



Lokko kit ma lwak neno kwede coo ki mon ki meddo kero-gi
me timo tic weng irwom marom ma calo dano adana.

**But Cik ma gimoko ki Maputo ma niange yot
ikom coc ma kwako twero, miti ki kit grup me
Afrika ilok kom twero pa dano ki pa lwak ikom
twero pa mon me Afrika**

CIK MA GIMOKO KI MAPUTO

KARE MANYEN PI TWERO PA MON I AFRIKA



Ministry of Gender, Labour and Social
Development (MGLSD)

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Uganda Women's Network

ANYIM WA: Lobo Uganda ma peke ki apoka poka ikin kit ma lwak tero kwede mon ki coo.

GUTI ME TIC WA: Me kubu tic kacel ikin lumema ki jo mukene ma tye ki miti itic wa iyo me ribbe di dano ma romo medo kero tic wa, medo rwom me tic pa dano, yenyo lonyo, ngiyo tyen lok me niang ada ikom cik, ki poko ngec ikom kit ma lwak twero tero kwede mon ki coo iyo marom ma calo dano adana i Uganda.

Lok ma pire tek ma okwongo:

1. Poko ngec ikom cik
2. Rwatte ki dano me medo kero tic
3. Kit me tic ki Ngec
4. Medo teko bot dul mapat pat

Jami Ma Pir Gi Tek:

- Wore iyo marom aroma
- Poko Ngec bot Lwak
- Dyere
- Keme ki tic
- Tic kamaleng
- Gene
- Lworo Lubanga
- Ngolo Kop Atir

**But Cik ma gimoko ki Maputo ma niange yot ikom coc ma
kwako twero, miti ki kit grup me Afrika ilok kom twero pa
dano ki pa lwak ikom twero pa mon me Afrika**

CIK MA GIMOKO KI MAPUTO

KARE MANYEN PI TWERO PA MON I AFRIKA

Ngec ma i Buk man

UWONET cwalo pwoc madit bot Ngat ma ginongo tam ki bote icoyo buk man ki dok bene bot Coalition on Violence Against Women Kenya (CODAW), ki Solidarity for African Women's Rights (SOAWR), magu kwongo coyo cikke man i yo ma niange yot.

Pwoc madit cito bot UNFPA Uganda ma omiyo kony i yubu cikke man ma niange yot-ti iter Gamente me Uganda ki Program pa UNFPA me abiro i lobo man.

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NGEC ME ACAKKI

Uganda Women's Network (UWONET) obedo dul ma poko ngec dok yenyo dano ma rwatte kwed-gi me medo kero ikom dul pa mon me Uganda ma pe jenge ikom gamente, ki la ngat acel acel matiyo i Uganda. Lumema pa UWONET obedo dul pa mon me Uganda ki dano mapat pat dok bene ocone iter cik kun nongo gang kal gi madit nonge i Kampala - Uganda.

Cikke ikom coc ma kwako lok kom twero, miti ki kit dul acel acel me Africa ilok kom twero pa dano ki pa lwak ikom twero pa mon me Africa, mapol kare gilwongo ni Cikke me Maputo ni, ocao tic i dwe me Apar Wiye Acel, Mwaka 2005, miyo gen ikom twero pa mon medo iye twero me bedo ki gin atima ilok me cingu iwi bye, kitme bedo pa lwak ki cingu iwi bye marom aroma ki coo, me bedo ki teko me moko tam ilok nyal, ki me juku ngolo kom dako(ngolo ladeng pa dako).Kit ma nyinge cimo kwede, African Union ogame me bedo macalo cikke ikom coc ma kwako lok twero,miti ki kit dul me Africa ikom twero pa dano ki pa lwak.

Cik ma gimoko ki Maputo ni tito dok nwoyo tic ma mon tye kwede ma pire tek ilok me gwoko tim ma pire tek i Africa, ma jenge ikom tero dano marom aroma, kuc, loc ken, deyo, ngolo kop atir, note ki tela labongo dic kacel ki niang ni mon tye ki tic me atima ma pire tek me kelo dongo lobo.

Cikke ni obedo langol wang tic mapire tek dok tye me miyo kony me neno ni mon me Africa onongo twero-gi iyo me ilo bedo rom aroma pa coo ki mon macalo dano adana.En miyo yeyo dok nwoyo ikom bedo tye ikabedo ducu, bedo labongo poke ki jenge ikom wadi pa dul ma ngiyo lok kom twero pa mon ma wilobo ducu oye macalo jami tic, tutwale Universal Declaration of Human Rights (UHDR), the International Covenant on Civil and political Rights (ICCPR), the International Covenant on

Economic, Social and Cultural Rights (ICESCR), the Convention on the Elimination of All Forms of Discrimination Against Women (CEDAW) ki cikke ne me ayera, coc me Africa ma kwako kom twero, miti ki kit dul acel acel ikom twero ki ber bedo pa latin ki kacoke mogo ki kwonge mogo ma okwako lobo ma woko ki lobo ma ogure macok cok.

