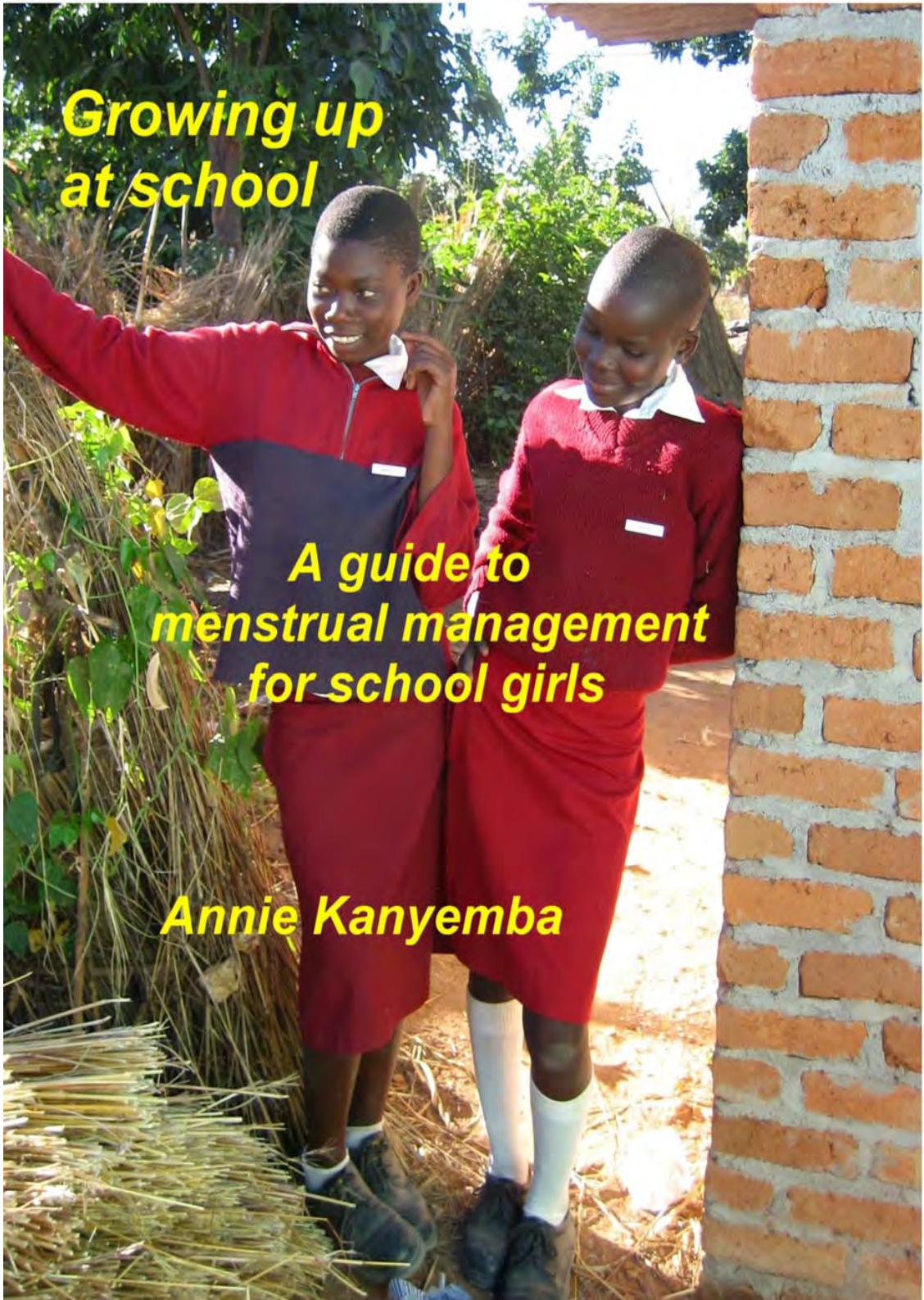
Bhuku rino rinotsanangura nyaya yevanasikana vemuZimbabwe.



Growing up at school

A guide to menstrual management for school girls

Annie Kanyemba

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Dedication

Ndinopa chinyorwa ichi sechipo kuna amai vangu Beauty Matemayi.

