipakeng tsa basali le banna mabapi le hore ba kenye letsoho ka tsela e lekanang litabeng tse amang sechaba. | Ho etsa boikitlaetso ba ho khothaletsa basali hore ba kenye letsoho ka sehlahlo ntlafatsong ea metse ea bona.                                                                                         | Lekala la Tekano, Bacha, Lipapali le Boithapallo literekeng le makhatla a mathomo. | Boikitlaetso ba basali bo bo kae mabapi le ho kenela liphutheho tsa metse ha joale?                                                                                                                         | Litlaleho | 2008 - 2012 | Lekala la Tekano UNDP, UNFPA, Irish Aid                  |
| Ho matlafatsa basali                                                                                                                        | Ho tšoarela basali liphutheho ba le bang hore ba hlahise maikutlo a bona ba phuthulohile molemong oa ho matlafatsa boikitlaetso bo sehlahlo ntlafatsong.                                              | Lekala la Tekano, Lekala la puso ea Libaka.                                        | Na ho na le basali ba kenyang letsoho litabeng tsa ntlafatso ka sepheeo sa hore matlafatsoe?                                                                                                                | Litlaleho | 2008 - 2012 | Lekala la Tekano UNDP, UNFPA, Irish Aid, GTZ             |

| SEPHEEO                                                                                                                                                                           | LIKHOTHALETSO                                                                                                                                                                     | BAPHETHAHATSI                                                                                                                        | BOITLHATLHOB                                                                                                                        | TŠUPISO   | NAKO        | LIKHAKANYO TSA CHELETE                       |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|-----------|-------------|----------------------------------------------|
| Ho lemosa esita le o khoba banna hlokomelisa le ho ruta banna hore ba se tšoenyehe ka litaba tsa tekano.                                                                          | Ho tšoarela lihlopha tsa banna lithupelo mabapi le tekano.                                                                                                                        |                                                                                                                                      | Na ho na le lithupelo tse kileng tsa tšoareloa lihlopha tsa banna?                                                                  | Litlaleho | 2008 - 2012 | Lekala la Tekano UNDP, UNFPA, Irish Aid      |
| <b>LIKHOKAHANYO</b>                                                                                                                                                               |                                                                                                                                                                                   |                                                                                                                                      |                                                                                                                                     |           |             |                                              |
| Ho etsoe bonnete ba hore liphatlatso ka makhotla a puso ea libaka ha mpefatse maemo a tekano.                                                                                     | Tlhatlhobo ea liphatlatso tsa lekhlotla molemong oa ho ngola lithusa-thuto tse qholotsang litloaelo tse fetuhlileng tumelo.                                                       | Basebetsi ba lekala la Tekano, Bacha, lipapali le boithapallo ba literekeng 'moho le bakhethoa puso ea libaka ba makhotla a mathomo. | Na ho na le Tlhatlhobo ea liphatlatso tsa lekhlotla e kile ea etsoa?<br>Na ho na le lingoliloeng tse elang hloko litaba tsa tekano? | Litlaleho | 2008 - 2012 | Lekala la Tekano UNDP, UNFPA, Irish Aid      |
| <b>II. MANANEO A IKHETHANG A TEKANO</b>                                                                                                                                           |                                                                                                                                                                                   |                                                                                                                                      |                                                                                                                                     |           |             |                                              |
| <b>TLHEKEFETSO TEKANONG</b>                                                                                                                                                       |                                                                                                                                                                                   |                                                                                                                                      |                                                                                                                                     |           |             |                                              |
| Ho theha mekhoha ea tšebeliso 'moho ho bohle ba chang ba tšola litabeng tsa tekano.                                                                                               | Ho tšoara lithupelo le bohle ba chang ba tšola litabeng tsa tekano                                                                                                                | Lekala la Tekano, Lekala la Puso ea Libaka, CGPU                                                                                     | Na ho na meralo e tsitsiseng mabapi le ho thibela esita le ho loantša tšhekefetso? See se lokela ho phethoa neng?                   | Litlaleho | 2008 - 2012 | Lekala la Tekano UNDP, UNFPA, Irish Aid      |
|                                                                                                                                                                                   | Ho rala manane a matla a thibelang tšhekefetso mabapi le tekano metseng                                                                                                           |                                                                                                                                      | Ke ka makhetlo a makae lithupelo tsee li lokelang ho tšoaroa?                                                                       | Litlaleho | 2008 - 2012 | Lekala la Tekano UNDP, UNFPA, Irish Aid, GTZ |
| Ho ruta sechaba ka tšhekefetso eo sesosa sa eona e leng ho se lekane hoa matla lehoja e sa bonahale. Leha ho le joalo, sena ke qholotso e matla e tobaneng le Makhotla la Mathomo | Ho tšoara matšolo a tlhokomeliso malebana le lipolotiki 'moho le ho rala mokhoa oa ho kenyeletsa Makhotla a Puso ea Libaka letšolong la matsatsi a leshome le metso e tšeletseng. | Lekala la Tekano, Lekala la Puso ea Libaka, Mekahtlo ea sechaba, CGPU                                                                | Na ho na le manane a etsoang mabapi le tšhekefetso pusong ea libaka?<br><br>Tebello ke efe?<br>E ka bonoa joang?                    |           | 2008 - 2012 | Lekala la Tekano UNDP, UNFPA, Irish Aid      |

| SEPHEEO                                                              | LIKHOTHALETSO                                                                                                                                                                                                                                              | BAPHETHAHATSI                                                         | BOITLHATLHOBO                                                                                                                                                                                                                                                      | TŠUPISO   | NAKO        | LIKHAKANYO TSA CHELETE                                                  |
|----------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|-------------|-------------------------------------------------------------------------|
|                                                                      | Ho ruta sechaba ka melao eohle e tšireletsang basali le bana khahlanong le tlhekefetso ea bona, le ho etsa meralo mabapi le ho kenya letsoho hoa makhotla a puso ea libaka letšolong la matsatsi a leshome le metso e tšeletseng a toantšo ea tlhekefetso. | Lekala la Tekano, Lekala la Puso ea Libaka, mekhatlo ea sechaba, CGPU | Makhotla a Puso ea libaka a kenya letsoho joang matšolong a fetileng a matsatsi a leshome le metso e tšeletseng a khahlanong le tlhekefetso ea basali le bana?<br><br>Tebello ke efe? E ka bonoa joang? Se lebeletsoe ho fihleloa ke sefe? Na ke se ka bonahalang? |           | 2008 - 2012 | Lekala la Tekano<br>UNDP, UNFPA,<br>Irish Aid                           |
|                                                                      | Ruta sechaba ka melao eohle e sireletsang basali le bana khahlanong le tlhekefetso ea mofuta ofe kappa ofe.                                                                                                                                                | Lekala la Tekano, Lekala la Puso ea Libaka, Mekahtlo ea sechaba, CGPU | Na ho na le thuto ea mofuta oo e kileng ea etsoa?<br>Ke meralo efe ea thuto e ka etsetsoang sechaba haeba e teng, e ka etsoa neng?                                                                                                                                 | Litlaleho | 2008 - 2012 | Lekala la Tekano,<br>Bacha, Lipapali le Boithapallo,<br>UNFPA le UNICEF |
| Ho fumana lipalo-palo ka litaba tsa tlhekefetso ea tekano metseng    | Tšoara tlhahlobo ea maemo a tlhekefetso ea tekano makholeng a puso ea libaka metseng                                                                                                                                                                       | Lekala la Tekano, Lekala la Puso ea Libaka, Mekahtlo ea sechaba, CGPU | Ke lipalo-palo li tse kae tse teng mabapi le maemo a tlhekefetso?<br><br>Mekolokotoane e feng?                                                                                                                                                                     | Litlaleho | 2008 - 2012 | Lekala la Tekano,<br>Bacha, Lipapali le Boithapallo,<br>UNFPA le UNICEF |
| Ho ruta mapolesa, litichere, baruti, marena ka tlhekefetso ea basali | Ntlafatsa litšebeliso tse fanoang ke Sepolesa libaka tse ikhethang tsa ho tlaleha tlhekefetso mapoleseng                                                                                                                                                   | Lekala la Tekano, Lekala la Puso ea Libaka, Mekahtlo ea sechaba, CGPU | Na litsi tsa Sepolesa tse haufi le makhotla a puso ea libaka li na le libaka tse khethehileng ho sebetsana le tlhekefetso?                                                                                                                                         | Litlaleho | 2008 - 2012 | Lekala la Tekano,<br>Bacha, Lipapali le Boithapallo,<br>UNFPA le UNICEF |

| SEPHEEO                                                                                         | LIKHOTHALETSO                                                                                                           | BAPHETHAHATSI                                                         | BOITLHATLHOBO                                                                                                                                                         | TŠUPISO   | NAKO        | LIKHAKANYO TSA CHELETE                       |
|-------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|-------------|----------------------------------------------|
| Ho etsa hore ho be bobebe ho basali ho tlaheha tliekefetso ea basali.                           | Theha maemo a bolokehileng bakeng sa basali ho tlaheha sepoleseng le ho koetlisa sepolesa                               | Lekala la Tekano, Lekala la Puso ea Libaka, Mekahtlo ea sechaba, CGPU | Na ho na le mekhatlo ea thibelo ea botlokotsebe? Katileho ea mekhatlo e bonahala joang?                                                                               | Litlaleho | 2008 - 2012 | Lekala la Tekano UNDP, UNFPA, Irish Aid, GTZ |
| Ho etsa hore metseng e be sebaka se bolokehileng kaha ho ba lefifi bosiu                        | Ho bonesoe libakeng tsa bohlokoa joaloka mabitleng, seterateng, libaka tsa boithapollo                                  | Lekala la Tekano, Lekala la Puso ea Libaka, Mekahtlo ea sechaba, CGPU | Na literata li khantšitsoe metseng? Lipalo-palo li eme joang malebana le ho bonesoa metseng?                                                                          | Litlaleho | 2008 - 2012 |                                              |
| Ho theha libaka tse bolokehileng tse ngatanyana le ho hlokomela mahlatsipa a tliekefetso        | Ho sebetša 'moho le likomiti tsa boiketlo ba sechaba, marena le tse ling ho theha litsi tsa tlhabollo                   | Lekala la Tekano, Lekala la Puso ea Libaka, Mekahtlo ea sechaba, CGPU | Ke libaka tse kae tse bolokehileng ka hara metse? Ke palo e kae ea libaka tsa polokeho le tlhabollo?                                                                  | Litlaleho | 2008 - 2012 | Lekala la Tekano UNDP, UNFPA, Irish Aid, GTZ |
| Ho Theha litsi tsa tlhabollo ho mahlatsipa a tliekefetso ea tekao                               | Ho nkofisa hoa ho thehoa le phano ea litšebeliso tsa tlhabollo                                                          | Lekala la Tekano, Lekala la Puso ea Libaka, Mekahtlo ea sechaba, CGPU | Ke litsi tse kae tsa tlhabollo tse teng metseng? Ke litsi tse kae tse lokelang ho hahua metseng?                                                                      | Litlaleho | 2008 - 2012 | Lekala la Tekano UNDP, UNFPA, Irish Aid, GTZ |
| Ho fana ka lintlha le leseli la moo mahlatsipa a tliekefetso ea tekano a ka fumanang thuso teng | Ntlatfatsa ea liphatlalatso tsa mekhatlo e ikemetseng le makhotla a puso ea libaka ka lipuo tse fapaneng ka maselinyana | Lekala la Tekano, Lekala la Puso ea Libaka, Mekahtlo ea sechaba, CGPU | Ke liphatlalatso le maselinyana a feng a teng a fanang ka thuso ho mahlatsipa a tliekefetso ea tekano? Ke palo e kae e lebelletsoeng ea liphatlalatso le maselinyana? | Litlaleho | 2008 - 2012 | Lekala la Tekano UNDP, UNFPA, Irish Aid, GTZ |

| SEPHEEO                                                                                           | LIKHOTHALETSO                                                                                                                | BAPHETHAHATSI                                               | BOITLHATLHOBO                                                                                                      | TŠUPISO   | NAKO        | LIKHAKANYO TSA CHELETE                             |
|---------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|-----------|-------------|----------------------------------------------------|
| <b>THUTO EA MOTHEHO</b>                                                                           |                                                                                                                              |                                                             |                                                                                                                    |           |             |                                                    |
| Ho fana ka litšebeletso tsa tlhokomelo ea bana e le ho fa basali monyetla oa ho ea mosebetsing    | Khothaletsa khaho ea litsi tse ngata tsa tlhokomelo ea bana metseng (ECCD)                                                   | Lekala la Thuto, Lekala la Puso ea Libaka, lekala la Tekano | Ke litsi kapa likolo tse kae tsa likonyana tse teng metseng?<br>Ke palo e kae ea litsi tsena e hlohang ho eketsoa? | Litlaleho | 2008 - 2012 | Lekala la Tekano<br>UNDP, UNFPA,<br>Irish Aid, GTZ |
| <b>III. TEKANO MANANENG A LE TENG</b>                                                             |                                                                                                                              |                                                             |                                                                                                                    |           |             |                                                    |
| <b>Tšireletso le litšebeletso tsa tšohanyetso</b>                                                 |                                                                                                                              |                                                             |                                                                                                                    |           |             |                                                    |
| Ho fokotsa palo ea batho ba timelang ka lebaka la likoluoa tse amang basali ho feta banna metseng | Hloaea libaka tse ratoang ke likoluoa<br><br>Rala mekhoe e tla bontša ka nako matšoao a likoluoa le hore li ka thibelo joang | Kh'abinete, Lekala la Puso ea Libaka, Lekala la Tekano      | Na lintlha tse amang le likoluoa li teng?<br><br>Na mekhoe e joalo e teng? E sebetsa hantle?                       | Litlaleho | 2008 - 2012 | Lekala la Tekano<br>UNDP, UNFPA,<br>Irish Aid, GTZ |
|                                                                                                   | Ho kenyeletsa le ho tšehetsa bohle ba fanang ka litšebeletso tsa boiketlo ba sechaba                                         | Kh'abinete, Lekala la Puso ea Libaka, Lekala la Tekano      | Ke bo mang ba fanang ka litšebeletso tsa boiketlo ba sechaba? Na ba fana ka tšeetso e hlokalahalang?               | Litlaleho | 2008 - 2012 |                                                    |
| Ho ruta basali ho ntlafatsa tlhokomeliso ka likoluoa                                              | Manane a tlhokomeliso a reretsoeng basali thibelong le taolong ea likoluoa                                                   | Lekala la Puso ea Libaka, Lekala la Tekano                  | Ke thuto ea mofuta o feng e seng e fanoe?<br>Ke palo e kae ea batho ba seng ba sa angoe ke likoluoa?               | Litlaleho | 2008 - 2012 | Lekala la Tekano<br>UNDP, UNFPA,<br>Irish Aid, GTZ |
| Moralo oa ho thehoa hoa mesebetsi e lekanang khirong ea basali le banna                           | Kenyeletsa basali ntlafatsong ea moruo metseng                                                                               | Lekala la Puso ea Libaka, Lekala la Tekano                  | Ke basali ba bakae ba kenyeletsang ntlafatsong ea morao?                                                           | Litlaleho | 2008 - 2012 | Lekala la Tekano<br>UNDP, UNFPA,<br>Irish Aid, GTZ |

| SEPHEEO                                                                                                        | LIKHOTHALETSO                                                                     | BAPHETHAHATSI                                              | BOITLHATLHOBO                                                                                                               | TŠUPISO   | NAKO        | LIKHAKANYO TSA CHELETE                       |
|----------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|-----------|-------------|----------------------------------------------|
|                                                                                                                | Makhotla a puso ea libaka a hire palo e lekanang ea basali le banna               | Lekala la Puso ea Libaka, Lekala la Tekano                 | Ke palo e kae ea basali ba hiriloeng makhotleng a puso ea libaka?                                                           | Litlaleho | 2008 - 2012 | Lekala la Tekano UNDP, UNFPA, Irish Aid, GTZ |
|                                                                                                                | Kenyeletsa tekano mananeng a maano a SMME                                         | Lekala la Khoebo le Mesebetsi e meholo, Lekala la Tekano   | Ke manane le maano a feng a hapelletseng tekano?                                                                            | Litlaleho | 2008 - 2012 | Lekala la Tekano UNDP, UNFPA, Irish Aid, GTZ |
|                                                                                                                | Akofisa seabo sa basali moruong                                                   | Lekala la Puso ea Libaka, Lekala la Tekano                 | See se tla bonahala joang?                                                                                                  | Litlaleho | 2008 - 2012 |                                              |
| <b>SETSI SA PHANO EA THEPA LE LITŠEBELETSO</b>                                                                 |                                                                                   |                                                            |                                                                                                                             |           |             |                                              |
| Ho etsa bonnete ba hore basali le bona ba una molemo ka ho lekana le banna kamohelong ea thepa le litšebeletso | Ho eketsa seabo sa basali kamohelong ea thepa le ho tšehetsa likonteraka tsa bona | Lekala la Temo, Lekala la Tekano, Lekala la Puso ea Libaka | Na ho na le leseli kapa tšehetso eo basali ba e fuoang?<br>Ke palo e kae ea likonteraka tsa basali tse abetsoeng mosebetsi? | Litlaleho | 2008 - 2012 | Lekala la Tekano UNDP, UNFPA, Irish Aid, GTZ |
|                                                                                                                | Abela likonteraka tsa basali mesebetsi                                            | Lekala la Temo, Lekala la Tekano, Lekala la Puso ea Libaka | Na hona le leseli ka tšebetso ea likonteraka tsa basali                                                                     | Litlaleho | 2008 - 2012 |                                              |
|                                                                                                                | Hapella tekano phanong ea thepa le litšebeletso                                   | Lekala la Temo, Lekala la Tekano, Lekala la Puso ea Libaka | Lipalo-palo li reng tabeng ee? Ke basali ba bakae ba fuoang mosebetsi?                                                      | Litlaleho | 2008 - 2012 | Lekala la Tekano UNDP, UNFPA, Irish Aid, GTZ |
|                                                                                                                | Ho sebelisoa mekhatlo ea metseng le e ikemetseng tšebelisoeng ea matlo            | Lekala la Temo, Lekala la Tekano, Lekala la Puso ea Libaka | Ke mesebetsing e feng moo thuso e batloang metseng?                                                                         | Litlaleho | 2008 - 2012 |                                              |

| SEPHEEO                                                         | LIKHOTHALETSO                                                                            | BAPHETHAHATSI                                                            | BOITLHATLHOBO                                                                     | TŠUPISO   | NAKO        | LIKHAKANYO TSA CHELETE                       |
|-----------------------------------------------------------------|------------------------------------------------------------------------------------------|--------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|-------------|----------------------------------------------|
| Ho rala maoa a tekano toantšong ea bofuma khahlanong le basali? | Hlophisa maoa a phokotso ea bofuma a amang basali                                        | Lekala la Temo, Lekala la Tekano, Lekala la Puso ea Libaka               | Lipalo-palo tsa bofuma bo amang basali                                            | Litlaleho | 2008 - 2012 | Lekala la Tekano UNDP, UNFPA, Irish Aid, GTZ |
|                                                                 | Etsa maoa a ntlafatso ea maphelo a mafutsana                                             | Lekala la Temo, Lekala la Tekano, Lekala la Puso ea Libaka               | Na ho se ho kile hoa etsoa boithuto ka ntlafatso ea bophelo ba mafutsana metseng? | Litlaleho | 2008 - 2012 |                                              |
|                                                                 | Khahlametso ea batho ba fumanehileng                                                     | Lekala la Temo, Lekala la Tekano, Lekala la Puso ea Libaka               | Ke lithuso life tseo basali ba li fuoang. Lipalo-palo tse bontšang see?           | Litlaleho | 2008 - 2012 | Lekala la Tekano UNDP, UNFPA, Irish Aid, GTZ |
|                                                                 | Kenya tšebetsong manane a polokeho ea lijo le phepo e nepahetseng                        | Lekala la Temo, Lekala la Tekano, Lekala la Puso ea Libaka               | Na ho na le manane a joalo? Sena se tla bonahala joang?                           | Litlaleho | 2008 - 2012 |                                              |
|                                                                 | Kenya tšebetsong merero ea boipheliso metseng                                            | Lekala la Temo, Lekala la Tekano, Lekala la Puso ea Libaka               | Ke merero e feng ea boipheliso e seng e le teng ka hara metse?                    | Litlaleho | 2008 - 2012 | Lekala la Tekano UNDP, UNFPA, Irish Aid, GTZ |
|                                                                 | Tšehetsa mekhatlo ea metseng le e ikemetseng e seng e sebetsana le malapa a fumanehileng | Lekala la Temo, Lekala la Tekano, Lekala la Puso ea Libaka               | Ke tšehetso ea mefuta efe e fuoang mekhatlo e ikemetseng ha joale?                | Litlaleho | 2008 - 2012 |                                              |
| <b>TŠEHETSO EA KHOEBO</b>                                       |                                                                                          |                                                                          |                                                                                   |           |             |                                              |
| Ho ntlafatsa seabo sa basali khoebong moo ba se nang boemeli    | Hokela likhoebo tsa basali menyetleng e teng khoebong                                    | Lekala la Temo, Lekala la Khoebo le Mesebetsi e meholo, Lekala la Tekano | Ke basali ba bakae ha ba bapisoa le banna ba nang le seabo khoebong?              | Litlaleho | 2008 - 2012 | Lekala la Tekano UNDP, UNFPA, Irish Aid, GTZ |

| SEPHEEO                                                      | LIKHOTHALITSO                                                                                             | BAPHETHAHATSI                                                            | BOITLHATLHOBO                                                                                              | TŠUPISO   | NAKO        | LIKHAKANYO TSA CHELETE                             |
|--------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|-----------|-------------|----------------------------------------------------|
|                                                              | Phano ea leseli le boelets ka menyetla ea khoebo                                                          | Lekala la Temo, Lekala la Khoebo le Mesebetsi e meholo, Lekala la Tekano | Na hona le litaba tsa khoebo tse fuoang sechaba?                                                           | Litlaleho | 2008 - 2012 |                                                    |
|                                                              | Khothalets tšebeliso 'moho lipakeng tsa mafapha a sechaba a khoebo le a ikemetseng                        | Lekala la Temo, Lekala la Khoebo le Mesebetsi e meholo, Lekala la Tekano | Na ho na le tšebeliso 'moho e teng mafapheng aa?                                                           | Litlaleho | 2008 - 2012 | Lekala la Tekano<br>UNDP, UNFPA,<br>Irish Aid, GTZ |
| Ho hlalella basali ka malebela a khoebo le tšebetso          | Ho akofisa ntšetsopele ea basali ka malebela le tšebetso ea lichelete le khoebo ea basali ba fumanehileng | Lekala la Temo, Lekala la Khoebo le Mesebetsi e meholo, Lekala la Tekano | Na ho na le ntšetsopele ea basali ka malebela le tšebetso ea lichelete sebakeng sa basali ba fumanehileng? | Litlaleho | 2008 - 2012 | Lekala la Tekano<br>UNDP, UNFPA,<br>Irish Aid, GTZ |
|                                                              | Ho akofisa seabo sa lik'hampani tse etelletsoeng pele ke basali le ho ba fa leseli le tšebetso            | Lekala la Temo, Lekala la Khoebo le Mesebetsi e meholo, Lekala la Tekano | Na ho na le tšebetso e fuoang lik'hampani tse etelletsoeng pele ke basali?                                 | Litlaleho | 2008 - 2012 | Lekala la Tekano<br>UNDP, UNFPA,<br>Irish Aid, GTZ |
| Ho tšehetsa le ho fana ka menyetla e lekanang limmarakeng    | Hokela basali menyetleng eohle ea kholo ea moruo                                                          | Lekala la Temo, Lekala la Khoebo le Mesebetsi e meholo, Lekala la Tekano | Ke lipalo-palo tse kae tsa basali tse teng khoepong ee?                                                    | Litlaleho | 2008 - 2012 |                                                    |
|                                                              | Hokahanya mekhatlo ea basali metseng                                                                      | Lekala la Temo, Lekala la Khoebo le Mesebetsi e meholo, Lekala la Tekano | Basali ba hokeloa joang mekhatlong e meholo e sebetsang 'moho                                              | Litlaleho | 2008 - 2012 | Lekala la Tekano<br>UNDP, UNFPA,<br>Irish Aid, GTZ |
| <b>KABO EA MOBU</b>                                          |                                                                                                           |                                                                          |                                                                                                            |           |             |                                                    |
| Ho netefatsa hore kabo ea mobu ha e sekisetse mafapha a mang | Basali ba fuoe monyetla oa pele ha kabong ea mobu                                                         | Lekala la Puso ea Libaka, Lekala la Tekano                               | Ke mobu o mokae o taolong ea basali metseng?<br>Ke palo e kae ea taolo ea mobu e matsohong a basali?       | Litlaleho | 2008 - 2012 | Lekala la Tekano<br>UNDP, UNFPA,<br>Irish Aid, GTZ |

| SEPHEEO                                                                                                                                                                                                                     | LIKHOTHALETSO                                                                                                                  | BAPHETHAHATSI                                                      | BOITLHATLHOBO                                                                     | TŠUPISO   | NAKO        | LIKHAKANYO TSA CHELETE                       |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|-------------|----------------------------------------------|
| <b>LIPALANGOANG</b>                                                                                                                                                                                                         |                                                                                                                                |                                                                    |                                                                                   |           |             |                                              |
| Ho etsa bonnete ba hore litlhoko tsa basali tsa lipalangoang li kengoa tšebetsong le hore lipalangoang tsa sechaba li bolokehe bakeng sa basali (Etsa hore lipalangoang tsa baeti li bolokehile sebakeng sa basali le bana) | Fumana lintlha tse bontšang ka moo basali ba sebelisang lipalangoang tsa sechaba ka teng. Na litlhoko tsa bona li ea arabeloa? | Lekala la Lipalangoang, Lekala la Tekano, Lekala la Puso ea Libaka | Na lipalo-palo tse bontšang tšebeliso ea lipalangoang tsa sechaba li teng?        | Litlaleho | 2008 - 2012 | Lekala la Tekano UNDP, UNFPA, Irish Aid, GTZ |
|                                                                                                                                                                                                                             | Khothaletsa lekala la lipalangoang hore lipalangoang li bolokehe                                                               | Lekala la Lipalangoang, Lekala la Tekano, Lekala la Puso ea Libaka | Likengoa tšebetsong joang? Na ho na le likhothaletso tse seng li entsoe ha joale? | Litlaleho | 2008 - 2012 | Lekala la Tekano UNDP, UNFPA, Irish Aid, GTZ |
|                                                                                                                                                                                                                             | Ntlafatsa marang-rang a litsela tse oelang tlasa puso ea libaka                                                                | Lekala la Lipalangoang, Lekala la Tekano, Lekala la Puso ea Libaka | Ke meaho e feng e tsoelang pele?                                                  | Litlaleho | 2008 - 2012 |                                              |
|                                                                                                                                                                                                                             | Khaho ea litsela tse nyenyane le tokiso ea merero ea ntlafatso ho matlafatsa boikarabelo le botlalehi ka hara lekhottla        | Lekala la Lipalangoang, Lekala la Tekano, Lekala la Puso ea Libaka | Ke meralo e feng ea ntlafatso e se le tšebetsong?                                 | Litlaleho | 2008 - 2012 | Lekala la Tekano UNDP, UNFPA, Irish Aid, GTZ |
|                                                                                                                                                                                                                             | Netefatsa hore makoloi a baeti le liemelo tsa ona lia laoloa ho ntlafatsa maeto a batho bohle haholo a basali le bana          | Lekala la Lipalangoang, Lekala la Tekano, Lekala la Puso ea Libaka | Ke boithuto bofe bo seng bo entsoe tabeng ee?                                     | Litlaleho | 2008 - 2012 | Lekala la Tekano UNDP, UNFPA, Irish Aid, GTZ |
|                                                                                                                                                                                                                             | Thuto ka leano la litsela le lipalangoang                                                                                      | Lekala la Lipalangoang, Lekala la Tekano, Lekala la Puso ea Libaka | Ke maemo a feng a tšebetso a teng ha a joale?                                     | Litlaleho | 2008 - 2012 | Lekala la Tekano UNDP, UNFPA, Irish Aid, GTZ |

| SEPHEEO                                                                                                                                                | LIKHOTHAELETSO                                                                   | BAPHETHAHATSI                                                      | BOITLHATLHOBO                                                                                             | TŠUPISO   | NAKO        | LIKHAKANYO TSA CHELETE                             |
|--------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------|--------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|-----------|-------------|----------------------------------------------------|
|                                                                                                                                                        | Ruta sechaba mabapi le melao ea tšireletso le tlhokomelo ea litokelo tsa bona    | Lekala la Lipalangoang, Lekala la Tekano, Lekala la Puso ea Libaka | Na ho na le thuto e keneng tšebetsong haa joale?                                                          | Litlaleho | 2008 - 2012 |                                                    |
| <b>METSI LE LIKHOERE-KHOERE</b>                                                                                                                        |                                                                                  |                                                                    |                                                                                                           |           |             |                                                    |
| Etsa bonnete ba hore basali ba anngoeng ke tlhokahalo e kholo ea bosebeletsi bo botle ba fumantšoe litšebeletso tsa mantlha ka litheko tse amohelehang | Phumaneho ea mathopo a rekelehang a metsi                                        | Lekala la Lihloliloeng, Lekala la Puso ea Libaka, Lekala la Tekano | Ke litšebeletso life tsa metsi tse fumanehang ha joale, ka bokae?                                         | Litlaleho | 2008 - 2012 | Lekala la Tekano<br>UNDP, UNFPA,<br>Irish Aid, GTZ |
|                                                                                                                                                        | Makhotla a sechaba a sebetse 'moho le sona ho ntlatfatsa liliba                  | Lekala la Lihloliloeng, Lekala la Puso ea Libaka, Lekala la Tekano | Mathata a teng ha joale ke a fe ho akofisa tšebetso? Ho lokeloa ho ntlatfatsoa ho kae?                    | Litlaleho | 2008 - 2012 | Lekala la Tekano<br>UNDP, UNFPA,<br>Irish Aid, GTZ |
|                                                                                                                                                        | Kenya mananeo tšebetsong a morero o moholo oa metsi le likhoere-khoere           | Lekala la Lihloliloeng, Lekala la Puso ea Libaka, Lekala la Tekano | Maemo a morero a moholo oa metsi le khoere-khoere ke afe ha joale? Ke bohole bo bokae o kena ttšebetsong? | Litlaleho | 2008 - 2012 |                                                    |
|                                                                                                                                                        | Etsa hore litšebeletso li arabele litlhoko tsa basali                            | Lekala la Lihloliloeng, Lekala la Puso ea Libaka, Lekala la Tekano | Maemo a joale a litšebeletso a joang? Na ha joale ho se ho na le basali ba tšebetsong ka sepheeo see?     | Litlaleho | 2008 - 2012 | Lekala la Tekano<br>UNDP, UNFPA,<br>Irish Aid, GTZ |
|                                                                                                                                                        | Kenya basali tsamaisong le tllhokomelong ea mesebetsi ea metsi le likhoerekhoere | Lekala la Lihloliloeng, Lekala la Puso ea Libaka, Lekala la Tekano | Na ho na le basali ba seng ba kentsoe mesebetsing ee hajoale?                                             | Litlaleho | 2008 - 2012 | Lekala la Tekano<br>UNDP, UNFPA,<br>Irish Aid, GTZ |

| SEPHEEO                                                                                                            | LIKHOTHALETSO                                                                                                         | BAPHETHAHATSI                                                                          | BOITLHATLHOBO                                                                                        | TŠUPISO   | NAKO        | LIKHAKANYO TSA CHELETE                       |
|--------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|-----------|-------------|----------------------------------------------|
| MOTLAKASE                                                                                                          |                                                                                                                       |                                                                                        |                                                                                                      |           |             |                                              |
| Etsa bonnete ba hore basali ba amehileng haholo ke tlhokahalo ea motlakase ba o fumantsoe ka theko tse amohelehang | Fana ka litšebeletso tse amohelehang ho mafutsana                                                                     | Lekala la Lihloliloeng, Lekala la Puso ea Libaka, Lekala la Tekano                     | Ke litšebeletso life tse fanoang ha joale ka bokae?                                                  | Litlaleho | 2008 - 2012 |                                              |
|                                                                                                                    | Eketsa lenane la malapa a basali a sebelisang motlakase                                                               |                                                                                        | Lipalo-palo tsa joale li eme joang?                                                                  | Litlaleho | 2008 - 2012 | Lekala la Tekano UNDP, UNFPA, Irish Aid, GTZ |
|                                                                                                                    | Qala mesebetsi ea ntlafatso ho tsebisa sechaba ka motlakase oa letsatsi le moea                                       | Lekala la Lihloliloeng, Lekala la Puso ea Libaka, Lekala la Tekano                     | Na mesebetsi ea ntlafatso ea mathomo e se e le teng? Ke mesebetsi e mekae ea ntlafatso e ka qaloang? | Litlaleho | 2008 - 2012 | Lekala la Tekano UNDP, UNFPA, Irish Aid, GTZ |
|                                                                                                                    | Qala motlakase oa metsi                                                                                               |                                                                                        | Ho entsoeng ka oona?                                                                                 | Litlaleho | 2008 - 2012 | Lekala la Tekano UNDP, UNFPA, Irish Aid, GTZ |
| TIKOLHO LE BOHLOEKI BA SECHABA                                                                                     |                                                                                                                       |                                                                                        |                                                                                                      |           |             |                                              |
| Etsa bonnete ba hore basali ba be le seabo se toma tharollong tsa mathata a tlhoekiso ea bohlasoa                  | Qala tlhophiso ea ho fana ka mafuta e meng e ka sebelisoang sebakeng sa matloana a mekoti ka mokhoa o bobebe          | Lekala la Lihloliloeng, Lekala la Puso ea Libaka, Lekala la Tekano                     | Na likhato li se li nkiloe tsa tlhophiso? Mekhoa ee e ka kengoa tšebetsong joang, ka litebello life? | Litlaleho | 2008 - 2012 | Lekala la Tekano UNDP, UNFPA, Irish Aid, GTZ |
|                                                                                                                    | Ruta basali le banna ho sebelisa matloana le mehao ea matloana. Thuto e nepahetseng ea khaho le tlhoekiso ea matloana | Lekala la Lihloliloeng, Lekala la Tikoloho, Lekala la Puso ea Libaka, Lekala la Tekano | Ho se ho entsoeng ha joale ho ruta sechaba ka matloana a mekoti                                      | Litlaleho | 2008 - 2012 | Lekala la Tekano UNDP, UNFPA, Irish Aid, GTZ |

| SEPHEEO                                                                                        | LIKHOTHALETSO                                                                                           | BAPHETHAHATSI                                                  | BOITLHATLHOBO                                                                                     | TŠUPISO   | NAKO        | LIKHAKANYO TSA CHELETE                             |
|------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|----------------------------------------------------------------|---------------------------------------------------------------------------------------------------|-----------|-------------|----------------------------------------------------|
|                                                                                                | Kopana le basali ho fumana mekhoe e ka sebelisoang tharolong ea ho hleka bohlasoa                       | Lekala la Tikoloho, Lekala la Puso ea Libaka, Lekala la Tekano | Na basali ba atametsoe tharolong ea mathata a tlheko ea bohlasoa?                                 | Litlaleho | 2008 - 2012 |                                                    |
|                                                                                                | Kenya basali tšebetsong le tsamaisong ea tlheko ea bohlasoa le mererong ea khutliso ea thepa            | Lekala la Tikoloho, Lekala la Puso ea Libaka, Lekala la Tekano | Boemo ba joale ke bofe ba basali ba kenyang letsoho litabeng tsa merero ea tsamaiso ea bohlasoa?  | Litlaleho | 2008 - 2012 | Lekala la Tekano<br>UNDP, UNFPA,<br>Irish Aid, GTZ |
|                                                                                                | Khothaletsa merero ea khotliso ea thepa e senyehileng                                                   | Lekala la Tikoloho, Lekala la Puso ea Libaka, Lekala la Tekano | Na lekhotala le na le merero ea khutliso ea thepa e senyehileng?                                  | Litlaleho | 2008 - 2012 | Lekala la Tekano<br>UNDP, UNFPA,<br>Irish Aid, GTZ |
|                                                                                                | Khothaletsa banna ho kenya letsoho litabeng tsa tlhoekiso ea tikoloho.                                  | Lekala la Tikoloho, Lekala la Puso ea Libaka, Lekala la Tekano | Ha joale banna ba kenya letsoho joang khatong ee?                                                 | Litlaleho | 2008 - 2012 |                                                    |
|                                                                                                |                                                                                                         |                                                                | Na boithuto bo entsoe ka litlhoko tsa basali?                                                     | Litlaleho | 2008 - 2012 | Lekala la Tekano<br>UNDP, UNFPA,<br>Irish Aid, GTZ |
| BOPHELO                                                                                        |                                                                                                         |                                                                |                                                                                                   |           |             |                                                    |
| Etsa bonnete ba hore tlhokomelo ea mantlha ea bophelo le litšebeletso tsa bophelo lia fumaneha | Litlhoko tsa basali li lokela ho nkeloa hlohang pehong ea mabitla                                       | Lekala la Bophelo, Lekala la Puso ea Libaka, Lekala la Tekano  | Ke litlhoko life tsa basali tsa bophelo tse arajoang ke litsi tsa bophelo tse teng?               | Litlaleho | 2008 - 2012 | Lekala la Tekano<br>UNDP, UNFPA,<br>Irish Aid, GTZ |
|                                                                                                | Khothaletso ea k’haho ea litsi tsa kokelo tse ngata ho etsa hore bophelo bo botle bo fumanehe ha bobebe | Lekala la Bophelo, Lekala la Puso ea Libaka, Lekala la Tekano  | Ke litsi tse kae tsa bophelo tse teng ha joale?<br><br>Ke sechaba sefe se thusoang ke litse tsee? |           | 2008 - 2012 | Lekala la Tekano<br>UNDP, UNFPA,<br>Irish Aid, GTZ |

