
GREAT Activity Cards

Karatac tuku Oteka pi bulu matino

(Mwaka 10-14)



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The Republic of Uganda



Karatac tuku man tye i dul magi:

- Pyem ngwec macek me lwoko jami
- Nywako lok ikom kit ma watye ka loke kwede
- Goyo cal dul komwa
- Tuku ikom gwoke maber
- Goga ki wer ikom bedo i gang kwan
- Tuku goga ikom gin ma omyero pe ki nyer
- Tuku ikom tic pa coo ki mon
- Nywako lapeny i lok komi ka idongo i doko dit
- Tuku ikom kit ma kongo obedo kwede
- Nywako lok ikom kit me cobo peko
- Tuku ikom penyo latic yot kom
- Ododo ikom neno ruk i gang kwan
- Nywako lok ki waya dok ki nera
- Tuku ikom pokon tic ma i gang

Karatac tuku me: lok aluba pi joo ma tiyo kwede

Karatac tuku man obedo gin ango?

Karatac tuku acel acel tye ki yoo me aluba pi tuku ma yomocwiny ma dul pa bulu romo tic kwede me cako nywako tam ikom neno ni dano ducu rom, yot kom ki gwoke. Tye tuku mapat pat i karatac man ma ikine tye tuku; nywako tam; laro lok penyo tam pa lwak; wer, tuku goga ki myel.

Anga gi ma romo tic ki karatac tuku man

Dul pa bulu mo keken romo tic ki karatac man. Karactac tuku man tye i dul adek mapat pat:

- Dul karatac pi bulu ma pwod tino ma mwaka gi tye 10-14
- Dul karatac pi bulu mu tegi ma mwaka gi tye 15-19
- Dul karatac pi bulu ma pwod gunyome anyoma onyo bulu ma dong gitye lunyodo

Karatac tuku man weng jo ma romo tic kwede obedo dul pa bulu ma tye iye awobe keken, dul pa bulu ma tye iye anyira keken onyo dul pa bulu ma orube anyira ki awobe bene romo tic kwede. Karatac tuku mukene cimo ni omyero kipok bulu obed i dul pa awobe ki anyira. Ento ka awobe onyo anyira keken aye tye i dul man ci kipok kin gi wek gubed dul aryo ci imede anyim ki tuku.

Anga ma romo telo tuku magi ma i karatac tuku magi?

Ka dul ma meg iye kimiti me tic ki karatac tuku man ci omyero iyer ngat acel ki i dul man me telo tuku matye i karatac man. Ngat man pe dok omyero kong opwonye ento omyero obed ngat ma twero kwano gin ma gicoyo i karatac dok romo telo wi dul i tuku mo. Jami tuku man tye ki tam ma kimiyo me konyo ngat mo keken ma tye ka telo wi dul i tuku wek otel maber.

Awene ma waromo tic ki karatac tuku man?

Karatac tuku man iromo tic kwede ikare mo keken ma imito timo gin mo ma yomo cwiny dul. Wu romo timo tuku ma tye ikaratac man ikare ma nongo dul tye ki kacoke gi onyo ikare mo ma wuyubu pire kene.

Karatac magi watiyo kwedgi ning?

1. **Yer karatac mo keken:** Karatac magi kiromo tic kwede iyo mo keken, manyuti ni iromo yero karatac mo keken malube ki miti pa dul onyo kit kit tuku ma wumito.
2. **Kwan karatac man:** Ngat ma kiyero me telo tuku omyero kong okwan karatac man ma pwod pe ocako telo tuku man. Iwi karatac acel acel, inongo kicoyo nying karatac meno, lok madongo ma tye i karatac meno calo (yot kom, neno dano ducu marom, gwoke onyo “bedo oteka”), ki kare ma tuku man romo cwalo ne.
3. **Kwan acaki karatac man:** Karatac acel acel tye acaki ne ma ngat ma tye ka telo tuku omyero okwan matek bot dul ma pwod tuku pe ocake.
4. **Lub yoo me aluba ma kicoyo i karatac man:** Yoo mukene waco ni “kwan man matek bot dul” ma tyen loke tye ni ngat ma tye ka telo tuku man omyero okwan ngo ma kicoyo matek pi yoo meno wek lwak ducu ma tye idul guwiny yoo aluba. Lok aluba mukene penyo latela me timo gin mo macalo “goyo rek atir ingom ki lut” ma latela omyero pe okwan matek ento otim atima.
5. **Bed ki nywako tam i dul:** Ka dong dul gutyeko tuku, ci tye dul lapeny ma latela bipenyo ki dul wek okel nywako tam ikom tuku meno.
6. **Kwan lok me agiki:** Inge nywako tam, ngat ma tye ka tuku omyero okwan lok me agiki ma tye i karatac man matek.
7. **Peny lwak wek gucikke:** I agiki, ngat ma tye ka telo tuku bikwano cikke ma kicoyo i karatac tuku man. Cikke man penyo ngat acel acel me waco gin acel ma tye cok ki tuku dok ngo ma en cikke me timo ne i anyim.

Tam i kom kit me telo dul

Kadi bed in con onongo dong itelo wi dul tuku man onyo man obedo tyen me acel, pire tek ni omyero kong ikwan tam magi ma pud pe itelo wi dul i tuku.

- Wek lutuku aye gubed ka loko pol pa lok.
- Bed mot-ka ipenyo lapeny ki i karatac, mi kare manok pot lutuku me tamo lagam ka dong iwek gugam.
- Cuk cwiny lutuku - ka i penyo lapeny, cuk cwiny lutuku weng me gamo lapeny ento pe dano acel onyo aryo keken. Wiyi pe owl me penyo awobe ki anyira bene me gamo lapeny
- Nen wang lutuku dok bene ibuny kwed gi!
- Tii ki leb ma niange oyot- ka tye leb mo i karatac ma lutuku pe niang ci tute me tito ne bot gi kit ma in iniang kede wek gin bene guniang.
- Lok matek ma winye dok ma dano romo niang.
- Wek nywako tam obed man olub lapeny ma tye ikaratac man.
- Wor dok imi pwoc bot lutuku- pe tye lagam mo ma tye atir onyo petye atir i karatac man. Karatac man obedo me cako nywako tam ci omyero icuk cwiny lutuku ento pe ingol ni lagam moni tye atir onyo pe atir.
- Pe icwak dul mo inywako tam man ento cuk cwiny lutuku kace tam opoke me nywako tam ki luwotgi ma pat pat.

Bed ki yom cwinyi dok inongo mite!



Pyem ngec macek me lwoko jami

- 1** **Acaki.** Peny dul wek gulwo lawala ci ikwan man matek: *Tin, wabi tuku tuku ma pwonyo ikom nywakotic ikin awobe ki anyira.*
- 2** Peny dul wek gucit woko kayenyo atabo, can, kikopo, cuburiya, jami tedo, lalwok jami ki baket ariyo ma omyero ki gam ki I gangi ki dukani macok onyo ki ot tic pa lupwonye. Jerikan matino onyo cupuriya madongo bene romo tic ka baket pe nonge. Cike me dwoko jami man inge tuku!
- 3** Ka jami tedo magi leng, ci wek lutuku gu nywen jami man ki ciло.
- 4** Wek lutuku gu ony pii I baket, jerrecan onyo cupuriya wang ma opong.
- 5** Pok dul man iye aryo mapat pat ka wek wel dano I dul acel acel obed marom. Dul acel acel weng omyero obed ki awobe wa ki anyira.
- 6** Wek dul magi gucung i rek atii inge baket.
- 7** Mi ki latuku acel acel atabu acel, kikopo onyo gin tedo mo wek omaki. Lutuku romo mako jami makato acel icingi ka jami dwong, ento omyero kinen ni dul acel acel tye ki wel jami marom.
- 8** Kwan lok man me aluba matek: *Eni obedo pyem macek me neno dul mene ma obi kwongo tyeko lwoko jami me tedo weng. Ka awaco ni "CAKI", latuku nama acel ki idul acel acel bino anyim ci lwoko atabo ne onyo gin tedo ne. Ngat acel keken ki idul acel aye omyero olwok jami pi cawa enoni. Ka latuku me acel otyeko lwoko ne, ngat ma olubu kore ki i rek dok cito anyim ka lwoko jami ne. Inge lwoko jami, ket gi wek otwo. Tuku meno mede kumeno wang ma lutuku weng ki idul acel acel otyeko lwoko jami. Dul ma okwongo tyeko lwoko jami me acel en aye nongo oloyo tuku man.*
- 9** Kwan dok lok me aluba nama aboroni odoço wek dano weng guniang.
- 10** Ka lutuku weng dong tye atera, kwan me oo i adek ci dange ni "CAKU!" Dul weng omyero ocak lwoko jami.
- 11** Ka laloyo ononge, cak tuku man odoço doki.



12 Nywako lok.

Inge tuku man, wek dul gulwo lawala ci ipeny lapeny magi. Mi kare ki lutuku me nywako lagam ki ikingi kong.



- Oмаро тукуман? Омаро нго ки и тукуман?
- Нга ма пол каре венг лвоко ями ки иганг ву?
- Киромо ѿе ки авобе ма иганг ву ме коньо анира ки лвоко ями оньо тимо тик мого и от?
- Пинго итамо ни пире ромо бедо тек пи авобе ки анира ме лейо тик мого ме атима ма ганг?
- Кит тик анго мукене ме ганг ма итамо ни авобе ромо коньо анира ки тимо не и пако?

13 Loro ne.

Kwan man matek: *Ka coo ki mon, awobe ki anyira, opoko tuku me gang, man weko paco gi ki kin gang gi bedo matek. Ka awobi okonyo lamine ki tic, weko lamine bedo ki cawa me timo jami calo, gamo lapeny ma lupwonye miyo ki igang kwan me atima ki gang, ma weko en bedo igang kwan. Man bene nyutu ki jo gang pa awobi gi ki jirani kit ma en laworo kwede. I cawa mukene, ka wege ki omega konyo mon ki tic calo twomo pii, gi konyo gwoko mon ki nongo peko ma romo keto kwo gi kam marac.*

14 Cikke.

Kwan man matek: *Ring i lwo lawala ci icikke. Ka itye awobi. Waciwa tic acel ma iromo konyo lamero onyo mamani ki timo ne. Ka itye anyaka, waciwa gin acel ma iromo timone kato majwi ka kikonyi ki tic ma gang, jami calo kwan. Tam lagam mukene mapat ki lapol ma amiyo me konyi.*

Nywako lok ikom kit ma watye ka loke kwede

- 1** **Acaki.** Peny dul wek gulwo lawala ci ikwan man matek: *Tin wabiloko ikom aloka loka ma time i dul komwa ki cwinywa ka wadongo onyo ka wa tye ka dongo.*
- 2** Pok kin dul man iyee aryo mapat pat. Dul acel awobe ki dul acel anyira keken ka lare.
- 3** Kwan lok me aluba man matek: *I dul wu ma kipoko ni, lok ikom aloka loka ma time ikom dul ma i pe ii ye ni. Anyira loko ikom aloka loka ma gin neno time ikom awobe ka awobe loko ikom aloka loka ma gin neno time ikom anyira. Kombedi, amito ni wuloki ikom aloka loka ma time i dul kom. Wii opor ni pe omyero ilok ikum dano ma ingeyo (pe ilwong nyng dano). Lok ikom aloka aloka matime ikom dul ma pat ki in ne.*
- 4** Mi it dul magi dakika apar me nywako lok man ikin gi.
- 5** Inge dakika apar, lwong dul magi cen ii lawala.
- 6** Peny awobe me Waco ki lwak dul aloka loka weng ma gukati kwede ma gineno time ikom anyira.
- 7** Ka gutyeko, peny dok anyira me Waco ki lwak aloka loka weng ma gukato kwede ma gineno time ikom awobe.
- 8** Kwan lok aluba man matek: *Kombedi dong a mito ni wulok ikom aloka loka ma aa ki cwiny dano ma time ikom dul ma ipe iiye ni. Aloka loka man obedo ma aa icwiny calo yom cwiny onyo cwer cwiny.*
- 9** Mi ki dul magi dakika apar me nywako lok man ikingi.
- 10** Inge dakika apar, lwong dul magi cen ii lawala.
- 11** Peny dok anyira me waco ki lwak aloka loka weng ma gukati kwede ma gineno time ma calo adwogi me cwiny pa awobe.
- 12** Ka gutyeko man, peny dok awobe me waco ki lwak aloka loka weng ma gukati kwede ma gineno time ma calo adwogi me cwing bot ayira.



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Nywako lok. Peny lapeny magi. Omyero inen ni dano weng tye ka lok ci imi bene cawa it dul man me tamo ikom lapeny ki nywako lagam gi ma pud pe gucito i lapeny mukene.

- Tye gin mo ma dul mo acel oweko onyo pe oniang maber? Ngo ma wuromo medo ne?
- Ngo manyen matin inongo ngec iye malube ki aloka loka ma time ikom anyira ki awobe?
- Cawa mukene, lutino matino ginywaro luwot gi ikom aloka loka ma nongo tye katime ikom gi. Wu tamo ni ngo ikom lok man?
- Ka wu tye ki peny lapeny ma dok ikom aloka loka ma time ikom nyo cwinyi, anga ma iromo lok kwede ma ber?

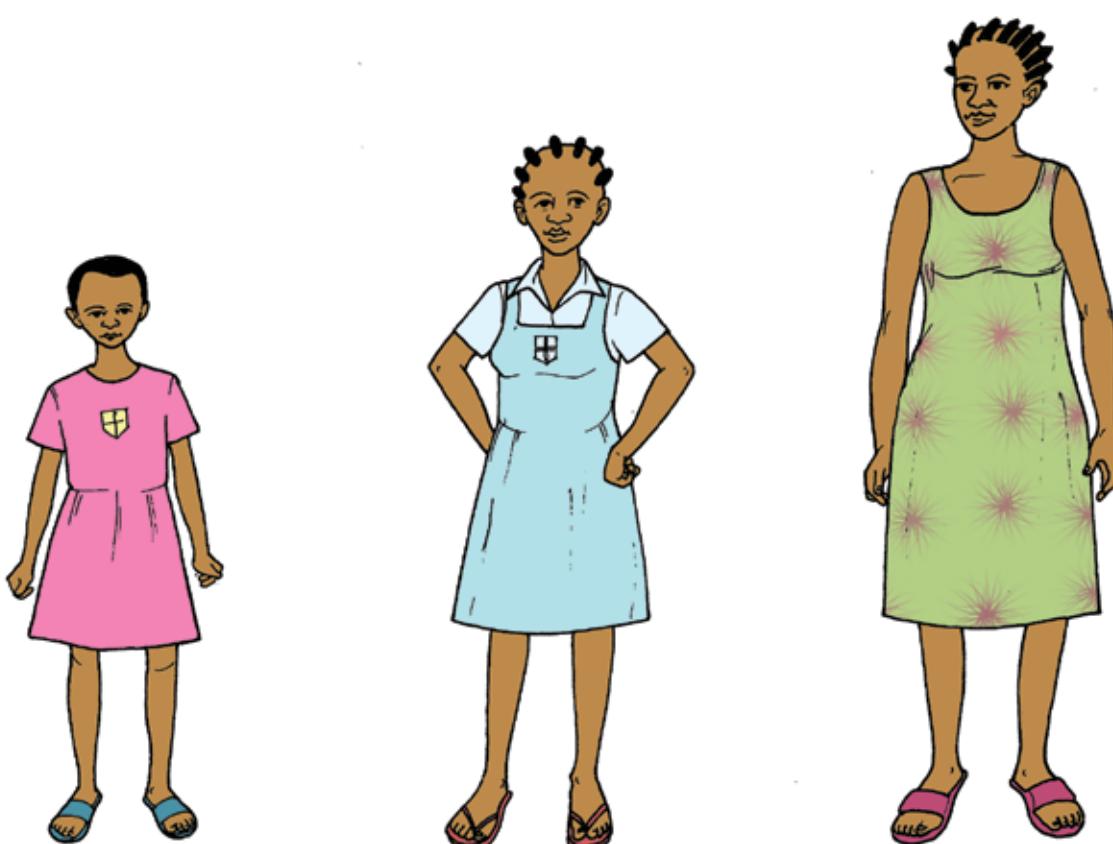


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Loro ne. Kwan man matek: *Ikare man me kwo ni, in ki luwoti obikato ki i aloka loka mapol ikom wu ki cwinywu. Aloka loka magi obedo jami calo dongo maboo ki cawa mukene cwinyi cwer kadi gin mo pe ma omyero ocwee cwinyi. Man time bot dano weny ma tye ka dongo. Ento, pe te loke ni dong idoko dano ma dit ma dong itwero rwate iyo me butu. Nywaro dano ikom aloka loka magi matime ikom gi romo cwero cwinyi gi. Dano weny kato ki i aloka loka magi, ci pire tek me lok iye kacel ki konye ikinwa.*

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Cikke. Kwan man matek: *Lwo lawala ci iwac nying laroki nyo latinwu ma ibicito iloko kwede ci imiyo tam bote ikom aloka loka ma lutino matino kato ki iye ma dok ikomgi nyo cwinyi weny.*



Goyo cal dul komwa

*Lok angeya bot latit lok: Karatac ki kalam mite pi tuku man.
Cal me dul kom nonge inge karatac man wek okony tuku man.*

- 1 Acaki.** Wek dul gilwo lawala ci ikwan man matek: *Tin wabi pwonye ikom dul komwa ki aloka loka matime ikomwa ka wa tye ka dongo.*
- 2** Pok dul lutuku man iye angwen mapat pat. Dul aryo obed awobe ki dul aryo obed anyira keken ka twere.
- 3** Mi karatac ki kalam onyo maka ki dul acel acel.
- 4** Kwan lok me aluba man matek: *Me acel or Me acaki, goo cal dano i karatac ma ki miyo ni. Ci dong itii ki cal ki lanyut me cimo kakwene ki ikom cal ma igoyo ni ma aloka loka obitime iye ka idongo.* Awobe omyero gugoo cal aloka loka ma obitime ikom owobe ki anyira bene gugoo cal aloka loka ma obitime ikom anyira.
- 5** Mii ki dul magi dakika apar wi abic me goyo cal dul komgi.
- 6** Inge dakika man, wek dul magi gudwog cen i lawala ki cal ma gugoyo ni.
- 7** Wek awobe gunyut cal ma gugoyo ni ci gutit aloka loka me kom ma gugoyo ni.
- 8** Wek anyira gunyut cal ma gugoyo ni ci gutit aloka loka me kom ma gugoyo ni.
- 9** Ka gutyeko man, nyut ki dul magi cal kom dano ma gigoyo ikaratac, pa laco tye inyime ki pa dako tye ingeye.
- 10 Nywako lok.** Peny dul man lapeny magi ci imi it ki kare me nywakolagam ki ikingi. Lwong anyira ki awobe weng me gamo lapeny magi.
 - Ngo ma obedo rom ki nyo ma obedo pat ikin cal ma wun ogoyo ni ki cal me kom ma kinyutu it wu ni?
 - Wutamuni kom anyira ki awobe dwonge obedo rom kede dwonge obedo pat? (Dwonge rom!)
 - Kong iwaca ngo ma iniang tin manyen ma onongo pe ingeyo.
 - Ka onongo laremi tye ki lworo ikom aloka loka ma tye katime ikome, tam ango ma iromi miyo ki en ni otim?
 - Ka imito niang ngec mapol ilok kom wu, kakwene ma iromi cito iye ka nongo ngec man?

11 Loro ne. Kwan man matek: *Ngeyo komwa ki aloka loka ma time ikomwa obedo gin ma pire tek ikare me dongo wa. Aloka loka magi pe te loke ni dong idoko ladit. Pe te loke ni dong itwero cako tic onyo rwate ibutu ki laco nyo dako. Aloka loka magi obedo acaki me yoo mabor me donyo idito.*

12 Cikke. Kwan man matek: *Lwo lawala kicel ci iwac nyig ladit acel calo wayo, nero onyo daktar me gang kwan, ma iromo lok kwede ikom aloka loka ma tye ka time ikomi.*

Tuku ikom gwoke maber

Lok angeya pi latit lok: Pi tuku man, karatac matino tino nyo bongo bi mite.

- 1** **Acaki.** Wek dul gulwo lawala ci ikwan man matek: *Tin wa bi tuku tuku ma pwonyo wa me gwoke maber igangi wa.*
- 2** Mii ki dano weng karatac acel onyo bongo acel ci iwek gu cung karatac onyo bongo man ijeba longi me angec nyo gumak icingi tung cel.
- 3** Goo cal lawala ingom me nyutu ka ma kibituku tuku man iye.
- 4** Yer awobi acel me bedo labwor ki anyaka acel me bedo min labwor.
- 5** Kwan lok aluba man matek: *Wun weng obedo calo dyegi ki ngat eni obedo labwor ki man obedo min labwor (cim anyaka ki awobi ma iyero ni gubed labwor ki min labwor ni).* Labwor gin ki min labwor gitye ka temo mako yib wu (*bongo ni*). Omyero inen ni igwoko yibi maber wek labwor pe omaki. Labwor omyero oryem yib awobe keken ki min labwor omyero oryem yib anyira keken. Ka awaco ni “Ngweci” ci iromo ngec ka moo keken idye lawala eni. Ka kimako yibi, ci iaa woko ki ituku man. Dyel me agiki ma pe kimako yibe en aye no oloyo tuku man.
- 6** Kwan dok lok me aluba man odoco kit ma tye kwede i yoo me 5 me neno ni dano weng oniang cik me tuku man.
- 7** Dange ni “Caki!” ci wucak tuku man.
- 8** Ka gutyeko tuku, yer dok labwor ki min labwor mukene manyen ci dok wunwoo tuku man.



9

Nywako lok. Inge tuku, wek lutuku gubed gulwo lawala ci ipeny lapeny magi. Mi it gi kare me nywako lagam gi ikingi.

- Dyegi pol kare giweyo ot pa labwor pien gingeyo ni keto kwo gi kamarac. Cawa mukene bene, kwo pa lutino anyira romo bedo kamarac i caro/ gangi wa. Kabedo mene ki icaro wu kany romo keto kwo pa lutino anyira kamarac kit ma ot pa labwor keto kwo pa dyegi kamarac?
- Dyegi bene kiwoto i dul kacel ki luwot gi pien gingeyo ni ber loyo wot keni. Kabedo mene ki icaro wu kany ma wuneno ni ber ki anyira me wot kacel loyo ka gi tye kengi.
- Ka kiwaco it anyaka mo ni ocit ka twomo pii idye wor onyo ni ocit gang pa lapwony gi kene, nyo ma en romo timo ne me neno ni igwoke maber?
- Ngo ma awobe ki coo romo timo ne me konyo anyira wek gugwok kwo ki maber icaro kany?



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Loro ne. Kwan man matek: *Kit ma calo ot pa labwor keto kwo pa dyel kamarac, tye kabedo mogo bene i kin gangi wa ma romo keto kwo pa anyira kamarac ka gucito iye kengi. Labole, pe ber ki anyaka me cito ka twomo pii nyo cito gang pa lapwong ma lacoo idye wor kene. Pire tek me ngeyo kare mene ma nongo iromo bedo woko keni ki kama iromo cito iiye labongo keto kwo ni ka marac. Obedo woro madit mada it awobe ki coo me wot kacel ki anyira i idye wor wek ogwok gi maber.*

11

Cikke. Kwan man matek: *Lwoo lawala ci iwac nyiny ladit acel calo wayu nyo neru, ma iromo lok kwede ka in onyo laremi kiketo kwo wu ka marac onyo ka gi wano wu.*

Goga ki wer ikom bedo igang kwan

- 1** **Acaki.** Wek dul gulwo lawala ci ikwan man matek: *Tin wabi loko ikom kit awobe ki anyira romo konye kwede ikingi kekengi me bedo igang kwan.*
- 2** Kwan man matek: *Me acel onyo mukwongo, amito ni wutam ikom lurok wu me caro wu ma pe gi kwano ? Kit tyen lok ango ma oweko gin pe romo cito igang kwan?*
Mii kare ki lutuku me tamo ki nywako tami gi. Omyero inen ni dano weng onongo kare me lok.
- 3** Kwan man matek: *Tyen lok mogo ma romo weko anyira ki awobe pe me bedo igang kwan en aye, timo tic ma gang ma pe miyo it gi kare me timo tic ma lapwong miyo ki igang kwan, wot ki lunyodo gi idog tic ma megi, gwoko lutino gi matino matye gang onyo pidi, peke pa cente me culu kwan; ki pi anyira, bedo peke ki bongo me lajol remo ikare me neno ruk.*
- 4** Pok dul man iye aryo mapatpat. Dul magi romo bedo ki awobe ki anyira weng kacel. Lwong dul acel ni dul nama acel ki dul mukene ni dul nama aryo.
- 5** Kwan lok me aluba man matek: *Dul nama acel omyero onen ni giyupu goga ikom latin anyaka ma pe romo bedo igang kwan pi tyen lok mogo ma wa nywako con ni, ki yoo mogo ma jo gangi ki luroke romo konye kwede me dok igang kwan. Dul nama aryo omyero gunen ni giyubu we ki myel pi ber pa awobe ki anyira me bedo igang kwan.*
- 6** Kwan lok me aluba i lacim me abici odoco me neno ni dano weng oniang.
- 7** Mii it dul magi dakika apar wi abic me nywako ki me yubu goga ki wer.
- 8** Inge cawa man, lwong dul magi cen i lawala.
Ka dano mukene tye cok ki katuku man, lwong gi wek gubin ka neno goga ki wer man.
- 9** Wek dul nama acel gunyut goga gi ki dano weng.
- 10** Wek dul nama aryo guwer ki gumyel bot dano weng.



11 **Nywako lok.** Lwo lawala ci ipeny lapeny magi. Mii kare ki lutuku me tam i ikom lapeny ki lagam magi. Lwong anyira ki awobe weng ka gamo lapeny magi.

- Wutamo ni jami ma waloko ki waweru ikom gi tin ni time icaro wu kany?
- Pingo pire romo bedo tek pi anyira ki awobe weng me bedo igang kwan?
- Kiromo yee ikin gang wu pi awobe me timo jami mogo ma wanywako pigi tin ni pi konyo anyira me bedo igang kwan? Tit lagam ma imiyo ni.
- Pol gangi weng tamo ni ka cente tye manok, ci omyero lutino awobe keken ma gucit ka kwan. Wutamo ningi ikom lok man?
- Yoo ango ma iromo miyo kwede tam it laremi ma mito konyo lamine me bedo i gang kwan?

12 **Loro ne.** Kwan man matek: *Gangi matego en aye obedi gangi ma tiyo me weko anyira ki awobe gi me bedo igang kwan. Ka anyira gubedo igang kwan, kidongo ma gibedo ki tuku ma giromo yero ne anyera dok bene gi gwoko paci gi maber wa ki yot kom iye dok paci ma obitime gin ma gimoto weng. Pire tek ni lutino anyira omyeyro obed ki kare me timo tic ma kimiyo ki i gang kwan nino ducu. Lutino awobe romo bedo Oteka ka gi konyo lumegi gi ki tic me gang wek lumegi gi obed ki kare me timo tic ma kimiyo ki i gang kwan. Ayira ki awobe bene giromo bedo Oteka ka kiloko ki ludito pi ber pa bedo i gang kwan.*

13 **Cikke.** Kwan man matek: *Lwo lawala ci iwac gin acel ma iromo timo ne me konyo lutino anyira ma gang wu me bedo i gang kwan.*

Tuku goga ikom gin ma omyero pe ki nyer

- 1 **Acaki.** Peny dul wek gulwo yubu lawala ci ikwan man matek: *Wan weng wangeyo ngo ma nyero obedo. Nyero mit dok pol kare wanyero pien nongo cwinywa yom onyo gin mo oyomo iiwa. Kare mukene kono, lutino anyira ki awaobe nyero ka gitye ka ngalo luwotgi ikom aloka loka ma time ikom gi. Eni twero bedo lit. Tin wabiloko ikom kare ma nongo nyero rwate ki kare ma nongo nyero cwero cwiny.*
- 2 Pok lutuku i dul iye aryo mapat pat. Awobe ki anyira weng romo bedo i dul magi.
- 3 Kwan lok aluba man matek: *Dul me acel, tic wu me neno ni omyero wuyub goga ma nyutu dano matye kanyero pien gin mo otimo ma yomocwing dano. Timo gin mo ma weko dano weng nyero! Dul me aryo, tic wu me neno ni omyero wuyub goga ma nyutu kit ma nyero cawa mogo bedo lit. Nyutu tuku ikom kit ma anyira ki awobe gi nyero or ngalo luwotgi i ikare ma nongo aloka loka tye katime ikom gi.*
- 4 Mii ki dul magi dakika apar wi abic me yubu tuku goga magi.
- 5 Inge cawa man, wek lutuku guyub lawala. Ka lutino kwan, lupwonye nyo lwak me kabedo meno tye cok kenyu, wek gubin kaneno tuku goga man.
- 6 Wek dul me acel guyut goga gi bot lutuku mukene ni ki lwak.
- 7 Ka gutyeko, wek dok dul me aryo guyut goga gi bot lutuku mukene ni ki lwak.



8

Nywako lok. Ka dong lutuku odwogo i lawala, peny lapeny magi. Omyero inen ni anyira ka awobe weng gugamo lapeny magi dok bene gunongo kare me tam ikom lagam gi.



- Tin inongo pwonye ango manyen ikom apoka poka ikin nyero ma nongo dano tye ka ngalu luwotgi ki nyero ma nongo tye ki yomcwing?
- I gang wu ki gang kwan wu, tye kare mukene bene ma lutino awobe ki anyira gi ngalo kwede luwotgi pi aloka loka ma tye katime ikomgi?
- Iwinyo ningin ka kinyeri dok ki ngali pi aloka loka ma nongo tye ka time ikomi?

9

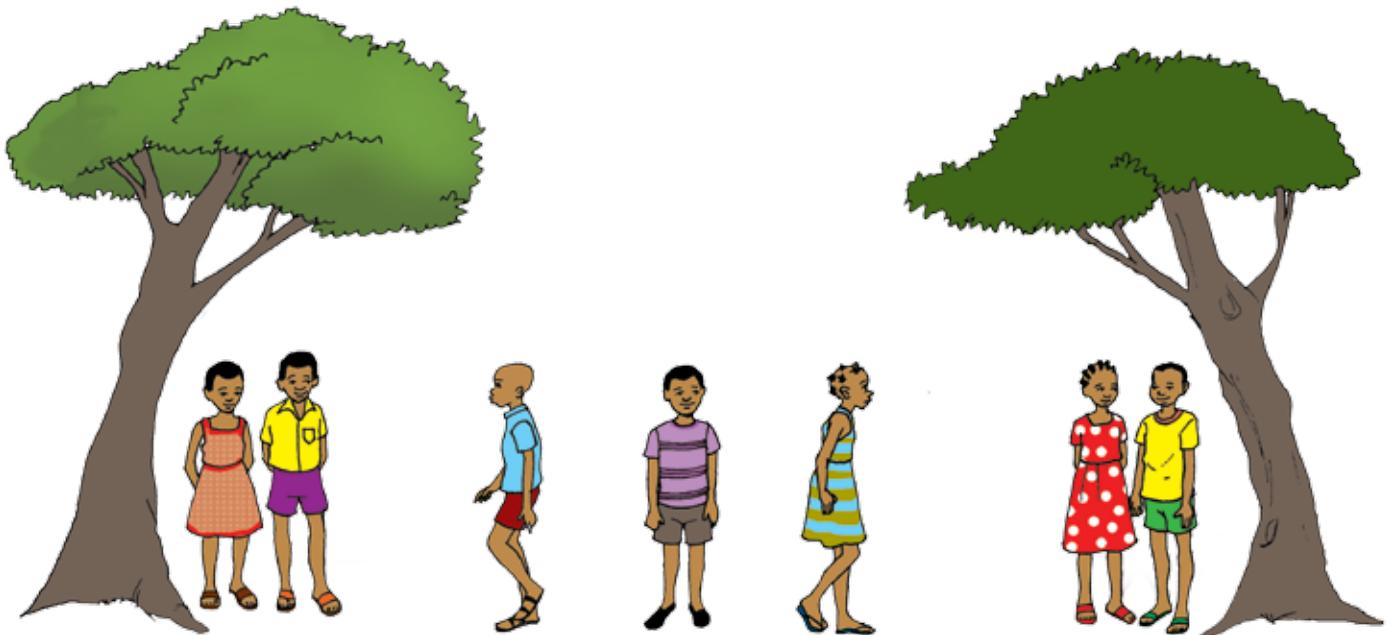
Loro ne. Kwan man matek: *Kato ki i aloka loka ikare man me kwo ni ma itye kadongo ni obedo gin matime. Dano weng kato ki iye ento man time ikare ma patpat pi dano weng. Nyero dano, tutwale ikom jami madok ikom aloka loka matime ikomwa romo bedo lit. Konye ikinwa keken wa ki kwero aloka loka magi romo bedo gin ma ber.*

10

Cikke. Kwan man matek: *Lwo lawala ci iwac gin acel ma ibitimo i anyim me gengo luroki nyero luwotgi pi aloka loka ma time ikomgi ka gitye kadongo.*

Tuku ikom tic pa coo ki mon

- 1** **Acaki.** Wek dul gulwo lawala ci ikwan man matek: *Tin wabiloko ikom kit ma bedo lacoo nyo dako obedokwede.*
- 2** Yer kabedo aryo (labole te yadi aryo), ma kin gi tye mita maromo 10. Wac ki dul man ni kabedo acel kilwongo ni "COO" ki kabedo me aryo ni kilwongo ni "MON." Yer dok ka mo ikin kabedo aryo ni ci ilwong ni "PI COO KI MON WENG."
- 3** Kwan lok aluba man matek: *Abiwaco lok acel. Amito ni iring i kabedo ma itamo ni lok man rwate me bedo iye. Labole, ka awaco ni "mego," ci iringo ikabedo ma kilwongo ni "MON" pien mon keken aye romo bedo mege. Ka awaco ni "bor" ka itamo ni mon ki coo weng romo bedo bor, ci ngweci i kabedo ma kilwongo ni "PI COO KI MON WENG."*
- 4** Kwan lok me acel ki ikin lok ma kicoyo gi pinyi.
- 5** Kadong dano weng oringo i kabedo mo, peny lutuku aryo ki i kebedo magi wek gutit ki lwak pingo gi ringo i kabedo mono. Iromo mino kare wek lutuku gu nywak lok ikin gi.
- 6** Ka gutyeko nywako lok, kwan dok lok mukene ki ikin ma kicoyo ni. Inge ngwec, peny gi doki pingo gu ngweco i kabedo mono ci wek lukutu gu nywak lok ikin gi ka gu ngweco i kabedo mukene mapat.
- 7** Nwo yoo me man doki pi lok weng ma kicoyo ni.
- 8** Tim man dok odoco.



NYIG LOK MA KIRYEYOKI RYEYO

Teko	Abili	Lamok tam
Lalok maber	Ngat ma pegene	Lamar dano
Lapwony	Ngat ma gwoko lutino	Daktar
Tedo	Tye ki kero me lim	Langolkop
Ngat ma loyo gang l	Ger	

9 Nywako lok. Ka dong ityeko, wek lutuku gulwo lawala ci ipeny lapeny magi. Mii ni gi kare me gamo lapeny acel ka imede ki penyo lapeny mukene.

- 
- Lok mene ikin gi ni ma obedo tek it in me moko tami kace kubedo pi coo, mon onyo pi kin weng?
 - Pol dano tamo ni coo keken aye romo tek, labongo lworo, tye ki kero me lim, ki lumok tam i gang. Gin tamo bene ni mon keken aye romo tedo ki bedo lulok maber. Wutamo ni ngo ikom lok magi?
 - Lacoo kikome mono kite romo bedo ber dok lagwok dano? Dako kikome cono romo bedo ki teko dok moko tam i gang? Tit lagam man ma imiyo.
 - Ka lameru matidi nyo lakeyu owaci ni imito bedo abili, ibiwaco ningi ite?

10 Loro ne. Kwan man matek: *Cawa mukene, dano ma ikin paci wa gibedo ki tam ni omyero watim jami moni onyo wabed kit moni pien wa tye lacoo nyo dako. Ento, wi romo cung kit ma mon ki coo weng romo timo jami mogo ma rom. Labole, coo ki mon weng romo bedo tek, labongo lworo, ger, labok lok, lagwok dano, ki lamar dano. Coo ki mon weng romo bedo abili, lucwer bao, lutedo ki lucat i cuk.*

11 Cikke. Kwan man matek: *Lwo lawala ci iwaci wa gin acel ma imito temo ne, kombedi nyo ka idoko dit, ma luwoti pe gi timo kulu. Labole, ma calo latin awobi, irom temo tedo. Ma calo anyaka, irom temo leko dyegi. Kit ma dong amio labole meno, tam pi jami mukene mapat ki meno.*

Bed oteka

30
Dakika

Nywako lapeny i lok komi ka idongo idoko dit

- 1 **Acaki.** Wek dul gulwo lawala ci ikwan man matek: *Tin wabiloko ikin wa ikom kit ma wamito ni kwo wa obed kwede ka wadoko domgo. Nywako lapeny i lok komi ka idongo adoko dit.*
- 2 Pok dul lutuku wek gubed idul aryo mapat pat. Anyira gumake ki anyira, ka awobe bene ki awobe.
- 3 Kwan lok aluba man matek: *Ket kong ni wubedo ludwok lok angeya i radio radio ma wutye ka penyo luwot wu. Abikwano lapeny man matek. Ki ngat ma kipoki kwede ni, obileyo penyo lapeng magi ma abikwano ni ki gamo ne bene ikin wu. Abikwano lapeny abic ci amiyo kare mo manok ikin lapeny magi wek ilok ki lawoti.*
- 4 Kwan dok lok aluba man ma i lyoo me adek odoce me neno ni dano weng oniang.
- 5 Kwan lapeny ma i bok ni mot mot. Inge lapeny man, mi dakika maromo aryo ki lutuku kit ma gumake kwede ni me lok ikin gi ma peya ikwano lapeny mukene.

Lapeny numba 1: Kit tic ango ma imito timo ne ka idongo idoko dit?

Lapeny numba 2: Itye ki gen ni cwari nyo dako ni obibedo nining?

Lapeny numba 3: Imito bedo ikin lwak ma obedo nining ka idongo idoko dit?

Lapeny numba 4: Kit jami ango ma imito timo ne pi kwo ikare ma itye ka doko dit?

Lapeny numba 5: Ite gi gen me bedo kit mego onyo mego angao?



6 **Nywako lok.** Ka dong dul lutuku ogamo lapeny weng, wek dok gulwo lawala. Peny lapeny magi ci icuk cwing dul man me nywako lagam gi ki luwotgi.

- Iwinyo nining ikare ma i nywako ki lawoti jami ma imito timo ne i anyim?
- Iloko pol kare ki luremi ikom kit ma imito ni kwo ni obed kwede i anyim?
- Ludito mene ma ingeyo ma iromoto lok kwede gi ikom jami ma imito timo ne i anyim?
- Kit jami ango ma iromoto timo ne me neno ni ilubu yoo atii ma weko itimo jami i anyim kit ma imito ni?
- Ngo ma iromoto timo ne me konyo lutino mukene ikin lwak wek gutim jami kit ma gimito timo ne i anyim?



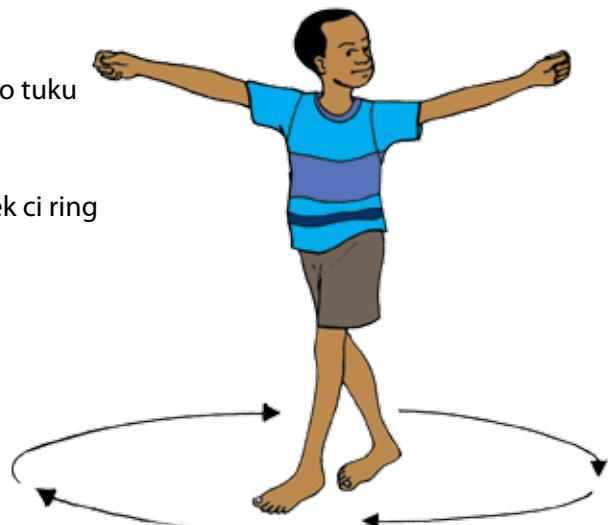
7 **Loro ne.** Kwan man matek: *Pire tek me bedo ki jami ma imito timo i anyim ikwo wa ki me tamo kit ma imito ni kwo ni obed i anyim. Pire bene tek me nywako jami ma imito timo i anyim ki luroki wa ki ludito wek gukonyi ikare me dongo ni. Lok ikom gin ma imito timo i anyim konyi me cobo gi.*

8 **Cikke.** Kwan man matek: *Lwo lawala ci iwac gin acel ma iromoto timo ne i mwaka ni ma konyi me cobo timo jami ma imito timo ne nino mo.*

Tuku ikom kit ma kongo obedo kwede

Ngec bot lador tuku: Mii kare ki lutuku ma nongo wigi wire me yweyo kong.

- 1 **Acaki.** Wek dul gulwo lawala ci ikwan man matek: *Tin wabi tuku tuku ma pwonyo wa ikom gin ma time ka dano omato kongo madwong okato.*
- 2 Yer kabedo aryo (labole te yadi aryo), ma kin gi tye mita maromo 20.
- 3 Pok dul man i iye aryo mapat pat, lwong gi ni dul nama acel ki dul nama aryo.
- 4 Wek dul nama acel gucung i kabedo acel ki dul nama aryo gucung i kabedo me aryo ma nongo gu pime apima ki lutowgi.
- 5 Kwan lok me aluba magi matek: *Man tuku pyem ma omyero inen ni ngat acel acel ma i dul ni oringo me oo i te yat ma loka wu ni (onyo kama tye iye)mapud pe jo ma i dul mukene ni oo iye. Ka adange ni "Citi onyo ngweci", ngwec onyo ring madwir ada da tung cel ka icit i gud yat.*
- 6 Dange "Citi!"
- 7 Kadong dul weng gu oo tung cel, wac dong dul ma oloyo tuku man.
- 8 Kwan lok aluba man matek: *Kombedi dong abiweko pyem man doko tek loyo ki ma naka nen ni. Ka adange ni "Ngweci onyo Citi!", omyero i wire ki ka ma itye iye ni tyen aryo, ci ingwec onyo iring tung loka acel (kama i pe iye ni)*
- 9 Dange "Citi!"
- 10 Kadong dul weng gu oo tung cel, wac dong dul ma oloyo tuku man
- 11 Kwan lok aluba man matek: Pi kombedi ni, wire tyen adek ci ring tung cel.
- 12 Dange "Citi!"
- 13 Kadong gu oo tung cel, ci dong iwac dul mene mu loyo.



14 Nywako lok.

Wek dul gulwo lawala ci ipeny lapeny magi.



- Wuwinyo ning ma pud pe owire kidak inge wire?
- Wuneno gin ango ma dano ma ikin gang wu kany timo ka gubedo ka mato kongo? Cawa mukene ginene calo gubedo ka wire?
- Wutamu ni tuku ni pore ki mato kongo iyoo ma ning?
- Jo matino adi ma mato kongo pien luremgi odiyo gi me mato ne kede bed nongo gi deg mato ne. Pingo wutamo ni tye kuman?

15 Loro ne.

Kwan man matek: *Mato kongo madwong/tutwal romo kelo peko mapol calo poto peny i gang kwan onyo timo peny ki tuku marac ki moko tam marac. Kongo romo weko komi bedo lit/iwinyo komi lit, ki itimo jami ma cwero cwinyi onyo cwinyi jo mukene. Ka imato kongo matek tutwal, cobo jami ma onongo imito timo ne i anyim loyi woko.*

16 Cikke.

Kwan man matek: *Lwo lawala ci iwaci wa gin acel ma iromo timone ma yomocwinyi ki weko ibedo ki luremi me ka mato kongo. Tek lok man, "Me ka mato kongo, abi..." Labole, iromo waco ni, "Me ka mato kongo, abi cito ka tuku/gweyo odilo!". Kit ma dong amio labole eno ni, tam dok mukene.*



Bulu ma tye ki two ma reto dano ni, kom gi lit nyo ngolo, omyero pe gutuk tuku man ento gubed tye ka nywako lok.

Bed oteka

1
Cawa

Nywako lok ikom kit me cobo peko

- 1 **Acaki.** Peny dul man wek gulwo lawala ci ikwan man matek: *Pol kare ka peko tye gang, dano tiyo gi gero calo dongo/goco nyo wacu leb/jami ma cwero cwiny dano. Tin wabiloko ikom yoo me cobo peko i gangi wa labongo tic ki leb marac ki dongo/gono dano.*
- 2 Pok lutuku i dul aryo, dul acel obed pa awobe ki acel obed pa anyira ka twere.
- 3 Kwan lok aluba magi matek: *Abiboko it wu goga mo macek ikom awobi mo nyo anyaka mo ma imwaka wu ni. Idul wu mapat pat, amito ni wu lok ikom tam ango ma wu romo miyo ne ki awobi nyo anyaka man ikom ngo ma omyero otim pi peko matye ka time gang labongo tic ki leb ma cwero cwing ki gero calo goco/dongo dano.*
- 4 Kwan dok lok aluba ma i yoo aluba me 3 odoco me neno ni dano weng oniang.
- 5 Kwan tuku me acel ma i bok ma pinyi. Mii dakika 10 ki dul magi me nywako ne.
- 6 Inge dakika 10, peny dul magi me waco tam ango ma gitye kede pi Ogwang.
- 7 Ka gutyeko waco ne, tim dok gin acel meno pi Akello ki Opio.



Ododongo 1: Won Ogwang dwogo gang ki katic ki lela manyen. Cutcut, Ogwang gin gi omegi ne ki lumegi ne gicako laro nga ma myero ongwech ki lela. Imiyo tam ki Ogwang ni otim ngo?

Ododongo 2: Akello mwaka ne tye 13 dok mito cwalo cawa ne ki lureme. Lamine matidi ma mwaka ne tye 7, lubu kor Akello gin ki lureme ka mo keken ma gi cito iye dok pe romo weko gi mot. Man weko Akello kiniga mako/cwinye cwer pien en mito ni lamine pe obed ka lubu kore. Ngo ma myero Akello otim?

Ododongo 3: Opio obedo latin kayo dok en aye ma tye loyo gang. En tiyo pi cawa malac dok dwogo gang ma nongo ool nino ducu. Cwinye cwer ada da ka omegi ne ne ki lumegi ne guding dok pe gitimo tic gi mo keken. Ngo ma myero Opio otim?

8 **Nywako lok.** Peny dul wek gulwo lawala ci ipeny lapeny magi.