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Zvinoitika kuti:

- Vanasikana vanosaratidza rukudzo rwakakwana kana kuita unhubu kana vachinge vari kumwedzi.
- Musikana anogona kutanga kutevera achiri mudiki, zvakafanana nemakore mapfumbamwe, gumi kana kuti gumi nerimwe.
- Musikana aone ropa rakagwamba richibuda apo anenge achitevera.
- Mwanasikana anogona kubuda mapundu kumeso mumazuva mashoma akatarisana nekutevera kwake kana kuti panguva iyo anenge achitevera.
- Mwanasikana anogona kuburitsa tumvura tuchena kuburikidza nepanhengo yake, apo anenge asati kana kuti achangopedza kutevera.
- Mudumbu munogona kurwadza mumazuva ayo mwanasikana anenge ari kutevera.

- Vamwe vasikana vachangotanga kutevera vanogona kudarika mimwe mwedzi vasina kutevera.
- Kutevera kwemwanasikana kunogona kupedza mazuva maviri chete.
- Iwe utevere kwemazuva matatu, shamwari yako ichitevera kwemazuva mashanu.
- Unonzwa marwadzo pamazamu kana uchikura.
- Unogona kunzwa kunyara zvakanyanya munguva apo unenge uri kutevera.

Gara uchiziva nguva dzako dzekutevera

Nguva dziri dzose edza kuziva kuti watevera kwemazuva mangani, watanga zuva ripi uye uchapedza rinhi. Zvinokurudzirwa zvekare kuongorora kuti ropa riri kubuda rakawanda zvakadini. Unoverenga mazuva makumi maviri nematanhatu kusvika pamazuva makumi maviri nemasere kubva musi uyo unenge watanga kutevera. Zvinoreva kuti kana wakatanga kutevera musi wa1 Bandwe, unotarisira kutevera zvekare pamazuva ari pakati pemusi wa26 Bandwe na 28 bandwe. Kana kutevera kwako kwapedza mazuva anopfuura gumi, zvinokurudzirwa kuenda kuchipatara kana chiremba ari pedyo.

Kurasa kana kuchengetedza mapedhi

Mumazuva ekutevera, ona kuti zvawashandisa kubata kubuda kweropa zvarasiwa panzvimbo yakakodzera zvakadai semugomba remuchimbuzi cheBlair VIP. Kana uchinge uri pachikoro uyezve uchida kuzoshandisa micheka, donje kana pedhi rawamboshandisa, bvisa mucheka, donje kana pedhi racho woriisa mubepa risingaburitsi mvura, wopeta bepa riya woisa munhava yako yekuchikoro. Kana uchinge wasvika kumba, tora bepa riya wowacha zvishandiswa zvako nemvura inopisa uye nesipo. Kana wapedza omesa mucheka wako kana pedhi pazuva wochisa neaini.

Dingindira Rebhuku

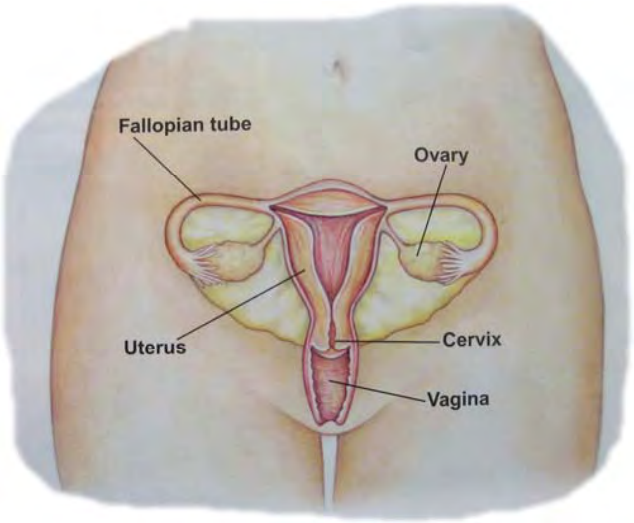
Bhuku rino rakanyorwa nechinangwa chekubatsira vanasikana vanoenda kuchikoro, vane makore gumi kusvika gumi nemana kuti vagone kuzviyamura panguva iyo vanenge votanga kuputudza.