But Cikke ni ma niange yot-ti ikom coc ma kwako twero, miti ki kit dul me Africa ikom twero pa dano ki pa lwak ikom twero pa mon me Africa miyo wiye madongo dongo me ngec ma tye i Cikke dok miyo ngec iyo mayot ikom twero pa mon. Butte man bene obedo macalo lakub kin Cikke ki lobo ma woki, lobo ma kin-gi cok cok ki lob me lobo ni ma cik cimo ikom twero pa mon do bene tye ki miti me ryweno dok tito wiye madongo dongo matye i Cikke ni kun nongo tiyo ki but-te ma niange yot ki leb ma kwano ne yot.

Rita Aciro Lakor
Executive Director
UWONET

Pingo gikati ki Cik ma gimoko ki Maputo ni?

Malube ki niang ni twero pa mon pol kare kingolo wange ma diyo mon malube ki twero pa dano, gin tic pa lobo ma kin-gi cok cok, Cikke ikom twero pa mon gikwanyo ki i Coc ma kwako twero, miti, ki kit dul me Africa ikom twero pa dano ki pa lwak dok oculo tic i mwaka 1981.

Coc ma kwako lok kom twero, miti ki kit dul me Africa ikom twero pa dano ki pa lwak obedo gin tic me twero pa dano dok gicoyo tutwal-le me miyo kony bot lwak me Africa, ter kwaro ki kit kwo. Pe miyo cwako bot twero pa dano ma lobo ma woko cimo keken, ento bene tito kamaleng bot lwak twero pa dano ki tic ma gitye kwede. Kadi bed ni Coc ma kwako twero, miti ki kit tic pa dul me Africa cimo ni lujang gamente tye ki tic me jwayo apoka poka matye ikom mon ki dok me neno ni gi gwoko twero pa mon ma lobo ma woko oye (nen coc macegu me 2, 3 ki 18), en pe kati kamaleng ikom lok ada matye ni tim me ter kwaro mapol pe rwatte ki twero ki bedo agonya pa mon kadi ma tidi. Ma lube ki niang aroca ma tye i coc ma kwako twero, miti ki kit dul-li, omite ni omyero gimed ngec ikom Cikke ma twero loko lok kom twero me Africa me nyuto kit kwo ma mon wok iye i but lobo man. Man otwere pi ngec matye i coc macek me 66 me coc ma kwako twero, miti ki kit dul tic ma yee ni gitwero tic ki cikke ongo yeyo mapat pat, ka mite , me medo lok ma tye i Coc ma kwako twer, miti ki kit dul tic-ci.

Makun nongo mede ki niang ni mon me Africa pud deno can me apoka poka ki tim maracu, Cik ma gimoko ki Maputo ni gikati kwede me miyo jami weng ma mite me ngolo wang tic ki gene ma lamal pi gwoki twero pa mon.

Kacoke madit pa dul ma noto lobo Africa ma lutela gamente ki kacoke pa gament ma otime in dwe me Abicel mwaka 1995 i but-te me 31 ma

okwongo i Addis Ababa odino stamp i aloka loka me AHG/Res.240 (XXXI) me yeyo ma dul ma gicimo me timo tic me Africa ikom twero pa dano ki pa lwak me medo ngec ikom Cikke ma kwako twero pa mon me Africa. Man olube macok cok ki tam ma gimoko me miyo nying ngat acel irwom ma lamal macalo lao madwoko repot ilok kom twero pa mon bot dul man ma tic-ce obedo kin mukene me medo ngec ikom Cikke ma kwako twero pa mon i Coc ma kwako twero, miti ki kit dul tic me Africa.

I mwaka 1995, kacoke ma lube aluba me yube ocake me neno kit me medo Cikke ikom twero pa mon, ma ikine obedo kacoke i Lome ki dok kacoke me yube mukene bene obedo tye i mwaka 1998 ki 1999 i Banjul, Dakar ki Kigali malube aluba.

I dwe me Apar Wiye Acel mwaka 2001, kacoke madit me acel pa minista ki kacoke pa ludirotic otime i Addis Ababa ma gikati ki but Cikke ni me acel me nongo tam pa lwak. Kacoke madit pa minista ki ludirotic me aryo otime i dwe me Adek mwaka 2003 ma but Cikke me acel-li ki keto kama lyet me nongo tam mapat pat ki bot lwak ki bene me laro lok me nongo lagony.

Lutela mapat pat me lobo Africa gurwatte i Maputo in dwe me Abiro, mwaka 2003 ma orwatte ki coke-gi ma time mwaka ki mwaka ci timo tic mapire tek me yee tic ki Cikke man ikom Coc ma kwako twero, miti ki kit tic me Africa ikom twero pa dano ki pa lwak ikom twero pa mon me Africa.

Cik man ocano tic i nino dwe 25, me Apar Wiye Acel mwaka 2005 inge keto cing pa lumema me lobo manoke loyo 15 ikom 53. Uganda odonyo i Cikke man i nino dwe 22, me dwe me Abiro, mwaka 2010 dok oteme bene me neno ni tam ma Cikke man okati kwde orwatte ki kit me kwo pa lwak-ke.