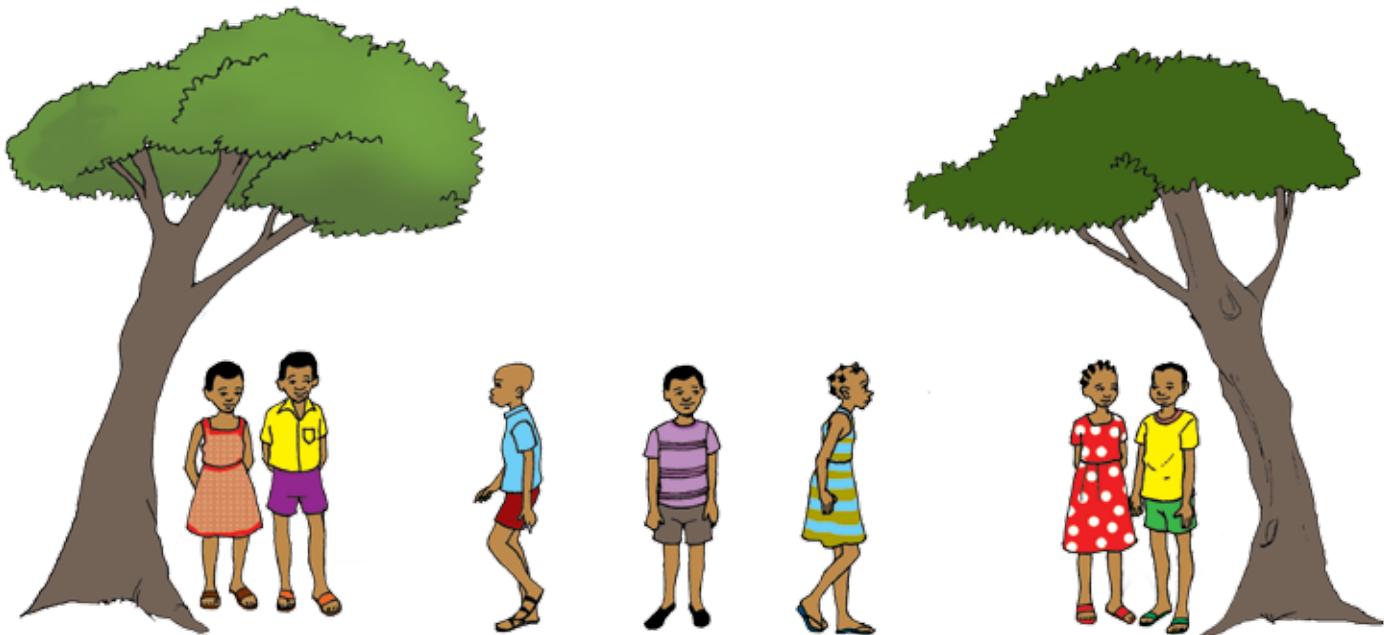
- Ki i gang wu, omego ki lumego mono pol kare gitiyo ki gero ka peko mo tye?
- Wutamo ni tam ma omiyo bot jo matino eni ikom ngo ma myero kutim ka peko tye ni bene romo tic pi in ki luroki?
- Pingo wutami ni pire romo bedo tek me nongo yoo me cobo peko ma pe ki gero?
- Anga ma iromo lok kwede kace tim gero tye matek i gang wu?

9 **Loro ne.** *Tic gi leb ma cwero cwinyi ki gero kace peko tye i gang romo bedo ma lit ada da dok pol kare pe cobo peko ma tye. Cobo peko tero kare ma matek ada me lok. Ka iromo lok ki jo gang wu ikom jami ma pe yomo cwinyi, wuromo kati ki yoo me cobo peko magi wek dok gin magi pe otimo odoco. Man obikonyo wek gang wu obed matek dok ki yot kom.*

10 **Cikke.** Kwan man matek: *Lwo lawala ci iwac nyng ngat acel ma ibipwonyo lok kwede wek pe iti ki gero ki leb ma cwero cwing ka lweny tye i gangi.*

Tuku ikom penyo latic yot kom

- 1 **Acaki.** Wek dul gulwo lawala ci ikwan man matek: *Tin wabiloko ikom yoto kom ki aloka loka ma time i komwa.*
- 2 Yer kabedo aryo (labole yadi aryo), ma lac kin gi tye mita maromo 10. Wac ni kabedo acel kilwongo ni "ADA" ki acel kilwongo ni "GOPA". Idyee kabedo aryo ni kilwongo ni "PE ANGEYO".
- 3 Kwan lok aluba magi matek: *Abikwano lok macek. Ka itamo ni lok man tye ada ci ring i kabedo ma kilwongo ni ADA ni. Ka itamo ni lokke tye gopa ci ring i kabedo ma kilwongo ni GOPA ni. Ka pe ingeyo, ci cung idyere. Abikwano gin ma daktar waco nit ye lagam ma kakare ni.*
- 4 Kwan lok me acel ki i bok ma pinyi. Mii kare ki dul me ngwec cito i kabedo ma guyero.
- 5 Ka dong dutyeko ngwec, kwan lagam ma pinyi.
- 6 Nwo man pi lok macego mukene ni weny.



Lapeny:	Ka latin nyako ocako neno ruk, nongo dong kare ne oromo me nyome ki me nywalo lutino.
Lagam:	<i>Daktar waco ni eni pe ada. Ka anyaka ocako neno ruk, te loke ni dong romo yac ento wiye ki kome pud pe tye ma oyube me cako nywalo lutino.</i>
Lapeny:	Bulu kato ki aloka loka me kom ikare mapat pat dok bene pe time marom.
Lagam:	<i>Latic yot kom waco ni man lok ada. Obedo gin ma time pi awobe ki anyira mukene me neno aloka loka magi nongo pud kitino ki mukene kato ki iye ma dong gi dongo.</i>
Lapeny:	In pe laco kikome ka pud pe irwate ki anyaka i butu.
Lagam:	<i>Latic yot kom waco ni man goba. Coo madwong kuru wang ma dong gudoko dongo ka gicako rwate ki mon ibutu.</i>
Lapeny:	Pol awobe cako telo ikare mapat pat ka gitye kadongo.
Lagam:	<i>Latic yot kom waco ni man lok ada. Telo pa kom awobe ki lek ni itye imar obedo gin ma time.</i>
Lapeny:	Anyira ma cak kor gi dongo cako rwate ibutu ki coo ma nongo pud mwaka gi tino.
Lagam:	<i>Latic yot kom waci ni man lok goba. Cak kor dongo kare mapat pat dok mogo bedo dongo loyo mogo. Moko awene ma mito icak kwede rwate i butu ki lacoo/dako ocung ikom bedo ki neno ni itye ki lawoti ma gene, ngeyo kit me tic ki roc bol, ki yoo mukene me lago nywal wek igwokke ki two jonyo ki yaco ma nongo pe iyube iye, ki lok maber ikin in ki lawoti nyo lato ni.</i>

7 Nywako lok. Wek dul gulwo lawala ci i peny lapeny magi.



- Jami manyen ango ma inongo ngec iye ki ituku man?
- Ngo manyen ma imito nywako nyo waco ki awobe ki anyira mukene ki i caro wu?
- Kit lapeny ango ma wutye kwede ikom komu ki lok me rwate i butu?
- Tye daktari onyo ludito mogo ma wuromo penyo lapeny magi bot gi?

8 Loro ne. Kwan man matek: *Latic yot kom ki ludito mukene tye ki ngec mapol ikom aloka loka ma time ikomu, lago kin nywal, two jonyo ki two mukene ma jobo iyoo me butu. Pire tek me penyo lapeny magi kombedi wek iyube pi aloka loka magi ma ikato ki iye.*

9 Cikke. Kwan man matek: *Lwo lawala ci iwaci wa Latic yot kom nyo ladit ma ingeyo ma iromoo cito botgi ki lapeny ikom yoto kom ikare me rwate ibutu ki bedo ikin coo ki mon.*

Ododo ikom neno ruk i igang kwan

1 **Acaki.** Wek dul gulwo lawala ci ikwan man matek: *Tin wabiloko ikom konyo anyira me bedo igang kwan ka gitye ka neno ruk onyo kwee dwe gi. Lok man pire tek bot awobe ki anyira weng.*

2 Kwan lok aboka man ki dul:

Esther pol kare nongo winyo ebedo calo anyira mukene ni. Ento ma mwaka ne oo 11, cak kore ocako kati matidi, ki yee okati ikome me mon ni, ki ite ywete. Inino mo acel, onongo remo i cuwal late bongo ne. Obedo i ot kwan nino eno weng ka paro loka remo ni. Ma en ooa malo, awobi acel oneno remo ni, madong onongo okato woko ibongo ne, ci owaco ki lutino kwan weng ma i ot kwan. Lutino kwan weng gunyero ka dok gicimo en. Esther oringo gang ki koko ma okwonge pe me dok cen igang kwan. Ikare ma oo gang, owaco lok man ki wayo ne Eunice. Eunice obunyu ci okete piny ka otite jami weng. Eunice owaco ki Esther ni jami weng ma otite ikome ni obedo gin matime. Ngo ma en tye ka kato ki iye ni obedo acaki tegi. Ikare me tegi, tunnu onyo cak kor anyira doko dongo, yee twii ite ywetgi ki kom gi me mon ni. Tac anyira doko dongo nyo malac, ki dongo mabor dok bene gi doko pek. Man te loke ni gi cako neno remo dwe kidwe ma kilwongo ni ruk. Esther obedo ki wuu matek me winyo ni mon weng ma i wilobo kato ki i aloka loka man. En obedo ki wuu matek loyo doki ikare ma Eunice otite ni lutino awobe bene ki cato ki i aloka loka ma nongo gitye ka dongo ki tegi. Awobe bene yee bino ikom gi weng, gi dongo mabor, ngwec komgi bedo tye, dok bene gi leko ni gitye imar ma weko gilayo lac nyodo idye wor. "Ka onongo gitamo ni man mono lek ni itye imar ma kelo lac nyodo ni bene time i ot kwan, onongo gwok kono pe gi nywaro anyira ma gineno ruk," Eunice wayo ma ryek owaco. Man oweko Esther owinyo maber dok cwinye okwee. Eunice owaco ki Esther ni en romo tic ki sanitary pads nyo bongo ma ongolo nyo karatac me cito i coroni me jolo remo ikare me ruk wek remo pe okati wa i bongo ne ki woko. Owaco ki en ni omito obed ki tek cwiny ma wiye tye ayila malo dok pe owek ngala pa lutino awobe ni ogeng en ki ikwane. Awobe bene kato ki aloka loka ma romo kelo lewic. Gi bipwonye pe me nywaro dano daki.

3 Kwan lok aboka man odoço.



4

Nywako lok. Peny dul man lapeny magi. Mii it gin kare me tamo lagam gi ki me nywako ne ki luwotgi.



- Lok aboka man winye calo gin maromo time ikin paco wu?
- Pingo lutino matino nywaro luwotgi ikom neno ruk ki twii pa yee nyo aloka loka mukene ka dano weng kato ki iye?
- Ngo ma wuromo timo ne me neno ni wek anyira owiny maber ikare ma nongo gitye ka neno ruk ma nongo gitye igang kwan?

5

Loro ne. Kwan man matek: *Lutino weng ma tye ka dongo i wilobo kato ki aloka loka ma romo weko pe gi winyo maber dok kelo lewic. Cawa mukene, anyira nguku cito igang woko ka gitye ka neno ruk. Man romo weko gin dong anget ci balo kero gi me kato peny. Pire tek me konyo anyira ki yoo me gwoko gin igang kwan, dok pe me nywaro gi nyo ngat mo keken pi aloka loka ma time ikom.*

6

Cikke. Kwan man matek: *Lwo lawla ci iwac nyng ladit acel ma iromlo lok kwede ikom neno ruk, lek ni itye imar, aloka loka i twon ki dong aloka loka mukene ma tye ka time ikomi.*

Nywako lok ki wayo gin ki nero

- 1 **Acaki.** Wek dul guyub lawala ci ikwan man matek: *Tin wabiloko ikom tic wa calo awobe ki anyira.*
- 2 Kwan waraga man ma pinyi bot dano ma ogure man matek: *Nywako lok ki waya dok ki nera*

Waya,

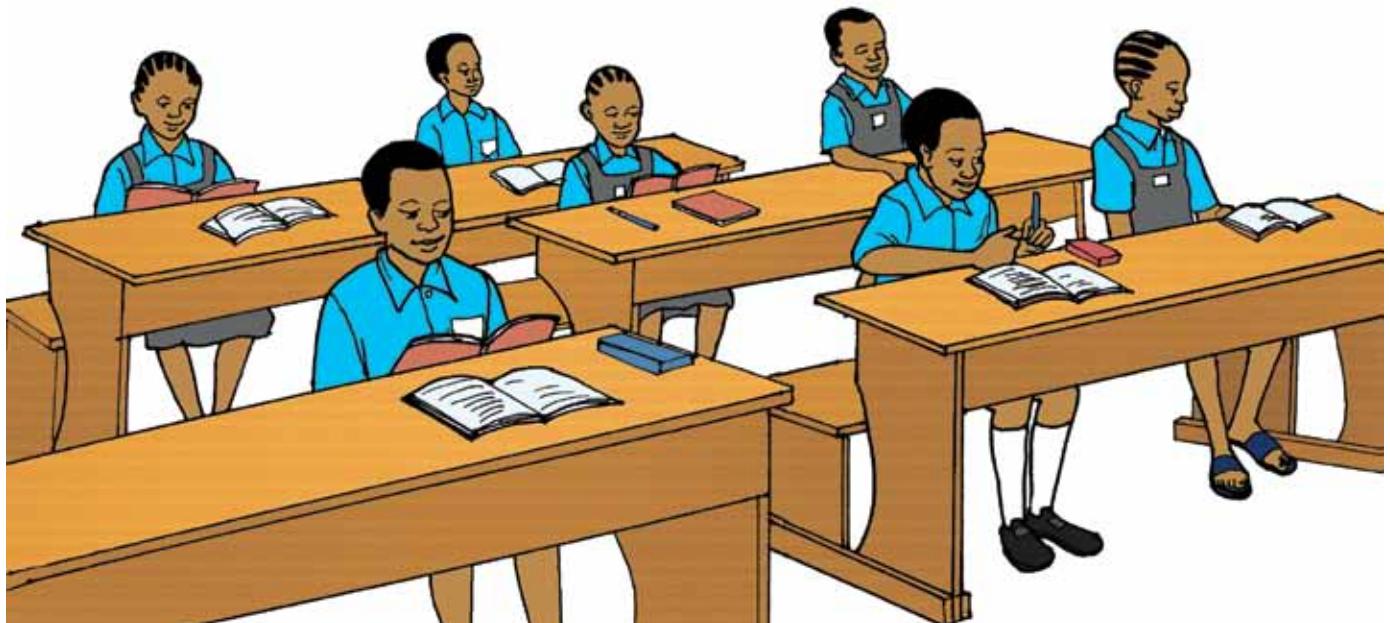
Nino ducu ka angijo i ot kwan, aneno nongo anyaka mo peke i gang kwan. Awobe weng pol kare nongo gi tye ento anyira luwota mapol guweko kwan woko. Pud lawor en, awinyo lunyodo na ka gi tye ka lok. Gubedo ka Waco ne ni gipeke ki lim ma pol i mwakra ni dok wel culu kwan odoko tek. Gi mito ni omera omede ki kwan. Gu Waco ni omyero gi kwany an woko ki i gang kwan wek gi gwok lim meno. Pingo anyira aye pol kare ki kwanyo gi ki i gang kwan ento awobe ki weko gi?

Kipwola

Nera,

Kit ma atye kadoko dití, atye ka niang kit ma tica calo laco obedo kwede me gwoko gang or lugang ma mega. Ento, wora pe ki cawa me bedo kwedwa. En dwogo ki igang tic, camo, ci cito nino woko. Cawa mukene gere ikomwa ki ikom mamawa. Bedo dong calo en pe tye ka gwoko man kulu. Amito cawa me bedo ki wora. Waromo timo jami mogo kacel dol bene en romo konya ki timo tic ma kimiyo ki igang kwan. Konya imina tam kong ikom ngo ma omító atim do.

Opio



3

Nywako lok: Peny lapeny magi bot dul. Mii it gin kare me tamo lagam gi ki nywako ne ki luwotgi ma pud pe ipenyo dok lapeny mukene.

- Lok ma owinyo i waraga ni oneno time i gang kwan wu ki i gang wu?
- Wutamo ni kwan pa awobe pire tek loyo pa anyira? Kony itit lagam man matut.
- Wutami ni ngo ikom tic pa laco calo lagwok gang ka en pe tye ki cawa me bedo gi jo gang ma mege?
- Ka onongo ibedo wayo Kipwola, onongo imiyo tam ni en otim ngo?
- Ka onongo ibdeo nero Opio, onongo imiyo tam ango ki en?



4

Loro ne. Kwan man matek: *Anyira tye ki twero ma rom ki awobe me kwan, kit ma bene gitye ki twero marom me tuku ki dworo wi lutino ma i ot kwan ni. Coo ma wore en aye obedo coo ma tero jo ma i gangi ki woro, bedo ki cawa pi lutino gi dok bene bedo calo lanyut maber.*

5

Cikke. Kwan man matek: *Lwo lawala ci iwac gin mo acel ma ibitimo ka idoko dit me neno ni anyira ki awobe ma igang wu ki tero gi marom dok ki woro.*

Tuku ikom pokotic ma i gang

- 1** **Acaki.** Wek dul magi guyub lawala ci i kwan man matek: *Tin wabiloko ikom kit ma awobe ki anyira giromo pokotic ma ipaco, me konye ikingi kijo ma i paco.*
- 2** Kwan lok me aluba magi: *Man obedo tuku me nyero ma wabi temo byeko ngo ma ngat man tye ka timo ne. Ngat man obi aa malo i nyim dano ci poro tuku ikom tic mo acel ma awobe nyo coo romo konyo anyira nyo mon ki timo. Dano weng ma idul ingeye gu bitemo byeko tic ango ma ngat moni tye ka poro tuku ne. Ka gu byeko kakare ci ibedo piny ci dok ngat acel mukene aa malo inyim dul ka poro timo tic mukene mapat ma awobe romo konyo anyira ki timo. Cik me acel en aye ni omyero imede ki poro tic man nio Wang ma kibiko kakare. Cik me aryo aye ni pe omyero ilok onyo iwac gin mo ento itii ki komi keken me poro nyutu tic man. Cik me adek aye ni, pe iromo nwoyo poro tic ma lawoti dong oporo. Ka dano weng dong otyeko poro ne, ci nongo dong tuku man otum.*
- 3** Kwan lok aluba ma i lacim me aryo ni doki me neno ni dano weng oniang.
- 4** Ka dano weng dong tye atera, yer ngat acel me cito ka cako. Kwan acel me oo i adek ci idange ni "Caki!" Ngat ma kicimo me acel aye cako tuku me poro tic. Ka dul obyeko kakare ci latuku mukene dok cako, mede kumeno wang ma dano weng otyeko. Poo wii lutuku ni pe omyero ki nwo tic ma dong ngat mukene oporo timo ne.
- 5** Wek dul gudong cingi me pwone pi byeko tic magi weng kakare.



6

Nywako lok. Ka tuku man otum, wek gulwo lawala ci ipeny lapeny magi. Omyero ineni ilwongo dano mapat pat mapol me lok. Wek anyira ki awobe weng guloki.



- Ngo ma imaro gi ituku man?
- Ki igangi wu, anga ma pol kare timo tic ma in ki luwoti ma i dul wu oporo ni?
- Ngo ma romo time ka lutino awobe gucako konyo anyira ki tic ma paco?
- Pingo itami ni pire tek pi awobe me poko tic ma paco ki anyira?

7

Loro ne. Kwan man matek: *Ka coo ki mon, awobe ka anyira, poko tic ikingi, weko gangi ki lwak bedo tek. Ka awobi okonyo lamine ki tic, lamine bedo ki cawa me timo jami mukene ma calo kwano buk ki gang, ma weko en bedo i gang kwan.*

8

Cikke. Kwan man matek: *Lwo lawala ci i cikke. Ka in latin awobi, waci wa tic acel ma iromo konyo lamero nyo mamani ki timo ne. Ka in latin anyaka, waci wa gin acel ma ibi romo timo ne maloyo ka kitye ka konyi ki tic me paco, labol calo kwano buk. Tam pi lagam mukene mapat ki ma awaci calo labol ni.*

Karatac tuku pa oteka pi bulu madongo

(Mwaka15-19)



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The Republic of Uganda



Karatac tuku man tye i dul magi:

Yat ma ki tucu ki mon me lago nywal Tiyo nyo petiyo
Yat amata ki amunya pi lago nywal Tiyo nyo petiyo
Nyonyo ma kiketo ii dog ot nywal me lago nywal Ada onyo Goba (IUD)
Roc bol Tiyo onyo petiyo?
Yat ma ki kwoyo i bad pi lago nywal Tiyo onyo petiyo
Yat ma ki munyu cut cut me gengo yacu ma otime atura Tiyo nyo petiyo?
Nywako lok ikom bedo i kin lwak i gang kwan
Nywako lok ikom yero kit anyim ma amito pi lwak wa
Ododo gengo yacu
Tuku goga manyutu mato kongo i yoo mu pore
Nongo dire me gwoke i kum tam ma aa ki bot luwotwa
Miyo tam pi moko tam ikom butu
Wer ki myel manyutu gwoke
Winye ki miti me bedo i ot maber Twere nyo petwere
Nywako lapeny i lok komi ka idongo idoko dit
Tuku goga me ngeyo cobo peko I yoo ma mwolo
Tuku manyutu kare ma itye atera pi rwate i butu
Miyo tam ikom ka idongo idoko dit
Coo ki mon twero bedo maber onyo petwero?
Tuku ikom pokon tic ma i gang
Tuku ikom tic pa coo ki mon
Goga ki wer ikom bedo i gang kwan
Ododo ikom ngeyo kare me yac ki lago yacu
Tuku ikom kit ma kongo obedo kwede

Karatac tuku me: Lok aluba pi joo ma tiyo kwede

Karatac tuku man obedo gin ango?

Karatac tic atima acel acel tye ki yoo me aluba pi tuku ma yomocwiny ma dul pa bulu romo tic kwede me cako nywako tam ikom neno ni dano ducu rom, yot kom ki gwoke. Tye tuku mapat pat i karatac man ma ikine tye tuku; nywako tam; laro lok penyo tam pa lwak; wer, tuku goga ki myel.

Anga gi ma romo tic ki karatac tuku man

Dul pa bulu mo keken romo tic ki karatac man. Karactac tuku man tye i dul adek mapat pat:

- Dul karatac pi bulu ma pwod tino ma mwaka gi tye 10-14
- Dul karatac pi bulu mu tegi ma mwaka gi tye 15-19
- Dul karatac pi bulu ma pwod gunyome anyoma onyo bulu ma dong gitye lunyodo

Karatac tic atima man weng jo ma romo tic kwede obedo dul pa bulu ma tye iye awobe keken, dul pa bulu ma tye iye anyira keken onyo dul pa bulu ma orube anyira ki awobe bene romo tic kwede. Karatac tuku mukene cimo ni omyero kipok bulu obed i dul pa awobe ki anyira. Ento ka awobe onyo anyira keken aye tye i dul man ci kipok kin gi wek gubed dul aryo ci imede anyim ki tic atima.

Anga ma romo telo tuku magi ma i karatac tuku magi?

Ka dul ma meg iye kimiti me tic ki karatac tuku man ci omyero iyer ngat acel ki i dul man me telo tuku matye i karatac man. Ngat man pe dok omyero kong opwonye ento omyero obed ngat ma twero kwano gin ma gicoyo i karatac dok romo telo wi dul i tic atima mo. Jami tuku man tye ki tam ma kimiyo me konyo ngat mo keken ma tye ka telo wi dul i tuku wek otel maber.

Awene ma waromo tic ki karatac tuku man?

Karatac tic atima man iromo tic kwede ikare mo keken ma imito timo gin mo ma yomo cwiny dul. Wu romo timo tuku ma tye ikaratac man ikare ma nongo dul tye ki kacoke gi onyo ikare mo ma wuyubu pire kene.

Karatac magi watiyo kwede ning?

1. **Yer karatac mo keken:** Karatac magi kiromo tic kwede iyo mo keken, manyuti ni iromo yero karatac mo keken malube ki miti pa dul onyo kit tuku ma wu mito timo ne.
2. **Kwan karatac man:** Ngat ma kiyero me telo tuku omyero kong okwan karatac man ma pwod pe ocako telo tic atima man. Iwi karatac acel acel, inongo kicoyo nyiny karatac meno, lok madongo ma tye i karatac meno calo (yot kom, neno dano ducu marom, gwoke onyo “bedo oteka”), ki kare ma tuku man romo cwalo ne.
3. **Kwan acaki karatac man:** Karatac acel acel tye acaki ne ma ngat ma tye ka telo tuku omyero okwan matek bot dul ma pwod tic atima pe ocake.
4. **Lub yoo me aluba ma kicoyo i karatac man:** Yoo mukene waco ni “kwan man matek bot dul” ma tyen loke tye ni ngat ma tye ka telo tuku man omyero okwan ngo ma kicoyo matek pi yoo meno wek lwak ducu ma tye idul guwiny yoo aluba. Lok aluba mukene penyo latela me timo gin mo macalo “goyo rek atir ingom ki lut” ma latela omyero pe okwan matek ento otim atima.
5. **Bed ki nywako tam i dul:** Ka dong dul gatyeko tuku, ci tye dul lapeny ma latela bipenyo ki dul wek okel nywako tam ikom tuku meno.
6. **Kwan lok me agiki:** Inge nywako tam, ngat ma tye ka telo gin atima omyero okwan lok me agiki ma tye i karatac man matek.
7. **Peny lwak wek guckie:** I agiki, ngat ma tye ka telo tic atima bikwano cikke ma kicoyo i karatac tuku man. Cikke man penyo ngat acel acel me waco gin acel ma tye cok ki tuku dok ma en cikke me timo ne i anyim.

Tam i kom kit me telo dul

Kadi bed in con onongo dong itelo wi dul tuku man onyo man obedo tyen me acel, pire tek ni omyero kong ikwan tam magi ma pud pe itelo wi dul i tuku.

- Wek lutuku aye gubed ka loko pol pa lok.
- Bed mot-ka ipenyo lapeny ki i karatac, mi kare manok pot lutuku me tamo lagam ka dong iwek gugam.
- Cuk cwiny lutuku- ka i penyo lapeny, cuk cwiny lutuku weng me gamo lapeny ento pe dano acel onyo aryo keken. Wiyi pe owl me penyo awobe ki anyira bene me gamo lapeny
- Nen wang lutuku dok bene ibuny kwed gi!
- Tii ki leb ma niange oyot- ka tye leb mo i karatac ma lutuku pe niang ci tute me tito ne bot gi kit ma in iniang kede wek gin bene guniang.
- Lok matek ma winye dok ma dano romo niang.
- Wek nywako tam obed man olub lapeny ma tye ikaratac man.
- Wor dok imi pwoc bot lutuku- pe tye lagam mo ma tye atir onyo petye atir i karatac man. Karatac man obedo me cako nywako tam ci omyero icuk cwiny lutuku ento pe ingol ni lagam moni tye atir onyo pe atir.
- Pe icwak dul mo inywako tam man ento cuk cwiny lutuku kace tam opoke me nywako tam ki luwotgi ma pat pat.
- Bed ki yom cwinyi dok inongo mite!





Yat ma ki tucu ki mon me lago nywal tiyo nyo petiyo

Ngec bot latit lok: Tim ber inen kad lok ada ma loko ikom roc bol pa Coo ki Mon matye inge karatac tic atima magi pi ngec ikom yoo man me lago nywal. Ka twere, nongo latic yoto kom me bedo lato karatac man.

- 1** **Acaki.** Wek dul gulwo lawala ci i kwan man matek: *Tye yoo mapol mapat pat me gengo nywal : Tin wabi tuku tuku ma pwonyo yoo acel makilwongo ni yat lago nywal ma ki tuca atuca. Man aye obedo yat ma ki tucu i bad mon me gengo yacu. Tye dul yat atuca mapatpat me gengo yacu, ento tin wa bi loko ikom yoo ma ki tiyo kede inge dwee adek adek ma bene ki lwongo ni DMPA onyo Depo. Pire tek ni coo ki mon weng gu kwan lok kom yoo me lago nywal.*
- 2** Kwan man matek: *Yoo ango mapatipati ma i ngeyo me gengo yacu?*
Mii dakika manok ki lutuku me tamo ki leyo tam i kom lagam.
- 3** Kadong gin otyeko waci yoo magi mapat pat, nywak kwede gi lagam ma kicoyo man ma gin pe owaco ne. Yat amunya; nyonyo ma ki keto i dok ot nywal; yat atuca; roc bol pa coo; roc pa mon; yat aketa i bad; nyolo ocike ma lacoo/dako; doto latin ki cak kor keken pi dwe 6 inge nywal; yat amunya cutcut inge rwate i butu labongo tic ki yoo me gengo yacu; bedo ma igeyo kare ma iromo yac kwede.
- 4** Yer kabedo aryo (Labole yati aryo), Macok ki Mita 10. Wac ki group ni kabedo acel ki lwongo ni "ADAA" ki mukene ni "GOPA". "PA ANGEYO" tye ka bedo ma i dyere ni.
- 5** Kwan lok aluba man matek: *Abi kwani wu lok man maluke ki lok i kom yat lagu nywal ma ki tucu atuca. Ka i tamu ni lok eni ada ci cet kama ki coyo iye ni "ADA". Ka i tamu ni lok eni gopa, ci cet kama ki coyo iye ni "GOPA". Ka pe ingeyo ci bet i dyere. Ka dong ngat acel acel owoto kama omyero obed iye, ci dong abipenu pi ngo ngat acel acel tamu ni lapeny magi tye ada, onyo gopa. Ci dong abikwaniwu lagam matye kakare. Pe balo kede i gamo lagam ma pe tye kakare pi eni wa tye kany tin ka kwan.*
- 6** Kwan yoo me aluba namba 5 ni odoco me neno ni dano weng oniang.
- 7** Kwan lok me acel ma tye i bok piny ni. Ka dong ngat acel acel odok i kabedo ne, peny dano aryo aryo ki tung acel acel me wacu pi ngo gi tamo ni lagam ni tye ada onyo gopa. Mi ni gi kare me tamo pi i lagam man ki bene cuk cwiny gi wek gin weng ollok bene.
- 8** Kwan lagam ma tye kakare ma te piny ite lok.
- 9** Nwoo yoo eni pi lok mudong ni.



Lapeny:	Pi yat la lag nywal ma ki tucu atuca me gengo yacu, latic yot miyo bot dako inge dwe adek adek.
Lagam:	<i>Lok ada. Pi yat lagu nywal ma ki tucu atuca ni ma calu, DMPA , dako omyero onen latic yot kom pi yat lago nywal man inge dwe adek adek weng.</i>
Lapeny:	Dako ma tiyo ki yat lago nywal ma kitucu atuca pe twero yac I nge giku tic ki yat.
Lagam:	<i>Lok gopa. Cawa mukene romo bedo kare maromo dwe 6 me oo dwe 12 inge tuce me agiki ki yat lago nywal man ka dok dako romo yac. Ento lanyut peke manyutu ni dako dong pe obi yac matwal pi tic ki yat me lago nywal ma ki tucu atuca ni.</i>
Lapeny:	Yat lago nywal ma ki tucu atuca ni rac tutwale bot bulu ma tye ka tegi ma pud pe gunywal.
Lagam:	<i>Lok gopa. Yat lago nywal ma ki tucu atuca ber bot bulu ma gu nywal ki bene ma pud pe gu nywal.</i>
Lapeny:	Yat lagu nywal ma ki tucu atuca ni romo gengi pe me neno ruk.
Lagam:	<i>Lok ada. Mon ma gi tic ki yat eni pe gi nywalo tongi tere tere man bene weko gi giko neno ruk. Eni pe obedo gin marac i komi onyo yoto komi.</i>
Lapeny:	Yat lago nywal ma ki tucu atuca eni pe timo gi mo i cak pa min latin ka ono gwok tye ka doto latin.
Lagam:	<i>Lok adaa. Yat lago nywal ma ki tucu atuca ni pe weko cak bedo nok bot min latin dok bene pe pe timo gi mo ikom cak kor onyo ikom yoto kom pa latin. Mon romo cako tic ki yat lago nywal ma ki tucu atuca cake ikin cabit 6 inge nywalo latin.</i>

10 Nywako lok. Wek dul gulwo lawala ci i peny lapeny magi. Mii it gi cawa me nywako lagam ikin gi. Neni dano weng tye ka gamo lok:

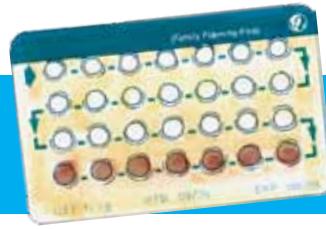


- Ngo ma i nongo tin manyen ikom roc bol pa mon ki pa coo?
- Pingo itamo ni pire tek pi lutino awobe ki anyira me bedo ki pwonyo ikom gengo yacu?
- Ngo ma itami ni lwak ma ikin pacu wu tamo ikom mubira rwate i butu? Gitye ki ngec ma atir onyo ngec ma pa atir?
- Kwene ma in ki jo matino romo cito iye me nongo mubira me rwate i butu onyo me niang matut ikom mubira ki yoo gengo yacu mukene ?

11 Loro ne. Kwan man matek: *Coo ki Mon gi maro tic ki roc pien adwogi me tic kede mo marac peke ki bene iromon nongo gi kabedo mapol. Mubira pa mon kiromo bedo ikom dako con dok pe balo rwate i butu ka dong ocake. Mon maro pien kimoko tam me tic kede dok pe omito gucit bot latic yot kom mo. Dong kit ma jo mukene tic ki mubira yelo gi ki tic kede iyoo matir ki kare weny ni, tic yoo mukene me gengo yacu calo yat amunya onyo yat atuca, dok tic ki mubira aye pol kare yoo ma ber loyo me gengo yacu ki two jonyo/two ma kobo i yoo me butu pi jo ot ma kumene . Pire tek me lok ki latic yot kom ikom yoo me gengo yacu mapat pat.*

12 Cikke. Kwan man matek: *Lwo lawala ka iwac nyiny kabedo onyo ngat acel ma iromon lok kede pi nongo ngec mukene ikom mubira pa mon ki coo ki nyio mukene me gengo yacu.*

Yot kom



45
Dakika

Yat amunya pi lago nywal tiyo nyo pe tiyo?

Ngec bot latit tuku: Tim ber i nen karatac me lok ada ikom yat lago nywal ma ki munya amunya ma tye ki inge karatc tic atima man pi lok mapol ikom yoo man me lago nywal. Ka twere lwong latic yot kom wek okony me bedolatel tuku me goga man.

- 1 **Acaki.** Wek dul gulwo lawala ci I kwan man matek: *Tye yoo mapat pat me gengo yacu: Tin wabi tuku tuku manyutu yoo acel ma ki lwongo ni ribo yat nywal ma kimunyu amunya onyo "yat amunya" me gengo nywal. Yat eni ki munyu nino ducu me gengo yacu. Pire tek ni coo ki mon weng onong pwony ilok kom yoo me gengo yacu.*
- 2 Kwan man matek: *Kit yoo anga ma ingeyo me gengo nywal?*
Mi bot lutuku dakika manok me tamo ki nywako lagam i kom lagam man.
- 3 Kadong gin otyeko waci yoo magi mapat pat, nywak kwede gi lagam ma kicoyo man ma gin pe owaco ne. Yat amunya; nyonyo ma ki keto i dok ot nywal; yat atuca; roc bol pa coo; roc pa mon; yat aketa i bad; nyolo ocike ma lacoo/dako; doto latin ki cak kor keken pi dwe 6 inge nywal; yat amunya cutcut inge rwate i butu labongo tic ki yoo me gengo yacu; bedo ma igeyo kare ma iromo yac kwede.
- 4 Yer kabedo aryo (Labole yadi aryo), Macok ki Mita 10. Wac ki dul ni kabedo acel ki lwongo ni "ADAA" ki mukene ni "GOPA". "PA ANGEYO" tye idyere.
- 5 Kwan lok aluba man matek: *Abi kwani wu lok man maluke ki lok i kom yat lagu nywal ma ki munyu amunya. Ka I tamu nil eni ada ci cet kama ki coyo iye ni "ADA". Ka I tamu nil ok eni gopa, ci cet kama ki coyo I ye ni "GOPA". Ka pe ingeyo ci bed i dyere. Ka dong ngat acel acel owoto kama omyero obed iye, ci dong abipenyi pi ngo ngat acel acel tamu ni lapeny magi tye ada, onyo gopa. Ci dong abikwaniwu lagam matye kakare. Pe balo kede bed ni i gamo lagam ma pe tye kakare pieni wa tye kany tin ka kwan.*
- 6 Kwan lok aluba ma yoo me 5 odoco me neno ni dano weng oniang.
- 7 Kwan lok me acel ma tye i bok ma piny ni. Ka dong ngat acel acel odok i kabedo ne, peny dano aryo aryo ki tung acelacel me wacu pingo gi tamo ni lagam ni tye ada onyo gopa. Mi ni kare me tamo pi lagam man ki bene cuk cwiny lutuku weng wek gu lok bene
- 8 Kwan lagam ma tye kakare i te lok mapiny ni.
- 9 Nwoo yoo eni pi lok mudong ni.



- Lapeny:** Mite ni dako keken omyero omwuny yat amunya man ka orwate i yoo me butu keken.
- Lagam:** *Lok gopa. Dako omwero omwuny yat eni nino ducu wek pe oyaci. Yat eni tiyo kace ki bedo ka mwunyu ne nino ducu.*
- Lapeny:** Ka i tye ka munyu yat me lagu nywal man, aloka aloka i neno ruk pol kare time, ento pe rac.
- Lagam:** *Lok ada. Ka icako munyu yat man, obedo gin ma time pe neno remo cwer kit ma cwi ni pi acaki dwe moo manok. Ka dong ingeye i cako neno cwe pa remo pe pol tutwal inge dwe moo manok.*
- Lapeny:** Yat man obiweko lutino ma ki nywalo bedo ma dul kom gi mukene pe tye maber macalo wii gi nongo pe bedo ma tye atir.
- Lagam:** *Lok gopa. Yat man pe balo dul kom latin mo keken onyo kom mine.*
- Lapeny:** Yat man obiweko dako pe nywal.
- Lagam:** *Lok gopa. Ka dong dako ogiko munyu yat man, ci bedo ki kero me yac.*
- Lapeny:** Yat man pe rac pi bulu ma tye ka tegi me munyu ne.
- Lagam:** *Lok man tye ada. Yat man dong bulu ma tye ka tegi ma anyira madwongo ata gubedo ka tic kwede makato dong mwaka 30 ki bene ki nongo ni ber kato yati mukene ma pol. Bene, kwan mogo macek ma ki timo, nyutu ni yat weko mon pe nongokit canca mukene.*

10 Nywako lok. Wek dul gulwo lawala ci i peny lapeny magi. Mini gi kare wek gu nywak tam i kom lagam i kingi. Nen ni dano weng tye ka miyo tam:



- Ngo ma i kwano ma nyen ma luke ki lok i kom yat lago nywal ma ki munyu amunya?
- Pi ngo i tamo ni pire tek bot mon ki coo matino me kwano lok kom yoo me lago nywal?
- Ngo ma i tamo ni dano ma i kin gangi wu tamo maluke ki lok kom yat lagu nywal ma ki munyu amunya? Gi tye ki ngec marwate kede ma pe rwate?
- Kwene ma wun ki jo ma tino mukene ni uromo ceto iye kanongo lok kom yoo lago nywal ma ki munyu amunya ni ki mukene?

11 Loro ne. Kwan lok man matek: *Pol mon ki jo munyome maro yat me lago nywal ma ki munyu amunya ni pi eni konyo gi me gwoke ki i kom yacu ki two canca. Yati magi konyo juko remo ma cwee mapol, peko ikom cwe pa remo, bedo agonya. Ngo pire tek aye poo pa wic pi munyu yat nino ducu ki me neno ni yat obedo tye i ot nino ducu. Ka dako okeng munyu yat pi nino mo acel, ci romo yac. Macalo yati weng, romo kelo ayela yela moo manok. Pire tek me lok ki latic yot kom maluke ki lok kom yoo mukene ma tye bot coo ki mon, ki bene bulu ma tye tegi pi gengo nywal.*

12 Cikke. Kwan man matek: *Lwoo lawala ci iwac nyng kabedo mo acel onyo ngati moo acel ma iromlo lok kwede wek inong ngec mapol i lok kom yat lago nywal ma ki munyu amunya ki dong yoo me lagu nywal mukene mapatpat.*

Nyonyo ma kiketo ii dok ot nywal me lago nywal tiyo onyo petiyo? (IUD)

Ngec bot latit tuku: Tim ber i nen karatac me lok ada ikom yat lago nywal ma ki munya amunya ma tye ki inge karatc tic atima man pi lok mapol ikom yoo man me lago nywal. Ka twere lwong latic yot kom wek okony me bedo lati tuku me karatac tic atima.

- 1** **Acaki.** Wek dul gulwo lawala ka i kwan man matek: *Tye yoo mapol me gengo yacu. Tin wabi tuku tuku me pwonye ikom yoo acel me gengo yacu makilwongo ni keto nyonyo idok ot nywal, onyo IUD. En IUD ni nen calo nukta T ki bene i ot nywal pa mon. ka dong ki keto, dako pe winyo ni tye ki bene gengo nywal pi kare maromo mwaki 12. Pire tek ni coo ki mon weng gunong pwonye ikom yoo me gengo yacu.*
- 2** Kwan man matek: *Kit kwayi yoo ango me gengo nywal ma ingeyo?*
Mi bot lutuku dakika manok me tamo ki nywako lagam i kom lagam man.
- 3** Kadong gin otyeko waci yoo magi mapat pat, nywak kwede gi lagam ma kicoyo man ma gin pe owaco ne. Yat amunya; nyonyo ma ki keto i dok ot nywal; yat atuca; roc bol pa coo; roc pa mon; yat aketa i bad; nyolo ocike ma lacoo/dako; doto latin ki cak kor keken pi dwe 6 inge nywal; yat amunya cutcut inge rwate i butu labongo tic ki yoo me gengo yacu; bedo ma igeyo kare ma iromo yac kwede.
- 4** Yer kabedo aryo (Labole yati aryo), Macok ki Mita 10. Wac ki group ni kabedo acel ki lwongo ni "ADAA" ki mukene ni "GOPA". "PA ANGEYO" tye idyere.
- 5** Kwan lok lauba man matek: *Abikwani wu lok man maluke ki lok I kom yat lagu nywal ma ni keto nyonyo idok ot nywal, or IUD. Ka itamu ni lok eni ada ci cet kama ki coyo iye ni "ADA". Ka itamu ni lok eni gopa, ci cet kama ki coyo iye ni "GOPA". Ka pe ingeyo ci bed idyere. Ka dong ngat acel acel owoto kama omyero obed iye, ci dong abipenyi pi ngo ngat acel acel tamu ni lapeny magi tye ada, onyo gopa. Ci dong abikwani wu lagam matye kakare. Pe balo kede bed ni imiyo lagam ma pe tye kakare pieni wa tye kany tin ka kwan.*
- 6** Kwan lok aluba ma i yoo aluba namba abic ni odoco me neno dano weng oniang.
- 7** Kwan lok me acel ki i bok ma piny ni. Ka dong dano wuringo i kabedo gi peny dano aryo ki tung weng me wacu pingo gi tamo ni obedo lok ada onyo gopa.
Mii it gi kare me nywako lok man ikin gi dok cuk cwiny dano weng me lok.
- 8** Kwan lagam ma tye kakare ma kicoyo te lok mapiny ni.
- 9** Nwoo yoo eni pi lok mudong ni.



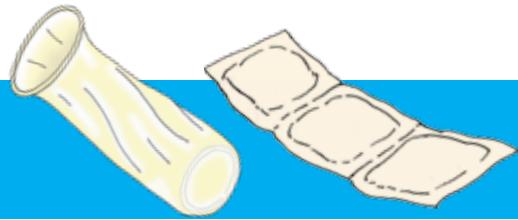
- Lapeny:** Nyonyo ma ki keto i dok ot nywal pa mon tye yoo acel maber madaa me gengo yacu.
- Lagam:** *Lok adaa. Nyonyo ma ki keto i dok ot nywal ni ber mada ki bene yoo mariii pi kare malac gengo yacu. Tiyo maber loyo tic ki roc bol, yat ma ki munyu amunya ki bene yat ma ki tucu atuca. Ka kiketo, rii i ot ot nywal pa mon pi kare maromo mwaki 12. Latic yot kom romo kwanyu Nyonyo man i kare mo keken ma dako mito. Ka dong ki kwanyo nyonyo man, dako romo gamo iye(yac) ca mo keken.*
- Lapeny:** Nyonyo man omyero ki tii kwede i kom mon ma nongo kong dong yam gu nyawalo lutino.
- Lagam:** *Lok gopa. Dako mo keken kede madit onyo matidi, munywal onyo pe onywal romo tic ki nyonyo ma ki keto i dot ot nywal.*
- Lapeny:** Nyonyo man romo wot ki i kom mon paka naka wa i adunu ne onyo i adam wiye.
- Lagam:** *Lok gopa. Yoo mo peke ma aa ki ot nywal pa mon me oo i dul kom mukeke me kom. Nyonyo ni ki keto i ot nywal pa mon dok wang ma gwok pi peko me atura ci okati woko, bedo kunu wang ma latic yot kom ma ki pwonyo aye okwanyo. Ka okati woko, kati ki i kom me mon pa dako. Pol kare obedo kin ma pe maro time pi nyonyo meno kati woko.*
- Lapeny:** Nyonyo man romo cubu wi kom me coo pa la coo i kare me rwate i butu.
- Lagam:** *Lok gopa. Nyonyo man pe iwinyo i kare me rwate ikin lacoo ki dako.*
- Lapeny:** Nyonyo ma ki keto ni romo poto woko i kare me tic.
- Lagam:** *Lok gopa. Ka dong Nyonyo man ki keto, bedo kunu ki bene pe romo kati woko wang ma latic yot kom aye owanyo aye okwanyo.*

10 Nywako lok. Wek dul gulwo lawala ci i peny lapeny magi. Mi ni gi kare wek gu nywak tam i kom lagam ikin gi. Nen ni dano weng tye ka miyo tam.

- Ngo ma i kwano ma nyen ma luke ki lok i kom nyonyo ma ki keto i ot nywal?
- Pingo itamo ni pire tek pi mon ki coo matino me kwano lok kom yoo me lago nywal?
- Ngo ma itamo ni dano ma i kin gangi wu tamo maluke ki lok kom nyonyo ma ki keto i ot nywal me gengo yacu? Gi tye ki ngec marwate kede ma pe rwate?
- Kwene ma wun ki jo ma tino mukene ni wuromo ceto iye kanongo lok kom nyonyo man ma ki keto i dok ot nywal me gengo yacu ki yoo me gengo yacu?

11 Loro ne. Kwan man matek: *Pol mon ki jo mukene munyome gi maro tic ki Nyonyo ma ki keto i nywal pi eni tye yoo acel maber me gengo yacu , rii pi kare ma lac bene dok pe mite ni ngat ma tiyo kwede me timo gin moo keken mukene ka dong ki keto. Pe tye gi mukene calo me yat amunya mukene ni dok dako anye ngeyo ni etye ka tic ki yoo me lago nywal. Macalo yati mukeni weng, tye adwogi mayelo dano. Pire tek ni omyero i lok ki latic yot kom pi yoo mukene ma mon ki coo wa ki bulu ma tye ka tegi romo tic kede pi gengo yacu.*

12 Cikke. Kwan man matek: *Lwo lawala ci iwac nyiny kabedo acel onyo ngat acel ma i romo lok kwede me nongo ngec mapol kom nyonyo ma ki keto i dok ot nywal ki yoo mukene me lago.*



Roc bol tiyo nyo petiyo?

