# Matasa Matan Arewa

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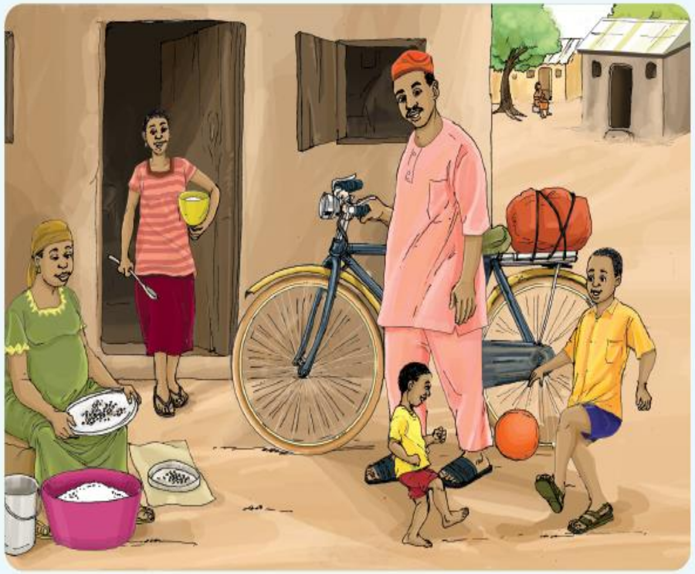
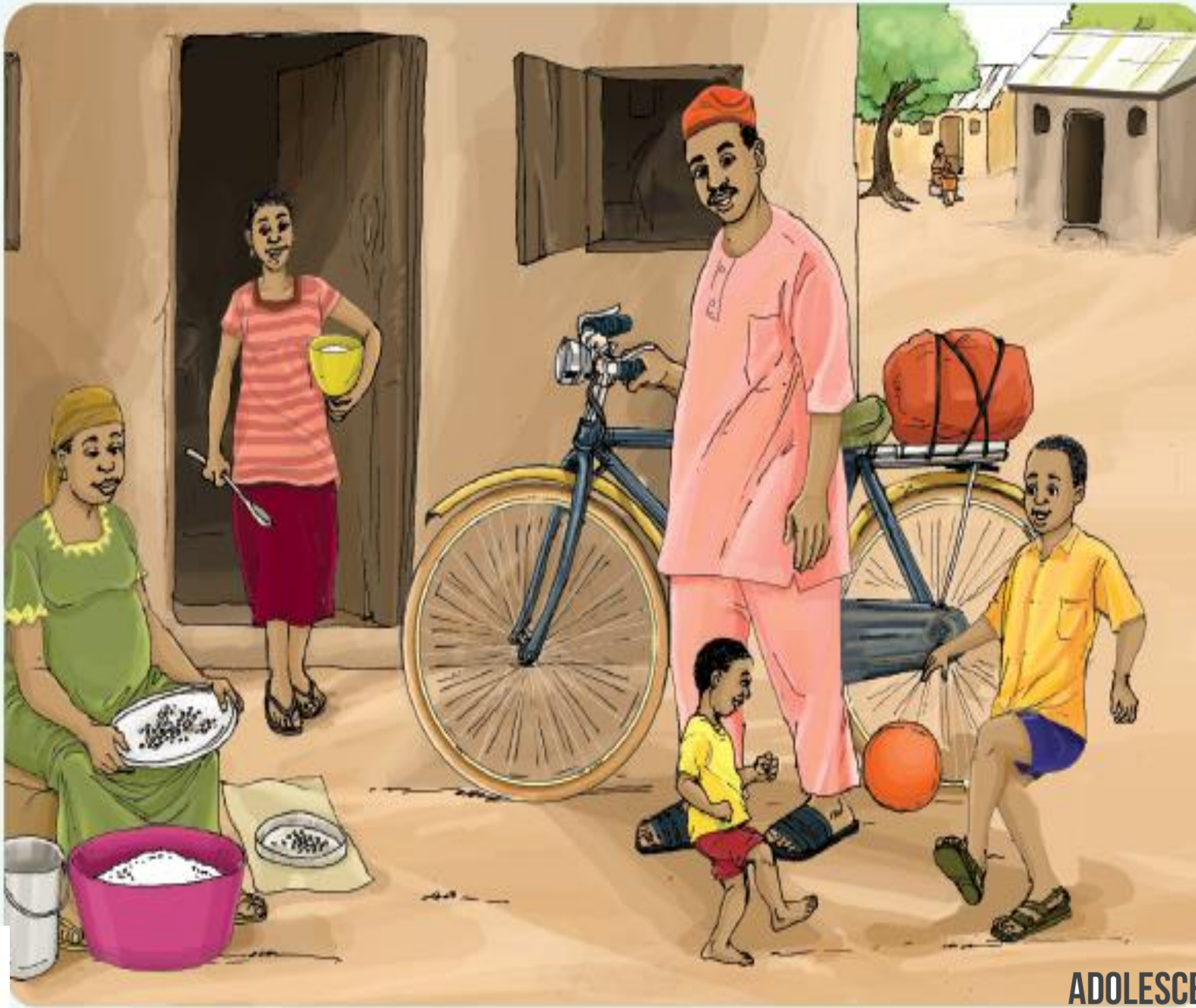
# Gabatarwar