Cike ma gimoko ki MAPUTO ki lobo ma woko, lobo ma ogure macok cok, ki cik me lobo ni

Lobo mawoko oye kamaleng cik me tero mon ki coo iyo marom aroma macalo dano adana ikare ma gicako dul pa United Nations i mwaka 1945. Man lube ki Coc ma kwako lok kom twero, miti ki kit tic pa dul me United Nations. Yeyo pa UN ma kwako lobo ducu me mwaka 1948 ikom twero pa dano bene nyuto ni apoka poka mo keken pe omiyo obed tye “pi bedo dako onyo lacao”. Kwonge pi twero pa dano ma opoke iye aryo ni ma giye i mwaka 1966, ma bene omedo juko apoka poka, oweko lok me bedo rom ikin mon ki coo odoko cik ma gamente ma oketo cing oye. Ngec man ikom loc ken, bedo rom ikin mon ki coo i deyo ki twero pa dano weng gi nwoyo tito ne me kelo niang i Cikke me Maputo.

Dul pa Kacoke madit ilok kom Jwayo kwayi apoka poka ducu matye ikom mon kwanyo kabedo ma pire tek ilok me kelo twero pa mon kamaleng malube ki miti me twero pa dano. Dul me kacoke madit man nyuto tyen lok me bedo rom, kit ma gitwero nongo ne kwede ki dok ka gitimo kit meno, kelo cik manyen me anyama ma wilobo weng miyo pi mon, ento bene macalo tic ma pire tek me atima pi lobo me nyuto gene-gi me weko dano nongo mit-ta twero magi.

Yeyo alwak pa dul pa UN matiyo ilok kom Gwoko Kwo me mwaka 1820 ma gigamo i dwe me Abicel mwaka 2008 medo gufu ikom coc macek me 11 ikom gwoko mon ikare me lweny. Yeyo alwak man neno lok kom tim gero iyo me butu ma romo piny ikom mon ki anyira ikare me lweny. Tim gero iyo me butu gineno macalo lok me kuc ki gwoke ma kwako lobo ma woko bene. Amak tek tek ki tim gero mukene iyo me butu giketo ikin bal ma lulweny timo, bal ikom dano onyo maromo mede me o wa i anek lumuku. Yeyo alwak man cwalo koko ne bot lobo ma lumema me tero jo ma timo bal magi i nyim kot dok bene yee ni gingol cul iwi lobo ma tim gero iyo me buto otime iye ikare me lweny.

Coc ma kwako lok kom twero, miti ki kit tic pa dul me Africa ikom twero pa dano ki pa lwak ma lube ki cik ni apoka poka obed pe iter coc macek me 2 ki coc macek me 18 cwalo koko bot lujang gamente me jwayo kit kwayi apoka poka weng ikom mon ki dok bene me neno ni gi gwoko twero pa mon kit ma gitito kwede i lok angeya me lobo ma woko bene ki kacoke madito. Ngec man bene ginwoyo i cok macegu me 1 ki 2 me Cikke me Maputo ma gonyo tyen lok me apoka poka ikom mon ki jwayo apoka poka ikom mon.

Cik acoya ma gamente me Uganda okati kwede imwaka 1995 medo ngec ikom lok me tero dano marom aroma malube ki coc macek me 21 (3).

Apoka poka gi gonyo ma kwako tero dano mapat pi bedo dako onyo lacoo, ki dok pe cwako tim me poko kit ma lwak neno kwede mon ki coo. Cik acoya man bene cwalo dwan ikom tero dano weng marom ki dok bene lok ni apoka poka obed peke ni ki kwero tim me terkwaro ma pe rwatte ki twero pa dano. Gamente me Uganda okati ki cik mapat pat me medo ber bedo pa mon ento kit me keto cik magi itic pe owoto anyim pi tim me mungu lok ikabedo mogo. Apoka poka ikom mon pud time ikabedo mapol dok oromo piny ki dok bene kit kwo pa mon me Uganda mede ki bedo rac pi tim me tekwaro ma odonyo matut itam pa dano ki mwaka malac me lweny ikabedo mogo.

Cik ma gamente me Uganda okati kwede, imwaka 2007 bene omedo ngec matye i Cikke ni ki jami mukene me tic ma lobo ma woko ki lobo ma ogure ma kin gi cok cok. Cik pa gamente man gonyo apoka poka iyo malac ma kwako tim mo keken, awek, cik ma kwako dul onyo ngat acel acel, cik lobo, loc, tim, apoka poka, kit kwo, ngo ma tye ka time, pe tic ki gin moni onyo yer ma , “adwogi ne ngolo onyo balo kare marom onyo cayo dul pa dano mogo onyo kelo tero dano iyo mapat pat idog tic onyo ilok me nongo mit-ta twero ki loc ken pi bedo dako nyo lacoo ikin jami mukene.

Coc macek me 5 me Cikke ni gimedo i cik ma gamente okati kwede i mwaka 2009 ikom ngolo kom mon/ ngolo ladeng pa mon ma cimo ni tic me ngolo kom mon obedo bal, tero lubal man ikot ki gwoko kwo pa jo ma owok ki itim man.

Yele me loko cik bene tye ka wot anyim ma okeme ki gwoko twero pa mon kun nongo tiyo ki cik matino tino ma lutela ma ikin gang kati kwede calo makwako lok kom Nyom ki Ket keny-nyi.