Ngec bot latit lok: Tim ber inen kad lok ada ma loko ikom mubira pa Coo ki Mon matye inge karatac tic atima magi pi ngec ikom yoo man me lago nywal. Ka twere, nongo latic yoto kom me bedo lato karatac man.

- 1** **Acaki.** Wek dul gulwo lawala ci ikwan man matek. Tye yoo mapol me gengo yacu. Tin wabituku tuku me pwonyo ikom roc bol/mubira pa mon ki coo. Pire tek pi coo ki mon weng nongo pwonye ikom yoo me lago nywal.
- 2** Kwan man matek: *yoo ango me gengo yacu ma ingeyo?*
Mii ki lutuku dakika mo manok wek gutam ikom dok gunywak lagam gi.
- 3** Kadong gin otyeko waci yoo magi mapat pat, nywak kwede gi lagam ma kicoyo man ma gin pe owaco ne. Yat amunya; nyonyo ma ki keto i dok ot nywal; yat atuca; roc bol pa coo; roc pa mon; yat aketa i bad; nyolo ocike ma lacoo/dako; doto latin ki cak kor keken pi dwe 6 inge nywal; yat amunya cutcut inge rwate i butu labongo tic ki yoo me gengo yacu; bedo ma igeyo kare ma iromo yac kwede.
- 4** Yer kabedo aryo (labole te yadi aryo), ma kin gi tye mita maromo 10. Wac ki dul ni kabedo acel ki lwongo ni "ADA" ki mukene ni "GOPA". "PE ANGEYO" tye kabedo ma idyere.
- 5** Kwan lok aluba man matek: *Abikwano lok mo bot wu ikom yat amunya cut cut. Ka itami ni lok man tye ada, ki ring kaka "ADA". Ka itami mo nil ok man goba, ki ring kaka "GOBA". Ka pe ingeyo, ki bedo kany idyere. Ka wu ringo i kebedo wu ki apipenyo dul me waco pingo wutami ni lok man ada onyo goba. Ki abikwano it wu lagam ma tye kakare ki wa neno nga ki ma ogamo kakare. Pe gin marac me pe me nongo lagam man kakare. Tin waa tye ka pwonye.*
- 6** Kwan lok aluba ma i yoo aluba namba abic ni odoco me neno dano weng oniang.
- 7** Kwan lok me aluba ma i bok ma pingi. Ka dong lutuku gu ringo me cito ka ma guyero, peny lutuku 2 ki ii kabedo man me tito pingo gi cito ka ma kicoyo ni ada onyo goba. Mii it gi kare me gamo ne dok icuk cwiny dano mapol me lok.
- 8** Kwan lagam ma tye kakare ite lok ma ping.
- 9** Nwo timo tic man pi lok mukene ma odongi weng.



Lapeny:	Roc ma kitiyo kede me rwate i butu pa mon ki coo weng gengo yacu ki two ma kobo i yoo me butu ma ikine tye two jonyo.
lagam:	<i>Lok ada. Roc bol en aye yoo gengo yacu acel kene ma konyo gengo yacu wa ki two kobo iyoo me butu, wa ki two jonyo ikine weny kacel.</i>
Lapeny:	Laco romo ruku mubira 2 onyo 3 lawange acel me medo rwom gwoke.
lagam:	<i>Lok goba. Mubira romo yec ka kitiyo kede ikom lawote. Omyero iti ki mubira acel keken cawa weng ma itiyo kede.</i>
Lapeny:	Mubira coo ki mubira pa coo ki romo tic kede lawange acel me medo rwom gwoke.
lagam:	<i>Lok goba. Mubira pa coo ki pa mon omyero pe ti kede lawange acel. Man weko gi bedo ka moko ikin gi ci weko yec woko.</i>
Lapeny:	Mubira pa mon dok tye maber.
lagam:	<i>Lagam man tye ada. Mubira pa mon bor ne romo aroma ki mubira pa coo ento doc lac. En tye ma tele ki tye ma rwate ki i kom mon. Mubira pa mon kiyubu maber me rwate ki kom dako mo keken dok ki kom lacoo mo keken. Mubira magi bene pe romo rweny i kom dan.</i>

10 Nywako lok.

Wek dul gulwo lawala ci i peny lapeny magi. Mii it gi cawa me nywako lagam ikin gi.

Neni dano weng tye ka gamo lok:

- Ngo ma i nongo tin manyen ikom mubira pa mon ki pa coo?
- Pingo itamo ni pire tek pi lutino awobe ki anyira me bedo ki pwonyo ikom gengo yacu?
- Ngo ma itami ni lwak ma ikin pacu wu tamo ikom mubira rwate i butu? Gitye ki ngec ma atir onyo ngec ma pa atir?
- Kwene ma in ki jo matino romo cito iye me nongo mubira me rwate i butu onyo me niang matut ikom mubira ki yoo gengo yacu mukene ?

11 Loro ne.

Kwan man matek: *Coo ki Mon gi maro tic mubira pien adwogo me tic kede mo marac peko ki bene iromon nongo gi kabedo mapol. Mubira pa mon kiromo bedo ikom dako con dok pe balo rwate i butu ka dong ocake. Mon maro pien kimoko tam me tic kede dok pe omito gucit bot latic yot kom mo. Dong kit ma jo mukene tic ki mubira yelo gi ki tic kede iyoo matir ki kare weny ni, tic yoo mukene me gengo yacu calo yat amunya onyo yat atuca, dok tic ki mubira aye pol kare yoo ma ber loyo me gengo yacu ki two jonyo/two ma kobo i yoo me butu pijo ot ma kumene . Pire tek me lok ki latic yot kom ikom yoo me gengo yacu mapat pat.*

12 Cikke.

Kwan man matek: *Lwo lawala ka iwac nyng kabedo onyo ngat acel ma iromon lok kede pi nongo ngec mukene ikom mubira pa mon ki coo ki nyng mukene me gengo yacu.*

Yot kom

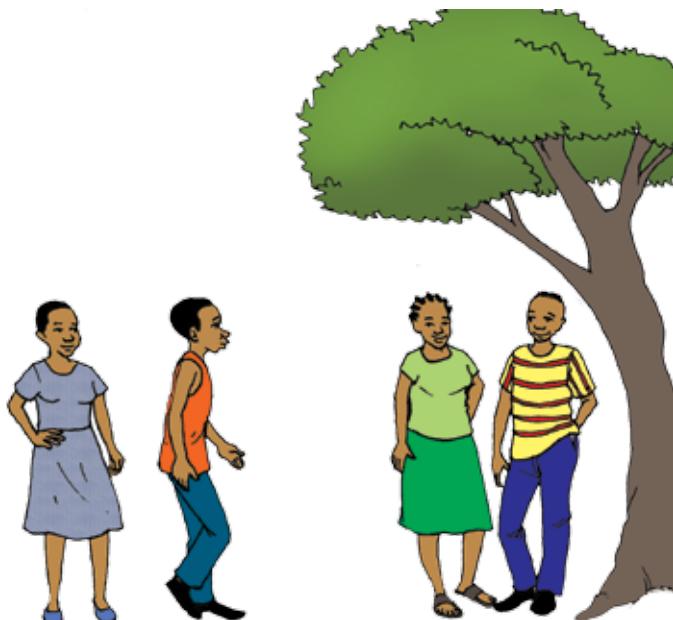


45
Dakika

Yat ma ki kwoyo i bad pi lago nywal tiyo nyo petiyo?

Ngec bot latit tuku: Tin ber inen kad lok ada ma loko ikom yat ma ki kwyeo i bad mon pi me gengo yacu matime atura matye inge karatac tic atima magi pi ngec ikom yoo man me lago nywal. Ka twere, nongo latic yoto kom me bedo lato karatac man.

- 1 **Acaki.** Wek dul gulwo lawala ci ikwan man matek: *Tye yoo mapol me gengo yacu. Tin wabituku tuku me pwonyo ikom yoo acel ma kilwongo ni yat akwoya. Yat akwoya bedo 1-2 matino, nyonyo ma be tur ma ki keto i te del kom ki bad mon ki yat mo kati ki iye me gengo yacu. Gin tiyo maber pi mwaka 3-5.. Pire tek pi coo ki mon weng nongo pwonye ikom yoo me gengo nywal.*
- 2 Kwan man matek: *yoo ango me gengo yacu ma ingeyo?*
Mii ki lutuku dakika mo manok wek gutam ikom dok gunywak lagam gi.
- 3 Kadong gin otyeko waci yoo magi mapat pat, nyvak kwede gi lagam ma kicoyo man ma gin pe owaco ne. Yat amunya; nyonyo ma ki keto i dok ot nywal; yat atuca; roc bol pa coo; roc pa mon; yat aketa i bad; nyolo ocike ma lacoo/dako; doto latin ki cak kor keken pi dwe 6 inge nywal; yat amunya cutcut inge rwate i butu labongo tic ki yoo me gengo yacu; bedo ma igeyo kare ma iromo yac kwede.
- 4 Yer kabedo aryo (labole te yadi aryo), ma kin gi tye mita maromo 10. Wac ki dul ni kabedo acel ki lwongo ni "ADA" ki mukene ni "GOPA". "PE ANGEYO" tye kabedo ma idyere.
- 5 Kwan lok aluba man matek: *Abikwano lok mo bot wu ikom yat akwoya i bad. Ka itami ni lok man tye ada, ki ring kaka "ADA". Ka itami mo nil ok man goba, ki ring kaka "GOBA". Ka pe ingeyo, ki bedo kany idyere. Ka wu ringo i kebedo wu ki apipenyo dul me waco pingo wutami ni lok man ada onyo goba. Ki abikwano it wu lagam ma tye kakare ki wa neno nga ki ma ogamo kakare. Pe gin marac me pe me nongo lagam man kakare Tin wa tye ka pwonye*
- 6 Kwan lok aluba ma i yoo aluba namba abic ni odoco me neno dano weng oniang
- 7 Kwan lok me aluba ma i bok ma pingi. Ka dong lutuku gu ringo me cito ka ma guyero, peny lutuku 2 ki ii kabedo man me tito pingo gi cito ka ma kicoyo ni ada onyo goba. Mii it gi kare me gamo ne dok icuk cwiny dano mapol me lok.
- 8 Kwan lagam ma tye kakare ite lok ma piny.
- 9 Nwo timo tic man pi lok mukene ma odong weng



Lapeny:	Bulu am tye ka tegi myero pe guti ki yat akwoya i ikom.
Lagam:	<i>Lok man goba. Yat akwoya ikom ber pi bulu matye ka tegi, ma tye ki lutino wa ki ma pud pe ki lutino.</i>
Lapeny:	Yat akwoya obedo ikin yoo me tiyo maber ada da me gengo yacu.
Lagam:	<i>Lok man tye ada. Yat akwoya tiyo maber ada da. Gitiyo maber loyo yat amunya, yat atuca ki roc bol me gengo yacu.</i>
Lapeny:	Mon ma giko tic ki yat akoya ki yacu ingeye cut cut.
Lagam:	<i>Lok man ada. Inge kwanyo yat akoya man , dako romo yac ingeye cutcut.</i>
Lapeny:	Yat akwoya romo balo dul kom latin mukene.
Lagam:	<i>Lok man goba. Ka dako oyac ma en tye katic ki yat akwoya, bal mo bedo pe ikom latin.</i>
Lapeny:	Yat akwoya romo wot ikom dako weng onyo poto woko ki i bade.
Lagam:	<i>Lok man goba. Yat akwoya bedo kany ma ki rwako iyee ni wang ma latic yot kom aye okwanyo. Kare ma nyonyo man romo kati kede woko anye ka pe ki keto maber. Ka man otime, dako myero onen latic yot kom ingeye cut cut ki oti ki yoo mukene me gengo yacu.</i>

10 Nywako lok. Wek dul gulwo lawala ci i peny lapeny magi. Mii it gi cawa me nywako lagam ikin gi.
Neni dano weng tye ka gamo lok:



- Ngo ma i nongo tin manyen ikom yat akwoya i bad mon?
- Pingo itamo ni pire tek pi lutino awobe ki anyira me bedo ki pwonyo ikom gengo yacu?
- Ngo ma itami ni lwak ma ikin pacu wu tamo ikom yat akwoya i bad mon? Gitye ki ngec ma atir onyo ngec ma pa atir?
- Kwene ma in ki jo matino romo cito iye me niang matut ikom yat akoya i bad mon ki yoo gengo yacu mukene?

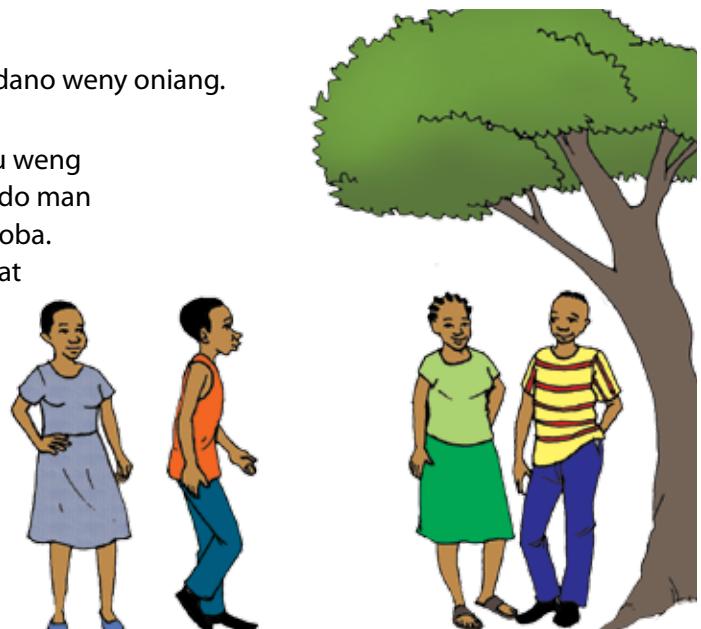
11 Loro ne. Kwan man matek: *Mon mapol ki jo ma ot maro tic ki yat akwoya i bad pien teki dong ki kwoyo, gin mukene ma dong mite peke, rii dok pe balo lok rwate i butu ka ocake. Macalo yati mukeni weng, tye adwogi mayelo dano. Pire tek ni omyero i lok ki latic yot kom pi yoo mukene ma mon ki coo wa ki bulu ma tye ka tegi romo tic kede pi gengo yacu.*

12 Cikke. Kwan man matek: *Lwo lawala ka iwac nyinying kabedo onyo ngat acel ma iromlo lok kede pi nongo ngec mukene ikom yat akwoya i bad ki nyo mukene me gengo yacu.*

Yat ma ki munyu cut cut me gengo yacu ma time atura tiyo nyo petiyo

Note to facilitator: Tin ber inen kad lok ada ma loko ikom yat ma ki munyu cut ct me gengo yacu matime atura matye inge karatac tic atima magi pi ngec ikom yoo man me lago nywal. Ka twere, nongo latic yoto kom me bedo lato karatac man.

- 1** **Acaki.** Wek dul gulwo lawala ci ikwan man matek: *Tye yoo madwong mapat pat me gengo yacu. Tin wabi tuku tuku pi pwonyo wa matut ikom yoo acel ma kilwongo ni yat amunyu cutcut inge rwate i butu. Yat man kimunyu pi nino 5 inge rwate i yoo me butu labongo tic ki gwoke mo pi gengo yacu. Pire tek pi coo ki mon weny me bedo ki ngec ikom yoo me lago nywal.*
- 2** Kwan lok man matek: *Yoo ango me gengo nywal madong wun wugeyo?*
Mii ki lutuku dakika mo manok me tami ki nywako lagam gi.
- 3** Kadong gin otyeko waci yoo magi mapat pat, nywak kwede gi lagam ma kicoyo man ma gin pe owaco ne. Yat amunya; nyonyo ma ki keto i dok ot nywal; yat atuca; roc bol pa coo; roc pa mon; yat aketa i bad; nyolo ocike ma lacoo/dako; doto latin ki cak kor keken pi dwe 6 inge nywal; yat amunya cutcut inge rwate i butu labongo tic ki yoo me gengo yacu; bedo ma igeyo kare ma iromo yac kwede.
- 4** Yer kabedo aryo (labole te yadi aryo), ma kin gi tye mita maromo 10. Wac ki dul ni kabedo acel ki lwongo ni "ADA" ki mukene ni "GOPA". "PE ANGEYO" tye kabedo ma idyere.
- 5** Kwan lok aluba man matek: *Abikwano lok mo bot wu ikom yat amunyu cut cut. Ka itami ni lok man tye ada, ki ring kaka "ADA". Ka itami mo nil ok man goba, ki ring kaka "GOBA". Ka pe ingeyo, ki bedo kany idyere. Ka wu ringo i kebedo wu ki apipenyo dul me waco pingo wutami ni lok man ada onyo goba. Ki abikwano it wu lagam ma tye kakare ki wa neno nga ki ma ogamo kakare. Pe gin marac me pe me nongo lagam man kakare. Ma tye ka pwonye.*
- 6** Kwan lok aluba ma i Yoo me 5 odoco me neno ni dano weny oniang.
- 7** Kwan lok me acel ki i bok ma pinyi. Kadong lutuku weng oringo i kabedo ma guyero, peny jo aryo ki i kabedo man me tito pingo ki tamni lok meno tye ada onyo goba.
Mii it gi kare me gamo lok ki cuk cwiny dano mapat pat me lok.
- 8** Kwan lagam ma tye kakare ma te lok akwana ni.
- 9** Nwo man pi lok mukene ma odong weng.



Lapeny:	Yat amunya cut cut obigengo yacu ka dako omunyu ma dong en oyac woko.
Lagam:	<i>Lok ma tye Goba. Yat amunya cut cut obigengo tong dako me rwate ki lac nyodo pa lacoo inge rwate i yoo me butu. Kadong dako oyac woko, yat amunya man dong pe kuko yacu meno dok pe obikelo gin mo rac ikom latin ne.</i>
Lapeny:	Yat amunya cut cut omyero kimuny cutcut inge rwate i yoo me butu labongo gwoke weko oti maber.
Lagam:	<i>Lok man tye kakare. Munyu yat oyoto inge rwate i butu, ci yat man tiyo maber me gengo yacu. Ki nyutu ni ki gengo nywal wa inino 5 inge rwate i butu.</i>
Lapeny:	Munyu yat amunyu cut cut man romo weko dako winyo calo kome lit pi nino mogo manok.
Lagam:	<i>Lok man tye ada. Yat amunyu cutcut man romo cawa mukene weko dako winyo cwinye lem, wii wire, wii bare, ki cawa mukene ngok. Dako bene romo bedo ki cwer pa remo ma time cwe i cabit malubu nge munyu yat man.</i>
Lapeny:	Yat amunya cutcut man obiweko mon kwo i yoo marac dok bene rwate i yoo me butu ki dano mapol.
Lagam:	<i>Lok man goba. Kwan mapol onongo ni bedo tye ma yat amunyu cutcut nip e loko kit ma dano kwo kwede. Dok miyo gi mon kare mukene me pi gengo nywal ka onongo gwok pe guwoke ma gu rwate i yoome butu.</i>
Lapeny:	Yat amunya cutcut pi opore bulu ma tye ka tegi.
Lagam:	<i>Lok man goba. Yat amunyu cutcut tye maber pi mon, wa ki bulu ma tye ka tegi.</i>
Lapeny:	Mon omyero pe guti ki yat omunyu cutcut ma kato kicel i mwaka acel.
Lagam:	<i>Lok man goba. Yat amunyu cutcut kiromo tic kwede wany mapol ki ma mite kede pi gengo yacu inge rwate i butu labongo gwoke. Kono do, yoo mukene calo yat amunyu, yat atuca, yat akwoya ikom, ki nyonyo ma ki keto i dok ot nywal ma mon tiyo kwede tere tere pi kare malac ci tiyo maber loyo me gengo yacu (ka gitiyo kede i yoo matir ma pud pe rwate i butu otime).</i>

10 Nywako lok. Wek dul gulwo lawala ci i peny lapeng magi. Mii it gi kare me nywako lagam ikin gi. Nen ni dano weny tye ka gamo lok:



- Ngo ma i pwonyo tin manyen ikom yat amunyu cutcut?
- Pingo itami ni pire tek pi mon matino ki coo matino me pwonye ikom yoo me lago nywal?
- Ngo ma itami ni lwak ma ikin pacu wu tamo ikom yat amunyu cutcut? Gitye ki ngec ma atir onyo ngec ma pa atir?
- Kwene ma in ki jo matino romo cito iye me niang jami mukene ikom gengo yacu?

11 Loro ne. Kwan man matek: *Yat amunyu cutcut miyo kare mukene doki me gengo yacu. Pire tek me ngeyo kama iromo nongo ne iye wek iti kede inge rwate i butu ma pe ogwoke cutcut, calo ka roc bol oyec onyo odongo i ikom dako. Dano madwong maro bedo ki yat lagu nywal ma ki tiyo kede cut cut ikomgi kace gwok yoo me lago nywal ma gitye ka tic kede ni pe otiyo. Pire tek me lok ki latic yot kom ikom kit me gengo yacu.*

12 Cikke. Kwan man matek: *Lwo lawala ci iwac nyiny kabedo mo onyo nyiny ngat acel ma iromo lok kede me nongo ngec ikom yat amunyu cut cut me genyo yacu ki yoo mukene ni.*

Nywako lok ikom bedo i kin lwak ma i gang kwan

1 **Acaki.** Wek dul gulwo lawala ci ikwan man matek: *Tin wabiloko ki ludito ikom bedo i gang kwan.*

2 Pok dul iye dul matino pi dano 3-4.

3 Kwan lok aluba man matek: *I dul ma itye iye, i mito ni wu wote ikin gang dok inong dano 3 ma otyeko kwan cinia. Ka iniongo gi, peng gi lapeny aryo. Lapeny me acel tye ni, "Ngo ma obedo tek ikom bedo i gang kwan cinia?" Lapeny me aryo tye ni, "Ngo mukonyo in bedo i gang kwan cinia?" neni i pwoyo dano weny pi lok kede ci i imede me nongo ngat mukene. Time ber wa rwate wunu kany inge dakika 20 kati bed inongo marom mene.*

4 Kwan lok aluba i yoo me 3 odoco me neno ni dano weny oniang. Wek lutuku gu nwo lapeny aryo ni ite, wek i nen ni wiggi opor iye.

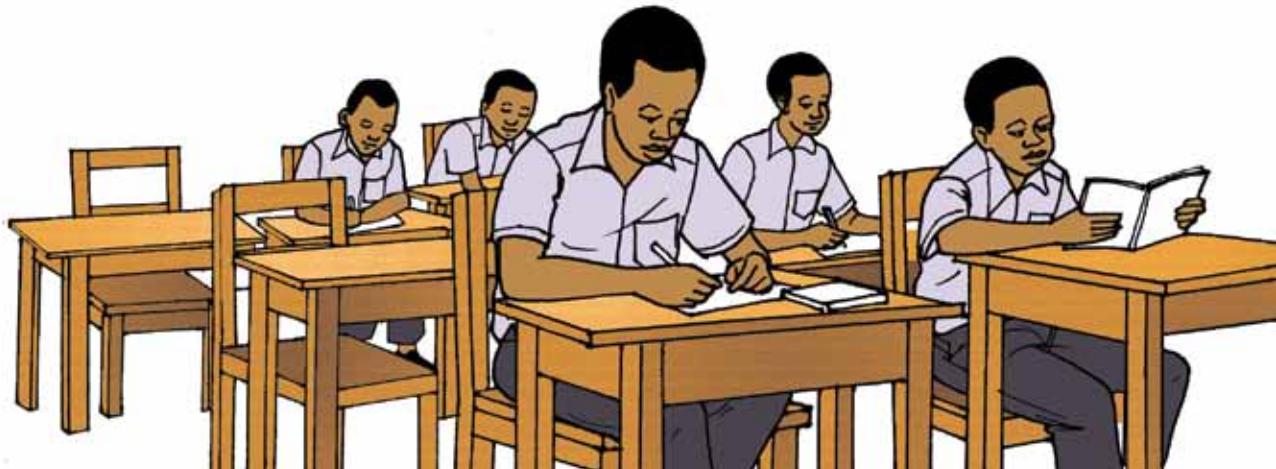
5 Cwal lutuku woko ki ipor wiggi me dwogo inge dakika 20.

6 Kadong gu dwogo, gur gi i lawala.

7 Wek dul magi guwaci ngo ma gi pwonye ii. Peny gi dano ati ma guloko kede dok lagam anga ma gunongo pi lapeny gi.

8 Nywako lok. Kadongo gutyeko miyo ngo ma gikato iye, peny dul man lapeny magi. Mii it gi kare me nywako lagam gi ma pud pe imede iye lapeny mukene.

- Iwiyo nining ikom lagam ma inongo ki bot jo ma iloko kwede gi ni?
- Inongo coo madwong onyo kwede mon madwong ma gutyeko kwan cinia?
- Itye ki lulwaki ma pe gubedo ki kare me mede ki bedo i gang kwan cinia?
- Itamo ni tyen lok ango ma weko awobe ki anyira ma ikin gang wu pe bedo i gang kwan?
- Pingo pire romo bedo tek pi awobe ki anyira me bedo i gang kwan?



9

Loro ne. Kwan man matek: *Nongo pwonye pire tek marom aroma pi awobe ki anyira. Tek tutwal me tyeko kwan i cinia tutwale pi anyiras. Kare mukene, man tye pien anyira myero gutyek tic ma gang me kaka tima kwan me atima ki gang onyo omyero gugwok omegi ki lumegi latino onyo gutii me kaka cito igang kwam, onyo kare mukene ginyome i mwaka ma pud titi. Nongo yoo me weko anyira bedo i gang kwan calo konyo gi ki tic atima me gang onyo guru kong me nyome, obikonyo pi pacu maber ki lwak matek.*

10

Cikke. Kwan man matek: *Lwo lawala ci iwac gin acel ma iromo timo ne ipacu wu onyo ikin gangi wu me konyo dano me bedo i gang kwan.*

Neno dano marom aroma

1
Cawa

Nywako lok ikom yero kit anyim ma amito pi lwak wa pi anyim

- 1 **Acaki.** Wek dul gulwo lawala ci ikwan man matek: *Tin wabiloko ikom dul tic mapat pat ma coo ki mon weng romo timo.*
- 2 Pok du lobed matino matye ki dano 3-4.
- 3 Kwan lok aluba man matek: *Ikare mukato angec, nongo tye tic mogo ma coo keken aye timo ki tic mogo ma mon keken aye timo. Labole, pe no iromo nongo dako ma tye ki biyacara mo matidi onyo lacoo matye ka gwoko latin. Ku nyoni, jami dong pat dok kitye ka yee gi bene. Tin amito ni ocit i ikin caro ci onong dano abic ma gitye ki niyee ni mon romo timo biyacara ki ni coo romo gwoko lutino. Nen ka iromo nongo coo ki mon weng, lutino ki lutido ma ki yee gin man. Peny gi pingo ki winyo kit meno. Dwogo cen inge dakika 20, kede pe inongo dano abic weng.*
- 4 Kwan lok aluba ma i yoo aluba namba abic ni odoco me neno dano weng oniang.
- 5 Wek lutuku gu cit i gang caro ki por wigii me dwogo inge dakika 20.
- 6 Ka gu dwogo, wek gulwo lawala.
- 7 Peny dul magi wek guwac ikom ngo ma gu pwonye. Nen ni lutuku owaci ikom nga ma giloko kede ki ngo guwaco ikom coo ki mon timo tic ma pe tye kit ma nongo kitimo con.



8

Nywako lok. Kadong gutyeko, peny lapeny magi. Mii it gi kare me tamo ikom lagam ki nywako ne ikin gi. Nen ni coo ki mon weng tye ka gamo lapeny.

- Iwinyo ningin ikom lagam ma inongo ki bot dano ma i gang ikom ka dako romo timo biyacara onyo ka laco romo gwoko latin?
- Tye apoka apoka ikin ngo ma mon owaco ki ngo ma coo owaco?
- Apoka apoka ango ma obedo tye ikin ngo ma jo matino owaci ki jo madongo owaco?
- Ingeyo dano dano mogo in ikin gang kany ma timo tic ma onongo omyero pe coo otim onyo pe mon otim?
- Itamo ni ngo ma mono romo bedo ber pi coo onyo mon timo tic mo keken ma ki mito, kede bed tic meno no con peke pi coo onyo mon?



9

Loro ne. Kwan man matek: *Kare dong otyeko loko woko. Kombedi mon timo tic madwong man nongo coo aye timo ki coo dongo romo timo tic madwong ma nongo mon aye time con. Pud gitye i winye maber, ki kuc dok ki paci ma yot kom tye iye. Kit ma pud itami pi anyimi, nen ni pe ibed ki gin ma gengi pien ibedo lacoo onyo dako.*

10

Cikke. Kwan man matek: *Lwo lawala ka iwac tic ango ma imito bedo kede i anyim.*



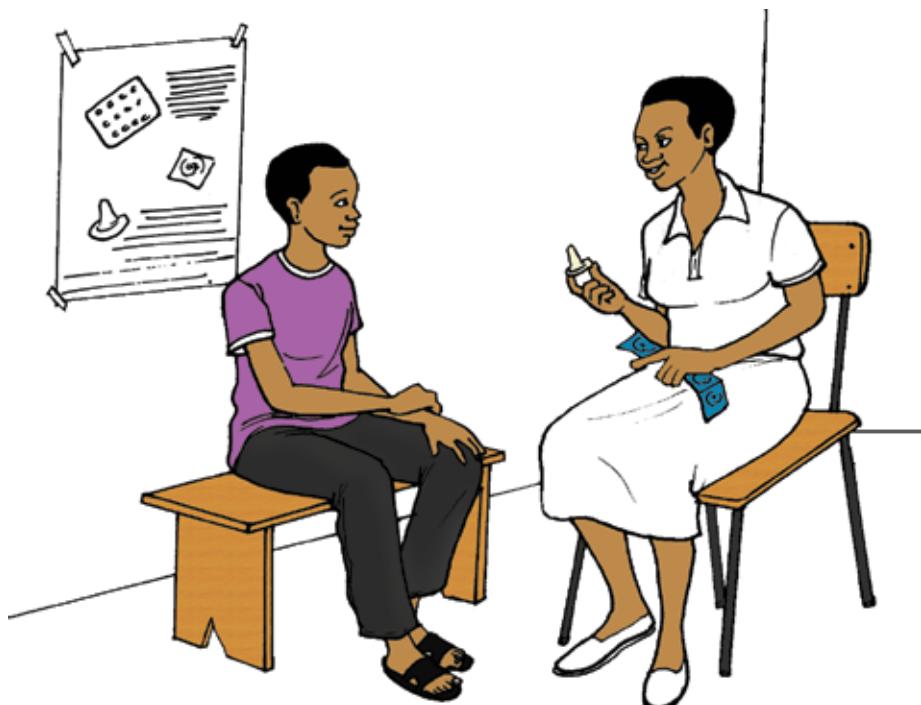
Tuku gengo yacu

1 **Acaki.** Wek dul gulwo lawala ki ikwan man matek: *Tin wabi winyo ododongo ikom kit ma gengo kwede yacu, two jonyo ki two ma kobo iyoo me rwate i butu.*

2 Kwan tuku man bot dul:

Okao tye mwaka 16 ki tiyo bot Omara ka yubu lela. Omara nyare ninge Amongi tye mwaka 15. Omara kare mukene lwongo Okao cawa abiru me bino ka cam ki lupaco ne. Ma Okao gin ki Amongi cwalo cawa kacel, gin nongo ni miti me mare tye ka bino ikin gi. Nino mo acel, gu aa gen gi inge cam ci gucito gu rwate i butu. Gutiyo ki roc bol ento pe ki winyo agonya pien pe guloko ikom rrwate i butu no con. Okao cito ot yat me lok ki latic yot kom. "a tye ka rwate i butu ki larema " en waco, "dok amity ni anen ni pe oyac. En tye i gang kwan dok tye ka mito bedo lapwony nino mo. Angeyo ni ka en onongo latin kombedi, en pe omaro tyeko bedo i gang kwan." Latic yot kom pwonyo Okao ikom bedo ngat ma keny tic dok wace nit ye yoo madwong me gebgo yacu. Man tye iye yat amunya, ma mito muny yat acel nino ducu; yat atuca, ma mito ni ki tucu inge dwe adek adek; yat akwoya I bad mon, ma obedo nyonyo ka ki keto te badi onyo nyonyo ma ki keto i dok ot nywal pa dako ma bedo pi mwaka kede 12. "Roc bol bene tiyo" en waco, "dok ber pi gengo two jonyo ki two mukene ma kobo iyoo me butu. Kare mukene dano wii gi wil me tic ki roc bol onyo pe gi tiyo kede iyoo ma atir. Ci pol dano yero me tic ki roc bold ok ki yoo mukene me gengo yacu calo yat amunya, onyo yat atuca me gwoke ki ikom yacu ki two ma kobo iyoo me butu bene." Okao pwonyo en pi tam ma omiyo ki cito gang. Wurwo ne ma oneno Amongi, en waco ite jami weng ma en onongo. Gin nywako lok ikom tam me rwate i butu, ki kit ma gin mito kede bedo yot kom dok gwoke. Igi yom pien gitio ki roc bol nino me acel ki wek gibed ma gi gwoke ada da, gibi mede ki tic ki roc bol ki yoo mukene me gengo yacu. Amongi ki Okao gicit kacel i ot yat me yero yoo acel me gengo yacu me tic kede inget roc bol.

3 Kwan lok man odoco bot dul.



4

Nywako lok. Wek dul man lapeny magi ikom lok man. Mii it gi kare me tamo ikom lagam ki nywako ne ikin gi.

- Lok man winye calo gin maromo time ikin lupaco wu?
- Dong iwinyo gin mo con calo tic ki yoo aryo me gengo yaco calo tic ki nyonyo ma ki keto i dok ot nywal pa dako ki roc bol, pi gengo two jonyo, two ma nongo iyoo me rwate i butu ki gengo yacu?
- Kit peko anga ma jo matino i kin gang kany romo bedo kede i tic ki roc bol i yoo maber dok pi kare weng ma gi rwate i butu?
- Jo matino romo kato peko me tic ki roc bol iyoo maber dok kare weng ma gi rwate i butu ning?
- Itami ni ngo ikom tic pa Okao me timo tic me cito i ot yat pi nongo ngec ki wot kacel gin ki Amongi ikare ma en omoko me citi i ot yat ni?

5

Loro ne. Kwan lok man matek: *Ka itye ka rwate i butu onyo cako tamo ikom rwate i butu, ber loyo me ningo ngec ikom yoo mapat pat me gengo yacu, two jonyo ki two ma kobo iyoo me butu. Ot yat wu onyo dul pa lutic yot kom me kin gang gi tye ki ngec ikom dul yoo me gengo yacu mapat pat.*

6

Cikke. Kwan man matek: *Lwo lawala ci iwac kabedo mo ma iromoo nongo ngec ikom gengo yacu, two jonyo ki two ma kobo i yoo me butu.*

Tuku goga manyutu mato kongo i yoo ma pore

- 1** **Acaki.** Wek dul gulwo lawala ci ikwan man matek: *Tin wabiloko ikom kit ma wa romo weyo kede mato kongo ki kit ma waromo mato kede kongo iyoo maber ka mwaka wa okato 18.*
- 2** Kwan man matek: *Ngo ma itamo ni obedo mato kongo iyoo maber?*
Mii kare ki lutuku me nywako lagam gi.
- 3** Kwan man matek: *Mato kongo iyoo maber tere ni ka imoko tam me mato kongo, omyero inen ni pe imato kongo madwong okato woko. Romo bedo marac tutwale me mato kongo madwong pien man romo weko iyero yoo marac calo rwate iyoo me butu labongo onyo tic kede mupira, lweny, onyo doyo mutoka dok wano kome gi jo mukene. Omyero pe imat kongo wang ma i oo mwaka 18.*
- 4** Pok dul man iye aryo, Dul me acel ki Dul me aryo 2.
- 5** Kwan lok aluba man matek: *Dul me 1, tam kong ni wutye dul tuku goga dok lunen tuku wu obedo bulu ma tye ka tegi ma mwaka pud tye 18 odok kede ping. Yubu tuku goga mo ma pwonyo gi ikom peko ma romo time ka dano omato kongo madwong, dok pingo bulu ma tye ka tegi omyero pe gu mat kongo wang ma gu oo mwaka 18. Dul me 2, tam kong ni wutye dul pa luwer ma jo ma tye kaneno wer wu obedo ludito. Yub wer mo acel ki myel ma pwonyo dano kit me mato kongo iyoo maber ka dongo gu oo mwaka 18.*
- 6** Kwan lok aluba me yoo me 4 odoco me neno ni dano weng oniang.
- 7** Wac it lutuku me cako. Mii itgi dakika 20 me yubu goga ki wer.
- 8** Ka dong gitye atera me nyutu ne, wek dul gulwo lawala doki.
- 9** Wek Dul me 1 gunyut tuku goga.
- 10** Ka gutyeko, wek Dul me 2 ower ki omyel.



11

Nywako lok. Peny dul ki lapeny magi ki inen ni dano weng tye ka tuku, wer onyo myel.



- Jo mukene kiwaco ni “coo kikome” mato kongo. Itami ningi ikom lok man?
- Itami ningi ikom tam ni opore pi coo me mato kongo ento pe pi mon me mato kongo?
- Ngo ma time ka dano omato kongo madwong?
- Itami ni kongo romo rwate kede ngo ma tye ka time ikin paci calo tim gero ki trwate i butu ma pe gi gwoke nining?
- Iromo konyo luremi me mato kongo iyoo maber onyo pe mato kongo matwal nining?

12

Loro ne. Kwan man matek: *Mato kongo romo yoto kom bedo magoro, kelo gero, peko l winye ikin wa ki jo ma matye imar ketgi. Romo bene kelo rwate i butu ma pew a gwoke. Ka pol coo ki mon tiyo ki cente gi i wilo kongo, pe tiyo cente mo keken me wilo cam, culu gang kwan ki jami me ot pi paco. Lacoo ma oteka obedo lacoo ma pe mato kongo madwong, konyo lupaco ne, dok tero dako ne ki woro.*

13

Cikke. Kwan man matek: *Lwo lawala ci iwac tic atima ma iromo ne me yomocwiny ki cwalo cawa ki luremi me kaka mato kongo. Tyek lok man, “Me kaka mato kongo, abi....,” Labole, iromo waco ni, “me kaka mato kongo, abi cito ka tuku odilo!” Kit ma dong awaco labol, tam ikom tic atima mo dong.*

Gwoke

Miyo tam ikom ngo ma luremi diyo in me timo ne

- 1** **Acaki.** Wek dul gulwo lawala ci ikwan man matek: *Tin wabiloko ikom kit ma wa romo mede ki bedo kede ki lurem wa ma tye ka tiyo in me mato kongo.*
- 2** Pok dul ii aryo ki wel dano marom iye.
- 3** Kwan waraga man bot dul.

Bot Okello,

Gin ma amaro timo ne ki lurema aye tuku odilo ki tuku mukene inge gang. Ento ku nyoni, pol lurema gubedo ka wilo kongo dok gi mato cok i nget ba odilo me kaka tuku. Gin tilo teme me weko ni an amat kongo kedgi ento pe amito timo ne. Pe amaro kit ma gi time ka gumato kongo. Cawa mukene gicako lweny ikin gi, kwalo jamí ki bot ludongo dok ki wacu jamí marac bot anyira ma tye ka kato. Ka awaco it gi ni amito tuku odilo me kaka mato kongo, gi nywara dok gi waca ni "abedo lacoo"? Ngo ma mito atim?

Omara

- 4** Kwan waraga man matek odoco bot dul.
- 5** Kwan man matek: *I dul ma itye iye, amito ni wu nywak kit ma wuromo mio tam kiu Omara ikom ngo ma otim.*
- 6** Mii dakika apar me nywako lok ikin gi. Wot ikin gi ki inen ni dano weng ma i dul tye ka nywako lok.
- 7** Inge dakika apar, wek dul gulwo lawala doki.
- 8** Wek dul me acel gu nywak tam ma ki miyo ki Omara.
- 9** Ka gu tyeko, wek dul me aryo gu nywak tam ma ki miyo ki Oamra.



10 Nywako lok.

Peny dul lapeny magi. Nen ni dano weny tye ka miyo tam. Ka ngat acel onyo jo aryo tye ka lok, cuk cwiny jo mukene me nywako tam gi.



- Pingo tek me kwero gin mo ka lureme tye penyi me timo?
- In kin gang wu, tye jo matino mukene ma cawa mogo diyo luremgi ka mato kongo?
- Itami ni tam ma imiyo ki Omara opore pi lutino ma i mwaka wu ni? Tit lagam ma imiyo.
- Ngo ma jo matino romo timo ne kacel me yomo ii gi ma pe kongo bedo iye?

11 Loro ne.

Kwan man matek: *Romo bedo tek me wacu ni pe ibimato kongo ka luremi weng mato kongo. Ento, omyero be ki tiye ka timo gin mo ma in pe imito. Mato kongo romo bedo rac ki pe ber pi yot komi, tutwale ka itye mwaka 18 odwogo kede ping. Pwonyo ngo ma myero iwac con konyi me kero kongo ka diye ki tam atura.*

12 Cikke.

Kwan man matek: *Lwo lawala ci iwac gin acel ma iromo waco ki luroki ka kitye ka temo dini ka mato kongo ki pe imito.*

Neno dano marom aroma

1
Cawa

Miyo tam pi moko tam ikom butu

- 1 **Acaki.** Wek dul gulwo lawala ci ikwan man matek: *Tin wabiloko ikom moko tam ikom winye ki rwate i butu.*
- 2 Pok dul iye aryo wek dul acel obed lutino coo ki dul acel obed pa lutino anyira ka twere.
- 3 Kwan lok aluba man matek: *Abi kwano it wu lok aboka ma cek cek ikom lutino coo ki mon ikine mwaka wu ni. Pi lok aboka man, amiti wu nywak ki dul ni, kit ma iromomo kede tam it jo ma boko lok meno ikom ngo ma omyero gu time. Ci oleyo tam pa dul wu ki jo mukene.*
- 4 Kwan boko lok me acel ki bok ma pinyi.
- 5 Mii it lutuku dakika abic meywako lok man i dul gi matino ni.
- 6 Inge dakika abic, lwong gin wek dok i lawala.
- 7 Wek dul man gi onywak tam ma giromo miyo ne ki kit ma gu kati ki tam eno ni.
- 8 Kadong gutyeko, kwan boko lok mukene ki i bok ma ping ki inwo yoo me 6-9.



Boko lok me # 1: Opio ki Akulu gin lurem. Opio pe maro Akulu iyoo me mar mite onyo iyoo me rwate i butu, ento lureme cako nyware, gi waco ite ni ka pe en openyo Akulu me bedo lareme i mar, ci no en pe lacoo kikome. Iromo miyo tam anga ki Opio me otimo?

Boko lok me # 2: Okao ki Kipwola gi kwano i cinia kacel. Gbedo ka cune dong pi dwe mogo dong dok kit ye ki miti matek ikin gi. Gin tye ma ki gene ikin dok gimito rwate i butu. Ento Kipwola lwo ada da me penyo Okao me tic ki roc bol pien en tamo ni romo cwero cwinye ci kwere woko. Iromo miyo tam ango ki Kipwola me otimo?

Boko lok me #3: Amongi tye ki mwaka 15 dok bedo ki mine madit ki omegi ne matino adek. Mine madit dong otti tutwal dok Amongi aye myero onong cent pi konyo paco man. En oweko kwan woko me cito ka cato aduku i cuk. Lacoo madit mo cako bino i ka cate nino duc ki wilo aduku madwong. En bene iye yom me tiyo cente. Lacoo man waco ite ni etye gi cente mukene me miyo ne ite ento en omyero omine bene gin mo ingeye. Waco ire ni ka orwate kede i butu, ci ebi mede ki konye. Iromo miyo tam ango ki Amongi me otimo?

9 Nywako lok.

Peny dul lapeny magi.



- Lok aboka tye cok ki gin matime ikom jo matino me mwaka wu ni?
- Tam ma dul mukene omiyo ni pat ning? Kitye romo ning?
- Itami ni jo matino winyo ni ki keto gi ilyeto onyo kitiyo gi me rwate i butu? Pingo?
- Ka laremi ma awobi obino boti pi konye ki tam pien lureme gubedo ka dine me rwate i butu kin gat mo, imiyo ite tam ning? Mono pat ki kit ma iromo mino tam ki laremi ma anyaka ma no kitye ka dine me rwate i butu?

10 Loro ne.

Kwan lok man matek: *Dano weng tye ki twero me yero ka ki mito bedo i winye, ka ki mito rwate i butu ki kare me ma opore ki gin me timo ne. Moko tam me donyo imito onyo rwate i butu ki ngat mo mito tam matut ki goyo pulan. Pire tek nip e me dino onyo keto ngat mo i lyeto me rwate kedi i butu ka pe gi mito.*

11 Cikke.

Kwan lok man matek: *Lwo lawala ka iwac nyung ladit mo ma gene, calo wayo, lumegi ni ki omega madongo, ma iromo lok kede ikom moko tam pi awene ma opore rwate i butu.*

Wer ki myel manyutu gwoke

- 1** **Acaki.** Wek dul gulwo lawala ci ikwan man matek: *Tin wabiloko ikom gwoke mon matino ki ikom gin marac ka gitye kawot kengi i kin gang.*
- 2** Kwan man matek: *Awene ma pe rwate pi anyira ki mon me wot kengi i gin gang kany?*
Mii it lutuku dakika me tam ikom lapeny ki nyenyo lagam. Cuk cwiny gi me lok dok ipor wi gi ni lagam mo ma kakare nyo pe kakare peke.
- 3** Ka gutyeko gamo ne, kwan man matek: *pol kare pe rwate pi anyira ki mon me wot idye wor. Labole, ka myero gutwom pii ki wan tangi, cito ka gamo yen, onyo bedo woko ma cawa okato inge yub mogo onyo bolo kwir. Pe bene romo rwate pi lamin anyaka me cito gang pa lapwony onyo i ot gang kene. Pire tek pi anyira ki mon me wot kacel onyo pi coo ma gi geno me lwoko ki wek gu gwoke.*
- 4** Pok dul man iye aryo, acel pi lutino coo ki acel pi lutino mon ka twere.
- 5** Kwan man matek: *Dul pa mon gubi yubu wer ki myel ma pwonyo luwotegi matino ikom kwene ma giromo cito iyee ken gi kin go ma myero itim ka myero iwot idye wor. Dul pa coo gubi yubu wer ki myel ma pwonyo luwotegi ma coo matino ikom kit me konyo lurem ma anyira ki pacu ni me bedo labongi ayela idye wor.*
- 6** Mii ki dul magi dakika 15 me pwonyo wer ki myel gi.
- 7** Inge dakika 15, wek dul dok gulwo lawala.
- 8** Wek dul pa mon me nyutu wer ki myel ma guyubu.
- 9** Ka gutyeko, wek dul ma coo gunyut wer ki myel.
- 10** Ka tye dano mogo macok, wek dul gucit gutuk wer ki myel pi gin bene.