- Gaisuwa / Salam alaikum! Barka da war haka
  Suna na ____________________
- Na zo in sanar da ku kuma n'gaya muku aiki da mukeyi mai suna Matasa Matan Arewa.
- Wanan sabon mukula ne na matasa matan aure yan sakanin shekara goma sha biyar zuwa goma sha tara (15 – 19 years) a wanan yanki / anguwa.
- Za ku iya bamu minti goma sha biyar don mu sanar da ku akan wanan shiri/aiki?
- Shirin nan na Matasa Matan Arewa ya zo ya taimaka ma matasa matan aure su samu kwarewa masu dacewa don ingantar rayuwa ta bangaren haihuwa da kula da iyali ga matasa mata a Nigeria.
- Muna ba da bayani ga mazaje a cikin al'umma don su taimaka wajen ba matansu izini don su samu halatar wanan shirin





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## Tsokaci

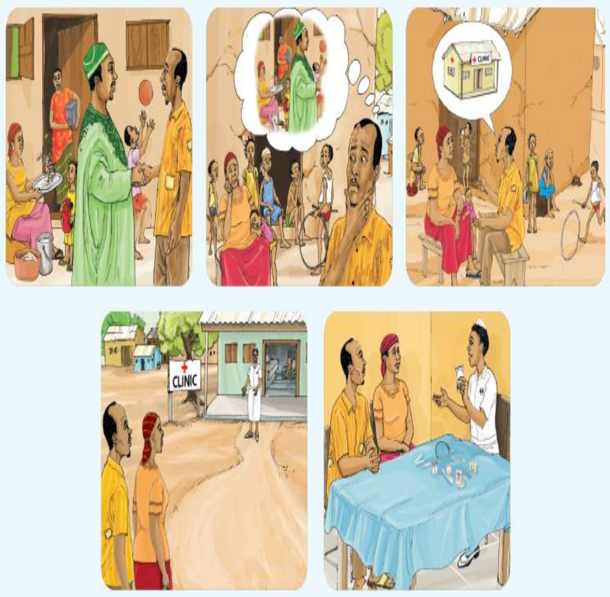
- Wanan hoton wani mutuum ne da baya tazarar haihuwa sai ya ziyarci abokinsa wanda ke yin tazara. Ya ga iyalinsa na ckin koshin lafiya. Ganin haka yasa wannan mutumin ya sanya shi ma ya yi tunani akan yadda zai bada tazara a tsakin haihuwa don shima iyalinsa su samu lafiya da farin ciki kamar iyalin abokinsa.

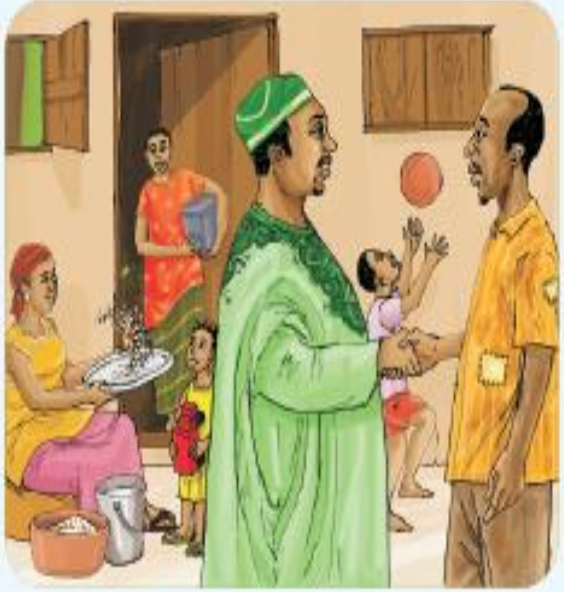
  Ya tattauna da matarsa game da bada tazarar haihuwa,sai suka yanke shawarar su je wajen kwararriyar ma'aikaciyar lafiya domin su san irin dabarar zamani da ta dace da su wajen bada tazarar haihuwa.