| SEPHEEO                                                                                  | LIKHOTHALETSO                                                                                                         | BAPHETHAHATSI                                                                               | BOITLHATLHOBO                                                                                                                              | TŠUPISO   | NAKO        | LIKHAKANYO TSA CHELETE                             |
|------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------|-----------|-------------|----------------------------------------------------|
|                                                                                          | Khonthaletsa keketso ea basebeletsi ba bophelo metseng                                                                | Lekala la Bophelo, Lekala la Puso ea Libaka, Lekala la Tekano                               | Basebetsi ba bophelo ba bakae ha joale ba sebetsang le lekhotla                                                                            | Litlaleho | 2008 - 2012 |                                                    |
|                                                                                          | Makhotla a litereke a etse boithuto ba litlhoko tsa bophelo ba be ba e behe ka mongolo sebakeng sa thuso ea lichelete | Lekala la Bophelo, Lekala la Puso ea Libaka, Lekala la Tekano                               | Na boithuto ba tlhokahalo bo entsoe?                                                                                                       | Litlaleho | 2008 - 2012 | Lekala la Tekano<br>UNDP, UNFPA,<br>Irish Aid, GTZ |
| <b>THIBELO EA TŠOAETSO EA HIV LE AIDS</b>                                                |                                                                                                                       |                                                                                             |                                                                                                                                            |           |             |                                                    |
| Qala maoala a ho fenya HIV le AIDS makhotleng a litereke esitana le makhotleng a mathomo | Rala maoala ka thuso ea basali le banna ba makhotla a mathomo esitana le makhotla a litereke                          | Lihlopha tsa tšebetso khahlanong le HIV le AIDS, Lekala la Puso ea Libaka, Lekala la Tekano | Na meralo e entsoe?<br>Maoala ke afe?                                                                                                      | Litlaleho | 2008 - 2012 | Lekala la Tekano<br>UNDP, UNFPA,<br>Irish Aid, GTZ |
| Ruta basali ka 'Post Exposure Prophylaxis (PEP)' haholo ba hlekefelitsoeng ka motabo     | Ruta basali ka PEP le melemo ea eona basaling ba hlekefelitsoeng ka motabo                                            | Lihlopha tsa tšebetso khahlanong le HIV le AIDS, Lekala la Puso ea Libaka, Lekala la Tekano | Lekhotla le kentse letsoho joang pele matšolong a tlhokomeliso.<br><br>Na lekhotla le kentse letsoho ka matla ho phahamisa letšolo la PEP? | Litlaleho | 2008 - 2012 | Lekala la Tekano<br>UNDP, UNFPA,<br>Irish Aid, GTZ |
|                                                                                          | Fuputsa phumaneho ea PEP litsing tsa bophelo                                                                          | Lihlopha tsa tšebetso khahlanong le HIV le AIDS, Lekala la Puso ea Libaka, Lekala la Tekano | Na PEP e ea fumaneha litsing tsohle tsa bophelo? Ha ho se joalo, e fumaneha ho tse kae?                                                    | Litlaleho | 2008 - 2012 | Lekala la Tekano<br>UNDP, UNFPA, Irish<br>Aid, GTZ |

| SEPHEEO                                                                                                                                                     | LIKHOTHALETSO                                                                                                                                                                                                                | BAPHETHAHATSI                                                                               | BOITLHATLHOBO                                                                                                                                  | TŠUPISO   | NAKO        | LIKHAKANYO TSA CHELETE                       |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------|-----------|-------------|----------------------------------------------|
| Ho ruta basali le banna litaba tsa tlhabollo ea boithaopo le ho etsa liteko e leng sebetsa se matla sa ho thibela sekhahla sa ho ata ha bohloko ba HIV/AIDS | Fumana lipalo-palo tsa VCT.                                                                                                                                                                                                  |                                                                                             | Lipalo-palo li eme joang? Ke karolo e kae ea basali le banna lekholong e eang VCT?                                                             | Litlaleho | 2008 - 2012 |                                              |
| <b>THIBELO LE KALAFO EA HIV LE AIDS</b>                                                                                                                     |                                                                                                                                                                                                                              |                                                                                             |                                                                                                                                                |           |             |                                              |
| Ho pepesa seabo se boima sa basali booking ba basali le banna esitana le baroetsana le bahlankana hammoho le bana ba phelang le AIDS                        | Khonthaletsa hore banna ba nke karolo booking ba batho ba phelang le AIDS                                                                                                                                                    | Lihlopha tsa tšebetso khahlanong le HIV le AIDS, Lekala la Puso ea Libaka, Lekala la Tekano | Maoa a sebelisitsoeng ho khonthaletsa banna ho kenya letsoho le toma booking ba phelang le AIDS                                                | Litlaleho | 2008 - 2012 | Lekala la Tekano UNDP, UNFPA, Irish Aid, GTZ |
| <b>IV. PHETOLO EA LITSI</b>                                                                                                                                 |                                                                                                                                                                                                                              |                                                                                             |                                                                                                                                                |           |             |                                              |
| <b>BOEMO BA BASEBETSI</b>                                                                                                                                   |                                                                                                                                                                                                                              |                                                                                             |                                                                                                                                                |           |             |                                              |
| Ho eketsa lenane la basali ba sebetsang lekhotteng                                                                                                          | Ka kotloloho beha litaba, tsa tekano kapele mesebetsing eohle ea lekhottla                                                                                                                                                   | Lekala la Puso ea Libaka, Lekala la Tekano                                                  |                                                                                                                                                | Litlaleho | 2008 - 2012 | Lekala la Tekano UNDP, UNFPA, Irish Aid, GTZ |
|                                                                                                                                                             | Bua ka tšekisetso ea tekano makaleng 'ohle eketsa lenane la basali tšebetsong, hape o eketse palo ea bona litulong tse phahameng tšebetseng le tsamaisong 'me o buoe le makala moo boholo ba ho se lekane-kane bo bonahalang | Lekala la Puso ea Libaka, Lekala la Tekano                                                  | Ke mehato e feng e nkiloeng ho beha litaba tsa tekano ka pele tšebetsong ea lekhottla? Lipalo-palo tsa tekano ea basebetsi lekhotteng e joang? | Litlaleho | 2008 - 2012 | Lekala la Tekano UNDP, UNFPA, Irish Aid, GTZ |

| SEPHEEO                                                                                       | LIKHOTHALETSO                                                           | BAPHETHAHATSI                              | BOITLHATLHOBO                                                | TŠUPISO   | NAKO        | LIKHAKANYO TSA CHELETE                       |
|-----------------------------------------------------------------------------------------------|-------------------------------------------------------------------------|--------------------------------------------|--------------------------------------------------------------|-----------|-------------|----------------------------------------------|
| Ho akofisa le ho anetsa tekano                                                                | Thupello ea babusisi ba bacha le bosebetsi                              | Lekala la Tekano, Lekala la Puso ea Libaka | Na thupello ea babusi ba bacha e se kile ea etsoa?           | Litlaleho | 2008 - 2012 | Lekala la Tekano UNDP, UNFPA, Irish Aid, GTZ |
| Ho amohela le ho sebelisa leano la thibelo ea tliekefetso ka motabo lekhotleng la mathomo.    | Ho amonela le ho sebelisa leano la tliekefetso ka motabo                | Lekala la Tekano, Lekala la Puso ea Libaka | Na ho na le leano la tliekefetso ka botabo?                  | Litlaleho | 2008 - 2012 | Lekala la Tekano UNDP, UNFPA, Irish Aid, GTZ |
| Ho etsa bonnete ba hore basali ba sebetsang bosiu ba bolokehile                               | Fana ka tsireletso sebakeng sa basali ba sebetsang bosiu                | Lekala la Bosebetsi, Lekala la Tekano      | Ke bohato bofe bo nkuoang sebakeng sa tsireletso hona joale? | Litlaleho | 2008 - 2012 | Lekala la Tekano UNDP, UNFPA, Irish Aid, GTZ |
| <b>V. LITŠIEA TSA TEKANO PUSONG EA LIBAKA BOEMO BA BASEBETSI</b>                              |                                                                         |                                            |                                                              |           |             |                                              |
| Ho theha komiti ea kakofiso ea tekano                                                         | Leano la tekano le lokeloa ho fitisoa ke komiti ea lekhotla ea mathomo. | Lekala la Puso ea Libaka, Lekala la Tekano | Na leano la tekano ea le fitisitsoe?                         | Litlaleho | 2008 - 2012 | Lekala la Tekano UNDP, UNFPA, Irish Aid, GTZ |
| Ho amohela le ho sebelisa leano la thibelo ea tliekefetso ka motabo hara lekhotla la mathomo. | Ho amonela le ho sebelisa leano la thibelo ea tliekefetso ka motabo     | Lekala la Puso ea Libaka, Lekala la Tekano | Na ho na le leano la thibelo ea tliekefetso ka botabo?       | Litlaleho | 2008 - 2012 | Lekala la Tekano UNDP, UNFPA, Irish Aid, GTZ |
| Ho etsa bonnete ba hore basali ba sebetsang bosiu ba bolokehile                               | Ho fana ka tsireletso sebakeng sa basali ba sebetsang bosiu             | Lekala la Bosebetsi, Lekala la Tekano      | Ke bohato bofe bo nkuoang sebakeng sa tsireletso hona joale? | Litlaleho | 2008 - 2012 | Lekala la Tekano UNDP, UNFPA, Irish Aid, GTZ |

| SEPHEEO                                                         | LIKHOTHALITSO                                                                                | BAPHETHAHATSI                              | BOITLHATLHOB                                                                       | TŠUPISO   | NAKO        | LIKHAKANYO TSA CHELETE                       |
|-----------------------------------------------------------------|----------------------------------------------------------------------------------------------|--------------------------------------------|------------------------------------------------------------------------------------|-----------|-------------|----------------------------------------------|
| <b>VI. KHAPELLO EA TEKANO LICHELETENG</b>                       |                                                                                              |                                            |                                                                                    |           |             |                                              |
| Ho etsa moralo oa khapello ea tekano likhakanyong tsa lichelete | Khapello ea litaba tsa tekano likhakanyong tsa lichelete.                                    | Lekala la Tekano                           | Na ho entsoe letho ka khapello ea tekano likhakanyong tsa lichelete?               | Litlaleho | 2008 - 2012 | Lekala la Tekano UNDP, UNFPA, Irish Aid, GTZ |
|                                                                 | Ho theha le ho tiisa ka molao maemo a etsang hore litaba tsa tekano li hakanyetsoe lichelete | Lekala la Puso ea Libaka, Lekala la Tekano | Se etsahalang ha joale ke sefe?                                                    | Litlaleho | 2008 - 2012 | Lekala la Tekano UNDP, UNFPA, Irish Aid, GTZ |
|                                                                 | Ho thehoe komiti e tla shebana le ho akofisa tekano                                          | Lekala la Puso ea Libaka, Lekala la Tekano | Na ho na le komiti ka hara lekhlotla la mathomo e ikarabellang litabeng tsa tekano | Litlaleho | 2008 - 2012 | Lekala la Tekano UNDP, UNFPA, Irish Aid, GTZ |
| Ho thehoe moifo oa lipuisano oa makhotla a kopaneng             | Litho tsa makhotla li thakelane ka malebela a ho araba liqholotso tsa makhotla               | Lekala la Puso ea Libaka, Lekala la Tekano | Moifo oa lipuisano o thehiloe joang? neng?                                         | Litlaleho | 2008 - 2012 | Lekala la Tekano UNDP, UNFPA, Irish Aid, GTZ |

[illegible]

## RE OELA KHABONG JOANG?



### Boichoriso 2: Seo re lokelang ho se nka le seo re lokelang ho se siea

Barupelloa ba tla fuoa lipampiri tse ka etsang maqephe a mane, 'me motho ka mong a ngole linthla tse peli tseo a tla tsamaea ka tsona, tebello ke hore ebe maikutlo a hohlanang. Ka morao ho mona liphephechana tse lokelang ho sala li kengoe ka bolekaneng bo ka letsohong le le tšehali litšoantšong tse ka tlase 'me ka potlolomenteng teng ho tšeloe tseo ba sa batleng ho li siea.



Baithaopi ba babeli ba tle ba bale lintlha tsa boikhopotso tse tsetsoeng ka hara bolekanana bona bo ka letsohong le letšehali le tse tsetsoeng ka potlolomenteng e ka letsohong le letona. Ha ba ntse ba tsepamisitse maikutlo tabeng ea hore na mokhopi o kenetseng thupelo o batla hore ba tsenkolla ka lipotso o felle kae, motho ea tataisang kapa ho na ho etela thuto pele o etella pele lipuisano a ipapisitse le hore na methathi e lokelang ho lateloa ke efe malebana le meralo ho latelaoa ke efe malebana le meralo e lokelang ho etsoa e le ntšepele le tšebetso ho ipapisitsoe le lintlha tse latelang.

- Lekhotla le lokela ho nka methathi efe hore le fumane mekhoha ea ho sebelisa meralo e kentsoeng tšebetsong?
- Ke mang ea nang le boikarabelo ba ho etsa bonnete ba hore meralo eo e kena tšebetsong?
- Ho tla nka nako e kae hore meralo ee e qetelle e kentsoe tšebetsong?





# At the Coalface

Gender and Local Government in Southern Africa

Edited by Colleen Lowe Morna and Susan Tolmay  
*with a foreword by Winnie Byanyima*



Danida



# **BUKA EA MORALO OA PUSO EA LIBAKA 'MUSONG OA LESOTHO**





Gender links (GL) is a Southern African NGO that is committed to a region in which women and men are able to realise their full potential and participate equally in all aspects of public and private life.

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# TSE KA HAR'A BUKA ENA

|                                                                                                           |               |
|-----------------------------------------------------------------------------------------------------------|---------------|
| <b>BA KENTSENG LETSOHO TLHOPHISONG EA MOSEBETSI</b>                                                       | <b>3</b>      |
| <b>BOITOKISETSO SEBAKENG SA SELELEKELA</b>                                                                | <b>3</b>      |
| <b>SELELEKELA</b>                                                                                         | <b>5</b>      |
| <b>KHAOLO PELE: Tlhaloso ea Mantsoe</b>                                                                   | <b>23</b>     |
| Sepheeo                                                                                                   |               |
| Boichoriso 1: Botšehali le botona                                                                         | 24            |
| Boichoriso 2: Bosali le bonna                                                                             | 24            |
| Boichoriso 3: Tekano                                                                                      | 26            |
| Boichoriso 4: Qholotso ea litloelo tse fetohileng tumelo                                                  | 35            |
| BOITOKISETSO BA KHAOLO EA BOBELI                                                                          | 39            |
| <br><b>KHAOLO EA BOBELI: Tekano Pusong</b>                                                                | <br><b>41</b> |
| Sepheeo                                                                                                   |               |
| HO FIHLELEHA                                                                                              | 43            |
| Boichoriso 1: Tsoantšiso - Ke eng e sitisang basali ho kena lipolotiking ka sehlahlo?                     | 43            |
| Boichoriso 2: Ba kae basali lipolotiking tsa Lesotho?                                                     | 47            |
| SEABO                                                                                                     | 53            |
| Boichoriso 3: Ke bo mang ba kenyang letsoho ka sehlahlo liphuthehong tsa makhotla a mathomo?              | 53            |
| Boichoriso 4: Ke eng se sitisang basali ho kenya letsoho ka sehlahlo liphuthehong tsa makhotla a mathomo? | 54            |
| Boichoriso 5: Seabo sa basali makhotleng a mathomo a Puso ea Libaka.                                      | 55            |
| PHETOHO                                                                                                   | 58            |
| Boichoriso 6: Tse itlhommeng pele phetoho e etsoang ke basali sechabeng.                                  | 58            |
| Boichoriso 7: Ho metha phetoho                                                                            | 60            |
| BOITOKISETSO BA KHAOLO EA BORARO                                                                          | 65            |
| <br><b>KHAOLO EA BORARO: Lintlha tsa sehlooho mabapi le tsamaiso ea litaba tsa tekano</b>                 | <br><b>67</b> |
| Sepheeo                                                                                                   |               |
| TSAMAISO LE KANETSO EA LITABA TSA TEKANO                                                                  | 68            |
| Boichoriso 1: Bohlokoa ba ho akofisa kanesto ea tekano.                                                   | 68            |
| Boichoriso 2: Melao                                                                                       | 71            |
| Boichoriso 3: Maano                                                                                       | 71            |
| MEFUTA EA LITLHOKO KAKOFISONG EA TEKANO                                                                   | 73            |
| Litlhoko boemong bo na bo renang                                                                          | 73            |
| Litlhoko tsa ho tliša liphetoho                                                                           | 73            |
| Basali Ntšetsopeleng (WID) le Tekano le Ntšetsopele (GAD)                                                 | 73            |
| MEFUTA EA TŠEBETSO                                                                                        | 74            |
| Boichoriso 4: KHAPELLO EA TEKANO                                                                          | 74            |
| Boichoriso 5: Maoala                                                                                      | 76            |
| Boichoriso 6: LIPALO-PALO TSE HLAHLOLOTSENG HO EA KA BOTSEHALI LE BOTONA                                  | 84            |
| Boichoriso 7: Likhakanyo tsa Lichelete                                                                    | 90            |
| BOITOKISETSO BA KHAOLO EA BONE                                                                            | 95            |
| <br><b>KHAOLO EA BONE: Ho etsa meralo ea tekano makhotleng a mathomo</b>                                  | <br><b>97</b> |
| Sepheeo                                                                                                   |               |
| LITŠEBELETSE TSE FANOANG KE PUSO EA LIBAKA, LESOTHO                                                       | 98            |
| Boichoriso 1: Hobaneng tekano e le ntlha kholo pusong ea libaka? 98                                       | 98            |
| SETŠOANTŠO SA MORALO OA TEKANO LEKALENG LA PUSO EA LIBAKA, LESOTHO                                        | 103           |
| RE OELA Khabong Joang?                                                                                    | 122           |
| Boichoriso 2: Seo re lokelang ho se nka le seo re lokelang ho se siea                                     | 122           |

# TSE KA HAR'A BUKA ENA

## Lethathamo la likhetsi tsa CD ROM

- F1 Setšoantšo sa lenane la tsamaiso
- F2 Seratsoana sa litaba tse buang ka moshanyana oa sekolo eo mosue hlooho a ileng a mo ahlolela ho ba morao nakong ka hore a tene mose
- F3 Seratsoana sa litaba tsa koranta e bitsoang Sunday Sun e buang ka mabaka a bakileng hore Steve Nkone a bolae mosali oa hae
- F4 Papatso e bontšang sehlooho se reng – ho ba malala a laotsoe malebana le ho amohela maemo a sa jeseng litheohelang
- F5 Papatso ea Meltz
- F6 Papatso e bapatsang litaba tse amanang le tlholo 'me li bontša hore e emetse tlholo
- F7 Karete ea lintlha
- F8 Setšoantšo sa leano la tekano pusong ea libaka
- F9 Setšoantšo sa moralo oa khatelo pele litabeng tsa tekano

## Lethathamo la tlhaloso ea mantsoe

|        |                                                             |
|--------|-------------------------------------------------------------|
| AIDS   | Acquired Immune Deficiency Syndrome                         |
| DANIDA | Danish International Development Agency                     |
| GL     | Gender Links                                                |
| GMS    | Gender Management System                                    |
| PEP    | Post Exposure Prophylaxis                                   |
| SADC   | Southern African Development Community                      |
| SALGA  | South African Local Government Association                  |
| UNDP   | United Nations Development Programme                        |
| UNFPA  | United Nations Fund for Population Development and Advocacy |
| WAD    | Women And Development                                       |
| WID    | Women In Development                                        |

# BA KENTSENG LETSOHO TLHOPHISONG EA MOSEBETSI

Buka ena ea tataiso ea moralo oa khatelo pele litabeng tse amanang le tekano e entsoe ka sepheo sa ho koetlisa barupelli sebakeng sa lithupelo tse neng li tšoaretswe toropong ea Johannesburg, naheng ea Afrika Boroa ka Pulungoana selemong sa likete tse peli le metso e supileng. Thupelo ena e ne kenetsoe ke litho tse tsoang makaleng a fapakaneng ho kenyeletsa Lekala la Tekano le Bacha, Lipapali le Boithapallo, Lekala la Puso ea Libaka le neng le emetsoe ke baetelli pele litabeng tsa lona 'moho le basebetsi ba lona ho tsoang linaheng tse 'ne tseo boithuto bo entsoeng ho tsona, e leng Coalface, Tekano le Puso ea Libaka. Linaha tsena tse 'ne tseo boithuto bona bo entsoeng ho tsona ke naha ea Mauritius, ea Lesotho, ea Namibia le ea Afrika Boroa.

Buka ena ea tataiso sebakeng sa naha ea Lesotho e entsoe ka sepheo sa ho tšehetsa Leano la Tekano le Puso ea Libaka le lokelang ho sebelisoa makhotleng a mathomo le ipapisitse le Leano la naha la Ntšetso pele le Tekano le entsoeng ka selemo sa likete tse peli le metso e meraro. Buka ena e hlahlella barupelloa ka malebela mabapi le kutloiso ea se boleloang ka motheho oa tekano; hore na ke hobaneng o le bohlokoa; le hore na ho ka thehoa moralo oa khatelo pele joang litabeng tse amanang le tekano, pusong ea libaka.

Liteboho li lebisoa ho mofumahali 'Matau Futho-Letsatsi eo e leng mookameli oa Lefapha la Tekano, mofumahali Deliwe Kambule ofisiri e kholo ea Lefapha la Tekano 'moho le liofisiri tse sebetsanang le mosebetsi oa tekano literekeng 'me bona ke Simon Bulane, Ramaubane Mokhubu, Mpho Mosaase, 'Makomisi Maketela, 'Mantebohelag Mabetha, Ntsieleng Moorosi, Motena Letsie, Poloko Matšaseng, Motlalekhotso Mabula tlasa Lekala la Tekano, Bacha, Lipapali le Boithapallo ba kentseng letsoho popong ea buka ena ea tataiso e etselitsoeng ho koetlisa barupeli sebakeng sa liphutheho, mofumahali 'Mamonaheng Matsau oa lekala la Thuto (Lefapha la Meralo ea Manane Thuto a Likolo) hammoho le 'Malereko Molefe ba thusitseng ka ho hlophisetsa buka ena khatiso ea Sesotho.

Buka e-na e atlehisitsoe ke mehloli e mengata e fapakaneng ho kenyeletsa 'SADC Toolkit for Decision Makers'; 'Oxfarm Gender Training Manual' le merero ea tataiso litabeng tse amanang le motheho oa tekano Pusong ea Libaka e entsoe ke Gender Links le litoropo tsa Johannesburg; eThekweni le Msunduzi selemong sa likete tse peli le metso e mene (2004) ho isa ho selemong sa likete tse peli le metso e supileng (2007) ka tšehetso e tsoang ho ba Mott Foundation. Liteboho ho mookameli oa Gender Links, Collen Lowe Morna ka ho hlophisa tokomane ea sekhoaa ea buka ena.

Gender Links e fetisetsa liteboho tsa eona tse khethehileng mokhatlong o ikemetseng oa Danish International Development Agency (DANIDA) ka ho fana ka tšehetso ea chelete malebana le ho phethela mosebetsi ona.

## BOITOKISETSO SEBAKENG SA SELELEKELA

Selelekela se phuthetse lihlooho tse latelang:-

- Mabaka a qhololitseng ho ngoloa hoa buka;
- Sepheo sa buka;
- Buka ee e etselitsoe mang?
- Sephetho sa boithuto;
- Ho tloha liphuputsong ho ea meralong ho isa phethahatsong;
- Tšebeliso ea buka ena;
- Ho ithuta ka ho etsa.

Tokisetso ea thuto ena e tsepame holima kutloisiso ea bohlokoa ba ho hapella tekano pusong ea libaka. Mona u ka etsa mehlala ea bolutu bo bakoang ke khaello ea tekano maemong a sa tšoaneng a tsamaiso. U ka khetha ho fana ka mohlala oa tsamaiso ea lelapa le tsamaisong ea motse ho totobatsa sena. Ha u se u totobalitse sena, kopa barupelloa ba hau hore ba fane ka mehlala ea bona ea bolutu bo bakoang ke tšebeletso e leeme e sekisetsang. Ba kope hape ho fana ka mehlala ea melemo ea moo lintho li etsoang ho sa sekisetsoe kapa hona ho khetholla.

**Notes:**



‘Matau Moreki thupelong ea tekano Lesotho

# SELELEKELA

## MABAKA A QHOLOLITSENG HO NGOLOA HOA BUKA ENA

Buka ena e entsoe ka sepheo sa ho tšohla lintlha tsa sehlooho tse fumanoeng liphuputsong tsa 'At the Coalface: Gender and Local Government' (Seboping: Tekano Pusong ea Libaka) eo ho fumanehileng hore leha ho fanoe ka litšebeliso tsa mantlha Pusong ea Libaka, ho nkiloe likhato tse fokolang ho hapella tekano makaleng a 'muso kapa hona ho aha boiphihlelo bakhethoeng le basebeletsing ba Makhotla a Puso ea Libaka molemong oa ho hapella tekano tšebetsong ea bona.

Buka ena ke karolo ea lenaneho la moralo oa lilemo tse tharo tsa liphuputso tsa Tekano Pusong ea Libaka tse qalileng ho kena tšebetsong linaheng tse 'ne tsa Africa e ka Boroa e leng Lesotho, Mauritius, Namibia Le Africa Boroa, ka tumellano le (Seboping: Tekano Pusong ea Libaka Aforeka e Boroa) At the Coalface: Gender and Local Government in Southern Africa.

Ka 2003, Gender Links (GL) e ile ea etsa boithuto bo tebileng mabapi le tšusumetso eo basali ba nang le eona lipolotiking, Aforeka e ka Boroa. E 'ngoe ea lintlha tsa sehlooho tsa "*Ringling up the Changes, Gender in Politics in Southern Africa*" e fumanehileng ke hore Puso ea Libaka, ka masoabi a maholo, ke lefapha le betsitsoeng sekoai ka mehla ha ho tšohloa litaba tsa Tekano Pusong.

Boithuto bona bo bontša hore moo tekano e sa hapelloang maanong a puso, matlafatso ea basali e ke ke ea fihleloa ha bobebe phanong ea litšebeliso tsa mantlha. Le hoja basali ba ka una melemo e itseng ho ke ke hoa tsoana le ha ho na le thahasello ebile ho nkoa likhato tsa ka boomo methating eo ho etsoang liqeto ho eona.

Buka ena 'At the Coalface: Gender and Local Government' (Seboping: Tekano Pusong ea Libaka) e thakhotsoe ka 2007 e nontse maikutlo a bakhethoa ba Puso ea Libaka ba makholo a mane le leshome le metso e robeli (418) linaheng tse boletsoeng kaholimo.

- Lesotho le na le karolo ea mashome a mahlano a metso e robeli lekholong (58%) ea basali Makhotleng a Puso ea Libaka 'me lenane lena le kaholi-limo hloahloeng ena e ka Boroa ho Africa, sena se fihletsoe ka ho kenya tšebetsong Molao oa Puso ea Libaka o fileng basali mokhekhetho oa mashome a mararo lekholong (30%) likhethong tsa pele tsa Puso ea Libaka tsa 2005, ka ho behella ka thoko mabatooa ao ho ona ho gothisanang lehlokoa ele basali feela.
- Namibia eona hangata e ba le basali ba kaholimo ho mashome a mane lekholong (40%+) likhethong tsa Puso ea Libaka sena se fihletsoe ka mokhoa oa ho khetha oa khekhethane le molao o lumeletseng leano lena la SADC la kabo ea litulo tse mashome a mararo lekholong (30%) sebakeng sa basali mabatoaeng a itseng 'moho le leano la "Zebra" le kentsoeng tšebetsong ke mokha o busang oa Swapo, mosali a le mong le monna a le mong lethathamong la likhetho.
- Africa Boroa moo mokha o busang oa African National Congress o shebaneng le ho beha karolo e kholo ea basali litulong ka khekhethane sena se fihletsoe ka lebaka la tšebeliso ea leano la naha la likhetho tse kopanetsoeng likhethong tsa 2006 'me se ekelitse karolo ea basali ho tloha ho mashome a mabeli a metso e robong (29%) ho ea ho mashome a mane lekholong (40%).
- Mauritius teng ke karolo ea tšela feeloane 'ne (6.4%) ea basali Pusong ea Libaka.

### Sepheo sa buka ena

- Ho matlafatsa bakhethoa le basebeletsi ba Makhotla a Mathomo ka litsebo tse tebileng mabapi le litaba tsa tekano maanong le meralang ea puso ea libaka.
- Ho thusa makhotla a Puso ea Libaka ho etsa moralo oa tšebetso oa tekano (Gender Action Plan) ho ipapisitsoe le setšoantšo sa maano a tekano a Puso ea Libaka.

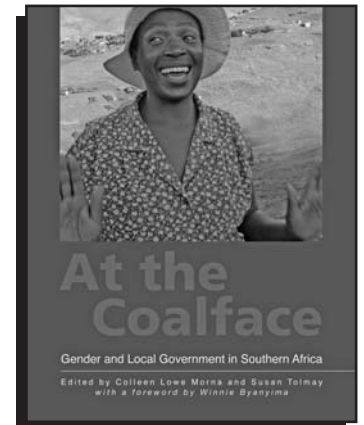
## Buka ee ea tataiso e etselitsoe mang?

Buka ena ea tataiso e etselitsoe bakhethoa le basebeletsi ba Puso ea Libaka e ka ba ba Makhotla a Mathomo esitana le ba Makhotla a Litereke. E fana ka thepa e lokelang ho sebelisoa sebakeng sa lithupelo 'me thupelo ka 'ngoe e reretsoe ho nka matsatsi a mararo. Thupelo ena e tsoaloe ke meralo ea tšebetso ea tekano (Gender action Plans) e lokelang ho kenyeletsoa meralong ea Lekhotla le likhakanyong tsa lichelete. Sepheo ke ho tsoara lithupelo boemong ba litereke pele 'me kamorao ho moo li namele Makhotleng a Mathomo.

## Ho tlile joang hore ho be le buka ee ea tataiso?

Buka ena ke karolo ea lenaneho la moralo oa lilemo tse tharo tsa liphuputso tsa Tekano Pusong ea Libaka tse qalileng ho kena tšebetsong linaheng tse 'ne tsa Afrika e ka Boroa e leng Lesotho, Mauritius, Namibia le Africa Boroa, ka tumellano le (Seboping: Tekano Pusong ea Libaka Aforeka e Boroa) At the Coalface: Gender and Local Government in Southern Africa.

Ka selemo sa likete tse peli le metso e meraro (2003), GL e ile ea etsa boithuto bo tebileng mabapi le tšusumetso eo basali ba nang le eona lipolotiking, Aforeka e ka Boroa. E 'ngoe ea lintlha tsa sehlooho tsa *"Ringing up the Changes, Gender in Politics in Southern Africa"* e fumanehileng ke hore Puso ea Libaka ka masoabi a maholo ke lefapha le betsitsoeng sekoai, ka mehla ha ho tšohloa litaba tse amanang le Tekano Pusong ea libaka.



Boithuto bona bo boetse bo fumane hore ha ho fanoa ka litšebeliso tsa sehlooho mabapi le ho etsa lintlafatso kapa ho fana ka menyetla e itseng, sena se eketsa ho matlafatsa basali le hoja ho se maano a qaqileng sebakeng sa ho matlafatsa basali, ho na le leseli le thahasello tse fokolang tse fuang lefapha lena moo ho nkoang liqeto.

Liphuputso tsena li thakhotsoe ka la robeli Tlhakubele selemong sa likete tse peli le metso e supileng (08.03.2007) *Coalface: Gender and Local Government (Seboping: Tekano le Pusong ea Libaka)*, ho kenyeletsa le ho nonya bakethoa ba Puso ea Libaka ba makholo a mane le leshome le metso e robeli (418) maikutlo linaheng tse boletsoeng kaholimo.

## Sephetho sa boithuto

Ha ho bapisoa lenane la boemeli ba basali Pusong ea Libaka ho tloha ho 'ngoe feeloane peli lekholong (1.2%) naheng ea Angola ho ea ho mashome a mahlano a metso e robeli lekholong (58%) nahang ea Lesotho, sephetho se supa hore palo ea boemeli bo bongata ba basali moo ho nkoang liqeto e ka fihleloa ha mebuso e ka ba le thahasello 'me ea nka likhato tse matla hore sena se etsahale. Lesotho ho ile hoa etsoa molao o tšehetsang boemeli ba basali ka karolo ea mashome a mararo lekholong (30%) pusong ea libaka, leha sena se sa ka sa etsahala likhethong tse akaretsang tsa naha tsa 2007.

Boithuto bona bo supa hore ha ho likhato tse matla tse nkoang mabapi le ho matlafatsa seabo sa basali litabeng tse amanang le Makhotla a Mathomo linaheng tse ngata. Hona ho bontša hore likhetho tsa Puso ea Libaka ha li nkoe li oela lipolotiking joalo ka likhetho tse akaretsang. E ka 'na ea ba sena se bakoa ke ho se ikitlaetse theolelong ea matla a puso sechabeng le ho feng basali seabo se lekanang le sa banna.

Leha ho le joalo, boiphihlelo ba Lesotho, Aforeka Boroa le Namibia ka ho behella ka thoko mabatooa moo basali ba qothisanang lehlokoa e le bona feela, khekhethane le mokhoa oa ho kenya basali le banna ka tatellano (tje ka metsero ea Qoakha) pusong ea libaka ke sesupo sa hore sekepele sa SADC sa hore basali ebe karolo ea mashome a mahlano lekholong (50%) boemong ba ho etsa liqeto se ka atleha ha bobebe ha ho na le

tšutšumetso ea lipolotiki. Sephetho sa nyoe e ea likhetho Lesotho khahlanong le leboella la basali se supa hantle hore moo boikitlaetso bo leng teng liphetho li fihleloa ntle le mathata a letho.

Moo mebuso e sitiloeng ho hata ka thata ho tlisa liphetho, boemo ba basali bo-tlase boemong ba puso ea libaka. Ho joalo le 'musong o moholo ka lebaka la hore meetlo, litloaello le bolumeli li sitisa basali ho nka karolo lipolotiking ka mokhoa o toma. Le ha ho lejoalo, ho bonahetse liphuthuthong tsena ho na le basali ba bangata hobane ba ne ba etsa halofo kapa ho feta batho ba moo; e leng sona se etsang hore ho khothaletsoe hore karolo ea basali e eketsoe ho tloha karolong ea mashome a mararo (30%) ho isa karolong ea mashome a mahlano lekholong (50%). Ho bohlokoa hore basali ba be boetapeleng joalo ka Majoro oa toropo le balula-litulo ba makhotla a mathomo, esitana le makhotla a litreke.

