

Sifuna

ukukhu

leka



Kwanele!

Incwadi ngodlame olubhekiswe kwabesifazane

Amalungelo akho

Ubhekana kanjani ne-GBV

Uyivimba kanjani



ISIZULU

Uyisebenzisa kanjani le ncwadi

Le ncwadi imayelana nodlame olubhekiswe kwabesifazane (i-GBV) izokusiza uqonde udlame olubhekiswe kwabesifazane nezingane, nokuthi yikuphi ongakwenza nokuthi wazi ukuthi ungasiza kanjani ukuluvimba.

Read these pages and share the information with your family and



Le ncwadi eyawo wonke umuntu – abesilisa nabesifazane. Amadoda maningi ayafunda ngenkinga yodlame* olubhekiswe kwabesifazane. Ayasiza ukuqeda udlame olubhekiwe kwabesifazane eNingizimu Afrika.

Le ncwadi ingasetshenziswa ekilabhini yakho ukuba uyibheke nabangani bakho.



You may want translations of some of the difficult words if English is not your home language. These words have a star* next to them. They are explained in isiXhosa and Afrikaans in boxes on the side of each page.

Violence
Ubundlobongela
Geweld

Okuqukethwe

Siyabonga ukuthi uvule le ncwadi
Sizoba nawe kusukela ekuqaleni
kuya ekugcineni
Njengabangani beqiniso abakhonela
abanye ezikhathini ezijabulisayo
nezidumazayo



UKhwezi

UNozuko

UKhanyi

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Luyini udlame olubhekiswe kwabesifazane?

Uma umuntu esihlukumeza ngoba singamantombazane noma owesifazane, noma ngoba ukukhetha ubulili ongathandana nabo, wudlame olubhekiswe kwabesifazane (i-GBV). Kunezizathu eziningi zokuthi kungani kuba ne-GBV. Iphathriyakhi ingelonye lwazo. Funda kabanzi ngephathriyakhi ekhasini 4.

Kungaba nezizathu zokuthi abantu bahlukumeze abanye. Kodwa ASIKHO ISIZATHU sokuhlukunyezwa.

Ulwazi olongeziwe ngokukhetha ubulili othandana nabo ekhasini 10

Uma singamelani nodlame olubhekiswe ezinganeni nabesifazane, luzoqhubeka.

Kungabe Nina mantombazane niyakwazi ukucabanga ngabanye?



Indaba 1

UNeville ushaya intombi yakhe uMaria ekhaya. Omakhelwane bayezwa ememeza efuna usizo. Bezwa uNeville emthuka. Umakhelwane uthi, 'Wudaba lomndeni lolu. Asikwazi ukungenelela.' Omunye umuntu uthi, 'Kushukuthi wenze into embi ayenzile ukumcasula kangaka.' Omunye umakhelwane unqekuzisa ikhanda.

Indaba 2

UThemba ushaya intombi yakhe uThandi ekhaya. Omakhelwane bayakuzwa ukumemeza kwakhe efuna usizo. Bayamuzwa uThemba emthuka. Omakhelwane bathi, 'Ayilungile le nto. Kumele kube khona esikwenzayo.' Omunye umuntu uthi, 'Asithathe amabhodwe siwashaye ngaphandle ukuze ezwe ukuthi simelene nalokhu akwenzayo,' omunye umuntu uthi, 'ngizomsiza eqe bese ethola indawo ephephile yokuhlala. Fonela amaphoyisa!'

**Khuluma
ngakho**

Funda izindaba bese usebenzisa imibuzo ukuze nibe nengxoxo.

1. Ubani okumele abekwe icala nge-GBV ezindabeni ezehlukene?
2. Ubani okumele abe nesibopho* se-GBV kulezi zindaba?
3. Kungabe i-GBV iyenzeka kubangani bakho, emndenini wakho, noma emphakathini wakho? Yenzeka ngandlelani?
4. Kungabe uyavuma ukuthi izingane ezikhula emakhaya neziya esikoleni lapho kukhona i GBV zingakhula zikubona njengento ejwayelekile neyamukelekile*?
5. Yikuphi thina, njengabesifazane abasebancane, esingakwenza uma singomakhelwane