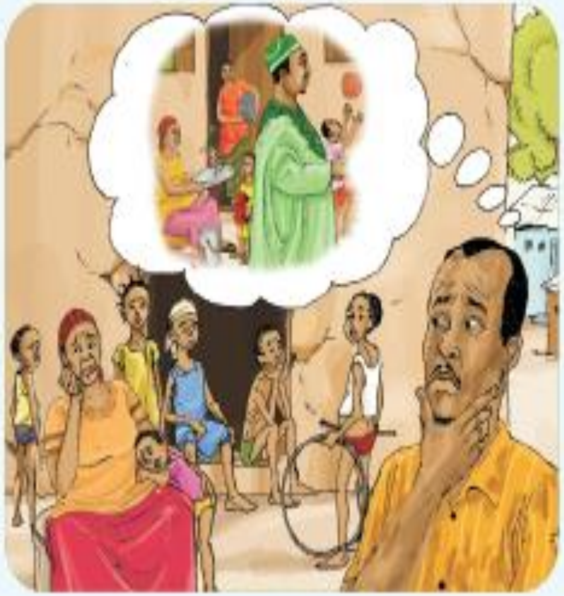
  Tambayar:

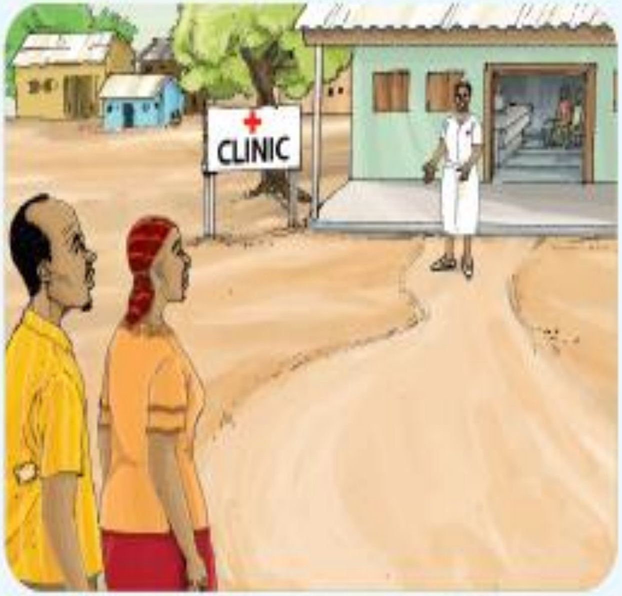
- Me kuka sani game da bada tazara tsakanin haihuwa?
  - Bada tazarar haihuwa zabi ne da ma'aurata ko dayansu akan lokacin daya dace a dauki ciki da yawan yaran da za a haifa da kuma sa tazara tsakanin haihuwar su.
  - Zaku samu hanyoyin tazarar haihuwa a asibiti mafi kusa da ku

  Sako:
  - Akwai dabarar da ta dace da kowace mace,a je asibiti. Ma'aurata ku tattauna batun tazarar haihuwa tsakaninku