Boithuto bo fumane hore ho ntse ho na le banna ba khahlanong le tekano, haholo linaheng tseo basali ba fokolang ka palo liqetong le hoja ho na le mehlala e mengatanyana ea banna ba ikakhetseng ka setotsoana litabeng tsa ho matlafatsa basali le tekano 'me e le litaba tse bohlokoa tse ka tlisang liphetho.

Boithuto bo supa hore basali ha ba tsoane kaofela le hore ha se bohle basali ba lumelang hore ke boikarabello ba bona ho thusa basali ba bang. Bongata ba basali ba botsitsoeng lipotso ba supile ha ba tlameha ho thusa basali ba bang. Liphuthuthong tse mashome a robong a metso e 'meli (92) tse ileng tsa tsoaroa le mekhatlo ea sechaba, basali le banna ba bontšitse ka moo basali ba sebetsang ka thata le ho tšepahala ka teng.

Moo basali ba leng teng makhotleng a puso ea libaka ba thusa hore ho be le menyetla ea ho fumana bolulo, motlakase, le melemo e meng ea mantlha. Ho na le lipotso tse kang tsa hore naheng ea Lesotho, moo bakhethoa ba makhotla a mathomo ba ikarabellang kabong ea mobu na litša li ka ngolisoa ka mabitso a basali na? Molao o ne o thibela ngoliso ea mobu ea basali ba nyetsoeng ka lenyalo la kopanelo ea thepa. Ka mor'a phetiso ea molao oa Tekano ea Banyalani ka Tšitoe 2006 litša li se li ka ngolisoa ka mabitso a basali ba nyetsoeng ka kopanelo ea thepa. Qetello ea tlaleho e supa hore ho hlokeha hore tekano e be le metheho e tebileng e tsetsitseng ka hare ho lekala la Puso ea Libaka.

Boithuto bona bo bontša tlhokeho ea maano a hapelletseng tekano makhotleng a mathomo, o ipapisitse le ho etsa bonnete ba hore banna le basali ba una molemo o tsoanang 'me sena se etsahala bathong ba itseng le hona ba fokolang ho e na le hore se etsahale boemong ba litsi le maaanong. Ho tsoa ho GL le toropo ea Johannesburg e bonahalang e thehile Leano la Ntšetso pele ea Basali ho kenyeletsa le moralo sebakeng sa motho ka tekano papaling ea bolo ea maoto ea selemo sa likete tse peli le metso e leshome (2010), boithuto bona bo khothaletsa hore linaha tsohle le makhotla 'ohle hloahloeng ena e ka Boroa a qalelle ho shebana le hore na puso ea libaka e hapella tekano joang maanong a eona.

### **Ho tloha liphuputsong, ho ea meralong ea merero, ho ea phethahatsong ea merero**

Ka tšehetso ea DANIDA, Gender Links e tsoetsepele ho hlophisa buka ka linaha tse 'ne tsa boithuto, le ho sebelisana 'moho le makala a tekano le puso ea libaka le makh'anselara pusong ea libaka. Koana Africa Boroa, Genda Links e sebelitse le Salga ho susumetsa leano la tekano la puso ea libaka le ileng la ananeloa.

Ka Pulungoana selemong sa likete tse peli le metso e supileng (2007) Gender Links e ile ea tsoara koetliso ea barupelli e le ho ntšetsa pele buka ena sebakeng sa ho etsa matsapa a ho nka bohato ba ho hapella tekano maemong a literekeng ka hare ho linaha tse 'ne tseo boithuto bo entsoeng ho tsona e leng Naha ea Lesotho, ea Mauritius, ea Namibia le Republic ea Africa Boroa. Koetliso ena e ile ea hokahanya baithuti ba ka bang mashome a mane (40) ho tloha mabatooeng, makaleng a Tekano le

Pusong ea Libaka 'moho le mekhatlong e ikemetseng.

Ka ho sebelisa litsebo tsa mokhupi ona tse akaretsang, ba kentseng letsoho ba ile ba amahanya mokhoa oa koetliso le litlhoko tse ikhethileng tsa linaha tsa bona, ba ile ba ba arolelana maikutlo a linaha. Qetello ea litaba tsena kaofela e bile libaka tse 'ne (4) tseo boithuto bo ileng ba etsoa ho tsona. Buka e 'ngoe le e 'ngoe naheng ka 'ngoe, e entsoe ka ho otloloha ho ipapisitsoe le litlhoko le maemo a ikhethileng a naha e joalo.

Buka ena ke tataiso ea moralo oa khatelo pelo mabapi le litaba tse amanang le tekano lekaleng la puso ea libaka le borena.



**Tšoantšisa se etsahetseng** – Tšoantšisa seo u se utloisisang ka sehlooho kapa ka boemo bo tekiloeng.



**Boichoriso** – etsa lintho ka bo uena le ka lihlopha.



**Tse hlahelletseng ka mahetla** – Hona ke mehlala e ipapisitseng le litaba tse amanang le lintlha tse itseng mabapi le se etsahetseng libakeng ka ho fapakana 'me li thusa ka hore batho ba ithuta ka liketsahalo.



**Tse ithomeng pele** – Li u fa litaba 'me li tla ekeletsa ho seo u ithutiteng sona.



**Litlhaloso** – Ho hlalosa mantsoe a macha le mantsoe ao u tlang ho ithuta ona ha untse u sebelisa buka ea boithuto, hape ho na le kakaretso qetellong ea buka ea boithuto.

### Seo buka ena ea boithuto e se kenyeletsang:

Buka e na e arotsoe ka likarolo tse 'ne (4) 'me li eme tjena:

- Lintlha tse ka sehloohong tsa tekano
- Tekano pusong
- Lisebelisoa tse ka sehloohong tsa tekano
- Qotsulo ea bothata ba ho ntšetsa tekano pele.

Lintlha tse ling tse amanang le litaba tsena li boetse li fumaneha ho CD Rom 'me likhetsi tse tšetsoeng ka ho tsona li ngotsoe ka tatellano ea linomoro lebitsong le le leng. Mohlala, F1 ho isa ho F mang mang, ela hloko tatellano e na.

Lithuto tsena li hlophiselitsoe koetlisoe ea matsatsi a mararo thupelong ka 'ngoe, empa e ka khaoloa 'me ea etsoa likaroloana tse khutsoanyane tseo e tlang hore ha li kopangoa li etse kakaretso ea matsatsi a mararo. Letsatsi la pele le halofo, le akaretsa lintlha kholo tse khannelang ho likaroloana tsa merero ea ntšetso pele lihlopheng tsa tšebetso. Morero letsatsing la boraro ho ea ka lethathamano la tsamaiso la thupelo, le fumanoa khetsing ea F1.

Qetellong ea thuto e 'ngoe le e 'ngoe, u tla fumana lintlha tsa boikhopotso ba mokoetlisi. Tsena li beiloe mono e le ho tataisa mokoetlisi nakong eo a rupelang barupelloa. Motho e mong le e mong ea nkang karolo koetlisong moo o lokela hore le eena a etsoe mokoetlisi lebatooeng la habo, 'me qetellong, le eena li tla mo tataisa.

### Tšebeliso ea buka ea boithuto

Ka kopo se ke oa qala ka ho bala lintlha tsa boikhopotso tsa mokoetlisi hobane ho etsa joalo ho tla u khanela thoko ho "boithuto ka ho etsa". Ha u ka bala lintlha tsa boikhopotso ka morao ho hore u etse boichoriso u tla li utloisisa 'me li tla u thusa hore u seke ua ba moithuti feela empa u be mokoetlisi.

### Ho ithuta ka ho etsa

Buka ena ea boithuto e fana ka mokhoa o ikhethang oa koetliso, koetlisong ena ho ithutoa ka ho etsa 'me mokhoa o na oa ho ithuta ke o phethahetseng, ka ha e le hore u ikenyeletse liketsahalong. Ho nka karolo litšoantsisong; liketsahalong; lintlheng tse itseng molemong oa ho araba liketsahalo tse hlahang lintlheng tse itlhommeng pele; ho thusa ho rerisana le hona ho nahana ka tekano mesebetsing ea lebatooa la heno. Ka holimo ho tsohle: Tekano ea matla lipakeng tsa banna le basali ke motheho mabapi le tsela eo batho ba lokelang ho phelisana ka eona molemong oa ho latsoa litholoana tse hlabosang tsa tekano.



"Kea utloa, Kea lebala"



"Kea bona, Kea hopola"



"Kea etsa, kea ruteha."

**Notes:**

## KE U THAKELA KA MALEBELA A KOETLISO

Litaba tsena tsa ho tataisa batho ba tataisang ba bang ba kenetseng thupelo li entsoe ka sepheo sa ho ba thusa ho rupela barupelloa mesebetsing ea bona ea boithuto e tla latela.

### Thuto boholo

Thuto ea batho ba baholo ho fapana le ho ruta bana, hobane batho ba baholo ba na le boiphihlelo bo ba thusang hore ba ithute ha bobebe hobane ba tseba lintho tse ngata bophelong 'me ho bobebe hore ba tsoare seo ba se rutoang ntle le tšenyō ea nako ha feela ho sebelisoa mekhoa ea boichoriso khafetsa thupelong eo ba e kenetseng. Ho ithuta ka ho etsa ho fana ka kutloisiso e batsi. Ho feta moo, hona ho ba bebofaletsa ho araba lipotso tse ngata haholo tse hlahang lintlheng tse amang bophelo ba bona ba letsatsi le letsatsi. Ka hona, mosebetsi oa motho ea rupelang mona, ke ho thusa barupelloa hore ba be le kutloisiso e batsi ba tle ba be sehlahlo le ho na ho bebofalloa ke ho fana ka likarabo tse nepahetseng.



### Boichoriso:

*A k'u nahane seo u ileng oa ithuta sona ha u ntse u hola, mohlala, ho hloa sefate, ho thelelisa, ho hlaola, ho sakha patsi, ho pheha ho lila, ho khoasa litali, ho hama, ho loha, ho rulela, ho rala le ho bua khomo kapa nku.*

### Lipotso

1. Na u ile oa thabela boichoriso boo? \_\_\_\_\_

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2. Haeba ho bile joalo ke hobaneng ha u na le maikutlo a lumellanang le taba ee? \_\_\_\_\_

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3. *Ka ho tšoana haeba karabo ea hau e sa lumellane le see, u na le mabaka a fe a etsang hore u hanane le sona?* \_\_\_\_\_

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4. *Ha u sheba, u bona e ka boichoriso boo bo ile ba o tsoela molemo?* \_\_\_\_\_

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5. *Ke hobaneng ha u na le maikutlo a hore bo u tsoetse molemo?* \_\_\_\_\_

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6. *Ha e ba ho se joalo, na u ka tšetleha mabaka e tšehetsang karabo ee ea hau 'me u be u fane ka tlatse mabapi le hore na ho etsoe joang hore se tsoele batho ba bang bao ka mohlomeng bosa ba utloeng see se ba tsoela molemo joalo ka uena?*\_\_\_\_\_

- *Ho na le khonahalo e kholo ea hore boiphihlelo bona bo bakiloe ke ho etsa.* Batho ba baholo ba ithuta hantle le ho thabela ho ithuta hoa bona haholo ha ba ithuta ntho eo ba batlang ho e etsa, hape ba batla hore ba fetohe karolo ea seo ba se etsang e bile ba atameloa kapa ho sebetsoa le bona ba fuoa tlhompho ea hore ke batho ba baholo ba se tsoaroe joalo ka bana ba sekolo, ho matlafatsoa litsebo tsa bona joalo ka ha ho se ho hlalositsoe ka holimo.
- Batho ba baholo ba boetse ba thabela boichoriso ba bona haeba ba ithuta ntho e amanang hantle le bophelo ba bona kapa litabatabelo tsa bona. Ha ho se joalo ba a nyahama ha e ba ba qobelloa ho ithuta kapa ha e ba ba sa khotsofala ke hore na molemo kapa sepheo sa thuto kapa boichoriso bo joalo bo sa hlaka.
- Re tseba hantle hore mokhoa o sa nepehelang oa thupelo ke o sa feng barupelloa monyetla oa ho akhela melangoana ea bona 'me ba lokela ho amohela seo ba se rutoang ho sa natsoe malebela ao ba ka a thakelanang ho ea ka liqholotso tse fapakaneng tseo ba thulang le tsona bophelong. Boemong ba mofuta o na, batho ba hloka thahasello ea ho ithuta, ba nka ba qobelloa kapa ho na ho qaoa tsebo eo ba sa e hlokeng ba bile ba nyenyefatsoa le ho na ho phoqa kapa ho se hlompshoe.
- Ho feta moo, ha e ba ba sitisoa ho kenya letsoho litlheng tse itseng thupelong e joalo, ba nka ba nenoa le ho na ho nyelisoa 'me ba ts'oeroe joalo ka bana ba sekolo ba banyane.

Batho ba baholo ha ba lumellane le boithuto bo sa tlising tharollo bophelong a bona, joalo ka ho se rarolle mathata le ho se akofise litabatabelo tsa bona tsa letsatsi le letsatsi. Re a tseba hore barupelloa ba ithuta le ka ho hopola seo ba ithutileng sona ka ho etsa haholo ha hona le seo ba batlang ho se etsa, ho na le hore e be ba mametse feela kapa ba ngola lintho tse seng bohlokoa ho bona. Ho joetsa motho ea ba rupelang seo a lokelang ho se etsa le hore na a se etse joang eena a sa etse letho ha ho ea nepahala hohang. Motho o khotatsoa ke hore a etse mosebetsi o lekaneng, sena se bolela hore ha motho a nka nako e telele o lahlehelo ke mamello ho sa tsotellehe hore na o bohlale ha kae.

## Morupeli

Haeba u batla nako hore baithuti ba kenye letsoho boithutong ba bona, bakoetlisi ba lokela ho sheba litaba ka mokhoa o itseng o sa tsoaneng le oa ho ruta bana. Motho ea rupelang ke motho ea tsoanetseng ho ikenya lieteng tsa batho bao a ba rupelang 'me a sebelise mekhoha e hloahloa e tla etsa hore ba be le thahasello ea seo a se rupelang molemong oa hore ba tle ba be le thahasello ea ho mamela. Se na se etsa hore thupelo e atlehe ka ha ba ba le kutloisiso ba bile ba ba le bolokolohi ba ho botsa lipotso moo ba sa utloising. Motho ea rupelang o lokela ho ba le likamano tse mofuthu le batho bao a ba rupelang. Tse ling tsa lintho tse ka matlafatsang likamano lipakeng tsa bona ke ho etsa mosebetsi ka nako, ho hlopha phaposi ea ho ngola hantle, bo teng ba metsi a nooang, lentsoe le hlakileng, lipolelo tse sa hlohlontšeng litsebe, poloko ea nako, e ka ba ea tee, ea lijo kepa ea ho tsoa, ho se nyefole litumelo kapa meetlo, mokhoa oo o buoang ka oona. Tsena ke lintho tsa bohlokoa boithutong, ho etsa mehlala ka lintho tseo ba li tsebang esita le libaka tseo ba li tsebang 'moho le hore a se ke a bontša a na le tsebo e fetang ea bona, 'me a bontše maikutlo a bona a le bohlokoa molemong oa hore ba tle ba tsebe ho phuthuloha.



Mak'hanselara a Lesotho thupelong.

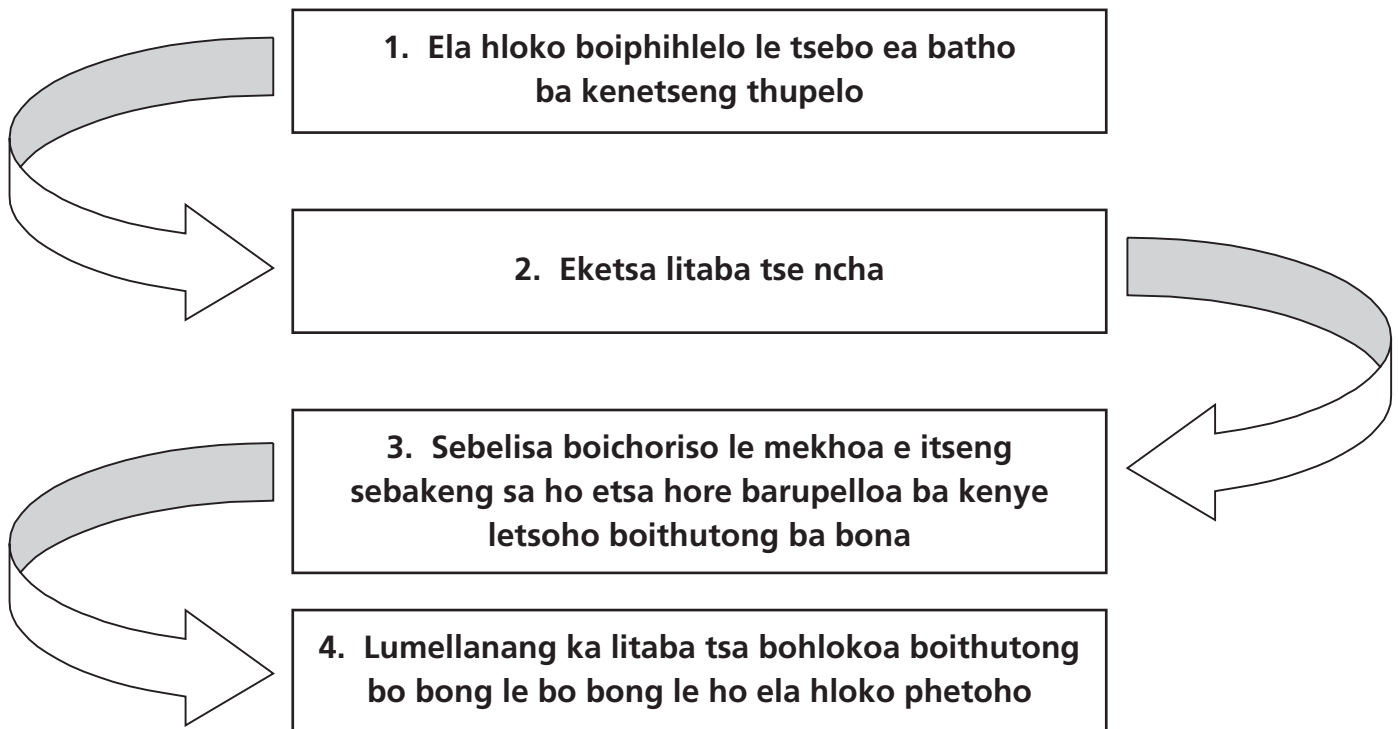
*Photo: Trevor Davies*

**Malebela malebana le bokoetlisi**

| <b>Tseo morupeli a lokelang ho li etsa thupelong</b>                                                                                                                                                                                                                     | <b>Tseo morupeli a sa tšoanelang ho li etsa thupelong</b>                                                        |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|
| ✓ Itokisetse ho tšoara thupelo                                                                                                                                                                                                                                           | X Se ke oa kenya tšusumetso malebana le litaba tse amanang le thupelo.                                           |
| ✓ E ba hlokolosi, etsa bonnete ba hore barupelloa ba na le mesebetsi eo ba e etsang; pota-pota ka hara sehlopha u shebe hore na batho ba kenya letsoho ka sehlahlo ka mokhoa o tšoanang 'me haeba ho na le ba lihlong ho bua, ba thuse hore le bona ba hlahise maikutlo. | X Qoba ho nka taolo ea thupelo, se ka ua nena batho ba lihlong ho bua kapa ho na ho ba hlokela nako.             |
| ✓ E ba hlokolosi hore ha u sebelise puo e hlohlontšang litsebe kapa e hobosang kaha e tla hlokisa barupelloa thahasello ea ho mamela seo u se buang.                                                                                                                     |                                                                                                                  |
| ✓ Fana ka maikutlo a nang le mooko-tabane                                                                                                                                                                                                                                |                                                                                                                  |
| ✓ Etsa bonnete ba hore oa bala molemong oa hore u tsebe lintlha ka botlalo. Ho feta moo, bua ka seo u se tsebang ka ho phethahala.                                                                                                                                       |                                                                                                                  |
| ✓ Etella-pele le ho na ho tataisa mesebetsi ea lihlopha ka mamello                                                                                                                                                                                                       |                                                                                                                  |
| ✓ Hlahloba litokomane 'me u etse bonnete ba hore ha ho seo u se lebetseng.                                                                                                                                                                                               |                                                                                                                  |
| ✓ Tsepama tabeng ha u ruta                                                                                                                                                                                                                                               | X Se ke oa lumella lipuisano hore li tsoe taolong kapa li be ka thoko ho sehlooho se ho buisanaoang ka sona.     |
| ✓ Laola le ho na ho tataisa barupelloa.                                                                                                                                                                                                                                  | X Se ka ua lumella batho ba bangata ho bua ka nako e le 'ngoe.                                                   |
| ✓ Fana ka kakaretso e otlang taba botsekeng qetellong ea sehlooho se seng le se seng.                                                                                                                                                                                    | X Se ke oa siha puisano malebana le ntlha eo ho buuoang ka eona e sa fela kapa ho na ho thethoa.                 |
| ✓ E ba le taolo ea nako                                                                                                                                                                                                                                                  | X Se oa ikakhela ka setotsoana haholo lipuisanong, tlohela barupelloa hore e be bona ba bapalang karolo e kholo. |
| ✓ Fokotsa lenane la lihlopha kapa u etse hore lihlopha li se ke tsa e ba ngata ho tloha sethathong                                                                                                                                                                       |                                                                                                                  |
| ✓ Etsa hore thuto e se ke ea e ba telele                                                                                                                                                                                                                                 |                                                                                                                  |
| ✓ Rala lethathamo le tsamaisang thupelo ka bokhabane 'me sehlooho se seng le se seng se be le nako e lekaneng.                                                                                                                                                           |                                                                                                                  |
| ✓ E ba sehlahlo ha u sebetsana le litaba tsa thupelo                                                                                                                                                                                                                     | X Hlaloa ka botlalo se boleloang moo ho hlokaahalang tlhaloso.                                                   |
| ✓ E ba le matsapa a ho laola maemo a tlokotsi kapa tšohanyetso a ka tšohang a hlaha                                                                                                                                                                                      |                                                                                                                  |
| ✓ E ba le boiqapelo ba maneri a macha 'moho le matsapa a boiqapelo ba hau.                                                                                                                                                                                               |                                                                                                                  |
| ✓ Sebelisa likarete tsa VIPP e le boinchafatso mokhoeng oa ho kenya letsoho thupelong.                                                                                                                                                                                   |                                                                                                                  |

Ka melaoana ena, morupeli o hloka ho itšetleha ka boiphihlelo ba barupelloa 'me ebe o ahella thuto ea hae holima bona.

## MAEMO A BOHLOKOA LITABENG TSA KOETLISO



### Tseba barupelloa ba hao

Tseba batho bao u ba rupelang ka botlalo molemong oa hore u tle u tsebe ho sebetsa hantle le bona, u lokela ho ipotsa lipotso tse latelang pele u rala thupelo molemong oa hore u tle u tsebe ho sebetsa le bona u sa ba hate litorong:

- Ke bo mang barupelloa ba hao? Ke batho ba mofuta ofe le hore na ba sebetsang?
- Ke batho ba nang le lilemo tse kae?
- Ke batho ba holetseng kae? Ha joale ba phela ho kae?
- Ke puo efe eo ba e buang, ba e balang le ho e ngola hantle?
- Ba fihletse boemo bo fe ba thuto?
- Ke mesebetsi e fe eo ba e entseng pele ho thupelo ee?
- Ha ba se mosebetsing ba thahasella ho etsa eng?
- Litabatabelo tsa bona ke li fe?
- Litabatabelo tsa mesebetsi oa bona ke li feng?
- Ke eng eo ba e tsebang ka thupelo ee?
- Ke e eng eo ba batlang ho e tseba ho feta moo?
- Maikutlo a bona ke a fe malebana le koetliso ee?
- Tebello ea bona ke eng malebana le thupelo ee?
- Ke mathata a mofuta ofe ao ba nahanang hore ba ka thulana le oona thupelong ee?
- U tla rarolla mathata aa joang e le hore ba tle ba amohele thupelo ba phutholohile?

### 'Mele, maikutlo le kelello

Basotho hammoho le Makherike ba lumela hore ho ithuta ho amana le 'mele, kelello le moea kapa oona maikutlo. Sena se ka boela sa hlaloso ka tsela e 'ngoe hoa thoe, thuto e lokela ho fetisoa ka tsela ea ho ithuta ka ho etsa, ka maikutlo a tebileng le ka kelello e pholileng. Ho na ho etsa hore barupelloa ba natefeloe ke ho ithuta.

## Lisebelisoa

Ho na le mefuta e mengata ea lithusa-thuto tse ka sebelisoang ha ho koetlisoa batho. Lithusa-thuto li thusa ho thophothetsa thuto barutuoeng. Li akofisa kutloisiso, ka ho totobatsa se boleloang. Lithusa-thuto li boetse li susumetsa thahasello tabeng.

### Lithusa-thuto tse ngoloang kapa tse ngotsoeng

- Likarete tse ka manamisoang leboteng: totobatsa hore karete e be le taba e le 'ngoe; ho ngoloe hantle; ho sebelisoa mebala; "ho ka sebelisoa mebala e fapakaneng 'moho kapa hoa tsoakoa mebala"
- Ho fana ka mosebetsi o baloang ho barupelloa ba fapakaneng; ba kope ho tlaleha litaba tseo ka mokhoa o bebofalitsoeng lihlopheng tsa bona.
- Etsa kakaretso ea litaba tsa hao letlapeng
- Etsa papali ea mantsoe a tsamaeang 'moho
- Kopa barupelloa ho hlalosa lintlha kapa litšoantšo tse lingoloeng
- Etsa kakaretso ea karolo e 'ngoe le e 'ngoe ea thuto

### Lithusa-thuto tse shebelloang (fillimi, video, tšoantšiso)

- Kopa barupelloa hore ba ngole seo ba se utloisisitseng ka seo ba neng ba se shebelletse, 'me ba se amahanye le tikoloho ea bona.
- Kopa barupelloa ho hlalosa lintlha kapa litšoantšo tseo ba li fumaneng le tseo ba li boneng, ba be ba li nyalanye le tikoloho ea bona.

**Hopola:** se lebale tšoantšiso ea se-tu (e etsoang ntle le mantsoe).

### Barupelloa e ka ba lithusa-thuto ka bo bona

- Thupellong ea bakoetlisi ba bang
- Tšebetsong 'moho – mokhoa oa ho sebetša 'moho ho khobokanoa; ho binoa; ho buisanoa; ho ngangisanoa; ho etsoa melumo e fapakaneng; ho bapaloa; ho tšoantšisoa; ho arolelanoa maikutlo; ho botsanoa lipotso; ho etsoa liphuputso; ho rarolloa mathata; ho bina;
  - Lihlopha e be tsa barupelloa ba sa feteng leshome
  - Sehlopha ka seng se be le mongoli le motlalehi
  - Litho tse ling tsa sehlopha li ka fereha ba bang ho ea le maikutlo a bona
- Ho etseng litšomo;
- Phanong ea bopaki ba se etsahalang maphelong kapa litikolohong tsa bona;
- Ho latela tsela eo ho lutsoeng ka eona ka thupelong. Khothaletso ke hore ho luloe ho shejanoa, litulo li entse tlhako ea pere.
- Kakaretso ea karolo e 'ngoe le e 'ngoe ea thuto

### Qholotsa boinahano ka ho lepa, ho aha nalane

Boithlhophisetsong ba thupelo qholotsa boinahano ka ho botsa lipotso tse latelang ka tlhekefetso:

- Boemo boo bo phahamisitsoe ke eng?
- Ho tla etsahala eng ha morao?
- Ke bo mang ba thabelang le ho thoholetsa see?
- Ke mofuta ofe oa batho o ka etsang see?
- See se ka fenngoa ha ho ka etsoang eng?

## Mahlo le litsebe

Qalong ea letsatsi le leng le le leng u khethe batho ba babeli bao e mong e tla ba mahlo e be emong eena e ba litsebe tsa thupelo. Batho bana ba tlaleha ho ba teng ka mehla ho isa qetellong ea letsatsi kapa maqalong a letsatsi le hlahlamang.

Batho bana bao e leng mahlo le litsebe ba thusa ka hore ba akaretse mosebetsi oa letsatsi oa thupelo le ho hlahisa mathata e le hore a tle a rarolloe ke barupelloa 'moho. Ke taba ea bohlokoa haholo hore barupelloa ba be le bolokolohi ba ho hlahisa maikutlo a bona esita le litabeng tse fokolang. Seabo sa mahlo le litsebe ke ho totobatsa tseo ba li utloileng le tseo ba li boneng tse amanang le thupelo, e ka ba ka thupelong kapa ka ntle ho thupelo.



Barupelloa thupelong ea tekano Lesotho

*Photo: Colleen Lowe Morna*

**Mohlala oa lethathamo la moralo oa thupelo o khotlaletsoang morupelloa oa litaba tse amanang le tekano.**

| LETSATSI NAKO                                                                                    |  | MOSEBETSI OA LETSATSI                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | MOIKARABELLI |
|--------------------------------------------------------------------------------------------------|--|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------|
| <b>Letsatsi la pele</b>                                                                          |  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |              |
| 8.00 – 8.30                                                                                      |  | Ngoliso                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |              |
| 8.30 – 9.00                                                                                      |  | Pulo ea molao le sepheo                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |              |
| 9.00 – 9.30                                                                                      |  | Papali ea ho tsebana<br>Tataiso ea pele: Litaba tsa bohlokoa tsa tekanno ea botona le botsehalali                                                                                                                                                                                                                                                                                                                                                                                                            |              |
| 9.30 – 10.30                                                                                     |  | Botona/Botsehalali le tekano ea botona le botsehalali                                                                                                                                                                                                                                                                                                                                                                                                                                                        |              |
| 10.30 – 11.00                                                                                    |  | <b>Tee / Kofi</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |              |
| 11.00 -12.00                                                                                     |  | Mosebetsi oa lihlopha ka litloaelo tsa batho.                                                                                                                                                                                                                                                                                                                                                                                                                                                                |              |
| 12.00 – 13.00                                                                                    |  | Mosebetsi oa lihlopha ka liqholotso tsa litloaelo tsa batho; ho sheba khatello ka botebo.                                                                                                                                                                                                                                                                                                                                                                                                                    |              |
| 13.00 – 14.00                                                                                    |  | Lijo tsa motšoare                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |              |
| <b>Tataiso ea bobeli: Tekano ea Botona le botsehalali le puso.</b>                               |  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |              |
| 14.00 – 15.00                                                                                    |  | Mosebetsi oa lihlopha ka ho fumana monyetla; ho Kenya letsoho le ho tliša liphethoho.                                                                                                                                                                                                                                                                                                                                                                                                                        |              |
| 15.00 – 15.30                                                                                    |  | <b>Tee / Kofi</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |              |
| 15.00 – 16.30                                                                                    |  | Litlaleho tsa lihlopha                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |              |
| Mosebetsi oa lapeng                                                                              |  | Karete ea lintlha tsa liphethoho                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |              |
| 16.30 – 17.00                                                                                    |  | Litlaleho tsa lihlopha tsa letsatsi la pele                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |              |
| <b>Letsatsi la bobeli</b>                                                                        |  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |              |
| 8.00 – 8.30                                                                                      |  | Mahlo le litsebe                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |              |
| <b>Tataiso ea boraro: Lintlha tsa bohlokoa tsa moralo oa tekano pusong ea libaka</b>             |  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |              |
| 8.30 – 9.00                                                                                      |  | Re ithutleng karete ea lintlha                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |              |
| 9.00 – 10.00                                                                                     |  | Litlhoko tse tloaelehileng le tse kenyeletsang maano                                                                                                                                                                                                                                                                                                                                                                                                                                                         |              |
| 10.00 – 10.30                                                                                    |  | <b>Tee / Kofi</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |              |
| 10.30 – 11.30                                                                                    |  | Sehlopha sa pele: khapello ea tekano pusong ea libaka<br>Sehlopha sa Bobeli: Lipalo tsa Botona le Botsehalali.<br>Sehlopha sa boraro le sa bone: Tekano, moruo le likhakanyo tsa lichelete.<br>Sehlopha sa bohloko: Mokhoa oa ho sebetsana le tekano pusong ea libaka                                                                                                                                                                                                                                        |              |
| 11.30 – 12.30                                                                                    |  | Litlaleho tsa lihlopha                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |              |
| 12.30 – 13.30                                                                                    |  | <b>Lijo</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |              |
| <b>Tataiso ea Bone: Moralo oa pele oa tsebetso oa litaba tsa tekano ea botona le botsehalali</b> |  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |              |
| 13.30 – 15.30                                                                                    |  | Sehlopha sa pele: Puso<br>Sehlopha sa bobeli: Manane a khethehileng a tekano ea pusong ea libaka<br>Sehlopha sa boraro: Tekano ka hara manane a moruo, taolo ea thepa, phano ea matlo, lipalangoang le lisebelisoa pusong ea libaka<br>Sehlopha sa bone: Tekano ka mananeng a bophelo, HIV le AIDS, bophelo le tikoloho le ntlatso ea sechaba pusong ea libaka<br>Sehlopha sa bohloko: litaba tsa bosebetsi le tikoloho<br>Sehlopha sa botselela: Mokhoa oa ho sebetsana le litaba tsa botona le botsehalali |              |
| 15.30 – 16.00                                                                                    |  | <b>Tee / Kofi</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |              |
| 16.00 – 17.00                                                                                    |  | Litlaleho tsa lihlopha                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |              |
| <b>Letsatsi la boraro</b>                                                                        |  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |              |
| 8.30 – 10.30                                                                                     |  | Tlhatlhobo le kananelo ea moralo oa tekano ea botona le botsehalali.                                                                                                                                                                                                                                                                                                                                                                                                                                         |              |
| 10.30 – 11.00                                                                                    |  | <b>Tee / Kofi</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |              |
| 11.00 – 12.30                                                                                    |  | Kakaretso ea litaba le hore ho uoa pele joang.                                                                                                                                                                                                                                                                                                                                                                                                                                                               |              |
| 12.30 – 13.30                                                                                    |  | Lijo tsa motšoare le hore batho ban eng ba kenetse thupelo ba ea tsamaea.                                                                                                                                                                                                                                                                                                                                                                                                                                    |              |

## BOITOKISETSO BA KHAOLO EA PELE

Tlhaloso ea mantsoe e phuthetse lihlooho tse latelang:-

- Mong;
- Botšoeali le botona;
- Bosali le bonna;
- Tekano;
- Mehloli ea litumelo le litloaelo.

Tokisetso ea thuto ena e tsepame holima ho totobatsa kutloisiso ea mantsoe ana. Totobatsa phapano ea potso ea *'ke ngoana mong?*' le kutloisiso ea ha motho a se a tseba hore na ngoana ke oa mong. Supa ka mehlala hore botšoeali ha bo tšoane le bosali 'me le botona ha bo tšoane le bonna (a ke re ka Sesotho rakhali ke ntata ho ngoana khaitseli'e? ha motho e motona eena ekaba 'm'a ho ngoana khaitseli'e?).

Supa ka mehlala se boleloang ka tekano. Mona u ka tla le lithupa tse sa lekaneng ka bosesanyane, ka bolelele le ka botenya ho tla totobatsa sena. Kopa barupelloa ba hau ho fana ka mehlala le bona u ka lokisa majoe, mabokose, likhalase le haele eng kapa eng e ka bapisoang. Thusa hore barupelloa ba hau ba utloisisa seo ba se bapisang ka besebeletsi ba sechaba, kanetso ea tšebeletso sechabeng (*i.e motlakase metseng, metsi, tšebeletso ea bophelo, bosupisi ba temo, thophothetso ea tekano joalo joalo*).

Mehloing ea litumelo le litloaelo kopa barupelloa ho tloha sethathong hore e be bona ba fanang ka mehlala ea mehloli ena. Ba botse lipotso tse tla ba tataisa likarabong tsa bona. U ka ba fa ho ngola maele a ka bang mararo leboteng, koranta e nang le litšoantšo, tšoantšiso kapa pale le lipina joalo joalo.

**Notes:**



Basali le banna ba etsa mesebetsi e tšoanang Maseru

# KHAOLO PELE TLHALOSO EA MANTSOE

## Sepheeo:

1. Tlhaloso ea lentsoe monǎ;
2. Tlhaloso ea mantsoe botšehali le botona;
3. Tlhaloso ea mantsoe bosali le bonna;
4. Tlhaloso ea tekano;
5. Tlhaloso ea mehloli ea litumelo le litloaelo.