Responsible
Ukuba noxanduva
Verantwoordelik

Acceptable
Yamkelekile
Aanvaardbaar

Iphathriyakhi namandla

Abafana namadoda bavame ukwenziwa bakholwe ukuthi banamandla kakhulu, bahlakaniphile futhi bangcono kunamantombazane nabesifazane. Bakhuliswe ngokuthi bakholwe wukuthi banamalungelo phezu kwethu. Amantombazane nawo akhuliswe ngokuthi akukholwe lokhu. Lolu hlelo silubiza ngokuqonolwa abesilisa* 'iphathriyakhi'

Sifunda emindenini nasemiphakathini yethu. Abezindaba badlala indima enkulu ukuqhubekisa izinsika zephathriyakhi. Benza lokhu ngezindawo ezidlalwa abesilisa nabesifazane emafilimini, ezikhangisweni ezikhombisa abesifazane njengezinto zocansi, nendlela ababhala ngayo

Ukukhula nezimfundiso zephathriyakhi kuyingxenye enkulu eyenza abafana namadoda bacabange ukuthi kulungile abakwenza emantombazaneni nakwabesifazane. Banokucabanga ukuthi bangabanikazi bethu. Kodwa uMthethosisekelo, okuyiwona okhomba indlela kuyo yonke imithetho yezwe, uthi sonke siyalingana.

Njengamantombazane, sivame ukuba nesisindo uma kubukwa indlela esibukeka ngayo hhayi ukuthi singobani, noma ukuthi sicabangani. Lokhu kwenza kube lula ukuba abafana nabesilisa basiphathe njengezinto hhayi njengabantu.

Ngeke ukholwe ukuthi angichithi usuku lonke ngicabanga ngombala weruji engizoyigcoba.



Domination
Uninzi olulawulayo
Dominering



Iphathriyakhi* akuyona into yabantu abamnyama. Akuyona into yabamhlophe. Akuyona into yabanemali, noma into yabantu abahluphekayo. Akuyona into yesiko elithile noma inkolo ethile. Iphathriyakhi yinto yomhlaba jikelele*. Ikhona yonke indawo.

Ubaba wami uthi isayensi akuyona eyokwenziwa amantombazane

Uthisha wethu kuwukumosha isikhathi ukufundisa amantombazane.

Amaqiniso asheshayo

INingizimu Afrika inesibalo esiphezulu kakhulu se-GBV.



Umfowethu uyanqaba ukupheka. Uthi lokhu kuwumsebenzi wamantombazane.



Talk
about it. It



Ake sifake izibuko 'zabaseshi bephathriyakhi'.

- Siyibona yenzeka kuphi iphathriyakhi ?
- Yikuphi lapho esibona khona abafana namantombazane, abesifazane nabesilisa bephathwa ngokulingana ?
- Yikuphi esingakusho noma sikwenze thina njengabesifazane abasebancane ukuba siphathwe ngokulingana



Global
Yelizwe jikelele
Globale

Patriarchy
Ubuthandazwe
Patriargie

Qaphela
izimpawu

Kodwa qaphela
lezi zimpawu

zokuhlukumezeka
ebudlelwaneni
bakho



Ubudlelwane bunokwehla
nokwenyuka



Kodwa qaphela lezi
zimpawu



Uma lokhu kwenzeka
kuwe

Kuzoba kubi kakhulu
uma kusuka lapha



Usho izinto ezimbi ngawe. Wenza
lokhu uma ninodwa, noma phambi
kwabanye
abantu, njengabangani bakho
nomndeni. Ufuna ukuba uzizwe
ungelutho ukuze abe
namandla phezu kwakho. Uqala
ukubuka yena ukuze uzizwe
uwumuntu

Yikuphi okumele
kwenziwe?

Akudingi buchule.
Kungani engaphatha
kabi kangaka umuntu
okumele amhloniphe?
Zikhiphe empilweni
yakhe.



Ukubeka eceleni*

Uzama ukulawula nokunqinda okwenzayo, lapho oya khona nokuthi ubona bani.

Lokhu kungafaka nezinto ezifana nokuthi awukwazi ukuphuma nabangani bakho nomndeni, nokuthi akamthandi kangakanani umngani othile noma ilungu lomndeni,

noma ezama ukukuyekisa ukwenza into othanda ukuyenza, njengokudansa noma ukudlala ibhola. Lena yindlela yokukuqhelisa kwabanye* ukuze uncike kuyena.

Umnika amandla phezu kwakho. Wenza lokhu ngoba unesikhwele. Wuhlobo olubi

Iwesikhwele lolu

Yikuphi okuzokwenziwa?