Kadi be ni Cikke me Maputo ni nwoyo lok kom twero pa mon ma okati mapat pat me kelo niang ilobo mawoko, lobo ma ogure ma cok cok, cimo iwange ma lube ki cik me gwoko mon ki anyira ma i Africa kun nongo tamo pi kit kwo pa dano ki tekwaro-gi.

Ngo matye i cik man?

Cik man iye opoke idul adek kit magi:

Cal me 2: Dul me cik-ki

Dul me Acel: Tito tyen lok ma omiyo gi medo Cikke ni, dok loko ikom mine ma a ki tung bot lobo ma ogure ma kin-gi cok cok ki lobo ma woko ikom twero pa mon.

Dul me Aryo: Tito twero ma Cikke ma cwako

Dul me Adek: Tito keto itic, gamo, keto cing, yeyo alwak, ki cako tic kacel ki yo me medo ngec iye.

1. Twero me Bedo Anywali Lobo ki me Cungu lwi Bye
2. Twero me lono,kit me kwo ikin dano ki me ter kwaro
3. Twero me Dongo lobo ki Kuc
4. Twero me nywal ki sexual rights

- Twero me Bedo Anywali Lobo ki me Cungu Iwi Bye
- Twero me lono,kit me kwo ikin dano ki me ter kwaro
- Twero me Dongo lobo ki Kuc
- Twero me nywal ki sexual rights

Cik ma gimoko gitwero poko gi idul angwen madongo:

- COC MACEK ME 1: Tucu Tyene
- COC MACEK ME 2: Jwayo Apoka Poka ikom Mon
- COC MACEK ME 3: Twero me Bedo ki Deyo
- COC MACEK ME 4: Twero me Kwo, Gene ki Gwoko Kwo pa Dano
- COC MACEK ME 5: Jwayo tim Maracu (Ngolo kom mon/ ngolo ladeng pa kom ki tim me tekwaro mukene ma kelo awano ikom mon)
- COC MACEK ME 6: Nyom
- COC MACEK ME 7: Poke, Ket Keny ki Ngolo bedo Tye Pa Nyom
- COC MACEK ME 8: Ngolo Kop Atir ki Gwok Marom Aroma inyim cik
- COC MACEK ME 9: Twero me Bedo ki Tic Atima i Lok me Cungu Iwi Bye ki Yo me Moko Tam
- COC MACEK ME 10: Twero me Bedo ki Kuc
- COC MACEK ME 11: Gwoko Mon Ikare me Lweny
- COC MACEK ME 12: Twero me Kwan ki Pwonye
- COC MACEK ME 13: Twero me Lonyo ki Ber Bedo
- COC MACEK ME 14: Twero me Yot Kom ki Nywal
- COC MACEK ME 15: Twero me Gwoko Cam
- COC MACEK ME 16: Twero me odi muromo
- COC MACEK ME 17: Twero me Ter Kwaro Makonyo
- COC MACEK ME 18: Twero me Kabedo ma kelo Yot Kom dok ma Tiko Bedo Tye
- COC MACEK ME 19: Twero me Dongo Lobo ma Mede Anyim
- COC MACEK ME 20: Twero pa Mon To

- COC MACEK ME 21: Twero me Lako
- COC MACEK ME 22: Gwok ma Lamal pi Mon Dito
- COC MACEK ME 23: Gwok ma Lamal pi Mon matye ki Goro me kom
- COC MACEK ME 24: Gwok ma Lamal pi Mon matye ki Cweyi Cwiny
- COC MACEK ME 25: Yat-te

COC MACEK ME 1: Gonyo Tyene

Coc macek man gonyo tyen look mapol mapat pat ma gitiyo kwede i Cik man. Cik-ki bene gonyo tyen lok me apoka poka ma time ikom mon, tim maracu ki tim gero ma time ikom mon ki jami mukene.

COC MACEK ME 2: Jwayo Apoka poka ki ikom Mon

Coc man cwalo dwan bot lujang gamente me:

- a) Kwanyo yo mujing ma nyuto ni cik-gi ki kit cik weng ma gikati kwede yilo malo lok me tero mon ki coo iyo marom macalo dano adana dok ni labongo akalakala cik man gibiketo itic;
- b) Kati ki dok keto itic cik ma opore onyo ma juko dok miyo pwod pi tim maracu ma keto kwo pa mon ki ber bedo gi kamading;
- c) Tamo pi mon ki coo imoko tam malube ki cik, yub me dongo lobo, program kacel ki tic mukene mapat pat;
- d) Nyuto yo matir kama apoka poka ikom mon iter cik mede ki time;
- e) Miyo cwak ikom tic ma tye ki miti me jwayo kwayi apoka poka matime ikom mon ducu.

Lujang gamente bene gimio lwongo bot gi me loko kit me kwo pa mon ki coo me miyo pwony bot lwak, cik ma dok ikom ngec ki lok ma dwoko cen tim tekwaro maracu ma cimo ni kin mon ki coo, dul acel tye lapiny onyo lamal loyo lawote.

