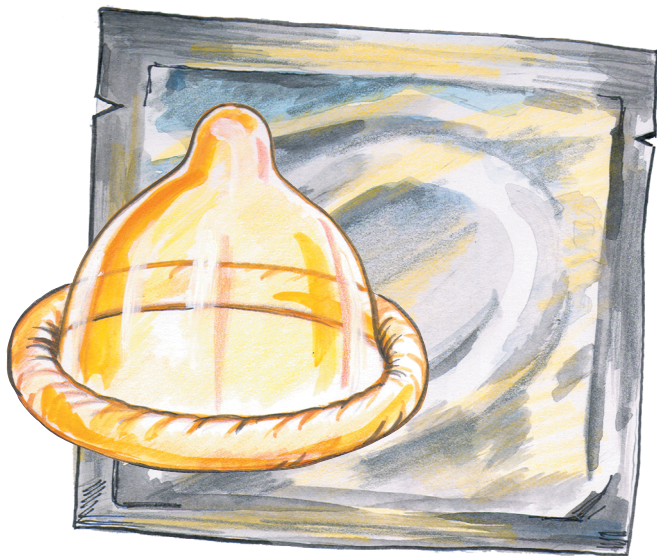
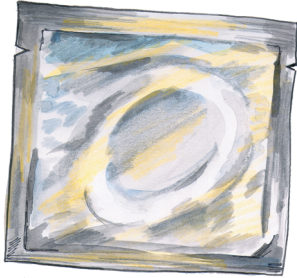




Khohlopo ea banna





Khohlopo ka paketeng

Mokhoa o nepahetseng oa ho sebelisa khohlopo ea banna

Meqhatli ea ho sebelisa khohlopo:

1. Bula pakete ea khohlopo, 'me u hlokomele hore u se tabole khohlopo. E ntšhe ka lintlha tsa menoana ea hau.
2. Penya ntlha ea khohlopo ka menoana. Beha khohlopo ntlheng ea botona ba hau bo seng bo eme.

1. Mothati oa pele

3. Hlokomela hore khohlopo e lutse ka mokhoa o tla e lumella ho haroloha hantle. E harolle ho fihlela qalong ea botona ba hau. Khohlopo e lokela ho koahela botona ba hau kaofela.
4. Kamora' ho lahla 'mane (*ejaculation*), tšoarella reng ea khohlopo qalong ea botona ba hau 'me u tsoe ka ho molekane oa hau pele botona ba hau bo robala ho qoba hore peo e qhalane.



2. Mothati oa **bobeli**

5. Ha u qeta ho e sebelisa, phuthela khohlopo ka pampiri 'me u e lahlele ka ntloaneng kapa u e tsetele.

Tlhokomeliso

- Sebelisa khohlopo e ncha lekhetlo le leng le le leng ha u etsa thobalano.
- Khoesa khohlopo pele botona ba hau bo ka ama/thetsa 'mele oa molekane oa hau.



3. Mothati oa **boraro**

- Se ke ua sebelisa linolofatsi life kapa life ho ngobetsa khohlopo. Sena se ka bakela khohlopo ho taboha habonolo.

Mafosisa ka likhohlopo

- **Likhohlopo li tšoarisa liphieo.** 'Nete ke hore khohlopo e sebelisoa botoneng ba monna nakong ea thobalano; athe liphieo tsona li ka hare ho 'mele 'me li sebetse ho monya metsi a sa hlokahaleng 'meleng.



4. Mothati oa **bone**

- Khohlopo ha e ka sala ka ho mosali, e ea tsamaea ho fihla bokong. 'Nete ke hore khohlopo e keke ea fihla bokong hobane sebopeho sa bofšehali ba mosali se ke ke sa e lumella ho fetela kae kapa kae. Ha khohlopo e salletse, mosali a ka e ntša habonolo ka menoana.
- Khohlopo e sitisa monna ho lahla 'mane. 'Nete ke hore monna o ntse a ka ntša 'mane a ntse a sebelisa khohlopo.



5. Mothati oa **bohloano**

- Khohlopo e tsoa liboko ha e tšetsoe ka metsing. 'Nete ke hore khohlopo ha e ea etsetsoa ho tšeloa ka metsing. E sebelisoa nakong ea thobalano ho thibela mafu a thobalano a akhang HIV/AIDS le bokhachane bo sa roang.
- Mafura a fumanehang khohlopong a nyanyalitsoe ka kokoana-hloko ea HIV. 'Nete ke hore mafura a khohlopong a sebetse ho e nolofatsa e le ho fokotsa khohlano nakong ea thobalano.



6. Mothati oa **botselela**

- Likhohlopo li se li ntse li phuntsoe masoba a manyane a sa bonahaleng.

'Nete ke hore likhohlopo li feta litekong (*scientific tests*) pele li ka fetisetsoa tšebetsong.

Buisana le molekane oa hau ka thobalano e tšireletsehileng khahlanong le mafu a thobalano a akhang HIV/AIDS.



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