11 Nywako lok. Kadongo gutyeko miyo ngo ma gikato iye, peny dul man lapeny magi. Mii it gi kare me nywako lagam gi ma pud pe imede iye lapeny mukene.



- Gwoke idye wor pi anyira ki mon tye gin mo marac iye ikin gang kany?
- Itamo ni mono romo bedo yot pi coo matino me konyo lumegi, paci gi ki mon gi ki wot kedgi i kebedo macalo dok tangi ki gani pa lupwonye?
- Ngo ma mon matino romo timo ne me gwoke ki i awano?
- Ngo ma coo matino romo timo me konyo gi gwoke ki ikom awano?

12 Loro ne. Kwan man matek: *Ki gum marac, anyira ki mon pe ki tye agonya ka gu woto kengi i ikin paco. Coo ma oteka obedo jo ma woto ki lumegi me cito dok tangi onyo gangi pa lupwonye, me weko gin gwoke maber.*

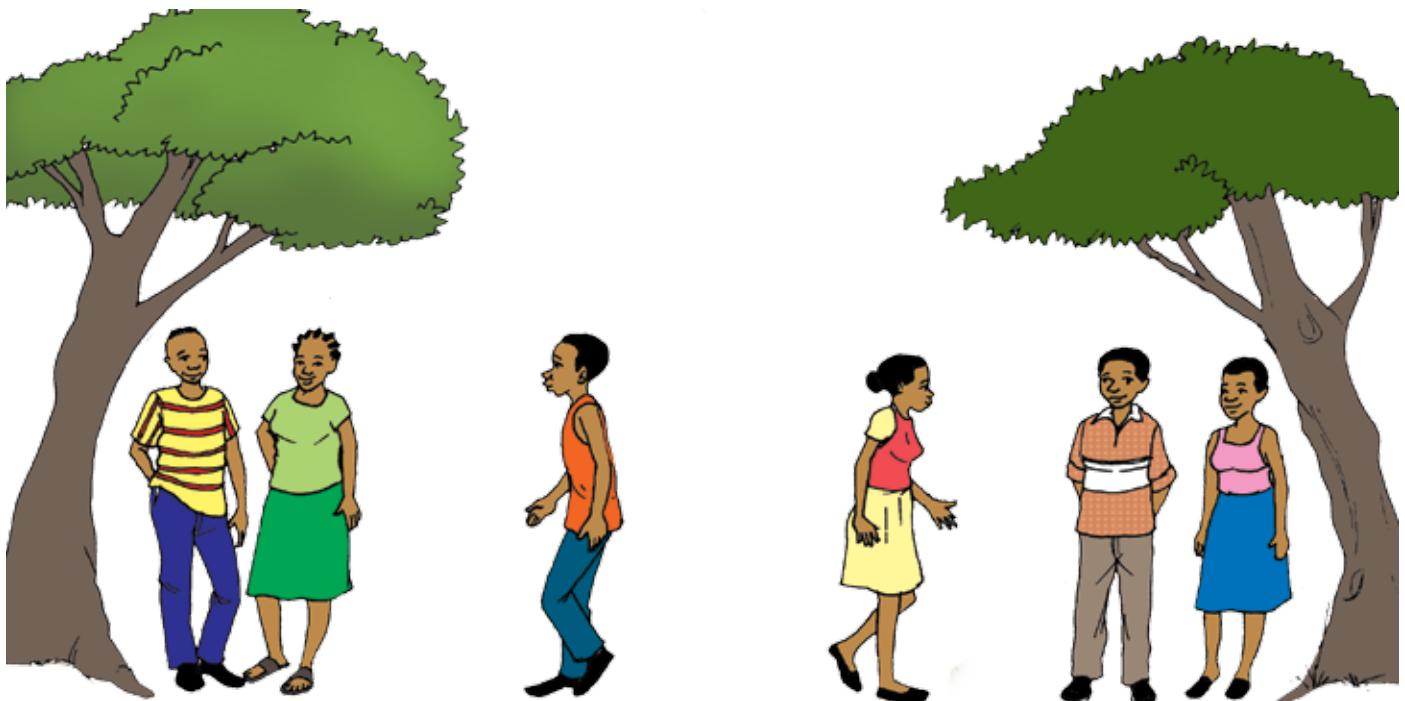
13 Cikke. Kwan man matek: *Lwo lawala ka iwac gin acel ma ibitimo i cabit eni me gwoke onyo me konyo luwoti me gwoke.*

Neno dano marom aroma

45
Dakika

Winye ki miti me bedo i ot maber,
tiyo nyo petiyo?

- 1 **Acaki.** Wek dul gulwo lawala ci ikwan man matek: *Tin wabiloko ikom tim gero i winye ki kit me bedo ki winye maber.*
- 2 Yer kabedo aryo (labole te yadi aryo), ma kin gi tye mita maromo 10. Wac ki dul ni kabedo acel ki lwongo ni "A YEE" ki mukene ni "PE AYEE".
- 3 Kwan lok aluba man matek: *Abikwano lok mo ka iyee lok mene, ki ring kaka "AYEE". Ka pe iyee, ki ring kaka "PE AYEE". Abipenyo wu ingeye pingo iyee onyo pe iyee lok man.*
- 4 Kwan lok aluba ma i Yoo me 3 odoco me neno ni dano weny oniang.
- 5 Kwan lok matek ki i bok ma pingi.
- 6 Ka dongo gutyeko ywec me cito kama guyero, peny jo aryo ki idul man me tito pingo gi yee onyope gi yee. Cuk cwiny gi me nywako lok ikin gi.
- 7 Ka gutyeko, kwan lok ma i bok ni kacel acel, mi kare me ringo i kabedo ni kong ki me tito lagam gi.



- Lok me 1:** Tye kare mogo ma dako romo agoya.
- Lok me 2:** Lacoo mito dako mukene , kede ka en tye winye maber gin ki dako ne.
- Lok me 3:** Tye kakare pi lacoo me goya dako ne teki oyee oburu ping.
- Lok me 4:** Tyen bene ni kede dange onyo wac jamoi marac.
- Lok me 5:** Tye kakare pi lacoo me dino dako i rwate i butu, teki dako ne.

8 Nywako lok. Kadongo gutyeko miyo ngo ma gikato iye, peny dul man lapeny magi. Mii it gi kare me nywako lagam gi ma pud pe imede iye lapeny mukene.

- Inongo tam ikom lok magi tek ada da?
- Winye romo bedo maber ki yom cwing ka kigoyo dok ki diyo dano i rwate i butu tek tek? Tit lagam ma imiyo.
- Nga gi ikwo ni ma itye ki winye maber ki yomcwing kede gi? Pingo itamo ni gitye maber dok ki yom cwiny?
- Ka ngat mo tye i winye ma pe tye maber, calo ma tye ki time gero onyo matye ka weko en iye pe yom, kwene ma en romo cito iye pi kony?
- Kit ma iwoto ki dongo tam pi anyim, imito ni winye ni obed nining?

9 Loro ne. Kwan man matek: *Winye maber tye ikin jo aryo ma gene, woro, dok gi moko tam ka cel. winye matye ki gero pe ber. Man abedo winye matye ki goco, waco lok maracu ki dino ngat mo tek tek me rwate i butu. Winye ma gero tye i yee turu twero pa dano iwinye meno dok kelo cwer cwiny. Pire tek me nongo ladit mo me lok kede ka in onyo laremi tye ka kato ki igin man.*

10 Cikke. Kwan man matek: *Lwo lawala ci iwac nyung ladit acel ma ka itye kakato ki i tim gero i winye ni onyo laremi mito kony ci ocito bote.*

Bed oteka

30
Dakika

Nywako lapeny i lok kom dongo me doko dit

- 1 **Acaki.** Kwan lok man matek ci ikwan man matek: *Tin wabiloko ikin wa ikom kit ma wamito ni kwo wa obed kede ka wa dongo wa doko dongo.*
- 2 Pok dul wek gubed iye aryo. Mon obed ki mon ki coo obed ki coo.
- 3 Kwan lok aluba magi matek: *Tam kong ni wubedo ludwok lok angeya i radio ma wutye ka penyo luwot wu. Abikwano lapeny man matek. Ki ngat ma kipoki kwede ni, obileyo penyo lapeng magi ma abikwano ni ki gamo ne bene ikin wu. Abikwano lapeny abic ci amiyo kare mo manok ikin lapeny magi wek ilok ki lawoti*
- 4 Kwan dok lok aluba man ma i lyoo me adek odoco me neno ni dano weng oniang.
- 5 Kwan lapeny ma i bok ni mot mot. Inge lapeny man, mi dakika maromo aryo ki lutuku kit ma gumake kwede ni me lok ikin gi ma peya ikwano lapeny mukene.

Lapeny me 1: Kit tic ango ma imito timo ne ka idongo idoko dit?

Lapeny me 2: Itye ki gen ni cwari nyo dako ni obibedo ning?

Lapeny me 3: Imito bedo ikin lwak ma obedo ning ka idongo idoko dit?

Lapeny me 4: Kit jami ango ma imito timo ne pi kwo ikare ma itye ka doko dit?

Lapeny me 5: Itye gi gen me bedo kit mego onyo mego anga?



6

Nywako lok. Ka dong dul lutuku wengogamo lapeny weng, wek dok gulwo lawala. Peny lapeny magi. Neni dano weng tye i tuku man ki cawa me tam ki gamo lok ma pud pe icito i lapeny mukene.

- Iwinyo ningin ikare ma i nywako ki luwoti jami ma imito timo ne i anyim?
- Itamo ni bedo dako onyo laco obiyelo jami ma imito pi anyim i yoo anga?
- Lutino mon ki coo weng kiromo nongo ngo ma kimito pi anyim ikin pacu wu? Pingo ongo pingo pe ki twerot?
- Jami ango ma iromoo timo ne wek inen ni ibedo i yoo maber me tyeko miti ni pi anyim?
- Yoo ango ma iromoo konyo kwede lutino matino ma ikin paci kany me tyeko miti gi pi anyim?



7

Loro ne. Kwan man matek: *Pire tek me bedo ki jami ma imito timo i anyim ikwo wa ki me tamo kit ma imito ni kwo ni obed i anyim. Pire bene tek me nywako jami ma imito timo i anyim ki luroki wa ki ludito wek gukonyi ikare me dongo ni. Lok ikom gin ma imito timo i anyim konyi me cobo gi.*

8

Cikke. Kwan man matek: *Lwo lawala ci iwac gin acel ma iromoo timo ne i mwaka ni ma konyi me cobo timo jami ma imito timo ne nino mo.*

Tuku goga me ngeyo cobo peko i yoo me mwolo

- 1** **Acaki.** Wek dul gulwo lawala ci ikwan man matek: *Pol kare, ka peko mo tye gang, dano tiyo ki gero calo dongo dano. Tin wabiloko ikom yoo me cobo peko ki lumegi wa onyo omega wa ki jo ma matye imar kede gi labongo tic ki gero.*
- 2** Pok dul wek obed iye aryo, acel ki anyira ki acel ki awobe ka twere.
- 3** Kwan lok aluba man matek: *Abitito it wu gin mo maromo time i gang wu onyo winye ma obibedo i anyim. I dul ma wutye iye ni, nywako yoo ma oromo tyeko kwede peko man mapat ki yoo gero. Yubu tuku goga macek ma nyutu ite yoo me cobo peko mo iyoo ma mwol. Dul aryo weng obinyutu tuku goga gi. Ci amini wu peko me kene me nyutu tuku iye.*
- 4** Kwan lok aluba ma yoo me 3 odoco me neno ni dano weny oniang.
- 5** Kwan peko me acel ki bok man mapiny. Mii ki lutuku dakika 10 me nywako lok ki pwonyo tuku goga magi.
- 6** Inge dakika10, wek dul pa anyira gunyut tuku goga gi.
- 7** Ka gutyeko, wek dul pa awobe gunyut tuku gi.
- 8** Ci ikwan peko me aryo ni ci iwek dul magi guyub ka gunyut tuku goga gi.



Peko me #1: Ineno lawoti ma itye imar kede ka nyero dok cwinye yom ki ngat mo ma tye awobi/anya. Luremi bene neno man ci man lewic maki. II ocwer ada da ki nyeko omaki matek . Imito ni dong ipwony lawoti ma itye imar kede wek pe dong onwo timo man.

Peko me #2: Igang wu, in aye dong itye latin ma dit loyo dok inaye itye ka loyo gang. Itiyo pi cawa malac dok idwogo gang ma i ool nino ducu. Cwinye cwer ada da ka omega ni ki lumega ni kuding dok pe gitimo tic me gang mo kekene ki i dugu inongo omega ni ki lumega ni matino gitye ka lweny ikin gi.

9 **Nywako lok.** Wek dul gulwo lawala ci ipeny lapeng magi. Neni coo ki mon weng tye ka kamo lok.

- Ki i gang wu, omega ki lumego mono pol kare gitiyo ki gero ka peko mo tye?
- Jo ma ot gi ma wu negeyo ki cobo peko , calo ka ngat acel nyeko mako onyo tye ka timo jami iyo mo ma lawote pe maro?
- Ka laremi owaci ni lawote ma nyako onyo lawote ma awobi tye ka leyo wiye, kit ma i peko me acel, imiyo tam ningki laremi ni?
- Yoo mabaco mene ma itami ni tye me cobo peko labongo tic ki gero?

10 **Loro ne.** Kwan man matek: *Tic ki gero ka peko mo tye romo mio cwer cwing dok pe nyutu woro, ki pol kare pe cobo peko ma tye ni. Cobo peko mito lok kikome. Ka iromo lok gi jo gang wu ki lawoti ikom ngo ma pe nyomo cwinyi, wubedo ki kare me bino ki yoo me cobo ne wek peko meno pe dok otime odoco.*

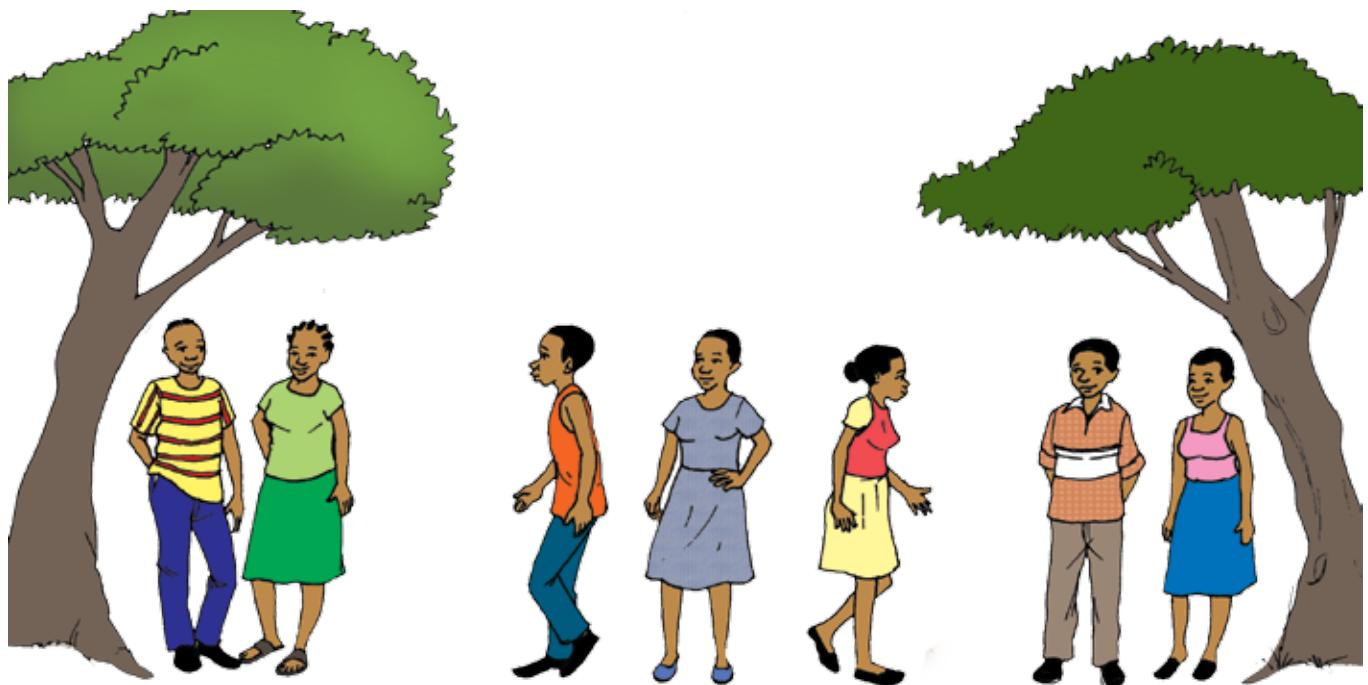
11 **Cikke.** Kwan man matek: *Lwo lawala ka iwac nyng ngat acel, tutwale ngat ma dong itye ki peko kwede loyo, ma ibicito iloko kede ikom coko peko iyo ma mwol.*

Bed oteka

30
Dakika

Tuku manyutu kare ma itye atera pi rwate i butu

- 1 **Acaki.** Wek dul gulwo lawal ki ikwan man matek: *Tin wabiloko ikom ma ka dong itye atera me rwate i butu.*
- 2 Yer kabedo aryo (labole te yadi aryo), ma kin gi tye mita maromo 10. Wac ki dul man ni kabedo acel kilwongo ni "ATYE ATERA" ki kabedo me aryo ni kilwongo ni "PE ATYE ATERA." Yer dok ka mo ikin kabedo aryo ni ci ilwong ni "PE ANGEYO."
- 3 Kwan lok aluba man matek: *Abiwaco wu jami mogo ikom jo ma tye ka bedo kacel i ot ma ikine mwaka wu ni. Pi jo ot acel acel, ka itamo ni dong kit ye atera me rwate i butu, ci ring kama kicoyo ni "tye atera". Ka itamo ni pud pe kit ye atera me rwate i butu, ci ring kama ki coyo ni "pet ye atera" ni. Ka pe ingeyo ci dong idyere kany.*
- 4 Kwan lok me yoo me adeki dok odoco wek dano oniang maber.
- 5 Kwan lok me acel ki ikin lok ma kicoyo ki pinyi.
- 6 Kadong dano weng oringo i kabedo mo acel, peny lutuku aryo ki i kabedo man me waco pingo i yero lagam meno.
- 7 Ka gutyeko nywako lok, kwan dok lok mukene ki ikin ma ki ryeyo. Dok ipeny lutuku me waco pingo lagam meno ki iwek gunywak lok ikin gi ka kuywero lagam mukene. Tim man pi lok weny ma ki ryeyo ki acel acel.



- Jo ot me 1:** Pud gurwate iyub mo wany me acel dok gin weng gubedo ka mato kongo. Gin tye atera me rwate i butu?
- Jo ot me 2:** Gin weny tye ki ngec ikom kit me gengo yacu ki two jonyo, dok gubedo ki nywako lok tyen mapol ikin gi ikom kit me rwate i butu i yoo maber. Gin tye atera me rwate i butu?
- Jo ot me 3:** Dako tye ki nyonyo ma ki keto i dok ot nywal ki laco pe maro tic ki roc bol. Gin pud pe ki bimo pi two jonyo. Gin tye atera me rwate i butu?
- Jo ot me 4:** Ngat mo keken ikin gi pud pe orwate i butu dok pud pe gunywako tam ikom lago nywal onyo roc bol. Gin tye atera me rwate i butu Are they ready to have sex?

8

Nywako lok. Kadong ityeko, wek dul gulwo lawala ci ipeny lapeny magi. Mii it gi kare me gamone ma pud pe icito i lapeny mukene.



- Tye jo ot mogo ikin paci kany ma gitye i kit ngo ma wa nywako tin?
- Jo matino ngeyo ningin ni dong ki tye atera me rwate i butu?
- Ngo ma time ka jo ma tino orwate i butu ma pud pe gitye atera?
- Iromo miyo tam ningi ki laremi ma tye ka tamo ikom rwate i butu ento pe ngeyo ka etye atera?

9

Loro ne. Kwan man matek: *Cako rwate i butu ki ngat mo obedo moko tam madit ada dad dok tye jami mapol ma omyero itam ikome ka i tye ka moko tam kace itye atera i butu. Pire tek me bedo cok ki lawoti ki woro gin ma en maro. Pire tek ni iware ikin wu dok omok tam kacel. Pire bene tek pi wun aryo weng me yee tic ki roc bol ikare weng ma gi rwate i butu onyo tic ki roc bol ki yoo mo mukene gengo two jonyo, ki two ma kopo i rwate i butu, ki yacu. Ka pe i winyo itye akonya gi ngat man, ci pud pe itye atera me rwate i butu.*

10

Cikke. Kwan lok man matek: *Lwo lawala ci lwaci wa gin ma obikonyo ngeyo i anyim ka itye atera me rwate i butu ki lawoti ma itye imar kwede.*

Bed oteka

1
Cawa

Miyo tam ikom kite me dongo doko Oteka

- 1 **Acaki.** Wek dul gulwo lawala ci ikwan man matek: Tin wabiloko ikom konyo luwot wa ki lumegi wa ki omegi wa kit me dongo OTEKA.
- 2 Pok dul iye aryo mapat pat. Mon omito obed ki mon ka coo obed ki coo.
- 3 Kwan man matek: *I dul wu eno mapat pat, amito ni wu nywak lok ikom kit tam ango ma wumito miyo ne ki lutino i paci wu ki ikin paci ikom kit me bedo OTEKA ma nongo itye ka dongo doko dit. Tam ikom kit ma obedo kwede bedo anyaka matidi onyo awobi matidi, dok ngo ma iparo ni kono nongo inge ikare ca ma dong ingeyo kombedi. Man romo bedo jami calo kato ki ii aloka aloka me kom ki cwiny, bedo i winye, tam rwate i yoo me butu, cito i gang kwan onyo kin mo keken mukene. Yubu tuku goga mo ma ngat acel ikin wu tuku calo omeago nyo lamego matidi, onyo lakeyo onyo okeyo ki ngat mukene ni tye ka mino ngat matidi ni tam ma onywako ni.*
- 4 Kwan lok aluba ma Yoo me 3 ni odoco me neno ni dano weng oniang.
- 5 Mii ki lutuku dakika 10 pi nywako ki yubu tuku goga magi.
- 6 Inge dakika 10 , wek dul aryo ni gulwo lawala doki.
- 7 Ki acel acel, wek dul aryo man gubin i dyere lawala ka kuyut tuku goga gi.



8

Nywako lok. Peny dul magi lapeny man. Mii kare it gi me tamo ikom lagam pi lapeny acel acel.
Cuk cwiny lutuku mapat pat me lok wek inen ni dano weng obedo ki kare me gamo lok.



- Iwinyo ningi me tamo ni in itye calo lanyut maber pi dano latino ikin gang wu?
- Pol kare ki yee ikin paco wu kany pi lutino matino calo in me miyo tam bot lutino ikom dongo doko dit, winye ki gang kwan? Pingo ki yee onyo pe ki yee?
- Pol kare, jo madongo ki neno gi calo jo ma tye ki ryeko. Kit ryeko ango ma wun weng calo dano otye kwede?
- Ngo ma iromo timo me neno ni lupaco nin ki luwoti matino in kin paco wu gudongo OTEKA?=

9

Loro ne. Kwan man matek: *Calo jo matino , wutye ki ryeko mapol ki jami ma okato gi iye me anywaka ki lumegi ni ki omega ni matino dok ki lukeyo ni nyo okeyo ni, me neno nig u dongo Oteka! I tye ki kare me bedo Oteka lanyut maberel, ci pire tek me kwalo cawa ki lutino matino dok mini gi tam ikom ngo ma myero gu yube pire ma gitye kadomgo me doko dit. Man obikonyo me yubu paco maber ki lwak ma tek.*

10

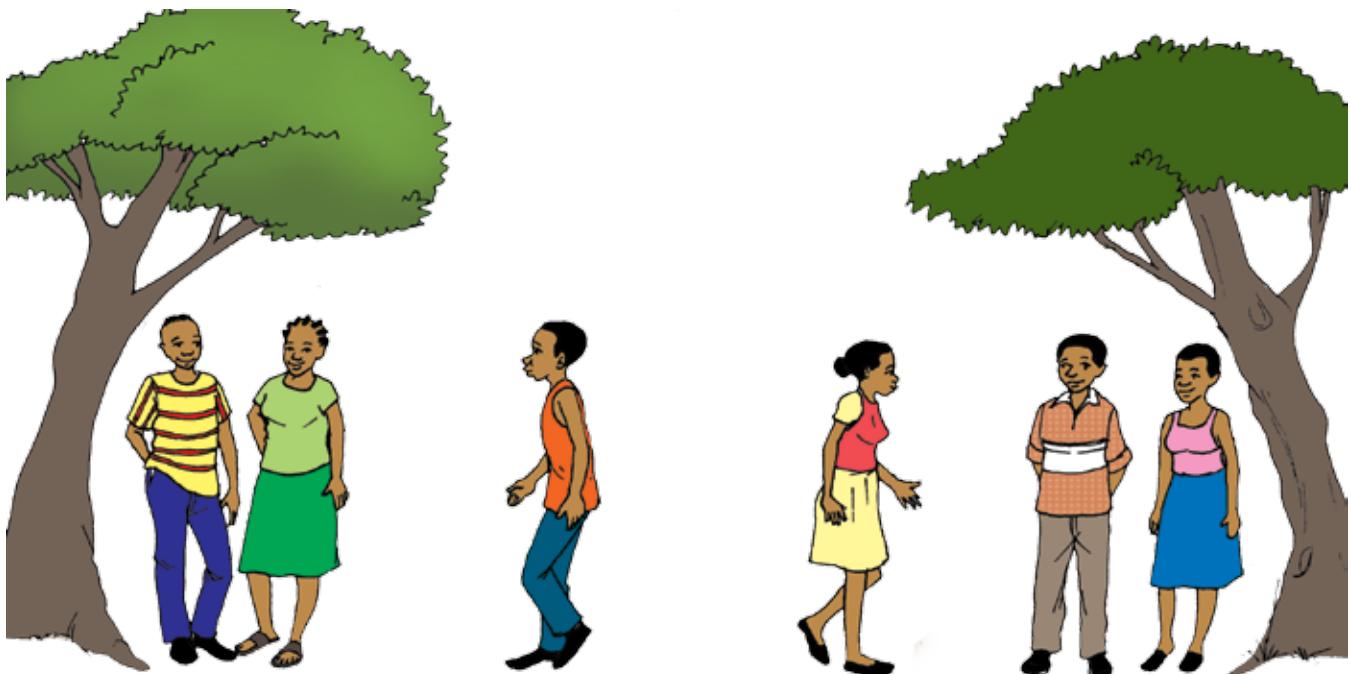
Cikke. Kwan man matek: *Lwo lawala ci iwac niny lameru onyo omeru, lakeyo onyo okeyo onyo luwoti matino ma ibikwalo cawa kede gi i cabit man me lok ikom dongo doko madit.*

Bed oteka

45
Dakika

Coo ki mon twero bedo maber ikin gi?

- 1 **Acaki.** Wek dul gulwo lawala ci ikwan man matek: *Tin wabiloko ikom kit yoo ma coo ki mon kimito ni gubed kede i gang ki ikin dano.*
- 2 Yer kabedo aryo (labole te yadi aryo), ma kin gi tye mita maromo 10. Wac ki dul man ni kabedo acel kilwongo ni "I YEE" ki kabedo me aryo ni kilwongo ni "PE AYEE."
- 3 Kwan lok aluba man matek: *Abikwano lok . ka iyee ikom lok man, iring i kabedo ma kicoyo ni "I YEE", ka pe iyee ikom lok man, ring i kabedo ma kicoyo ni "PE AYEE". Abipenyo wu me tito pingo l yee onyo pe iyee ikom lok man.*
- 4 Kwan lok aluba ma Yoo me 3 ni odoco me neno ni dano weng oniang.
- 5 Kwan lok me acel ma tye l bok ma pinyi.
- 6 Kadong dano weng oringo i kabedo mo, peny lutuku aryo ki i kebedo magi wek gutit ki lwak pingo gi cwaka onyo pe gi cwaka lok man. Cuk cwiny lutuku wek gu nywak lagam gi ikin gi.
- 7 Kadong gutyeko, kwan lok man matye i bok ka acel acel, mii it gi kare me ringo cito i labedo gi ki me tito lagam gi.



Lok me 1: Coo ki mon weng romo tic ma pe kitimo i gang ka gimito.

Lok me 2: Coo ki mon matino weng omyero obed otima tic atima me paco.

Lok me 3: Mego ki wego weny gitye ki tic me gwoko ki lwoko lutino.

Lok me 4: Awobe omyero gubed ki cawa me bedo abeda ma loyo anyira.

Lok me 5: Mon omyero owor ngo ma cwa gi waco kede bed pe gi yee.

8

Nywako lok. Ka dong gutyeko wek dul gulwo lawala ci lapeny magi. Cuk cwiny lutuku ducu me nywako lagam gi ikin gi.

- Ngo ma itamo ni jo ma ikin paci wu obimaro ikom lok magi?
- Nga ma itamo ni opwonyo ki tam man itye kede ikom lok man? Labole, onyo kede, lunyodo ni, luwoti, lutela dini onyo jo mukene apwonyo tam magi?
- Ngo ma romo time ikin paci wu ka coo ki mon omoko tam kacel dok mego ki wego kutiyo me gwoko lutino?
- Pingo pire romo bedo tek pi coo ki mon me moko ki tiyo tic me gang kacel?



9

Loro ne. Kwan man matek: *Paci ma Oteka obedo paci ma weko coo ki mon nywako moko tam kacel dok anyira ki awobe timo tic me gang kacel. Ka awobe ki anyira weny ki mini gi kero marom aroma me tyeko ngo ma ki mito, weko gangi gi ki paci gi bedo matek.*

10

Cikke. Kwan lok man matek: *Lwo lawala ci iwac kit tam acel onyo tic ma imito tim mo ne ki cwari onyo dako ni nino mo ka inyome.*

Neno dano marom aroma

45
Dakika

Tuku ikom pokotic ma i gang

- 1 **Acaki.** Wek dul magi guyub lawala ci i kwan man matek: *Tin wabiloko ikom kit ma coo ki mon matino giromo pokotic ma ipaco, me konye ikingi ki jo ma i paco gi.*
- 2 Kwan lok me aluba magi: *Man obedo tuku me nyero ma wabi temo byeko ngo ma ngat man tye ka timo ne. Ngat man obi aa malo i nyim dano ci poro tuku ikom tic mo acel ma awobe nyo coo romo konyo anyira nyo mon ki timo. Dano weng ma idul ingeye gu bitemo byeko or biko tic ango ma ngat moni tye ka poro tuku ne. Ka gu byeko kakare ci ibedo piny ci dok ngat acel mukene aa malo iyim dul ka poro timo tic mukene mapat ma awobe romo konyo anyira ki timo. Cik me acel en aye ni omyero imede ki poro tic man nio Wang ma kibiko kakare. Cik me aryo aye ni pe omyero ilok onyo iwac gin mo ento itii ki komi keken me poro yutu tic man. Cik me adek aye ni, pe iromo nywoyo poro tic ma lawoti dong oporo. Ka dano weng dong otyeko poro ne, ci nongo dong tuku man otum.*
- 3 Kwan lok aluba ma i lacim me aryo ni doki me neno ni dano weng oniang.
- 4 Ka dano weng dong tye atera, yer ngat acel me cito ka cako. Kwan acel me oo i adek ci idange ni "Caki!" Ngat ma kicimo me acel aye cako tuku me poro tic. Ka dul obyeko kakare or maber ci latuku mukene dok cako, mede kumeno wang ma dano weng otyeko. Poo wii lutuku ni pe omyero ki nwo tic ma dong ngat mukene oporo timo ne.
- 5 Wek dul gudong cingi me pwone pi byeko tic magi weng kakare.



6 Nywako lok.

Ka tuku man otum, wek gulwo lawala ci ipeny lapeny magi. Omyero ineni ilwongo dano mapat pat mapol me lok. Wek coo ki mon weng guloki.



- Inongo tuku man mit? Ngo ma imaro?
- Nga ma pol kare timo tic me gang ki i gang wu?
- Ngo ma romo time ka coo ocako konyo mon gi tic ma meg?
- Pingo pire romo bedo tek pi coo ki mon me nywako tic kacel?

7 Loro ne.

Kwan man matek: *Ka coo ki mon poko tic ikingi, weko gangi ki lwak bedo tek. Ka awobi okonyo lamine ki tic, lamine or en bedo ki cawa me timo jami mukene ma calo kwano buk ki gang, ma weko en bedo i gang kwani. Cawa mukene, ka mego ki omege konyo mon ki tic ma gang, gi gwoke gin bene maber. Labole, romo bedo ma rac ada da pi anyira me dwomo pi idye wor. Wot ki dako ka tye ka dwomo pi nyutu ki lupaco ne ki girani kit latin lacoo ma wore ma en ebedo.*

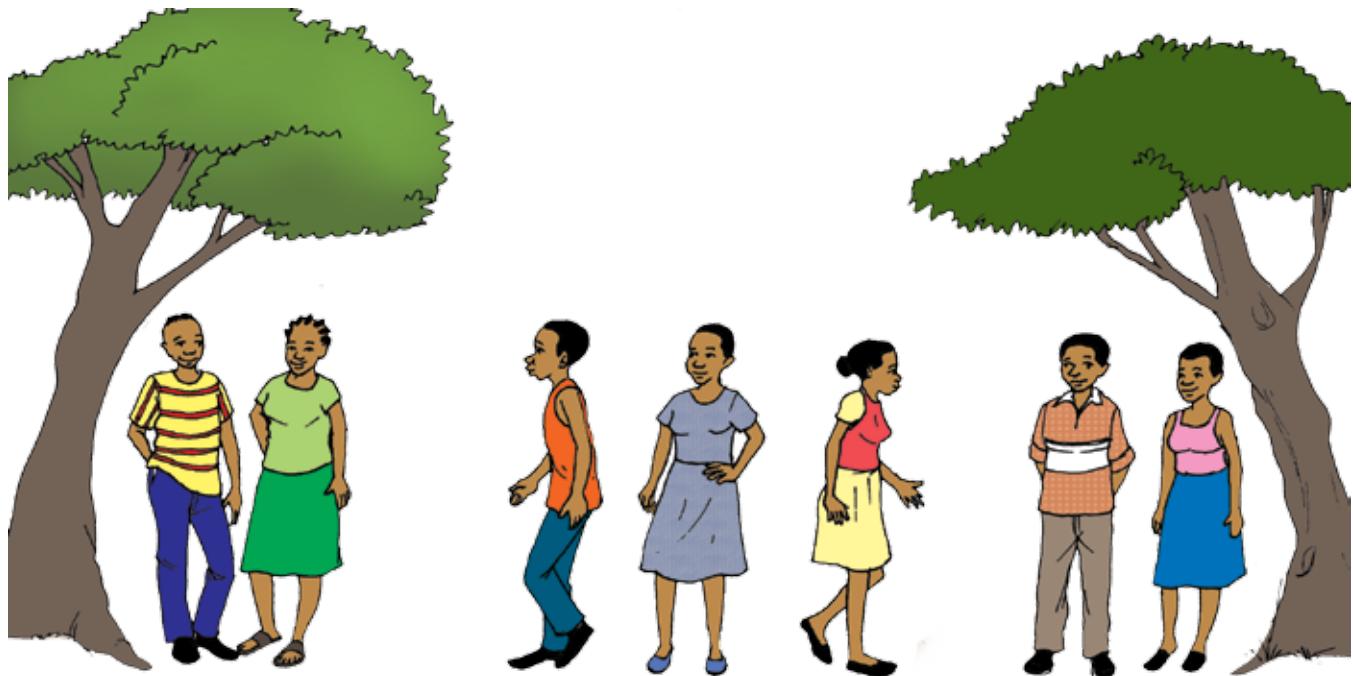
8 Cikke.

Kwan man matek: *Lwo lawala ci i cikke. Ka in latin awobi, waci wa tic acel ma iromo konyo lamero nyo mamani ki timo ne. Ka in latin anyaka, waci wa gin acel ma iromo waco ki omero onyo babani me konyi kwede.*



Tuku ikom tic pa coo ki mon

- 1** **Acaki.** Wek dul gulwo lawala ci ikwan man matek: *Tin wabiloko ikom ngo ma bedo lacoo nyo dako obedo.*
- 2** Yer kabedo aryo (labole te yadi aryo), ma kin gi tye mita maromo 10. Wac ki dul man ni kabedo acel kilwongo ni "COO" ki kabedo me aryo ni kilwongo ni "MON." Yer dok ka mo ikin kabedo aryo ni ci ilwong ni "PI COO KI MON WENG."
- 3** Kwan lok aluba man matek: *Abiwaco lok acel. Amito ni iring i kabedo ma itamo ni lok man rwate me bedo iye. Labole, ka awaco ni "mego," ci iringo ikabedo ma kilwongo ni "MON" pien mon keken aye romo bedo mege. Ka awaco ni "bor" ka itamo ni mon ki coo weng romo bedo bor, ci ngweci i kabedo ma kilwongo ni "PI COO KI MON WENG."*
- 4** Kwan lok aluba ma | Yoo me 3 me neno ni dano weng oniang.
- 5** Kwan lok me acel ki ikin lok ma kicoyo gi pinyi.
- 6** Kadong dano weng oringo i kabedo mo, peny lutuku aryo ki i kebedo magi wek gutit ki lwak pingo gi ringo i kabedo mono. Iromo mino kare wek lutuku gu nywak lok ikin gi.
- 7** Ka dong gutyeko nywako lok, nwo ngo ma itime ni pi lok mudong weng.
- 8** Nwo yoo me man doki pi lok weng ma kicoyo ni.



NYIG LOK MA KIRYEYOKI RYEYO

Teko	Ngat ma loyo gang 1	Tye ki kero me lim
Lalok maber	Abili	Ger
Lapwony	Ngat ma pegene	Lamok tam
Tedo	Ngat ma gwoko lutino	Lamar dano

9

Nywako lok. Ka dong ityeko, wek lutuku gulwo lawala ci ipeny lapeny magi. Mii ni gi kare me gamo lapeny acel ka imede ki penyo lapeny mukene.

- Lok mene ikin gi ni ma obedo tek it in me moko tami kace obedo pi coo, mon onyo pi gin weng?
- Pol dano tamo ni coo keken aye romo bedo tek, labongo lworo, tye ki kero me lim, ki lumok tam i gang. Gin tamo bene ni mon keken aye romo tedo ki bedo lulok maber. Wutamo ni ngo ikom lok magi?
- Lacoo kikome mono kite romo bedo ber dok lagwok dano? Dako kikome mono romo bedo ki teko dok moko tam i gang? Tit lagam man ma imiyo.
- Ka lameru matidi nyo lakeyu owaci ni emitio bedo abili, ibiwaco ningi ite?



10

Loro ne. Kwan man matek: *Cawa mukene, dano ma ikin paci wa gibedo ki tam ni omyero watim jami moni onyo wabed kit moni pien wa tye lacoo nyo dako. Ento, wi romo cung kit ma mon ki coo weng romo timo jami mogo ma rom. Labole, coo ki mon weng romo bedo tek, labongo lworo, ger, labok lok, lagwok dano, ki lamar dano. Coo ki mon weng romo bedo abili, lucwer bao, lutedo ki lucat i cuk.*

11

Cikke. Kwan man matek: *Lwo lawala ci iwaci wa gin acel ma imito temo ne, kombedi nyo ka idoko dit, ma luwoti pe gi timo kulu. Labole, ma calo lacoo, irom temo tedo. Ma calo dako, irom temo leko dyegi. Kit ma dong amio labole meno, tam pi jami mukene mapat ki meno.*

Neno dano marom aroma

45
Dakika

Goga ki wer ikom bedo i gang kwan

- 1** **Acaki.** Wek dul gulwo lawala ci ikwan man matek: *Tin wabi loko ikom kit ma lutino coo ki mon romo konye kwede ikingi kekengi me bedo igang kwan.*
- 2** Kwan lok man matek: *mukwongo, amito ni itam ikom lukin gang ma i caro ni ma pe gucito cito i gang kwan?* Mii ki lutuku kare me tamo ki nywako lagam. Nen ni dano weng onongo kare me lok.
- 3** Kwan man matek: *Jami mukene ma weko coo ki mon matino pe bedo i gang kwan ikine tye; nyome; nywalo lutino, pido lutino; ki cwalo pol cawa ni i poto onyo katic.*
- 4** Pok dul man iye aryo. Dul magi romo bedo ki mon ki coo weng. Lwong gi , Dul me 1 ki Dul me 2.
- 5** Kwan lok aluba man matek: *Dul me 1 omyero guyub tuku goga ikom latin dako ma pe romo bedo pi tyen lok ma wa nywako, ki ki yoo ma lupaco ne ki luroke konye kede me dok cen i gang kwan. Dul me 2 omyero guyub wer ki myel ikom pingo pire tek pi lutino coo ki mon me bedo i gang kwan.*
- 6** Kwan lok man me yoo me abic dok odoco wek ineni dano weng oniang.
- 7** Mii ki lutuku dakika 15 me nywako lok ki pwonyo wer, myel ki tuku goga magi.
- 8** Inge dakika 15, lwong dul gudwog cen dok gulwo lawala. Ka dano tye ma cok kenyo, lwong ki me bino ka neno dul man ka nyutu tuku.
- 9** Wek dul 1 gunyut tuku goga gi it dul mukene ni.
- 10** Wek dul me 2 gunyut wer ki myel pi dul mukene ni.



11 Nywako lok.

Wel gulwo lawala ci ipeny dul lapeny magi. Mii kare ki lutuku me tami lagam gi. Nen ni dano we obedo ki kare me nywako tam gi.



- Itami ni jami ma waloko ki wa wero ikome tin ni time i caro wu kany?
- Pingo pire romo bedo tek pi lutino mon ki coo weng me bedo i gang kwan?
- Kiromo yee i kin lwak wu kany pi lutino awobe me timo jami mogo ma wa nywako tin me konyo lutino anyira bedo i gang kwan? Tit lagam ma imiyo.
- Pol paci tamo ni ka cente tye manok i paco, awobe keken aye omyero ocit i gang kwan. Itamo ningi ikom man?
- Iromo miyo tam ningi ki laremi ma mito konyo lamine me bedo i gang kwan?

12 Loro ne.

Kwan man matek: *Paci ma OTEKA obedo paci ma gi yele pi gwoko lutino coo gi ki lutino anyira gi i gang kwan. Ka lutino anyira bedo i gang kwan, gin dongo ma giromo nongo tic madwong ki gwoko lupaco gi ma komgi yot dok matye ki jami mabeco ma otimo. Curu nyome ki curu ka ityeko kwan ka inongo latin konyi pito ki miyo ki lutino gum madwong me dongo oteka.*

13 Cikke.

Kwan man matek: *Lwo lawala ci iwac gin ma iromo timo ne me konya anyira ma tino ma i paco wu bedo i gang kwan.*

Ododo ikom ngeyo kare me yac ki lago yacu

1 **Acaki.** Wek lutuku gulwo lawala ki ikwan man matek: *Tin wabi winyo ododongo ikom ber pa kuro kong ma pud pe yac me acel ki lago kin yacu me aryo.*

2 Kwan ododongo wan ki dul:

Omara ki Akulu gubedo lunyodo mayen ki latin me dwe angwen. Akulu ngeyo ni nongo latin mukene romo medo gi pit mukene manyen ki mede pa tic atima me ot. Ento en tye mwaka 21 dok en tye ki par ni ka enongo latin mukene oyoto, ci ebi tii woko me nongo latin mukene. Akulu cito bot latic yot kom ma i kin paco pi nongo tam. Latic yot kom man ma i kin paco waco ite ni pe olwor, mon pud romo nywalo lutino kede gitye mwaka 30 ki wiye. Latic ot yat owaco ni obedo ber tutwal ki Akulu pe nongo latin me acel ma en onong pe ya oo mwaka apar wiye aboro. Latic yot kom bene wace me kuru wa inge mwaka aryo ma pud pe otemo yac doki me konyo yoto kome ki pa latin. Akulu ki Omara gubedo ka tic miyo ki latin cak kor keken pi dwe 6 inge nywal (ma bene kilwongo ni LAM) calo yoo me gengo yacu me aryo, ento latic yot kom waco it Akulu yoo man tiyo ka latin pud pe okato dwe 6 keken, latin bene ki pito ki cak kor keken, pe ki mukene, dok ka Akulu pud pe ocako neno ruk dong. En waco ni kit ma dong latin tye dwe 4, Akulu gin ki Omara omyero ku cak kono tam me cako tic ki yoo me gengo nywal mukene calo roc bol, yat amunya, yat atuca, yat akwoya ikom onyo nyonyo ma ki keto i dog ot nywal. Akulu ki Omara ginywako man kacel ka gumoko tam ni gi biyero yoo acel mo ki ikin matye ni dok gi bi kuro inge mwaka aryo ka dok gi nongo yacu mukene.

3 Kwan ododongo wan odoço ki dul.



4

Nywako lok. Peny dul man lapeny ki imi ni kare me nywako lagam gi ki luwotgi. Myero inen ni i weko awobe ka anyira weng ki mio lagam ki i dul.

- Pingo omyero dako okur wang ma dong tye mwaka 18 onyo ma kato ci onong latin?
- Pingo laco ki dako ma i ot omyero okur kong mwaka aryo okati ci otem yacu pi nongo latin me aryo?
- Tit kong tic pa anga ma obedo me gengo yacu dok pingo itamo kumeno? Obedo tic pa laco, dako onyo kede pa gin weng?
- Kit peko anga ma jo matino nongo iteme me rii ma pud pe ginongo yacu me acel?
- Ngo ma jo matino romo timo ne me kato peko man ma yelo gi itemo rii gi me nongo yacu acel?
- Peko anga ma jo ma tye i ot nongo i lago gi yacu gi pi mwaka aryo?
- Ngo ma lacoo ki dako romo timo me kato ki peko man lago ki yacu?