# MONG, BOTŠEHALI LE BOTONA



## Boichoriso 1:

Ha potso e re na ngoana ke oa mong, karabo e ipapisa ka likarolo tsa ngoana eo tsa botho. Ha ho le joalo mong e hloka tlhaloso ea botho ba motho kaha e le eona feela e sebelisoang ho fihlela phapano ea tlholeho lipakeng tsa ba batšehali le ba batona.

Botšehali le botona ke karolo ea botho ba batho ea tlholeho. Botšehali le botona ke likarolo tsa 'mele oa motho tse sebelisoang ho ntša metsi 'meleng, ho sesa. Tšebetso ea litho tsa botšehali le botona e ea ka lilemo kapa oona mothati oa kholo. Ke tsona likarolo tsena tsa botšehali le botona tse etsang mesebetsi e mengata ea tlholeho joalo ka ho tea metsi ho ba batšehali hammoho le pelehi. Tšebeliso ea litho tsa botšehali kapa botona e ka etsoa ke ba nang le bokoa le ba se nang bokoa.

## Botšehali le botona

A ko fane ka mehlala ea lintho tse etsahalang ho ba batšehali le ba batona lilemong tse bontšitsoeng ka lebokoseng.

| Lilemo  | Botšehali | Botona |
|---------|-----------|--------|
| 0 - 7   |           |        |
| 7 - 15  |           |        |
| 16 - 20 |           |        |
| 21 - 40 |           |        |
| 41 - 59 |           |        |
| 60 +    |           |        |

Khoho e etsa hore ho be le tse ngata tse etsahallang ea holang. Lilemong tse itseng tsa khoho motho o mela liolamolara, a tee metsi, neneng ha a se anyetsoe a ime a be a belehe ngoana, a mo anyese. Ka nqa e 'ngoè khoho e etsa hore motho a tiee lentsoe, a mele litelu, a etse peo ea bonna e etsang ngoana 'me a be le ngoana.

## Bosali le bonna



## Boichoriso 2:

Bosali ke boemo boo batho ba batšehali ba bo fihlelang ka lebaka la mesebetsi eo ba e etsang e sa ikamahanyeng le litho tsa bona tsa botho. Bonna ke boemo boo batho ba batona ba bo fihlelang ka lebaka la mesebetsi eo ba e etsang e sa ikamahanyeng le litho tsa bona tsa botho. Mesebetsi eo ho tsepamisoang maikutlo ho eona mona, ke mesebetsi e totobatsoang ke sechaba se ipapisitse le kholiso ea ngoan'a mosotho, litloaello, mekhoha le meetlo. Motho o bitsoa mosali kapa monna ka lebaka la boiphihlelo ba hae mesebetsing e itseng; ho bolelang hore mona lilemo ha se tsona ha kaalo taba eo ho hlalhojoang sena ho ipapisitsoe ka tsona, taba-taba ke boiphihlelo ba motho ka mong. Leha ho

le joalo ka nqa e 'ngoe tebello ea sechaba e na le ho tsepama mothating o itseng oa bophelo haholo-holo moo batho ba na ba seng ba kene lenyalong.

Tekano eona e ka hlaloso ka ho hlaloba tšebetso ea ba batšehali le ba batona e ka thoko le tšebeliso ea litho tsa bana tsa botšehali le botona. Mesebetsi eo re tsepamisang maikutlo holima eona mona ke enoa e etsang hore e motšehali le e motona ba hlaloso ka mantsoe a mangata-ngata. Mesebetsi eo ho ipapisoang le eona mona e itšetleha holima thahasello, taba-tabelo esitana le boiphihlelo ba motho ka mong. Mareho a supang botšehali a sebelisoang mona ke ana: ngoanana; ausi; moroetsana; mosali; mosalinyana; mosali-moholo; 'mè; 'mangoane; malome; rakhali; motsoala; le nkhono. Mareho a sebelisoang ho hlalosa ba batona 'ona ke: moshanyana; mohlankana; abuti; ntate; rangoane; malome; motsoala; le ntate-moholo. Mona ke moo u ka fumanang e motšehali le e motona ba etsa mesebetsi e etšoanang ho sa tsotellehe lilemo tsa bona. Mohlala:

1. botichere
2. booki
3. bongaka
4. bo-buelli
5. boruti
6. bolisana
7. seahi
8. seapehi
9. sehoai
10. mopolotiki

Kaha tekano e talima thahasello, taba-tabelo le boiphihlelo ba motho ka bo mong, e khothaletsa hore litšita tsohle li tlosoe e le hore ntšetsopele e phethahale ntle le tšitiso e fe le e fe. Ke ka lebaka lena ho nang le tlhopho-bocha ea melao e le hore ho tlosoe khethollo le tšekisetso e neng e etsoa ke melao eo.

### Lipotso

1. U ithutile eng ka botšehali le botona? \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_
2. Phapano ke efe lipakeng tsa botšehali le botona esitana le tekano? \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_
3. Fana ka mehlala ea mareo a tšeletseng a ka oelang botšehaling le botoneng. \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Motho e mong le emong ea kenetseng thupelo ena o tla fuoa likarete tse nang le lintlha, boikarabelo 'moho le mesebetsi e sa tsoaneng. O tla lokela ho beha likarete tsena ho eena ho le leng la mahlakoreng a mabeli a lebota: e ka ba moshanyana kapa monna le mosali kapa ngoanana, ba li behe ka mahlofo ao ba tla bona e ka ho tla nepahala ha behile ka oona.

**Boichoriso: phapano lipakeng tsa botona/bots'ehali le basali/banna**

Tšoaee moo u bonang e meng ea mesebetsi ena e bapa kapa e amana le botšehali/botona le basali le banna.

| Mosebetsi         | Botšehali/botona | Basali/banna |
|-------------------|------------------|--------------|
| Kanyeso           |                  |              |
| Mopheho           |                  |              |
| Ho ea matsatsing  |                  |              |
| Tsamaiso          |                  |              |
| Ho mela litelu    |                  |              |
| Litebele          |                  |              |
| Lentsoe le leholo |                  |              |
| Moloho            |                  |              |
| Ho etsa liqeto    |                  |              |

**Tekano****Boichoriso 3:**

Tekano ke lentsoe le ahiloeng holima lereho '*ho lekana*'. Ho lekana ho bolela hore seo ho buuoang ka sona sea lekana: e ka ba ka bolelele; ka bophara; ka botenya; bosesanyane le botebo j.j. ho lekana ho supa papiso ea lintho tse peli le ho feta. Papiso e ka boela ea hlahloba hore molemo

- Na o unoa ka ho lekana ke basali le banna? (haeba ke menyetla) na basali le banna ba na le menyetla e lekanang ea ho intlafatsa kapa hona ho aha malapa a bona?
- Na ho ntlafatsoa ba se nang bokooa ka ho lekana le ba nang le bokooa?
- Na molemo o tsoela molemo ba litoropong ka ho lekana le ba seng litoropong?
- Na taba e ama seabo sa basali ka ho lekana le sa banna?

Tekano e tsepama holima kutloisiso ea hore batho bohle: basali, baroetsana, banna le bahlankana ba na le seriti sa botho. Tekano ke tšiea ea bohlokoa ea bolokolohi le litokelo tsa mantlha tsa botho, 'me ka hona botho ba motho bo tlameha ho tla pele linthong tsohle, ekaba ho uneng molemo, tšireletsong le paballehong ea bolokolohi le litokelo tsa mantlha tsa botho, kapa ho kenyeng letsoho phethahatsong ea bolokolohi le litokelo tsa mantlha tsa botho.

Kutloisiso ke hore puso ea sechaba ka sechaba e tsepama holima litaba-tabelo tsa sechaba tse supang tsela mekhoeng ea puso le lipolotiki; puso le kholiso ea moruo; puso, mekhoe le meetlo; puso le kholiso ea bochaba ba Basotho; hammoho le ho nkeng karolo ka mokhoa o toma linthong tsohle tse amang maphelo a bona. Ka hoo kakofiso le tšireletso ea bolokolohi le litokelo tsa mantlha tsa botho li tlameha ho akaretsoa ho tloha motseng; lekhotleng la mathomo; lekhotleng la setereke ho isa boemong ba naha, 'me li tlameha ho akofisoa le ho baballoa ntle le lipeelo tsa letho.

Batho ba nang le bokooa akaba basali, baroetsana, bahlankana le banna ba tlameha hore ba fuoe tiisetso ea tšireletso le paballo ea bolokolohi le litokelo tsa mantlha tsa botho. Sena se ka fihleloa feela ha ho ka ba le tiisetso ea monyetla e lekanang le ea ba se nang bokooa 'me seo se etsoe ho tloha metseng ho isa boemong ba naha. Ho tla hlokeha hore ho hlaoloe lintho tsohle tse neng li khinne bolokolohi hammoho le tšireletso le paballo ea litokelo tsa mantlha tsa batho ba nang le bokooa, tse ka tsoarehang; tse bonahalang; tse hlohang lichelete; tsa katamelo; tse amang maikutlo le kellello; tse ba kotelang le tse khinang seabo sa bona motseng, lekhotleng la mathomo, lekhotleng la setereke le boemong ba naha.

Tekano e na le litšiea tse latelang:

- Botho ba motho:- O hlahile a lokolohile a bile a na le seriti sa botho;
- Motho ke 'moko oa ntšetsopele ea naha;
- Bophelo bo botle ke tšiea ea bohlokoa ea ntšetsopele – ka hona motho a fuoe monyetla oa ho totobatsa neo ea hae ea tlhaho ntšetsopeleng ea naha;
- Qotsulo le pheliso ea tliekefetso ke tšiea e tla akofisa bophelo bo botle;
- Kaha bophelo bo botle ba tsa thari le pelehi ke tšiea ea bohlokoa e tlameha ho etsetsoa manane a ntlatfatso, ntšetsopele le kakofiso 'me tšebeliso ea tsona e pharalle e fanoe ntle le tliekefetso. Banyalani le batho ka bo mong bana le bolokolohi le tokelo ea mantlha ea ho etsa qeto e nang le boikarabello ea palo le tlhahlamiso ea bana ba bona 'me ba be le thuto le tlhahiso leseling holima tseo;
- Lelapa ke tšiea ea bohlokoa ea motse e hlokoang ho matlafatsoa, ho tšetsoa le ho sireletsoa. Tšireletso ea lelapa e thomeha mananeng a tšetso, tšireletso hammoho le paballo ea lenyalo leo ho kenoang ho lona tumelo le tekano ea banyalani;
- E mong le e mong o na le tokelo ea thuto. Thuto e tobe ntšetsopele ea batho, seriti sa botho le boiphihlelo ba motho ka bo mong. Manane thuto a matlafatse tlhompheo ea bolokolohi le litokelo tsa mantlha tsa botho ho kenyeletsa ntšetsopele ea sechaba.

### Lipotso

1. U utloisisa eng ka lentsoe tekano? \_\_\_\_\_

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2. Tekano e sebelisoa moo ho leng joang? \_\_\_\_\_

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3. Na tekano e ka sebelisoa ho bontša boemo bo renang lekhotleng la mathomo kapa la setereke? Joang?\_\_\_\_\_

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4. Na ho ka hlakisoa boemo bo renang lekhohleng la mathomo kapa le setereke ka tšebeliso ea lipalo le lipalo-palo? Hlalosa. \_\_\_\_\_

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5. Ke boemo bofe bo renang lekhohleng la heno la mathomo boo u ka bo fanang e le mohlala oa khaello ea tekano kapa e le kakofiso ea tekano? \_\_\_\_\_

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### Mehloli ea litumelo le litloaelo



#### **Litlhaloso:**

#### **Litloaelo tse fetohileng tumelo:**

Ho boleloang ka litloaelo tse fetohang tumelo? Sena se ka hlaloseha ha bobebe ka mohlala o latelang:

### Sehlopha sa pele: Maele, maelana le lipoleloana

Nalane, 'moho le mekhoha le meetlo ea Basotho ke tsona mehloli ea litumelo le litloaelo tsa Basotho. Ho tloha ha ngoanana kapa moshanyana a hlahile, ha e be sale a bolelloa hore o matla kapa oa fokola o tla feela a be matla kapa a fokole. Sena se ama bokamoso ba hae e le motho, ba lelapa la hae, 'moho le ba naha ka kakaretso. Sena se susumetsoa ke maele; maelana; lipolelo le lipoleloana; lipina; litšomo le lipale; litšoantšo; thuto ea mathomo; bophatlalatsi; liballoa kutloisiso; lipapatso esitana le bolumeli.

Ketsahalong e 'ngoe, ngaka ea mosali e ne e tlile thupelong ea HIV le AIDS, Lesotho, 'me mohlophisi oa thupelo a romela moqhobi ho ea lata ngaka eo boemelong ba lifofane. Ho ile hoa nka moqhobi nako e telele ho teana le ngaka eo 'me hoa hlola leha mohlophisi oa thupelo a se a hokahanya kopano ea bona ka mehala. Nakong eo ba teanang, moqhobi o ile a hlolloa ha a fumana hore ngaka eo ke mosali, 'me a bua tjena "Ke ne ke nahana hore u monna ha ke utloa ho thoe ke tlo u lata".

1. Ak'u fane ka maele, maelana le lipoleloana tse matlafatsang kapa tse nyenyefatsang basali le banna.

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2. Lethathamong leo u le faneng karabong ea 1 kaholimo ak'u khethe maele, maelana le lipoleloana tse tharo tse matlafatsang le tse tharo tse nyenyefatsang basali le banna. \_\_\_\_\_

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3. Ke maele, maelana le lipoleloana life tseo u ka ratang hore li sale li ntse li sebelisoa ho bana bah au, bang ka uena le lelapa la hau? \_\_\_\_\_

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4. Ke hobaneng u li thahasellang ho feta tse ling? \_\_\_\_\_

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### Sehlopha sa bobeli: Lipina

1. Ak'u fane ka lenane la lipina tse 'ne tseo u li tsebang tse matlafatsang le tse nyenyefatsang basali le banna ka tsela e latelang:

| Lebitso la pina | Sebini<br>Mosali / monna | Molaetsa<br>Oa matlafatsa / oa<br>nyenyefatsa | O matlafatsa kapa<br>o nyenyefatsa<br>Mosali / monna |
|-----------------|--------------------------|-----------------------------------------------|------------------------------------------------------|
|                 |                          |                                               |                                                      |
|                 |                          |                                               |                                                      |
|                 |                          |                                               |                                                      |
|                 |                          |                                               |                                                      |
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|                 |                          |                                               |                                                      |
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2. Sepheeo sa sebini ka seng e ne e le sefe sa ho bina pina eo? \_\_\_\_\_

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3. Na lipina tsee li susumetsa litloaelo le litumelo? Hobaneng ha u nahana joalo? \_\_\_\_\_

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4. Ke se feng se ka etsoang ho fokotsa kapa ho felisa lipina tse nyenyefatsang basali le banna? \_\_\_\_\_

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### Sehlopha sa boraro: Litšomo le lipale

1. Na litšomo le lipale li ka nyenyefatsa kapa ho eisa basali le banna? \_\_\_\_\_

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2. Ak'u fane ka mehlala e meraro ea lipale le litšomo tse matlafatsang le hona ho eisa basali le banna. \_\_\_\_\_

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3. Mehlaleng eo u e faneng ho matlafatsoa kapa ho eisoa basali kapa banna? \_\_\_\_\_

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4. Ea matlafatsoang o matlafatsoa ke mosali kapa ke monna? Ea eisoang eena o eisoa ke mosali kapa ke monna? \_\_\_\_\_

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5. Ke se fe se susumelitseng eo ea matlafatsang le eo ea eising? \_\_\_\_\_

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6. Qetellong ea tšomo kapa pale eo ke mang eo e bang mohloli? Na ebe ke ea matlafatsoang kapa ea eisoang? \_\_\_\_\_

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### Sehlopha sa bone: Bolumeli

1. Ke bolumeli bofe bo bongata tikolohong ea heno? \_\_\_\_\_

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2. Na bolumeli bo ka matlafatsa kapa hona ho eisa basali le banna? \_\_\_\_\_

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3. Ho matlafatsoa kapa ho eisoa hoo ho iponahatsoa joang bolumeling boo u bo boletseng? \_\_\_\_\_

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4. Ho ka etsoa eng ho felisa ho eisa kapa ho nyenyefatsa basali le banna hoo? \_\_\_\_\_

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#### Sehlopha sa bohlano: Mekhoa le meetlo

1. Na sechaba se seng le se seng se na le mekhoea le meetlo ea sona, eo e ka bang e se khetholla lichabeng tse ling? \_\_\_\_\_

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2. Na mekhoea le meetlo e ka matlafatsa le hona ho nyenyefatsa basali le banna? \_\_\_\_\_

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3. Fana ka mehlala e meraro ea mekhoha le meetlo e matlafatsang kapa e eisa basali le banna. \_\_\_\_\_

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4. Na ho hlokahala tlhahlobo-bocha ea mekhoha le meetlo ka kakaretso? \_\_\_\_\_

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5. Molemo oa ho hlahloba bocha mekhoha le meetlo ke ofe? \_\_\_\_\_

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6. Mekhoa le meetlo e eisang basali le banna e ka felisoa joang? \_\_\_\_\_

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### Sehlopha sa botšelela: Bophatlalatsi le lipapatso

1. Na bophatlalatsi le lipapatso li ka matlafatsa kapa tsa nyenyefatsa basali le banna? \_\_\_\_\_

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2. Ak'u fane ka mehlala e meraro ea bophatlalatsi kapa papatso e matlafatsang kapa ho nyenyefatsa basali le banna. \_\_\_\_\_

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3. Litaba tse latelang li hlaha koranteng ea 'Sun', ke tsa monna ea bitsoang Nkone ea bolaileng mosali oa hae. Litaba tsena li fumaneha li feletse khetsing ea CD Rom 73. \_\_\_\_\_

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*Koranteng ea Daily Sun ea 6 Motšeanong*

Monna ea bolaileng mosali oa hae o hlaha a ile a letsetsa koranta eo, a ipolela hore ke eena 'molai oa mosali oa hae. "Ke hobaneng ke entse see?" ke eena eo. Ho latela polelo ea Nkone, polao ha se tharollo ea litaba. Ho se tšoane ka maikutlo e ke ea eba lebaka le utloahalang la ho bolaea mosali. Tharollo e nepahetseng ea litaba ke eo ho eona mosali le monna ba buisanang le ho shebisana taba, 'me ba itšetleha ka thahasello le boiphihlelo ba bona ba ho rarolla taba.

4. Ak'u fane ka mohlala e kang o kaholimo eo u e tsebang e etsoa ke basali kapa ke banna. \_\_\_\_\_

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5. Na mehlala eo u faneng ka eona e matlafatsa kapa e nyenyefatsa basali le banna? \_\_\_\_\_

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6. Liketso tse kang tsee tsa Nkone li ka felisoa joang? \_\_\_\_\_

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#### Boichoriso 4:

#### Qholotso ea litloelo tse fetohileng tumelo

Bala litaba tse hlahang boithutong bo latelang 'me u arabe lipotso tse hlahlamang



#### I. Ithute liratsoana tse lateng 'me u arabe lipotso tse tla latela.

Morena Toka Letsie ke e mong oa marena a mabeli a emetseng marena lenaneng la batho ba mashome a mabeli a metso e 'meli (22) le bopang Lekhotla la Puso ea Libaka la setereke sa Quthing ho latela Molao oa Puso ea Libaka, 'me boholo ba litho tsa Lekhotla lena ke banna joalo ka ha ho tloaelehile hore litaba tse mabapi le liqeto tsa sechaba naheng ena li kolla botoneng. Leha ho le joalo, morena Toka Letsie joaloka motho ea jeleng borena lefa ho 'mè oa hae, ke mokhelo tabeng ena, 'me sena mohlomong ke sona se mo sokolotseng maikutlo mabapi le hore kutloisiso ea hore basali ba na le tokelo ea ho kenya letsoho ho etseng liqeto sechabeng.



Mokh'anselara morena Toka Letsie

Photo: Susan Tolmay

“Ho bile le likhohlano lipakeng tsa marena le bakhethoa ba makhotla a mathomo a Puso ea Libaka (haholo a basali), ho tloha ka 2005 ha ho ne ho tsoaroa likhetho tsa Puso ea Libaka makhotleng a mathomo. Liphapang tsena li ne li bakoa ke phapano ea maikutlo mafapheng ana a mabeli 'me li ferekanya sechaba”. Ho bolela e mong oa batho ba neng ba le ho e 'ngoe ea lipitso seterekeng sa Quthing.

E mong oa batho ba neng ba le pitsong eo, o tlatsitse ka hore “marena a lumela hore a na le tokelo ea ho busa sechaba 'me ha ba utloisise hore na bakhethoa ba Puso ea Libaka ba kena joang pusong kaha borena bo tsoalloa kapa ho na ho jeoa lefa”. Hona ho ile hoa baka pherekano e kholo sechabeng mabapi le mesebetsi ea bakhethoa ba Puso ea Libaka le ea marena.

*“Mamelang ka hloko mohoo oa Puso ea libaka  
Hobane ha e hlothe batho litokelo  
E mpa e re re etseng lehlana-hlana ho loana ntoa ea lephako  
Kaha ha le na mosa, le lonya ha le kolotoe  
U ka le kolota tsela ea khutsufala ho ea masihloane”*

Pherekano ena e ile ea baka hore sechaba se se ke sa tseba moo se lokelang ho fumana litšebeletso. Ho feta moo, a mang a marena a ntse a lumela hore basali ha baa lokela ho ba le kobo ea bohali moo ho etsoang liqeto kapa tsamaisong ea sechaba.

Leha ho le joalo, morena Toka Letsie ke mokhelo maikutlong ana a sekisetsang basali. O lumela hore ho nepahetse hore basali ba be le kabelo makhotleng a Puso ea Libaka. Ha a tsoela pele o bontša hore “ka tsoanelo re lokela ho arolelana lintho tsohle ka tekano, ho kenyeletsa le mosebetsi. Ho feta moo ho bohlokoa hore basali ba kenye letsoho ho etseng liqeto hobane ba na le litsebo tse pharaletseng linthong tse ngata, ba bile ba sehlahlo kaha ba sa itheke moroalo”.

Leha e le mona banna esita le Lekhotla le Phahameng la Lesotho ba le lekhonono tabeng ena ea karolelano ea matla ka tekano, morena Letsie o lumela hore leano lena le nepahetse, o re leano lena le tsoaloa ke leano le khahlanong le tšekisetso e bakang khatikelo ea litokelo tsa basali 'me le bopa tekano, ka hoo mafapha 'ohle a lokela ho fua monyetla oa ho ipabola meralong le liqetong.

Ha a tsoelapele ka maikutlo ana a khahlanong le a banna ba bangata mabapi le tšekisetso ea basali, o bontša leano le abang karolelano ea matla ka tekano ho se moo le fapaneng le "Leano la 'Muso la Boikhollo bofumeng sebakeng sa sechaba se neng se eiseha se bile se hateletsoe nako e telele, seo 'muso o ileng oa etsa matsapa a ho se beha boemong bo lekanang le ba batho bohle."

Morena Toka Letsie o bontša hore ho na le phetoho e kholo haesale lenane la basali ba kentseng letsoho tsamaisong ea Puso ea Libaka makhotleng a mathomo le eketseha." Sena se bakile hore basali ba be motlotlo ba be ba be le boitšepo kaha ba fuoe monyetla oa ho pakahatsa matla le sehlahlo sa bona". Kahoo o phafa bakhethoa ba basali ba Puso ea Libaka ka ho ba mehlala sechabeng.

Ha a tsoelapele o bontša boipabolo bona bo pakahatsoa ke litšebeletso tse seng li fanoa metseng tse akhang baoki ba metseng ba fanang ka litšebeletso tsa mantlha tsa bophelo esita le ho pepisa bakhachane ba khaolelitsoeng ke linako tsa bona tsa ho pepa 'me ba sitoa ho finyella lipetlele. Morena Toka Letsie o lumela hore ho ntse ho na le marena a mang a sa lumellaneng le leano lena la Puso ea Libaka, leha ho le joalo eena o le tšehetsa le ho le amohela ka liatla tse peli.

Ha a tsoela pele o re "likhohlano tse bileng teng sethathong li ne li bakoa ke ho hloka kutloisiso hoa marena ka leano la Puso ea Libaka, 'me marena a ne a na le tšabo ea ho lahlehela ke matla a puso. O thoholetsa lithupelo tseo Puso ea Libaka e ileng ea li tsoarela bakhethoa ba eona le marena ho bontša meeli ea tšebetso lipakeng tsa bona. O bontša ha leano la Puso ea Libaka le bakile katleho e kholo litšebeletsong tsa sechaba kaha pele le kena tšebetsong, marena a ne a sitoa ho arabele lithoko tsa sechaba ka lebaka la khaello ea thepa e sebelisoang.

Ho feta moo, moetlo o nka karolo e kholo litabeng tsa tekano, ka kotloloho, tšekisetsong ea basali. Ho ea ka morena Toka Letsie "Boemo ba mosali ba bongoana molaong le moetlo li khina menyetla ea basali ea ho etsa liqeto litabeng tsa naha ena. Ka mabalane, batho ba bonahala ba se ba na le kutloisiso ka litaba tse amanang le tekano, ha ka maloting teng basali ba ntse ba nkoa e le bana, 'me ho bonahala phetoho e tla nka nako e telele ho etsahala karolong ena ea naha".

Ho ea ka Morena Letsie, 'muso le mafapha a ketsa melao ba tobane le qholotso e kholo malebana le ho lemosa esita le ho ruta sechaba ka melao ea naha ena 'moho le ho e fetolela Sesothong. Leha mokhatlo o ikemetseng oa basali le molao (WLSA) o bontšitse boikitlaetso mosebetsing ona oa ho ruta sechaba mabapi le basali le molao esita le ho o fetolela sesothong, morena Letsie o khotlaletsa hore tšebetso ena e namele libakeng tsohle ka har'a naha, kaha batho ba bangata ba le sechele tse bong ea melao ea naha ena. O tsoela pele ho etsa tlhahiso ea hore bakhethoa ba Puso ea Libaka le bona ba lokela ho rupeloa mabapi le melao ena.

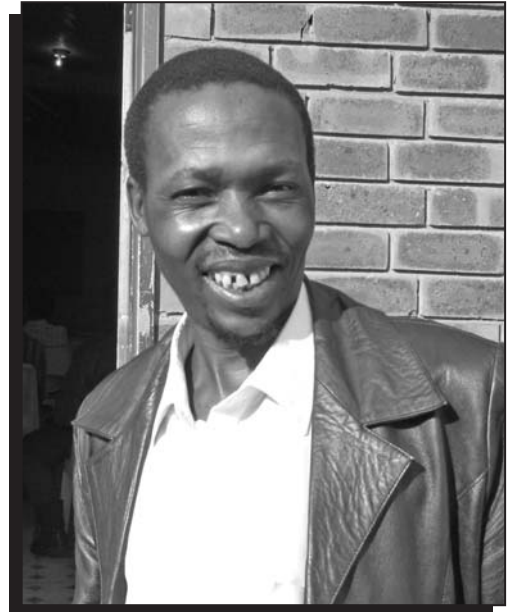


## II. Tse ithommeng pele: seepa-pina sa monna mekhatlong ea tšehetso ea bakuli metseng.

Lapeng ha mokhethoa oa Puso ea Libaka, monghali Mothobi Ntili, ho se seng sa libaka tse anngoeng ke morero oa Metsi a Lihlaba tsa Lesotho, ho na le serapa sa moroho, seo monghali enoa a hlalosang sepheo sa sona e le ho fepa likhutsana le batho ba phelang le tšoaetso ea HIV le AIDS.

Ha a tsoela pele o bontša ebile ka tšebeliso 'moho lipakeng tsa hae le litho tsa sehlopha sa habo sa tšehetso ea bakuli metseng ho theha leano lena la ho fepa likhutsana le batho ba phelang le tšoaetso ea HIV le AIDS motseng oa habo.

Monghali Ntili ke sehoai ebile ke mokhethoa oa Puso ea Libaka Lekhotleng la Mathomo la 'Moteng. Lekhotla lena le na le basali ba tšeletseng le banna ba bararo le marena a mabeli a banna, 'me molula-setulo oa lona ke mosali. Monghali Ntili o bontša ka moo lekhotla la habo le ananetseng seabo sa basali le lerato la bona ho thusa lihlopha tsa tšehetso ea bakuli, bao boholo ba bona e leng basali ba phelang le tšoaetso ena ea HIV le AIDS metseng 'moho le palo e holang ka sekhahla ea likhutsana.



Mokh'anselara Mothobi Ntili

Photo: Colleen Lowe Morna

Leha palo ea mashome a mararo lekholong (30%) e abetsoeng basali likhethong tsa Puso ea Libaka tsa likete tse peli le metso e mehlano (2005) e ile ea baka lekhonono banneng ba bangata, monghali Ntili eena oa e tšehetsa; O re "ke hobane e fa basali monyetla oa ho kenya letsoho litabeng tsa sechaba". O lumela hore sena sea hloka hape likhethong tse hlalamang, kaha basali e le malala a laotsoe mabapi le ho iketela likhetho.

Monghali enoa o bontša a khethile mosali bolula-setulong hobane a ne a batla ho re sekheo seo se tlatsoe ke motho oa mosali molemong oa hore basali ba be le boiphihlelo esita le hona ho hlahella ka mahetla litabeng tse amang sechaba. Ho latela chebo ea hae, o bona molula setulo a sebetsa ka bokhabane 'me ha a hloka thuso ea mofuta ofe kapa ofe, a e fumana.

Monghali Ntili o bontša a ile a ema e le mokhethoa ea ikemetseng lebatooeng la habo, moo bakhethoa ba bane ho ba bahlano e neng e le ba ikemetseng kaha e ne e se batho ba nang le thahasello ea lipolotiki ba ne ba mpa ba rata ntlafatso.

Monghali Ntili o boetse ke setho sa komiti ea temo eo ho eona a thehileng sehlopha sa tšehetso ea batho ba phelang le tšoaetso ea HIV le AIDS; kamorao ho hore ba hlokomele palo e eketsehang ka sekhahla ea bana ba helang ba itlamela. "Re ile ra lokela ho fana ka leseli le thuto sechabeng molemong oa ho jela phaate koluoeng eena ea seoa sa HIV le AIDS. Re lokela ho etsa bonnete ba hore motho e mong le e mong ea phelang le tšoaetso ea HIV o ba le serapa sa moroho".

Re boetse ra phalla ka meroho e tsoang malapeng a rona, 'moho le serapeng sa kopanelo, kaholimo ho moo, litho tsa lekhotla la mathomo sebakeng seo li bile mohlala sechabeng sa motse oa habo sona ka ho lumellana ka ho phallela likhutsana tsa motse oo ka maloti a mashome a mabeli khoeli le khoeli ho tsoa litsianeng tsa bona (tsa khoeli le khoeli) molemong oa ho reka lijo, liaparo le meriana.

Qholotso e kholo tšebetsong ena ea Puso ea Libaka ke ho hloka kutloano lipakeng tsa Marena le Bakhethoa ba Makhotla a Mathomo mabapi le taolo ea mobu; pele basali ba ne ba keke ba abelo a mobu, empa moraong ona sena se se etsahala ntle le tšitiso ea letho, 'me hona ke katleho e kholo. Monghali Ntili o lakatsa ho bona karolo ea 'ngoe ea taolo ea mobu e le matsohong a basali.

O boetse o lemoha hore basali le banna ba na le lintho tse fapaneng tse ba tšoenyang, mohlala; basali Makhotleng a Puso ea Libaka ba ngongorehisoa ke tlhekefetso ea basali le lesisitheho la sepolesa ho arabela mekhosi e hlajoang mabapi le bothata ba bona.

Basali le banna ba na le litsela tse fapakaneng tsa ho sebetsa litaba; basali ba rata litherisano ha ho na le taba athe banna bona ke batho ba ratang ho fana ka liqeto; ka kakaretso monghali Ntili o lumela hore lingongoreho tsa makhotla a Puso ea Libaka li lokela hore e be tsa basali le banna hobane ba sebeletsa lefapha le le leng.  
*Excerpt from At the Coalface: Tekano Pusong ea Libaka*

### Lipotso

1. Ke litloaelo tsa mofuta ofe tse seng li fetohile tumelo, tse fumanoang basaling le banneng mabapi le litaba tse amanang le Puso ea Libaka? \_\_\_\_\_

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2. Ke ka tsela efe litho tsa makhotla a Puso ea Libaka li rarolang litloaelo tsee tse fetohileng tumelo boithutong bo kaholimo? \_\_\_\_\_

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3. Ke hobaneng ho le bohlokoa ho rarolla litloaelo tsee tse fetohileng tumelo, Pusong ea Libaka? \_\_\_\_\_

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## BOITOKISETSO BA KHAOLO EA BOBELI

Khaolo ena ea bobeli e phuthetse lihlooho tse latelang;

- Sepheeo.
- Ho fihleleha.
- Seabo.
- Phethoho.

Khaolo ea bobeli e etselitsoe ho bontša bohlokoa ba tekano pusong ea libaka, e le leooa la ho akofisa phethehatso. E le ho lokisetša kutuisiso ea se tlang ho rupelloa, ako nonye barupelloa maikutlo ka lipotso tse latelang;

### Lipotso

1. Na basali le banna Lesotho moo ba ka fihlela maemo a litulo tsa moo he etsoang liqeto ka ho lekana na?

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2. Na basali le banna ba litulong tsa ho etsa liqeto ba nka karolo ka sekhahla se lekanang? \_\_\_\_\_

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3. Na phetoho e teng moo basali le banna ba nkang karolo moo ho etsoang liqeto ka ho lekana? \_\_\_\_\_

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4. Na ho oa hlokahala hore 'muso o nke mehato ea ka boomo ho netefatsa hore basali le banna ba emeloa le ho nka karolo ka sekhahla se lekanang moo ho etsoang liqeto? \_\_\_\_\_

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**Notes:**



'Malebohang Mothokoa puisanong le baphatlalatsi thupelong ea tekano Lesotho

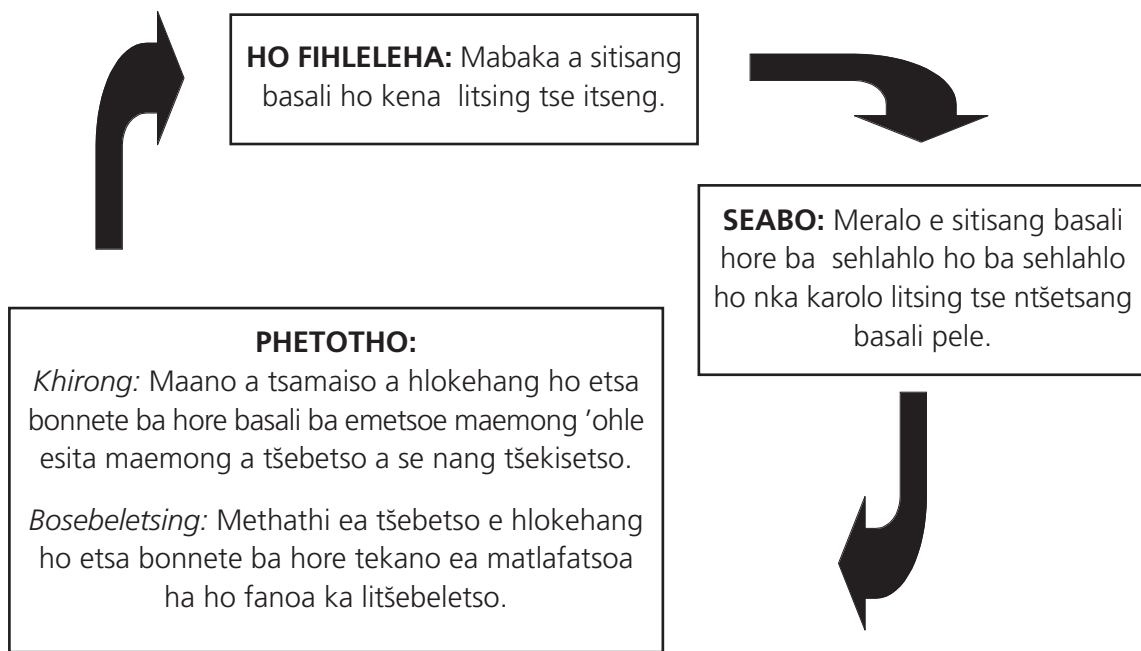
# KHAOLO EA BOBELI TEKANO PUSONG

**Sepheeo sa khaolo ena ke ho tlisa kutloisiso ea hore na:**

- Tekano e amana joang le puso?
- Bohlokoa ba ho ba le leoa la tšebetso ele ho akofisa tekano pusong.