Kodwa, ungakwazi ukuphendula lowo mbuzo wena. Uyafuna ukuyekiswa ukubona abangani bakho; umndeni nokwenza izinto ezikwenza ujabule?



Ukuhlukunyezwa ngokomzimba

Uzama ukukusabisa kanye/noma ukukulimaza. Angakusakaza ngempama, akudushe, akushaye ngenqindi noma akukhahlele. Angakhahlele izinto eziseduze kwakho ukukusabisa noma ukukuthusa. Umhlukumezi ufuna ukuba wesabe ukuze akulawule

Yikuphi okuzokwenziwa?

Uma ekwenze kanye usangaphinde akwenze, ukuhlukunyezwa ngokomzimba kuwukushaywa kanti kuphambene nomthetho. Ungakubika bese uthola umyalelo wokuvikela emaphoyiseni (Bheka ikhasi 39). Ungalindi kuze kwenzeke. Ungaphinde ucele umndeni wakho, isonto noma abangani ukuthi bakusize. Bheka amakhasi 48 no-49 ngezinhlangano ezingasiza.



Sonke siyazisho izinto ezilimazayo izikhathi ngezikhathi.

Kukufanele ukujabula mngani



Isolating
Ukuba lilolo
Isolering



Uzama ukukwenza uzizwe wesaba ngokukukhonza ngendlela ethusayo. Noma wenza aphinde asho izinto ezikusabisayo. Angalimaza into okungeyakho. Angalawula ukufinyelela kwakho kumakhalekhukhwini wakho bese ephoqa ukubona ukuthi uxhumana nobani. Noma akhiphe isibhamu noma esinye isikhali.

Yikuphi okumele ukwenze?

Usengozini!
Khuluma nomuntu omethembayo. Uma uhlala naye, yenza isu lokuthutha.
Khumbula ukuthi ngeke ukwazi ukushintsha umuntu.
Ufanelwe wukuba nobudlelwane obenempilo nobungenakuhlukumezeka.

Prevention
Ukunqanda
Voorkoming



Ukuphoqa ukuba uye ocansini nakuba usuthe 'cha'. Lokhu kufaka nokuphoqa ukufaka ipipi lakhe noma yinoma iyiphi into emlonyeni wakho, endunu noma engquza. Lokhu kuphambene nomthetho, akukhathalekile noma uyisoka lakho noma ungumyeni. Akayena umnikazi womzimba wakho. Uwena umnikazi wawo. Angahlasela ezinye izitho zocansi emzimbeni wakho. Angazama ukukumisa ukusebenzisa okokuvimbela ukukhulelwa* (izivimbelenzalo)

Yikuphi okumele ukwenze?

Bika ukudlwengulwa.
Yiya eSikhungweni sokunakekela i-Thuthuzela Care Centre noma kwenye insiza eyeseka abedlule ekudlwengulweni. Funda amakhasi 32-37. Akuwona umbono omuhle ukuhlala ebudlelwaneni. Funa usizo ukuze unqume okumele ukwenze ukusuka lapho



Izimpawu zokubheka ubuqiniso bokwenzekayo



Uma umuntu ekuthanda ngeke azenze lezi zinto



Yikuphi okumele ukwenze?
Kungenzeka noma kungenzeki ukuba uguqule indlela yokuziphatha. Ufuna ukulinda izinyanga neminyaka ukuze uthole lokhu? Abesifazane nabesilisa bayalingana emehlweni omthetho

Yikuphi okumele ukwenze?
Udinga ukuthola izindlela zokuphuma esimweni. Yenza isu. Hlanganisa impilo yakho ukuze uzimele ngokwezimali.

Bheka ikhasi 48 ngezinhlangano ezingasiza.

Economically independent
Ukuzimela kwezoqoqosho
Economies onafhanklik

Ukucubungula ubunjalo bobudlelwane bocansi

Uzibona kanjani emhlabeni? Ubani ozizwa umlangazelele ngokocansi, ngokobudlelwane nangokomphefumulo? Uma uphendula lo mbuzo, ukhuluma ngomumocanzi nangobunjalo bobudlelwane bocansi. Asifani, futhi singaba (noma sikhethe) ubudonseleka ebulilini obuthile ngokocansi. Asinalo ilungelo lokuphatha abantu abehlukile kuthina ngendlela engenanhlonipho. Kudala ubuhlungu nokulimala. Umthethosisekelo wethu kanye nemithetho yethu ivikela umuntu ngamunye kithina. Umthetho uthi singashada noma ubani esifuna ukumshada.