COC MACEK ME 3: Twero me Nongo Deyo

Coc macek man niang ni omyero giter mon weng tye ki twero me deyo, twero me nonge yo me konyo kwo ne ki gwoke ki tim dic, cac ki tim gero tutwal-le madok ilok me buto ki ayet ki dog.

COC MACEK ME 4: Twero me Kwo, Gene ki Gwoko Kwo pa Dano

Mon ducu ki acel acel cik ye ni onong woro pi kwo ne, gene ki gwoke ne iter coc man macek-ki.

Me neno ni mon omyero onongo ber pa twero man, lujang gamente omyero;

- a) Gukati ki cik dok guket itic cik ma juko kit kwayi tim gero weng matime ikom mon ikabedo gi mukane onyo ikin dano;
- b) Jolo tim mapore me neno ni gijuko, gimio pwod ki dok bene jwayo kwayi tim gero weng ma time ikom mon;
- c) Nyuto gin ma kelo ki adwogi tim gero ikom mon ki jwayo lakit tim gero ni;
- d) Medo pwonye ilok kom kuc me juko tim gero matye i tekwaro, tim ki tam, ma medo tye ki mede pa gero matime ikom mon;
- e) Miyo pwod bot lutim gero ikom mon ki keto program ma konyo ma konyo mon ma owok itim gero;
- f) Keto kit me tic ki neno ni konyo iyo me ngec tye, roco ki culu mon ma owok i tim gero;
- g) Me juko ki cimo wang jo cato mon, ngolo kot iwi lubal ki dok bene me gwoko mon ma tye kama ocek itim man;
- h) Me juko tim me kwan pa ludaktari onyo lungi tyen lok ikom mon labongo miti gi;
- i) Me miyo konyo muromo madok ilok kom lonyo me keto itic ki ngiyo kor tic ma lube ki juko ki jwayo tim gero ikom mon;

- j) Me neno ni ngolo kop me to ilobo ma pwod man pud tye itic pe gingolo iwi mon ma tye ki ic onyo madoto lutino;
- k) Me neno ni mon ki coo ma ringo ayela onongo twero marom ilok me nongo nongo kony ki ilobo maguringo iye, ket me yeyo ki gen ni gwok ki kony binonge malube ki cik me lobo ma woko ikom oring ayela.

COC MACEK ME 5: Jwayo Tim maracu

Iter cik man, lujang gamente omyero ojuk dok ocim wang lutim tim maracu ducu matye ki adwogi maracu ikom twero pa mon, ki ma pe rwatte ki cik me lobo ma woko.

Lujang gamente gilwongo gi me kubu ngec ikom tim maracu bot lwak; kati ki cik ki keto itic cik ma juko kit tim no keken me ngolo kom mon ki tim maracu mukene; miyo cik, kony iyo me yat, tam bot jo ma guwok itim man;ki me gwoko mon ma tye kama ocek pi tim maracu onyo kit tim gero ducu.

COC MACEK ME 6: Nyom

Coc macek man miyo twero marom bot mon ki coo i nyom. Mite ni lujang gamente okati ki cik ma miyo gen ni nyom bibedo ki loc kenn dok bene pi miti pa jo aryo makun nongo mwaka matidi loyo me donyo inyom ki tung bot mon bibedo 18. Twero pa mon ribo laco acel i nyom bene gitamo pire i Coc man macek-ki. Nyom omyero gicoo piny dok kit ma cik cimo kwede.

Miyo twero marom bot coo ki mon me yero kit nyom magimiti ki kama gi bibedo iye. Dako ma onyome tye ki twero me mede ki tic ki nyinge ki bedo anywalilobo ne onyo me doko anywali me lobo pa cware. Jo aryo weng gimini gi twero marom malube ki anywali pa lutino gi.

COC MACEK ME 7: Poke, Ket Keny ki Ngolo bedo tye pa Nyom

Gimiyo twero marom aroma bot mon ki coo me poke, keto keny onyo ngolo bedo tye pa nyom-gi man bitime iter twero pa kot me neno ni jo aryo ducu onongo twero ki tic ikom lutino makwako twero me poko jami ma gunongo kacel inyom.

COC MACEK ME 8: Ngolo Kop Atir ki Gwok Marom i Nyim Cik

But-te ma ye ni mon ki coo ducu rom inyim cik dok gibibedo ki twero me nongo gwok marom, ki kony ma a ki ikom cik. Itimo man, lujang gamente bineno ni: Yo mayot me nongo kony ki bot lutic ikom cik ki bene tiro wii mon bot dul magi, kacel ki keto jami me kwan ma konyo pwonyo dano ilok kom twero pa mon.

Miyo bene ngec ni dul ma okeme ki tic me neno ni dano olubo cik tye atera ki jami tic ma mite me gonyo ki neno ni bedo rom aroma ikin mon ki coo ki dok ni mon bene ki cung pir-gi iter cik. Coc macek man bene cimo ni cik ki tim ma kelo apoka poka giloko gi woko me medo ki dok bene gwoko twero pa mon.

COC MACEK ME 9: Twero me Cungu iwi Bye ki Yo me Moko Tam

Coc macek man yilo malo twero pa mon me bedo tye ki tic atima ki kero dok ma adwogi ne nen kamaleng ilok me yero lutela ki moko tam mukene i lok me cungu iwi bye, lwongo bene gamente me neno ni mon bene otimo tic marom ki coo dok gitamo pir-gi ikare me moko cik.