## SETŠOANTŠO SA MTINTSO; HO FIHLELEHA, SEABO LE PHETOHO

Joaloka ha mofumahali Thenjiwe Mtintso eo e leng moemeli oa naha ea Afrika Boroa naheg ea Cuba, e bile e le molula-setulo oa GL eo e kileng ea eba molula-setulo oa komisi ea Tekano, o re ho na le maqhama lipakeng tsa hore na setsi se thehiloe joang, se na le menyetla efe, se bile se ntlafatsa le ho tlisa phetoho maamong joang.



Taba kholo ea Thenjiwe Mtintso ke hore ho fihlelleha le lipalo ke tlhoko e ka sehloohong ea ho netefatsa phetoho mabapi le litaba tsa tekano. O bontša hape hore hang ha basali ba kenelletse moo ho nkoang liqeto, ho hloka hore ho tlosoe litšitiso tse ka bang teng ho sitisa ho kenya letsoho ha bona ka mokhoa o phethahetseng.

## HO Fihlelleha



### Boichoriso 1: Tšoantšiso

#### Ke eng e sitisang basali ho kena lipolotiking ka sehlahlo?

Ho khethoe lihlopha tse peli hara barupelloa 'me ba bapale tšoantšiso e khutšoane e hlahisang baiketi ba babeli ba iketelang bokhethoa ba lekhotla la Puso ea Libaka. Sehlopha sa pele ebe mosali le monna, sehlopheng sa bobeli ebe basali ba babeli ba iketelang likhetho tse tlang tsa puso ea libaka. Ba ea ho basali le banna ba bang ho ea kopa tšehetso. Lihlopha joale li lokela ho buisana ka mokhethoa eo ba bonang a na le makhabane a ho ba mokhethoa ba ipapisitse le sehlahlo sa hae ntlafatsong, motho enoa e ka ba mosali kapa monna 'me ba be ba hlalose hore na ba mo khetha hobaneng. Mabaka ana a lokela ho re thusa ho utloisisa hore na ke hobaneng ha, lefaatšeng ka bophara basali ba ntse ba ntse ba emetsoe ka monyebe litabeng tse amanang le lipolotiki.

- **Ela hloko lietsahala moo basali ba qhothisanang lehlokoa le banna le moo ba qhothisanang lehlokoa ba le bang.**
- **Ngola fatše lintlha le lipotso tseo u ka ratang ho li arolelana le ba bang ka morao ho mona.**

Re na le setšoantšo sa se etsahalang ha mahlakore ana a mabeli a sa tsoaneng a iketa. Ho bohlokoa ho boela re ela hloko liphephetso tse 'maloa tse bileng teng tokisetsong ea likhetho tsa puso ea libaka Lesotho mona. Ako bale ka hloko ketsahalo e latelang:



### Mashome a mararo lekholong (30%) likhethong tsa puso ea libaka: Qholotso lekhotleng le phahameng la Lesotho.

Monghali Molefe o ile a makatsa Basotho ka nalane eo a e entseng ea ho hlalela nyeoe khahlanong le 'Musos mabapi le Molao oa Puso ea Libaka o fileng basali litulo tse mashome a mararo lekholong, likhethong tsa likete tse peli le metso e mehlano (2005) tsa Puso ea Libaka. Molefe ke monna oa mosotho ea ahileng lihlabeng tsa setereke sa Leribe, motseng o bitsoang Ha Mokokoana lekhotleng la mathomo la Litjotjela.

O bolela a sa hanane le leano (la ho khothaletsa basali ho kenya letsoho lipolotiking le ho etsa liqeto) empa o khahlanong le tsela eo leano lena le sebelitsoeng ka eona. O re o bona 'muso o le leeme ka ho kotela banna, o hanyepetsa tokelo ea bona ea ho emela likhetho mabatoeng a itseng. O re banna le basali ba lokela ho fuaa menyetla e lekanang ea ho qothisana lehlokoa, mabatoeng.

Monghali enoa o re o ipotsa hore na "Ebe ho na le mathata ao basali ba thulanang le oona mabapi le ho iketela lipolotiki? Mohlomong a teng, empa le ha eba ho le joalo, ho na le tsela eo bothata bona bo ka tekoang ka eona ho ena le ho hanyapetsa litokelo tsa baiketi ba bang. Mohlala, 'Musos o lokela ho ea sechabeng ho ea se hlaloesetsa mabaka a phelang mabapi le bohlokoa ba basali ketsa-melaong le hore na ke ka mabaka afe ba fuang monyetla oa ho kenya letsoho lipolotikeng ka kotloloho. Empa sena ha sea etsahala, re se re bona ha se phethahatsoa ka khang".

Mofumahali 'Matau Futho-Letsatsi eo e leng mookameli lefapheng la Tekano, ea bileng a etsa letšolo la tlhokomeliso sechabeng ka mohoo oa linaha tsa tikoloho e ka boroa (SADC) oa hore basali ba fuoe bonyane karolo ea mashome a mararo lekholong (30%) mabapi le ho etsa liqeto ka selemo sa likete tse peli le metso e mehlano (2005), pele ho likhetho tsa Puso ea Libaka, o hlalosa ha lekala la habo le ile la tsoa letšolo ho potoloha naha ka sepheo sa ho hlaloesetsa sechaba ka mokhekhetho ona oa mabatoa a lokelang ho abeloa

basali, bonyane makhetlo a mararo a hlahlamanang likhethong tsa Puso ea Libaka, ka morao ho hore molao oa Puso ea Libaka o hlmathisoa.

O bontša ha mashome a mabeli a metso e robeli lekholong a basali a hlotse likhetho mabatoeng a neng a buletsoe baiketi ba banna le ba basali. Sena se tliša kakaretso ea karolo ea basali bao e leng Bakhethoa Makhotleng a Mathomo a Puso ea Libaka ho mashome a mahlano a metso e robeli lekholong 'me ha ho naha e fihletseng karolo ea basali e holimo hakana linaheng tsa SADC. 'Me hona ke sesupo sa hore basali ba Basotho ikemiselitse ho kenya letsoho lipolotiking tsa naha ena.

Ka lehlakoreng le leng monghali Molefe o bona katleho ea basali mabatoeng a neng a buletsoe bohle e le bopaki ba hore basali ha baa lokela ho nonosoa mabatoa. O supa hore tšitiso ena eo 'Musu o e entseng likhethong tsa Puso ea Libaka ha ea ka ea etsahala likhethong tse akaretsang tsa naha. O tsoelapele ka hore "Haeba see se ne se hloka hahlele ka tieo, ke hobaneng ha se etsahala mofuteng o itseng oa likhetho? Ho tse akaretsang tsa naha ha sea etsahala keng?

Monghali Molefe o bontša a ne a batla ho qothisana lehlokoa le baiketi ba bang kaha sechaba sa motse oa habo se ne se 'mehle merebele hore a emele likhetho hobane "se ne se na le tšepo hore a ka ipabola mabapi le ntlafatso ea motse oa habo bona". O re o motlotlo hore ebe sechaba sa motse oa habo se ile sa etsa letsoho la monna ke mokolla ka ho mo tšehetsa ka ho koleka lichelete molemong oa hore a hlalele nyeoe khahlanong le 'Musu Lekhotleng le Phahameng la Lesotho. O bontša a sa ka a fumana tšebetso ho tsoa mekhatlong e ikemetseng lehoja ba ne ba bontša ngongoreho e tšoanang le ea hae ka taba ena ea ho abela basali litulo tse mashome a mararo lekholong.

Monghali Molefe leha a sa tšoa liphoso tsa mofumahali Tsepane eo e leng motlatsi oa molula-setulo oa lekhotla la Litjotjela ka kotloloho, empa o bontša a makalitsoe ke tšebetso ea Lekhotla leo. O supa ha Lekhotla lena le na le basali ba tšeletseng le banna ba bahlano. Ho ea ka monghali Molefe boemeli ba tekano ka har'a lekhotla la motse ke ntho ea bohlokoa, empa a bontša taba ea leeme e le amang a mathata a bonahalang a rena.

Ha a tsoela pele monghali Molefe o toboketsa hore litaba ha lisebetsoe ho ipapisitsoe le molao, empa ho shejoa litšekamelu tsa motho tsa lipolotiki. Molefe o re o ne a rerile ho iketa e le mokhethoa ea ikemetseng. Taba ea hore lekhotla ha lea moahlolela, o itse ke hobane a sa tšehetse mokha o busang oa Lesotho Congress for Democracy (LCD).

E 'ngoe ea liphetho tse kholo tse bakiloeng ke likhetho tsa Puso ea Libaka ke hore, Makhotla a Mathomo e se e le oona a nang le taolo ea mobu, e neng e le matsohong a marena ka botlalo pele. Monghali Molefe ha a nongoa maikutlo mabapi le litaba tsena, o tobokelitse taba ea hore o makalitsoe ke hore ebe marena a amuhuo matla a ho aba mobu. O re "taba ena e khahlanong le moetlo oa Basotho, 'me e ka nna ea baka tšollo ea mali ka hara sechaba."

Ha e le mohlankana e mong ea phelang motseng moo, eena o supile hore ha e sa le Makhotla a Mathomo a ba le taolo ea mobu ka morao ho likhetho tsa Puso ea Libaka, kabo ea mobu motseng oa habo e na le ponaletso.

Mofumahali Tsepane o hlalosa ha maikutlo a monghali Molefe a ho ba khahlanong le tšebetso ea Makhotla a Mathomo a se matle. O re taba ea hore e be o khethiloe e le motlatsi oa molula-setulo oa Lekhotla la habo ke ntho e neng e tliša etsahala le ha 'musu o ne o sa etsa molao oa hore basali ba abeloe boemeli ba mashome a mararo lekholong (30%), hobane ke motho ea sebetsang ka thata ea bileng a nang le boiphihlelo litabeng tsa tsamaiso ka kotloloho. O supile hore lekhotla la habo le tsebile ho fana ka litšebeliso sechabeng sa habo le ha le na le lisebelisoa tse fokolang.

O entse mohlala ka hore ba ahile borokho, ba aha liliba le ho abela batho mobu, ba sa natse batho ba sa ikemisetsang ho kenya letsoho ntlafatsong ba kang bo monghali Molefe, ba tsebang ho ba le tšebeliso 'moho ha feela ho na le molemo oo ba o unang. 'Me hona ke katleho e babatsehang eo Lekhotla la Mathomo la motse oa habo le e fihletseng.

Mofumahali Tsepane o tsoetse pele ka hore khetho ea hae ea hoba moetapele e le mosali ke sesupo sa phetoho, hobane pele batho ba ne ba utluisisa hore ke banna feela ba ka khetheloang boetapeleng hobane ba nkoa e le lihlooho tsa malapa ho latela Molao oa Lerotholi.

Ho ea ka e mong oa banna ea neng a le hara mokhopi ea ileng a nongoa maikutlo, eena o supile hore "pele banna ba ne ba se na kutluisiso ka litaba tsa tekano empa a re o bona basali ba sebetsa hantle ha e le baetapele, ka lebaka lena o hlokomela hore ho nepahetse hore ba khetheloe boetapeleng".

Ha e le e mong oa basali ea ileng a nongoa maikutlo eena o bontšitse a tšehetsa leano lena la boemeli ba basali ba karolo ea mashome a mararo lekholong. O re ke nako joale ea hore basali ba fuoe monyetla oa hoba karolo ea boetapele. O bontša ha e le khale e na tšekeletsane, sello sa tsuonyane se sa hlomole phakoe.

Mosali enoa o supa hore ba bua ka mehla ka metsi, motlakase, menyetla ea khoebo le tse ling tse amang sechaba tseo hoja basali ha baa tingoa monyetla tšebeliso ea lihlahisoa nako e telele, moruo oa naha ena o ka be o hlabolohile, o ntlafetse khale. Empa kaha basali ba cha ba tšola ntšetsopeleng ea naha, bo-teng ba bona boetapeleng le liqetong bo tla ba le tšusumetso e kholo 'me ho be le liphotoho mabapi le ntlafatso ea bophelo ka kakaretso.

"Toantšo ea boemeli ba mashome a mararo lekholong (30%) e ile ea ichoella", 'me ha ea ka ea sitisa likhetho tsa Puso ea Libaka. Sena se boletsoe ke monghali Rethabile Pholo, motlatsi oa Raliphatlatso oa Lekhotla le Ikemetseng la Likhetho, Lesotho.



### Lipotso

1. Ako etse lethathamo la tseo u ithutileng tsona nalaneng e ka holimo. \_\_\_\_\_

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2. Na see seo u ithutileng sona sena le kamano le seo u ithutileng sona litšoantšisong tse peli tse entsoeng pele? \_\_\_\_\_

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3. Na phapano e teng boiketong moo basali ba qhothisanang lehlokoa le banna, le moo basali ba qhothisanang lehlokoa ba le bang? \_\_\_\_\_

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4. 'Muso u ne u itšetlehile ka maano le melao efeng ha nalane ee e tla etsahala? \_\_\_\_\_

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5. Na ho oa hlokahale hore 'muso u nke mehato ea ka boomo ho anetsa leano la tekano? Hobaneng? \_\_\_\_\_

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6. Tlatsa likheo tse latelang u ipapisitse le seo u se balileng nalaneng e kaholimo. \_\_\_\_\_

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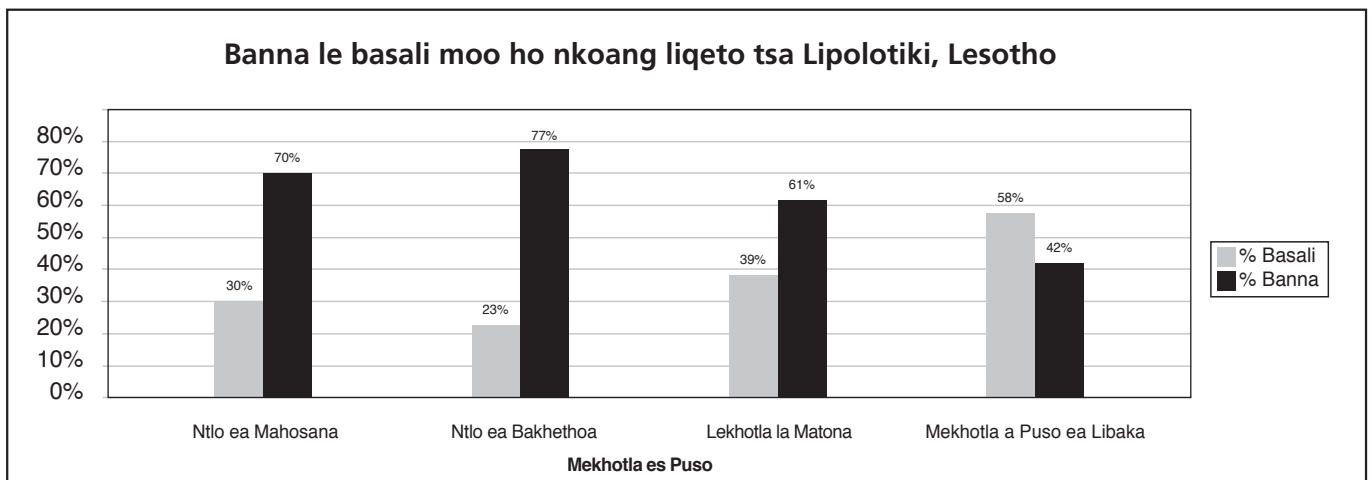
| Batšehetsi ba Leano la boemeli ba basali lipolotiking |  | Bahanyetsi ba Leano la boemeli ba babsali lipolotiking |
|-------------------------------------------------------|--|--------------------------------------------------------|
| 1.                                                    |  |                                                        |
| 2.                                                    |  |                                                        |
| 3.                                                    |  |                                                        |
| 4.                                                    |  |                                                        |
| 5.                                                    |  |                                                        |
| 6.                                                    |  |                                                        |
| 7.                                                    |  |                                                        |

Boithutong ba se etsahetseng nalaneng ena ea likhetho tsa puso ea libaka Lesotho, ho bonahetse hore ha 'muso o nka mehato ea ka boomo ho netefatsa hore basali le banna ba ea emeloa methating eohle eo ho etsoang liqeto ekasitana le lipolotiking, katleho e ba teng.



### Boichoriso 2: Ba ba kae basali lipolotiking tsa Lesotho?

Tlhahlobo e sa tsoa etsoa malebana le ho sheba tsela eo banna le basali ba naha ea Lesotho ba kenyang letsoho ka sehlahlo kapa monyebe lipolotiking ka selemo sa likete tse peli le metso e robeli (2008) li tla bontša hore na re khathile tema e kae le hore na thota e re saletseng e le kae.



| Mothati Pusong   | Lenane la Litho | Lenane la Basali | Lenane la Banna | Lenane la Basali Lekholong | Lenane la Banna Lekholong |
|------------------|-----------------|------------------|-----------------|----------------------------|---------------------------|
| Ntlo ea Mahosana | 33              | 10               | 23              | 30%                        |                           |
| Paramenteng      | 120             | 28               | 92              | 23%                        |                           |
| Komiti ea Matona | 23              | 9                | 14              | 39%                        |                           |
| Pusong ea Libaka | 1290            | 748              | 542             | 58%                        |                           |



### Lipotso

1. Ke karolo e kae ea basali le banna libakeng tse fapaneng tsa moo ho etsoang liqeto lipolotiking? \_\_\_\_\_

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2. Ke hobaneng ha ho na le likheo tsee? Ke eng e etsang hore basali ba se ke ba kena lipolotiking ka bongata?

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3. Ke hobaneng ha ho na le basali ba bangata likhethong tsa Puso ea Libaka ho feta Likhethong tse akaretsang tsa naha. \_\_\_\_\_

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4. Ke eng se ka etsoang ho koala sekheohali see? \_\_\_\_\_

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Ho na le mafosisa a hore ha ho bobebe ho basali ho fihlela boemeli bo lekanang le ba banna methating ea ho etsa liqeto. Lesotho le bontšitse linaha tsohle tsa SADC hore ha feela 'muso o ikemiselitse sena se ka fihleloa ha bobebe.



### **Lesotho le shanofatsa mafosisa:**

**Mokhoa oa ho khetha o bohlokoa ho etsa hore basali ba be teng methating eohle moo ho etsoang liqeto, ekasitana le lipolotiking.**

Lesotho le ile la fetola mokhoa oa ho khetha ka mabatooa la sebelisa mokhoa oa morao o bitsoang Ntsoepelele le khekhethane ka selemo sa likete tse peli le metso e 'meli (2002) likhethong tse akaretsang tsa naha, e leng se ileng sa thabisa ba mekha ea bohanyetsi. Empa likhethong tsa Puso ea Libaka tsa 2005, ho ile hoa sebelisoa masia-siane e leng mokhoa o neng o sebelisoa pele likhethong tse akaretsang tsa naha. Likhetho tsena li ne li ipapisitse le molao oa Puso ea Libaka oa selemo sa 2004 e leng molao o neng o hlakisa hore basali ba be le boemeli ba karolo ea mashome a mararo lekholong.

Letona la Puso ea Libaka mofumahali Pontšo Matumelo Sekatle, setsibi sa litaba tsa lipolotiki, e mong oa basali ba lekhotleng la matona la Lesotho, o kentse letsoho haholo ha ho boptjoa molao oa likhetho oa puso ea libaka.

Mongoli e moholo oa lekala la Puso ea Libaka mofumahali Moliehi Matabane o bontša hore taba ea hore likhetho tsa Puso ea Libaka li ile tsa tšoaroa ka selemo sa likete tse peli le metso e mehlano, eleng selemo seo linaha tsa SADC li neng li itheriselitse hore ho be ho na le basali ba mashome a mararo lekholong boemong ba ho etsa liqeto e bapetse karolo e kholo. "Muso o fine selemo ho phethahatsa sepheo seo". Ho cho mofumahali Matabane. "Letona le setse taba ena morao. Ho feta moo, Mohlomphehi Mofumahali Sekatle ke mosali ea matla, ea ratang ho bona basali ba li hula nthau, 'me ha a thekesele litabeng amanang le merero ea SADC.

Puisanong le letona Mohlomphehi Sekatle pele ho likhetho tsa 2005, o bontšitse hore o ile a nka leto la boithuto ho la Zambia, 'me a ikhethela ho se nke mocha oa ho khetha oa mabatooa a kopanetsoeng sebakeng sa basali le banna le khekhethane sebakeng sa basali feela hobane li ne li tla etsa hore ho be le mefuta e 'meli ea bakhethoa ba makhotla a Puso ea Libaka 'me bakhethoa ba khekhethane ba ne ba tla eiseha.

Setsebi sa le-India monghali Rajeev Ahal ea sebetsang Lekaleng la Puso ea Libaka tlasa mokhatlo oa Majeremane o bitsoang GTZ o bontša mokhoa oo Lesotho ae o khethileng o nepahetse ho feta o sebelisitsoeng ke Zambia likhethong tsa Puso ea Libaka hobane ho ne ho hloka hore sechaba se ikhethale litho tsa lekhotla e seng hore mekha e be eona e tsang qeto.

Ha a tsoela pele o bontša a lumela hore khekhethane sebakeng sa basali e ne e tla khathatsa matla. O bontša basali ba lokela ho iketela likhetho joaloka bakhethoa ba bang, 'me ke ka tsela ena ba ka ithutang ho qothisana lehlokoa. Haeba ba ne ba ka fua litulo ka mokhoa oa khekhethane ba ne ba tla eiseha.

Ho feta mo, o tobokelitse hore mokhoa ona oa ho khetha o khethiloeng ke Lesotho o tšoana hantle le oa India moo basali ba filoeng ka molao karolo ea mashome a mararo a metso e meraro lekholong likhethong tsa Puso ea Libaka litoropong le metseng. 'Muso oa Lesotho ho latela Molao oa Puso ea Libaka oa 2004, o bontša hore karolo e le 'ngoe ho tse tharo tsa litulo e lokeloa ebe ea mosali sebakeng sa likhetho tse tharo tse hlalamanang. Sena se bolela hore ka nako eo lebatooa le tla be le na le basali.

Mosali ea ileng a botsoa ha ho etsoa liphuputso u bontšitse hore mokhoa ona oa ho khetha o nepahetse. O bontšitse hore mokhoa ona o motle hobane hangata banna ba etsa maano a sa kenyeletseg litaba tse amanang le ntlafatso ea bophelo ba basali. Empa leha ho lejoalo batho ba bang ba tletlebisoa ke hore karolo ena ea mashome a mararo lekholong ha e ka ba ea hlalositsoa sechaba ka mokhoa o hlakileng.

Ba re basali ba bangata ha ba ka ba hlakeloa hore na ho etsahalang ke ka hona ba ileng ba hloka thahasello ea ho iketela likhetho. Ba re thuto ka likhetho e ne e sa lekana ka lebaka la hobane 'muso ha o nke boikhathatso ba ho netefatsa hore Basotho ba tsebe litaba tse ba amang, tseo 'muso ka boona o bileng o batlang tlatsetso ea sechaba mabapi le tsona.

Ha e le monghali Rethabile Pholo, eo e leng motlatsi oa raliphatlalatso tsa Lekhotla le ikemetseng la Likhetho Lesotho, o itse, "re thulane le batho ba sa khotsofalang ho hang, haholo ka lehlakoreng la banna". O re bongata ba bona ba ne ba bua mantsoe a hlohlontšang litsebe. Basali ba bang, ho kenyeletsa le moetapele oa Lekhotla la Maseru ba bile ba rohakoa.

Mongoli e moholo oa lekala la Puso ea Libaka, mofumahali Moliehi Matabane, o supa ha teko ea ho fa basali karolo ea mashome a marararo lekholong e sebelitse hantle haholo. O re ho bile le lekhoneho mabapi le ona sethathong, empa ha 'mela o ntse o puta, ho tsoaroa matšolo a tlhokomeliso mabapi le ona, sechaba se ile sa kena khabong. O itse "ha ke lumele hore basali ba ka mosing".

E mong oa banna ba ileng ba nongoa maikutlo ka taba tsena o itse ha ho khotsofatse hore ebe ho na le makhotla a mathomo moo banna e tla ba bakhethi feela eseng baikiti. Sehloppheng seo ho neng ho buoa le sona Maseru sa banna e mongo a bona o bontšitse ho se khotsofale, a re mokhoa ona oa ho khetha oa khetholla ebile o petlentsoe holima batho ba sa rutoang ka oona, empa ba tlameha ho o latela.

Ho ea ka Letona la Tekano, mphlomphehi 'Mathabiso Lepono, ho ne ho ena le ho tsitlalla ho entsoeng ke banna ba bang empa kaha Mohlomphehi Tonakholo a ne a tšehetsa mokhoa ona oa ho khetha banna bao ba ile ba iphumana ba tlameha ho lumellana le oona. A tsoela pele ho bontša hore mokhoa o litulong o bile oa sheba bocha molao oa ona oa motheo 'me oa hapella boemeli ba bonyane 30% ea basali komiting e kholo ea ona.

Moetelli-pele oa Basotho Congress Party mohlomphehi Sekoala Toloane o re mokhoa oa habo ha u lumellane le mokhoa ona oa ho khetha ho sa tsotellehe boiphihlelo ba basali. O re basali ba sentse ba le bangata ho feta banna Lesotho mona, 'me mokhoa ona oa ho khetha ha o hlokahale.

Ho ea ka 'moka o neng o hlophisitsoe ke Transformation Resource Centre, mekhatlo e ikemetseng e bontšitse e sa lumellane le mokhoa ona oa ho khetha, hobane e lumela hore ha oo molaong oa Motheo. E mong o a barupelloa o re "re batla mekhoa e meng ea ho khetha eseng ona, e ke keng ea hanya litokelo tsa mantlha tsa botho tsa mang kapa mang."

Banna ba bakhethi ba sola mokhoa ona oa ho khetha ka hore o tlisitsoe ke mekhoa e supileng ea lipolotiki e neng e etsa tšoso ea ho se kenele likhetho tsa puso ea libaka, ba bile ba supa hore thahasello e tlaase ea bakhethi e bakiloe ke mokhoa ona oa ho khetha. "Nako ea boitokisetso ke eona eo mekhoa e supileng e e beileng e le lebaka, eseng mokhoa oa ho khetha" a rialo monghali Rethabile Pholo oa IEC.

**Seo basali ba sa tsoa se shoama Lesotho**

|                | <b>Basali</b> | <b>Banna</b> | <b>Kakaretso</b> | <b>% Basali</b> |
|----------------|---------------|--------------|------------------|-----------------|
| Likhetho       | 681           | 609          | 1290             | 53%             |
| Likhetho pheto | 745           | 545          | 1290             | 58%             |

**Mohloli: GL and Lesotho IEC 2007**

Litaba tse thabisang ke hore basali ba hapile karolo ea mashome a mabeli a metso e robeli lekholong (28%) likhethong tse bulehileng. Setšoantšo se kaholimo se bontša hore khoeling ea Pherekhong monongoaha basali ba mashome a tšeletseng a metso e mene (64), e leng karolo ea bohloko lekholong (5%) ebile litho tsa Lekhotla la Mathomo ka likhetho pheto, 'me sena se tlisa kakaretso ea basali ho mashome a mahlano a metso e robeli lekholong (58%) ea basali ba kenetseg likhetho. "Ha kea makala ho bona basali ba ikakhetse ka setotsoana hakana". Ho bolela mofumahali Matabane. "Basali ba Basotho ba na le makhabane a ka sebelisoang ntlafatsong ea naha ena". Ana ke mantsoe a mookameli oa Lekala la Tekano mofumahali 'Matau Futho-Letsatsi. O re katleho ea basali likhethong ke bopaki ba hore basali ba na le boiphihlelo.

Tlhaloso e 'ngoe e fanoeng ke setho sa Lekhotla la Mathomo sa monna ke hore basali ba tsebile ho sebetsa hantle likhethong tsa Puso ea Libaka, hobane banna ka nako ea matšolo a likhetho ba ne ba lebeletse hore ba tla fumana chelete e kalo ka M50.00 ka tulo ea letsatsi eseng M1000.00 ka khoeli eo ba e fumanang e le litsiane tsa bona. Sena se ile sa etsa hore ba se ke ba ba le thahasello ea ho iketela likhetho. Empa joale ba se ba belaela ka hore ba qheketsoe hobane batho ba bangata ba nka chelete e kalo ka M1000.00 e le ngata hoo e ka tsebang ho jela phaate mathateng a lelapa.

E mong oa banna ba litho tsa Lekhotla la Mathomo o bontšitse hore basali ba sebelitse hantle likhethong hobane ke batho ba nang le boikitlaetso tšebetsong. O re batho ba khetha ba ipapisitse le hore na baiketi ke batho ba sehlaho ho le ho kae ka tebello ea ho fumana lintlafatso, le hore khetho ea bona e tlise liphethoho.

Ho feta moo, Ahal eena o bontša hore "Banna ba ea merafong ea Afrika Boroa ka bongata". Ho hlalosa setho sa mokhatlo oa Majeremane (GTZ), Ahal. "Basali ba a ipabola litšebelatsong tsa sechaba ebile ke mekotlo ea naha. Ba sebetsana le litaba tsa letsatsi le letsatsi. Setho sena se re ho hlokomlehile hore metseng ea mahae basali ke bona ba fumanehang ka bongata lipitsong ebe ha morao banna ke bona ba etsang liqeto ka se lokelang ho etsoa".

A re sechaba se ntse se elelloa butle-butle hore basali ba ka etsa liqeto tse chatsi. "Likhetho li entse hore basali ba hlakile ka mahetla ba be ba tšepeloe ho jara boikarabelo sechabeng hore le bona ba ka khethoa". Ha e le naheng ea India karolo e kholo ea basali e file banna litulo tse neng li abetsoe basali, empa Lesotho ha ho ka ba hoa etsahala joalo". Sena se boletsoe ke Ahal. Empa le ha ho le joalo ho ntse ho lokela hore ho etsoe liphuputso mabapi le hore na ke hobaneng ha India le Lesotho basali ba khethiloe ka bongata Makhotleng a Mathomo empa ho se joalo likhethong tse akaretsang tsa naha.

*Excerpt from At the Coalface: Tekano le Puso ea Libaka Hloahloeng e ka boroa ea Africa*



**Lipotso:**

1. Na basali ba ka fihlela boemo ba moo ho etsoang liqeto ha bobebe joalo ka banna? \_\_\_\_\_

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2. Ke litšitiso li feng tse ka emang basali ka pele ho nka karolo ka sekhahla moo ho etsoang liqeto? \_\_\_\_\_

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3. Ho ea ka uena, na hoa hlokahala hore mebuso e nke mehato ea ka boomo ho suthisa litšita tsee? \_\_\_\_\_

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4. Fana ka maikutlo a hao holima mokhoa oa ho khetha oo Lesotho le o sebelisitseng likhethong tsa Puso ea Libaka. \_\_\_\_\_

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5. Na bongata boo ba basali pusong ea libaka Lesotho bo tlisitsoe ke mokhoa oa ho khetha kapa chee? \_\_\_\_\_

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## SEABO



### Boichoriso 3: Ke bo mang ba kenyang letsoho ka sehlahlo liphuthehong tsa makhotla a mathomo?

Sehlopha sena sa batho ba kenetseng thupelo se koptjoe ho etsa papali ea kalana e tsoantšising tsela eo lipuisano li tsamaisoang ka eona liphuthehong tsa lekhlotla. Papali ena ea ketsiso e etsoe ho ipapaisitsoe le lietsahala tsa putheho e sa tsoa tsoaroa haufinyane. Ketsisong ena ho boeloe ho ipapisoe kapa hona ho ela hloko tse latelang tse tataisong mabapi le lintlha tsa bohlokoa tse neng li tšohloa 'me tse lokelang hapelloa. Li latelana ka tsela e tjena:



Lekhotla la teropo ea Maseru phuthehong

Photo: Trevor Davies

- Lintlha tse neng li tšohloa phuthehong ee ke life?
- Ke ka sehlahlo kapa monyebe o mo kae basali le banna ba kenyang letsoho phuthehong ee ea lekhlotla 'me lebaka le tsoalang maemo aa ke a fe?
- Ke bo mang lipakeng tsa basali le banna ba bonahalang ba mameloa kapa ba sa mameloe mokhopping oo?
- Ha hona le lintlha tse tšohloang phuthehong, ke bo mang ba nang le tšusumetso e kholo kapa ba etsang liqeto tse nkoang.

Nakong eo tsoantsiso ena e khutšoane e ntseng e bapalloa sehlopha sa batho ba keneng thupelo, ba lokela go tšohla lintlha tse hlahang ho eona ba ipapisite le lipotso tse latelang:

1. Na basali ba kenya letsoho ka sehlahlo ha ho tšohloa lintlha tse itseng nakong eo ho tšeroeng liphutheho lekhlotleng la heno la mathomo? \_\_\_\_\_

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2. Ha e ba see ha se etsahale, e be u ka ba le maikutlo a hore na lebaka le sitisang hore se se seke sa etsahala ke lefe? Na u ka re qaa qaa ka a mabeli a mararo 'me oa bontša hore na seabo kapa litholoana tse bakoang ke boemo boo li ama tekano joang? \_\_\_\_\_

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3. Ke eng se ka etsoang ho etsa bonnete ba hore basali kenya letsoho ka sehlahlo liphuthehong tseo ba li kenetseng ka moo ho nang le litaba tse lokelang hore ho ncoe liqeto, makhotleng a mathamo \_\_\_\_\_

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#### Boichoriso 4:

Ke eng se sitisang basali ho kenya letsoho ka sehlahlo liphuthehong tsa makhotla a mathomo?

Sehlopha sane se kenetseng thupelo se neng se lokisetsa ho etsoa hoa papali eane mohla monene ea kalana, ba lokela ho sheba mabokoseng a ka tlaase a bontšang mathata a sitisang basali ho kenya letsoho ka sehlahlo lithupelong tse tsoaroang makhotleng a mathomo tse hloahiloeng ke batho ban eng ba noya maikutlo, boithutong bo entsoeng ke “Coalface”

| Bothata                 | Lesotho | Mauritius | Namibia | Afrika Boroa |
|-------------------------|---------|-----------|---------|--------------|
| Ho hloka boitšepo       | 15%     | 12.5%     | 0.0%    | 15.4%        |
| Moetlo                  | 15%     | 37.5%     | 15.4%   | 23.8%        |
| Boikarabello ba lapeng  | 10%     | 12.5%     | 30.8%   | 8.0%         |
| Khaello ea thuto        | 10%     | 0.0%      | 0.0%    | 115%         |
| Ho hloka boiphihlelo    | 0%      | 0.0%      | 0.0%    | 3.8%         |
| Bothata ba puo          | 0%      | 0.0%      | 0.0%    | 3.1%         |
| Ho hloka tšehetso       | 0%      | 25.0%     | 30.8%   | 11.5%        |
| Litla morao tsa kholiso | 15%     | 6.3%      | 0.0%    | 9.2%         |



#### Lipotso:

1. Hara lethathamong lee la mathata a hloahiloeng boithutong boo ba Coalface a hlahang ka mabokoseng a ka holimo, ke mathata a fe a mararo a ka sehloohong a sitisang sehlahlo sa basali malebana le ho ikakhela ka setsoana moo ho nkoang liqeto liphuthehong tsa makhotla a mathomo a heno? \_\_\_\_\_

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2. Na mathata aa ao u a hloahileng kapa ao u a boneng a etsahala lekhohleng la setereke? \_\_\_\_\_

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3. Ho ea ka uena, u bona e ka ke likhato tsa mofuta o fe tse ka nkoang molemong oa ho hlola mathata? \_\_\_\_\_

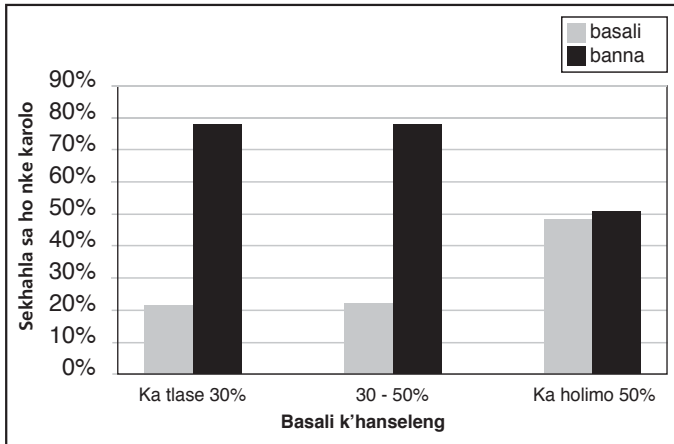
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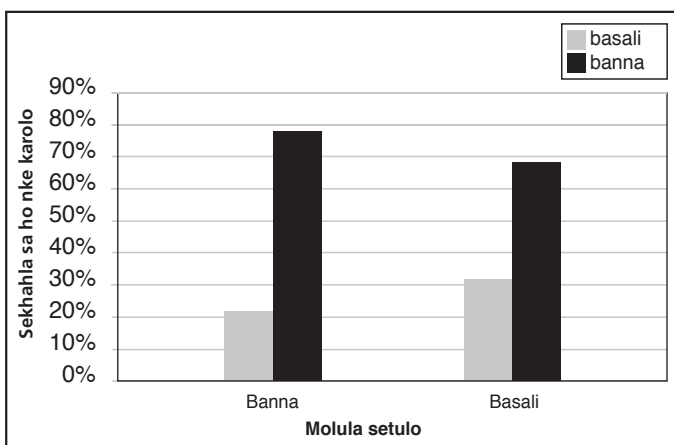
**Boichoriso 5:****Seabo sa basali makhotleng a mathomo a Puso ea Libaka.**

Liphuputso tsa morao rao mabapi le boithuto bo sa tsoa tsoaroa linaheng tse 'ne tsa Africa e ka Boroa e leng: Lesotho, Mauritius, Namibia le Africa Boroa bona bo tsoetseng buka e bitsoang At The Coalface; Gender and Local Government, (Sebuping; Tekano le Puso ea Libaka ); Africa e ka Boroa bo supa hore ho na le tšebeliso e matla lipakeng tsa ho ba le seabo ho se sehlahlo hoa basali makhotleng a mathomo a Puso ea libaka 'moho le mokhoa oa seabo sa bona.