Lesbian
Amabhinqa athandana odwa
Lesbiër

Gay
Indoda mfazi
Homoseksueel

Transgender
Ukungahambelani kwesitho sangasese nemvakalelo
Transgender

Bisexual
Lowo uthandana nabantu bezini zozibini
Biseksueel

Intersex
Izitho zangasese ezingacaci nokuba zikwenza ubengumfazi okanye indoda
Interseksueel

Yimi lowo



L

G

B

Kungabe uthanda abantu abanobulili obufanayo nobakho? Uma uyintombazane (owesifazane nowesifazane), siyizitabane zesifazane*. Uma kuwumfana nomfana (noma indoda nendoda), siyizitabane zesilisa*.

Uma sithanda abantu bobubilili obufanayo kanye nobungafani, sithanda bobubili ubulili*.

Abanye bethu bazalwe nomzimba wowsifazane kodwa sizibona singabafana. Abanye bethu bazalwe nomzimba wowsilisa kodwa sizibona singamantombazane. Sizalwe nobulili esingabuzwa egazini.

Sime kanjani kwezocansi ?

Kungabe udonseleka kubantu bobulili obungafani nobakho?

Yimi lowo. Ngithandana nobulili obehlukile kunobami. Ngiqondile. Kodwa akuyena wonke umuntu ongithandayo



T I Q ?

Labo bethu abazalwe benezitho zangasese ezingaqondakali* bangaba nakho kokubili izitho zabetesilisa nabesifazane. Singakhetha ukuhlinzwa uma sesibadala ngokwanele ukukwazi ukunquma uma sifuna ukushintsha.

Ikhwiya yigama abantu abalisebenzisela ukuba luhlaza ngezitabane zesilisa nezesifazane. Umphakathi we-LGBTIQ usulithathe njengegama elisetshenziswa ukufaka wonke umuntu ofuna ukuzibiza ngekhwiya, noma ozizwa engangeni kumalebuli abantu.

? ibuza ukuthi singobani nokuthi sifuna ukuphila kanjani emhlabeni. Asingahluleli noma sitshele abantu ukuthi kumele baphile kanjani. Ngifuna ukuba yimi. Ufuna ukuba uwena. Sonke sifuna ukukhululeka.

So when exactly did you decide you were straight?



Let's not judge or tell people how they should be. I want to be me. You want to be you. We all want to be free.





Thatha ISIVIVINYO sobudlelwane

TEST

Inhlonipho*



| | |
|--|----|
| Ngiphatha isoka lami/intombi yami ngenhlonipho uma sisodwa | 10 |
| Ngiphatha isoka lami/intombi yami ngenhlonipho uma sinabanye abantu | 10 |
| Isoka lami/intombi yami ingiphatha ngenhlonipho uma sisodwa | 10 |
| Isoka lami/intombi yami ingiphatha ngenhlonipho uma sinabanye abantu | 10 |

Ukulingana*

| | |
|--|----|
| Ngiphatha isoka lami/intombi yami ngenhlonipho uma sisodwa | 10 |
| Ngiphatha isoka lami/intombi yami ngenhlonipho uma sinabanye abantu | 10 |
| Isoka lami/intombi yami ingiphatha ngenhlonipho uma sisodwa | 10 |
| Isoka lami/intombi yami ingiphatha ngenhlonipho uma sinabanye abantu | 10 |

Kungabe ubudlelwane bakho bukulungele? Thola lokho ngalesi sivivinyo. Zimakele wena nomlingani wakho. Noma ubudlelwane bakho nelungu lomndeni womngani wakho. Zinike imaki elingaphansi kuka-10

Ukwethembeka*

| | |
|---|----|
| Ngethembekile esokeni lami/entombini yami | 10 |
| Nginika ibuyiselambiko elakhayo esokeni lami/entombini yami ngendlela enokukhathala | 10 |
| Nginesiqinisekiso sama-100% ukuthi isoka lami/intombi yami ithembekile kimi | 10 |
| Isoka lami/intombi yami inginika ibuyiselambiko elakhayo ngendlela enakekelayo | 10 |