COC MACEK ME 10: Twero me Bedo ki Kuc

Mon tye ki twero me bedo ki kuc dok bene twero me bedo ki gin atima ikelo kuc ki dok ni lujang gamente omyero onen ni mon tye ki gin atima iyub me kwan ilok kom kuc ki kit me cobo kwede ayela yela, tic matye inge ayela yela me dok ikwo me kuc ki kit me neno ni kwo pa dano cen kit ma onongo tye kwede ma ayela yela onongo pud peya otime ni. Gwok bene gimi bot oring ayela ma mito nongo kabedo ilobo moni, oring ayela, ludok paco kacel ki dano ma peke kabedo igangi-gi pi ayela yela tutwal-le mon.

Tutwal-le mite ni lujang gamente odwok wel cente ma gitiyo kwede ilok me lweny kun nongo gimedo wel cente macito idongo kabedo wa ki gwoko mon.

COC MACEK ME 11: Gwoko Mon ikare me Lweny

Coc macek man niang ni mon ki lutino tutwal-le anyira nongo ni kwo-gitye kama ocek ikare me lweny dok lwongo lujang gamente me gwoko civilian, mon ma mito waraga me nongo kabedo, oring ayela, ludok paco ki jo ma peke i gangi-gi pi ayela yela ikom kwayi tim gero ducu. Miyo bene ni tim magi gineno macalo bal me turo cik me dog lweny ikom dano ki dok bene ni lutim bal man omyero giter gi inyim kot ma twero ngolo kop atir. Gamente bene omyero onen ni pe tye latin mo keken tutwal-le anyira ma mwaka-gi pe oo 18 otimo tic ma lube ki lweny ki dok ni pe gicoyo latin mo keken itic mony.

COC MACEK ME 12: Twero me Nongo Kwan ki Pwonye

Lwongo lujang gamente me kwanyo yo ma opore me jwayo kit tim weng me apoka poka ikom mon ki don bene me miyo gen ni dano weng tye ki kare marom ki yo ilok me nongo kwan ki pwonye. Miyo bene gwok bot latin-anyaka ki ikom tim ayet mapat pat ma kwako ilok me butu bene dok waco bene ni lutim bal man omyero giter-gi inyim kot.

Nywako tam ki miyo kony me dwoko kwo pa mon ma owok ki i ayet ki tim me butu marac bene tye i cik man.

Iyo acel-li, lwongo dul mapat pat me tic ki yo mapat pat me poko ngec ikom kit ma lwak omyero onen kwede coo ki mon ki dok bene ikom twero pa dano irwom me kwan weng ma kwako wa bot jo ma pwonye me doko Lupwonye kun nongo jwayo tam maracu ki i bukke ma gigoyo me akwana, jami ma omyero ki pwony ki lutino kwan ki dul ma cwako lok me kelo apoka poka ikin mon ki coo. Medo wel mon ma twero kwan ki coc iyo me kwan ki nongo pwonye irwom mapat pat tutwal-le i lok me Ngyio tyen lok ki Tet ki neno no anyira omede ki kwan ma kwako wa anyira ma kwan gi otur.



COC MACEK ME 13: Twero me Lonyo ki Ber Bedo pa Dano

Coc macek man cimo ni gamente omyero onen ni mon tye ki gum marom ilok me tic. Man kwako mede ki yabo yo me nongo tic marom, twero me onongo cul marom, cente mogo matino tino ki rwom me dog tic marom aroma ikin mon ki coo medo kome coyo dano itic labongo kano miti mogo, medo rwom me tic ki juko tic. Mon bene tye agonya me yero kit tic ma gimito timo ne ki nongo gwok ki bot lumi tic pe me diyo gi.

Mite bene ni gamente omyero gucwak do gumi kony bot tic ki yo me nongo lonyo pa mon dul tic matye ki dok bene iyo me nongo gwok ikabedo gi mapat pat.

Moko mwaka ma tidi loyo me tic bene pire tek kacel ki juko coyo lutino ma mwaka gi pud peya oromo itic ki dok miyo pwod bot jo ma miyo dic ikit yo mo keken bot lutino tutwal-le latin-anyaka. Niang ni mon bene tiyo me kelo lonyo i gang, miyo kare me yweyo muromo bot mon oyac

macok nywal ki mapud gunywal anywala ki keto cik me culo mucoro marom bot mon ki coo.

Miyo tic mapire tek bot lunyodo aryo ducu me pito ki dongo lutino gi makwako juko tim dic ki tic ki mon iyo marac me nyuto jami acata ki ilok me butu.

COC MACEK ME 14: Twero me Yot Kom ki Nywal

Coc macek man yilo malo lok me twero pa mon iyo me bedo ki ngec ilok kom nywal, me moko kagimito bedo ki lutino onyo ku, wel lutino ki lago nywal ki yo me giromo tic kwede me gengo nywal. Mede bene ki niang twero pa mon me gwoke ken-gi ki me nongo gwoke ikom two makobo ki ibutu makwako wa kwidi two jonyo bene. Cikke ni cimo twero pa mon me niang kit ma yot komm gi tye kwede ki pa lawote ma lacoo ki twero me nongo pwonye madok ikom lok me lago nywal.