Ho latela lipalo tse bontšitsoeng setšoantsong sena se ka holimo, tse fumanehileng boithutong bo boletsoeng, liphetho tsa bona li fana ka qeto ea hore:

- Moo lenane la basali le etsang karolo e ka tlaase ho mashome a mararo lekholong (-30%) ea batho ba khobokaneng phuthehong ea makhotla a mathomo, ba bua ka mokhoa o khathatsang matla, o hakanyetsoang karolong ea mashome a mabeli a motso o mong (21%) a nako eno eo ho tšeroeng putheho.
- Moo basali e leng 30% ho isa ho 50% ea barupelloa, ba buile haholo. Nako e ka hakanyetsoang ho 22% ea motsotso o momng le o momng oa nako ea phutheho eo.ho fapana le moo ba leng ka tlaase ho 30%.
- Ha basali ba feta halofo ea banka-karolo, ba buile hanyenyane empa ho lekana le banna.

Qeto e ka nkuoang ke hore “bongata” ha se karolo ea mashome a mararo lekholong empa ke ho fapana ha bong!



Lipalopalo tsa boiphihlelo ba likopano tsa lekhota tse 11 tse lemohiloeng patlisong li ile tsa lekoloa ho ea ka boholo boo basali ba bileng le karolo likopanong tseo molulasetulo e neng e le monna khahlanong le tseo molulasetulo e neng e le mosali.

- Basali ba kenya letsoho ka sehlahlo ha ho tšohloa lintlha tse itseng liphuthehong tse molula setulo e leng mosali 'me ba nka nako e etsang karolo ea mashome a mararo a metso e 'meli lekholong (32%) papisong le karolo ea mashome a mabeli a metso e 'meli (22%) Sebakeng sa liphutheho tseo balula setulo ba tsona e leng banna. Lipalo tsena li ka bonahala ka tsela e hlakileng setšoantsong sena se ka tlaase.

- Leha ho le joalo bopaki bo ipapisitseng le meqoqo e mekhutsoane mabapi le lintho tse etsahetseng bathong ka ho fapakana e fana ka maikutlo a hore ha se ha ka kang hore basali ba kenya letsoho ka sehlahlo liphuthehong tseo molula setulo oa tsona e leng mosali. Bafuputsi ba neng ba ntse ba nonya batho maikutlo boithutong bo entsoeng naheng ea Lesotho ba bontša hore baetelli pele ba banna ka mokhoa o tsoanang le ba basali ba lokela ho lemoha hore na bothata ba hore basali ba bangata ba be lihlong ho bua ka liphatla tse phahameng bo bakoa ke eng 'me ba etse matsapa a ho bo bontša molemong oa ho khothaletsa basali hore babe le boikitlaetso, ba kenye letsoho liphuthehong ka sehlahlo ho sa tsotellehe hore na bolula setulo ke ba monna kapa ba mosali.
- Seabo sa basali liphuthehong tseo balula-litulo e leng basali, se bonahala se ntlafala ho feta moo balula-litulo e leng banna.
- Le ha ho le joalo, ho bohlokoa ho ela hloko hore ka nako e ngoe leha molula-setulo e le mosali, ho oa hloka hore ho etsoe mekutu e meng e ka etsang hore basali ba nke karolo ba le sehlahlo liphuthehong.



Mokh'anselara 'Matheboho Tsepane o kopana le basali ba lekhotteng la habo

Photo: Colleen Lowe Morna

**Lipotso:**

1. Ke mekutu e feng e ka etsoang ho akofisa seabo sa basali methating ea ho etsa liqeto? \_\_\_\_\_

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2. Na ho bohlokoa hore basali ba nke karolo ka mokhoa o sehlahlo moo ho etsoang liqeto? \_\_\_\_\_

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3. Na seabo sa basali liphuthehong moo molu-setulo e leng mosali le moo e leng monna sea fapana? Joang? \_\_\_\_\_

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4. Makhotleng a mathomo moo seabo sa basali se bonahalang ke hokae? Na ke moo boemeli ba basali bo leng holimo kapa bo leng tlaase?: \_\_\_\_\_

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## PHETOHO



### Bochoriso 6: Tse itlhommeng pele phetoho e etsoang ke basali sechabeng.

Councillor Mamosenyehi Lemao

Motse oa ha Nyenye, seterekeng sa Leribe o ne o aparetsoe ke lefifi, athe le tsela e teng e likoti hoo baeti ba tsamaeang ka thata ho kena har'a motse ona oa habo Kompí. Empa hajoale batho ba qhoaolotse likobo mofuthung ka lebaka ho hokeloa hoa motlakase 'me ba bile ba pheha ka oona esita le hona ho letsa lia-le-moea.

Ea re ha a bulela motho ea neng a kokota monyako, mofumahali Kompí a re ptjang-tjoang le Mokhethoa oa Lekhotla la Mathomo la Khomokhoana, mohlomphehi mofumahali Mamosenyehi Lemao 'me a mo fofela ka o jang papa, ke thabo. "Enoa ke mohale oa ka". Ho bolela mofumahali Kompí.



'Mamosenyehi Lemao and Felicia Kompí

Photo: Colleen Lowe Morna

Lilemomp tse 'maloa tsa bo likete tse peli (2000), kamorao ho hore a hahe ho ne ho le lefifi hohle motseng ho fihlela mohlomphehi mofumahali Lemao a theha komiti mabapi ea ho hokeloa hoa motlakase. Khothaleto e ile ea ba hore motho ka mong a lefe makholo a mahlano a maloti (M500.00). Ka morao ho hore chelete ena e lefshoe, Mofumahali Lemao o ile a buisana le ba ikarabellang motlakaseng hore ba hokelle malapa a makholo a mabeli (200) motlakase motseng oa ha Nyenye.

Kamorao ho libeke tse peli (2) motlakase o hoketsoe, mofumahali Kompí o ne a ntse a hloletsoe. "Ruri ke ne ke sa khloe seo ke se bonang". Ke eena eo. O ile a lula hlathe e lelekisa tsebe a laretse monna oa hae ea sebetsanang le khoebo ea koloi ea baeti e tsamaeang lipakeng tsa Africa Boroa le Lesotho. Monna oa hae ka mokhoa o tsoanang o ile a hlolloa ha a amoheloa ke khanya 'me a bontša hore "joale motho o tla tla pencheleng ka khotso".

Mofumahali Kompí o re o kholisehile hore "mokhethoa oa monna o ne a ke ke a fihlela tsena tseo mofumahali Lemao a li fihletseng ka mor'a nako e khutšoane hakana. "O ne a ke ke a ba le mamello e kana, o ne a tla teneha a nyahlatse litokiso ka lehare. Mosali enoa o rata sechaba sa habo".

Mofumahali Lemao eo e bileng e leng mosali oa mohlolohali, o ile a iketa e le mokhethoa ea ikemetseng likhethong tsa Puso ea Libaka tsa likete tse peli le metso e mehlano (2005). O entse sena tlasa tšusumetso e matla ea sechaba. "Ke bontšitse hore ke ne ke se na thahasello ea lipolotiki, empa ke ile ka iketa molemong oa ho tsoela motse oa heso khomo. Ha ke na thahasello linthong tsena tsa bona tsa lipolotiki, lipolotiki tsa ka ke ho sebeletsa sechaba".

Mofumahali Lemao o ne a qothisana lehlokoa le banna ba leshome le basali ba bararo 'me a ikhapela tlhoho. "Ke lumela hore ke hlotse hobane ke thusa batho ba hlohang kamehla motseng oa heso, Batho ba bangata ba tla ho 'na ka mathata a fapakaneng ba tlilo batla thuso, baa ntšepa". Ho cho Lemao.

Ba bang ba Banna bao a neng a qothisana lehlokoa ha ba ka ba thabisoa ke tlholo ea hae. Ka morao ho ho lebella tšebetso ea ho bala lipampiri tsa li-balote “Ba bang ba bona ba ile ba tsoa ba tsamaea”. Empa baiketi ba basali ba ile ba ntebohela ba re” Leha e le mona re hlotsoe ke likhetho, re motlotlo ke hore ebe ho na le mosali ea re emetseng lekhotleng”. Ho cho mofumahali Lemao.

Joaloka Makhotleng a mang a Mathomo ka har’a naha ea Lesotho, Khomokhoana ha e so fumane tšebetso ea letho ho tsoa ‘Musong. “Ho fihlela hajoale ha ho nko ho tsoa lemina, re ntse re se na letho. Empa ka lehlakoreng la ka ke ile ka rera ho theha sehlopha sa batho ba ikopantseng malebana le ho hokeloa motlakase”.

Komiti e ileng ea thehoa e ne e kena ntlo le ntlo ho bokella chelete molemong oa ho khothaletsa boto ea motlakase ho fana ka litsebeletso. Ba neng ba na le likete tse leshome ho isa ho tse leshome le metso e mehlano (M10,000.00 - M15,000.00) ba ile ba ipuella ka bo mong empa boholo ba batho bo ile ba koleka makholo a mahlano a maloti (M500.00) sebakeng sa mokhatlo. Ka morao ho moo, ho ile hoa tsoaroa liphutheho khafetsa Maseru ‘me lipuisano tsa nka likhoeli tse ‘ne empa qetellong motlakase o ile oa hokeloa.

“Motlakase o ile oa hokeloa hobane e ne e le tabatabelo ea sechaba. Bongata ba basali motseng ona ba sebetse lifemeng tsa Machaena. Ba tsamaea ka meso, ba khutle ka shoalane. Khokelo ena ea motlakase e ba thusitse haholo kaha motlakase o pheha kapele, habobebe, o bile o le litjeho li tlaase, ‘me ho bolokehile ho sebelisa motlakase.

Mohlala mabapi le litlhoko tsena ke metsi le ‘mila. Ho latela sehlahlo seo mofumahali Lemao a tsebileng ho ema ka maoto hore motlakase o hokeloe, tumelo ke hore le tse ling tsa litlhoko oa tseba hore na o tla latela mecha efe hore a li fumane. “Ke ile ka epa pitso, eaba ke khothaletsa sechaba ho koleka. Haufinyana ke tla be ke buisana le ba ikarabellang khokelong ea metsi”. Sechaba seo a se emetseng ha se na mamello, se oela khabong ka ho panya hoa ntši ho iketsetsa lintlafatso, ha ‘muso o ntse o sisintha.

Mofumahali Lemao e bile mosebeletsi oa sechaba bophelo bohle ba hae, o bontša ha mathata ao a thulanang le oona pusong ea Libaka, joaloka Mokhethoa, a mo thusa ho tebisa maikutlo le ho bokeletsa matsapa a ho ntšetsa mosebetsi oa hae pele. “Le ho na joale nka epa pitso ka khobokanya sechaba. Ntlafatso ha se ntho eo nka e etsang ke le mong”.

Nakong eo mofumahali Lemao a ntseng hlongoa lipotso o ile a koptjoa ho ea emela likhetho tse akaretsang tsa naha ka Hlakola, selemong sa likete tse peli le metso e supileng (2007) empa o ile a hana ka le reng, “ke nepahetse ho na mona Pusong ea Libaka. Ha ke na thahasello ea ho emela likhetho tsa naha. Ho sa na le liqholotso tse ngata tse tjametseng sechaba motseng ona. Ho feta moo, mona ke moo ke phelang, ke bophelo ba ka, ‘me ke moo ke lokelang ho etsa phetoho malebana le ntlafatso”.

“Likhethong tsa Naha”, ke eena eo, “ho etsahala nthoena le eane, tse akhang leeme kahare. ‘Me hona ho baka litoantšano; ha ho a bolokeha sebakeng sa rona basali. Mona kea tseba hore ke khethiloe ka lebaka la makhabane a ka. Motho ha e le mokhethoa, likhethong tse akaretsang o ba hole le sechaba, athe mona ke ka har’a sechaba. Ke e mong oa sona.

**Lipotso:**

Batho ba kenetseng thupelo ba lokela ho ikarola ka lihlotšoana 'me ba bale seratsoana sa litaba tse itlhommeng pele tse amanang le sehlooho sena. Ka morao ho moo, ba tšohle lintlha tse hlaha ho sona ba ntan'o araba lipotso tse se hlahlamang.

1. Ke makhabane a mofuta ofe ao mohlomphehi mokhethoa oa lebatooa ea khabane mofumahali 'Mamosenyehi a a bontšang mosebetsing oa hae? \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_
2. Ho ea ka uena, ha u sheba na makhabane aa a mofumahali Lemao a ka tšoantšoa le a bakhethoa ba bang ba basali ba mokhotla a mathomo ka tsela efe kapa efe? \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_
3. Na ho ba le bakhethoa ba basali makhotleng a mathomo a puso ea libaka ho etsa phetoho ntšetsopeleng ho ipapisitsoe le:
  - a) Ka hara tšebetso, na ho na le liphetoho tse teng tšebetsong kapa ho na ho se sekisetse basali esita le ho kenya maano a amanang le tekano tšebetsong? \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_
  - b) Moo ho fanoang ka litšebeletso sechabeng, na litšebeletso tse fanoang sechabeng lie la hloko litaba tsa tekanno kapa hona ho fanoa ka tsela eo ho seng batho ba sekisetsoang? Fana ka mehlala ho latela lintho tse etsahetseng ho uena kapa bathing bao u ba tsebangtse bontšang hore ho ntse ho na le tšekisetso e amahanngoang le botona le botšeali. \_\_\_\_\_  
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**Boichoriso 7: Ho metha phethoho**

Barupelloa ba tla koptjoa ho hlahloba ba sebelisa sekala sa 'ngoe (1) boemong bo tlaase ho fihlela ho hlano (5) boemong bo kaholimo ka ho tlatsa karete ea lintlha e ka tlase. Ha e le 'ngoe (1) ke moo mosebetsi o sa etsoang hantle, empa hlano eona e bolela hore mosebetsi o phethahetse litaba tsena li lokela ho bontša hore na lekhotla la mathomo le etse hloko litaba tsa tekano. Karete ea lintlha tsena e boetse ea fumaneha ho CD ROM ho F7

**Karete ea lintlha:** Lekhotla la mathomo la motse oa heno le etse hloko ha kae litaba tsa tekano?

**Karete ea lintlha: Lekotla le mathomo la motse ea heno le etse hloko ha kae litaba tsa tekano?**

|                                                                                                                                                                                                          | 1 | 2 | 3 | 4 | 5 |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---|---|---|---|---|
| <b>Meralo ea leano</b>                                                                                                                                                                                   |   |   |   |   |   |
| 1. Lekhotla la mathomo le etse hloko hore naha e entse boitlamo ka litaba tsa tekano ho kenyeletsa moralo oa leano lee le lecha sebakeng sa Puso ea Libaka, boemong ba naha, tikoloho le ba machaba.     |   |   |   |   |   |
| 2. Ho na le leano malebana le litaba tsa tekano.                                                                                                                                                         |   |   |   |   |   |
| <b>Puso</b>                                                                                                                                                                                              |   |   |   |   |   |
| <b>Boemeli</b>                                                                                                                                                                                           |   |   |   |   |   |
| 3. Lekhotla la mathomo le na le lipalo tse qaqileng tse bontšang botšehali le botona 'me ke karolo e kae lekholong ea basali le banna ba nang le tokelo ea ho khetha likhethong tsa naha tse akaretsang. |   |   |   |   |   |
| 4. Lenane le lekanang la basali le banna bao e leng bakhethoa makhotleng a mathomo                                                                                                                       |   |   |   |   |   |
| 5. Lenane la basali le banna boemong ba ho etsa liqeto makhotleng a mathomo, komiting ea' masepala, ba lula-litulo ba likomiti joalo, joalo                                                              |   |   |   |   |   |
| 6. Lenane la ba ba botšehali le ba batona ka har'a likomiti tsohle.                                                                                                                                      |   |   |   |   |   |
| 7. Basali le banna ba kenyeletsoa ka ho lekana liphuthehong tsa lekhotla la mathomo.                                                                                                                     |   |   |   |   |   |
| 8. Basali ba na le tšusumetso liqetong tse nkoang makhotleng a mathomo                                                                                                                                   |   |   |   |   |   |
| 9. Boiteko bo khethehileng bo entsoe ba hore basali ba kenyeletsoe ka har'a lekhotla la mathomo.                                                                                                         |   |   |   |   |   |
| 10. Lekhotla la mathomo le na le lipalo ka botlalo tsa sechaba ho ea ka botšehali le botona.                                                                                                             |   |   |   |   |   |
| 11. Ho tšoaroa liphutheho tsa sechaba ha ngata.                                                                                                                                                          |   |   |   |   |   |
| 12. Basali le banna ba kenya letsoho ka ho lekana liphuthehong tsa sechaba le liketsahalong tse ling tsa sechaba.                                                                                        |   |   |   |   |   |
| <b>Moralo</b>                                                                                                                                                                                            |   |   |   |   |   |
| 13. Ho etsoa moralo ho ipapisitsoe le tekano ka har'a makhotla a mathomo.                                                                                                                                |   |   |   |   |   |
| 14. Sepheo sa lekhotla la mathomo se hlakile litabeng tsa tekano.                                                                                                                                        |   |   |   |   |   |
| 15. Litaba tsa mathata a basali, menyetla, litsiane le litlhoko li ea sebahala.                                                                                                                          |   |   |   |   |   |
| 16. Basali ba ea atameloa ha ho etsoa meralo.                                                                                                                                                            |   |   |   |   |   |
| 17. Ho na le matšoao a tekano ka har'a meralo eohle                                                                                                                                                      |   |   |   |   |   |
| 18. Ha ho thehoa maano litlhoko tsa basali li nkeloa hloohong.                                                                                                                                           |   |   |   |   |   |
| 19. Mafapha kaofela a tlangoa ho kenyeletsa litaba tsa tekano ka har'a meralo ea oona.                                                                                                                   |   |   |   |   |   |
| 20. Khotsofalo ea batho ba sebeletsoang e arotsoe ka lipalo tsa botona le botšehali le manane a tekano.                                                                                                  |   |   |   |   |   |
| 21. Lekhotla la mathomo le hapelletse mererong mabapi le litaba tsa basali le banna ka tekano mererong ea lona                                                                                           |   |   |   |   |   |
| <b>Polokeho le tsireletso</b>                                                                                                                                                                            |   |   |   |   |   |
| 22. Lekhotla la mathomo ho fihlela ha joale le na le lipalo-palo tsa litlolo tsa molao ho latela botona le botsehalo.                                                                                    |   |   |   |   |   |
| 23. Toropo ke sebaka se tsireletsehileng sebakeng sa basali, mohlala, ba ka tsamaea ba tsireletsehile bosiu le motšehare.                                                                                |   |   |   |   |   |
| 24. Litsele kapa mebala le libaka tsa sechaba li na le motlakase o khantšang o lekaneng                                                                                                                  |   |   |   |   |   |
| 25. Makoloi a baeti a bolokehile sebakeng sa basali le bana.                                                                                                                                             |   |   |   |   |   |
| 26. Lipakeng tsa sechaba haholo basali le mapolesa ho na le tšebeliso likamano tse mofuthu.                                                                                                              |   |   |   |   |   |
| 27. Ho thehiloe mahokela a batho ba thibelo ea botlokotsebe metseng ka sepheo sa ho hokahanya sechaba le sepolesa.                                                                                       |   |   |   |   |   |
| 28. Basali ba na le boemeli bo lekaneng ka har'a mahokela a sechaba.                                                                                                                                     |   |   |   |   |   |
| 29. Mapolesa le basebeletsi ba toka ba koetlisitsoe litabeng tsa ho sebetsana le tlikefetso le litlolo tsa molao.                                                                                        |   |   |   |   |   |

|                                                                                                                                                                                                                       | 1 | 2 | 3 | 4 | 5 |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---|---|---|---|---|
| 30. Basali ba fumana litšebeliso tse ba khotsofatsang kapa tse molemong oa bona.                                                                                                                                      |   |   |   |   |   |
| 31. Lekhotla la mathomo le ea kenella matšolong a ho hlokomelisa sechaba tliekefetso e bakoang ke tšekisetso joalo ka letšolo la matsatsi a leshome le metso e tšeletseng le khahlanong esita le ho nena tliekefetso. |   |   |   |   |   |
| 32. Lekhotla la mathomo le na le moralo oa tšebetso oa ho felisa tliekefetso.                                                                                                                                         |   |   |   |   |   |
| 33. Lekhotla la mathomo le na le lenane la ho sebetsana le batho ba hlekefelitsoeng kapa liphofu tsa tliekefelitso ka moo ho tloaelehileng                                                                            |   |   |   |   |   |
| 34. Lekhotla la mathomo le tšehetsa libaka tsa polokeho.                                                                                                                                                              |   |   |   |   |   |
| <b>Tlhokomele le thuto ea bana.</b>                                                                                                                                                                                   |   |   |   |   |   |
| 35. Ho bile le tlatlhobo ea tlhoko ea lisebelisoa mabapi le tlhokomelo ea bana.                                                                                                                                       |   |   |   |   |   |
| 36. Ho fanoa ka litšebeliso tsa tlhokomelo ea bana                                                                                                                                                                    |   |   |   |   |   |
| 37. Lekhotla la mathomo le nkile bohato ba ho bona hore na ho na le mokhoa o bobebe oa ho fumantšoa thuto le tlhokomelo. Ho kenyeletsa hoa litaba tsa tekano ka har'a manane a teng.                                  |   |   |   |   |   |
| <b>Moruo le ho theha hoa mesebetsi</b>                                                                                                                                                                                |   |   |   |   |   |
| 38. Lekhotla la mathomo le na le moralo oa moruo o shebaneng le bahoebi ba banyenyane ba basali ka sepheo sa hore e be bona ba kholang litholoana tse hlabosang.                                                      |   |   |   |   |   |
| 39. Lekhotla le na le lipalo tsa mosebetsi tse arotsoeng ka botona le boitšehali.                                                                                                                                     |   |   |   |   |   |
| 40. Basali le banna ba khola litholoana tse hlabosang ka ho lekana lisebelisoeng tsa baitšokuli ka har'a lekhotla la mathomo.                                                                                         |   |   |   |   |   |
| 41. Basali le banna ba khola litholoana tse hlabosang ka ho lekana litabeng tsa ho hola ha bohahlauli ka ha ra lekhotla la mathomo.                                                                                   |   |   |   |   |   |
| <b>Taolo ea thepa</b>                                                                                                                                                                                                 |   |   |   |   |   |
| 42. Lekhotla la mathomo le na le leano le shebaneng le ho eketseha hoa lenane le bohlokoa ba likonteraka tsa basali.                                                                                                  |   |   |   |   |   |
| 43. Lekhotla la mathomo le nkile mehato ea hore le bone hore basali ba khola litholoana tse hlabosang ka ho lekana menyetleng ea taolo ea thepa e entsoeng ke lekhotla la mathomo.                                    |   |   |   |   |   |
| <b>Kabo ea mobu</b>                                                                                                                                                                                                   |   |   |   |   |   |
| 44. Basali le banna ba na le menyetla e lekanang ea ho abeloa mobu oa bolulo, masimo le khoebo.                                                                                                                       |   |   |   |   |   |
| 45. Lekhotla la mathomo le boloka lipalo tsa ho ea ka botšehali le botona tsa ho ba le thepa kapa matlo kapa tsona litša.                                                                                             |   |   |   |   |   |
| 46. Lekhotla la mathomo le nkile bohato e le ka sepheo sa ho bona hore basali le banna ba khola litholoana tse hlabosang ka ho lekana ka ho ba le menyetla ea phumantšo ea mobu.                                      |   |   |   |   |   |
| <b>Lisebelisoa</b>                                                                                                                                                                                                    |   |   |   |   |   |
| 47. Basali ba atameloa litabeng tsa ho fana ka lisebelisoa le hore na litšenyehelo tsa litšebeliso le mokhoa oo ba lefisoang ka oona ba ea lihlalositsoa.                                                             |   |   |   |   |   |
| 48. Lekhotla la mathomo le na le lipalo ho ea ka botšehali le botona hore na ke mang ea nang le bolokolohi tsa litšebeliso joalo ka malapa a ba batona le batšehali.                                                  |   |   |   |   |   |
| 49. Basali ba ea kenyeletsoa tsamaisong le tlhokomelong ea litšebeliso le li sebelisoa.                                                                                                                               |   |   |   |   |   |
| 50. Lekhotla la mathomo le na le lipalo tsa botona le botšehali ho latela hore na basali ba fuoang mangolo a ho khanna makoloi ba ba kae khahlanong le banna.                                                         |   |   |   |   |   |
| 51. Lekhotla la mathomo le lisa mekhoa ea tšebeliso ea makoloi a baeti ho bona hore na ke banna le basali.                                                                                                            |   |   |   |   |   |
| 52. Basali ba ea atameloa ka litaba tsa litlhoko tsa makoloi a bona.                                                                                                                                                  |   |   |   |   |   |
| 53. Na liemelo tsa libese kapa tsa makoloi ka kakaretso li bolokehile sebakeng sa basali.                                                                                                                             |   |   |   |   |   |

|                                                                                                                                                                                                                                               | 1 | 2 | 3 | 4 | 5 |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---|---|---|---|---|
| <b>Bophelo le HIV le AIDS</b>                                                                                                                                                                                                                 |   |   |   |   |   |
| 54. Basali ba fumana lisebelisoa tsa bophelo ha bobebe.                                                                                                                                                                                       |   |   |   |   |   |
| 55. Lekhotla la mathomo le boloka lipalo tsa banna le basali ba nang le tšoaetso le ba a 'ngoeng ke litaba tsa HIV le AIDS                                                                                                                    |   |   |   |   |   |
| 56. Ho na le matšolo a litaba tse amanang le tekana a etsoang ka sepheo sa ho hlokomelisa batho le ho ba ruta ka seoa sena sa HIV le AIDS.                                                                                                    |   |   |   |   |   |
| 57. Basali le banna ba na le bolokolohi ba litšebeletso tsa ho ithaopela ho hlalobela tšoaetso ea HIV le AIDS ka ho lekana.                                                                                                                   |   |   |   |   |   |
| 58. PEP ea fumaneha litsing tsohle tsa bophelo hape ho na le matšolo a fanang ka thuto mabapi le litaba tse amanang le eona PEP                                                                                                               |   |   |   |   |   |
| 59. Basali le banna ba khola litholoana tse hlabosang ka ho lekana ho fumantšoenng lipilisi tse matlafatsang sesole sa 'mele sebakeng sa batho ba nang le tšoaetso.                                                                           |   |   |   |   |   |
| 60. Lekhotla la mathomo le fana ka tšehetso ho batho ba hlokomelang bakuli ba nang le tšoaetso ea HIV le ba kulang bas eng ba tšoeroe ke AIDS ho kenyeletsoa batho ba phelang le AIDS le OVC's.                                               |   |   |   |   |   |
| <b>Bophelo ba tikoloho</b>                                                                                                                                                                                                                    |   |   |   |   |   |
| 61. Basali ke karolo ea tlhokomelo ea matloana le likhoerekhoere.                                                                                                                                                                             |   |   |   |   |   |
| 62. Basali le banna ba khola litholoana tse hlabosehang ka ho lekana menyetleng ea lefapha lena.                                                                                                                                              |   |   |   |   |   |
| 63. Boiteko ba ho kenyeletsa banna bo ea etsoa lefapheng lena.                                                                                                                                                                                |   |   |   |   |   |
| <b>Ntšetsopele ea sechaba</b>                                                                                                                                                                                                                 |   |   |   |   |   |
| 64. Basali, banana, banna le bashanyana ba una molemo ka ho tšoaana ho likhakanyong tsa lichelete sebakeng sa lipapali le lisebelisoa tsa boithapallo.                                                                                        |   |   |   |   |   |
| 65. Ho na le manane a qholotsang litloaelo tse fetohile tumelo tse khinang boikitlaetso banna le basali lipapaling.                                                                                                                           |   |   |   |   |   |
| 66. Lekhotla la mathomo le boloka lipalo tsa ba basali le banna le lilemo tsa bona ha ho sebelisoa lisebelisoa tse teng, mohlala, litsi tsa sechaba le matlo a libuka. Litaba tsa bosebetsi le tikoloho 'moho le khetho le ho koetlisa batho. |   |   |   |   |   |
| 67. Basali le banna ba fumantšoa mesebetsi eohle kapa ho na ho se koteloe mesebetsing e itseng, ba blile ba lefshoa ka ho tšoaana esita le ho fumana maemo a tsamaiso kapa a ho okamela ka mokhoa o tšoanang.                                 |   |   |   |   |   |
| 68. Basali le banna ba lefshoa ka ho tsoana ha ba sebetsa mesebetsi e tšoanang kapa ba sebetsa mesebetsi e tšoanang ea maemo a lekanang.                                                                                                      |   |   |   |   |   |
| 69. Ho na le leano la tšebetso la ho netefatsa le ho lumella.                                                                                                                                                                                 |   |   |   |   |   |
| 70. Basali ba khothaletsoa ho etsa likopo tsa mosebetsi, le litaba tsa basali ba e ntse likopo li ea bolokoa.                                                                                                                                 |   |   |   |   |   |
| 71. Batho ba botsang bakopi ba mosebetsi ba bopiloe ka ho lekana.                                                                                                                                                                             |   |   |   |   |   |
| 72. Ho na le leano le etsang bonnete ba hore basali ba lekanang le banna ka mangolo ba fuoa mesebetsi e tsoanang kapa ea maemo a lekanang le ea banna.                                                                                        |   |   |   |   |   |
| 73. Basali ba khothaletsoa ho ntlafatsa lithuto kapa mangolo a bona.                                                                                                                                                                          |   |   |   |   |   |
| <b>Ho ntlafatsa litsebo</b>                                                                                                                                                                                                                   |   |   |   |   |   |
| 74. Basali le banna ba fuoa menyetla e lekanang ea ho matlafala kapa hola ka hara lekhotla la mathomo.                                                                                                                                        |   |   |   |   |   |
| 75. Ho na le se etsoang ho fana ka koetliso ea basali e le hore ba tsebe ho koala sekheo sa tekano ea botsehalo le botona.                                                                                                                    |   |   |   |   |   |
| 76. Basali le banna ba na le menyetla e tsoanang ea ho koetlisoa.                                                                                                                                                                             |   |   |   |   |   |
| 77. Banna le basali ba koetlisoa ka tsela e tšoanang ka hara lekhotla                                                                                                                                                                         |   |   |   |   |   |

|                                                                                                                                                                                                                           | 1 | 2 | 3 | 4 | 5 |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---|---|---|---|---|
| 78. Basali le banna ba na le menyetla e lekanang ea ho phahamisetsoa maemo a itseng tšebetsong kappa mesebetsing.                                                                                                         |   |   |   |   |   |
| 79. Lekhotla la mathomo le fana ka menyetla e tšoanang ho babali le banna litabeng tsa phomolo ea setsoetse.                                                                                                              |   |   |   |   |   |
| 80. Basali basebetsang bosiu ba fumantšoa tšireletso.                                                                                                                                                                     |   |   |   |   |   |
| 81. Lekhotla la mathomo le fana ka nako e nyane.                                                                                                                                                                          |   |   |   |   |   |
| 82. Lekhotla la mathomo le fana ka lisebelisoa tsa ho hlokomela bana                                                                                                                                                      |   |   |   |   |   |
| 83. Ho na le leano la tthekefetso ka motabo le sebelisoang.                                                                                                                                                               |   |   |   |   |   |
| 84. Tsebeliso ea mantsoe kapa lipolelo tse hlohlotšang litsebe esita le tse hobosang banna kapa basali a thibetsoe                                                                                                        |   |   |   |   |   |
| <b>Maemo a tekano</b>                                                                                                                                                                                                     |   |   |   |   |   |
| 85. Lekhotla la mathomo le na le popo ea tekano ea basali le banna bo matlafatsoang ho etsa mosebetsi oa lona.                                                                                                            |   |   |   |   |   |
| 86. Mokhoa oo popo ea tekano ea basali le banna e leng ka teng e kenyeletsa sechaba.                                                                                                                                      |   |   |   |   |   |
| 87. Tekano ea botšehali le botona e ngotsoe tlooseng ea mosebetsi le litumellano la tsebetso tsa baokameli le mesebetsi ea bona ea bohlokoa.                                                                              |   |   |   |   |   |
| <b>Likhokahanyo tsa lichelete.</b>                                                                                                                                                                                        |   |   |   |   |   |
| 88. Karolelano ea litsenyehelo e shebane le ntlafatsa tekano e lekanang ea botšehali le botona.                                                                                                                           |   |   |   |   |   |
| 89. Basali ba una molemo ka ho lekana lisebelisoeng tse ba li filoeng ka sepheo sa ho kelenyeletsa merero.                                                                                                                |   |   |   |   |   |
| <b>Bolisa le ho ela hloko mathata le manolo.</b>                                                                                                                                                                          |   |   |   |   |   |
| 90. Lipalo-palo tsa litsebetso, khiro, taolo ea thepa li entsoe ka lipalo tsa botsehalo le botona.                                                                                                                        |   |   |   |   |   |
| 91. Litaba tse bontšang tekano ea basali le banna li raliloe le ho etsa mekhoha ea ho laola/tsamaisa batho.                                                                                                               |   |   |   |   |   |
| <b>Ho fana ka koetliso</b>                                                                                                                                                                                                |   |   |   |   |   |
| 92. Koetliso ea phahano le tekano ea basali le banna e etsetsoa basali le banna ka hara lekhlotla maemong ohle.                                                                                                           |   |   |   |   |   |
| 93. Koetliso ea tekano ea basali le banna e etsoa ka tatellano hantle.                                                                                                                                                    |   |   |   |   |   |
| <b>Litsebo</b>                                                                                                                                                                                                            |   |   |   |   |   |
| 94. Banana le bashanyana ba thakeloa ka malebela ho lokisetsoa ho emela likhetho tsa Puso ea Libaka.                                                                                                                      |   |   |   |   |   |
| 95. Bakhethoa ba rupelloa ka ho tšoana ho sa natsoe botona kapa botšehali.                                                                                                                                                |   |   |   |   |   |
| 96. Matsapa a entsoe a ho sebetsana le maikutlo a bakhethoa ba sechaba le basebetsi ba 'muso ba ka thibeloang ho kenya letsoho le ho etsa litlatsetso lekhlotleng la mathomo.                                             |   |   |   |   |   |
| <b>Litaba tsa lipolotiki</b>                                                                                                                                                                                              |   |   |   |   |   |
| 97. Litaba tsa tekano ea basali le banna li filoe boemo bo phahameng ba lipolotiki ke lekhlotla la mathomo e bile le na le "bapolotiki ba ipabotseng"                                                                     |   |   |   |   |   |
| 98. Bakhethoa ba Makhlotla a Mathomo ba itokisetsoa ho kenela likhetho tse akaretsang tsa naha.                                                                                                                           |   |   |   |   |   |
| 99. Lekhotla la mathomo le etse hloko hore naha e entse boitlamo ka tekano ea matla ho ba basali le banna ho kenyeletsa moralo oa leano lee le lecha sebakeng sa Puso ea Libaka, boemong ba Naha, Tikoloho le ba Machaba. |   |   |   |   |   |
| 100. Lekhotla la heno la Mathomo le khothaletsa 'muso ho etsa molao ele ho akofisa boitlamo ba naha ba 50/50 likhethong tse akaretsang tsa naha.                                                                          |   |   |   |   |   |
| <b>KAKARETISO</b>                                                                                                                                                                                                         |   |   |   |   |   |

Kopanya lintlha tsa hao 'me o sebetse lipalo tsena ka hore na li etsa karolo e kae lekholong

KAKARETISO/ 500 x 100 =

%

## BOITOKISETSO BA KHAOLO EA BORARO

Lintlha tsa sehlooho khaolong ena ke tsena:-

- Tsamaiso le kakofiso ea tekano;
- Meoloana, maoala le mekhoha;
- Neeletsano ea taba lintlheng tsa tekano;
- Boemo ba melao le maano ao ho sebetsoang tlasa 'ona;
- Mefuta ea litlhoko kakofisong ea tekano;
- Mefuta ea tšebetso.