Kuenda Kumwedzi (Kutevera)

Kuenda kumwedzi, kunova kunotanga kuvanasikana munguva yekuputudza kunozivikanwa nerimwe zita rekuti **kutevera**. Kuenda kumwedzi zvinoreva mazuva ayo ropa rinobuda kubva muchibereko chemusikana, kuburikidza nepanhengo yake yakavanzika. Izvi zvinoitika mwedzi woga woga kune vasikana kana vakadzi vasina pamuviri; kubva mukuputudza kusvikira mukuguma ura. Kutevera kana kubuda kweropa iri kunotora mazuva angaita matatu kusvika pamazuva manomwe. Vamwe vasikana vanogona kutevera kwemazuva anopfuura manomwe. Kutevera kungatora mazuva anosvika makumi maviri nemasere kuti musikana kana mukadzi agotevera zvekare kubva musi waanenge atanga kutevera mumwedzi unenge wapfuura. Asizve, kune vasikana vanogona kutora mazuva aneuwandu hwemakumi matatu nemana kana kuti aneushoma hwegumi nemapfumbamwe vasati vatevera zvekare.

Mumakore maviri ekutanga mushure mekunge musikana ava kuenda kumwedzi, zvinokwanisika kuti asatevera mimwe mwedzi. Kutevera chinhu chinoitika kuvasikana, uye vasikana vese vanofanirwa kugadzirira kuburikidza nekudzidza zvavangaita pamusoro pekunge vasvika nguva yavo yekutevera muupenyu. Pane nzira dzakawanda dzinoita kuti nguva iyi ive yakareruka.

Kutevera kunokwanisa kusanakidza, kurwadza uye kunyadzisa, asi pane nzira zhinji dzekurarama nako zvakanaka.



Mufananidzo wechibereko chemunhukadzi

Kuumba kuzvivimba iwe pachezvako

Chii chinonzi kuzvivimba?

Awa maonero aunozviita iwe pachezvako. Neimwe nzira, mafungiro ako pamusoro pemakoshero ako.

1. Gamuchira muviri wako nekuva zvauri.
2. Kunongova nemumwe chete akaita sewe.
3. Famba nekudada nezvauri.
4. Nangana nezvakanaka zvechimiro uye maitiro ako.
5. Ziva zvinhu zvausiri nyanzvi mazviri.
6. Shandisa zvipo zvauinazvo uye zvinhu zvaunoziva nezvazvo kuti utaure uye kuwadzana nevamwe

Kusimbisa nyama dzemuviri.

Kuti muviri ushande zvakanaka, nyama dzemuviri dzinoda kutambanudzwa. Kana tikatamba mitambo, tinodhonza dhonza nyama dzemuviri zvinoita kuti tinzwe zviri nani. Izvi zvinobatsira muviri yedu. Kusimbisa nyama dzemuviri zuva roga roga zvinoita kuti tinzwe zviri nani.

Kunotanga nguva ipi?

Munguva zhinji, vanasikana vanotanga kutevera kubvira pamakore mapfumbamwe kusvikira pamakore gumi nemashanu okuzvarwa. Kune vamwe vasikana vanogona kutanga kutevera vasati vasvitsa makore mapfumbamwe, vamwezve vanogona kutevera vapfuura makore gumi nemashanu okuzvarwa. Munguva yekutevera, ropa rinobuda nepanhengo yakavanzika uyezve chiveve chemuchibereko kana mamwe marwadzo anogona kunzwika. Mapedzi anoshandiswa kusveta ropa uye kudzivirira kuti risaenda pazvipfeko.Mapiritsi akaita semaasiprini anogona kubatsira kuderedza marwadzo aya.

Chii chinoitika mumazuva akatarisana nekutevera?

Mumazuva akatarisana nekutevera, mwanasikana anosangana nezviratidzo zvakawanda. Zviratidzo zvinogona kunzwika zvakadai sekukurumidza kutsamwa, kuchema, kunzwa kufara nekusuwa panguva imwecheteyo. Zvimwe zvezviratidzo zvinoonekwa, zvakafanana nekunzwa kuneta, kufufutirwa, mapundu anobuda kumeso uye kushanduka kwamadyiro zvinoita kuti munhu ade chikafu chakawanda. Kugarosimbisa nyama dzemuviri uye kuwana kudya kwakakwana kunovaka muviri zvinogona kuderedza zviitiko izvi.