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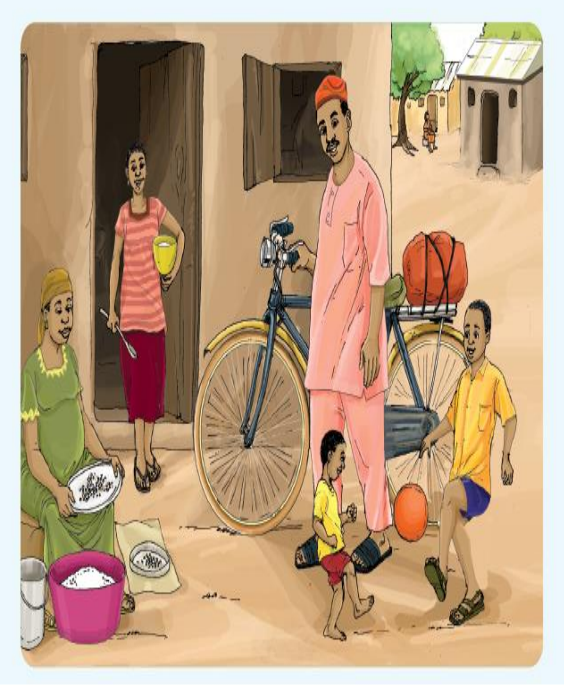
# Taimakawa da Maza za su iya yi domin lafiyar iyalin su

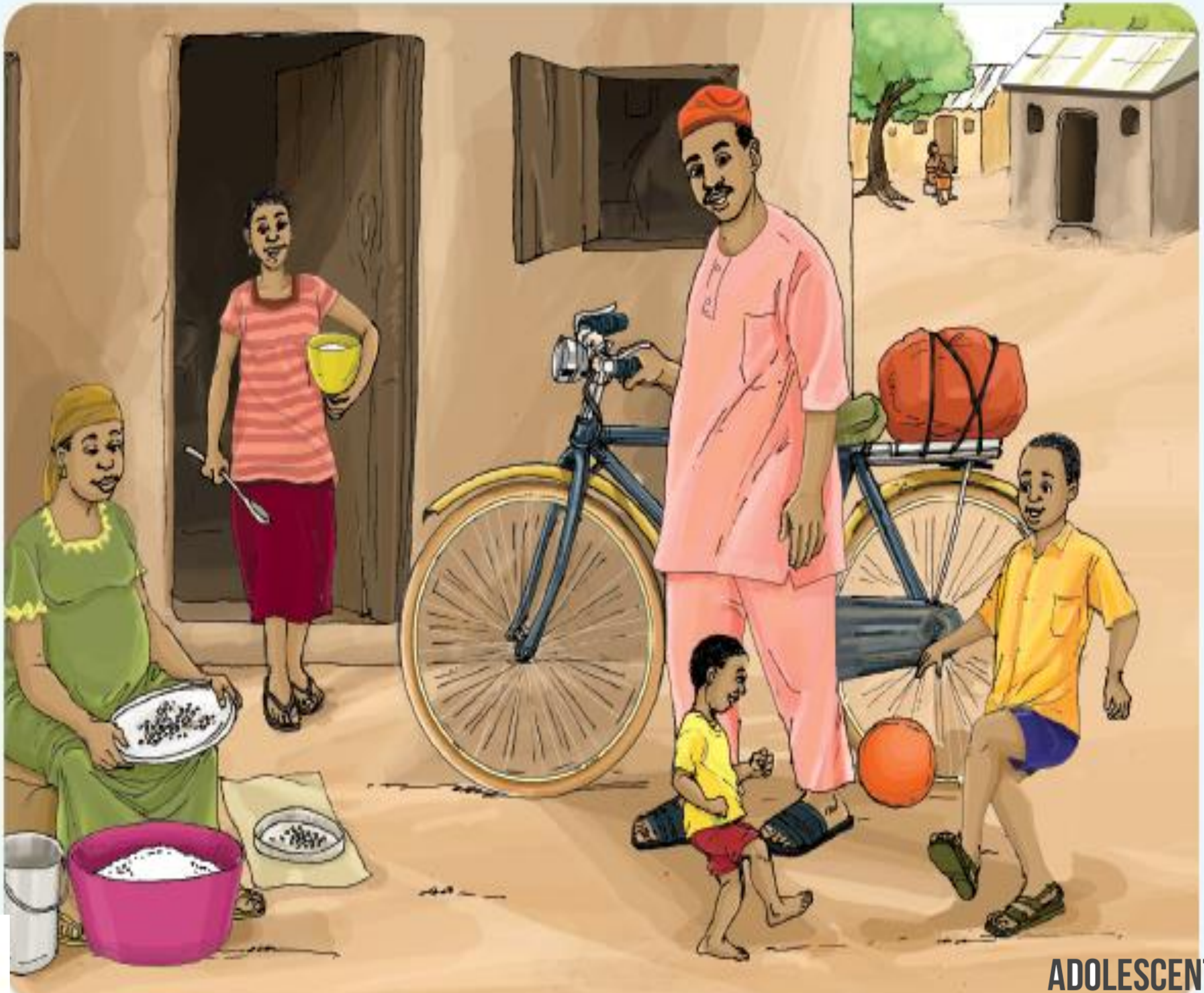
- **A'ce:**
  Miji mai kula shine mai taimakawa matarsa ta samu kula mai inganci yayin da take da juna biyu ya kuma taimaka wajen bada tazarar haihuwa da yiwa iyali hidimar yau da kullum.
- **Tambaya:**
  Wani mataki ne ya kamata maza za su dauka a lokacin da matarsu ta samu juna biyu da kuma bayan haihu?
  A' ce:Miji ya kula da matarsa lokacin da take da juna biyu, ya karfafa mata zuwa awon ciki da wuri kuma ya tabbatar da cewa ta haihu a asibiti , ta samu hutun watani 24 kafin wani cikin haihuwa don ta warware.