Ho tsitsisa tekano boemong ba naha ho hloka hore ho be le mahokela a tšebetso a tlang ho netefatsa hore tšebetso e etsoa ka ho tšoana ho sa lobjoe morethetho. Mona u ka kopa barupelloa ba hao ho fana ka mehlala ea ea tseo ba li tsebang tse ileng tsa hloka ho etsetsoa meoloana le mahokela hore lit le li phethahale ka nepo. Ba kope le ho fana ka melemo ea mahokela le meoloana.

Khaolo ena e bile e thusa hore barupelloa ba tsebe ho hlalohanya mefuta ea litlhoko hammoho kakofisong ea tekano.

Notes:



# KHAOLO EA **BORARO** LINTLHA TSA SEHLOOHO MABAPI LE TSAMAIISO EA LITABA TSA TEKANO

## Sepheeo

- Kutloisiso ea tsamaiso le kakofiso ea tsa tekano;
- Tsebo ea meoloana, maoala le mekhoe e lateloang tsamaisong ea tekano;
- Kutloisiso ea neeletsano ea taba lintlheng tsohle tsa tekano;
- Tlhaloso ea boemo ba melao le maano ao ho sebetsoang tlasa 'ona.

# TSAMAIISO LE KANETSO EA LITABA TSA TEKANO



## Boichoriso 1: Bohlokoa ba ho akofisa kanesto ea tekano.

Tsamaiso ea kakofiso le kanetso ea litaba tsa tekano (GMS) ke khokahano ea meoloana ea tekano, tšebeliso ea maoala le mekhoe e itseng ka hare ho setsi ka sepheo sa ho tataisa: meralo; tšalo morao le khapello ea tekano tšebetsong eohle ea litsi e le hore ho fihleloe tekano ntšetsopeleng ea moshoelella. Khokahano ena e ka thehoa mokhahlelong ofe le ofe oa puso kappa litsi tse kang li Junifesithi, mekhatlo e ikemetseng, litsi tseo e seng tsa 'muso esitana le mekhatlo ea basebetsi.

Sepheo sa GMS ke ho etellisa pele tekano ka ho akofisa seabo le tšebetso ea 'muso; ho theha khokahano le tšebeliso 'moho le bohle ba nang le kobo ea bohali, ho sebelisa maoala le mekhoe e itseng ho hapella tekano mekhahlelong ea ho rala le ho phethahatsa maano.

Litlhoko tsa kanetso le tsamaiso e nepahetseng ea litaba tsa tekano e itšetleha ka litšiea tse 'ne tsa bohlokoa, 'me tsona ke boemo; meoloana; maoala; le mekhoe ea tšebetso hore tsamaiso e nepahale.

### Boemo bo nepahetseng

Boemo bo nepahetseng hore kanetso le tsamaiso ea litaba tsa tekano e tle e etsahale ka nepo ke boo ho bona ho nang le:

- Tšebetso ea 'muso kanetsong le tsamaisong ea litaba tsa tekano;
- Melao, maano le tsamaiso e totobetseng e tšeetsang kanetso le tsamaiso ea litaba tsa tekano;
- Bophethahatsi bo tsitsitseng ba kanetso le tsamaiso ea litaba tsa tekano;
- Ho ikakhela ka setotsoana hoa mekhatlo e ikemetseng kanetsong le tsamaisong ea litaba tsa tekano;
- Tšebetso ea lichelete le botsebi sebakeng sa kanetso le tsamaiso ea tekano;
- Ho nka karolo hoa basali methating eohle ea moo ho etsoang liqeto.

### Meoloana

Meoloana ke litšebetso tse tšeetsang lekala le ikarabellang tsamaisong le kanetsong ea litaba tsa tekano. Meralo ea kakofiso le tsamaiso ea litaba tsa tekano e tlameha ho thophothetsoa ho ea fihla metseng le metsaneng eohle ka hare ho naha, ke ka meoloana ena sena se tlang ho etsahala ka nepo. Meoloana e tlameha ho thehoa hore tekano e tle e hapelloe ka nepo mekhahlelong eohle ea bophelo ho kenyeletsa pusong, phethahatsong, ketsa melaong, makhotleng, litsing tse e seng tsa 'muso, mekhatlong e ikemetseng Mekhahlelo ena ke mokokotlo oa thophothetso ea tekano. Meoloana ena ke:

- Lekala la Tekano
- Komiti ea Litsebi tsa Tekano
- Komiti ea Mekhatlo oa Machaba ea Tekano
- Likomiti tsa Litereke tsa Tekano
- Komiti ea Tekano Lekhotleng la Mathomo

### Maoala

Mona ho tsepamisoa 'moko taba holima se tla lateloa ho thusa khapellong ea litaba tsa tekano maanong, mererong, likhakanyong tsa lichelete le meralong ea tšebetso eohle ea makala a mang a 'muso, litsi tseo e seng tsa 'muso, mekhatlo e ikemetseng esitana le pusong ea libaka. Sena se etsoa ka thuso ea meoloana e kaholimo 'me e kenyeletsa:

- Tlhophollo ea maano, merero, likhakanyo tsa lichelete hammoho le meralo;
- Koetliso le thuto ka kakofiso le tsamaiso ea litaba tsa tekano;
- Sesi sa tsebo, pokello le karolelano ea litaba tsa tekano;
- Tlhahlobo ea boiphihlelo phethahatsong ea kakofiso le tsamaiso ea litaba tsa tekano.

*Mekhoa*

Tsena ke litsela tse tlamehang ho lateloa hore kakofiso, kanetso le tsamaiso ea litaba tsa tekano e tle e etsahale ka nepo. Mekhoa e tlamehang ho lateloa mona ke:

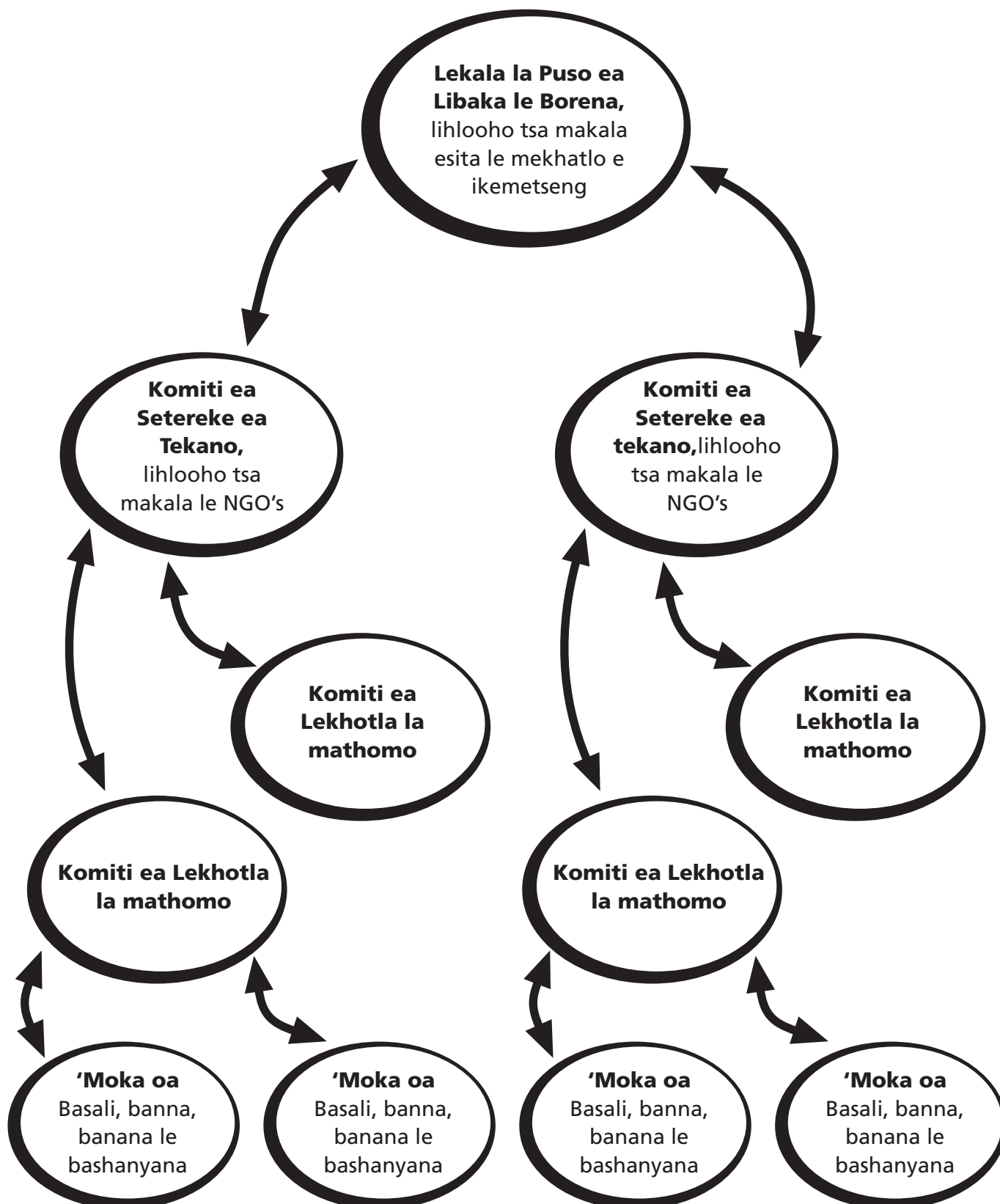
- Ho thea meoloana ea kakofiso, kanetso le tsamaiso ea litaba tsa tekano;
- Ho rala le ho phethahatsa moralo oa tšebetso oa kakofiso, kanetso le tsamaiso ea litaba tsa tekano;
- Khapello ea litaba tsa tekano maanong, mererong, likhakanyong tsa lichelete, hammoho le meralong ea phethahatso ea makala a 'muso, litsi tseo e seng tsa 'muso le mekhatlo e ikemetseng.

**Lipotso**

1. Hore tsamaiso le kanetso ea litaba tsa tekano li phethahale hantle ho hlokahala litšiea life tse 'ne? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
2. GMS ke eng? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
3. Sepheeo sa GMS ke sefe? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
4. Ho ka ba le mekhahlelo e mekae ea likomiti tsa tekano boemong ba setereke, ke life? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
5. Likomiti tsee li ka matlafatsoa joang hore li phethe mosebetsi oa tsona ka nepo? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
6. Kanetso ke kakofiso ea litaba tsa tekano e ka phethahatsoa ka nepo ha ho ka etsoa eng Lekhotleng la heno la Mathomo? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
7. Etsa lihlotšoana tse 'ne tsa barupelloa tse tla tšoantšisa litšiea tsa kakofiso le kanetso ea tekano. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

LEANO LA NAHA LA TŠEBETSO LITABENG TSA TEKANO

O eteletsoe pele ke Lekala la Tekano, Bacha, Lipapali le Boithapollo ho kenyeletsa baemeli ba tsoang makaleng a mang le mekhatlong e ikemetseng.



# MELAO LE MAANO AO TEKANO E SEBETSOANG TLASA 'ONA

Ha ho motho ea ka holimo ho molao. Molao o tlama bohle 'me o lokeloa ho phethahatsoa, le ha ho le joalo ho eelloeha hore ho na le ho se lekane ho kaloeng hoa melao le maano mona Lesotho. Hona ho etsa hore melao le maano 'ohle a haelloe ho akofisa le ho phethahatsa lintlha-kholo tsa tekano ka botlalo.



## Boichoriso 2: Melao

Melao e khethollang le hona ho sekisetsa basali, e khina tekano e bile e setisa basali ho ikakhela ka setotsoana ka nepo lipolotiking.

### MOLAO OA MOTHEO (1993)

- Ke molao oa mantlha oa naha, o ka hlahlojoang bocha ke Paramente;
- O sireletsa bohle, 'me o netefatsa le ho sireletsa litokelo tsa mantlha tsa botho;
- O khahlanong le khethollo ea mofuta ofe le ofe, empa o sireletsa khethollo e ikamahanyang le moetlo tlasa temana ea 18 (4) (c);
- Sepheoo sa 18 (4) (c) ke ho tima basali monyetla oa ho ikakhela ka setotsoana ntšetsopeleng ea naha ka tekano le banna. Phethahatso ea 18 (4) (c) e tima basali monyetla o lekanang le oa banna oa ho ntšetsapele moruo oa malapa le naha.

### MELAO EA LEROTHOLI (1903)

- O nea banna matla holima basali;
- O fa banna matla a ho laola sohle ho kenyeletsa thahasello le litaba-tabelo hammoho le litlhoko tsa basali le holima tsohle tseo ebang li ama basali le banna ka tsela e sa tsoaneng;
- Ke molao o kotelang basali ka hohle hohle, litšieeng tsa moruo, liremong, litšebeletsong tsa sechaba, lisebelisoeng, kabong ea lefa le matleng a ho etsa liqeto ka har'a malapa esitana le moo molao o sa sireletseng basali ho hang;
- Ho ea ka molao ona, basali ke bana, ba kekeng ba tseba le ho rua letho kapa hona ho abeloa lefa kapa mobu. Sena se etsa hore ho be thata ho basali ho sebelisa tokelo ea bona ea thuo ea thepa.

### MOLAO OA TEKANO EA BANYALANI (2006)

- O fa banyalani matla a lekanang a lenyalo ho kenyeletsa le litabeng tsa thari le pelehi tse kang; thobalano e sireletsehileng, qeto holima palo ea bana le hore naba hlahlamana joang;
- O fa banyalani tokelo le boikarabello bo lekanang litabeng tsa lenyalo;
- Boteng ba molao ona bo tla akofisa tlhopho bocha ea melao e neng e khetholla basali 'me eo joale e se e tla akofisa phethahatso ea tekano (Amendment of Administration of Estates Proclamation 1935, Deeds Registry Act 1967, Marriage Act 1974).



## Boichoriso 3: Maano

Maano a supa tsela ea ntšetsopele ho raloeng hoa melao, merero le manane a phethahatso.

### Tekano

'Moko taba mona ke ho fihlela tekano. Tekano mekhoeng ea katamelo le ho eleng hloko basali le banna, baroetsana le bahlankana ho itšetlehlile ka litokelo tsa mantlha tsa botho. Ho tsepamisoa maikutlo holima kutloisiso ea botho, ea hore re tsoetsoe re lekana, re lokolohile, re ena le seriti sa botho 'me re tlameha ho

hlompheha le ho hlomphehoa hore re batho ba nang le maikutlo, tšhalohanyo le menahano. Ka lebaka leo melao le maano e tlameha ho ba lisebelisoa tse batalatsang mabala a tšebetso, a ntšetsopele ea botho le a paballeho le tšireletseho ea litokelo tsa mantlha tsa botho ho kenyeletsa le a kakofiso le kanetso ea litaba tsa tekano.

### LEANO LA TEKANO LE NTSETSOPELE 2003

- Le bea sekepele sa tse lokelang ho lateloa ho fihlela tekano;
- Le fana ka tataiso e hokahanyang litaba tsa tekano le ntšetsopele le ntlafatso ea batho;
- Le thusa khapellong ea tekano maanong le mererong ea ntšetsopele;
- Le supa moo likhaello li leng teng 'me le etsa khoeheletso ea tlatsetso;
- Le etsa khoeheletso le qholotso ea karolelano ea matla ka tekano le khaho ea likamano tse mofuthu;
- Le etsa khoeheletso ho tliša liphetoho tšebeletsong le boleng ba sechaba esitana le litsing tsohle ho hlaola litšita tse sitisang hore tekano e fihleloe, moo menyetla le litšiea tsa moruo li tlang ho fihleleha ka tekano ho basali le banna, baroetsana le bahlankana;
- Le totobatsa le ho hlaola litloaelo, mekhwa le meetlo e khethollang;
- Le totobatsa lintlha tse nyenyefatsang le ho bea basali ka mosing litabeng tsa bophatlalatsi;
- Le bea methati e ka lateloang ho fenyha tšhekefetso, HIV le AIDS.



#### Lipotso

1. Na Molao oa Motheo o fela o tšireletsa basali le banna ka tekano? Hlalosa. \_\_\_\_\_

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2. Ke karolo efeng ea Molao oa Motheo e khethollang? E khetholla bo mang? \_\_\_\_\_

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3. Khethollo ee e etsoang ke Molao oa Motheo mabaka a eona ke afe? U ka a bapisa joang le lintlha tsa molao oa Lerotholi? \_\_\_\_\_

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4. Bohlokoa ba Molao oa Tekano ea Banyalani ke bofe? \_\_\_\_\_

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5. Ke mabaka afe a mararo ao molao oo oa Tekano ea Banyalani oa 2006 o leng molemo sebakeng sa ntlafatso ea malapa? \_\_\_\_\_

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6. Leano la Tekano le Ntšetsopele 2003 le na le melemo efe e leshome? \_\_\_\_\_

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## MEFUTA EA LITLHOKO KAKOFISONG EA TEKANO



### Sepheeo:

- Ho hlakisa phapano lipakeng tsa litlhoko tsa boemo bo renang le tsa boemo ba ho tliša liphetoho;
- Ho bontša bohlokoa ba ho ba le litsi tse akofisang phethahatso ea tekano.

### Litlhoko boemong bo na bo renang

Tsena ke litlhoko tsa basali le banna esitana le baroetsana le bahlankana tsa letsatsi ka leng. Li itšetleha holima mesebetsi eo ba e etsang tsatsi le leng le le leng. Ke litlhoko tsa mantlha tsa bophelo tse kang bolulo, metsi, bophelo bo botle, lijo le thuto. Litlhoko tsena ha li qholotse karolelano ea mesebetsi e etsoang ke sechaba kappa hona ho qholotsa boemo nyenyefatsang basali bo ba beang basali ka mosong. Li ntšetsa pele boemo bo renang.

### Litlhoko tsa ho tliša liphetoho

Tsena ke litlhoko tse qholotsang boemo bo nyenyefatsang basali le ho ba bea ka mosong. Li amana le karolelano ea mesebetsi, matla le taolo. Taba-tabelo ke hore ba neng ba kotetsoe ka nako e telele ntšetsopeleng ea naha ba lokolleloe ho nka seabo ka tekano le bao e leng khale ba na le menyetla. Li tlišoa ke qholotso ea ho fetola maemo hore basali le banna ba be le matla le taolo e lekanang holima litšiea tsa kholiso ea moruo; seabo se lekanang kholisong le katlehisong ea lipotiki; seabo se lekanang kholisong le katlehisong ea bochaba esitana le litloaelong, mekhoeng le meetlong ea Basotho. Sena se tla qosa hore khapello ea tekano maanong, mererong, likhakanyong tsa lichelete le meralong ea phethahatso tse reretsoeng ho fetola boemo ka kakaretso.

### Basali Ntšetsopeleng (WID) le Tekano le Ntšetsopele (GAD)

Basali ntšetsopeleng e qalile ka 1970. Ka mokhoa ona o ne o bona basali e le batho ba kekeng ba etsa letho, ba amohelang feela seo ba se tlišitsoang 'me ba kekeng ba fetola maemo a bona a moruo, bochaba le lipolotiki. Mokhoa ona o hloloa ho sebetša sesosa sa ho se lekane. Ka mabaka ana hoa thomeha moralo oa Tekano le Ntšetsopele (GAD) ho tla qholotsa boemo bona. 'Moko taba oa teng ke hore ntlafatso ea maemo a basali e tlameha ho nkella ntlafatso ea banna, phapano ea maphelo a basali le banna le taba ea hore katamelo e tšoanang e keke ea bea litholoana tse tšoanang.

*Source: Gender planning and Development, Theory, Practice and Training, Caroline O.N. Moser*

## MEFUTA EA TŠEBETSO



**Kholiso:** Kholiso ea barali, bara, bo-nkhono, bo-ntate moholo, bo rakhali le bo rangoane hammoho le leloko ka kakaretso ke mosebetsi o boima, o hlohang motho ea seli ea nang le kutloelo bohloko. Kholiso hangata ke tšebetso eo basali ba iphumanang e le mojaru oa bona ho feta banna – metseng le metsaneng ea Lesotho. Sena se ka bakoa haholoholo ke hore nakong e fetileng banna ba ne ba ea tšolong, naheng, kapa mesebetsing ea makhooa.

**Tlhahiso:** Tlhahiso ke tšebetso eo ho eona ho hlalisoang ho hong. Ke tšebetso e ka etsoang masimong; ha ho lengoa, ha ho hlaoloa, le ha ho kotuloa. Mona ke moo ba thusetsang ka Sesotho ba tlang ho lebohuoa ka tsela e itseng. Haeba ho poloa tebello ke hore ba tla hlomelloa. Ke tšebetso e etsoang ke basali le banna eo ba e lefeloang kapa ba e etsa ka boithaopo ba ho thusa. Mohlala o mong e ka ba oa ha ho ntšoa moraha le ho etsa mapharoa. Metseng ea litoropo mehlala e ka ba ea thekiso 'marakeng.

**Kopanelo ea kholiso:** Metseng, kholiso ke tšebetso e sa felleng lelapeng ka leng feela empa ebile e fetela boemong ba motse. Kholiso e boetse e alosa boemong ba motse ke basali le banna e le hore ho thusano e akofisa kholo ea bohle. Ke mona moo ho bileng ho thusanoang ka booki le kalafo ea maloetse. Thuto, tumelo le tšebeliso ea metsi ke tse ling tsa tse kopaneloang ke metse.

**Tsamaiso:** Tsamaiso ea metse le metsana ke taba e kholo haholo boiketlong ba sona sechaba. Tsamaiso ea sechaba motseng e kenyeletsa ho epjoa hoa lipitso ka morero oa ho tatisana ho fihlela litabatabelo tsa sechaba. Ke hona mona moo kentelo ea liphoofolo e tšohloang teng hammoho le melaetsa e tsoang pusong. Ho upella sefako; ho bea makhulo; ho aba liremo; ho bea mephato; ho thakhisetsa letolo; ho bipa seboko masimong ke mesebetsi e meng ea e etsoang mona. Tokiso ea litsela tse kenang motseng hammoho le ho chekela lipompo tsa metsi ho oela hona mona. Bolokolohi ba basali le banna ba motes ho sebetsanoa le bona hona karolong eona ena. Ba ka sehloohong mona ke basali le banna ba tšepjoang ke motse.



### Boichoriso 4: KHAPELLO EA TEKANO

Haeba basali le banna, baroetsana le bahlankana ba utloa e ka katamelo, tšebetsong le maphelong a bona ka bo mong, e ba bea ka mosing ba ke ke ba sebetsa hantle ho hang, ha ba utloa ba sekisetsoa menyetleng e teng mesebetsing, kholisong, tsamaisong ea Makhotla a mathomo, Makhotleng a Litereke le tsamaisong ea puso ka kakaretso. Ba tla nyahama 'me tlhahiso e putlame, ba iphapanyetse se etsahalang ka ho hulanya maoto, kapa ba hle ba suthe ho hang tšebetsong. Hore na ba etsa eng, tšebetso e tla tsitsipana 'me tlhahiso e amehe haholo-holo.

Moo katamelo ea basali le banna, baroetsana le bahlankana e tsoanang ka kutloisiso, lipuo le liketso ba ba le thahasello ea ho etsa hantle kaha ba tseba hoba mofufutso oa bona o tla tlotloa ke botsamaisi, ba fihla ka nako mesebetsing, ba sehlahlo le ho sebetsa lihora tse fetang tsa molao ha feela ba tseba hoba seo se tla ba tlisetsa khotsofalo ka hona tlhahiso ea bona e ea phahama. Mona ke moo botsamaisi bo koetlisang bosebeletsi ka matla hore tšebetso e be e nang le boiphihlelo. Ke moo khotlaetso ea mosebetsi e etsoang ka mekhoea e mengata e kang eona koetliso, thoholetso, thoriso, phahamiso tšebetsong esitana le phano ea likhau.

Ho se lekane linthong tsohle ke sesosa sa tlala, bofumanehi le bofuma 'me ho sitisa ntšetsopele e tsitsitseng ea moshoelella. Hona ho qosa hore ho etsoe ho hong ho fenya bothata bona. Karabelo e 'ngoe qha! 'me eona ke khapello ea tekano maanong, mererong, meralong hammoho le likhakanyong tsa lichelete. Sena se tla

ntlafatsa maemo a basali le banna, baroetsana le bahlankana khirong le bosebeletsing ba sechaba, kaha li se li tla fihleleha ha bobebe ho bona. Ho tla ntlafatsa matla a likalimo tsa lichelete litsing tsa likalimo le libankeng esitana le matla holima litšiea tsohle tsa moruo. Sena se tla etsa hore bao ebang ba ne ba ntse ba le ka mosing ba ebe ba ba moo ho amohelang kaha maoa ana a ntša mosi 'me a o ntšetsa ruri.

Maoa a khapello ea tekano a thusa hore maano a kang a qhotsulo ea bofuma, a tobe ho se tsoane hoa basali le banna esitana le hoa baroetsana le bahlankana mabapi le matla holima litšiea tsa moruo esitana le ho fihleleha ha menyetla eohle moruong, bochabeng le lipolotiking. Maoa a tlameha le ho hlahloba likamano, katamelo le katamelano ea basali le banna, baroetsana le bahlankana a sa iphapanyetse nako eo basali le baroetsana ba e sebelisang kapa eo ba enyang ho phetha mesebetsi ea bohlokoa ea lelapa. Maoa ana a tlameha ho tobisisa bofuma boo sesosa sa bona e leng boima ba mapate a tšebetso e lefshoang le e sa lefshoeng.

Khapello ea tekano e tsitsa holima lipuisano, tšebeliso 'moho le mamellano lipakeng tsa merero ea ntšetsopeleng, mekhatlo ea sechaba le metsoalle ntšetsopeleng. Tekano e tla fihleloa ha feela litsi tsena tsohle li ka tsitlallela:

- Ho fihleleha hoa tsohle tse tsoarehang ka ho lekana;
- Ho fihlella litšiea tsa moruo ka ho lakana;
- Ho fihlela menyetla ka ho lekana;
- Ho kenya letsoho ka ho lekana lipolotiking le methating eohle ea ho etsa liqeto;
- Ho ba le matla a lekanang holima melemo le liiea tsa moruo.

Morero oa khapello ea tekano o tla hlahlolla boemo bo renang maanong le mererong ka morero oa ho utolla likheo tsa tekano. Sena se tla hloka hore ho koaloe likheo tseo ka ho rala manane a phethahatso ea ho koala likheo, tšalo morao ea phethahatso le ntlafatso ea tlhahiso. Kutloisiso ke hore haeba litsi li tseba ho hapella litaba tsa tekano methating eohle ea tšebetso ea bona ho tla fihlelloa tekano le matlafatso ea ba leng kamoo thakali e fatelang ka teng.

Hore ho hapelloe tekano maanong, mererong ea ntšetsopeleng, le meralong ea phethahatso ho tla tlameha hore ho be le likhakanyo tsa lichelete tsa phethahatso lintlheng tse kang tse latelang:

- Tekano qotsulong ea bofuma le matlafatsong ea moruo;
- Tekano thutong le koetlisong;
- Tekano bacheng;
- Tekano matlang, lipolotiking le liqetong;
- Tekano bophelong;
- Tlhekefetso
- Tekano lbophatlalatsing;
- Tekano tikolohong;
- Tekano saenseng le thekinolojeng
- Tekano mekhatlong ea sechaba

*Source: Gender and Development Policy 2003*



## Boichoriso 5: Maoala

Bala seratsoana se latelang 'me u arabe lipotso tse se hlahlamang:



### I. SENKOKE

*U masene hobane u jela phaate AIDS  
U ikentse 'mesa mohloane ha a panye  
U laletse ka sehloho bokulo mothong  
U nyonyobe u robokelle masole a 'mele  
U nonopele u utloe monate  
U pepe lechoba u thale sa namane e khorang  
Ebe lefu le imona menoana  
Re sale re bina kolia-malla paka- mahlomola*

*Mosisili hopola molaetsa oa tlokotsi sechabeng  
Basotho ba tsebe u letse u sa bo hlotha Mohato a komakoma  
A re Ramatlapeng leleme le paqame a bue le Basotho ka AIDS  
Linono li thehe papali ea kalana AIDS e mele likelellong tsa Basotho  
Li be li telise banana le bashanyane motjeko oa tšea le thithana  
Ba se 'na ba ithetsa ba re ba palame lefatše setonong lea ba phaphatha  
Athe le ba shapa ka mohatla kutung ho lihella tora  
Ba tsubelle, ba qitibane, ba lelalele ruri.*

Bakhethoa ba Puso ea Libaka, ba lekhotla la Mathomo la Mathula, seterekeng sa Mafeteng, mofumahali 'Marefiloe Mahao le 'Mataelo Sebele ba bontšitse ka moo basali lebatoeng la habo bona ba kentseng letsoho ho rupeleng sechaba ka HIV le AIDS.

Bakhethoa ba na ba bile ba khothaletsa sechaba sa habo bona ho ithaopela tlhahlobo ea HIV le AIDS hore ba tsebe boemo ba bona ba tšoaetso. Ha ba tsoela pele ba bontša ho na le basali ba nang le tšoaetso ba buang phatlalatsa ka boemo ba bona 'me sena se thusa bakhethoa haholo letšolong la bona la toantšo le thibelo ea HIV le AIDS.

Taba e 'ngoe ea bohlokoa ke hore batho ba phelang le tšoaeto ea HIV le AIDS ba thusoa ka meriana e thethefatsang sekhahla ea tšoaetso 'moho le lipilisi tse matlafatsang sesole sa 'mele. Ho feta moo, ba bile ba qalile temo ea meroho molemong oa ho fepa batho ba phelang le tšoaetso.

E mong oa bakhethoa ba Puso ea Libaka Lekhotleng la Mathomo la Khomokhoana, mofumahali 'Mamoliehi Lemao, o supa hore tšoaetso ea HIV le AIDS "ke taba e sehlooho e sethabetsang maikutlo hoo batho re beng re lebale ho bua ka eona".



Mokh'anselara 'Marefiloe Mahao

Photo: Susan Tolmay

Leha ho le joalo, bakhethoa ba Puso ea Libaka ba koetliselitsoe ho ruta le ho hlokomelisa sechaba ka HIV le AIDS. Joaloka 'Moteng (Sheba litaba tsa monghali Ntili ea qalileng sehlopha sa tšehetso ea bakuli). Bakhethoa ba Puso ea Libaka ba se ba tšolohetse letšolong lena la lirapa tsa meroho le lihlopha tsa tšehetso molemong oa ho fepa batho ba phelang le tšoaetso 'moho le likhutsana.

Ho sa le joalo, ho bonahala naha ea Lesotho e le pulamaliboho leanong la eona le lecha la ho sebelisa bakhethoa Makhotleng a Mathomo malebana le ho ruta le ho hlokomelisa sechaba ka seoa sena sa HIV le AIDS. Ho feta moo ho na le likarolo tse tharo tseo mokhatlo oa Majeremane o bitsoang (GTZ) o li tšehelitseng. Li latelana ka tsela ena:

- Ho matlafatsa bakhethoa ba Puso ea Libaka Makhotleng a Mathomo 'moho le baeta pele ba sechaba metseng hore ba tsebe litaba tse amanang le HIV le AIDS ka botebo.
- Ho matlafatsa bakhethoa ba Puso ea libaka Makhotleng a Mathomo ka litsebo hore e be bona likhoro toantšong ea HIV le AIDS.
- Ho khothaletsa ho thehoa hoa mekhatlo ea tšehetso literekeng le naheng ka bophara.

Boithuto bo sa tsoa etsoa mabapi le lenane lena bo supa hore leha ho buuo a ka koetliso ea litaba tsa tekano, ha ea kenella moralong oa koetliso ha ho ajoa lichelete. Boithuto bona bo boela bo bontšitse likarolo tse 'maloa mabapi le seoa sena, joalo ka ha ho etsahala tikolohong ena e ka boroa.

Likarolo tsena li kenyeletsa lesisitheho la lipuisano leo batho ba nang le lona ka litaba tse amanang le thobalano 'me sena ke sona se bakang sekahla se phahameng sa tšoaetso, manyalong a macha, lebollong, leqe la ho bua ka thobalano, seabo se sa lekaneng sa ho etsa liqeto mabapi le thobalano sa basali le banna. Sena se setisa hore basali ba tsitlallele hore banna ba sebelise likhohlopo, esitana le tšebeliso e fokolang ea khohlopo.

Ho feta moo, ho na le mesebetsi e behang basali tsietsing ea tšoaetso joaloka ho oka bakuli ba nang le tšoaetso, thobalano e sa sireletsehang e etsoang ke banna le bashanyana ba tsoang, thobalano le batho ba bangata, tlhekefetso, bohali hammoho le litaba tse amanang le moetlo. Tlaleho ena e fana ka likhothaletso mabapi le maano ao e leng khoro ea ho sebetsana le litaba tsa tekano.



**II.** Mofumahali Patience Tsoho eo e leng mokhethoa oa Puso ea Libaka Lekhotleng la Mathomo la Matsatseng, seterekeng sa Quthing, eo ebileng e neng e le sehoai pele ho khetho ea hae, o re toro ea hae ke ho bona basali ba ikakhetse ka setotsoana litabeng tsa temo.

Ho ba a be le toro ena pele eba mokhethoa, o ne a thehe morero oa temo o bitsoang “Teba Care Agricultural Project”. Morero ona o na le litho tsa basali tse mashome a mararo, ‘me sepheeo sa mantlha sa temo ena ke ho fepa likhutsana.

Ka lebaka la leqeme la metsi a hloekileng sebakeng sa tšebeliso ea malapeng, morero ona o ile oa kenyeletsa le khaho ea litanka molemong oa ho bokella metsi. Kaha a na le boiphihlelo le litsebo mabapi le mosebetsi oa temo, mofumahali Tsoho o ratile basali ba motse oa habo ho aha litanka tsa metsi tseo e leng liemahale kaha sechaba sa motse oo se se imona menoana ka metsi a hloekileng. Ka metsi ana, ba bile ba noesetsa le liratoana tsa bona tsa meroho.