Shanduko yemuviri muvanasikana munguva yekuputudza

Urefu uye uremu (mhumhu) hunowedzera.
Mazamu anobuda uye chiuno chinokura.
Izwi rinoshanduka.
Nyama dzemuviri dzinosimba.

Vhudzi rinomera panhengo yakavanzika uye muzasi mehapwa.
Mapundu anotanga kubuda pachiso.
Dikita uye mafuta emumuviri anotanga kuwanda zvekare manhuwiriro emuviri anoshanduka.
Chibereko chinoyaruka.
Kutevera kunotanga.
Manzwiro kana mafungiro anotanga kungoshanduka shanduka.

Kufema zvakadzika uye kusimbisa muviri

Tinofema nguva dzose kuti tirarame. Kazhinji kufema uku kunenge kusina kunyanyodzika kunze kwenguva idzo tinenge tiri kusimbisa miviri yedu. Kufema zvakadzika kunogona kutibatsira kuti tizorore uye tinzwe zviri nani. Kuti uite izvi unofanirwa kunyatsotora nguva yako pakufema.

Enda pazvimbo ine runyararo, wonyatsogara pachituro wakavhara maziso ako. Teerera kunze kwakakupoteredza. Femera mukati zvakadzika – nesimba rako rese kuti mapapu ako azare. Ibva wafemera kunze kusvika kwekupedzisira. Ramba uchifemera mukati nekunze zvakadzika kweminiti imwechete yakazara.Izvi zvakafanana nekufema kagumi nekaviri. Enderera mberi nekufema zvakadzika asi zvinyoro-nyoro. Femera mukati zvakadzika woramira kwemasekonzi gumi wofemera kunze. Femera mukati zvekare, ramba wakadaro kwemamwe masekonzi gumi. Femera kunze zvinyoro-nyoro. Dzokororo izvi kagumi. Izvi zvinofanirwa kuti unzwe kugadzikana uye runyararo. Nguva yega yega yaunoita izvi unoramba uchinzwa zviri nani. Kufeme zvakadzika zvinyoro-nyoro uye kunwa mvura yakawanda zvinoita kuti unzwe zviri nani chose uye kuti ugadzikane.

Kuseka ndiwo mushonga mukuru!

Taurira vamwe nyaya inonakidza, taura nyambo, mifungo uye zvauri kunzwa zvinonakidza. Kuseka ndiwo mushonga mukuru.

Vana vechikoro vanotsanangura nyaya dzavo

Nyaya yekutanga

Pandaikura ndaingonzwa nyaya dzekutevera kuburikidza neshamwari nehama, zvekuti ndakanga ndazviudza kuti kuenda kumwedzi chiitiko chinosemesa zvekare ndaingonamata kuti dai ndaizotanga kuenda kumwedzi ndapedza chikoro. Musi wandakatanga kutevera ndaiva nemakore gumi nemana ekuzvarwa uyezve kwaiva kupera kwesvondo. Ndaiva mubindu apo ndakaerekana ndonzwa kunyorova kunhengo yangu. Ndakatarisa kuti hapana aindiona aiva pedyo here ndokubva ndapinza ruoko mubhurugwa rangu. Pandakaburitsa ruoko ndakaona pane ropa. Izvi zvakanditsamwisa uye kundisuwisa sokuti ndaifunga kuti ndakanga ndakurumidzisa kutevera. Ndakatanga kuchema chinyararire ndichinkuti dai godemba kuitika zvisina Sezvo kwandiri. ndisina ndakanga gadzirira ku-kutevera kutanga uyezve kwangu pakanga pamba

pachingova namai vangu chete, ndakaenda kwavari ndichibvunza kuti ropa rakanga riri panhumbi yangu yemukati rairevei. Ndakanyepera kusaziva nezvekuenda kumwedzi zvachose apo mai vangu vainditsanangurira zvizere. Ndakavanza ruzivo rwangu rwandaiva narwo sokuti ndaitya kuti mai vangu vaizofunga kuti ndaiva ndine misikanzwa kuziva zvinhu zvakadaro.

Mai vangu vakandipa donje ndokundiratidza kuti ndaizorishandisa sei.