5

Loro ne. Kwan lok man matek: *Pire tek pi mon matino me kuro ka dong kom gi ki adam gi tye atera me nongo lutino, tutwale inge mwaka 18. Yacu cut inge nywal romo kelo peko me yot kom pi min latin gin ki latin weng. Bene romo kelo peko i yoo me cam ki cente, dok romo weko gwoke lutino bedo tek ada da. Cit it ot yat onyo lok ki latic yot kom ma ikin gang me nywako yoo mapat pat ma iromo yero ne me gengo yacuki lago gi yacu me aryo.*

6

Cikke. Kwan man matek: *Lwo lawala ci iwac ot yat onyo latic yot kom ma ingeyo ma iromo lok kwede ikom ngeyo kare me yac ki me lago kin yacu.*

Tuku ikom kit ma kongo obedo kwede

- 1** **Acaki.** Wek dul gulwo lawala ci ikwan man matek: *Tin wabi tuku tuku ma pwonyo wa ikom gin ma time ka dano omato kongo madwong okato.*
- 2** Gor rek, mabor romo mita adek i ngom ma itiyo ki tal onyo cingi.
- 3** Wek lutuku cung i rek acel, i agiki pa rek ma icero i ngom.
- 4** Kwan lok man matek: *Amito ni dano weng otam ikom ngo ma gimito timo i anyim. Man romo bedo gin mo pi cok cok bene, calo "I mito nongo tic diki". Onyo romo bedo gin mo pi kare mabor i anyim calo, "I mito bedo ki biyacara ni nino mo". Tam kong ni gin ma imito pi anyim tye i agiki pa rek man, dok ni in itye ka teme me oo iye. Ki acel acel, wek lutuku owac ngo ma gimito timo i anyim matek wek dano weng owiny, ci iwot i rek icit tung cel. Time calo rek eni obedo pem ot ma tye malo i wii yamo. Ibiwoto tyen acek inge lawoti, ma nongo tyeni tye i rek. Abikwano wang adi ma tyeni okato woko ki i rek. Ka ngat me acel oo i agiki pa rek tung kacani, ka malubu ki i rek obilubu.*
- 5** Kwan lok aluba ma yoo me 4 odoco me neno ni dano weng oniang.
- 6** Cak tuku man dong. Neni lutuku weng owaco ngo ma gi mito i anyim matek dok owoto i rek ki diro, ma nong tyene weng tye i rek. Kwan matek teke tyen latuku mo keken ocato woko ki i rek me kaka bedo iye.
- 7** Kadong dano weng ma i dul gu tung cel, ci kwan man: *Kombedi dok wabituku tuku man odoco. I wang, omyero i mii wang i ka iwala tyenangwen oyot oyot, ma pud pe i waco gin ma imito timo pi anyim ki wot i wi rek.*
- 8** Cak tuku. Ma pe ngat moni ocako wot i wii rek, nenii kongo owire tyen angwen, owaci ngo ma emitio timo i anyim, ki owot arii wi rek. Kwan wel tyen adi ma ngat moni tyene onyono woko pa rek.
- 9** **Nywako lok.** Kadong dano weng oo tung cel



ci ipeny lapeny magi.

- Wire oweko tuku man obedo tek tutwal?
- Iyoo ango ma tic man pore ki mato kongo?
- Itamo ni mato kongo weko oo i gin ma imito pi anyimi bedo tek nining?
- Itami mato kongo balo paci ma ikin gang kany nining?
- Ngo ma itamo ni obedo mato kongo i yoo maber?



10 Loro ne. Kwan lok man matek: *Mato kongo madwong/tutwal romo kelo peko mapol calo boto peny ki timo tuku marac i gang kwan ki moko tam maracu. Kongo romo weko komi bedo lit/iwinyo komi lit, ki itimo jami ma cwero cwinyi onyo cwiny jo mukene calo rivate i yoo me butu labungi gwoke onyo bedo ger. Ka imato kongo matek tutwal, cobo jami ma onongo imito timo ne i anyim romo bedo tek. Tye jami madwong ma iromo timo labungi kongo ma weko i bedo yom ki i gwoke.*

11 Cikke. Kwan man matek: *Lwo lawala ci iwac gin acel ma in ki luremi wuromo timo me neno ni omato kongo i yoo maber.*

* Bulu ma tye ki two ma reto dano ni, kom gi lit nyo ngolo, omyero pe gutuk tuku man ento gubed tye ka nywako lok .

Kad me oteka me tuku ki bulu ma onyome onyo gi tye ki lutino

(Mwaka 15-19)



USAID
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The Republic of Uganda



Kad me tuku man tye ki jami magi:

- Tuku I lok kum lago nywal ki ngeyo yot komi ikare me yacu.
- Tuku goga ikom wego ma Oteka.
- Tuku ma nyutu kit ma kongo bedo kwede.
- Tuku goga ikom lutino mawore.
- Miyo tam ikom kit me tyeko peko.
- Tuku wer me mar ma pe gik.
- Lapeny me ngene i kin wa.
- Yat ma kitucu atuca ikom mon me lago nywali mono tiyo onyo pe tiyo?
- Yat me amwonya me lago nywal tiyo onyo Petiyo.
- Nyonyo ma ki keto i ot nyodo me lago nywal tiyo onyo Petiyo (IUD).
- Roc bol tiyo me lago nywal onyo petiyo.
- Yat akwoya ibad dako me lago nywal tiyo onyo pe tiyo.
- Yat amwonya me gengo yac ma ngole atura tiyo onyo petiyo.
- Doto latin ki cak kor keken pi dwe abicel me gengo yacu tiyo onyo Petiyo.
- La peny me niang kit ma wayero kede anyim ma wamito pi kabedo wa.
- Miyo tam bot lutino na.
- Tuku ikom tic pa coo ki mom.
- Miyo tam I kom maro lutino wa.
- Tuku goga manyutu kit me mato kongo iyo ma opore.
- Miyo tam ikom moko tam.
- Yot kom me ot nywal ma iyero.
- Bedo I kwo maber i Kin dano ma onyome. Twere onyo pe twere?

Karatac tuku Lok aluba pi joo ma tiyo kwede

Karatac tuku man obedo gin ango?

Karatac tuku acel acel tye ki yoo me aluba pi tuku ma yomocwiny ma dul pa bulu romo tic kwede me cako nywako tam ikom neno ni dano ducu rom aroma, yot kom ki gwoke. Tye tuku mapat pat i karatac man ma ikine tye tuku; nywako tam; laro lok; penyo tam pa lwak; wer, tuku goga ki myel.

Anga gi ma romo tic ki karatac tuku man

Dul pa bulu mo keken romo tic ki karatac man. Karactac tuku man tye i dul adek mapat pat?

- Dul karatac pi bulu ma pwod tino ma mwaka gi tye 10-14
- Dul karatac pi bulu mu tegi ma mwaka gi tye 15-19
- Dul karatac pi bulu ma pwod gunyome anyoma onyo bulu ma dong gitye lunyodo

Anga ma romo telo tuku magi ma i karatac tuku magi?

Ka dul ma meg i tye kimiti me tic ki karatac tuku man ci omyero iyer ngat acel ki i dul man me telo tuku matye i karatac man. Ngat man pe dok omyero kong opwonye ento omyero obed ngat ma twero kwano gin ma kicoyo i karatac dok romo telo wi dul i tuku mo. Jami tuku man tye ki tam ma kimiyo me konyo ngat mo keken ma tye ka telo wi dul i tuku wek otel maber.

Awene ma waromo tic ki karatac tuku man?

Karatac tuku man iromo tic kwede ikare mo keken ma imito timo gin mo ma yomo cwiny dul. Wu romo timo tuku ma tye ikaratac man ikare ma nongo dul tye ki kacoke gi onyo ikare mo ma wuyubu pire kene.

Karatac magi watiyo kwede ning?

1. **Yer karatac mo keken:** Karatac magi kiromo tic kwede iyo mo keken, manyuti ni iromo yero karatac mo keken malube ki miti pa dul onyo kit gin atima ma wu mito timo ne
2. **Kwan karatac man:** Ngat ma kiyero me telo tuku omyero kong okwan karatac man ma pwod pe ocako telo tuku man. Iwi karatac acel acel, inongo kicoyo nyung karatac meno, lok madongo ma tye i karatac meno calo (yot kom, neno dano ducu marom, gwoke onyo “bedo oteka”), ki kare ma gin atima man romo cwalo ne.
3. **Kwan acaki karatac man:** Karatac acel acel tye acaki ne ma ngat ma tye ka telo tuku omyero okwan matek bot dul ma pwod tuku pe ocake.
4. **Lub yoo me aluba ma kicoyo i karatac man:** Yoo mukene waco ni “kwan man matek bot dul” ma tyen loke tye ni ngat ma tye ka telo tuku man omyero okwan ngo ma kicoyo matek pi yoo meno wek lwak ducu ma tye idul guwiny yoo aluba. Lok aluba mukene penyo latela me timo gin mo macalo “goyo rek atir ingom ki lut” ma latela omyero pe okwan matek ento otim atima.
5. **Yub lok me anywaka i dul:** Ka dong dul gutyeko tuku, ci tye dul lapeny ma latela bipenyo ki dul wek okel nywako tam ikom tuku meno.
6. **Kwan lok me agiki:** Inge nywako tam, ngat ma tye ka telo tuku omyero okwan lok me agiki ma tye i karatac man matek.
7. **Peny lwak wek gucikke:** I agiki, ngat ma tye ka telo tuku bikwano cikke ma kicoyo i karatac atima man. Cikke man penyo ngat acel acel me waco gin acel ma tye cok ki tuku dok ma en cikke me timo ne i anyim.

Tam i kom kit me telo lwak

Kadi bed in con onongo dong itelo wi dul i tuku onyo man obed tyen me acel, pire tek ni omyero kong ikwan tam magi ma pud pe itelo wi dul ituku.

- Wek lutuku aye gubed ka loko pol pa lok.
- Bed mot-ka ipenyo lapeny ki i karatac, mi kare manok bot lutuku me tamo lagam ka dong iwek gugam.
- Cuk cwiny lutuku-ka i penyo lapeny, cuk cwiny lutuku weng me gamo lapeny ento pe dano acel onyo aryo keken. Wiyi pe owl me penyo awobe ki anyira bene me gamo lapeny.
- Nen wang lutuku dok bene ibuny kwed gi!
- Tii ki leb ma niange oyot-ka tye leb mo i karatac ma lutuku pe niang ci tute me tito ne bot gi kit ma in iniang kede wek gin bene guniang.
- Lok matek ma winye dok ma dano romo niang.
- Wek nywako tam obed man olub lapeny ma tye ikaratac man.
- Wor dok imi pwoc bot lutuku-pe tye lagam mo ma tye atir onyo petye atir i karatac man. Karatac man obed me cako nywako tam ci omyero icuk cwiny lutuku ento pe ingol ni lagam moni tye atir onyo pe atir.
- Pe icwak dul mo inywako tam man ento cuk cwiny lutuku kace tam opoke me nywako tam ki luwotgi ma pat pat.

Bed ki **yom cwiny dok inong mite!**



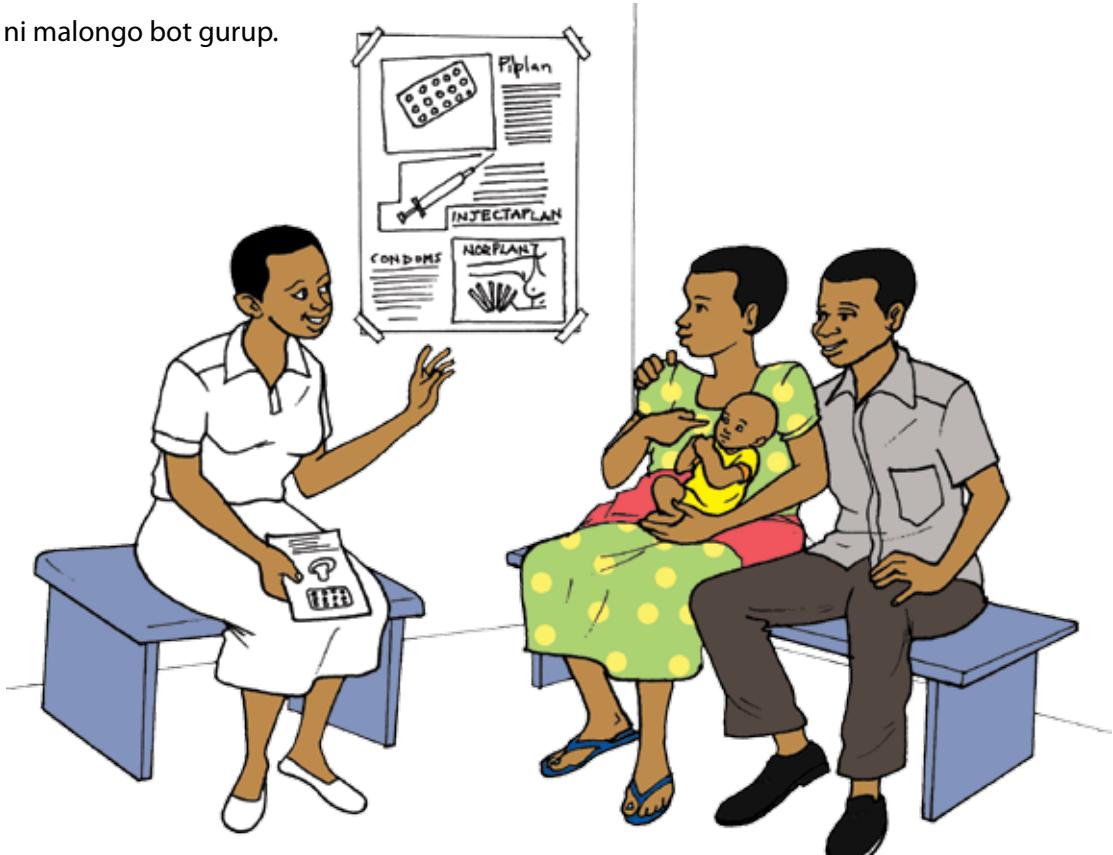
Tuku Goga i kom lago nywal ki ngeyo kare me yac

1 **Acaki.** Wac Ki lutuku me gure ka i kwan man woko malongo: *Tin ni wabe winyo goga ikom rii ki yac me acaki ki lago yac me aryo.*

2 Kwan goga ni bot gurup:

Omara ki Akullu obedo lunywal manyen ki latin me dwe angwen. Akullu ngeyo ni nongo latin mukene obedo pit ki tic mukene. Ento Akullu tye ki mwaka 21 keken ma tye ki lworo ni ka pe enywalo latin mukene oyotoyot en eromo tii woko. Akullu woto bot latic me yot kom me Kin paco pi penyo tam. Latic me yot kom me Kin paco waco ni en pe myero obed ki lworo pien mon nywalo lutino kadi tye mwaka 30 ocito kede malo. En owaco Ki Akullu ni bedo ber me nongo latin me acel ma dong en oyube dok tye imar ki ikome. Latic me yot kom omede ki miye tam ni myero okur pi mwaka aryo ma pwod pe ya otemo yac mukene me gwoko yot kome ki yot kom latin ne, Akullu ki Omara nongo tye katic ki yoo me dot macalo yoo me gengo yac me aryo (ma ki lwongo ni LAM), ento latic me yot kom owaco ki Akullu ni yoo ni tiyo ka latin pwod tye dwe 6 dwogo kwede piny keken, latin doto cak kor mapat ki gin mo mukene, ka Akullu pwod pe ocako neno dwe. En owaco Ki Akullu ni calo dong latin tye dwe 4, Akullu ki Omara myero ocak yube me cako tic ki yoo mukene me lago nywal calo, Tic ki Roc bol, mwonyo yat me gengo yac, tuce atuca me gengo yac, kwoyo yat ibad, onyo nyonyo ma ki keto ot nyodo (IUD). Akullu ki Omara oNywako tam gi kacel ka gu yee me yero yo acel ma mio gin obedo pi mwaka aryo labongo yac mukene.

3 Kwan goga ni malongo bot gurup.



4

Nywako lok. Peny gurup ki la peny magi ka i ye ki gin me nywako tam ki lagam gi iKin gi. Myero inen ni ilwongo coo ki mon me Nywako lagam gi ki gurup.

- Ngo ma omio itamo ni dako omyero kong okur kadi ka oromo mwaka 18 ka ocak nywal?
- Ngo ma omio dano ma onyome omyero kong okur pi mwaka aryo me nongo latin me aryo?
- Waci gi, nga ma tye ki twero me gengo yac ki ngo ma omio itamo ni tye Kit meno? Itamo ni obedo laco, onyo dako onyo dano ma onyome weng?
- Peko ango ma dano matino kato iye ka gin ogale ki yac pi tyen me acaki?
- Ngo ma dano matino romo timo me gengo peko ma miyo gin rii ki yac me acel?
- Peko ango ma dano ma onyome matino nongo ikare me lago nywal ii kin mwaka aryo?
- Ngo ma dano ma onyome romo timo me gengo peko me lago yac gi?



5

Loro ne. Kwan man woko malongo: *Man pire tek ki mon matino me kuru kadi kare ma kom gi ki tam gi dong oromo me nongo lutino, kadi mwaka gi oromo 18. Yac oyotoyot iyonge nywal cucut romo kelo peko me yot kom ikom min latin nyo latin. Romo bene kelo peko me cente ki gina acama mio dongo pa latin bedo matek. Wot i odi yadi matitino onyo bot latic me yot kom me Kin gang me Nywako tam I kum yoo ma padi padi ma iromo yero me rii ki yac me acel onyo lago nywal pi yackj latin me nama aryo.*

6

Cikke. Kwan man woko malongo: *Wot i kin dano ma ogure ka i wac nyng latic me odi yadi matitino ki latic me yot kom me Kin pacu ma wungeyo ni itwero lok ki gin pi yoo maber me lago nywal.*

Tuku goga pawego ma oteka

- 1** **Acaki.** Wac Ki gurup me gure ka i kwan man woko idwan malongo: *Tin ni wabe lok ikom yoo ma wego romo konyo ki min latin me gwoko pacō ki tiyo tic mogo me pacō.*
- 2** Pok gurup woko matitino idul 3-4 coo ki mon omyero ki rub gi ka acel.
- 3** Kwan gin me a luba man woko malongo: *Gurup wu amito ni wutam dong ni wubedo wuno dano ma ma onyome calo dako ki laco, ki lutino. wot wuno oyub tuku goga ma nyutu ni wego konyo mego ki gwoko lutino ki konyo me tiyo tic mogo me pacō. Man mio wu kare me yweyo kun bene wubedo kacel ki lutino wu. Tye yoo acel ma myerowulubi. Coo myero otuk calo gin obedō mon ki mon myero otuk calo gin obedō coo! Ka dano mukene bi tuku calo gin obedō lutino.*
- 4** Nwo kwano gin ma omyero ki tim yoo me adek wek dano weng oniang.
- 5** Mi gurup dakika 15 me kati ki tuku goga ma gin oyubo.
- 6** Iyonge dakika 15, lwong dok gurup me dwogo gure.
- 7** Wek gurup me acel ocak nyutu tuku goga gi.
- 8** Ka dong gin otyeko, lwong dok gurup mukene wek onyut tuku gi.



9

Nywako lok. Ka dong ma gurup weng onyutu tuku. Peny la peny magi. Mi lutuku kare me tamo ki nywako tam ii lagam gi.

- Iwinyo ni ngo ka ituku kakama pat ma pe omyero ituki calo laco onyo dako?
- Itamo ni ber ka coo ribo tic mogo me pacu ki mon gi?
- Tye coo mogo ma wungeo ma gwoko lutino ki tiyo tic mogo me paco ki mon gi?
- Itamo ni coo ma konyo mon ki gwoko lutino bi kelo alokaloka maber onyo alokaloka marac i kin gang? Oniang wa I kum lagami ni.
- Pi ngo pire tekki wego me bedo ki lutino gi?



10

Loro ne. Kwan man woko idwan malongo: *Wego ma Oteka obedo en magwoko lutino, mio kony bot dako ne, ki bedo calo lanyut i paco mere. Ka wego konyo tiyo tic me paco ki gwoko lutino, lutino dongo ma cwin gi yom, dok matek, ma romo bedo lutela i Kin gang gi.*

11

Cikke. Kwan man malongo: *Wot ii Kin dano ma ogure ka i cike. Ka ibedo laco, mi wa tic acel ma ibi tiyo me konyo dako ni, onyo dako ma ibi nyomo ikare me anyim. Ka ibedo dako Wac Ki wa gin acel ma iromo timo maber, Calo ribe ki dano igurup me Kin pacu, ki konyo tic me paco.*



Tuku ma nyutu kit ma kongo bedo kede

- 1** **Acaki.** Lwong gurup me gure ka i kwan man woko malongo: *Tin wabe tuku tuku ma pwonyo wa ikom ngo ma time ka dano omato kongo matek.*
- 2** Goo lain ma bor ne romo mita 3 piny, kun itio ki tal onyo cingi.
- 3** Wac Ki lutuku me rye atir wa ii agiki me lain acel ki piny.
- 4** Kwan jami me aluba man: *Amito ni wun weng otam ngo maber ma wun wumito ikwoo wu ikare me anyim. Man romo bedo gin mo me kare manonok ma wubetimo calo "Amito nongo tic diKi."* Onyo romo bedo gin mo me kare me anyim, calo *"Amito bedo lacat wil nino mo acel."* *Kong I tam ni dong gin ma imito tye dong inget lain me agiki, ma dong itye cok me oo iye. Ki acel acel, wac gin mi imito i kwo ni ikare me anyim wek dano weng owiny. Ket ni lain ma igoyo ingom ni obedo calo pem. Wek dano ki acel acel guwot manongo gumiyo wang woko i lain man. Kwan tyen adi ma ngat acel acel pepe lubo lain atir. Ka ngat acel otyeko, ngat mukene dok miyo wange ka cako lubo lain man.*
- 5** Kwan dok tuku me 4 man dok odoco wek dano weng oniang.
- 6** Cak wunu tuku. Myero inen ni lutuku ma coo ki mon weng owaco gin ma gin mito weng idwan malongo kun giwoto gingolo ii lain kirye, kun gigwoko tyen gi weng i lain weng ilain. Kwan woko malongo ikare weng ma tyen lutuku oaa woko ki ilain ka odwogo iwi line.
- 7** Ka dano weng ma i dul dong otyeko wot man, kwan man: *I cawa ni dok owot cako tuku ni tit. Icawa ni, wun weng myero imi wang wu woko ka i cako wire tyato angwen oyotot, ma nongo pwod pe owaco gin ma imito ka i wot ngolo lain ari.*
- 8** Cak tuku. Ma nongo mon onyo coo pwod ocako wot iwi lain, myero inen ni imio lutuku ni owire tyen angwen, wac gi onwo gin ma gin a mito ma pwod pe ya gucako wot ilain. Kwan tyen adi ma ngat acel acel tyene o aa ki i lain aka bedo iwi lain.



9

Nywako lok. Ka dong dano weng owoto oo ii agiki pa lain, peny la peny magi.

- Wutamo ni wire ni oweko tuku ni obedo tek?
- Itamo ni tuku ni cal ki mato kongo i yoo mene?
- Itamo ni matu kongo romo miyo bedo matek ki in nongo gin ma imito?
- Itamo ni yoo mene ma mato kongo balo ki gang ma ikin pacu?
- Itamo ni piny myero omat kong yooi yoo maber?



10

Loro ne. Kwan man woko malongo: *Mato kongo madwong romo kelo pekomapol calo pe kwan maber, gengi woko kituku icukul ki weko l timo jami maracu. Romo weko l bedo makomi lit; jami ma wango ii keni onyo luwoti, calo butu labongo Roc bol onyo bedo kalweny atata. Ka imato kongo madwong ma okatu kare woko, romo bedo teki me nongo gin ii mito. Tye jami mapol ma iromomo timo mapat ki matu kongo wek ibed ma ii yom ii dok igwoke.*

11

Cikke. Kwan man woko malongo: *Wot ii gurup ka i cak niang gin acel ma ma iromomo timo ne wek luwoti omat kongo iyoo maber.*



Bulu matye kitwo mareto dano, two mukene onyo ngolo pe romo tuku tuku man ento giromo bedo ka nywako tam

Bed oteka

30
Dakika

Goga ikom lutino mawor

1 **Acaki.** Wac ki dano ogure ka ikwan woko malongo: *Tin ni wan wabe lok yooi yoo me pwonyo lutino i kum woro labongo pwodo gi ki lut onyo gero.*

2 Kwan goga man bot gurup:

Amongi gin ki Omara gin tye ka gwoko lutino gi ary ki Lakeyo gi ma mine Otoo woko. Kit macalo omega pol kare timo, latin matidi ni tiko lubo kor omine madit kamo keken ma en cito iye ento omine madit cawa mukene buru en. Cawa mukene gin Iwenyo. Amongi tic tye odiyo kume tutwal poto ki i biacara matino tino ento en cwinye cwer tutwal ka neno lutino ni Iwenyo. Pol kare tamo ni omyero idange dok ego gi ki lut. Ento en pegoyo gin pien ni nongo en dong ocike con pe goyo lutino.

Amongi ngeyo ngo magoyo lutino twero kelo ne. Ikare ma en tidi, lunyodo ne obedo ka pwodo en ki lutino gi mukene. Wiye poo woo mapol tutwal i paco gi. Ngat mo pe owaco ki gin ngo marac ma en timo ento en dong poo nongo oo wa i goc. Wiye poo kit ma onongo en elworo kede mine dok dong onongo pe emit bedo cok kwede wek pe odange i wiye. Ikare ma en onongo lutino mamege kikume, en openye kekene ni "Pwod mono oweko kit an dok obedo ber? Ento wiye poo ni meno pe otime"

Lunyodo pa omara onongo pe pwodo en. Gin tyeko peko gi ki lok, lutino gi ki konyo lutino gi me oniang apoka apoka ikin gin maber ki marac. Gin opwonyo lutino ikom Kit maber ki gene, wore, ki Gwoke. Dok gin pe dagi dano mukene, Lutino gi onyuti gi ni peko kiromo tyeko l yoo me lok. laworo ni, I cawa ma awobe onongo tye kalweny, Omara tero dakikamo mmanok me bedo ki gin piny ka openyo gi me waco ngo ma omio gin tye kalweny, lyonge lok ked gi en owaco ki gin acel maleng me bedo la ling ni tik pi dakika apar me tamu pingo omiyo gin maro tuku ki dano mukene. Ma dong gin tyeko gin obedo piny gin obunyu l kin gi ka gudok ka mede ki tuku.

3 Kwan goga ni malongo bot gurup.



4 **Nywako lok.** Peny gurup ki la peny amagi. Myero inen ni lutuku onongo kare ki cawa me Nywako tam ikom lagam gi pi la peny acel acel ma pwod pe ya okato gini iii la peny mukene.

- Pingo itamo ni j otiyo ki daa onyo gero me pwonyo lutino gi ikin gang wu?
- Yoo ango ma oromo tic ki me pwonyo labongo tic ki gero onyo daa?
- Yoo ango ma itamo ni iromo tic ki me pwonyo lutino ni ma cal ki yoo ma lunywali opwonyi ki?
- Ibi timo ni ngo me pwonyo lutino ni ma pat ki yoo ma lunywali opwonyi ki?
- Yoo mene ma itwero nyutu ki mar bot lutino ki gwoko gi?



5 **Loro ne.** Kwan man woko malongo. *Tye yoo mapol me pwonyo lutino ma pe obedo yoo me gero. Lok ki lutino ni ikom kit Kit ma gin obedo Ki Waco ki gin ngo ma gin gutimo marac bi konyo gi me ngeyo Kit i me bedo maber. Miyo gi tic mapol onyo balo cawa gi me tuku gi woko bi konyo gi me pwonye ki Kit i me bedo, gin rwenyo kuc mo ento pe rwenyo mar ni ikom gi.*

6 **Cikke.** Kwan man woko malongo woti l kin Ki dano oogure ka i cak nying gin mor acel ma ibi me pwonyo lutino ni ma pe mede ki pwodo gi onyo daa ked gi.

Miyo tam ikom kit i me cobo peko

1

Acaki. Wac ki gurup me ogure ka i kwan man woko malongo: *Tin ni wan wabe winyo wunu lok ikom Kit me tyeko peko iken wa Ki ki lok ento pe ki gero.*

2

Pok gurup woko iie aryo. Coo ki mon. Omyero I rub gurup magi obed coo ki mon.

3

Kwan gin amyero ki lub malo: *An abi kwan goga aryo acegocego makwako dano ma onyome ikodi mwaka wu ii gurup wu no. Igurup wu no, lee wunu tam ii Kit i ango ma gin bi tyeko ki peko gi yooi yoo me lok akwakere ki peko no. Apat ki tic iger. Yub tuku goga mo acekcek ma nyutu Kit ango ma in itamo gin wabe tyeko ki peko gi apat ki yoo me gero.*

4

Kwan gin amyero ki lub ma tye yooi yoo me 3 dok inongo me wek dano weng oniang maber.

5

Kwan goga ma tye iii bokci me acel ki piny.

6

Mi lutuku dakika apar me Nywako tam ki pwonyo tuku goga.

7

Iyonge dakika apar, lwong gurup me dwogo ogure.

8

Wac Ki gurup me nyutu tuku goga gi acelacel.

9

Read Kwan goga me aryo ma tye iii bokci ki pingo ka i miyo gurup dakika apar me yubu dok tuku goga gi manyenmanyen.

10

Wac Ki gurup me dwogo ogure ka ote cako nyutu tuku goga gi acel acel.



Goga 1: Okao ki Kipwola gin ma onyome obedo dong ma romoma romo mwakaKi aryo dok ki tye ogwoko cente gi ni myero gin lunywal latin. Iyongeye Okao ocako wot ika mato kongo ki owote mere akaa wot itic. En dwogo paco ma omer labongo kadi cente kun daa idako mere Kipwola. Kipwola obin ogamo doge igero ki daa, en obin odaa pi mero Okao pien Okao kare mukene lwenyo ki ka omer.

Goga 2: Aceng ki Obita ma onyome dok gintye ki lutino adek. Aceng oyac ki latin me dwe angwen iyongeye en tyek awinyo magoro matek ki en, me tiyo gin ma myero en otii, calo tedo dek Ki neno lutino weng icawa ni. Ka Obita odwogo paco nongo tice me pwode pien nongo dek pe ocek ki ot dok nongo pe tye maleng.

11 Nywako lok.



- Wac ki gurup me ogure ka i penyo gi ki la penyi magi.
- Ngo ma omio kodi gini dwang tutwal igang wu?
 - Dano ma onyome tio ki yoo me gero me tyeko peko gi aya nyo lwoko gini aloka ikom peko gi?
 - Pingo ma omio pire tek me nongo yoo mapat ki gero me tyeko peko I kin laco ki dako Kit i me tyeko peko apat ki yoo me gero?
 - Jami ango ma dano ma ma onyome romo timo me tyeko peko gi labongo tic ki yoo me gwero?

12 Loro ne.

Kwan man woko malongo; *Ka dano ma onyome olwenyo i Kin gi mio lworo mukene, arem ki cwer cwiny. Man weko pe gityeko pekopeko ma gin nongo gitye olweny pire ni. Lok ki llawoti bi konyo wu me tyeko peko ii I kin wu ma miyo wu bedo ki wat maber. Pire bene tek me nyutu ki lutino wu ki me tyeko peko labongo gero onyo lweny.*

13 Cikke:

Kwan man woko malongo: *Woti I kin dano ma oogure ka i wac gin acel ma in ibi timo ikare me anyim me tyeko peko labongo tic ki gero.*

Bed oteka

45
Dakika

Wer me mar ma pe gik

- 1** **Acaki.** Lwong gurup me ogure ka i kwan man woko malongo: *Dano mapol tamo ni kare ma ber me maro lawoti obedo ikare ma nongo pwod wucako miti acaka. Tin ni wabe loko ikom ngo ma oromowoko mar ki yom cwinykadi ikare ma dong wunyome.*
- 2** Pok gurup woko matino danodano 3-4 coo ki mon myero gurube woko ento dano ma ma onyome omyero pe ki pok kin gi.
- 3** Kwan gin omyero kilub woko malongo: *Tam dong ni dano ma ma onyome ma tyeko mwaka abic gin otiyo matek, pi lutino gi aryo ma gi ool matek i nino weng. Gin peke ki cawa me ribe. Tam ango ma iromo miyo ki gin wek mar gi omede? Gin romo lok ni ngo iKin gi ki bedo ninying? Man nyutu ni ngo I kum mar ma onongo gin tye kede ii acaki? lok wunu ilok man igurup wu ka wukatu ki wer ikom Kit ma wuromo gwoko ki mar ii kin dano ma onyome.*
- 4** Kwan gin aluba ii yoo me adek dok nongo myero inen ni dano weng ooniang maber.
- 5** Mi gurup dakika 10 me laro lok ka ote yubu gini wer.
- 6** Iyonge dakika 15, lwong gurup me dwogo ogure gini.
- 7** Lwong gurup me wero wer gi acel acel. Ka tye nyo dano mo me yi kii kin ganggik ki, lwongo gi me bi winyo ki mi gi nge ni gin obedo ka oneno. Gin omyeyero pe tim gin mo keken I kom tic man.



8

Nywako lok. Ka ma dong dano weng tyeko peny gi la penye magi. Mi lutuku cawa me tamu ki Nywako tam gi ikom lagam gi, am pwod per u I woto ii la peny mukene.

- Gin ango ma dano ma onyome yele me timo pi gwoko mar gi me bedo matek?
- Pingo ma omio dano ma onyome ngeo kit me gwoko mar gi kadi ka ma dong gi ma onyome woko pi kare ma lac?
- Ngo ma omio pire tek me gwoko wat i kin wa matek?
- Ngo ma omio gin ma iwero iye tini oye I kii kin gang?



9

Loro ne. Kwan man woko malongo: Gwoko mar wa ki miyo obed matek pi kare mma lac tek pi dano weng. Cwer cwiny me pito lutino, nwong cente, tic ki lokere akwo macalo two romo bedo peko am dano ma onyomer. Pire tek me yubu kare piri macalo dano ma onyome. Man tere ni nyutu idano weng mar ni woro ki lok ikom ngo ma itamo. Gin mor ma tye agoro calo wot kmaracelpire tek.

10

Cikke. Kwan man woko malongo: *Wot iman yi gurup ka i cako nying gin mo ma ibi timo ii ikare me anyim ma mio igwoko wat iKin wu bedo maber I kare weng.*

Bed oteka

30
Dakika

Bedo ma wungeo la penyi

- 1 **Acaki.** Lwong gurup me gure kare acel ka i kwan man woko malongo: *Tin ni wabe lok i kin wa ken wa ikom kit ma wan wamito bed kwede macalo wan wa doko dito.*
- 2 Pok gurup ki dano aryo aryo; mon ki mon, coo ki coo,
- 3 Kwan gin me aluba ni woko ki dwan malongo: tam ni dong in ibedo latic me redio dok in I tye kapenyo lawoti. Kwan lapenyi woko malongo. I kin wu, tii ki kare man me penyo lawoti ki peny man ka wek en ogam. Kwan lapeny abic ka I mi dakika moo mmanok wek llawoti ogamo lapeny magi ki acel acel.
- 4 Kwan gin me aluba i yoo me adek dok nongo i neno ni dano weng oniang maber.
- 5 Kwan la peny ma tye i bokci ki pinyi momot. I yoo nge la peny acel acel, mi gurup dakika lapeny maromo aryo me lok ki luwot gi ma pwod pe ya ikwan lapeny mukene.



La peny 1: Imito ni mar ni myero obed ning ka dong itye ka tegi?

La peny 3: I yube me lago Kin lutino ni ninying?

La peny 4: Wac kodi mego onyo wego ma itamo ni ibi bedo?

La peny 5: Ngo ma itamu pi lutino ni?

6

Nywako lok. Wac Ki gurup me ogure ka i piny lapeny magi. Omyero inen ni ilwongo dano mapol ma padi padi, medo ki coo matino medo ki mon matino.

- I tamo ni ngo I kum Nywako tami pi ngo ma imito ikare me anyim ki luwoti?
- Tye maber ki dano matino melok ikom miti gi me pacu gi ki lutino onyo dano mukene?
- Pingo I tamu ni pire tek me lok ki llawoti ikom ngo ma in imito pi pacu wu?
- Ngo ma dano ma ma onyome romo timo kun onongo cawa me bedo piny me lok ikin gi ken gi mamako ngo ma gin mito pi ikare me ayim?

7

Loro ne. Kwan man malo malongo: *Lok ki cwari ikom ngo mawun dano ma ma onyome wumito ni paco wu obed madit, medo ki lutino, man miyonyom wu bedo matek. Pire tek tutwal bot dano ma onyomo me Nywako tam gi kacek kit madong gitye ki ki lutino ki kit me lego nywall. Dano ma ma onyome omyero ollok ikom gwoko lutino ki pwonyo gi woro. Nywako tam ikom gin ma wumito weko wu nongo.*

8

Cikke. Kwan man woko malongo: Wot I kin dano ma ma oogure ka i cak neon llawoti acel ma in ibi loko ikome icabiti ikom ngo ma peke paco ni.

Yat ma kitucu ki mon pi lago nywal. Tiyo onyo petiyo

Ngec bot latela: Nen kad me tic ki yat ma kitucu ki mon pi lago nywal inge kad me tic pi ngec madwong. Ka itwero, lwong latic me yot kom me okonyi tic ki kad man.

- 1 Acaki.** Wac ki gurup me ogure ka i kwan man woko malongo: *Tye yoo mapol me gengo yac . Tin wabe tuku tuku ma pwonyo wa ikom yoo acel me lago nywal ma obedo tuce ki yat me atuca. Man obedo yoo acek ma kitucu ibad dako me gengo yac. Yat ma kitucu ki mon ni tye kwayo ne ma padi padi ento tin, wabe lok ikom me dwe adek adek ma benebeneki lwongo ni DMPA onyo DEPO. Pire tek ki laco ki dako mengeyo kit me tic ki yoo me lago nywal.*
- 2** Kwan man woko malongo: *Yoo ango ma wungeo me gengo yac?*
Wek lutuku kare me tamo ki Nywako tam ikom lagam gi.
- 3** Inge ma gin tyeko miyo yoo ma padi padi, nywak lagam ma tye kama ma gin pe owaco. Yat amwonya; Nyonyo ma ki keto ii ot nywal (IUD); Yat ma kiki tuce ki atuca; Roc bol pa coo me gengo yac; Roc bol pa mon me gengo yac; Yat ma kikwoyoyo ibad; Liro/tweyo ot nyodome gengo nywal; Doto latin pi dwe abicel labongo miyo cam mo keken (LAM); Yat ma ki mwonyo me gengo yac ma ongole atura; bedo ki ngec ikare ma itwero yac iye.
- 4** Yer kabedo aryo (labole I te yadi aryo), ma romo bor piny kine ka mita 10. Wac Ki gurup ni kabedo kilwongo ni "TIYO" onyo en mukene obedo "PETIYO". "PE ANGEYO" bedo idyere.
- 5** Kwan gin me aluba woko malongo: Abi kwani lok ikom yat ma ki tuce kime lago nywal. Ka itamo ni loki obedo tiyo, ngwesikabedo me "TIYO". Ka itamo ni loki obedo Petiyo, ngweci ikabedo me "PETIYO". Ka pe wungeo, bed idyere Ka ingeco ikabedo wu, abi penyo wu me waco igurup pingo itamo ni loki tye tiyo onyo Petiyo. Akwan lagam ma tye tiyo. Pe balo me pe bedo ki lagam tiyo. Tin wan weng wattye kapwonye.
- 6** Kwan dok cik me aluba yoo me 5 me wek dano weng ooniang maber.
- 7** Kwan lok me acel ki bok ma tye pinyi. Ka lutuku ongweco ikabedo gi, Wac ki dano aryo ikabedo gi me waco ngoma omiyo gin tamo ni loki tye tiyo onyo Petiyo. Wek lutuku kare me gamo la peny ki kare me lok.
- 8** Kwan lagam me tiyo ki piny kama iloki.
- 9** Nwo yoo ma odong iloki.



Lapeny:	Me miyo yat me atuca me lago nywal, latic me yot kom tucu dako iyonge dwe adek adek.
Lagam:	<i>Loki tye tiyo. Yo nge maro tic ki yat me atuca me lago nywal, DMPA, dako myero onen latic me yot kom inge dwe adek adek me tuce.</i>
Lapeny:	Dako ma tye atuce ki yat me lago nywal, pe twero yac iyonge weko tic ki yat man.
Lagam:	<i>Loki pe tiyo. Dako twero tero kare ma romoma romo dwe 6-12 me yac iyonge weko tuce. Pe tye gin manyutu ni dako dwoko alur macalo adwogi me tic ki yat man.</i>
Lapeny:	Yat me atuca me lago nywal rac, tutwalere pi bulu ma pwod pe lunywal.
Lagam:	<i>Loki obedo Petiyo. Yat me atuca ni ber pi bulu, kadi dano ma pwod pe ki lutino.</i>
Lapeny:	Yat me atuca ni romo wek giko tiyo dwe.
Lagam:	<i>Loki obedo tiyo . Mon ma tye latic ki yat me atuca pola kare pe kelo tong gi ma mio gi giko tiyo dwe gi woko. Man pe kelo bal ikomi ki iyot komi.</i>
Lapeny:	Yat me atuca pe dwoko cak tiywoko piny ka tye adot.
Lagam:	<i>Lwoko obedo tiyo. Yat me atuca pe dwoko cak ka dako piny bene pe timo bal loro keken icak tiywoko onyo iyot kom latin. Mon romo tic ki yat me atuca iyonge dwe 6 ka lunywal.</i>

10 Nywako lok. Wac Ki gurup me ogure ka i penyo la peny magi. Wek gi kare me nywako lagam magi ki luwot gi. Nen ni dano weng tye atuku.

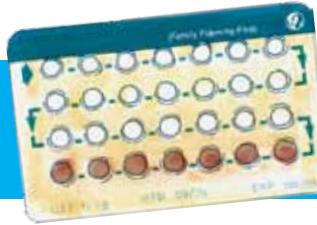


- Ngo me in ipwonyo manyenmanyen ikom tic ki yat atuca me lago nywal?
- Ngo ma omio in itamo ni pire tek pi coo matino ki mon matino me pwonyo wac ikom yat me lago nywal?
- Ngo ma in itamo ni dano kin gang tamo ikom yat atuca me lago nywal? Itamo ni gin tye ki ngec tiyo onyo ngec ma pe tye tiyo?
- Kwene ma in ki dano matino mukene twero wot iye me nongo yat atuca ki yat mukene me lago nywal?

11 Loro ne. Kwan man woko malongo: *Mon mapol ki dano onyomo maro tic ki yat me atuca me lago nywal pien yat me atuca pe mito poyo wic nino weng calo yat amwonya ma pe tye ngatoro ma romoma romo waco ni dako man tye latic ki yat me lago nywal. Ento, macalo yat weng me lago nywal, adwogi me tic ki tye manok. Pire tek tutwal me lok ki latic me yot kom ikom jami mukene ma coo, mon medo ki bulu romo tic ki me gengo yac.*

12 Cikke. Kwan man woko malongo: Wot igurup ka i nongo kabedo acel onyo dano acel ma iromo lok ki wek inongong ngec mukene amako yat atuca ki yat mukene me lago nywal.

Yot kom



45
Dakika

Yat ma ki mwonyo pi gengo yac. Tiyo onyo petiyo

Note to facilitator: Please see the oral contraception fact card in the GREAT toolkit bag for more information about this method. If possible, invite a health worker to help facilitate this card.

- 1** **Acaki.** Wac Ki dano ogure kare acel ete kwan idwan malongo: *Tye yoo ma padi padi me gengo yac. Tin wan owot tuku tuku me wek ooniang yoo acel me lago nywal ma ki lwongo ni yat amwonya me lago nywal, onyo "yat amwonya". Yatono in imwonyo nino ki nino me gengo yac. Ber tutwal pi coo ki mon me ngeyo yoo me lgoro nywal.*
- 2** Kwan man idwan malongo: *Yoo ango ma in wungeyo me gengo yac?*
Wek dano igurup dakika manok nok me tamo ki Nywako lagam gi.
- 3** Icel ma tyeko miyo yoo ma padi padi, nywak lagam ma tye kama ma gin pe owaco. Yat amwonya; Nyonyo ma ki keto ii awura (IUD); Yat ma ki tuce ki atuca; Roc bolacoo me gengo yac; Roc bolpa mon me gengo yac; Yat ma kikwoyoyo ibad; Liro/tweyo opera me gengo nywal; Doto latin pi dwe abicel labongo miyo cam more keken (LAM); Yat ma ki mwonyo me gengo yac ma ongole atura; bedo ki ngec ikare ma itwero yac iye.
- 4** Yer kabedo aryo (apor me yat aryo), ma romo bor wiye 10. Wac Ki gurup ni kabedo acel kalwongo ni "TIYO" en mukene obedo "PETIYO." PE ANGEYO" abedo idyere.
- 5** Kwan gin me aluba woko malongo: Abi kwani wu lok ikom yat ki mwonyo me lago nywal. Ka itamo ni loki obedo tiyo, ngweci ikabedo me "TIYO". Ka itamo ni loki obedo Petiyo, ngweci ikabedo me "PETIYO". Ka pe wungeyo, bed idyere kama. Ka ingweco ikabedo wu, abi penyo wu me waco igurup pingo itamo ni loki tye tiyo onyo Petiyo. Akwani wu lagam ma tye tiyo ka nga me ogamo maber. Pe balo me pe bedo ki lagam tiyo. Tin wan weng tye kama me pwonye.
- 6** Kwan dok cik me aluba yooi yoo me 5 me wek dano weng ooniang maber.
- 7** Kwan lok me acel ibokci ki pinyi. Ka lutuku ongweco ikabedo gi, Wac Ki dano aryo ikabedo gi me waco ngo omiyo gin tamo ni loki tye tiyo onyo Petiyo. Wek lutuku kare me gamo la peny ki kare me lok.
- 8** Kwan lagam me tiyo ki piny kama iloki.
- 9** Nwo yoo ma odong iloki.



- Lapeny:** Dako omyero mwonyo yat ka tye kamito rwate ki laco yoo me butu.
- Lagam:** *Lagam me lok man Petiyo. Dako myero omwonyo yati nino ki nino wek pe oyaci. Yati tiyo ka imwonyo nino ki nino.*
- Lapeny:** Ka itye ka mwonyo yat me lago nywal, alokaloka i dwe ni pe bedo matye ento nongo pe kelo bal.
- Lagam:** *Lok man tiyo. Ka icako mwonyo yat me lago nywal, pe rac me timo two dwe ni ikare mokeken ii acaki dwe ma icako mwonyo iye yat. Lacen dong I bicako neno two dwe ni kare kikare, kun bedo manonok iyo ngeye.*
- Lapeny:** Yat man me lago nywal bi kelo peko me nywal ikom lutino calo wic ma bedo calo matafali.
- Lagam:** *Lok man Petiyo: Yat man me lago nywal pe kelo peko ikom latino onyo meggi gi.*
- Lapeny:** Yat me lago nywal man biweko dano doko lulur.
- Lagam:** *Lok man Petiyo: Teki dako oweko mwonyo yat man me lago nywal, nongo en dong twero yac.*
- Lapeny:** Yat man me lago nywali be ki bulu me mwonyo ne.
- Lagam:** *Lok man tiyo. Mon matino ma romo million mapol dong otio ki yat man me lago nywal pi mwaki makato 30 woko. Dok kwed ma kitimo nyutu ni yat mon twero konyo mon I kum two Kancar mogo ma maro yelo mon. Lukwed gin onongo ni yat me lago nywal twero konyo mon.*

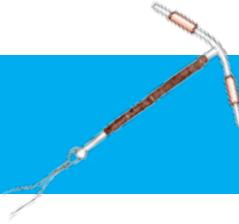
10 Nywako lok. Mi gurup ogure ka i peny la peny magi. Wek gi kare me Nywako tam ka i miyo lagam inge la peny n acel acel. Myero I nen ni dano weng tye katuku.