*Excerpts from At the Coalface: Gender and Local Government in Southern Africa*



Basali ba unneng molemo morerong oa majarete oa mokh’anselara Patience Tsoho

*Photo: Susan Tolmay*

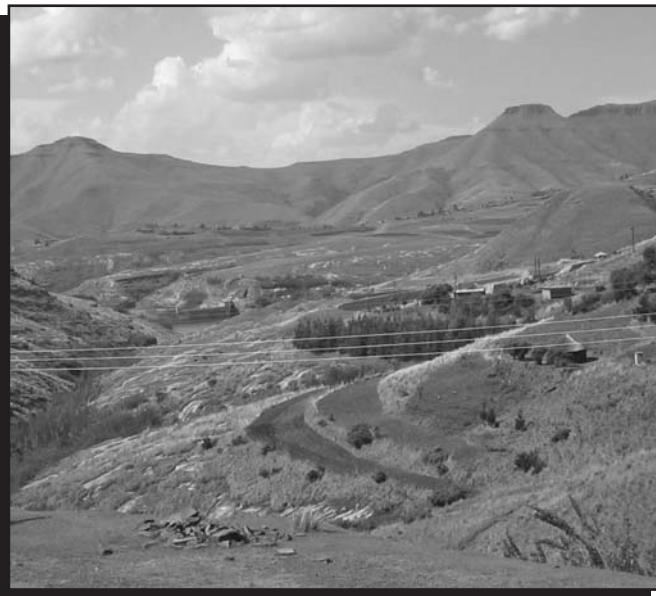
## Lipotso

1. Ke ka tsela efe mosebetsi oa makh’anselara o tsebileng ho arabela litlhoko tsa letsatsi le letsatsi tsa basali le bana boemong boo ba joale? Ke ka mokhoa o joang litlhoko tsa phetolo ea boemo tsa basali le bana li tlang ho arajoa ke tšebetso ee? \_\_\_\_\_
2. Ke ka litsela life lietsahala lekhotleng la heno la mathomo li arabang litlhoko tsa letsatsi le letsatsi tsa boemo ba joale le litlhoko tsa phetolo ea boemo ba basali le banana? \_\_\_\_\_
3. Ke ka tsela life merero e ka arabang haholoanyane litlhoko tsa letsatsi le letsatsi boemong ba joale le boemong ba ho etsa liphetoho sebakeng sa basali le banana? U ka tobana le liqholotso life boemong kang? \_\_\_\_\_

## TLHOKAHALO EA KHAPELLO EA TEKANO MORERONG OA METSI A LIHLABA

**Ho phela maloting ho se na metsi (bohoatata bo jele setsi)**

Lekala la Puso ea Libaka le hloloa ho bontša maputulo 'Moteng, sebakeng seo Morero oa Metsi a Lihlaba o rekisetsang lifeme tsa Afrika Boroa metsi le motlakase empa metseng ea Basotho ho se litšebeletso tsa mofuta o joalo tse fanoang. Ba bontša ba hloetsoe ke ho bona Lekhotla la Mathomo le le leqe ho qobella Morero oa Metsi a Lihlaba hore bonyane o ba kenyetse lipompo sebakeng sa metsi a hloekileng haeba o sitoa ho ba hokella motlakase. "Seo re se utloang ke ho hoasa hoa metsi ha a tšolohela ka letamong" ho hlalosa e mong oa basali". Empa ha ho pompo le e 'ngoe ka har'a motse".



Morero oa Metsi a Lihlaba Lesotho

Photo: Colleen Lowe Morna



Bashanyana ba tsoa kha metsi

Photo: Colleen Lowe Morna

Seo Morero oa Metsi a Lihlaba o se entseng ke ho fana ka holo ea sechaba, tsela ea makoloi le marokho a maoto a fokolang. Morero o fallisitse metse e mengata, empa oa hlahisa menyetla e fokolang ea mesebetsi." Ha khaho ea letamo e fihla pheletsong, ke ha mesebetsi le eona e fela."

Ho ba metsi a neng a phalla ho tsoa linokeng le melatsoaneng a fele, basali ba ile ba qala ho ngongorehisoa ke libilieone tsa metsi tse neng li phallela ka letamong ao ba bontšang ba se na kob'a bohali litherisanong esita le tšebelisoeng ea oona. "Ha ho, le ka mohla ho kileng hoa eptjoa pitso hore re hlalositsoe se etsahalang ka lihloliloeng tseo re iphelisang ka tsona tikolohong eo re phelang ho eona". Ho tletleba e mong oa basali. Ho feta moo "Ha letamo lena le ka phatloha, ho tla be ho felile ka rona".

Leha ho le joalo, liphuthehong tsa sechaba le bakhetoa ba Puso ea Libaka tse tsoaroang habeli ka khoeli e 'ngoe le 'ngoe, ho tšohloa mathata a itseng. Mohlala, tlhokeho ea mantlha ea thuto-boholo mabapi le lintlha tse itseng tse amang sechaba ho kenyeletsa le tšhetso ea likhutsana tse bakiloeng ke seoa sa HIV le AIDS. Ha ho mohla ho tekoang mathata a ka sehloohong a tjametseng sechaba.

E mong oa banna ba neng ba khobokane sehlopheng sa liphuputso sa banna o supile hore ho latela mathata ao lekhotla le khasang ka har'a oona, a sitisang hore lintlafatso li tsoele pele, ha ho bonolo ho ba le maikutlo mabapi le hore na basali ba fela ba ipabola kapa ba se sehlahlo hobane mathata a renang ha a bakoe ke banna kapa basali ba lekhotla, kaha ba tsoeroe matsoho ke 'muso.

Ha a arabela sebokong sa phohomela mabapi le motlakase, o bontša ha lekhotla le tsoile letšolo ho buisana le ba ikarabellang Morerong oa Metsi a Lihlaba malebana le ho hokeloa hoa motlakase 'me khothaletso ke hore motho ka mong ea batlang litšebeletso tsa mofuta o joalo a lefe maloti a makholo a mahlano (M500.00) ka morao ho moo lipuisano li tle li tsoele pele le ba boholong.

Ho bonahala taba ena ea ho nenoa ke 'muso e bakile pherekano e kholo 'Moteng. E mong oa batho ba tšoenyehileng ke mofumahali 'Matau Moreki eo e leng mongoli oa lekhlotla o re “ha ho seo re ka se etsang ka cheletana ena eo re e bokellang lekhulong le lirengoeng. Hona ho hlafatsa sechaba. Se bontša hore ho ho holo ke ho khehlelsa lichelete ha khoeli e fela empa ho se ntlafatso eo le re etsetsang eona. Ruri hoa tšosa ho ba ka har’a boemo ba mofuta ona; boo ha batho ba batla metsi ka mohope re ba fang ka lenala”.

1. Etsa lethathamo la maano a ka sebelisoang molemong oa ho tisa phetoho bophelong ba basali 'Moteng, ka ho khetholoha u ipapise le hore na lekala la Puso ea Libaka le ka etsa eng ho rarolla le ho fihlela litabatabelo tsa basali ba amehang. \_\_\_\_\_

[illegible]

2. U utloisisa eng ka khapello ea tekano maanong, mererong, likhakanyong tsa lichelete le meralong ea phethahatso? \_\_\_\_\_

[illegible]

**Maano a Sefofu:** Ana ke maano a nkang hore boemong bo renang litlhoko, litloaelo, litabatabelo tsa banna li se li ntse li hapelletse tsa basali. Ka lebaka leo a kotela litlhoko le litabatabelo tsa basali lintlhakholong tsa 'ona.

1. Na ho na le moo ho buueng ka litaba tse amanang le tekano mehlaleng ee? \_\_\_\_\_

[illegible][illegible]

3. Na hoo ho na le lipalopalo, leseli kapa kakaretso ea nako e tlang e ipapisitseng le litaba tse amanang le tekano e ka bang molemo leanong lee la tšebetso. \_\_\_\_\_

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4. U ka hlalosa leano lee le sa ele hloko litaba tse amanang le tekano kapa le li ela hloko? \_\_\_\_\_

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5. Ha e ba sethathong, leano lee le ne le ne le fapana, le ne le fapana joanang na le ne le ela tekano hloko? Na ho ne ho tla ba le kamano? \_\_\_\_\_

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**Boichoriso 6:****LIPALO-PALO TSE HLAHLOLOTSEOENG HO EA KA BOTŠEHALI LE BOTONA**

Lekola lipalo-palo tse latelang, ebe u araba lipotso tse li latelang:

**Lipalo-palo tsa basali methating ea ho etsa liqeto**

| Boemo                                                      | Banna      | Basali    | Kakaretso  | % Basali   |
|------------------------------------------------------------|------------|-----------|------------|------------|
| Tonakholo                                                  | 1          | 0         | 1          | 0%         |
| Motlatsi oa Tonakholo                                      | 1          | 0         | 1          | 0%         |
| Matona                                                     | 13         | 6         | 19         | 32%        |
| Batlatsi ba Matona                                         | 2          | 3         | 5          | 60%        |
| Litho tsa ntlo ea bakhethoa                                | 92         | 28        | 120        | 23%        |
| Motsamaisi oa lipuisano<br>lekhotleng la sechaba           | 0          | 1         | 1          | 100%       |
| Motlatsi oa motsamaisi oa lipuisa<br>lekhotleng la sechaba | 1          | 0         | 1          | 0%         |
| Litho tsa ntlo ea mahosana                                 | 23         | 10        | 33         | 30%        |
| Kakaretso ea litho tsa lekhotla<br>la ketsa-melao.         | 115        | 38        | 153        | 25%        |
| <b>Kakaretso</b>                                           | <b>248</b> | <b>86</b> | <b>334</b> | <b>26%</b> |

**Lipalo - palo khirong****Boemo ba khiri ea basali le banna Lesotho**

| BA KENTSENG LETSOHO KHOLISONG EA MORUO |               |               |               |            |            |                     |              |            |           |                |               |               |            |            |
|----------------------------------------|---------------|---------------|---------------|------------|------------|---------------------|--------------|------------|-----------|----------------|---------------|---------------|------------|------------|
| BA HIRILOENG                           |               |               |               |            |            | BA BATLANG HO HIROA |              |            |           | BA SA HIROANG  |               |               |            |            |
| Lilemo                                 | Kakaretso     | M             | F             | %M         | %F         | M                   | F            | %M         | %F        | kakaretso      | M             | F             | %M         | %F         |
| <b>1996</b>                            |               |               |               |            |            |                     |              |            |           |                |               |               |            |            |
| 10-14                                  | 22246         | 13964         | 3159          | 63%        | 14%        | 3096                | 2027         | 14%        | 9%        | 229445         | 109822        | 119623        | 48%        | 52%        |
| 15-64                                  | 503443        | 255714        | 125588        | 51%        | 25%        | 75572               | 46569        | 15%        | 9%        | 507685         | 157600        | 350085        | 31%        | 69%        |
| Over 65                                | 47375         | 28164         | 12053         | 59%        | 25%        | 4788                | 2370         | 10%        | 5%        | 97695          | 32059         | 65636         | 33%        | 67%        |
| <b>KAKARETSO</b>                       | <b>573064</b> | <b>297842</b> | <b>140800</b> | <b>52%</b> | <b>25%</b> | <b>83456</b>        | <b>50966</b> | <b>15%</b> | <b>9%</b> | <b>834825</b>  | <b>299481</b> | <b>535344</b> | <b>36%</b> | <b>64%</b> |
| <b>2001</b>                            |               |               |               |            |            |                     |              |            |           |                |               |               |            |            |
| 10-14                                  | 13714         | 10525         | 1524          | 77%        | 11%        | 862                 | 803          | 6%         | 6%        | 266717         | 130100        | 136617        | 49%        | 51%        |
| 15-64                                  | 545015        | 304106        | 156971        | 56%        | 29%        | 57075               | 26863        | 10%        | 5%        | 708449         | 260169        | 448280        | 37%        | 63%        |
| Over 65                                | 36902         | 24711         | 10537         | 67%        | 29%        | 1438                | 216          | 4%         | 1%        | 105997         | 31920         | 74077         | 30%        | 70%        |
| <b>KAKARETSO</b>                       | <b>595631</b> | <b>339342</b> | <b>169032</b> | <b>57%</b> | <b>28%</b> | <b>59375</b>        | <b>27882</b> | <b>10%</b> | <b>5%</b> | <b>1081163</b> | <b>422189</b> | <b>658974</b> | <b>39%</b> | <b>61%</b> |

LIPALO-PALO TSA KHIRO TSA 2001

**Lipotso**

1. Lipalopalo tse ka holimo li reng ka

a. Basali liqetong, ke hokae moo basali ba emetsoeng haholo? \_\_\_\_\_

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b. Khirong phapano ke efe pakeng tsa khiro ea basali le ea banna? Phapano ea lilemo eona ke efe, ha u nahana hobaneng ho le joalo? \_\_\_\_\_

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2. Bohlokoa ba lipalo tse fanoeng moo ke bofeng? \_\_\_\_\_

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3. Na u ka hlalosa lipalo-palo tsa se u ipapisitse le litaba tse kaholimo? Ke hobaneng lipalo-palo tsee li le bohlokoa? \_\_\_\_\_

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**Mafofisa lefatšeng****Matsieng: Motseng oa Ha Maphephe – Matsitsing Matebeleng**

Ndala Matheazima o sa tsoa jaka motseng oona. O fumana hoba basali ke bona ba phelang mona ka bongata. Banna ba basali ba na ba fihla mafelong a beke, bang ba fihla mafelong a khoeli ha ba bang bona ba tla hang ka mor'a khoeli tse tšeletseng athe ba bang bona ba tla hang ka selemo. Ha habo Ndala koana, Ha Mofundizi ho tumme hore basali ha ba sebetse ho sebetisa banna kaha ba ea tšolong. Ndala a batla ho fumana hore na le mona tumelo e joalo e teng na.

**Ndala:** Lumelang hle bo 'me ba ka. E kaba moo Ha Maphephe na basali baa sebetisa?

**'Masakaria:** Che ha re sebetse, re lula hae, feela...

**'Malehlubi:** Re kha metsi, re ea patsing re alosa le likhomo...

**Nkhono 'Mašoana:** Re bile re lema meroho majareteng...

**Nkhono 'Mamojela:** Rea hlaola, rea kotula 'me re rekisa lihlahisoa tsa rona...

**'Mamotubehi:** Re reka tseo re li phehelang malapa 'marakeng 'me re etsa le mesebetsi e meng ea lelapa...

**Nkhono Toae:** Re ea liphuthehong tsa majarete a kopanelo hammoho le lipitsong tsa morena...

**'Matatapa:** Rea loha, rea hlatsoa re bile re rokela likhutsana le ba malapa a rona lijesi le liphahlo...

**'Maqenase:** 'Me kahoo ha re sebetse...

**'Majoang:** Ha Maloma mane ho ntse ho ke joalo ka mona Matebeleng...

**'Mabošo:** Helang le rona mane Lefikeng ho ntse ho le tjena...

**'Makululu:** Basali le rona mane Ha Bolese ho ntse ho le joalo...

**Mofumahali 'Mamabela:** Sekhutlong sena sa Ha Makoetje kaofela ho joalo...

**Ndala:** Hm...kea leboha, ke ne mpa ke batla ho tseba.

Adapted from The Oxfam UK and Ireland Gender Training Manual 1994



## Lethathamo la tataiso ea mosebetsi oa motho ea sebetsang ka tlang

Bala tlhaloso ea mosebetsi e ka tlase, 'me u arabe lipotso tse latelang:

### Sekheo sa mosebetsi: mosali ea sebetsang lapeng

Ho hlokoa kapele-pele motho ea tlang ho thusa lapeng. Lelapa leo a tlang ho le sebeletsa ke la batho ba ba ne. Mokopi oa mosebetsi ebe motho ea ka etsang mesebetsi e latelang ka boitelo: ho hlabolla bana le ba lelapa, ho okamela tšebeliso ea lichelete linthong tsa ka tlang, ho reka thepa, ho ruta bana ho bua le ho tsamaea esitana le mesebetsi e itseng, ho oka ba kulang, ho phehela le ho fepa ba lelapa, ho hloekisa le ho khabisa ntlo 'moho le hona ho hlokomela le ho bapalisa ngoana.

### Litsebo

Mokopi a be le boiphihlelo ba ho etsa mosebetsi ntle le tšusumetso. O lokela ho ba le boikemelo a be a tsebe ho sebetsa a sa khannoe ka morao. Motho ea joalo o tlameha ho ba le tsebo ea ho sebetsana le batho ba lilemo tsohle. O tlameha ho sebetsa tlasa khatello ea maikutlo ka nako e telele ha ho hlokahala. O lokela hoba le maqiti a ho sebetsa ka nako e 'ngoe mesebetsi e hohlanang a se na khfutso. O lokela ho sebetsana le lintlafatso tsa lelapa ho kenyeletsa le maemong kapa mathateng a tšohanyetso. O lokela hore e be motho a tsebang ho bua le batho ba mekhahlelo ea lilemo tsohle ho kenyeletsa le basebetsi ba 'muso, matichere, lingaka, bahoebi, bahlankana le baroetsana esitana le bana. E be motho a phetseng hantle, a be le boinahano bo chatsi, a be hloahloa. O lokela ho ba le kelello e bulehileng, kelo-hloko, a be mofuthu le kutluisiso, hobane o hlokomela batho ba makoebeta le bakuli ba lefu la kelello le ho bona hore bohle ba boemong bo bottle ba bophelo.

### Nako ea tšebetso

Lihora tsohle tsa tšebetso esitana le ho sebetsa lihora tse mashome a mabeli a metso e mene (24) ha ho hlokahala.

### Moputso

Ha ho moputso mabapi le mosebetsi ona. Empa litsiane li tla shebisanoa le litho tsa lelapa tse sebetsang. Mokopi ea tla atleha o lebeletsoe ho ba le moo a ntseng a tsoere bokhina-pere.

### Lihlapiso

Ha ho tšepiso mabapi le matsatsi a phomolo. Ha ho phomolo ea bokulo, ea botsoetse kapa ea tšebetso ea nako e telele. Ha ho tšepiso ea tšireletso kapa inshorensense khahlanong le likotsi kapa bophelo, kahoo haho matšeliso malabana le likotsi kapa lefu.

(Mohloli: No More Peanuts: Liberty, National Council for Civil Liberties, 1990)

## Lipotso

1. U ithuta eng seratsoang see mabapi le mosebetsi o amahangoang le basali? \_\_\_\_\_

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2. U utloisisa eng ka poleloana ee “mosebetsi o sa lefshoeng oa basali”? \_\_\_\_\_

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3. Fana ka mehlala ea mesebetsi ea basali e sa lefshoeng sechabeng seo u se sebetsang ho sona. \_\_\_\_\_

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### Tse itlhommeng pele: Tekano le moruo

Ho latela mokhoa oa tsamaiso ea moruo, moruo o bopiloe ka likarolo tse peli e leng mafapha a ikemetseng le makala a 'muso.

Ho nako joalo basali ba sebetsanang le litaba tsa moruo ba phehile khang ka hore boinahano sebakeng sa methoho ea moruo ka kakaretso ha boa nepahala hobane ha bo kenyeletse “Tlhokomelo ea Moruo” e leng mosebetsi o amanang le pelehi 'moho le mesebetsi ea lapeng e etsoang ke basali e kang ho hlokomela maqheku le bakuli esitana le mesebetsi ea boithaopo eo ba e etsetsang sechaba.

Tlaleho ea UNDP ea selemo sa sekete makholo a robong, mashome a robong a metso e mehlano (1995) e hakanyetsa chelete ea mesebetsi eo basali ba e etsang ba sa lefshoe ho literelieone tse leshome le motso o mong tsa litolara tsa America ( \$11 trillion) ka selemo.

Liteko tse sa tsoa etsoa haufinyane li bontša ho le bobebe ho kenyeletsa tekano moruong. Boithuto ba bona ba nako e telele bo kentsoe tšebetsong linaheng tse 'maloa e le ho fumana setšoantšo se hlakileng sa mesebetsi e sa lefshoeng ea basali. Ho na le liteko tse entsoeng mabapi le ho kenyeletsa mesebetsi ena ea basali meralong ea naha Canada, empa hona ho ke ke hoa phethahala hang hang.



Mokh'anselara Patience Tsoho tšebetsong

Photo: Susan Tolmay

Ho na le leseli le fokolang la liketsahalo tse fumanehang mabapi le boemo bona ba lefapha lena le se nang meralo". Liketsahalong tse 'maloa basali bao hangata e leng mahlatsipa a bofuma, hangata ba thulana le maemo a hlobaetsang a bakoang ke melao e boima e hanyapetsang mekhoha ea bona ea boipheliso.

Lehlakore lena la liphuputso le tebile haholo lilemong tsa bo sekete, makholo a robong le mashome a robeli (1980), ka mor'a bopaki bo bonahetseng ba tlhokahalo ea phokotso ea likhakanyo tsa lichelete tse neng li sebelisoa tlasa katoloso ea meralo e neng e sekisetsa basali, 'me hona ho ne ho ba beha ka mosing kaha e le bona ba angoang ke boima ba ho qepha hoa khahlametso mabapi le litšebeliso tsa thuto le tsa bophelo.

Ho fokotsoa hoa banna ba merafo le hona ho bakile mathata a fetang malapeng a basali ba sa hiroang kapa bona ba se nang mokhoa oa ho iphelisa. Leha ho le joalo maemo a banna a khotholitse likhato mabapi le ho etsa bonnete ba hore tšebeliso ea lichelete ea tšireletsoa maanong a katoloso ea meralo.

Basali ba hiriloeng hangata ba sebetsa mesebetsi e bobebe ea tlhokomelo, mesebeti ena e akha mosebetsi oa lapeng, booki, botlelereke, bongoli, ho ruta likonyana le ho ruta likolong tsa mathomo. Banna hangata ba sebetsa mesebetsi e amanang le tsamaiso.

Ka kakaretso mesebetsi eo banna ba ikarabellang ho eona e lefa meputso e holimo ho feta eo basali ba ikarabellang ho eona. Hona ke sesupo sa hore na ke hobaneng ha meputso ea basali mafapheng a khiro e le mashome a tšeletseng leholong papisong le meputso ea banna.

Khoho e bakoang ke keketseho ea thepa e rekisetsoang linaha tse ling, hangata ho kenyeletsa ho ahoa hoa libaka tseo thepa e tsoang e etsetsoang teng (EPZ), hona ho bakile tlhahiso ea mesebetsi bakeng sa basali linaheng tse ntseng li hola ka lebaka la lifeme (haholo tsa liphahlo) le ka lebaka la hobane basebetsi ba basali ha ba lefshoe meputso e phahameng karolo ea mashome a robeli lekholong ka har'a EPZs (libaka tseo thepa e tsoang e etsoang teng ke basali.)

Linaheng tsa Latin Amerika le Asia, sena se ntlafalitse bophelo ba basali hape se khanela liphetoaho mabapi le karolelano ea boikarabello ka har'a lelapa. Empa se boetse se bakile ngongoreho malebana le litaba tse amanang le khiro ho kenyeletsoa le tšekisetso mabapi le meputso 'me basebetsi ba basali ba EPZ ba tsuong ea ho angoa ke maemo ana a hloabaetsang.

Linaheng tse tlaase ho Sahara, Afrika, moo thepa e tsoang e ntseng e le ea temo, khoho ena e bakoang ke tšekamelo thepeng e rekisoang kantle ho naha e bonahala e eketsa tšekisetso e tobaneng le basali kaha ba jere boikarabello bo boima ba ho hlalisa lijo le ba ho bona hore lijo tseo li rekisetsoa linaha tse ling. Le ha hole joalo, tloaelo ke hore tsena tsohle li okametsoe ke banna.

Kutloisiso ea litholoana tse babang tsa ho fihlela tekano mabapi le tumellano ea boithuto bo pharalletseng, e tiiselitsoe ho shebana le kakaretso e nepahetseng ea tumellano. Mehlaleng e kaholimo, mathata a tobaneng le basali ha ho bapisoa le a tobaneng le Banna, a ka ntlafatsoa ka melao ea khiro, hape le tšebetso ea lihoai tsa basali ho kenyeletsoa mokhoa oa ho nolofaletsoa tsela ea ho fumana mobu, mokitlane le libelisoa tse fokotsang boima ba mosebetsi.



### **Boichoriso 7: Likhakanyo tsa Lichelete**

Bala boithuto bo latelang 'me u arabe lipotso tse e hlalamang:

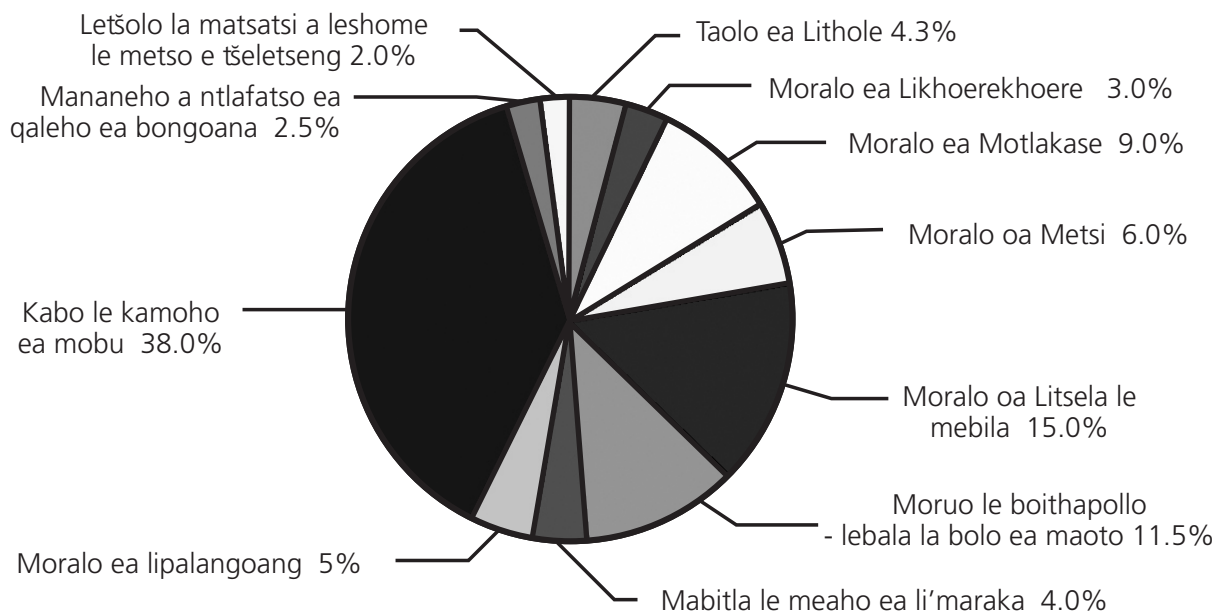
Lethathamo le latelang le bontša likhakanyo tsa lichelete sebakeng sa lekhotala la Moqhoaeba, leo kakaretso ea likhakanyo tsa chelete ea lona e leng M1,000,000.00.

- ~ Chelete e sebelisitsoeng sebakeng sa moralo le litsela e nyolohetse ho karolo ea mashome a mane a metso e mehlano lekholong (45%) 'me palo ena ha e fetoleloa cheleteng ea etsa maloti a likete tse lekholo le mashome a mahlano tsa maloti (M 150 000), e leng mokhekhetho o etsang karolo ea (leshome le metso e mehlano lekholong (15%) ea likhakanyo tsa lichelete). Karolo e khoho ea likhakanyo tsena e tla sebelisoa malebana le ho lokisa likoti tseleng e khoho e eang Moqhoaeba.
- ~ Chelete e sebelisitsoeng ntšetsopeleng ea moruo e nyolohetse ho karolo ea mashome a mararo lekholong (30%) 'me palo ena ha e fetoleloa cheleteng e etsa maloti a likete tse lekholo le mashome a mahlano a metso e mehlano a maloti (M 155 000), e leng mokhekhetho o etsang karolo ea leshome le metso e mehlano feeloane hlano lekholong (15,5%) ea likhakanyo tsa lichelete. 'Moho le karolo ea mashome a supileng a metso e mene (74%) 'me palo ena ha e fetoleloa chaleteng e etsa maloti a likete tse makholo a supileng a metso e mene (M 115 000) ea likhakanyo, chelete ena e tla sebelisoa malebana le ho aha lebala le lecha la papali ea bolo ea maoto.
- ~ Chelete e setsebelisitsoeng likhakanyong tsa ntšetsopele ea moruo le boithapallo e etsa karolo ea 'ne lekholong (4%) 'me palo ena ha e fetoleloa cheleteng e etsa maloti a likete tse mashome a mane (M 40 000). Chelete ena e tla sebelisoa malebana le ho ntlafatsa litša tsa mabitla le mebaraka sebakeng sa batho ba rekisetsang seterateng.
- ~ Moralo oa metsi o abetsoe chelete e etsang karolo e kaalo ka tsela lekholong (6%) ea likhakanyo tsa chelete 'me e etsa chelete e kaalo ka mashome a mane a maloti (M 60 000)
- ~ Likhoere-khoere le taolo ea lithoele tsona li abetsoe chelete e kaalo ka maloti a likete tse mashome a mararo

(M 30 000 00) le maloti a likete tse mashome a mane (M 40 000) ka tatellano 'me chelete ena e etsa karolo ea boraro (3%) le ea bone (4%) lekholong ea likhakanyo tsa chelete tse akaretsang.

- ~ Lekhotla le nyolletse chelete eo le e sebelisang sebakeng sa motlakase karolong ea borobong lekholong (9%) cheleteng ea likhakanyo tsa lichelete ka kakaretso 'me palo ena ha e fetoleloa cheleteng e etsa maloti a likete li mashome a robong (M 90 000). Chelete ena e ajoa tlasa lisebelisoa kapa litšebeliso tse itseng.
- ~ Karolo e kholo ea malebana le likhakanyo tsa lichelete, e etsang mashome a mararo a metso e robileng menoana e 'meli lekholong (38%) e tla sebelisoa litabeng tse amanang le kabo ea mobu. Leha ho le joalo, lekhotla ha le na leano le hlakileng malebana le ho laola tsela eo litša tsa bolulo esita le tsa khoebo li lokelang ho ajoa ka eona. Palo ena ha e fetoleloa cheleteng e etsa maloti a likete li mashome a mararo a metso e robeli (M 380 000).
- ~ Lekhotla le sa tsoa theha lenane la ntšetsopele malebana le thuto ea motheho, ka hoo le tla abeloa karolo e kaalo ka peli feeloane hlano lekholong (2,5%) ea likhakanyo tsa lichelete sebakeng sa morero o na 'me palo ena ha e fetoleloa cheleteng e etsa maloti a likete li mashome a mabeli a metso e mehlano (M 25 000).
- ~ Lekhotla le tla kenya letsoho letšolong la selemo le selemo la matsatsi a leshome le metso e tšeletseng le khahlanong le tliekefetso ea basali le bana. Morero ona o tla abeloa karolo e etsang peli lekholong (2%) ea likhakanyo tsa lichelete 'me palo ena ha e fetoleloa cheleteng e etsa maloti a likete li mashome a mabeli (M 20 000).

### Kabo ea lichele k'hansereng



## Lipotso

1. Na khakanyo tsee tsa lichelete tse ka holimo li ikamahanya le litaba tsa tekano? Ak'u tšehetse karabo ea hau, u lumela kapa u hanana le maikutlo ana. Sebelisa mabokosana a latelang ho hlalisa hore na banna kapa basali ba una molemo haholo, hanyenyane kapa ka ho lekana. \_\_\_\_\_

2. Kuitloisiso ea hau ke efe ka khakanyo ea lichelete e itšetlehileng e utloelang basali le banna ka tekano? \_\_\_\_\_

3. Sebelisa meeli ea khakanyo ea lichelete u ipapisitse le lintlha tse ka mabokosaneng a latelang, etsa litšisinyo tse ncha tsa likhakanyo tsa lichelete ka mokhoa oo litlhoko le litabatabelo tsa basali le banna esitana le baroetsana le bahlankana li tla arabeleha. \_\_\_\_\_

| BOSEBELETSI                                               | Chelete             | %            | Basali | Banna | Liphetoho |
|-----------------------------------------------------------|---------------------|--------------|--------|-------|-----------|
| Taolo ea lithole                                          | 40,000.00           | 4.3 %        |        |       |           |
| Moralo ea merero ea likhoerekhoere                        | 30,000.00           | 3.0 %        |        |       |           |
| Moralo ea motlakase                                       | 90,000.00           | 9.0 %        |        |       |           |
| Moralo oa metsi                                           | 60,000.00           | 6.0 %        |        |       |           |
| Moralo oa litsela le mebila                               | 150,000.00          | 15.0 %       |        |       |           |
| Ntlafatso ea moruo le boithapollo-lebala la bolo ea maoto | 115,000.00          | 11.5 %       |        |       |           |
| Ho nyolla mabitla le mebaraka e menyane                   | 40,000.00           | 4.0 %        |        |       |           |
| Moralo ea lipalangoang.                                   | 50,000.00           | 5.0 %        |        |       |           |
| Kabo le kamoho ea mobu                                    | 380,000.00          | 38.0 %       |        |       |           |
| Mananeho a ntlafatso ea qaleho ea bongoana                | 25,000.00           | 2.5 %        |        |       |           |
| Letšolo la matsatsi a leshome le metso e ts'eletseng.     | 20,000.00           | 2.0 %        |        |       |           |
| <b>Kakaretso</b>                                          | <b>1,000,000.00</b> | <b>100 %</b> |        |       |           |

4. Kutloisiso ea hau ke efe malebana le khakanyo ea lichelete tse amanang le litaba tsa tekano? \_\_\_\_\_

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### Tse itlhommeng pele: Likhakanyo tsa lichelete mabapi le tekano

Taba kholo mona ke hore khakanyo ea lichelete haesale e sa tsoele basali molemo ho hang, ka lebaka la karohano ea basali le banna kholisong le tšebeliso ea moruo khakanyo ea lichelete nka lehlakore. Mohlala lintlheng tsa kang kabo ea mobu, mekitlane le katoloso ea temo ho sekisetsoa basali 'me banna ba imona menoana. Likhakanyo tsa lichelete tsa kabo ea mobu, mekitlane le temo haesale li etsetsoa banna ka nako e telele basali ba koteloa. Hore basali ba une melemo likhakanyong tse joalo tsa lichelete ke ha feela seabo sa basali se ka eloa hloko.

Khakanyo ea tšebeliso ea lichelete mabapi le tekano e kenyeletsa kutloisiso ea lipehelo libakeng tsa mafapha a kang a tšireletso le bothabiso le tšusumetso e amang mafapha ao, mohlala o sebelisoang khafetsa ho hlalohanya mekhoha eo chelete e sebelisoang ka ona o hlahisitsoe ke moithuti oa tšebeliso ea lichelete, Rhonda Sharp oa Australia, ea itlhommeng pele ntlheng ea tšebeliso ea chelete naheng ea Australia moo mohoo ona o kollang teng. Sharp o khekhetha lintlha tsa hae ka tsela e latelang:

#### THABA EA RHONDA

Chelete e khethehileng malebana le tliekefetso, eo kamehle e sa feteng 'ngoe lekholong (1%). Mohlala, merero ea basali ea bophelo bo botle.

Chelete e tla sebelisoa molemong oa menyetla e lekanang sebakeng sa khiro, 'me ha e katlaase ho hlano lekholong (5%) (Mohlala, ho ngola lethathamo la tšebetso hape molemong oa ho kenyeletsa melaoana e fanang ka menyetla e lekanang khirong).

Khakanyo e akaretsang ea chelete eo makala a 'muso le ba boholong ba tla e hlahloba hore ena le seabo se sekae kakofisong ea tekano. Mohlala, na likhakanyo tsa thuto li ka tlaase ho lintlha tse peli tse hlahang kaholimo, tse hlahang mererong ea tekano? Na banana le bashanyana ba emetsoe ka ho lekana mafapheng 'ohle a thuto? Ke karolo e kae khakanyong ea chelete e eang thutong le koetlisong ea batho ba baholo? Karolo ena ea lipotso e tebile haholo sebakeng sa ntlafatso ea maano hobane khakanyo ea sehlooho Australia e etsa mashome a robong a metso e robeli lekholong (98%) ea chelete e sebelisoang ke

[illegible]

## BOITOKISETSO BA KHAOLO EA BONE

Litšebeletso tsa Puso ea Libaka

- Bohlahlobi ba tsa bophelo
- Litsela le lipalangoang
- Tikoloho le bohloeki
- Phepelo ea metsi metseng
- Kholiso ea moruo

*Tokisetso ea thuto ena e tsepame holima ho totobatsa kutloisiso ea mantsoe ana. Totobatsa phapano ea potso ea 'ke ngoana mong?' le kutloisiso ea ha motho a se a tseba hore na ngoana ke oa mong. Supa ka mehlala hore bošaleli ha bo tšoane le bosali 'me le botona ha bo tšoane le bonna. Ka Sesotho rakhali ke ntata ho ngoana khaitsele'e? Ha motho e motona eena ekaba 'm'a ho ngoana khaitsele'e?*

Sebelisa mehlala eo u e fuoeng khaolong tse fetileng bakeng sa lihloho tse boletsoeng boitukisetsong.

**Notes:**