Vakandiratidzazve kuti ndaikwanisa kushandisa mucheka sei munguva yekuti pakanga pasina mari yekutenga donje. Muvhuro wakasvika ndokuenda kuchikoro ndaisa donje rangu. Pandakanga ndakagara muchikoro nevamwe, donje riya handina kuona kuti rakabva raenda parutivi ndokubva ndasvibisa hembe yangu. Handina kumbozviona kusvikira apo ndakaenda kumberi kwevana vechikoro ndichida kuita masvomhu ndobva shamwari yangu yazviona ndokuuya akandizevezera kuita aida kuenda neni kuchimbuzi chiriporipocho. Patakaenda akandipa pedhi ndokundiratidza kuti rinopfekwa sei. Ndakanyara chose apo aindit-sanangurira asi ndakazod-zokedzana. Takadzokera muchikoro asi mudzidzisi havana zvavakataura; ndinofunga kuti vakanga vaona zvakanga zvaitika. Ndakaita rombo akanaka rekuti vamwe vana vechikoro vazhinji Havana kunge vazviona. Kubvira zuva iri ndakatanga kunyatsoita zvinhu nemazvo nguva dzose apo ndinenge ndiri kumwedzi kuti ndisasvibisa hembe dzangu zvekare.

Kusagadzikana

Zivisa avo vari pedyo newe kana uchinzwa kusagadzikana kwemuviri nekuda kwekutevera kuitira kuti vagoziva kutaudzana newe. Kubva zera kunosanganisira kuziva zvekuita kana uchinge watevera kana kuti usinganzwi kunyatsogadzikana zvakanaka.

Dzidza kuzorodza nyama nepfungwa

Dzidza kuzorora worega kufunga funga pamusoro pekutevera kwako. Kufunga-funga kunogona kukonzera zvigozhero pakutevera kwako. Usazvidya moyo pamusoro pekutevera, nekuti musikana wese wese aputudza zvinoitikawo kwaari; saka hausi iwe wega!

Chikafu chinovaka muviri chinobatsira

Kudya kunovaka muviri kunobatsira kuti nguva yekutevera ireruke. Inwa mvura yakawanda uyezve idya michero nemiriwo yakawanda. Zvese izvi zvinobatsira.

Spinach – inobatsira kudzorera ropa.
Pane imwe miriwo yakakosha chose. *Spinach* ndiyo imwe yemiriwo iyi. *Spinach* hainetsi kurima zvekare ine*fibre* yakawanda. Inochenura muviri uyezve ine *iron* yakawanda. *Iron* inodiwa pakugadzirwa kweropa idzva. Kana ropa richinge rarasika nekuda kwekutevera, rimwe ropa rinofanirwa kugadzirwa kuti ridzokere pekare. Ndokusaka miriwo yakadai se*spinach* ichibatsira zvikuru.

Spinach ´yakanakira ropa!

Nyaya yechipiri

Musi wandakatanga kutevera ndaiva pachikoro. Yaiva nguva yebreak apo ndakaenda kuchimbuzi ndokuona ropa pabhurugwa rangu remukati. Izvi zvakandityisa uye kunditenderedza musoro sekuti ndakanga ndisingazivi zvakawanda zvinechekuita nekutevera. Ndakadzokera muchikoro asi ndainyara kubvunza vanhu vakanga varipo ndokubva ndangogara nedivi rimwe kuitira kuti ndisanyorovesa kana kusvibisa dhirezi rangu. Ndabuda chikoro ndakaenda kumba ndokusvikowacha bhurugwa randaiva ndakapfeka ndokutora rimwe ndokupfeka pasina chandiva ndaisa. Ndatotanga kuziva nezvemaitiro kana uchienda kumwedzi nhasi uno chaiye, Kubvumbi 2011, asi ini ndava nemakore maviri nditevera. Vabereki vangu vakashaya ndichiri mudiki uyezve ndinogara nehanzvadzi yangu uyo wandainyara kutaurira nyaya dzekumwedzi naye. Ndine rombo rakanaka kuti kana ndichitevera, ropa harinyanyobuda. Handina musi wandakatadza kuenda kuchikoro nemhaka yekuti ndiri kutevera. Ndinongopfeka bhurugwa rangu rimwe mukati ndogara negaro/divi rimwe. Mamwe mazuva zvainoitika kuti ndinosvibisa kana kunyorovesa dhirezi rechikoro ndokumbira mvumo yekuenda kumba. Nhasi ndadzidza nezvenzira dzakareruka maererano nekutevera kubva munhaurirano yataita iyi. Ndinovimba zvikoro zvichaita kuti pave nezvipoka zvipoka zvevanasikana umo vanenge vachidzidziswa uye kukurukura nezvekuenda kumwedzi. Izvi zvinobatsira vamwe vakaita seni vanobva kumhuri dzinotungamirirwa nehanzvadzi kuti vazive zvekuita kana nguva yacho yasvika. Ndinokurudzirazve vamwe vasikana vanenge vasingazivi chekuita