Luloc lobo omyero gunen ni mon gubedo agonya me nongo yat i wel mayot kun nongo gijingo kony pi mon ma oyac ki kit me pito lutino makun nongo gidoto lutino.

Me medo kummeno, cimo ni twero pa mon me nywal omyero gigwok iyo me miyo yeyo me yoyo ic kace anywar ilok me butu, amak tek tek, butu ikin wat ki bene ka mede ki tingo yaco ne keto kwo pa mego ki latin ma i ic-ci kamading.

COC MACEK ME 15: Twero me Gwoko Cam

Obedo twero pa gamente me neno ni mon tye ki cam ma moce konyo kom dano muromo. Gilwongo gamente me miyo bot mon pii amata maleng, gin alyela, ngom, ki yo me ceko cam ma moce konyo kom dano ki nongo yo me poko dok gwoko cam.

COC MACEK ME 16: Twero me bedo ki Odi Muromo

Coc macek man ilo malo twero pa monme nongo ot ki bene me bedo ikabedo ma weko yot kom bedo tye. Me neno ni twero ni obedo tye, gamente bimiyo bot mon labongo poko kin mon ma gunyome ki ma pe gunyome, yo me nongo odi muromo.

COC MACEK ME 17: Twero me Bedo ki Ter Kwaro ma Konyo

Mon bibedo ki twero me kwo i kabedo ma tiyo ki ter kwaro ma konyo ki dok bene me miyo tam imoko cik ikom tim mogo me ter kwaro. Gamente bikwanyo yo ma opore me medo tic pa mon i me kati ki cik ma kwako ter kwaro irwom weng.

COC MACEK ME 18: Twero me Kabedo ma miyo yot kom dok ma giromo gwoko ne

Coc macek man niang ni mon omyero obed kama miyo yot kom dok ma giromo gwoko ne. Gamente omyero gunen ni mon obedo tye ki gin atima i goyo pulan, loyo ki gwoko kabedo gi. Ngyio tyen lok ki kano lonyo ki yo manyen maromo roce me konyo kor mon me nongo dok bene me bedo ki gin atima iter twero-gi.

Cwalo lwongo bot gamente me gwoko ki dok bene me dongo yo me nongo ngec, juku wii ludite tic, yo me yubu, gwoko ki bolo jami ma pe mite igang ki miyo rwom ma opore me gwoko, nongo gin wot ki yo me bolo woko jami ma kony-gi peke i kabedo wa macalo yugi ni omyero gilub.

COC MACEK ME 19: Twero me Dongo Lobo ma pe dok cen

Twero man niang ni mon tye ki twero me kelo dongo lobo ma pe dok cen i kabedo gi. Ma lube kit im magi, Luloc lobo beneno ni giketo lok me tero mon ki coo iyo marom aroma macalo dano adana i program ma mge-gi ki bene me neno ni mon obed tye ki gin atima imoko cik ki kati ki program ma omyero gilub.

Gamente bene bimedo rwom pa mon me nongo lonyo ki dok bene me bedo ki loc ikom lonyo macalo ngom ki me neno ni twero gi me bedo ki jami calo nongo den, pwonye, diro me tic ki miyo kony pe gituro. Gamente bene bikwanyo yo maber me keto tek me neno ni mon obedo tye ki gin atima i yub me jwayo can kun nongo dwoko cen adwogi maraco ma a ki i dongo lobo ma okelo ribbe iwi lobo ducu ni ki dok adwogi marac ma a ki iketo itic cik ilok kom cat ki lonyo lobo me neno mi pe me medo can ikom mon.



COC MACEK ME 20: Twero pa Mon To

Twero pa mon to gibiketo itic me neno ni pe gitero gi iyo ma pe opore me tero dano, makelo lewic onyo madwoko rwom-gi piny; Labongo kit lok mo keken, dato bidoko lagwok dok rwed lutino ne inge to pa cware, kace gwoki tim man pe kelo ber bedo pa lutino ne. Dato bene tye ki twero me nyome odoco ki ngat mo keken ma cwinye oyero.

COC MACEK ME 21: Twero me Lako

Dato bibedo ki twero me leyo but jami pa cware ma ber ber ki bene me mede ki bedo igange. Inge nyome ne nyome ne odoco, en twero bedo ki twero man kace ot-te onongo mege onyo ma en dong olako. Iyo acel-li, mon ki coo bibedo ki twero me leyo, but-te maber ber, jami pa lunyodo gi.

COC MACEK ME 22: Gwok ma Lamal pi Mon Dito

Gamente tye ki tic me miyo gwok bot mon dito ki dok me neno ni kom gi, lonyo gi, ki miti gi iyo me bedo ikin lwak ocobe kacel ki yabo bpt gi yo me nongo tic ki pwonye kun nongo mini gi deyo ki gwoko gi ki i tim gero makwako ayet iyo me butu ki apoka poka pi mwaka.