  - Indan yayi haka matarsa da 'ya'yansa za su kasance cikin koshin lafiya, da walwala
  - Miji zai kuma samu daman shiryawa sosai kafin wani haihuwa, ya kuma samar da abinci mai kyau ga iyali wanda zai iya kare su daga cututtukan rashin jinni da su zazzabin cizon sauro da zawo.
  - Maza su tattauna game da matarsa



- **Sako:**

  Akwai dabarar tazara da ta dace da kowace mace. Ma'aurata ku tattauna batun tazarar haihuwa tsakaninku kuma ku je asibiti



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# Dabarun tazarar Haihuwa na zamani

- Ace :Akwai dabarun tazarar haihuwa na zamani iri daban-daban a Nijeriya,
- Tambayar:
  Wanne aciki kuka san da shi kuma mai kuka sani akan shi?

- Dabarun tazarar haihuwa na zamani sun hada da:
  - dabaru ma su aiki na –gajeren lokaci da kuma mai tsawon lokaci
  - Wasu su kan samu yar matsala da dabarun amma Yawancin matsalolin, suna da saukin sha'ani, kuma za'a rabu dasu cikin dan lokaci kadan
  - Kowace mace da irin jiki ta kuma karbar dabarun
  - Dabarun bada tazarar haihuwa na zamani basu kawo rashin haihuwa, amma abinyi shine a je asibiti
  - Dukkan wadannan dabarun akwaisu a asibitoci da inda a ke sayarda magani.
  - Za ku samu kwayoyi na hadiya da kwararon roba, allurai, IUCD da na dashe

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Jadelle implants

IUD (intrauterine device)

Injectable contraceptive

Injectable contraceptive

Injectable contraceptive

Combined oral contraceptives

Emergency contraceptives

Condoms (male)

Condoms (female)