nekuenda kumwedzi kuti vabvunze vadzidzisi vavo vechidzimai kana vaona pane zvinenge zvaitika; ndiko kuti vagobatsirikana mukuenda kumwedzi.

Nyaya yechitatu

Ndakatanga kuenda kumwedzi ndiri paimba. Musi uyu handina kufara nekuti ndaifunga kuti pane chaiva mudumbu mangu chaiva chatsemuka.Ndakaudza amai vangu, avo vanova musoni, vakanditi parizvino ndakanga ndava mukadzi chaiye uyezve ndakanga ndisingafanirwi kutamba nevakomana sekuti ndaizoita pamuviri. Vakatora micheka inosara pakusona pavo ndokundipa umwe kuti ndiise mubhurugwa rangu, imwe micheka ndokuti ndichengete kuitira kuti ndizoisa kana ndichinge ndachinja.

Pandaifamba panze kamucheka kandakanga ndaisa kaya kakabva kadonhera pasi. Hapana aivapo saka ndakabva ndakurumidza kukanhonga. Ndakadzokera paisonera mai vangu ndokubva ndatora zvidimbu zvina zvemaribhoni.

Ndakazvisungirira kumucheto kwemucheka uya ndokubva ndasungirira maribhoni nechekumusoro kwegumbo rimwe nerimwe. Handina kumboudza amai vangu nezvenyaya iyi asi ini ndinoona zvichindishandira chaizvo. Ndinokurudzira vamwe vasikana kuti vave vanoshandisa zvinhu zviripo izvozvo nehungwaru uyezve vasatadza kuenda kuchikoro nekuti vari kutevera.

Bhodhoro remvura inopisa rinogona kubatsira kuderedza marwadzo.

Kuzvidziisa kunogona kubatsira kutambanuka kwenyama dzemuviri uye kuderedza marwadzo panguva yekutevera. Kuisa bhodhoro remvura inopisa padumbu kunogona kubatsira chose. Zvekare unogona kushandisa chero bhodhoro rakchena kuisa mvura inopisa.

Marwadzo ekutevera uye kumadzivirira

Marwadzo pamazuva ekutevera, anogona kuderedzwa nekugara munhu achidya chikafu chinovaka muviri, kusimbisa nyama dzemuviri, kuisa bhodhoro remvura inopisa padumbu apo unenge wakazorora kana kuti kugeza mumvura inopisa. Mabhanana anogonazve kudyiwa munguva iyi sekuti ane*potassium* yakawanda inodiwa nemuviri.Kudya muriwo we*spinach* kunobatsira. *Iron* inowanikwa mus*pinach* inobatsira kuwedzera patsva ropa iro rinenge rarasika panguva yekutevera. Mapiritsi anonyaradza marwadzo akadai sema*ibrufen, paracetamol, nemapanado* anobatsirawo zvekare kuderedza marwadzo munguva yekutevra. Pane imwewo mishonga yechivanhu inozivikanwa nekuderedza marwadzo ekutevera.

Kusimbisa nyama dzemuviri kunobatsira!

