

**A**bstain

*from*

crime, corruption, substance abuse, littering, vandalism and irresponsible sexual behaviour

**B**e faithful

*to*

yourself, your body, your family, your friends and your community

**C**hange your lifestyle  
*if need be, or you could be in*

*by*

making conscious choices  
developing your conscience  
living your African Culture  
experiencing a culture of love

**D**anger  
*of not living life to the fullest*  
*(John 10:10)*

*of*

becoming a criminal or a drug addict, spoiling the environment or contracting HIV/AIDS



Southern African Catholic Bishops'  
Conference National Youth Desk



**ACTS**

Association of Catholic Tertiary  
Students—IMCS South Africa

***“ABCD Lifestyle Campaign”: Catholic Youth responding to the call of Christ***

**Sponsored by Catholic Relief Services / SACBC AIDS Office**

**A** Weerhou

*van*

misdad, korrupsie, dwelm- en drank misbruik, besoedeling en onverantwoordelike seks gedrag

**B** Wees getrou

*aan*

jouself, jou liggaam, jou familie, jou vriende en jou gemeenskap

**C** Verander jou lewenswyse  
*of jy kan in*

*deur*

bewus te wees van die keuse wat jy maak;  
jou gewete te ontwikkel;  
jou Afrika kultuur te beleef,  
'n kultuur van liefde te beleef

**D** Gevaar wees  
*Om jou lewe nie ten volle te leef nie*  
*(Johannes 10:10)*

*deur*

'n misdadiger of 'n dwelmverslaafde te word, omgewing te vernietig of MIV/ VIGS op te doen.



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***“ABCD Lewenswyse Veldtog”*: Katolieke Jeug beantwoord die beroep van Christus**

**Sponsored by Catholic Relief Services / SACBC AIDS Office**

**A** Zithibe ungenzi

ubugebengu, inkohlakalo, ukusebenzisa izidakamizwa, ukungcolisa, ukucekela phansi nokwenza izinto eziphathelene nocansi ungacabanganga.

**B** Thembeka

kuwena uqobo, umzimba wakho, emdenini wakho, kubangani bakho nasemphakathini wakho

**C** Shintsha impilo yakho  
*noma ungaba se-*

*ngoku*

thatha izinqumo ezicatshangiwe; ukukhulisa unembeza wakho; ukuphila impilo yobu-Afrika, yobuntu neyothando

**D** Ngozini  
*Ungaphili impilo ephelele*  
*(Jn 10:10)*

*yokuba*

isigebengu noma umsebenzisi wezidakamizwa, ukucekela phansi indalo noma ukungenwa yingculaza



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***“ABCD Lifestyle Campaign”*: Intsha yamaKhatholika iphendula ubizo lukaKristo**

Sponsored by Catholic Relief Services / SACBC AIDS Office

**A** Zikhwebule

*ku*

Iwaphulomteto, inkohlakalo, ukusebenzisa iziyobisi kakubi, ungcolisiso, ukwabelana ngesondo ngokungena nkathalo

**B** Nyaniseka

*kwi*

siqu, umzimba, ababahlobo, nasentlalweni yakho

**C** Guqula indlela ophila ngayo  
*Okanye woba se*

*ngo*

kwenza izigqibo ngokwasengqondweni kuziphuhlisa ngokwasengqondweni kuphila ngokwezithethe zase Afrika ngokwamava othando

**D** Ngozini  
*Yaye akuyikuba nobomi ngokuzeleyo  
(John 10:10)*

*Yo*

kuba sisaphuli mtheto, okanye ixhoba leziyobisi, wone okusingqongileyo, okanye ufumane ukudyobheka yi HIV/AIDS



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**A** Ikele tlhoko

*go tswa mo*

bosinying, borikhutling, tiriso botlhaswa ya nno tagi le diritibatsi, le go nna la maitсарo a maswe a thobalano

**B** Tshepagala

*fela*

wena, mmele wa gago, ba lelwapa la gago, ditsala le setshaba sa gago

**C** Fetola botshelo jwa gago  
*e seng jalo*

*ka go*

tsaya ditshwetso tse ditshwanetseng nna le letswalo  
Tsheka ka setso sa gago sa se Africa o ithute go itumelela setso sa lerato

**D** O tla iphitlhela  
*O sa kgone go tshela le go itumelela bophelo bo bo tletseng*

*(John 10:10)*

*o le mo kotsing ya go nna*

tsotsi kgotsa / sekebekwa, modorisi wa diritibatsi, mosinyi wa naga le tikologo e o nnang mo go yona, kgotsa o tla iphitlhela o nale twadi le mogare wa HIV/ AIDS



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**A** Ikhaphe

*mo*

tlolong molao, tsheyetsong setshaba,  
tirisong diritibatse, gotlatseng tiko-  
logo leswe le boitswaro jwa bing jo  
senang boikarabelo

**B** Nna boikanyego

*mo go*

wena, mmele wa gago, ba lolwapa,  
ditsala le setshaba

**C** Fetola botshelo ja gago

*kgotsa o tla tsena mo*

*ka go*

dira dikgetho tse di utlwalang  
tlhabolola segakolodi sa gago tshela  
ka setso sa gago sa se Africa tlwaela  
mokgwa wa setso sa lerato

**D** Kotsing

*Mme wa seka wa tshela botshelo jwa gago  
jo bo tletseng*

*tse*

go nna serikhutlhi kana go tshwak-  
golwa ke diritibatsi, go senya tikologo  
kgotsa go tsena ke mogare wa sega-  
jaja HIV/AIDS

*(John 10:10)*



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**A** Qoba

bokebekwa, bobodu, tshebediso e mpe ya dithethefatsi, ho silafatsa tiko-loho le boitswaro ba thobalano bo senang boikarabello

**B** Tshepahala

*ho*

wena, mele wa hao, ba lelapa la hao, le setjhaba sa moo o phelang teng

**C** Fetola mekhoa ea hao

*kapa o ka ba*

*ka*

ho etsa khetho e napahetseng ho ba le boikarabello

ho phela setso sa heno sa se Africa ho phela ka lerato

**D** Kotsing

*le ho se phele bophelo ka mokgwa o nepa hetseng*

*ya*

hoba sekebekoa, kapa lekhoba la dithethefatsi, ho silafatsa sebaka seo o phelang ho sona, kapa wa ba le tshwaetso ya HIV/AIDS

*(John 10:10)*



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