Fertility awareness-based methods

# Kwayoyi na hadiya da kuma amfani da kwararon roba

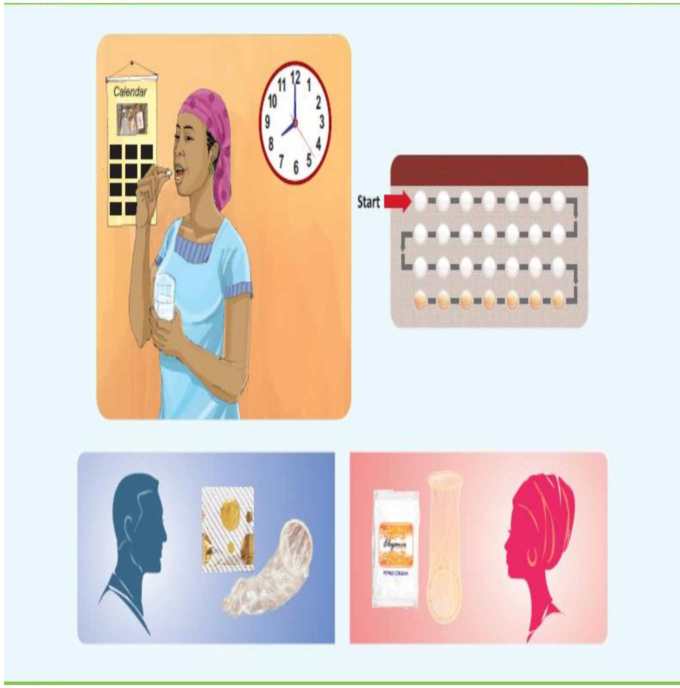
- **Kwayoyi na hadiya**

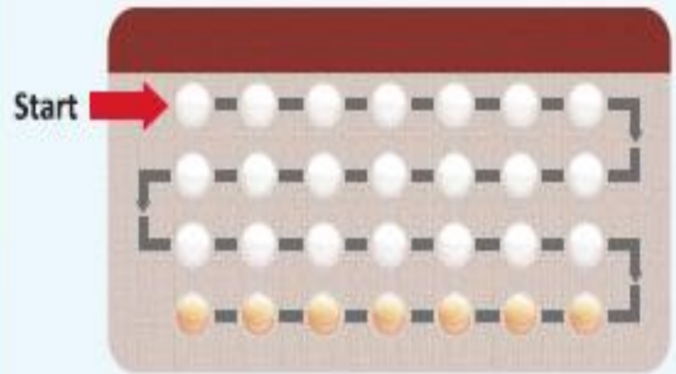
  Wadannan ana shan su a wani kayyadajen lokaci kullum har kwana 28 don tazarar haihuwa.

  - Lallai ne mace ta tuna lokacin shan maganinta a kullum
  - Suna da saukin amfani kuma samun ciki bayan an bar amfani dasu na da sauki
  - Ya kamata a je asibiti wajen kwararrarun ma'aikatan lafiya domin neman shawarwari

- **Condom (Kwaroron roba)**
  - Akwai kwararon roba na mata da na maza
  - Wadanda suka zabi wannan dabarar lallai ne su yi amfani da ita daidai a duk lokacin saduwa kuma akai akai.

- **Sako:**
  - Amfani da dabarun tazarar haihuwa na zamani, na da inganci, zaki a iya bari kuma a samu juna biyu idan ana bukatan haka
  - Ma'aurata ku tattauna batun tazarar haihuwa tsakaninku kuma ku je asibiti don karin bayani





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# Allurai

**A' ce:**

**Akwai allurai masu taimakawa tazarar haihuwa wadanda kwararraru n ma'aikatan lafiya ke bayarwa don hana daukar ciki.**

- **Akwai allurai iri daban-daban:**
  i. akwai na wata-wata
  ii. Akwai na wata biyu biyu
  iii. Da na wata uku uku

- Duk suna da inganci, basu cutarwa kuma ana samun ciki idan an daina yin amfani da su
- Yawancin matsalolin suna da saukin sha'ani, kuma ana rabuwa da su an cikin lokaci.

- **Sako:**
  - Amfani da dabarun tazarar haihuwa na zamani, na da inganci
  - Ana iya samun juna biyu in an bar amfani dasu .
  - Ma'aurata ku tattauna batun tazarar haihuwa tsakaninku kuma ku je asibiti don karin bayani

## TYPES OF INJECTABLES

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# Dabaru mai tsawon lokaci

- **Tambaya:**

**Ana bukatan tazarar haihuwa na wani tsawon lokaci? To kwai dabarun da za'a iya amfani dasu.**

**A' ce:**

- **Dabarun tazarar haihuwa mai tsawo kamar IUCD yana kai har shekaru goma (10) da aiki.**

**Shi kuma dashe (implant) yana kai tsawon shekaru uku ko biyar (3-5) da aiki.**

**Amma ana iya ciresu duk lokacin da aka bukaci hakan**

**IUCD (Robar mahaifa)**

- **IUCD (Roba) dabara ce ingantacciya ta lokaci mai tsawo wajen bada tazarar haihuwa.**
- **Yar karamar robace da ake sawa a cikin mahaifa**
- **Za ta dade har tsawon shekaru goma (10) a mahaifa, amma ana iya cireta a duk lokacin da aka so a samu juna biyu**
- **Bata cutar wa, tana da inganci, kuma za'a samu juna biyu/ ciki bayan an daina amfani da ita.**
- **Kwararun maaikatan lafiya ke sanya wa mace.**

- **Sako:**
  - **Amfani da dabarun tazarar haihuwa na zamani, na da inganci**
  - **Ana iya barin amfani dashi a duk loakacin a ake so**
  - **Ma'aurata ku tattauna batun tazarar haihuwa tsakaninku kuma ku je asibiti don karin bayani**

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