Nyaya yechina

Musi wandakatanga kuenda kumwedzi ndaiva pachikoro. Izvi zvakandivhundutsa uye kundisuwisa. Ndakakumbira mvumo yekuti ndiende kumba. Nekuti ini ndinoenda kuchikoro nebhasikoro, musi uyu ndakadzokera kumba ndichirisesedza sezvo ndaitya kuti ndaizowedzeresa kuti ropa ribude. Pandakasvika kumba ndakawana mainini vangu vasipo, pachingova nababamunini chete. Pandakavaudza kuti ndaibuda ropa hapana zvavakataura kunze kwekuenda kuimba yavo yekurara

ndokudzoka nemicheka yakawanda. Vakandiudza kuti ndiise mucheka mukati mebhurugwa rangu remukati ndigomirira mainini vangu kuti vadzoke. Izvi zvakaita kuti ndinyare zvikuru. Mainini vangu pavakazodzoka vakazondiudza kuti ndakanga ndaputudza uyezve ndaifanirwa kuchenjerera pakutamba nevakomana sezvo ndaigona kubata pamuviri. Vakandidzidzisa kuti ndaizoshandisa micheka sei uyezve kundiudza kuti ndaizotevera mwedzi woga woga kusvika ndava kuchembera.

Nyaya yechishanu

Ndakaona kutanga kutevera kwangu apo ndaiva ndichibva kuchikoro ndakananga kumba. Ndakanyara zvikuru apo ndakaona kuti ndakanga ndabuda ropa kwenguva refu uyezve dhirezi rangu rekuchikoro rakanga rasviba. Dambudziko guru raiva rekuti ndakanga ndisingakwanisi kuudza amai vangu nekuti ndakanga ndisingazivi kuti ndotaura sei. Ndaifunga kuti vaizonditi ndakanga ndaita misakanzwa, nekudaro handina kuvataurira. Ndakapfeka mbatya dzakanga dzasakara kwemazuva maviri, asi ndaisadziwacha kwete; ndaingodzinyika mumvura ndodziviga muimba yekugezera.

Maiva munaGunyana uyezve kuchipisa samara saka ndakatanga kunzwa kurwara. Apa ndipo amai vangu vakaona mbatya nyoro dzandaiva ndakanyika mumvura ndokubva vauya kwandiri ndokundibvunza kuti zvaiva zvatanga riinhi. Ndakavataurira ndipo apo vakandiudza kuti ndigeze uye ndipfeke nhumbi dzakachena. Vakandi-taurirazve kuti ndainge ndave musikana aputudza uyezve handaifanirwa kutamba nevakomana. Amai vakandi-taurirazve kuti panguva yekutevera iyi, ndaifanirwa kugara ndakachena uye kushambidzika. Ndakatadza kuudza shamwari dzangu nezvenyaya iyi sokuti ndaifunga kuti pamwe ndini ndega ndaitevera nekudaro ndakabva ndazvibvisa mune vamwe.

Pfeka mbatya dzakafanira

Kana uchinge uchitevera, pfeka nhumbi dzakafanira zvakadai sekupfeka nhumbi dzinobata mukati merokwe rako rekuchikoro; uyezve gara uine juzi rako pedyo kuitira kuti pamwe ungangosvibisa unifomu yako. Kana zvakadai zvichinge zvaitika, monera juzi rako muchiuno kuti zvisaonekwa. Kana uchifanirwa kupfeka dzimwe hembe kuchikoro zvakadai sekuenda kumitambo, pfeka mbatya tsvuku, nhema kana dzine ruvara rwakasvibira kuti vanhu varegedze kuona kuti uri kutevera.

Mbatya dza-kafanira dzinogona kubatsira

Magadzirirwo echinobata pedhi

Idzi indandi dzinosonerwa pamicheka yakapetwa zvakafanira dzinobatsira kuti mapedhi anogadzirwa mudzimba kana mapedhi anotengeswa agare ari panzvimbo. Iri izano rakatanga kuonekwa nemunyori ku-Marirangwe, muZimbabwe. Ndandi kana dzichinge dzasonerwa, pamicheka yakabatanidzwa dzinopfekwa sebhurungwa mukati menhumbi yemukati pamusoro pe pepedhi kana micheka zvinova zvinota kuti ndandi izobatwa nemumativi mechiuno. Chigadzirwa ichi chinobatsira zvikuru kuti micheka kana mapedhi zvirambe zviri panzvimbo. Izvi zvinodzivirira kunyadziswa mushure mekunge micheka yadonha pakufamba kana kuchikoro.

Chinobata pedhi uye chinobata pedhi nemucheka wakapetwa

Zvisonwa zvinobata mapedhi zvinogona kugadzirwa zvakawanda nemusoni nemari inoita iyo dhora kana iri pasi. Chisonwa chinobata pedhi ichi chinogadzirwa nedonje uye ndandi dzakaiswa kumativi. Chinokwanisa zvekare kugezewa nguva zhinji.

