

# IMIBUZO: KUBOMAMA A BA SEBANCANE

Ngicela uphendule umbuzo ufake isiphambano (x) ebhokisini eliqondene nombuzo.

## ISIGABA A

1 Bewungakanani ngosukulwakho lokuzalwa lokugzina?

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2 Uluhlanga luni?

Unsundu	
Ikhiladi	
Umndiya	
Umhlophe	

3 Yiluphi ulimi lwakho olusebenzisa ekhaya?

Isizulu	
Isiswazi	
Isingisi	
Isibhunu	
Isixhosa	
Nezinye izilimi	

4 Ibanga eliphakeme ophumelole kulo esikoleni?

Grade 1-3	
Grade 4-6	
Grade 7-9	
Grade 10-12	
Okunye: chaza	

5 Inani lemali engenayo ekhaya ngenyanga (amalanga anga mashumi amathathu)?

R0-R999	
R1 000-R1 999	
R2 000-R2 999	
R3 000-R3 999	
R4 000-R4 999	
R5 000-R5 999	
R6 000 neningi	

## ISIGABA B

6 Bewungakanani ngenkathi uzibandakanya kwezocansi okokuqala?

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7 Yini eyakuhehela ocansini okokuqala?

Wawungazi	
Wawuthanda umlingani wakho	
Wacelwa umlingani wakho	
Ingcindezi yontanga bakho	
Okunye: chaza	

8 Unabantwana abangaki?

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2	
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9 Bewungakanani ngenkathi uthola umntwana mokuqala?

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10 Wawuneminyaka emingaki mhla uthola ulwazi ngalokhu?

<b>Ulwazi</b>	<b>Iminyaka</b>
Ukulthomba	
Ukulalana	
Ukukhulelwa	
Ngokuhlela umadeni	

11 Waluzwa ngobani lolulwazi? Zungeza konke okuyikho .

Umama	
Ubaba	
Uthisha	
Umngani	
Umhlengikazi wasemtholampilo	
Umabonakude	
Umsakazo	
Amaphephandaba/bhuku	
Okunye: chaza	

12 Uvathuleka kanjani lolulwazi kuwena?

Incwadi	
Ividiyo	
Ngokufundiswa	
Ngokuxoxisana	
Okunye: chaza	

## ISIGABA C

13 Sewake wawuvakashela umtholampilo wokuhlela umndeni na?

Yebo	
Qha	

14 Sewake wazisebenzisa izivikela kukhulelwa/hlela umndeni?

Yebo	
Qha	

15 Yimuphi uhlela mndeni?

Amaphilisi	
Umjovo	
Ucingo olufakwa esiboethweni	
Ikondomu	
Okunye: chaza	

16 Wavunyelwa yini ukuzikhethela mdlela yokuhlela emtholampilo na?

Yebo	
Qha	

17 Wate wavuhlela umndeni ngesivikela kukhulelwa ngokwesintu na?

Yebo	
Qha	

18 Iyiphi indlela yesintu uke wayisebenzisa?

Intambo eqolo	
Ukuxuba imithi negazi lesikhathi sakho	
Ukuphuza izimbiza	
Okunye: chaza	

19 Uk wahlangana yini nezinkinga ngokuhlela umndeni noma ulwazi?

Yebo	
Qha	

20 Uma ku ngu yebo ku 19, chaza.

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21 Uke waba nalo ulwazi ngokuhlela umndeni ngaphambi kokuba ukhulelwa na?

<b>Uhlobo lwesivikela kukhulelwa</b>	<b>Yebo</b>	<b>Qha</b>
Isivikela kukhulelwa esiphuthumayo		
Esiphuzwayo/iphilisi		
Eziovwayo I depo-provera		
I nur-isterate		
Ucingo olufakwa esibelethweni		
Amakhondemu		
Okunye: chaza		

22 Uke wasebenzisa yini umhlelo ngaphambi kokukhulelwa?

Yebo	
Qha	

23 Uma kungu yebo ku 22, iyiphi lindlela?

Isivikela kukhulelwa esiphuthumayo	
Esiphuzwayo/iphilisi	
Eziovwayo I depo-provera	
I nur-isterate	
Ucingo olufakwa esibelethweni	
Amakhondemu	
Okunye: chaza	