- Ngo manyen ma inongo ma lube ki yat amwonya man me lago nywal?
- Pingo omio itamo ni pire tek ki cookil mon weng me nongo ngec ma mako yat me lago nywal?
- Itamo ni dano me pacu wu tamoni ngo ikom yat amwonya me lago nywal? I tamo ni gi tye ki ngec ma opore?
- Ka kwene ma in med ki dano matino mukene twero nongo ngec makwako yat amwonya me lago nywal medo ki yoo mukene me lago nywal?

11 Loro ne. Kwan man malongo kamaleng: *Mon mapol kacel ki joo ma onyome gimaro yat amwonya me lago nywal pien ni konyo gi pe me nongo yacu me pe guyube pire ki bene konyo mo jwiko two cance. Yat amwonya mukene bene jwiko arem I kare me neon dwe ki bene loko kala kom mmanok. Gin ma twero bedo tek en aye me weko ni wii opoo nino ki nino me mwonyo yat man ki bene me neon ni yat tye cawa weng pien ka dako mo wiye owl pe omwonyo yat, ci kare bedo kere ire me nongo yaco ka orwate ki lacoo. Macalo yat weng me lago nwyal, adwogi ne mogo maraca bene tye. Pire tek me lok ki latic me yot kom I lok ma dok kum kit yoo anglo ma bulu, coo ki mon omwyero okwany wek pe gunong yacu me pe guyube pire.*

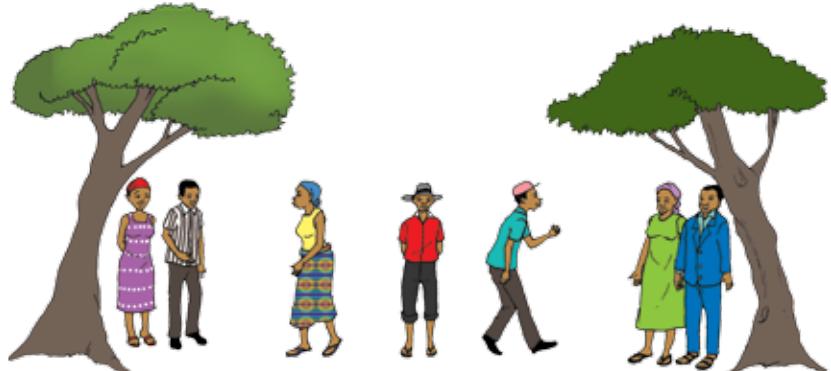
12 Cikke. Kwan man malongo: *Wot itgurup ka i wac nying kabedo acel onyo dano acel ma gin twero lok kwede onyo giromo cito iye ka nongo ngec matuti YOO ME mukene me lago nywal.*



Nyonyo ma ki keto ii ot nwyal pa mon tiyo nyo pe tiyo

Ngec bot latela: Tim ber ien kad ma kwako nyonyo ma ki keto ot nyodo me lago nywal ma tye iyonge kad me tic pi ngec mukene makwako yoo man. Ka twere, lwong latic me yot kom wek ookonyi tic ki kad man.

- 1** **Acaki.** Wac Ki dano ogure kachel ka i kwan idwan malongo: *Tye yoo mapol me lago nywal. Wan tin wabe tuku tuku ma akonyo wa niang matut lok ikom nyonyo ma ki keto ii ot nyodo pi lago nywal. Nyonyo ni cal ki nukta T dok ki keto ii ot nyodo dok ki twero bene kwanyo ne woko, dako twero winyo ento gengo yac pi mwaki ma romo 12. Pire tekki dako ki laco weng menongo ngec lago nywal.*
- 2** Kwan man malongo: *Yoo mene ma wun wungeyo me gengo yac?*
Mi lutuku kare manok me tamo ki nywako lagam gi.
- 3** Ka dong gin tyeko miyo yoo ma padi padi, lee ked gi yoo ma ki ryeyo piny kama ma gin pe owaco. Yat amwonya, nyonyo ma ki keto ot nyodo, yat me atuca, Roc bolacoo ki me mon, en ma ki keto ibad mon, ngedo ler acoo/mon, doto latin ki cak kor Kiken pi dwe 6 iyonge nywal, yat ma inongo cutcut iyonge butu/ribe ki laco bedo ma wungeyo kare ma itwero yac iye.
- 4** Yer kabedo aryo (labole te yadi aryo), ma romo bor kine ka mita 10. Wac ki gurup ni kabedo acel ki lwongo ni "TIYO" mukene obedo "PETIYO". "PE ANGEYO" bedo idyere.
- 5** Kwan lok man malongo: *Abi kwan lok man bot wu makwako nyonyo ma ki keto ot nyodo me lago nywal. Ka itamo ni lok man obedo tiyo, ngwec kama ma tye kalwongo ni "TIYO". Ka itamo ni lok man obedo Petiyo, ngwec kama ma tye kalwongo ni "PETIYO". Ka pe wungeyo, bed idyere. Ka ityeko ngwec ikabedo wabi kwayu wu me waco igurup pingo omio wutamo ninyonyo mano tiyo nyo Petiyo. Ingeye, abi kwani wu lagam ma tye tiyo ka aneno dano mene ma oyeko maber. Pe balo me nongo lagam maracmarac pien wan tin watye ka pwonye.*
- 6** Nwo kwan yoo me 5 wek dano weng oniang maber.
- 7** Kwan lok ma ii bokci ki piny. Ka lutuku dong tyeko ngwec ikabedo gi, leg dano aryo me agiki kitung ryo ryo weng me waco pingo omio gin tamo ni lok man obedo Petiyo onyo tiyo. Wek gi kare me dok iye kun icuku cwiny dano weng me lok.
- 8** Kwan lagam ma tiyo ma tye I kom lok man.
- 9** Nwo yoo tic man pi lok ma odongi weng.



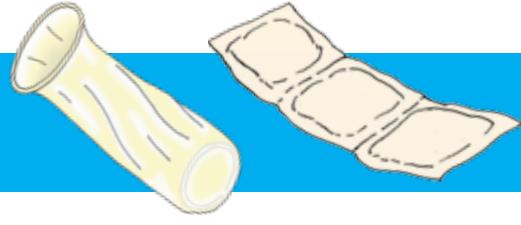
- Lapeny:** Nyonyo ma ki keto ot nyodo ni obedo yoo ma opore tutwal me gengo yac.
- Lagam:** *Lok man tiyo. Nyonyo ma ki keto ii ot nyodo ni obedo yoo ma opore tutwal dok ma rii pi gengo yac. Tiyo maber loyo roc bol, yat amwonya ki me atuca. Ka dong ki keto woko, twero bedo ii ot nyodo ni pi mwaka ma romo 12. Latic me yot kom twero kwanyo Nyonyo man woko ka dako tye kamito nywal. Ka okwanyo Nyonyo man woko, dako twero yac woko cutu cutu.*
- Lapeny:** Yoo man me lago nywal myero dano/mon ma kong onywal keken en ma tii ki.
- Lagam:** *Lok man Petiyo. Dako mookeken, kadi tidi onyo otii, onnywal onyo pe onywal twero tic kinyonyo ma kirwako ii ot nyodo pi lago nywal/gengo yac.*
- Lapeny:** Nyonyo man me gengo yac romo wot ikom dako (I ot nyodo mere kama pe opore).
- Lagam:** *Lok man Petiyo. Pe tye yo mo keken ma ii ot nyodo me wot kamo mukene me kom dano nikwanyo ka latic me yot kom aye okwanyo. Ka okatu woko, aa ikom me mon. Nyonyo me lago nywal ni pe maro katu woko.*
- Lapeny:** Nyonyo man gengo yac twero cobo kom laco icawa me butu.
- Lagam:** *Lok man Petiyo. Nyonyo man pe gudu kom dano icawa me rwate ibutu.*
- Lapeny:** Nyonyo man twero poto woko icawa me tuku.
- Lagam:** *Lok man Petiyo. TeKi dong ki keto Nyonyo man , bedo kunu wang ma latic me yot kom aye okwanyo.*

10 Nywako lok. Wek gurup ogure ka i kwan la peny magi. Mi gi kare me nywako lagam magi ki luwot gi. Inen ni dano weng ma omio tam gi. What did you learn that was new about the IUD?

- Ngo manyenmanyen ma ikwan ikom Nyonyo ma ki keto ii ot nyodo me gengo yac?
- Pingo ma omio itamo ni pire tek me coo KI mon matino weng nongo ngec ikom yoo me gengo yac?
- In itamo ni dano igang wu tamo ngo ikom yoo man me nyonyo ma ki keto ii ot nyodo me lago nywal? Tye gini ki ngec mabere iya en marac?
- Ka kwene ma in medo ki dano matino mukene twero nongo ngec makwako Nyonyo ma ki keto ii ot nyodo me lago nywal medo ki yoo mukene me lago nywal?

11 Loro ne. Kwan man malongo: *Pol pa mon ki dano ma onyome maro tic ki Nyonyo man ma ki keto ii ot nyodo me gengo yac pien ber tutwal me gengo yac, rii pi kare ma lac ki pe yelo ngat matye latic ki tek dong ki keto woko. Pe tye gin manyero l po nino kinino calo me yat amwonya ento dako ngeyo ni etye tic ki yoo me gengo yac. Acala calo yoo mukene me gengo yac, yoo man twero bedo ki adwogi mere. Pire tek me lok ki latic me yot kom makwako yoo ma mon ki coo medo ki bulu twero tic kiedepi gengo yac.*

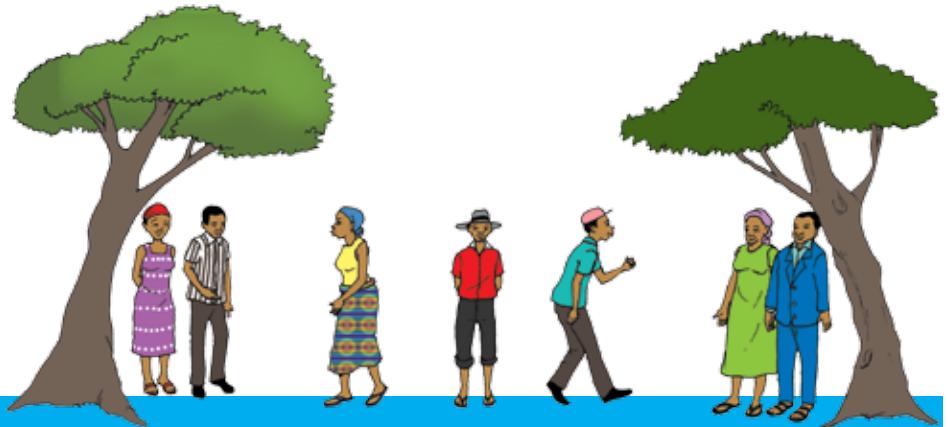
12 Cikke. Wot i kin gurup ka i wac nying kabedo acel onyo dano acel ma gin twero lok kede pi nongo ngec mapol makwako nyonyo man ma kitio kwede me lago nywali.



Roc bol tiyo kece petiyo

Ngec bot latela: Tim ber inen roc bol me coo onyo Roc bol pa mon iyonge kad magi me tic pi ngec mukene mapol pi yoo man. Ka twere, lwong latic me yot kom wek okonyi tic ki kad man.

- 1 Acaki.** Wac Ki dano ogure ka i kwan idwan malongo: *Tye yoo mapol ma padi padi me gengo yac. Wan tin wabe tuku tuku ma pwonyo wa ikom roc bol me ribe ibutu pa coo ki mon. Pire tek tutwal ki dano weng laco ki dako me bedo ki ngec ikom Kit me gengo yac.*
- 2** Kwan man idwan malongo: Yoo mene ma wun wungeyo me gengo yac?
Mi lutuku kare mmanok me tamo ki Nywako lagam gi.
- 3** Ka dong gin otyeko miyo yoo ma padi padi, lee ked gi yoo ma kiryeo piny kama gin pe owaco. Yat amwonya, nyonyo ma ki keto l ot nyodo, yat me atuca, Roc bol pa coo ki me mon, en ma ki keto ibad mon, ngado ler pa coo/mon, doto latin ki cak kor keken pi dwe 6 iyonge nywal, yat ma inongo cutcut iyonge butu/ribe ki laco, bedo ma wungeyo kare ma wutwero yac iye.
- 4** Yer kabedo aryo (calo, te yat aryo), kin gi myero obed ma romo mita 10. Wac it gurup ni kabedo acel ki lwongo ni "TIYO" mukene ca obedo "PETIYO". "PE ANGEYO" obedo idyere.
- 5** Kwan lok man malongo: *Abi kwano lok man bot wu makwako roc bol. Ka itamo ni lok man tiyo, ngwec kama ma tye kalwongo ni "TIYO". Ka itamo ni lok man Petiyo, ngwec kama ma ki tye k kalwongo ni "PETIYO". Ka peingeyo, bed idyere ki lwongo nip e angeyo ni. Ka ityeko ngwec ikabedo wu, abi kwanyu wu me waco it gurup pingo omio wutamo ni lok ma kiwaco ni o tiyo nyo Petiyo. Iyongeye, abi kwani wu lagama me tye tiyo ka abi neno dano mene ma oyeko maber. Pe balo me nongo lagam marac pien wan tin watye kae pwonye.*
- 6** Nwo kwano yoo me 5 wek dano weng oniang maber.
- 7** Kwan lok ma ii bokci ma pinyi. Ka lutuku dong otyeko ngwec ikabedo gi, leg dano aryo me agiki kitung ryo ryo weng me waco pingo omio gin tamo ni lok man Petiyo onyo tiyo. Wek gi kare me lok.
- 8** Kwan lagam ma tiyo l loki ki piny.
- 9** Nwo yoo tic man pi lok ma ma odongi weng.



- Lapeny:** Roc bol pa coo ki Roc bol pa mon weng gengo yac ki twomogo makoboo iyoo me rwate ibutu calo, kudi two jononyo.
- Lagam:** *Lok man tiyo. Roc bolkeken en aye obedo yoo acel me gengo yac ki two mogo ma kobo I yoo me ribe ibutu calo two jonyo.*
- Lapeny:** Lacoo romo ruku Roc bol aryo onyo adek lawang acel me medo rwom me Gwoke malo.
- Lagam:** *Lok man Petiyo. Roc bol romo yec ka idodo ikom lawote. Myero itii ki Roc bolacel keken ikare weng me rwate ibutu.*
- Lapeny:** Roc bolmon medo ki Roc bolcoo romo tic ki lawang acel me medo rwom me Gwoke malo.
- Lagam:** *Lok man Petiyo. Roc bolcoo kipa mon myero pe ki tii kede lawang acel. Man romo kelo lyeto miyo yec woko.*
- Lapeny:** Roc bolpa mon tye maber tutwal.
- Lagam:** *Lagam man tiyo. Roc bolpa mon bor ne rom aroma ki pa coo ento lac. Tye maber ma donyo ikom me mon. Roc bolmon tye ma kiyubu maber ma romo donyo ikom dako mo keken ki ikom me laco mo keken. Roc bolagi pe romo rweny ii ikom dano.*

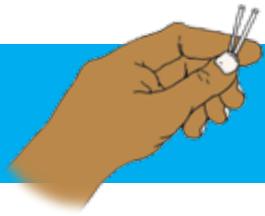
10 Nywako lok. Wek gurup ogure agura ka i peny la peny magi. Wek gi kare me nywako lagam magi ki luwotgi. Nen ni dano weng omio tam gi.



- Ngo marac ma ikwano ikom Roc bolmon medo ki pa a coo?
- Pingo omio itamo ni pire tek ki coo ki mon matino weng nongo ngec ikom yoo me gengo yac?
- In itamo ni dano I gang wu tye ki tam ango ikom roc bol me gengo yac? I tamo ni gin tye ki ngec ma opore onyo ma pe opore?
- Ka kwene ma in itamo ni dano matino mukene twero wot iye me gamo roc bol onyo me nongo ngec makwako roc bol me gengo yac?

11 Loro ne. Kwan man malongo: *Coo ki mon maro tic ki roc bol pien pe kelo adwogi mo marac ikomi ki gin otwero nongo kamaoro weng. Roc bol pa mon myero oket woko con bene pe balo rwate yooi yoo me butu. Mon maro pien mio gi kare me tic ki bene otwero tic ki labongo neno latic me yot kom. Pol pa dano ma onyome tye ki peko I kom ki roc bol. Tic ki yoo mukene me lago nywal calo yat me atuca, yat me amwonya, ki tic Roc bol obedo yoo maber tutwal me gengo yac medo ki two ma kobo I yoo memit ikin dano ma onyome.*

12 Cikke. Kwan man malongo: *Wot ii gurup ka i wac nyiny kabedo acel onyo dano acel ma twero pokolok pi nongo ngec mapol makwako Roc bol pa coo ki pa mon medo ki yoo mukene me gengo yac.*



Yat ma kikwoyo ibad mon tiyo onyo petiyo

Ngec bot latela: Tim ber inen kad ma kwako lok I kom yat ma kikwoyo ibad mon me lago nywal ma tye iyonge kad me tic pi ngec mukene makwako yoo man. Ka twere, lwong latic me yot kom wek okonyi tic ki kad man.

- 1** **Acaki.** Wac Ki dano ogure ka acel ka i kwan idwan malongo: *Tye yoo mapol me lago nywal. Wan tin wabe tuku tuku ma konyo wa niang matut lok ikom yat ma kikwoyo I bad mon pi lago nywal. Man obedo mupira mo ma romo 1-2 matitino, mayom ma kirwako i del me bad dako kun kiketo iye yat ma gengo yac. Tio maber pi mwaka 3-5. Pire tek ki mon ki coo weng me nongo ngec ikom yoo man me gengo yac.*
- 2** RKwan man malongo: Yoo mene ma wun wungeyo me gengo yac?
Mi lutuku kare mmanok me tamo ki Nywako lagam gi.
- 3** Ka dong gin tyeko miyo yoo ma padi padi, lee ked gi yoo ma kiryeo piny kama ma gin pe owaco. Yat amwonya, nyonyo ma ki keto ot nyodo, yat me atuca, Roc bolacoo ki me mon, en ma ki keto ibad mon, ngado lerp acoo/mon, doto latin ki cak kor Kiken pi dwe 6 iyonge nywal, yat ma inongo cutcut iyonge butu/ribe ki laco, bedo ma wungeyo kare ma itwero yac iye.
- 4** Yer kabedo aryo (calo, yat aryo), bor piny kin gi myero obed ma romo mita 10. Wac igurup ni kabedo acel ki lwongo ni "TIYO" mukene kilwongo ni "PETIYO". "PE ANGEYO" tye idyere.
- 5** Kwan lok man malongo: Abi kwano lok man bot wu makwako yat ma kikwoyo ibad mon. Ka itamo ni lok man obedo tiyo, ngwec kama ma ki lwongo ni "TIYO". Ka itamo ni lok man Petiyo, ngwec kama ma kilwongo ni "PETIYO". Ka pe wungeyo, bed idyere. Ka ityeko ngwec ikabedo wu, wabi kwayu wu me waco igurup pingo ma omio wutamo ni lo keno ni tiyo nyo Petiyo. Iyongeye, abi kwani wu lagama ma tiyo ka dok waneno dano mene ma oyeko maber. Pe balo me nongo lagam marac pien wan tin watye ka pwonye.
- 6** Nwo kwan yoo me 5 wek dano weng oniang maber.
- 7** Kwan lok ma ii bokci ki piny. Ka lutuku dong tyeko ngwec ikabedo gi, leg dano aryo me agiki itung ryo ryo weng me waco pingo ma omio gin tamo ni lok man obedo Petiyo onyo tiyo. Wek gi kare me dok iye kun icuku cwiny dano weng me lok.
- 8** Kwan lagam ma tiyo ma tye ka i lok man.
- 9** Nwo yoo tic man pi lok ma odongi weng.



- Lapeny:** Bulu omyero pe gu tiiki yat ma kikwoyo ibad mon me lago nywal.
- Lagam:** *Lok man Petiyo. Yat ma kikwoyo ibad mon ni tye maber pi bulu, med ki dano ma dong gunywal ki dano ma pwod pe gunywal.*
- Lapeny:** Yat ma kikwoyo ibad ni tye yat maber i kin yoo mukene me gengo nywal.
- Lagam:** *Lok man tiyo. Yat ma kikwoyo ibad tiyo maber tutwal. Tiyo maber loyo yat me amwonya ni woko, yat me atuca ki Roc bol pacoo/mon me gengo yac.*
- Lapeny:** Mon romo yac woko iyonge juku tic ki yat ma kikwoyo ibad.
- Lagam:** *Lagam man tiyo. Iyonge kwanyo yat man ki ibad, dako romo yac woko I yo kare mmanok*
- Lapeny:** Yat ma kikwoyo ibad mio latin bedo langolo.
- Lagam:** *lok man Petiyo. Ka dako oyac ma tye katic ki yat ma kikwoyo ibad, peko mo bedo pe ikom latin.*
- Lapeny:** Yat ma kikwoyo ibad romo wot ikom dako onyo romo ya woko ibad dako.
- Lagam:** *Lok man Petiyo. Yat ma kikwoyo ibad ni pe aa ikabedo kama kikwoyo iye nikwanyo ka latic me yot kom en aye okwanyo. Kare ma gin man romo cake me kato woko obedo ka ki keto marac.ka man otime, dako myero onen latic me yot kom ka oti ki yoo mukene me lago nywal.*

10 Nywako lok. Wek gurup ogure ka i kwan la peny magi. Mii ki gin kare me nywako lagam magi ki luwot gi. Nen ni dano weng omio tam gi.



- Ngo ma nyen ma ikwano ikom yat ma kikwoyo ibad mon me gengo yac?
- Pingo omio itamo ni pire tek me coo ki mon matino weng nongo ngec ikom yoo me gengo yac?
- In itamo ni dano igang wu tamo ngo ikom yat ma kikwoyo ibad mon me lago nywal? I tamo ni gin tye ki ngec ma opore?
- Ka kwene ma in ki dano matino mukene twero nongo iye ngec makwako yat ma kikwoyo ibad mon me lago nywal medo ki yoo mukene me lago nywal?

11 Loro ne. *Kwan nyig lok magi malongo: Pol mon ki coo gimaro tic ki yat akwoya pien ka dong kikwoyo pe dok mite ni kitim gin moo keken dok bene rii kadi bed ni cawa mukene kelo peki mogo ikom dako. Pire tek me lok ki latic yot kum ikit yoo ango ma mon ki coo onyo bulu matino twero tic kwede pi gengo yacu.*

12 Cikke: *Kwan nyig lok man malongo: Wot i lwala ka ipeny ngat acel acel me waci nga onyo kwene ma en eromo cito ka nongo iye ngec ilok kom yat akwaya pi gengo yacu.*

Yat ma ki mwonyo cutcut me gengo yac ma ongole atura tiyo nyo pe tiyo.

Ngec bot latela Tim ber inen kad ma kwako yat ma ki mwonyo me gengo yac ma ngole atura me lago nywal ma tye iyonge kad me tic pi ngec mukene makwako yoo man. Ka twere, lwong latic me yot kom wek okonyi tic ki kad man.

- 1** **Acaki.** Wac ki dano ogure ka acel ka I kwan idwan malongo: *Tye yoo mapol me gengo yac. Wan tin wabe tuku tuku ma konyo wa niang matut lok ikom yat ma ki mwonyo cutcut iyonge rwate l yoo me butu. Man obedo yat ma ki mwonyo l kin ninoacle me oo ii abic iyonge ribe ibutu labongo tic ki yoo ma gengo yac. Pire tek pi coo ki mon weng me bedo ki ngec ikom yoo me gengo yac.*
- 2** Kwan man idwan malongo: Yoo mene ma wun wungyeyo me gengo yac?
Mi lutuku kare mmanok me tamo ki nywako lagam gi.
- 3** Ka dong gin otyeko miyo yoo ma padi padi, lee ked gi yoo ma kki ryeyo piny ma gin pe owaco. Yat amwonya, nyonyo ma ki keto l ot nyodo, yat me atuca, Roc bol pa coo ki ki pamon, en ma ki keto ibad mon, ngado lerp a coo/mon, doto latin ki cak kor keken pi dwe 6 iyonge nywal, yat ma inongo cutcut iyonge butu/ribe ki laco, bedo ma wungyeyo kare ma wutwero yac iye.
- 4** Yer kabedo aryo (calo, te yat aryo), bo piny l kin omyero obed maromo romo mita 10. Wac ki gurup ni kabedo acel acel ki lwongo ni "TIYO" mukene "PETIYO". "PE ANGEYO" tye idyere.
- 5** Kwan lok man me aluba idwan malongo: Abi kwano lok man bot wu makwako yat ma ki mwonyo cutcut iyonge rwate i yoo me butu me lago nywal. Ka itamo ni lok man tiyo, ngwec kama ma kitye kalwongo ni "TIYO". Ka itamo ni lok man Petiyo, ngwec kama ma kitye kkalwongo ni "PETIYO". Ka pe ingeyo, bed idyere kama kicoyo nip e angeyo ni. Ka ityeko ngwec ikabedo wu, wabi kwayu wu me waco it gurup pingo omio itamo ni loki obedo tiyo nyo Petiyo. Iyongeye, abi kwani wu lagama ma tiyo ka dokneno dano mene ma oyeko maber. Pe balo me nongo lagam marac pien wan tin wa tye pwonye.
- 6** Nwo kwan yoo me 5 wek dano weng oniang maber.
- 7** Kwan lok ma ii bokci ma piny. Ka lutuku dong tyeko ngwec ikabedo gi, kwa dano aryo me agiki itung ryo ryo weng me waco pingo omio gin tamo ni lok man Petiyo onyo tiyo. Wek gi kare me dok iye kun icukucwiny dano weng me lok.
- 8** Kwan lagamma tiyo ma tye lok man.
- 9** Nwo yoo tic man pi lok ma odongi weng.



- Lapeny:** Yat ma mon mwonyo cutucutu iyonge rwate ki laco ibutu bi onyo ii dako woko ka ce en omwonyo kun dong nongo oyac woko.
- Lagam:** *Lok man Petiyo. Yat man me amwonya ni gengo tong dako me rwate ki tonglaco iyonge rwateoi YOO ME me butu. Ka dako dong oyac woko yat man pe bi juku yac ki bene pe bi kelo peko mo keken ikom latin.*
- Lapeny:** Yat man myero ki mwonyo cutucutu iyonge rwate ki laco ibutu labongo tic ki Roc bol ka wek otii maber.
- Lagam:** *Lok man tiyo. TeKi ki mwonyo yat man oyoyot iyonge rwate ki lacoi yoo me butu, yat man bene dio oyoyot pi gengo yac. Yat man gengo yac kadi pi nino ma romoma romo 5 iyonge rwate ki laco i yoo me butu.*
- Lapeny:** Mwonyo yat man pi gengo yac bimiyo dako two pi nino mo manok.
- Lagam:** *Lok man tiyo. Yat man ma ki mwonyo cutucutu iyonge rwatei yoo me butu pi gengo yacu ikare mukene miyo cwiny dako lem, wiee wire ki bene icawa mukene ngok. Remo bene twero oony ikome me monpi cabit kuluyonge mwonyo yat man.*
- Lapeny:** Yat ma ki mwonyo cutucutu iyonge rwate ki lacoi yoo me butu bi miyo mon time i yoo ma pe ber medo ki rwate ki mapol i yoo me butu.
- Lagam:** *Lok man Petiyo. Ononge ni bedo ki yat man me amwonya pi gengo yacu pe kelo alokaloka I ki pa danoo. Ento miyo mon kare mukene me gengo yac ka nongo gurwate i yoo me butu labongo tic labongo ti ki roc bol*
- Lapeny:** Yat ma ki mwonyo pi gengo yaci yoo me butu ni pe opore pi bulu.
- Lagam:** *Lok man Petiyo. Yat me gengo yacuman opore pi mon weng kun bulu bene nongo tye iye.*
- Lapeny:** Mon pe myero otii ki yat man ma ki mwonyo cutucutu iyonge rwate ki laco ibutu labongo tic ki roc bol pi tyen makato acel I I mwaka acel.
- Lagam:** *Lok man Petiyo. Yat man kitwero tic kwede ki mo keken ma dako tye kamito pi gengo yac iyonge rwate ki laco i yoo me butu labongo tic ki roc bol Kadi bed ni yoo mukene calo yat amwonya kare ki kare, yat me atuca, en ma ki keto ii ot nyodotye woko kenyo ma pol ma kiromo tic kwedgi pi gengo yacu).*

10 Nywako lok. Wek gurup ogure agura ka i kwan la peny magi. Mi gi kare me nywako lagam magi ki luwot gi. Inen ni dano weng ma omio tam gi.



- Ngo manyen ma ikwan kwano yat ma ki mwonyo cutcut me gengo yac ma ngole atura?
- Pingo omio itamo ni pire tek ki coo ki mon matino weng me nongo ngec iko yoo me gengo yac?
- In itamo ni dano igang wu tamo ngo ikom yat me ki mwonyo cutcut me gengo yac ongole atura? Tye gini ki ngec mabere iya en marac?
- Ka kwene ma in medo ki dano matino mukene twero nongo ngec makwako yat ma ki mwonyo cutcut me gengo yac ongole atura ki yoo mukene me lago nywal?

11 Loro ne. Kwan man idwan malongo: *Yat ma kiwnyo cutu cutu iyonge rwate labongo roc bol konyo me gengo yacu atura. Pire tek me ngeyo ka itwero nongo gi ki iye wek iti kwede cut cut ka irwate ibutu labongo tic ki roc bol onyo ka roc bol otye woko. Pol dano maro bedo ki yat man wek okony kace yoo me gwoke manongo gin tye ka tic kwede pe owoto maber. Pire tek me nongo ngec matut bot latic me ot yat i kom yadi magi.*

12 Cikke. Wot ikin dano ogure ka i wac nyng kabedo acel onyo dano acel ma twero lok ki gin pi nongo ngec mapol ikom yat ma ki mwonyo cutcut iyonge rwate iyoo me butu medo ki yoo mukene me gengo yac.



Doto latin ki cak kor keken pi dwe abicel tiyo nyo pe tiyo iyo me gengo nywal

- 1** **Acaki.** Wac ki dano ogure agura ka l kwan man idwan malongo: *Tye yoo mapol me gengo yac. Wan tin wabe tuku tuku acel ma pwonyo wa ikom yoo acel ma obedo doto latin. Obedo yoo me gengo yac ma mito ni dako myero odot latin ki cak me kor keken nongo latine pwod peoromo dwe 6, ki bene ni en pwod pe ocako nenodwe. Pire tek kimon ki coo weng me nongo ngec ikom yoo me gengo yac.*
- 2** Kwan man idwan malongo: Yoo mene ma wun wungyeyo me gengo yac?
Mi lutuku kare mmanok me tamo ki Nywako lagam gi.
- 3** Ka dong gin tyeko miyo yoo ma padi padi, lee ked gi yoo ma ki ryeyo piny kama ma gin pe owaco. Yat amwonya, nyonyo ma ki keto ot nyodo, yat me atuca, Roc bolacoo ki me mon, en ma ki keto ibad mon, ngedo ler acoo/mon, doto latin ki cak kor Kiken pi dwe 6 iyonge nywal, yat ma inongo cutcut iyonge butu/ribe ki laco, bedo ma wungyeyo kare ma itwero yac iye.
- 4** Yer kabedo aryo (calo, yat aryo), yi kin gi myero obed ma romoma romo mita 10. Wac igurup ni kabedo acel ki lwongo ni "TIYO" en mukene ca obedo "PETIYO". "PE ANGEYO" abedo idyere.
- 5** Kwan lok man idwan malongo: Abi kwano lok man bot wu ikom dot. Ka itamo ni lok man obedo tiyo, ngwec kama ma tye kalwongo ni "TIYO". Ka itamo ni lok man obedo Petiyo, ngwec kama ma tye kalwongo ni "PETIYO". Ka pe wungyeyo, bed idyere kama. Ka ityeko ngwec ikabedo wu, abi kwayu wu me waco igurup pingo ma omio itamo ni lwoko obedo tiyo nyo Petiyo. Iyongeye, abi kwani wu lagama me tye tiyo ka ate neno dano mene ma onongo tye tiyo. Pe balo me nongo lagam marac pien wan tin tye kama me pwonye.
- 6** Nwo kwan yoo me 5 wek dano weng oniang maber.
- 7** Kwan lok ma acel ii bokci ki piny. Ka lutuku dong otyeko ngwec ikabedo gi, leg dano aryo me agiki itung ryo ryo weng me waco pingo omio gin tamo ni lok man Petiyo onyo tiyo. Wek gi kare me dok iye kun icuk cwiny dano mapol me lok.
- 8** Kwan lagam me tiyo ka i lok man.
- 9** Nwo yoo tic man pi lok ma odong.



- Lapeny:** Doto cak keken obedo ni, pe tye dekoror keken onyo gin amato mo ma kitye kamiyo ki latin.
Lagam: *Lok ma tye tiyo. Pi gengo yac mukene, pe iromoo miyo latin gin mo mukene mapat kicak kor. Ka itimo, myero inong yoo mukene me tic pigengo yac.*
- Lapeny:** Doto latin ki cak kor keken pi mwaki aryo gengo yac mukene.
Lagam: *Lok man Petiyo. Doto latin ki cak keken gengo yac ka tin pwod pe oromo dwe 6. Ber bene me miyo latin cam mukene iyonge dwe 6 me doto latin ki cak keken.*
- Lapeny:** Doto latin ki cak keken pi dwe 6 bi tic me gengo yac ka toto latin pwod pe ya ocako tiyo two dwe mere iyonge nywal.
Lagam: *Lok man tye tiyo. Ka min ocako tiyo two dwe mere omyero tii ki yoo mukene macalo nyonyo ki keto ii ot nyodo, yat kikwoyoyo ibad, yat me atuca, onyo Roc bolme gengo yac mukene.*
- Lapeny:** Dako myero ocak dot cutcut iyonge nywalo latin me gengo yac.
Lagam: *Lok man tye tiyo. Ka dako pe ocako dot cutcut, en romo miyo latin cam mukene woko ma nyuto ni dong pe romo tic ki yoo me dot me gengo yac.*

10 Nywako lok. Wek gurup ogure agura ka i kwan la peny magi. Yeyi gi me Nywako lok ikom lagam gi ki owate gi. Nen ni dano weng tye lok.

- Ngo manyen ma ikwan ikom doto cak kor pi dwe 6 labongo cam mo keken?
- Pingo ma omio itamo ni pire tek me coo ki mon matino weng nongo ngec iko yoo me gengo yac?
- In itamo ni dano igang wu tamo ni ngo ikom doto cak kor pi dwe 6 labongo cam mo keken? Tye gini ki ngec maber ya en maracere?
- Ka kwene ma in medo ki dano matino mukene twero nongo ngec makwako doto cak kor pi dwe 6 labongo cam mo keken? Medo ki yoo mukene me lago nywal?

11 Loro ne. Kwan man idwan malongo: *Mon mapol ki dano ma onyome maro gini tic ki yoo me doto latin keken pi dwe 6 labongo miyo cam mo keken pi acaki me dwe 6 ikwo pa lutino gi pien nongo tiyo maber, labongo kit peko mo keken, pe mito gin mo keken ma bene ye ki dako me dot pien ber pi kome ki latine. Ento, tiyo keken pi gengo yac ka ce latin tye kadoto cak keken mapat ki gin mo mukene; nongo dako pwod pe ocako neno dwe mere; ka latin pwod pe oo dwe 6. Pire tek me lok ki latic me yot kom ikom yoome gengo yac ma iromoo tic ki iyonge dwe 6 opore pi yot kom me kuro pi mwaka aryo ma pwod pe ya otemo yac mukene. Tye yoo mukene me gengo yac ma dako romo tic kwedeka tye kadoto latin ka pe romo tic ki dot latin keken onyo ka ocako neon dwe mere.*

12 Cikke. Kwan man idwan malongo: *Wot ii gurup ka i wac nyiny kabedo acel onyo dano acel ma twero lok ki ginpi nongo ngec mapol makwako yoo me gengo yac.*

Neno dano marom aroma

1
Cawa

Yero la peny pi kabedo na me kare me ayim

- 1 **Acaki.** Wac igurup ogure ka i kwan man idwan malongo: *Tin ni wan wabiloko lok ikom tic ma padi padi ma coo ki mon romotiyo.*
- 2 Pok ii gurup matino tino, dano adek adek onyo angwen angwen ma adek onyo angwen (3-4).
- 3 Kwan jami me aluba idwan malongo: *I kare ma okato angec, onongo tye tic mogo ma coo keken en ma tiyo ki en mukene ma mon en ma tiyo. Labole, in pe ibi nongo dako momacato wil atitidi onyo laco ma tye agwoko lutino. Kum bedi dong jami oloke dok inongo coo ki mon dong tye ka timo tic mapadi padi ma padi padi bene man dong tye kabedo gin ma tiyo. Tin ni amito ni i wot ii kin gang ka i nongo dano abic ma yee ni mon twero cato wil matitino ki coo romo gwoko lutino. Nen ka iromoo nongo coo ki mon, dano matino ki dano madongo ma yee lok man. Peny gi pi ngo gin winyo kit meno. Dwog cen ii dakika 20 kadi bed pwodpe inongo dano abic weng.*
- 4 Nwo kwan jami me aluba i yoo 3 me wek dano oniang maber.
- 5 Wek dano weng woti ii kii kin gang ka i poyo wii gi me dwogocen inge dakika 20.
- 6 Ka gin dong odwogo, Wac ki gi me ogure ii gurup.
- 7 Peny dano gurup me waco gin ango ma gin opwonyo. Tem matek me miyo lutuku weng me waco nga ma gin lwoko ki ngo ma dano owaco ikom coo ki mon ma pe tye atio tic me paco gi.



8

Nywako lok. Ka dong gin weng tye, peny la peny magi. Wek gurup cawa me tamo ki laro lagam gi. Tem ka iko me nene ni coo ki mon weng odok ii la peny magi.

- In iwinyo ni ngo ikom lagam ma inongo ibot lwak igang makwako ka dako twero cato wil atitino nyo laco romo gwoko lutino?
- Nwo apokapoka ii kin gin ma mon owaco ki gin ma coo owaco?
- Nwo apokapoka i kin gin ma dano matino owaco ki gin ma dano madongo owaco?
- In I ngeyo dano igang ma tiyo tic ma pe rwate ki bedo laco onyo dako?
- Ngo ma in itamo ni twero bedo maber ki coo ki mon me tiyo tic mo keken ma nongo gin tye kamito tiyo, ki pa acoo onyo mon?

9

Loro ne. Kwan man idwan malongo: *Kare dong olokere woko. Aman dong mon tiyo pola tic ma yam coo keken en ma tiyo ki coo dong aman, tiyo pola tic ma yam mon keken ena nongo tiyo. Gin pwod tye ki wat maber, kuc, ki yot kom igang gi. Macalo in itamo pi anyim mi, poyo ni myero pe iwek lewic omaki ni pien ibedo laco onyo dako.*

10

Cikke. Kwan man idwan malongo: *Wot ikin gurup ka i wac tic ango ma in itye kamito tiyo ikare me anyim.*



Bed oteka

30
Dakika

Tam pi lutino na

- 1 **Acaki.** Wac ki gurup ogure ka i kwan man idwan malongo: *Tin ni wan wabe lok ikom miyo kony bot lutino wa me miyo tam gi.*
- 2 Kwan waraga man bot gurup:

Bot wego,

Kong imiya tam. Icawa weng, wod wa bedo kakoko, cvara temo juke me weko koko. Temo juke weko en bedo malwor dok bene weko cwinye bedo makec pi dyer wor weng. Pwod pe abedo ki kare me lok kwede pi ngo en bedo ka kok, dok ngo ma tye kayele. Onongo amito ni awac ki woda ni pe opore ki en me koko ki me waca ngo ma omiyo en tye kakoko. Ka an atwero konye me miyo cwinye bedo mayom kicel mo. Cvara kikome pe yee ni awobe myero kukoki. Atim dong ngo?

Achieng

- 3 Nwo kwano waraga man.



4

Nywako lok. Peny gurup ki la peny magi. Wek kare igurup me nywako lagam gi ikom la peny acel acel ma pwod pe iwoto ii la peny mukene.



- In inongo ni pire tek ki lutino me waco peko gi bot lunywal gi? Wek lagam mi.
- Dano mapol tamo ni awobe myero pe okoki onyo lok miti gi. In itamo ni ngo iye?
- Pingo itamo ni pire tek ki lutino me miyo tam gi, kadi me tic ki koko?
- Iromo miyo Aceng tam ni ngo, dako ma ocoyo warag ma akwani wu ni ka nongo ibedo lamin wone (wayo ne)?

5

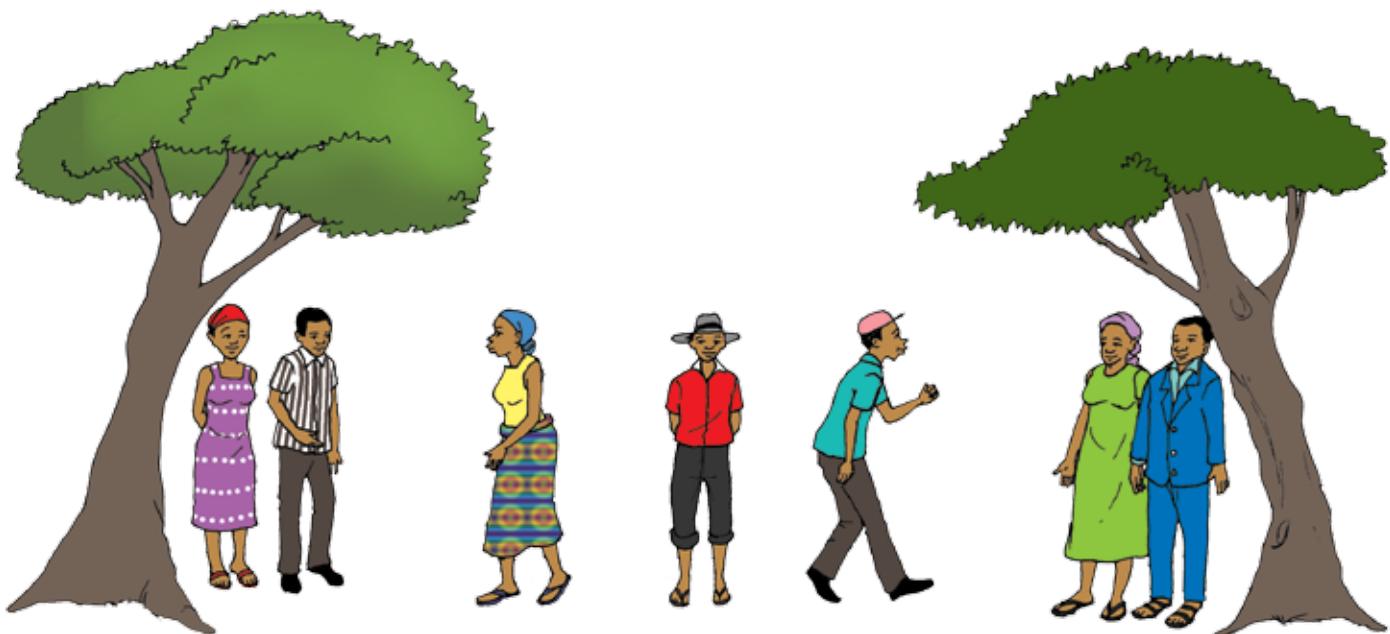
Loro ne. Kwan man idwan malongo: *Kadi bed ni itye ki lutino man onyo ibi nongo ii anyim, pire tek me in tamo ngo ma in itye kamito pwonyo gi ki, kit i ma imiti gin odong kwede. Gin ma pire tek ma lunywal myero pwonyo ki lutino gi obedo Kit tito tam gi. Lutino anyira ki awobe myero gungee maber me lok ikom peko gi, macalo waco ka cwiny gi yom onyo pe yom. Man bi konyo gi me Gwoke ikom tam gi maracu, ki okonyi me pwonyo gi labongo gero ki lut.*

6

Cikke. Kwan man idwan malongo: *Wot i gurup ka i cak nying latin mo, twero bedo meri onyo me angatoro keken ma in iromo danole ka i lok ki me diyo cwinye ka tye ki peko ma padi padi.*

Tuku ikom tic pa coo ki pa mon

- 1** **Acaki.** Lok gurup idwan malongo: *Tin ni wan wabe lok ikom gin ma obedo bedo laco onyo dako.*
- 2** Yer kabede aryo (calo yat aryo,) ma kin gi opoke ma romo mita 10. Wac igurup ni kabedo acel wabe lwongo ni "COO" en mukene ca wabe lwongo ni "MON" yer kaka noro ma pwoko ii Kii Kin gi arom, itye lwongo ni "COO KI MON."
- 3** Kwan gin aluba magi idwan malongo: *Abi waco nyig lok acel. Amito ni ingwec wunu ikabedo ma itamo ni nyig lok ma an awaco no nonge Labole calo, ka awaco ni "mege", ngwec wunu kama watye kalwongo ni mon pien mon keken en ma twero bedo mego. Ka awaco ni bor, ka i tamo wunu ni coo ki mon weng bedo aboco nongo myero ingwec wunu kama ma tye kalwongo ni "COO KI MON".*
- 4** Nwo kwan yoo tic me 3 me wek weng oniang maber.
- 5** Kwan nyig lok me acel ikin jami ma kiryeo piny.
- 6** Ka dano weng dong otyeko ngwec ikabede magi, peny lutuku aryo aryo ii gurup weng ngo ma miyo gin oyero kaka ma gin tye iye ni. cuk cwiny lutuku mukene ni me nywako ki Nywako tam ka acel.
- 7** Ka dong gin tyeko nywako tam, nwo kwan yoo tico pi nyig lok ma pwod odong.
- 8** Nwo yoo tic no pi nyig lok ma tye ki ryeyo piny.



NYIG LOK MA KI RYEYO

Tek	Pe agen	Lamok- tam
Lakub lok maber	Abili	Maro
Lapwony	Gwoko lutino	Daktar
Tedo	Bedo ki cente madwong	Langolkop
Latel wi paco	Ger	

9

Nywako lok. Ka dong ityeko, lok lutuku ogure agura ka i penyo la peny magi. Wek gi kare me gamo ma pwod pe iwaco ii la peny mukene.

- Coc mene ma malo kenyo ma poko ne tye tek ka tye ka tito kit mon onyo kit coo?
- Pol dano tamo ni coo keke en aye tek, ryek, gulony ,gimoko tam ipaco ki dok ni mon keken en aye twero tedo ki kubu lok maber.Wun wutamo ningko ikom tam magi?
- Laco ki kome twero bedo dano maparo pi dano dok lakica? Dako kikome twero moko tam ma pir gi tegu pi paco ne? pingo igamo lapeny man kit ma igamo kwede ni?
- Ka lamero matidi onyo lamaru owacu ni en emitio donyo ii abili, ci ibe waco ire ning?