COC MACEK ME 23: Gwok ma lamal pi mon ma tye i goro me kom

En miti ni gamente ket malo twero me deyo ki gwok bot mon ma tye ki goro me kom. Kit man, gamente omyero onen ni kom gi, lonyo gi, ki kit me bedo ikin lwak gi ocobema kwako konyo gi me nongo tic, pwonye itic cing kacel ki bedo ki gin atima ilok me moko tam.

Mede bene ki miyo gwok bot mon ma gitye ki goro me kom ki i tim gero ma kwako ayet madok ilok me butu ki apoka poka pi goro kom.

COC MACEK ME 24: Gwok ma lamal pi mon ma tye ki cweyi cwiny

Cikke man niang ni omyero gigwok twero pa mon ma oyac ki ma doto lutino, mon ma gimako gi pud amaka, mon ma lucan, mon ma loyo wi ot ki mon ma a ki i kabedo ma piny odiyo ki dok bene cimo ni omyero gigwok twero gi me bedo ki deyo.

COC MACEK ME 25: Yat-te

Lujang gamente omyero gunen ni ginongo yo matiyo me cobo peko pa mon ma twero gi onyo loc ken-gi gituro dok yo me cobo peko man omyero lutic cik makwiri aye gukati kwede.

COC MACEK ME 26: Keto itic ki ngiyo kor tic

Me neno ni twero ma gicoyo i Cikke ni adwogi ne onen kamaleng, gamente omyero onen ni giketo itic cikke ni ilobo acel acel ki dok bene ni repot gi miyo kare ki kare malube ki lubo cikke ni. Lwongo bene gamente me nyuto wel cente ki lonyo mukene ma giromo tic kwede me neno ni twero ma icikke ni giketo itic.

COC MACEK ME 27: Gonyo Tyen Lok

Kot me Afrika ilok kom Twero pa dano ki pa Lwak bibedo ki twero me gonyo tyen lok ma a ki ikom adwogi me keto itic lok ma tye icik man.

COC MACEK ME 28: Cing, Yeyo ki Wire

Cikke man bibedo twolo ilok me keto cing, yeyo pa lutela ki wiwo luloc ma gamente aye timo. Kadong giye onyo giwiro latela, gin tic man gibimiyo ne icing Won Kom pa dul ma loyo wii note pa lobo matye i Afrika.

COC MACEK ME 29: Donyo itic

Cikke ni odongo itic i nino dwe 25 me dwe me Apar Wiye Acel, Mwaka 2005 inge keto gin tic me nama 15 me yeyo pa lutela. Lobo ma bi miyo yeyo inge donyo ne itic, pir gi, cikke man donyo itic inino dwe ma guketo kwede gin tic me yeyo pa lutela.

COC MACEK ME 30: Meddo ne ki Nwoyo Kwan

Jang gamente mo keken ma mito miyo program me tic me medo onyo loko mine ma i cikke man omyero oket piny icoc bot won kom me lobo ma onote i Afrika ma bi kubu ne bot lujang gamente inino pyera adek (30) nicake inino me nongo ne.

Kacoke madit-ti inge nongo tam ki bot Lobo ma onote i Afrika ni bingyio tyen lok me medo onyo loko mine ma icikke pi kare maromo (nino, dwe, mwaka) acel ci gibiye onyo kwero tam kun nongo gitiyo gi yeyo pa dano mapol.

Ngec ameda donyo itic inge nino pyera adek (30) inge nongo yeyo pa won kom pa Lobo ma onote i Afrika.

COC MACEK ME 31: Kit ma cik man tye kwede

Pe tye lok ngec mo keken ma i cikke man ma omyero oyel nongo twero pa mon i lobo ni, ilobo ma kin gi cok cok, onyo ilobo ma woko.

Cik ma lutela ma ikin piny me lobo ma woko gukati kwede ikom twero pa dano ki jami tic ma kwako twero pa mon

- Universal Declaration of Human Rights, 1948
- International Covenant on Economic, Social and Cultural Rights, 1966
- International Covenant on Civil and Political Rights, 1966
- Optional Protocol to the International Covenant on Civil and Political Rights
- Second Optional Protocol to the International Covenant on Civil and Political Rights,
- Aiming at the abolition of the death penalty
- Convention on the Elimination of All Forms of Discrimination against Women (CEDAW)
- Optional Protocol to the Convention on the Elimination of All Forms of Discrimination against Women (CEDAW-OP)
- Declaration on the Protection of Women and Children in Emergency and Armed Conflict
- Declaration on the Elimination of Violence against Women

Jami Tic ikom Twero pa Mon ma Lobo ma Ogure ma Kin-gi Cok Cok Gukati Kwede

- African Charter on Human and Peoples' Rights, 1981
- Protocol to the African Charter on Human and Peoples' Rights on the Rights of Women in Africa
- Solemn Declaration on Gender Equality in Africa
- Declaration on Gender and Development
- The Prevention and Eradication of Violence Against Women and Children
- Declaration on the Fight Against Trafficking in Persons

Cik me Lobo Uganda ikom Twero pa Mon

- The 1995 Constitution of the Republic of Uganda
- Equal Opportunities Act, 2007
- Female Genital Mutilation (FGM) ct, 2009
- Domestic violence Act 2010

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