Chisonwa chinobata mapedhi chinokwanisa kugadzirwa neurefu hwakasiyana kuitira kuti chive chinenge chichikwana pavasikana vemakore akasiyana siyana. Chinobatsira zvekare kudzivirira kuenda kweropa pambatya munguva yekutevera. Unofanira kupfeka nhumbi yemukati yakakura zvekuti pedhi rinonyatsokwana uyezve inovhara magadziko ako. Micheka, mapedhi, donje kana zvimwe zvingashandiswa pakutevera zvinofanirwa kutengetedzwa pakanakapasingapindi mvura kuti zvigoshandiswa munguva inenge ichitevera.

Kuona maererano nekutevera

Chekutanga: Kutevera chinhu chisingatyisi, chinoitika kumusikana wese wese aputudza. Kutevera zvinoreva kuti unokwanisa kuita vana uye unehutano hwakakwana. Kana usina chokwadi kana usingazivi zvekuita zvirinani kutaurira mubereki kana kuti muchengeti wako. Kana uchinyara kutaurira umwe wepedyo, semusikana unofanirwa kuzvifungira nekuverenga zvinyorwa zvinokupa ruzivo. Ziva kuti kana ukatanga kutevera shamwari dzako dzisati dzatevera hachisi chinhu chinonyadzisa, asi chinodadisa; nekuti zvinoreva kuti unenge wavatangira kukura.

Kana uchinge watanga kutevera, zvinokurudzirwa semusikana kuti ugare uine zvekushandisa kumisa kubuda kweropa nguva dziri dzose, kunyangwe isiri iyo nguva yako yekutevera kuitira kuti ugare wakagadzirira.

Kutaurirana muzvipoka zvipoka nemudzidzisi kunobetsera

Utsanana hwemuviri

Mumazuva ekutevera, zvinokurudzirwa kuti musikana ageze nhengo yake zvakadai sekaviri pazuva; zvichida mangwanani nemanheru. Izvi zvinobatsira kuderedza kunhuwa kwemuviri uye zvirwere. Kugeza maoko nemuviri zvinobatsira, zvekare zvakakosha kugara nehembe dzakachena.

Inwa mvura yakawanda

Kubata kubuda kweropa

Mapedhi anotengeswa

Pedhi chisonwa chinopfekwa munhumbi yemukati, pazasi penhengo yakavanzika kuti chisvete ropa rinobuda apo munhu anenge ari kutevera. Mapedhi aya ane mupendero mutete weplastic unodzivirira kuenda kweropa panhumbi yemukati mushure mekunge rapinda nemupedhi; zvekare anonamira pasi pawo zvinova zvinoita kuti agare panzvimbo. MuZimbabwe mapedhi anoita dhora ari gumi. Musikana anenge achida kuva nepedhi rimwe kusvika pamatatu pazuva roga roga, kwemazuva anokwana matatu kusvika manomwe panguva iyo anenge achitevera mwedzi wega wega. Kunyangwe zvazvo anemutengo wakadai, zvikoro zvizhinji muZimbabwe hazvishandisi mapedhi ekutenga awa nekuti anenge achivadhurira kutenga kana kuti anenge asingawanikwi. Izvi zvinoreva kuti vasikana vazhinji muZimbabwe vanoshandisa mapedhi anogadzirwa mudzimba.

Mapedhi anogadzirwa mudzimba

Aya anogadzirwa kubva mumicheka yakasiyana siyana, yakapfava. Micheka iyi inopetwa zvakafanira zvekuti ikwanise kusveta ropa rinobuda pakutevera. Dambudziko riripo pamapedhi aya nderekuti haakwanisi kunamira panhumbi yemukati, nokudaro anogona kusanyatsopfekeka zvakanaka kana kutodonha. Anokonzera kukuzvuka apo musikana anenge achifamba uyezve anogona kusadzivirira ropa zvakakwana kuti risaende pahembe. Kazhinji kacho, mapedhi aya anowachiwa zvinova zvinogona kusava neutsanana hwakakwana sekuti vasikana vanenge vachinyara kumayanika pachena ogumisira asina kunyatsooma zvakafanira.