10

Loro ne. Kwan man idwan malongo: *I kare mukene, dano ma ipaco tamo ni wan myero watim jami mukene pien wan wabedo coo onyo mon. Ento, wii bi bale ka inongo ni coo ki mon weng twero tiyo tic marom aroma. Calo coo ki mon weng twero bedo makom gi tek, ager, aryek, matek, aparo pi dano ki ayomo ii dano. Coo ki mon weng twero bedo abili, ocwer bao, otedo medo ki ocat icuk.*

11

Cikke. Kwan man idwan malongo: *Wot I kini gurup weng ka i wac wa ngo ma in itwero timo icawa ni onyo ka dong idongo, wek dano macalo in laco onyo dako pe dok nongo timo. Calo in awobi onyo imito temo tedo, in nyako onyo imito temo kwayo dyeng. Tem tamo ngo mukene me awaca pien an dong akonyo wu woko me tamo.*

Bed oteka

30
Dakika

Advice about loving our children

- 1** **Acaki.** Lok igurup me ogure kare acel ka i kwan lok man idwan malongo: Tin wan wabe lok ikom kit i me nyutu lutino wa kit maber ki bedo anwol.
- 2** Kwan waraga man bot gurup:

Bot nero na Ebong,

Kadi be ni wego dong otoo, onongo atye kamito penyí ki la peny man. Wora onongo mara? En onongo pe tero wa iyo ma nyutu ni en maro wa. Man oweka pe wabedo ki kare me mako larem ki en. Atye ki niye ni en onongo mara ento keken aparo tutwl ka onongo en onyuta mar mere. Kit ma dong an bene atye ki latin mamega ni, abi nyute mar. Tim ber ikonya,

Atubo

- 3** Nwo kwano waraga man.



4 **Nywako lok.** Peny la peny magi bot gurup. Wek gi kare me tamo ki gamo la peny. Cuk cwiny lutuku ma padi padi me lok wek dano weng obed kikare me miyo lagam gi.



- Tam ango ma itwero miyo ki Atubo ikite me nyutu ki wode ni en emare?
- Lunyodo ni gunyutu ningi boti ni gin gi pare piri i kare ma itye kadongo adonga?
- Lunyodo myero gubed ki lutino gi ningi? calo Atubo kece calo won Atubo?

5 **Loro ne.** Kwan man idwan malongo: *Tye yoo mapol me nyuti lutino ni ni in iparo pi gi. Jami calo kwako kor gi, doto lem gi, nyero ki tuku twero kelo alokaloka madwong ikwo pa latin ni. Pire bene tek me lok ked gi wang kiwang, Wac ki gi ni in iparo pi gi ki pwonyo gi kun kato ilok me kaka pwodo gi. Wego ki mego ma nyuti lutino gi mwolo, obedo lunywal matek.*

6 **Cikke.** Kwan man idwan malongo: *Wot i lawala ma dano oguru ka iwac gin owac jami acel acel ma gin obitimo me nyutu ki lutino gi ni gin giparo pir gi.*

Tuku goga i kum mat maber

- 1** **Acaki.** Wac Ki gurup ogure ka i kwan woko malongo: Tin ni, wan wabe lok ikom yoo ango ma wan myero wajuk mato kongo ki mato kongo i yoo maber ka nongo dong wa oo mwaka 18.
- 2** Kwan man woko idwan malongo: Itamo ni mat i yoo maber tyen loke ni ngo? Wek lutuku dakika manonok me nywako tam pi lagam gi.
- 3** Kwan man woko idwan malongo: Mat iyoo maber te loke ni ka awaco ni imato kongo, myero inen ni pe imato kongo madwong. Romo bedo marac me mato kongo madwong pien romo weko moko tam marac calo rwate ibutu labongo roc bol, lweny ki wano komi onyo dano mukene. In pe imat kongo nikwanyo ka ioo mwaka 18.
- 4** Pok ii gurup lutuku aryo, Gurup 1 ki Gurup 2.
- 5** Kwan gin me aluba woko idwan malongo: *Gurup 1, kong igo ni in itye igurup me tuku goga, kun dano ma wun wutye katuko ii gi obedo bulu ma mwaka gi pwod pe oromo mwaka 18. Yubtuku goga ma pwonyo gi ikom peko matime ka dano omato kongo madwong ki pingo bulu myero pe omat kongo nikwanyo ka gu oo mwaka 18. Gurup 2, kong igo ni in ibedo lawer ma itye inyim dano madongo. Yubwer ki myel lapwony dano Kit ma myero gumat ki kongo i yoo maber ka gu oo mwaka 18.*
- 6** Kwan gin me aluba i yoo 4 wek dano weng oniang.
- 7** Wac ki lutuku dong guacak. Wek ki gin dakika 20 me yubu tuku goga gi ki wer.
- 8** Ka gin dong oyube me cako tuku, Wac ki lutuku me gure odoco.
- 9** Wac ki gurup me 1 me tuku tuku goga gi.
- 10** Ka dong gin otyeko woko, Wac ki gurup me 2 ower wer ka gumyel myel.



11 Nywako lok. Peny gurup ki la peny magi ka i wek dano weng ogam.

- Dano mukene waco ni ‘coo kikome’ mato kongo? In itamo ni ngo ikom loki?
- Itamo ni ngo ikom tam ni ber ki coo mato kongo ento pe mon?
- Ngo matime ka dano mato kongo kato wa lapbyel kweri?
- Itamo ni kongo twero bedo marom ki gero onyo rwate ibutu labongo tic ki Roc bol ipaco wu?
- Yoo ango ma iromo konyo ki luwoti me mato kongo iyoo maber onyo dong pe mato kongo matwal?

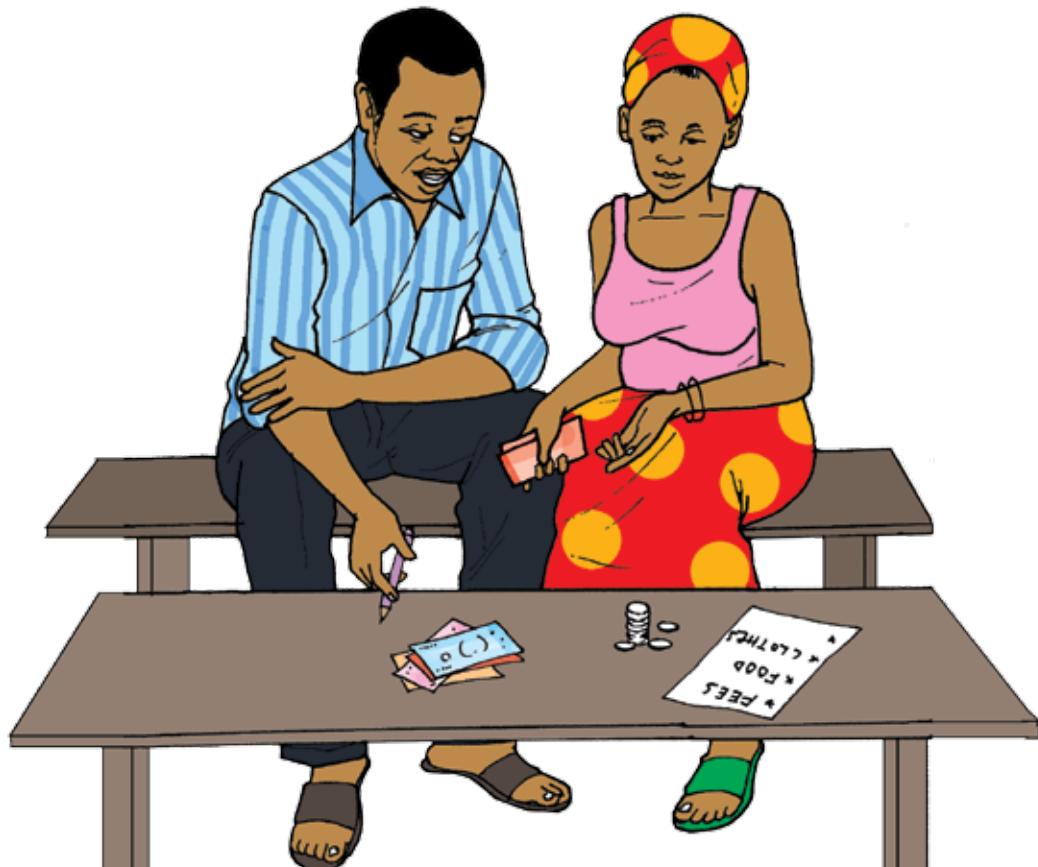
12 Loro ne. Kwan man idwan malongo: *Mato kongo madwong mio komi pe bedo mayot, gero ki peko ikin mar. Romo bene wek rwate ibutu labongo roc bol. Ka coo ki mon tiyo ki cente ikom kongo, gin pe bedo ki cente me wilo cam, culu kwan ki wilo jami ii ot. Laco matek obedo laco ma pe mato kongo madwong, konyo ture ki woro mon.*

13 Cikke. Kwan man idwan malongo: *Wot i kin gurup ka l wac ki gin tic acel ma in itwero timo me yomo cwyiny ki galo wang ki owoto ka mato kongo. Kub wii lok man, ‘ka mato kongo’, abi. Calo, itwero waco ni, kamato kongo’, awoto kagweyo odilo’ Kit ma dong aweko wu labole me ni, wun wuromo tamo wunu jami ma pat me atima ma weko ibedo labongo mato kongo?*

Neno dano marom aroma

Miyo tam ikom moko tam

- 1 **Acaki.** Wek gurup ogure agura ka i kwan man idwan malongo: *Tin ni wan wabe lok ikom kit ma dano ma onyome myero omok ki tam gi l kit me tic ki cente.*
- 2 Pok igurup matino tino ma romo dano 3-4, mon ki coo.
- 3 Kwan gin me aluba magi: *Wac lok makwako kit ma dano ma onyome myero omok ki tam gi l kum tic ki cente. Igurup wu, amito ni onywak yoo anga ma wun oromo moko ki tam ki ngo ma wun oromo timo ni. Myero ibin wunu ki tam acel. Ka apenyo wu me Nywako ngo ma wun wu lokowunu pi moko tam wu.*
- 4 Kwan yoo me acel ibokci ki piny.
- 5 Wek gurup dakika 5 me Nywako ki luwot gi.
- 6 Iyoo nge dakika 5, wek gurup odwog cen ka gugure.
- 7 Peny gurup me nywako tam gi acel acel. Penykit ma gin oo kwede l tam ma gin omoko ni.
- 8 Ka dong gin otyeko, kwan yoo me aryo wek gurup olee tam odoco. Tim dok gin aceli i yoo me adek.



Yoo me 1: Paco ma tye iye lutino adek, anyira aryo mwaka gi tye 15 ki 12 ki awobi mwaka mere tye 9. Kot madwong olwoko gin apura gi ki gin me acata ikare ni. Gin gu be culo latin acel keken idwe manyen, myero dong gutim dong ngo?

Yoo me 2: Ipaco acel, laco mito gwoko cente me wilo lela wek iwot icuk con. Dako bene niang ber pagwoko cente ento tye kamito wilo bongo manyen me kwan pa lutino. Dong myero joni otim gin ango?

Yoo me 3: Dano ma onyome myero oyer ka dako myero owot icuk nino ki nino ka cato jami onyo wot ka tic ipoto wek cam obed ipaco gi. Myero dong gu tim dong ngo?

9 **Nywako lok.** Ka dong ityeko, peny gurup ki la peny magi.

- Wunongo yot onyo tek me moko macalo gurup ikom kit me cobo peko man? Tit ngo ma wunongo yot ki ngo wunongo tek?
- Ka nongo wutye ki tam ma pat pat, wuttyero moko tam maber pi wun weng ningin?
- Yoo ma mene mayot me oo itam man ka itye kamoko tam matek?
- Itamo ni pore pi dano ma onyome me moko tam ka acel iyoo me tic ki cente?
- Itamo ni ber pi dano ma onyome me moko tam kare acel pi lok kom cente? Lok ii lagami.

10 **Loro ne.** Kwan man idwan malongo: *Ber pi dano ma onyome me moko tam ka acel ikit me tic ki cente pien ginweng tye ki tic me gwoko paco gi. Ber bene me bedo ki ngat mukene me konyo wu ikare me moko tam ma tye Oteka. Yoo maber me moko tam matek obedo me lok kacel wang ki wang, ki nongo pa luwoti ni ki dano adongo ka twere. Dano matek ma ma onyome obedo dano lwoko maber dok ote yee Kit i me gwoko paco gi.*

11 **Cikke.** Kwan man idwan malongo: *Wot igurup ka nongo lawoti onyo dano madwong ma itamo ni in ki lawoti romo wot ka acel bote me konyo wun pi moko tam.*

Moko tam i lok ma dok ikom yotkum me nyodo twere onyo pe twere

- 1** **Acaki.** Wek dano ogure i lawala ci ikwan coc man malongo: Tin wabi loko lok kum moko tam ilok ma dok kom yacu, lutino ki yot kom.
- 2** Yer kabede aryo (calo, yat aryo), kin gi myero opoke maromo ma romoma romo mita 10. Wac Ki gurup ni kabedo acel kilwongo ni "AYEE" ka en mukene ci kilwongo ni "PE AYEE".
- 3** Kwan gin me aluba magi: *An abi kwano lok. Ka in iyee i lok man, amito ni ingweci kama tye kilwongo "ayee". Ka in pe iyee ikom lok man ngwec kama tye kilwongo ni "pe aye". Abi dong penyo wu pingo ma omio wuyee onyo pe oyee wunu l kom lok man.*
- 4** Nwo kwan gin me aluba yoo me 3 wek dano weng oniang maber.
- 5** Kwan nyig lok me acel ii bokci ki pinyi malongo.
- 6** Ka weng dong otyeko ngwec woko ikabedo gi, peny dano aryo aryo i gurup weng me waco pingo omio gin oyee onyo pe oyee. Cuku cwiny dano mapol me nywako ki Nywako lagam gi i kin gi.
- 7** Ka dano weng dong otyeko ngwec woko ikabede gi, peny dano aryo aryo i gurup weng me waco pingo omio gin oyee onyo pe oyee. Cuk cwiny dano mapol me nywako ki nywako tam ikom lagam gi i Kin gi.



- Lok 1:** Dako pe obedo dako kikome ni kwanyo ka dong onywalo latin.
- Lok 2:** Laco pe wabe woro ii paco ni kwanyo ka en dong odoko wego.
- Lok 3:** Pire tek me kuru pi kare ma romo mwaka aryo iyonge nywalo latin me ace l ma pwod pe itamo pi yac pi latin me aryo.
- Lok 4:** Laco keken en aye myero omok tam ikom awene ma myero ki tii kede yoo me lago nywal kede awene amyero otem me yac kede.
- Lok 5:** Ka dako pe onywalo latin inge mwaka ma onyome iye, nongo peko momo tye ikome.
- Lok 6:** Obedo tic pa mon keken me gengo yac.

8

Nywako lok. Kwan la peny magi woko idwan malongo bot gurup.

- Ngo mamiyo dano mukene tamo ni myero ibed ki latin me bedo laco onyo dako?
- Itamo ni pire tek pi dano ma onyome me tic ki yat me lago nywal? Pingo opore onyo pe opore?
- Dano waco ngo ikom dano ma onyome ento nongo pwod pe ki latin I yonge mwaka inyom gi?
- Tek onyo yot marom mene ki dano matino ma onyome me lok ikom awene me nongo latin?
- Kare mene ma opore ki dano ma onyome me cako lok ikom lok me nywalo lutino?

9

Loro ne. Kwan man idwan malongo: *Tam l kum awene me nongo lutino, kare me nywal, ki wel lutino ma myero ibed kede pire tek bene dano ma onyome omok ka acel. Ber pi min ki latin ka dano ma onyome kuro ni oo ka dako tye mwaka ma romo 18 kun nongo tye atera me nywalo latin me acel. Myero bene gin dok okur pi mwaka aryo mukene ma pwod pe dok guyac pi nongo latin me aryo.*

10

Cikke: Kwan man idwan malongo: *Wot igurup ka i waco gin acel ma ipwonyo tin ma ibi nywako ki dano mukene icabiti.*

Kwo ma rom rom

45
Dakika

Bedo ikwo maber i kin dano ma onyomo twere nyo pe twere

- 1** **Acaki.** Wac ki gurup me gure ka i kwan man woko malongo: Tin ni wan wabe loko ikom gero I kin luwotwa ki kwo maber I kan wa.
- 2** Yer kabedo aryo (calo te yadi aryo), kin gi omyero obed ma romo mita 10. Wac ki gurup ni ka bedo acel kilwongo ni "OYEE" ka en mukene ca wabe lwongo ni " PEE OYEE".
- 3** Kwan gin ma myero ki lub: An abi kwano nyig lok. Ka iyee wunu nyig lok man, amito ni wu ngwec wunu ka bedo me "oyee" Ka in pe I yee ikom nyig lok man ngweci'i kabedo me "pee oyee". An dok abi penyo wu me titi wan ngo ma la peny owaco ma omio iyee nyo pe iyee ikom nyig lok magi.
- 4** Nwo kwano gin ma myero kilub me 3 wek dano weng oniang.
- 5** Kwan nyig lok nama acel ma tye ibokci ki pinyi malongo.
- 6** Ka ma dong dano weng ongweco woko ikabedo gi, peny dano aryo igurup magi, dano aryo aryo ni weng myero owek inge ngo ma omio gin okwanyo ka bedo magi. Cuk cwiny lutuku me nywako tam gi ki nywako lok i Kin gi.
- 7** Ka dong gin otyeko gini, kwan nyig lok magi ma tye i bokci ki pinyi acel acel kun imio gi cawa me ngwec dok ikabedo gi wek oniang dano i lagamma gi.



- Yoo me 1:** Tye kare mukene ma dako omyero ki pwod?.
- Yoo me 2:** Laco mito dako mukene kadi bed ni winye maber tye I kin gi ki dako ne?.
- Yoo me 3:** Pe balo ka laco opwodo dako mere ka en dako o butu piny?
- Yoo me4 :** Gero pe tye pwod keken . Tic ki dwan mamalo me gero onyo waco lok mawango ii dano bene tye tim gero.
- Yoo me 5:** Pe balo ki laco me diyo dako I butu ka dako obed omege?.

8

Nywako lok. Ka gin dong otyeko, peny la peny magi. Mii cawa bott lutuku me tamo ki nywako lagam ki dano igurup ma pwod in itye ka neno lagam mukene.



- Nyo inongo tek me gamo lok ma kipenyo ni?
- Itamo ni bedo ikin dako ki laco twero bedo maber onyo ki yom cwiny ka lweny onyo dic me rwate ibutu tye? niang dano ki lagami.
- Dano mene ma wun wungeyo ikwoo wu ma tye ka kwo kwo maber ki yom cwiny I ot ki I kin pacu wu? Pingo itamo ni gin tye I kwo maber ki mar?
- Ka ngat moo pe tye ki kwo maber I nyome, calo gero onyo en ma weko en cwero cwyinye tutwal, laco onyo dako eno ni romo nongo kony ki kwene?
- Ka itye ka dongo kun itamo pi anyimi, imito ni kwo me ot meg i obed ning ning?

9

Loro ne. Kwan man idwan malongo: *Bedo iot maber tye i kin joo aryo ma gin gene, dok giwore bene ikingi, bene ginywako tam kachel. Bedo I ot ma tye ki gero pe ber. Man obed oot ma tye ki jami calo lweny, waco jami ma wango ii dano ki dic me rwate I butu. Gero me ot bene obed oot turu twero ma weko yom cwiny bedo peke I ot. Ber tutwal me nongo joo madong dongo me lok kwedi ka itye ka kato I kit kwo man. Otego me lok ki ka itye kakato ikodi kwo man.*

10

Cikke. Kwan man woko idwan malongo: *Woti i kin dano ma ogure ka tucu dano acel ma otegi ma iromo lok kwedgi ka itye kanongo gero ioti onyo lawoti ma bene tye kakato itim me gero ma imito konyo ne.*

Kad me tic pa OTEKA

Kad me tito lok ada

Pi bulu matino (Mwaka 10-14)

Kad me lok man tye ki ngec i kom:

Cal pa lacoo manyuto alokaloka ikome ikare me dongo ne

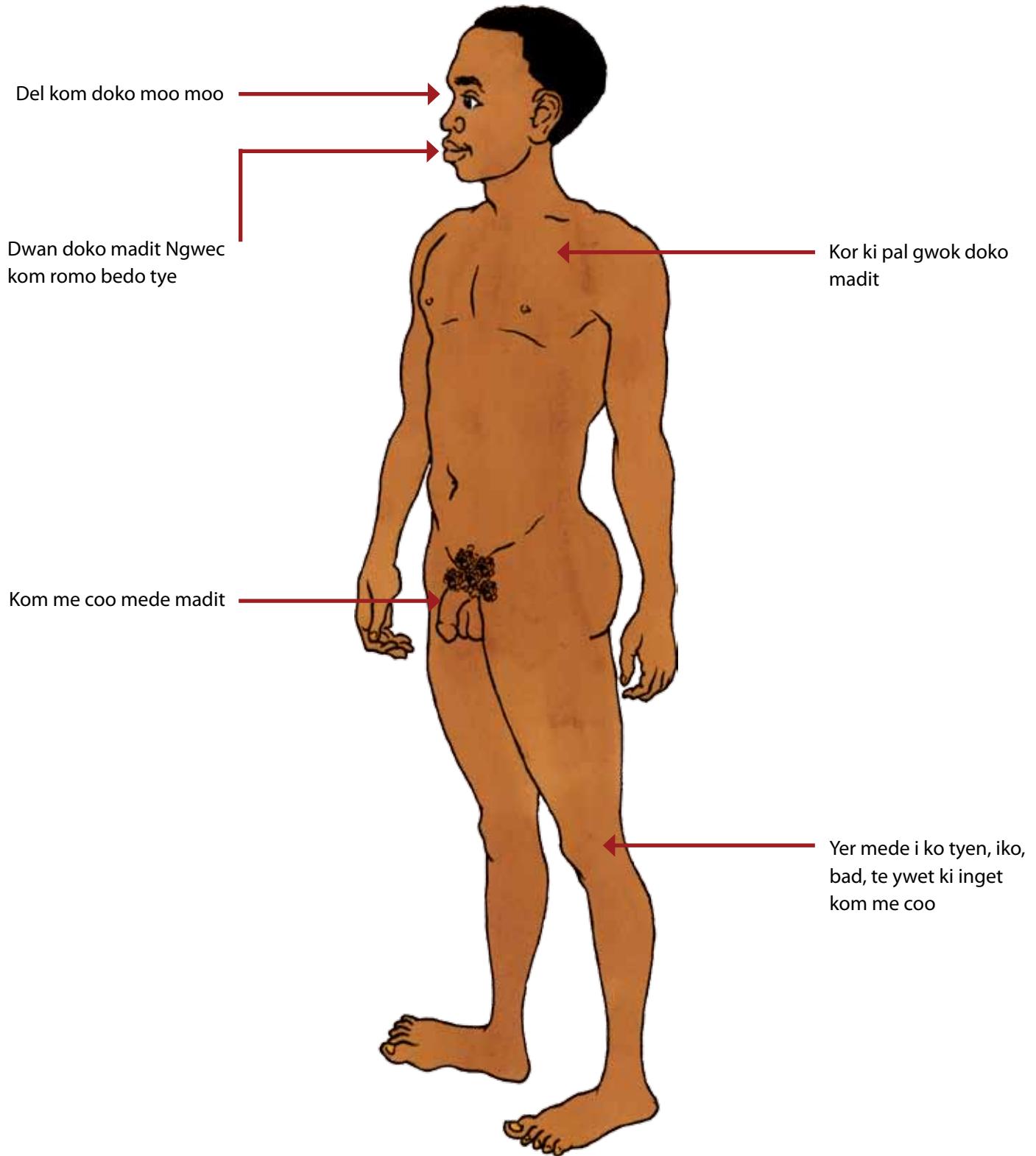
Cal pa dako manyuto alokaloka ikome ikare me dongo ne

Lapeny ma ki maro penyo ki lagam gi



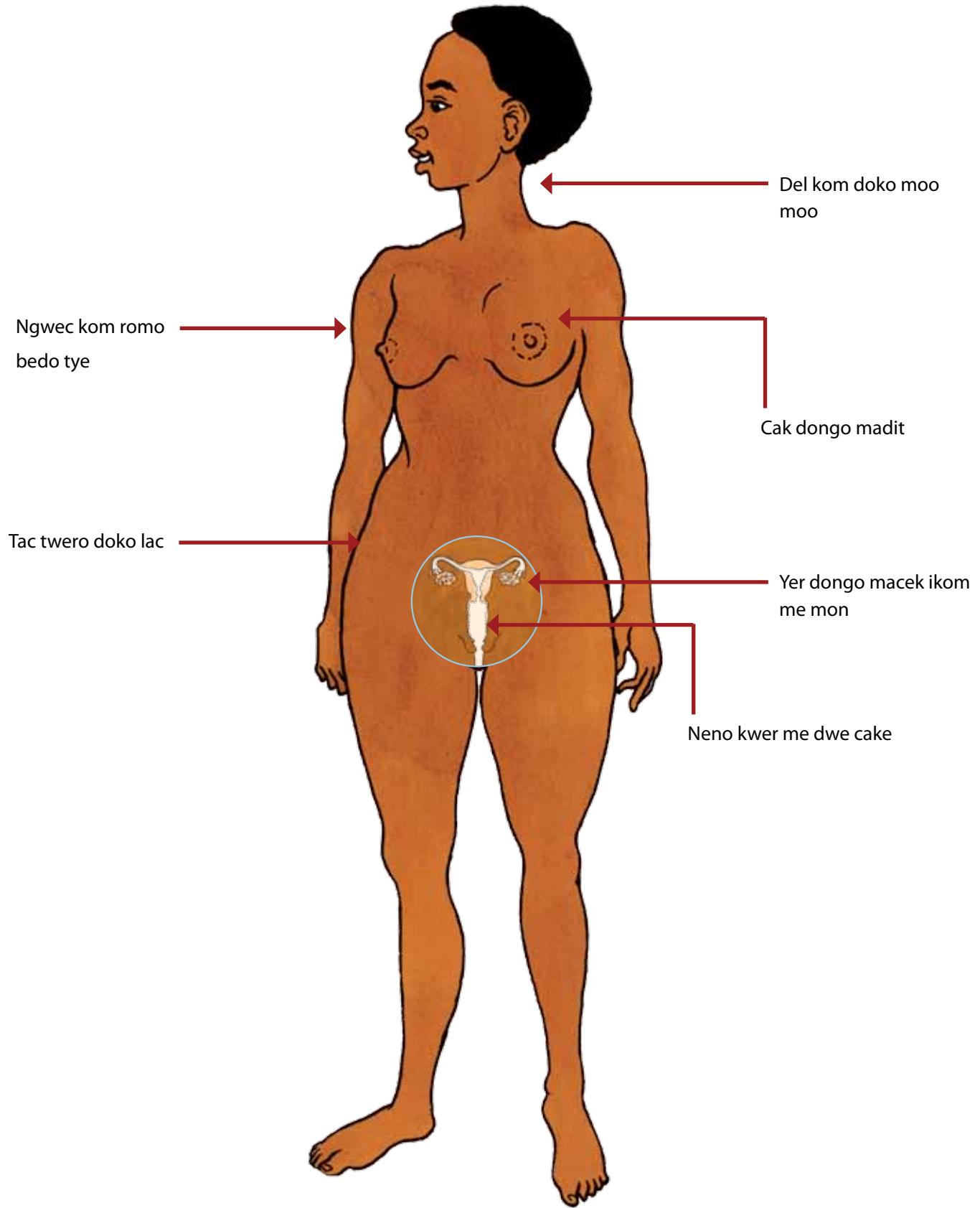
Cal pa lacoo

Myero otii kwede i Kad me tic pi bulu me mwaka 10-14



Cal pa dako

Myero ki tii ki Kad me tic pi bulu me mwaka 10-14



Lapeny ma ki maro penyo ki Lagam gi

Tegi obedo gin ango?

Tegi obedo kare ma lutino pe dong gitye lutino matino dok bene pe gitye jo madongo. Ikare me tegi, dul kom mapat pat pa awobeki anyira bedo ki aloka-aloka ma nyute-kom gi dongo madito dok maboco, nyim gin tegi ka dok yee pol kare cako dongo i kabedo mukene ma ikom gi. Ikare me tegi, nyako kome lokke bedo atera me yac ka latin awobi bene lokke bedo ki kero me yaco nyako.

I kare mene ma awobi ki anyaka donyo ki kare man me tegi pa kom?

Tegi aye kare ma aloka-aloka nen i dul kom lutino ma nongo gitye kadongo me doko jo madito. Anyira pol kare aloka-aloka cako time ikomgi con loyo awobe. Pol anyira aloka-aloka cako nen i dul komgi ka gitye ikine ka mwaka 8-13, ki awobe cako neno aloka aloka ka gitye ikine ka mwaka 10-15. Romo bedo con onyo romo bene lacen. Ngat man tye pat manok ki lawote, pi meno, ngat acel-acel donyo i tegi ikare ne kene. Aloka-loka i tam ki kom mede ki time nioo wa ikine me mwaka 19 onyo 20.

Obedo gin ma time pi awobe ki anyira mukene me tegi con loyo luwotgi?

Kakare. Awobe mukene cako tegi con ki mwaka 10, mukene gicako tegi ki mwaka 15 kulu. Anyira mukene gicako tegi con ki mwaka 8 keken ento mukene gicako tegi wang ma gu oo mwaka 13 onyo makato. Ngat man kome yot kit ma gin tye kwede. Ento, ka anyaka pe ocako neno ruk ma en dong tye ki mwaka 16, ci en omyero ocit onen lagwok yot kom.

Neno dwe/ruk en aye obedo gin ango?

Cwer pa remo matime ikom mon dwe ki dwe obedo gin ma oporo matime ikom mon ma dong oo imwaka moni kare ki kare. Pol kare tero nino adek onyo angwen ka juke. Man tye lanut ni nyako ma dong tye kaneno gin man dong twero yac ka orwate ibuto labongo gwoke.

Lawala me neno nino ruk obedo gin ango?

Lawala me neno ruk obedo kare ma cake ki i nino me acel me neno ruk me oo inino me agiki ma pud pe icako neno ruk me dwe meno. Kit ma man time pol kare, oweko kilwongo ki "lawala."

Kare mene ma nongo dako onyo lacoo tye atera onyo romo yac?

Bedo atera tere ni nongo dako romo yac. Pi kare maromo nino 12 ikare me neno ruk, mon ma pol kare neno ruk ikine nino 26 ki 32 ki maro bedo atera inino 8 me oo 19 me lawala gi. Ka dako orwate i butu ikare ma en tye atera ni, yacu omaro bedo tye. Coo tye ki kero me yacu dako cake inge kato pa pig me acel wa i agiki pa kwo gi.

Yube pa tong dako obedo gin ango?

Yube pa tong dako obedo kare ma tong dako o aa ki ot te. Man pol kare time ki idye lawala neno ruk pa dako. Dako romo yac ka tong lacoo orwate ki tonge ka gu rwate i butu. Ikare man ma nongo dako tye atera ni, en cawa mukene neno pig gin mo matar ii cuwale onyo winyo kome me mon odyak.

Ngo ma obedo dyak dyak ma kare mukene tye ite cuwal pa anyira ni?

Kare mukene anyira neno pig gin mo matar ite cuwal gi onyo gi winyo kom gi me mon odyak-man kilwongo ni kati pa pii ki ikom. Anyira pol kare ki winyo man ikare me yube pa tong dako, ma nongo gitye atera. Pii man ki dyak pa kom gi me mon konyo tongo lacoo me kato ki ot nywal me cito ka rwate ki tong dako.

Anyira omyero guket gin mo i kom gi me anyira wek nywece obed maber?

Pe omyero guketi. Lwoko kom gi me anyira ni ki cabun ki pii nino ducu weko bedo maleng. Keto gin mo ii kom gi me anyira weko kom bedo mu twoo, il onyo weko ki nongo two.

Anyira romo gwoke ningin ikare me neno ruk ka gi peke kede lamwol kom/pad?

Ka lamwol kom peke, tic ki karatac me coron onyo bongo pama ite cuwal bene konyo me jwino romo. Ber bene ka i kwanyo karatac coron onyo bongo pama mukene me wek iloki i kare me dye cen.

Telo obedo gin ango?

Telo en aye jing matek pa nyim laco malube ki ringo pa remo i lee ma i nyime. Awobe ki coo pol kare gi telo wang mapol i dye wor. Pol kare time me coo ma nyime nongo ocung matek. Man gin ma time. Awobe ki coo bene gitwero telo i dye ceng i cawa ma nongo pe gitye ka tamo ni gi bitelo, kedi bed nongo gi peke ki miti me butu. Coo ki awobe pe giromo diyo awene ma ki telo kwede. Man gin ma pol kare time i yoo me dongo pa nyim gi ikare ma nongo gitye ka dongo doko madit.

Lire obedo gin ango?

Lire pa coo obedo yango del ma umu wi nyim laco. Kace awobe olire, gin mo peke ma omyero owek en obed ki lworo, lire pe balo butu ki dako ikare me anyim. Lire ma coo romo konyo gengo awobe onyo coo nongo two jonyo. Ento man pe gengo nongo two jonyo matwal. Kede bed owobi olire, pire tek me tic ki roc bol iyoo matir kare weng ma en rwate i butu.

Lac nyodo ki nyig lacoo en aye ginango?

Lac nyodo en aye obedo gin matar ma kati ki iyim laco kacel en otelo. Lac nyodo tye ki nyig lacoo. Nyig lacoo obedo dul kom lacoo ma ka oribbe ki pa dako yubu latin. Lac nyodo yube ki i nyig man lacoo. I pig kom laco acel acel ma oton nongo tye iye nyig laco mapol ata. Kace pig kom meno odonyo ikom nyako me mon, nyako romo yac.

Leg ni itye imar obedo ngo?

Ikare me tegi kom lok ki kako yubu lac nyodo/pig kom. Lac nyodo man nongo kit ye atera me kato ki ikom dok man time i yoo me "lek ni itye imar". Pol kare bulu ma tye ka tegi ma awobe gi coo otiko nongo gu telo, ki cawa mukene ki pigi i bongo gi onyo kaburu. Man obedo gin ma time.

Nyim coo mono dite ma opore omyero obed rom mene ki ocung nining?

Nyim laco bedo dit ne onyo titi pire pe tek dok en aye pe nyutu kace loco romo yaco dako onyo lamar maber. Pi coo madongo, nyim ma tye idyere nongo ikine maromo pore ki bor pa cingi kace otelo. Pi lutino ma gitye ka tegi, pe tye dit pa nyim mo ma ki romo tic kwede ni en aye opore onyo tye idyere pien awobe komgi tegi imwaka ki twiro mapat pat. Ikare me tegi ikine ka mwaka 10-18, nyim ki tong man-gi ruyu dongo ki tegi kede bed ni nyim gi pe juku dongo ni oo wa i imwaka 21. Pe tye tung ka mo keken ma myero okem ka ojing matek.

Lac nyodo mono ki lac pii gi romo kato ki ikom dano kacel?

Lac pii ki lac nyodo weng gikato ki i yoo acel. Ento, "lageng" mo tye calo dugola mo matidi-ki i te yoo ma lac aa ki iye me kato woko ma pe yee lac pii me kato kacel ki lac nyodo.

Yoo ango ma iromo lwoko onyo weko komi coo bedo maleng?

Tii ki cabune me lwoko komi me coo. Ka komi me coo pe liro, cii ill del wii komi me coo cii ilwok tere piny.

Cukcuk en aye ginango?

Cukcuk obedo kare ma awobi onyo anyaka gudu onyo tuku kikome me mon onyo coo pi nongo miti kit ma rwate i butu ni. Cukcuk oo wa i cung matek pa kom lacoo ka weko pig kome kati onyo ok mite ma loyo weng pi anyira. Pe tye yoo mo maber loyo onyo marac loyo me timo man.

Cukcuk romo kelo peko mo me yot kom?

Gin mo marac peke. Tim man pe kelo peko mo keken kadi ka ibed ki timo tere-tere. Dok bene, pe twero weko yacu mo bedo tye, nongo kwidi two jonyo onyo, two mukene cobo iye me rwate i butut. Cuk cut pe balo kero pa laco me yubu lac-nyodo onyo bedo atera pa mon. Kadi bed ni pol kare lewic mako dano me lok ikom tic man, lewic mo peke iye.

Anyira bene romo tic ki yoo mukene me cobo miti gi labongo rwate ki lacoo i butu?

Kakare Obedo gi matime pi anyira me tic ki yoo me tuku/gudu kom gi pi cobo miti gi me rwate i butu. Pol anyira cako timo man ikare me tegi gi me dongo doko dit. Man pe kelo yacu, onyo two mukene ma kobo ka i rwate i butu.

Dako romo yac kadi bed ni pud wang me acel me rwate i butu ki lacoo?

Kakare, dako romo yac kadi bed pud wang me acel me rwate i butu. Cawa mo keken teki dako orwate i butu ki lacoo ci kome me coo odonyo i kome me mon, en romo yac. Bene iromomo nongo two ma kobo i yoo me rwate i butu teki dako onyo lacoo orwate i butu, kadi pud wang me acel.

Ngo ma mite wek yacu otime?

Kadi bed ni yacu pe twero time i cawa weng ma ki rwate i butu, romo time kace jami adek magi gutime: 1) tong nyodo omyero obed tye i ocike pa dako, ocike ma tong dako kato i iye me cito i ot nyodo ka ma latin dongo ki iye; 2) lac nyodo pa laco omyero oribe ki tong dako wek okel latin; dok 3) tong nyodo ma guribbe dong me kelo latin ni omyero gumoko i kor ot nyodo pa dako.

Ocake mwaka mene ma anyaka romo yac kede?

Ka nyako dong ocako neno ruk, tere ni dong kome romo yac ka en orwate i butu. Ento man pe tere ni kome ki wiye dong tye atera me nywal. Man tyene ni kome aye romo yac.

Yacu kiromo gengo ningin?

Kace laco ki dako gimoto rwate i butu labongo nongo latin, giromo tic ki yoo me lagu nywal pi gengo yacu. Tye yoo mapol ma giromo tic kwede ma ikine tye iye tic ki roc bol, yat amunya me gengo nywal, yat ma kitucu atuca, nyonyo akwoya ikom mon, ki yoo mukene matye con. Lok ki latic yot kom pi nongo negec ikom yoo matye. Kace laco ki dako gitye katic ki yoo mo keken iyoo ma atir, meno tere ni gin tye ka "gwoke" ki ikom yacu. Kace gutiyo ki roc bol medo ikom yoo mukene me lagu nywal, tere ni gitye ka "gwoke" ki ikom yacu wa ki ikom two makobo i yoo me rwate i butu calo two jonyo.

Bulu matye ka tegi rom tic yoo weng me gengo yacu?

Bulu ma tye ka tegi, kono matye igang kwan onyo pe igang kwan romo tic ki yoo mo keken me gengo yacu. Kono do, tweno onyo nyolo ocike pe opore pi bulu matye ka tegi pien ka kitiyo kede kicel ci dong ngat meno pe obi yac matwal. Ki bene yoo mogo calo ngeyo nino ma iromomo yac kede calo me tic ki "moon beads" ki kwano nino ma itami ni nongo tye maber, pe opore pi bulu ma pud ocako neno ruk cok cok. Man pien anyaka onyo dako omyero onge nino me kare ma tero i neno ruk wek yoo magi ogeng yacu.

Anyaka romo yac i kare me neno ruk?

Kakare, romo time kede bed ni man maro time. Man romo lub kare ma en tero ineno ruk, nino adi ma neno ruke tero, ki awene ma en rwate kede i butu pien lac nyodo/kom lacoo tero ningi moog ma nongo tye ikome.

Pingo tye mon mogo ma pe kiromo nywal?

Pe bedo kero me yac romo bedo pien dong mwaka ni otegi onyo peke tye ikom lacoo, dako onyo wun weng. Kare mukene daktar pe romo nongo tyen ngo ma oweko in be iromomo yac.

Pi kare marom mene ma omyero jo ma ot okur ma pud pe teme me nongo latim mukene inge nywal?

Pi yot kom min latin ki latin, omyero gukor pi mwaka aryo yako ki teme me nywalo latin mukene.

Mwaka mene ma opore pi dako me yac?

Ber tutwal pi dako me bedo mwaka 18 ka oyac me acel. Mon romo mede ki nywalo lutino kede ikine mwake 30 ki makato, ci kony pa laro yacu peke nio wang ma dako kome ki adam me tye atera. Man tyero bedo ni nongo dong en otyeko kwan, tye ki lawote ma mare, tye ki cente maromo gwoke paco ne, ki no dong omoko tame ni emitio bedo ki lawote pi bedo i ot.

Ngo ma myero ngat mo otine ka gu rwate i butu labongo gwoke, calo ka roc bol oyec, okati woko ki bol onyo dong ikom dako?

Cit cutcut i ot yat onyo ka cato yat me nongo yat ma tiyo kede cutcut me gengo yacu, ma cawa mukene kilwongo ni yat me tic kede inge odiko. Yat amunya cutcut gengo yacu inge rwate i butu labongi gwoke. Yat man kiromo munyu pi nino abic inge rwate i butu. I ot yat mukene lutivek yot kom romo miyo yat maromo gengo kobo pa gwedi two jonyo. Ka roc bol omoko i kom dako, en romo cwalo cinge ikom me mon ni moto ci kwanyo roc man woko. Ka tek me kwanyo ne, cit i cutcut i ot yot kom wek ki kwanyo.

Two ma kobo iyoo rwate i butu ni kobo ka dano orwate iyoo me butu ma kom lacoo ki dako pe rwate ni?

Rwate i yoo me butu ma kom lacoo ki dako pe rwate ni obedo time calo doto kom dano me coo onyo nango kom dano me mon. Two mogo romo cobo i kit yoo man me rwate i butu.

Kwene ma ngat mo romo pime iye pi two jonyo ki two mukene ma kobo iyoo me butu?

Tye kabedo mapol me pimo pi two jonyo ki two mukene ma kobo i yoo me rwate i butu. Lok ki dul lutivek yot kom me ikin gang, ngat mo keken i ot yat ma cok kede, ngat ma tye i gang tuku/pwonye pa bulu onyo lapwong onyo ladit ma igene me niang kwene ma iromo pime iye.

Two jonyo ki two mukene ma kobo iyoo me butu ni?

Two jonyo pe cang. Ento tye ki yat ma konyo ka itye kede. Man obedo munyu yat acel onyo makato pi nino ducu. Yat amunuy man ma ki lwongo ni ARVs ni Iwenyo ikom gwedi dok gwoke komi me bedo matek. Pol two ma kobo iyoo me rwate i butu ki cango ki miyo yat ma cango gi. Ento tye two mukene ma kobo i butu ma pe yat romo cango gu. Pire tek me munyu yat weng ma gi mini, kede bed ni lanyut me two meno dong pe ikomi.

Moo obedo gin ango?

Moo obedo pig gin mo mapwot ma giromo tic kede me weko kom me mono bed ma ma dyak. Moo giromo tic kede ikare me rwate i butu me weko obed maber onyo wek lacoo ki dako weng onong mit. Mupira me rwate i butu pol kare ki keto moo ikome wek tic kede obed my ber.

Tim gero pien ni ibedo lacoo onyo dako ni obedo ngo?

Time gero pien ni ibedo laco onyo dako obedo gin marac matime ikom ngat mo dok romo mino awano ikom onyo i wii. Tim gero man time pi apoka poka me twero matye ikin coo ki mon. Tim gero romo bedo tic ki leb marac, donyo dano onyo kweno, dino dano me rwate i butu ki jami mukene mapol. Ka ngat mo time gero tye ka time ikome, cik me Uganda waco ni iromo tero lok meno iye gang tic pa abili mo keken macok onyo i nong kony ki bot latela me te tero calo local kancil.

Kad me tic pa OTEKA

Kad me tito lok ada

Kad me lok man tye ki ngec i kom:

Yat ma mon mwonyo nino ki nino pi gengo yac

Mola onyo nilo (IUD)

Yat atuca pi gengo yac

Yat akwoya i bad

Roc bol

Roc pa-mon

Yat kimwonyo pi gengo yac ma romo ngole atura

Doto latin pi dwe abicel iyonge nywal ki cak kor keken (LAM)

Cal pa lacoo manyuto alokaloka ikome ikare me dongo ne

Cal pa dako manyuto alokaloka ikome ikare me dongo ne

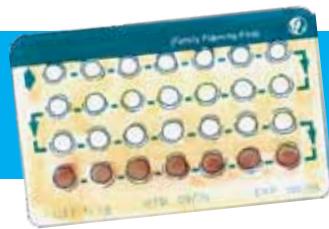
Lapeny ma ki maro penyo ki lagam gi



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 **GREAT**



Yat ma mon mwonyo nino ki nino pi gengo yac

Yat amwonya nino ki nino me gengo yacu ni obedo ngo?

Yat man ma mon mwonyo nino ki nino me gengo yacu ma bene kilwongo ni, "yat amwonya," obedo yat ma mon mwonyo nino ki nino pi gengo yac. Tye yat mukene ma kimwonyo pi gengo yac ma kilwongo ni, (progestin-only pills or the mini-pill,) man opore pi dako ma tye ka doto latin. Yoo me tic ki yat man tye ki apokapoka matitidi. Dong peny latic me yot kom pi ngec mapol malubu yat man.

Yat amwonya man tiyo maber ning pi gengo yac?

Pien mon mukene pol kare pe gitioyi ki yat man iyo maber, mon ma romo 8 ikom 100 ma tiyo ki yat man romo yac iyii mwaka me acel.

Yat man timo ngo ikom dako?

Yat man gengo tong dako me a ki ikome. Ka tong lacoo pe orwate ki tong dako, dako pe twero yac.

Pingo jo mukene maro tic ki yat ma ki-munyu nino ki nino?

- Yat man peke ki peko dok bene tiyo maber me gengo yac.
- miyo neno kwer bedo ki remo manok dok bene ki arem ma pe tek
- Pien miyo del kom dako bedo mapwot.
- Dako romo yac cut-cut inge giko tic ki yat man.
- Yat man miyo kero me nongo two kanca ma bedo ikom me mon.
- Dako twero giko mwonyo yat man ikare mo keken, labongo nongo kony ki bot latic me yot kom.

Pingo jo mukene pe maro tic ki yat me amwonya man?

- Dako omyero omwonyo yat man nino ducu me miyo yat man oti maber.
- Kare mukene mwonyo yat tek ka itye keni. Yat man romo kelo alokaloka me ony pa remo ikare ma dako neno ki dwe ento pekelo two.
- Yat man kare mukene kelo abar wic, cak kwot, ki cweyo me kum.
- Yat man mite ni omyero I bed ki nonongo ne. Man twero bedo tek tutwal kace yat man otum woko ki kama kinongo ki iye me

Gin ango mukene ma omyero ange?

- Dako me mwaka mo keken romo mwonyo yat man, medo ki bulu.
- Mon ma pe onyome romo tic ki yat man.
- Mon ma tye ki lotino ki ma pwod peya onywali romo tic ki yat man.
- Yat man pe bedo ka gure ikom mon, loo nino ducu.
- Yat man pe kelo alokaloka iyo me miti me butu ikom dako.
- Yat man pe kelo lurr ikom dako onyo bulu.
- Yat man pe ooyo ic, dok bene pe miyo dako nywalo latin matye ki goro onyo nywalo rudi.
- Ber me nongo yoo ma miyo wi poo me mwonyo yat man ikare ducu macalo icawa me lwoke, ceto kabutu onyo cam me otyeno.
- Ka wiwi owl pe imwonyo yat, pire tek ni imwonyo yat oyoyot ka wii opo kun imedo ki yoo mukene calo roc bol ka irwate ibutu pi gengo yac nioo ka icako tic ki boc me yat mukene.
- Yat man pegwoko dano ikom two nyac onyo kwidi me two jonyo (cilim).