24 Imiphi imiphumela emibi (side-effects) edalwe ukusebenzisa imihlelo?

Uku phuma igazi oku nga siko ukuya esikhathini	
Ukuhlanza	
Ikhanda elibuhlungu	
Ukukhuluphela emzimbeni	
Ukungu yi esikhathini	
Okunye: chaza	

25 Yini eyenze wayeka ukuvikela ukukhulelwa?

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26 Uyazisebenzisa izivikela kukhulelwa selokhu wathola umntwana?

Yebo	
Qha	

27 Luhlobo luni lomhlelo?

Isivikela kukhulelwa esiphuthumayo	
Esiphuzwayo/iphilisi	
Eziovwayo I depo-provera	
I nur-isterate	
Ucingo olufakwa esibeledweni	
Amakhondemu	
Okunye: chaza	

28 Uke waluthola ulwazi ngemi phumela emibi (side-effects) ngomhlelo na?

Yebo	
Qha	

29 Uma kunguyebo ku 28, wezwa ngobani?

Umama	
Ubaba	
Uthisha	
Umngani	
Umhlengikazi wasemthuloampilo	
Umabonakude	
Umsakazo	
Amaphephandaba/bhuku	
Okunye: chazay	

30 Ngabe izivikela kukhulelwa ziyatholakola yini emtholampilo wangakini?

Njalonjalo	
Ngesinye isikhathi	
Akwaziwa	
Azitholakali	
Okunye: chaza	

31 Izeluleko ezitholakalayo uma uvakashele emtholampilo ngomhlelo.

Amakhondomu	
Ingculaza/nesandulela ngculaza	
Okunye: chaza	

32 Ukude kangakanani umtholampilo wangakini?

0-5 km	
5-10 km	
15-20 km	
20 km neningi	

33 Mlobo luni lamtholampilo oyakuwo?

Ozinzile osebenza (07:00-16:00)	
Umahombanendlwana (kanye ngenyenga)	
Owomphakathi osebenzanjalo (24 hours)	
Okunye: chaza	

34 Yiziphi izinsuku umtholampilo wakho osebenza ngazo evikini.

Isonto	
Umsonboloko	
Ulwesibili	
Ulwesishathu	
Ulwesini	
Ulwesihlanu	
Umqibelo	

35 Ngabe umhlelo utholakala kenjani?

Njalonjalo	
Ngamalanga athile	
Ngezikhathi exithile	
Okunye: chaza	

36 Ungazikala ngaliphi izinga izisebenzi emtholampilo wakho?

Sinobungani khulu	
Zinobungani	
Zinonya	
Azinakeni	

37 Ngabe lezisebenzi zomtholampilo wakho ziyahlonipha?

Yebo	
Qha	

38 Nkolelo yini onayo ngokuhlla umndeni?

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## ISIGABA D

39 Uke wezwa yini ngokukhipa isizu okusemthethweni?

Yebo	
Qha	

40 Yini oyaziyo ngalokhu (termination of pregnancy)?

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41 Olke wakhiza yini isisu?

Yebo	
Qha	

42 Ima uthe yebo ku 41, nika isizathu.

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43 Wasikhiza euphi lesosisu?

Esibhedlela//ngudokolela	
Emtholampilo	
Yinyanga	
Ekhaya	
Okunye: chaza	

44 Uma ungafinyelela ukukhiza isisu okusemthethweni, ngabe unga sebenzisa yini ukukhiza isisu esingadingokile?

Yebo	
Qha	

45 Uke wahlangabezana nezinkinga ngokukhiza isisu okusemthethweni na?

Yebo	
Qha	

46 Uma uthe yebo ku 45, chaza.

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Imibono noma izinkinga.

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**SITHEMBA UKUTHI LOLWAZI SIZOLINDLULISELA ENTSHENI UKUZE  
KUTHATHWE IZINQUMO EZIZOBASIZA.**

**THANK YOU!!**