Mola onyo nilo (IUD)

Obedo ngo?

IUD obedo mola onyo nilo ma titidi ma kiketo iyii ot nyodo pa mon pi gengo yac pi kare maromo mwaka 12.

Mola man tiyo ningi pi gengo yac?

Pien mola man pe maro wote woko ki iot nyodo, dong ikom mon 100, acel keken onyo mo keken pe twero yac ikin mwaka me acaki me tic ki mola onyo nilo man.

Mola onyo nilo man ma kiketo iyii ot nyodo pa mon ni tiyo ningi?

mola nilo ni neko tong laco matye l lac me nyodo ma pudi peya orwate ki tong dako.

Pingo jo mukene maro tic ki yoo man pi gengo yac?

- Yoo man peke ki peko doki tiyo maber totwal me gengo yacu pi mwaka maromo 12.
- Ka dong kiketo mola man pe dong tye mo mukene ma dako myero otim me gengo yac pe mito poo wic mo keken.
- Mola ni pe nen doki dako pe winyo ikome, dong pe tye ngat mo ma romo ngeyo ni dako tye katic kwede.
- Dako twero yac cutucutu ka latic me yot kom okwanyo mola man woko.
- Ka dong kiketo, pe tye gin mo dok ma mite me atima pi mola onyo nilo man.

Pingo jo mukene pe maro tic ki yo man?

- latic me yot kom ma opwonye aye myero oket ka dok bene okwanyo mola man.
- Keto ki kwanyo mola man miyo dako bedo ki kwo matek.
- Keto Mola onyo nilo man miyo remo ony mapol ikare me neno dwe ki bene romo medo arem matek bot mon mogo totwale ikine me dwer 3 nio 6 me acaki me keto mola man.

Ngo mukene ma mite ni omyero ange?

- Mon ma pe ya onyome romo tic ki yoo man.
- Mon ma pwod pe ya onywäl romo tic ki yoo man.
- Mola onyo nilo man dako me mwaka mo keken, onyo nyako romo tic kede.
- Mola man pe miyo yii dako ony inge kwanyo ne.
- Mola noyo nilo man pe kelo lur ikom dako.
- Mola man pe miyo inywalo latin ma tye ki goro mo keken.
- Mola onyo nilo man pe kelo kanca.
- Mola onyo nilo ni pe cito iyii adunu onyo iyii angit wi dako.
- Mola onyo nilo man pe kelo peko mo onyo arem mo keken ikare me rwate ibantu.
- Mola onyo nilo man dako twero tic kwede wa ikare me en tye ka doto latin.
- Dako pwod romo tiyo tic matek kadi tye ka tic ki mola onyo nilo man.
- Mola man pe gengo dako onyo laco nongo nyac onyo kwidi me two jonyo ikare me rwate ibantu.



Yat atuca pi gengo yac

Yat atuca pi gengo yac obedo gi ango?

Man obedo yat ma Kitucu ki mon pi gengo yac. Yat atuca man tye kite mapol mapatpat. yat atuca ma mon tuce kwede inge dwe adek adek ni, kare mokene kilwongo ni 'DMPA onyo Depo-Provera'. Twero bedo ni onyo tye kit yat atuca mokene ikin paci wu. Tim ber ilok ki latic me yot kom ma ikin pacu wu kunu wek inong ngec mokene mapol.

Yat atuca man tiyo maber ning pi gengo yac?

Pien kare mokene wii mon pe po me tuce ikare kikome, mon maromo 3 ikom 100 ma tiyo ki yat man romo yac imwaka me acel me tic ki yat man.

Yat atuca man tiyo nining?

Yat man gengo bino patong dako. Ka pe tye tong dako mo ma omyero rwate ki tong laco, ci dako pe twero yac.

Pingo omiyo jo mukene maro tic kede yat man?

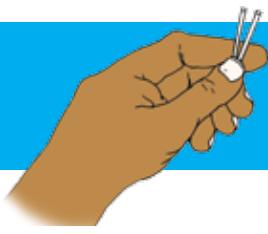
- Yat atuca man tye ma opore dok bene tiyo maber pi gengo yac.
- Pol lutic me yot kom ducu romo miyo yat man.
- Ikin kare me dwe adek ma yat man kitucu, pe tye gimo mukene ma mite ni mon myero otim me gengo yac, wa peko me wil wic bene peke.
- Ngat mo mukene petye ki yo mo keken me ngeyo ni dako tye katic ki yat atuca. Obedo gin me mung.
- Remo ma ony ikare me kwer pa mon bedo ma nok-nok dok bene giko inge kare maromo mwaka acel me tic ki yati.
- Yat atuca kiromo tic kwede kadi bed dako tye kadot, cake dwer 6 Inge nywal.

Pingo jo mukene pe maro tic ki yat man?

- Yat atuca romo miyo ony pa remo ikare me kwer pa mon loke dok bene twero rwenyo.
- Miyo kec neko dako tere-tereman romo kelo cweyo.
- Dako romo tero kare maromo dwer 6–12 me yac inge weko tic ki yat man.
- Wii dako myero opo me cito kaneno latic me yot kom inge dwer adek adek pi tuce ki yati.

Ngo mukene ma mite in omyero an ange?

- Yat atuca man pe weko dako onyo nyako doko lalur.
- Mon ma pwod peke ki latin bene romo tic kiyat man .
- Kadi bed dako ma pudi piya onyome bene romo tic ki yat man.
- Mon me mwaka mo kiken ki anyira ma dong opong, yat man opore pigi.
- Yat man miyo mon mokene pe neno ony pa remo I kare me kwer gi, man pe kelo peko mokeken ikom dako pien remo ni pe pong ikom dako onyo kelo peki mo keken. Mon mukene maro pien ni man miyo gin pe nongo ony pa remo ikare me kwer gi.
- Yat man pe gengo nongo kudi me two jonyo onyo two mukene ma kobo iyo me rwate ibutu.



Yat akwoya i bad

Yat akwoya ibad ni obedo ngo?

Yat man tye matino ma kiketo ite del me bad dako kimalo man romo gengo yac pi kare ma romo mwaka 3-5 malube ki kit yate. Tye kwayo yadi man aryo ma ngene matek i Uganda: "Implanon" ma rii pi mwaki 3, ki "Jadelle" ma rii pi mwaki 5.

Yat man tiyo maber ning pi gengo yac?

Pien yat man pe kato woko ki ite del bad, dako 1 onyo bene pe ikom mon 100 ma tiyo ki yat man romo yac ikin mwaka me acaki metic ki yat man.

Yat man tiyo ning pi gengo yac?

Yat man gengo tong dako bino ki l borone. Man miyo tong laco pe romo rwate ki tong dako, mio dako pe romo yac.

Pingo jo mukene maro tic ki yat man?

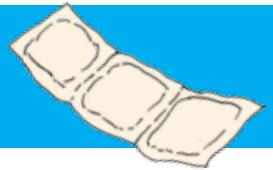
- Yat man tye maber kede dok opore tutwal pi gengo yac.
- Yat man ri ikom dako pi mwaki maromo 3-5.
- Ka yat man dong kiketo ikom dako, pe tye dok gin moor mukene ma mite ni dako otim pi gengo yac. Kede bedi wa poo pa wiye me.
- Ony pa remo ikare me kwer pa dako bedo manok do polkare rwenyo ikin mwaka me acel me cakotic kwede.
- Dako twero yac cutcut inge kwanyo yat man.
- Yat man dako twero tic kwede kede bedi en tye kadot, nicake ikin cabit 6 inge nywal.
- Pe tye ngat mo maromo waco ni dako in tye katic ki yat man.

Pingo jo mukene pe maro tic ki yat man?

- Dako bedo ki alokaloka I ony pa remo ikare me kwer ne ento man pe peko mo.
- Latic me yot kom ma onongo pwonye aye omyero oketi do okwanyo yat man.
- Mon mukene ma tiyo ki yat man kare mukene bedo ki abar wic, alokaloka I pek gi, ki alemacwiny.

Ngo mukene ma mite pi an me ngeyo?

- Mon me mawaka mo kiken ki anyira ma opong twero tic ki yat man. Dako ma pudi peke ki latin bene twero tic ki yat man.
- Dako ma pudi peya onyome bene twero tic ki yat man.
- Yat man pe weko dako onyo bulu ma anyako twero bedo lalur.
- Yat man pe rweny kamo kiken ikom dako.
- Yatman twero miyo dako giko neno kwer ne, ento man pe obedo gin marac pi yot kom. Remo pe joge ikom dako.
- Yat man pe gengo nongo kudi me two jonyo onyo two nyaci mukene ma kobo iyo me ribe ibutu.



Roc bol

Roc bol obedo ngo?

Roc bol obedo mupira marep ma kiruku i kom me coo i kare me rwate i butu.

Roc bol tiyo maber ning pi gengo yac?

- Pien jo mukene ma onyome pe gitiyo ki roc bol maber i kare ducu me rwate i butu, mon maromo 15 i kom 100 ma tiyo ki roc bol romo yac ikine me mwaka me acel me cako tic ki roc bol.
- Ka kitiyo ki roc bol maber i kare ducu me rwate i butu, roc bol tiyo maber me gengo two ma kobo i butu kacel ki kudi two jonyo.

Roc bol tiyo ning me gengo yac?

- Roc bol jolo lac nyodo matar ma kato ki ikom coo ikare me rwate ibutu. Man weko tong coo pe donyo ikom dako me rwate ki tong dako.

Pingo jo maro tic ki roc bol?

- Roc bol ber dok bene tic kwede yot.
- Iromo tic ki roc bol labongo nongo ngec kibot latic me yot kom.
- Pol kare nongo roc bol yot.
- Ka i tiyo kwede maber i kare ducu ma irwate i butu, roc bol gengo yac ki kwidi two jonyo medo ki two mukene ma kobo i yo me butu.

Pingo jo mukene pe maro tic ki roc bol?

- Ruku roc bol gengo mit me rwate i butu.
- Jo aryo ducu myero oyee ma pudi peya lacoo oruku roc bol.
- Roc bol myero obed tye ma peya rwate ibutu otime.
- Ka pe kitiyo kwede maber, roc bol romo yec onyo luny woko i cawa me rwate i butu.

Ngo mukene ma mite in omyero ange?

- Jo mukene pe tiyo ki roc bol maber kono bene pe gitiyo kede i kare ducu ma nongo gi rwate i butu, pi man, pire tek me tic ki yo mukene me gengo yac, ma calo yat amwonya, nyony mola ma giketo I ot nyodo, yat ma kikwoyo i bad, memedo ikom roc bol me gengo yac ki twoma kobo i rwate ibutu.
- Jami ma calo moo wir ki moo dek twero balo roc bol woko. iromo tic ki laa dog onyo pii kiken.
- Roc bol omyero kigwok kama otwo dok bene ngic, ento be I jeba onyo kikapo lakan cene.
- Roc bol acel omyero iti kwede tyen acel keken. Myero i tii ki roc bol manyen i kare ducu me rwate i butu.
- Pe i tii ki roc bol ma poke oyec, onyo ka roc bole moni otwo woko onyo omake liking, onyo kala ne dong oloke oko. Pe i kaa pok roc bol kilaki pien i romo tuco oko.
- Tii ki roc bol acel acel keken ikare me rwate i butu.

Kite me tic ki roc bol

Yoo 1

Ruk roc bol ma komi me coo ni ocung matek ma kom wu pwod pe orwate ibutu. Lac nyodo ma ocako oony romo bedo ki dong laco onyo kwidi me me two ma kobo iyoo me butu.



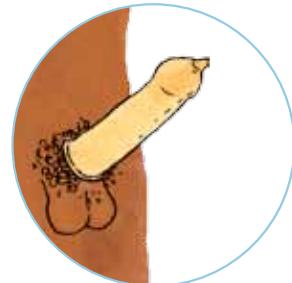
Yoo 2

Yec pok roc bol tung acel kun nongo pe iyeco kom roc bol. Wot roc bol woko mot dok maber.



Yoo 3

Mak wii roc bol wek yamo ma tye iyie ni okat woko pien yamo enoni romo miyo roc bol yeco, ci do iruki i komi me coo ma ocung matek. ci i keto wa iyii agiki me komi me coo.



Yoo 4

Ma pwodi idyo wi rocbol ma olore ni, tii ki cingi tung mukene me ryeyo momot wa iyii agiki me komi me coo, ci omyero inen ni roc bol tye maber ikomi me coo i cawa me rwate i butu; ka tye kaluny, ywa idwok cen kakare oyot oyot.



Yoo 5

Cucut inge kato pa lac nyodo, kwany komi me coo woko ma pwod tye ocung matek ci i mak roc bol matek i kakare. Kwany roc bol ka dong iwoto woko komi me coo liweng ki ikom dako. Pe iwek komi me coo ki roc bol obed cok ki kom dako.



Yoo 6

Bol roc bol ma itiyo kwede in. Boo roc bol ni ki karatac ci i bol i bur coron. Pe i bol i coron ma tiyo ki pii.

PE I TII KI ROC BOL ACEL PI TYEN MA KATO ACEL.

Roc pa-mon

Roc pa-mon obedo ngo?

Roc-pa-mon obedo bere marep ma kiyubu maber pi kom pa mon. Tung cel me me roc pa mon wumu dog ot nyodo pa dako me gengo lac nyodo pa laco peme donyo I ot nyodo pa dako. Dako tiyo kwede i kare me rwate i butu me gengo yac.

Roc pa mon tiyo maber ning me gengo yac?

- Pien kare mukene mon pe tiyo ki roc man ma maber i kare ducu ma en rwate i butu, mon maromo 21 i kom 100 ma tiyo ki roc pa mon romo yac ikine mwaka me acel me cako tic ki roc pa mon.
- Roc pa mon bene gengo two mapol ma kobo i yoo me butu ka dako gi ki cware otiyo kwede maber ikare ducu me rwate i butu.

Roc pa mon gengo yac nining?

- Jolo lac nyodo pa lacoo ma weko tong lacoo pe donyo i kom dako i kare me rwate ibutu.

Pingo jo mukene maro tic roc pa mon?

- Roc man tye maber tutwal pa coo.
- Ka gitiyoki roc pa mon ikare ducudoki maber, romo gengo yac, ki two mukene mapol, medo kwede kwidi two jonyo.
- Romo bedo i kom dako pi wang cawa 8 ma rwate i butu pwod piya otume. Man miyo rwate i butu bedo maber.
- Roc pa mon medo mitme rwate i butu tutwal.
- I romo tic ki roc pa mon labongo cito bot latic me yot kom me nongo ngec.

Pingo jo mukene pe maro tic ki roc pa mon?

- Wele tek loyo roc bol.
- Roc pa mon woo man weko tic kwede tek.
- Kadi bed ni dako keto roc ni i kome, lacoo omyero oyee me tic kwede.
- Twero tero kare me ngiyo me keto roc man oyot doki maber ikom me mon.

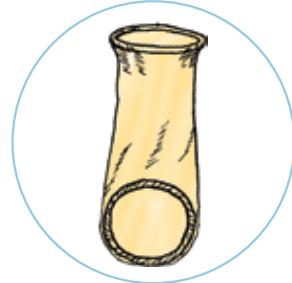
Ngo mukene ma mite ni an omyero ange?

- Jo mukene pe tiyo ki roc pa mon maber dok pe tiyo kwede i kare ducu me rwate i butu, pi man, pire tek me tic ki yoo mukene me gengo yac, yoo ma calo yat amwonya, mola ma kikeo i ot nyodo pa dako, yat ma kikwoyo i bad, medo ki tic ki roc me gengo yac ki two ma kobo i butu.
- Jami ma calo moo wir kwede moo dek twero balo roc man woko. Pi man ber me tic ki pii keken.
- Roc pa mon pe rweny i kom dako.
- Jo ma onyome ki ma pe onyome romo tic ki roc pa mon.
- Roc pa mon pe kelo two i kom dako.
- Roc pa mon ki meg pa coo myero pe gitii kwedgi kacel.
- Roc pa mon myero kigwok kama otwoo maber.
- Roc pmon myero iti kwede ki cel keken.
- Pe iye tic ki roc pa mon ma dog poke oyec, onyo ka roc pa mon enoni tye ma otwoo, omake oko, onyo kala nedong oloke oko.
- Bed ki roc pa mon mapol kare ducu.

Kitme tic ki roc pa mon

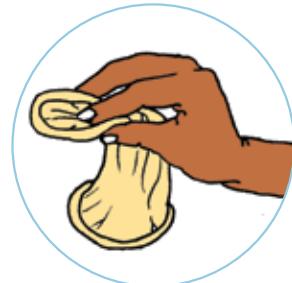
Yoo 1

Yab pok roc maber.



Yoo 2

Ngi nyor ma tye iyii roc pa mon ki tung piny, tung kama oloreni.



Yoo 3

Min nyor ni lanyig cingi madit ki lacim ikin ma idyere.



Step 4

Tii ki cingi me keto nyor i komi me mon. Nyor ma dong bedo tung woko wumu komi me mon.



Yoo 5

Wek kom lacoo odony maber iyii nyor ma woko ka i tye karwate i butu. Ka komi me mon ni tye woko, man pe gwoki ikom yacu bene wa ikom two ma kobo i butu.



Yoo 6

Min ka iwir nyor me ma tung woko me gwoko lac nyodo pa laco i roc ci dong iwot woko maber ma dako pwodi piya oaa malo inge rwate i butu. Pe i bol i coron ma tiyo ki pii. Ento wang woko, onyo bol ibur coron.





Yat kimwonyo pi gengo yac ma romo ngole atura

Ngo ma obedo yat ma kimwonyo pi gengo yacu ma romo ngole atura?

Yat man ma kimwonyo pi gengo yacu tye manyige ma kimwonyo ikin kare me nino abic inge rwate ibutu labongo gwoke ki roc. Ikare mukene bene kilwongo ni yat amwonya odiko ingeye.

Yat man tiyo maber ning pi gengo yac?

Pien kare mukene mon pe mwonyo yat man ikare kikome onyo ikare mukene yat pe tiyo, mon maromo 1 onyo 2 ikom 100 ma tiyo ki yat man inge rwate ibutu tyen 1 romo yac.

Yat man tiyo ning?

Yat man gengo onyo galo wot pa tong dako me rwate ki tong lacoo. Yat man pe tiyo ka ce inen dako dong oyac woko.

Omyero iti ki yat man ikare mene?

Dako romo tic ki yat man ikin kare me nino 5 inge rwate ki lacoo ibutu labongo gwoke, onyo ki ribe ibutu labongo tic ki yoo mukene me gengo yacu onyo ka yoo mukene pe tiyo maber, calo ka roc oyec onyo dako pe omwonyo yate me nino ducu. Yat man tiyo maber ka kimwonyo oyotoyot inge rwate ibutu labongo gwoke.

Pingo pol pa dano maro tic ki yat man?

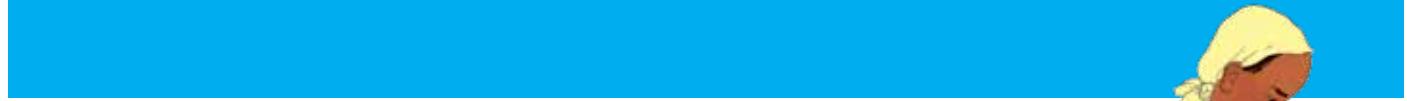
- Kiromo tic kwede inge rwate ibutu labongo gwoke pi miyo kero mukene pi gengo yacu.
- Dako ay ma loyo kit me tic ki yat man.
- kiromo gwoko kamacok kace dako orwate ibutu labongo gwoke.

Pingo mon mukene pe maro tic ki yat man?

- Yat man romo kelo alokaloka manonok me ony paremo pi nino 1 onyo 2 inge mwonyo.
- Yat man romo weko dako cako neno kwer me dwe ne con onyo pe kite ma onongo obedo kwede con.
- Yat man romo kelo ngok, abar wic, onyo rem me piny yic ikin kare me cabit acel inge mwonyo ne.

Ngo mukene ma mite ni omyeroange?

- Yat man ber pi Mon ducu wa ki anyira ma opong.
- Man pe kelo ony pa ic.
- Yat man pe gengo dano me nongo kwidi two jonyo.
- Yat man pe kelo goro ikom latin ka ce yacu obedo tye.
- Pe rac pi yot kom dako.
- Pe kelo lur. Dako twero yac cutcut ka en dok orwate ibutu labongo gwoke.



Doto latin pi dwe abicel iyonge nywal ki cak kor keken (LAM)



LAM obedo ngo?

LAM, obedo yoo acel me lago nywal ma obedo "doto latin pi dwe abicel (6) inge nywal ki tunu koo keken" pi gengo yac. Man ocung ikom adwogi ma dot kelo ikom dako.

LAM tiyo maber ning?

Pien mon mukene pe tiyo ki LAM maber, mon maromo 2 ikin 100 ma tiyo ki LAM pi dwe 6 me acaki inge nywal romo yac.

LAM tiyo ning?

LAM gengo wot patong dako me rwate ki tong lacoo. Pi yoo man me tic maber, dako myero bed ki jami adek magi:

1. Neno kwer me dwe pwod peya odwogo inge nywal.
2. Latin doto cak kor keken. Man nyuto ni pe tye cam onyo pii-pii, mokeken ma omyero imi ki latin. Latin myero odot cak idye ceng ki idyewor ducu.
3. Latin pe kato dwe 6 imwakane.

Ka dako dong pe romo keto itic yoo adek magi, en omyero ocak tic ki yoo mukene me Lago nywal cutcut pien LAM pe omaro konye me gengo yacu.

Pingo mon maro tic ki yoo man me gengo yacu?

- Doto latin pe mito cente mo keken.
- Doto cak kor ber tutwal pi yot kom latin gin ki mine ducu.

Pingo mon pe maro tic ki LAM?

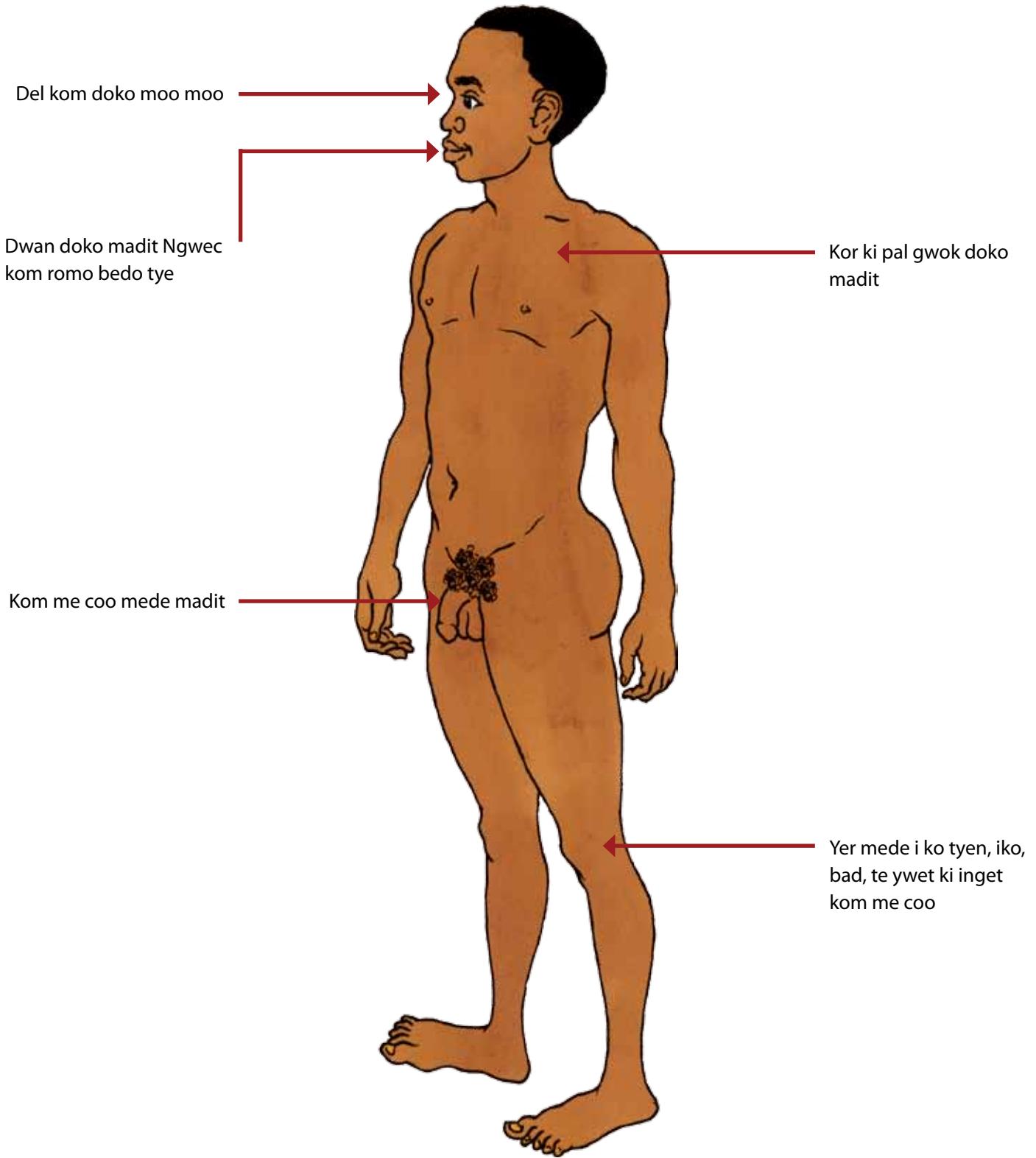
- Dako myero odot latin ki cak kore keken idye wor ki idye ceng ducu man pe romo timebot mege ducu.
- Mege pe twero poke ki latin pi wang cawa malac idye ceng onyo idye wor.
- Yoo man kinywalo kidano anywala. Pe ki yat mo keken, yoo ma gitio kwede onyo pwony pa dakta pe mite.

Ngo mukene me mite ni an omyero ange?

- Yoo man tiyo maber tutwal me gengo yacu ka dako pwod pe ocako neno kwer me dwe mere kun tye kamiyo latin cak kore keken idye wor ki idye ceng ducu ki ka latin pe kato dwe 6.
- Cak kor keken romo pito latin pi acaki dwe 6. Cam onyo gin amata moro keken pe mite.
- Cak kor pe romo cwiny ka dako tye kadoto latin idye wor ki idye ceng.
- Dako omyero omede ki doto latin kadi en onyo latine kome lit.
- Dako omyero ocak tic ki yoo mukene me gengo yacu ka en dong ocako neno kwer me dwe mere.
- Me mede ki gengo yacu, dako myero ocak tic ki yoo mukene me gengo yacu ka en ocako pito latine ki cam onyo gin amata mo mukene.
- Me mede ki gengo yacu, dako omyero ocak tic ki yoo mukene me gengo yacu ka latin okato dwe 6 loo.
- Pire tek me yero yoo manyen me gengo yacu ma jami magi ducu pwod pe otime me wek dako omede ki gengo yacu. Dako omyero omede ki doto latin kadi en ocako tic ki yoo mukene.

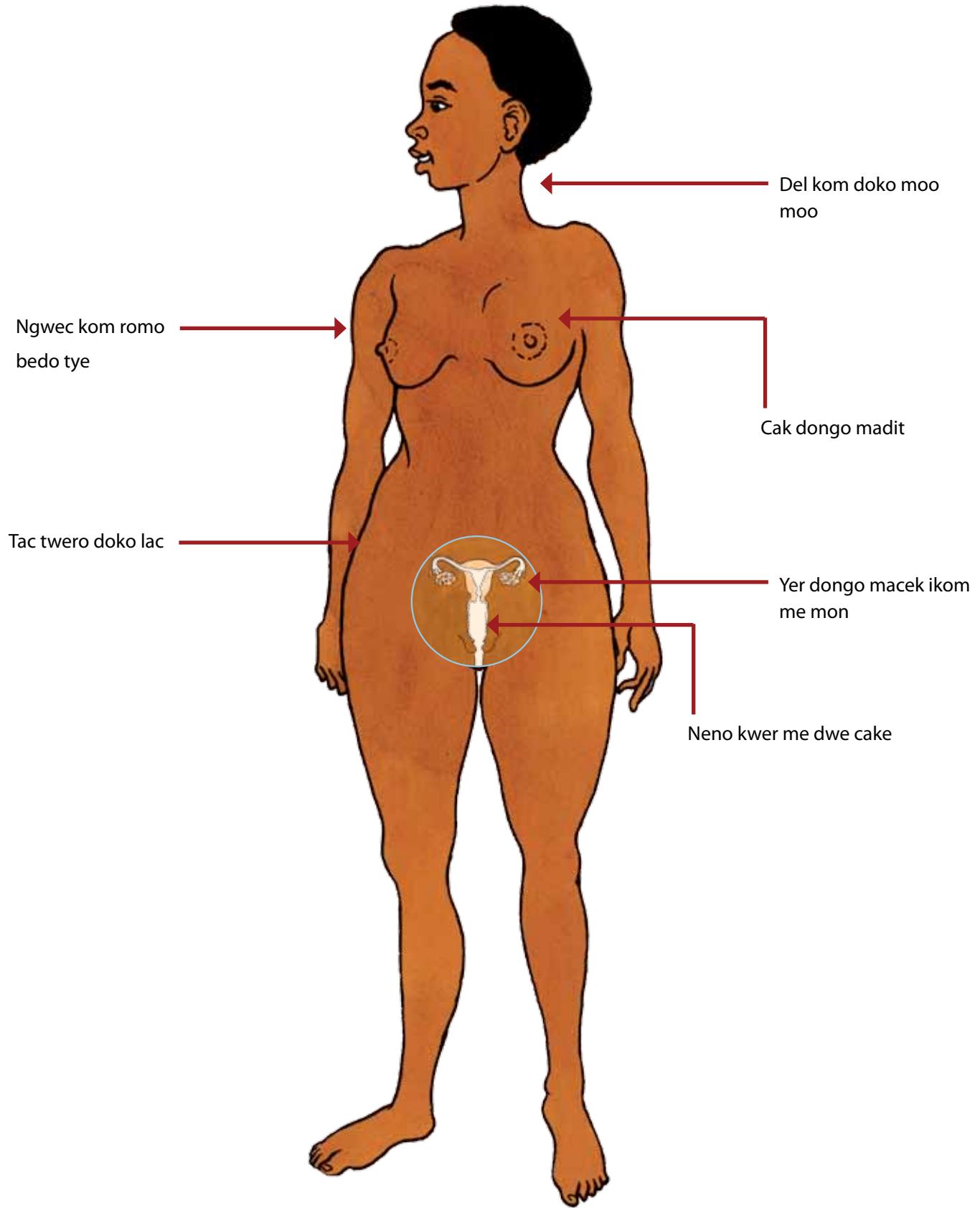
Cal pa lacoo

Myero otii kwede i Kad me tic pi bulu me mwaka 10-14



Cal pa dako

Myero ki tii ki Kad me tic pi bulu me mwaka 10-14



Lapeny ma ki maro penyo ki Lagam gi

Tegi obedo gin ango?

Tegi obedo kare ma lutino pe dong gitye lutino matino dok bene pe gitye jo madongo. Ikare me tegi, dul kom mapat pat pa awobeki anyira bedo ki aloka-aloka ma nyute-kom gi dongo madito dok maboco, nyim gin tegi ka dok yee pol kare cako dongo i kabedo mukene ma ikom gi. Ikare me tegi, nyako kome lokke bedo atera me yac ka latin awobi bene lokke bedo ki kero me yaco nyako.

I kare mene ma awobi ki anyaka donyo ki kare man me tegi pa kom?

Tegi aye kare ma aloka-aloka nen i dul kom lutino ma nongo gitye kadongo me doko jo madito. Anyira pol kare aloka-aloka cako time ikomgi con loyo awobe. Pol anyira aloka-aloka cako nen i dul komgi ka gitye ikine ka mwaka 8-13, ki awobe cako neno aloka aloka ka gitye ikine ka mwaka 10-15. Romo bedo con onyo romo bene lacen. Ngat man tye pat manok ki lawote, pi meno, ngat acel-acel donyo i tegi ikare ne kene. Aloka-loka i tam ki kom mede ki time nioo wa ikine me mwaka 19 onyo 20

Obedo gin ma time pi awobe ki anyira mukene me tegi con loyo luwotgi?

Kakare. Awobe mukene cako tegi con ki mwaka 10, mukene gicako tegi ki mwaka 15 kulu. Anyira mukene gicako tegi con ki mwaka 8 keken ento mukene gicako tegi wang ma gu oo mwaka 13 onyo makato. Ngat man kome yot kit ma gin tye kwede. Ento, ka anyaka pe ocako neno ruk ma en dong tye ki mwaka 16, ci en omyero ocit onen lagwok yot kom.

Neno dwe/ruk en aye obedo gin ango?

Cwer pa remo matime ikom mon dwe ki dwe obedo gin ma oporo matime ikom mon ma dong oo imwaka moni kare ki kare. Pol kare tero nino adek onyo angwen ka juke. Man tye lanut ni nyako ma dong tye kaneno gin man dong twero yac ka orwate ibuto labongo gwoke.

Lawala me neno nino ruk obedo gin ango?

Lawala me neno ruk obedo kare ma cake ki i nino me acel me neno ruk me oo inino me agiki ma pud pe icako neno ruk me dwe meno. Kit ma man time pol kare, oweko kilwongo ki "lawala"

Kare mene ma nongo dako onyo lacoo tye atera onyo romo yac?

Bedo atera tere ni nongo dako romo yac. Pi kare maromo nino 12 ikare me neno ruk, mon ma pol kare neno ruk ikine nino 26 ki 32 ki maro bedo atera inino 8 me oo 19 me lawala gi. Ka dako orwate i butu ikare ma en tye atera ni, yacu omaro bedo tye. Coo tye ki kero me yacu dako cake inge kato pa pig me acel wa i agiki pa kwo gi.

Yube pa tong dako obedo gin ango?

Yube pa tong dako obedo kare ma tong dako o aa ki ot te. Man pol kare time ki idye lawala neno ruk pa dako. Dako romo yac ka tong lacoo orwate ki tonge ka gu rwate i butu. Ikare man ma nongo dako tye atera ni, en cawa mukene neno pig gin mo matar ii cuwale onyo winyo kome me mon odyak.

Ngo ma obedo dyak dyak ma kare mukene tye ite cuwal pa anyira ni?

Kare mukene anyira neno pig gin mo matar ite cuwal gi onyo gi winyo kom gi me mon odyak – man kilwongo ni kati pa pii ki ikom. Anyira pol kare ki winyo man ikare me yube pa tong dako, ma nongo gitye atera. Pii man ki dyak pa kom gi me mon konyo tongo lacoo me kato ki ot nywal me cito ka rwate ki tong dako.

Anyira omyero guket gin mo i kom gi me anyira wek nywece obed maber?

Pe omyero guketi. Lwoko kom gi me anyira ni ki cabun ki pii nino ducu weko bedo maleng. Keto gin mo ii kom gi me anyira weko kom bedo mu twoo, il onyo weko ki nongo two.

Anyira romo gwoke ningin ikare me neno ruk ka gi peke kede lamwol kom/pad?

Ka lamwol kom peke, tic ki karatac me coron onyo bongo pama ite cuwal bene konyo me jwino romo. Ber bene ka i kwanyo karatac coron onyo bongo pama mukene me wek iloki i kare me dye cen.

Telo obedo gin ango?

Telo en aye jing matek pa nyim laco malube ki ringo pa remo i lee ma i nyime. Awobe ki coo pol kare gi telo wang mapol i dye wor. Pol kare time me coo ma nyime nongo ocung matek. Man gin ma time. Awobe ki coo bene gitwero telo i dye ceng i cawa ma nongo pe gitye ka tamo ni gi bitelo, kedi bed nongo gi peke ki miti me butu. Coo ki awobe pe giromo diyo awene ma ki telo kwede. Man gin ma pol kare time i yoo me dongo pa nyim gi ikare ma nongo gitye ka dongo doko madit.

Lire obedo gin ango?

Lire pa coo obedo yango del ma umu wi nyim laco. Kace awobe olire, gin mo peke ma omyero owek en obed ki lworo, lire pe balo butu ki dako ikare me anyim. Lire ma coo romo konyo gengo awobe onyo coo nongo two jonyo. Ento man pe gengo nongo two jonyo matwal. Kede bed owobi olire, pire tek me tic ki roc bol iyoo matir kare weng ma en rwate i butu.

Lac nyodo ki nyig lacoo en aye ginango?

Lac nyodo en aye obedo gin matar ma kati ki iyim laco kacel en otelo. Lac nyodo tye ki nyig lacoo. Nyig lacoo obedo dul kom lacoo ma ka oribbe ki pa dako yubu latin. Lac nyodo yube ki i nyig man lacoo. I pig kom laco acel acel ma oton nongo tye iye nyig laco mapol ata. Kace pig kom meno odonyo ikom nyako me mon, nyako romo yac.

Leg ni itye imar obedo ngo?

Ikare me tegi kom lok ki cako yubu lac nyodo/pig kom. Lac nyodo man nongo kit ye atera me kato ki ikom dok man time i yoo me "lek ni itye imar". Pol kare bulu ma tye ka tegi ma awobe gi coo otiko nongo gu telo, ki cawa mukene ki pigi i bongo gi onyo kaburu. Man obedo gin ma time.

Nyim coo mono dite ma opore omyero obed rom mene ki ocung nining ?

Nyim laco bedo dit ne onyo titi pire pe tek dok en aye pe nyutu kace loco romo yaco dako onyo lamar maber. Pi coo madongo, nyim ma tye idyere nongo ikine maromo pore ki bor pa cingi kace otelo. Pi lutino ma gitye ka tegi, pe tye dit pa nyim mo ma ki romo tic kwede ni en aye opore onyo tye idyere pien awobe komgi tegi imwaka ki twiro mapat pat. Ikare me tegi ikine ka mwaka 10-18, nyim ki tong man-gi ruyu dongo ki tegi kede bed ni nyim gi pe juku dongo ni oo wa i imwaka 21. Pe tye tung ka mo keken ma myero okem ka ojing matek.

Lac nyodo mono ki lac pii gi romo kato ki ikom dano kacel?

Lac pii ki lac nyodo weng gikato ki i yoo acel. Ento, "lageng" mo tye calo dugola mo matidi-ki i te yoo ma lac aa ki iye me kato woko ma pe yee lac pii me kato kacel ki lac nyodo

Yoo ango ma iromo lwoko onyo weko komi coo bedo maleng?

Tii ki cabune me lwoko komi me coo. Ka komi me coo pe liro, cii ill del wii komi me coo cii ilwok tere piny

Cukcuk en aye ginango?

Cukcuk obedo kare ma awobi onyo anyaka gudu onyo tuku kikome me mon onyo coo pi nongo miti kit ma rwate i butu ni. Cukucuk oo wa i cung matek pa kom lacoo ka weko pig kome kati onyo ok mite ma loyo weng pi anyira. Pe tye yoo mo maber loyo onyo marac loyo me timo man.

Cukcuk romo kelo peko mo me yot kom?

Gin mo marac peke. Tim man pe kelo peko mo keken kadi ka ibed ki timo tere-tere. Dok bene, pe twero weko yacu mo bedo tye, nongo kwidi two jonyo onyo, two mukene cobo iye me rwate i butut. Cuk cut pe balo kero pa laco me yubu lac-nyodo onyo bedo atera pa mon. Kadi bed ni pol kare lewic mako dano me lok ikom tic man, lewic mo peke iye.

Anyira bene romo tic ki yoo mukene me cobo miti gi labongo rwate ki lacoo i butu?

Kakare Obedo gi matime pi anyira me tic ki yoo me tuku/gudu kom gi pi cobo miti gi me rwate i butu. Pol anyira cako timo man ikare me tegi gi me dongo doko dit. Man pe kelo yacu, onyo two mukene ma kobo ka i rwate i butu.

Dako romo yac kadi bed ni pud wang me acel me rwate i butu ki lacoo?

Kakare, dako romo yac kadi bed pud wang me acel me rwate i butu. Cawa mo keken teki dako orwate i butu ki lacoo ci kome me coo odonyo i kome me mon, en romo yac. Bene iromon nongo two ma kobo i yoo me rwate i butu teki dako onyo lacoo orwate i butu, kadi pud wang me acel.

Ngo ma mite wek yacu otime?

Kadi bed ni yacu pe twero time i cawa weng ma ki rwate i butu, romo time kace jami adek magi gutime: 1) tong nyodo omyero obed tye i ocike pa dako, ocike ma tong dako kato i iye me cito i ot nyodo ka ma latin dongo ki iye; 2) lac nyodo pa laco omyero oribe ki tong dako wek okel latin; dok 3) tong nyodo ma guribbe dong me kelo latin ni omyero gumoko i kor ot nyodo pa dako

Ocake mwaka mene ma anyaka romo yac kede?

Ka nyako dong ocako neno ruk, tere ni dong kome romo yac ka en orwate i butu. Ento man pe tere ni kome ki wiye dong tye atera me nywal. Man tyene ni kome aye romo yac.

Yacu kiromo gengo nining?

Kace laco ki dako gimito rwate i butu labongo nongo latin, giromo tic ki yoo me lagu nywal pi gengo yacu. Tye yoo mapol ma giromo tic kwede ma ikine tye iye tic ki roc bol, yat amunya me gengo nywal, yat ma kitucu atuca, nyonyo akwoya ikom mon, ki yoo mukene matye con. Lok ki latic yot kom pi nongo ngec ikom yoo matye. Kace laco ki dako gitye katic ki yoo mo keken iyoo ma atir, meno tere ni gin tye ka "gwoke" ki ikom yacu. Kace gutiyo ki roc bol medo ikom yoo mukene me lagu nywal, tere ni gitye ka "gwoke" ki ikom yacu wa ki ikom two makobo i yoo me rwate i butu calo two jonyo

Bulu matye ka tegi rom tic yoo weng me gengo yacu?

Bulu ma tye ka tegi, kono matye igang kwan onyo pe igang kwan romo tic ki yoo mo keken me gengo yacu. Kono do, tweno onyo nyolo ocike pe opore pi bulu matye ka tegi pien ka kitiyo kede kicel ci dong ngat meno pe obi yac matwal. Ki bene yoo mogo calo ngeyo nino ma iromon yac kede calo me tic ki "moon beads" ki kwano nino ma itami ni nongo tye maber, pe opore pi bulu ma pud ocako neno ruk cok cok. Man pien anyaka onyo dako omyero onge nino me kare ma tero i neno ruk wek yoo magi ogeng yacu.

Anyaka romo yac i kare me neno ruk?

Kakare, romo time kede bed ni man maro time. Man romo lub kare ma en tero ineno ruk, nino adi ma neno ruke tero, ki awene ma en rwate kede i butu pien lac nyodo/kom lacoo tero ning moog ma nongo tye ikome.

Pingo tye mon mogo ma pe kiromo nywal?

Pe bedo kero me yac romo bedo pien dong mwaka ni otegi onyo peke tye ikom lacoo, dako onyo wun weng. Kare mukene daktar pe romo nongo tyen ngo ma oweko in be iromon yac.

Pi kare marom mene ma omyero jo ma ot okur ma pud pe teme me nongo latim mukene inge nywal?

Pi yot kom min latin ki latin, omyero gukor pi mwaka aryo yako ki teme me nywalo latin mukene.

Mwaka mene ma opore pi dako me yac?

Ber tutwal pi dako me bedo mwaka 18 ka oyac me acel. Mon romo mede ki nywalo lutino kede ikine mwake 30 ki makato, ci kony pa laro yacu peke nio wang ma dako kome ki adam me tye atera. Man tyero bedo ni nongo dong en otyeko kwan, tye ki lawote ma mare, tye ki cente maromo gwoke paco ne, ki no dong omoko tame ni emitio bedo ki lawote pi bedo i ot.

Ngo ma myero ngat mo otine ka gu rwate i butu labongo gwoke, calo ka roc bol oyec, okati woko ki bol onyo dong ikom dako?

Cit cutcut i ot yat onyo ka cato yat me nongo yat ma tiyo kede cutcut me gengo yacu, ma cawa mukene kilwongo ni yat me tic kede inge odiko. Yat amunya cutcut gengo yacu inge rwate i butu labongi gwoke. Yat man kiromo munyu pi nino abic inge rwate i butu. I ot yat mukene lutic yot kom romo miyo yat maromo gengo kobo pa gwedi two jonyo. Ka roc bol omoko i kom dako, en romo cwalo cinge ikom me mon ni moto ci kwanyo roc man woko. Ka tek me kwanyo ne, cit i cutcut i ot yot kom wek ki kwany.

Two ma kobo iyoo rwate i butu ni kobo ka dano orwate iyoo me butu ma kom lacoo ki dako pe rwate ni?

Rwate i yoo me butu ma kom lacoo ki dako pe rwate ni obedo time calo doto kom dano me coo onyo nango kom dano me mon. Two mogo romo cobo i kit yoo man me rwate i butu.

Kwene ma ngat mo romo pime iye pi two jonyo ki two mukene ma kobo iyoo me butu?

Tye kabedo mapol me pimo pi two jonyo ki two mukene ma kobo i yoo me rwate i butu. Lok ki dul lutic yot kom me ikin gang, ngat mo keken i ot yat ma cok kede, ngat ma tye i gang tuku/pwonye pa bulu onyo lapwong onyo ladit ma igene me niang kwene ma iromo pime iye.

Two jonyo ki two mukene ma kobo iyoo me butu ni?

Two jonyo pe cang. Ento tye ki yat ma konyo ka itye kede. Man obedo munyu yat acel onyo makato pi nino ducu. Yat amunuy man ma ki lwongo ni ARVs ni Iwenyo ikom gwedi dok gwoke komi me bedo matek. Pol two ma kobo iyoo me rwate i butu ki cango ki miyo yat ma cango gi. Ento tye two mukene ma kobo i butu ma pe yat romo cango gu. Pire tek me munyu yat weng ma gi mini, kede bed ni lanyut me two meno dong pe ikomi.

Moo obedo gin ango?

Moo obedo pig gin mo mapwot ma giromo tic kede me weko kom me mono bed ma ma dyak. Moo giromo tic kede ikare me rwate i butu me weko obed maber onyo wek lacoo ki dako weng onong mit. Mupira me rwate i butu pol kare ki keto moo ikome wek tic kede obed my ber.

Tim gero pien ni ibedo lacoo onyo dako ni obedo ngo?

Time gero pien ni ibedo laco onyo dako obedo gin marac matime ikom ngat mo dok romo mino awano ikom onyo i wii. Tim gero man time pi apoka poka me twero matye ikin coo ki mon. Tim gero romo bedo tic ki leb marac, donyo dano onyo kweno, dino dano me rwate i butu ki jami mukene mapol. Ka ngat mo time gero tye ka time ikome, cik me Uganga waco ni iromo tero lok meno iye gang tic pa abili mo keken macok onyo i nong kony ki bot latela me te tero calo local kancil.