Ukuzwela*

| | |
|--|----|
| Nginendaba ngesoka lami/ngentombi yami. | 10 |
| Ngisiza isoka lami/intombi yami ukuthola isixazululo sezinselelo zakhe. | 10 |
| My boyfriend/girlfriend shows care for me. | 10 |
| Isoka lami/intombi yami li/ingisiza ukuthola izixazululo sezinselelo zami. | 10 |

Ukugqugquzela*

| | |
|---|----|
| Ngigqugquzela isoka lami/intombi yami ukuba i/lifinyelele ezinhlosweni zayo/zalo. | 10 |
| Ngigubha impumelelo yesoka lami/yentombi yami | 10 |
| Isoka lami/intombi yami ingigqugquzela ukuba ngifinyelele ezinhlosweni zami | 10 |
| Isoka lami/intombi yami ali/ayinamona ngempumelelo yami. | 10 |

Uwafaka kanjani amamaki kulowo ndawo mbuzo?

Nokuthi uwafaka kanjani amamaki kumlingani wakho?

| | |
|--|--|
| I am honest with my boyfriend/girlfriend | There's a problem. A big problem. Go back to basics. Find out how to put the qualities of respect, equality, honesty, compassion and encouragement back into action in your relationships. Work on it. Hard. And fast. |
| A score between 5 and 6 | Your relationships are pretty average. Are you happy to settle for this? More understanding and effort is required if you want good quality relationships. |
| A score between 7 and 8 | Your relationships are doing very well! Keep it up! And try for a 10, you can do it! |
| A score between 9 and 10 | Wow! Fantastic! Share your tips for quality relationships with others! |

Ukubonga: Murray & Roberts, Asifundisane – incwajana yombhekizimali ushicilelo 3 2015

Imibuzo okumele ucabange ngayo uma ubudlelwane obungalungile njengoba kumele ubenjalo:

- ? Yikusiphi isikali kusuka 0 kuya ku-10, kukuphi ukujabula kwami
- ? Yini engiyenza kahle?
- ? Yini engasebenzi?
- ? Yikuphi okudinga ukushintsha ukuze ngijabule?
- ? Yikuphi engingakushintsha ngaphakathi kimi ukuqinisekisa ukuthi ngisebudlelwani obungcono?
- ? Yiluphi ushintsho engiludinga komunye umuntu?
- ? Kungabe uvulelekile oshintshweni?
- ? Sekuyisikhathi sokuba uqhubekele phambili?

Think
about it!

Respect
Intlonipho
Respek

Equality
Ukulingana
Gelykheid

Honesty
Ukuthembeka
Eerlikheid

Constructive feedback
Impendulo engakhiyo
Konstruktiewe
terugvoering

Compassion
Uvelwano
Deernis

Encouragement
Inkuthazo
Aanmoediging

Isiza ukukhuluma nomuntu uma udinga ukusebenza ebudlelwani.

Khulumisana nomngani omethembayo, isihlobo esisesayidini lakho, noma umeluleki wengqondo.

Asikuthandi. Asiyifuni.

**Khuluma
ngakho**

Uyothola izindaba ezimfishane eziningi ongazingida kulesi sigaba senwadi. Uma uzidingida uyoqhamuka namasu okulwisana nokucunulwa ngokocansi kanye nokhlukumezeka. Okusemqoka wukuthi: isizulu asikaze sibe necala.

Umngani kababa wakho uhlala njalo efuna ukuba nawe uwedwa. Ukhuluma nawe ngocansi, axoxe amahlaya angocansi aphawule ngezinto ezithinta ucansi. Awukuthandi. Usaba ukuthi ubaba wakho ngeke akukholwe uma umtshela.

- Kukwenza uzizwe kanjani?
- Yikuphi ongakwenza ukuze ayeke?

Abanye abafana esikoleni bakubiza ngamagama angemahle. Bakwenza uzizwe udiniwe, ungemnandi futhi uphatheke kabi.

- Kukwenza uzizwe kanjani?
- Yikuphi ongakwenza ukuze bayeke?

Umuntu ukuthumelela noma ukukhombisa izithombe zocansi noma imiyalezo. Awufuni ukuzibona.

- Kukwenza uzizwe kanjani?
- Yikuphi ongakwenza ukuze ayeke?

Uhamba emgwaqweni nensizwa edlula kuwe ibamba ibele ngesikhathi edlula.

- Kukwenza uzizwe kanjani?
- Yikuphi ongakwenza ukuze into enjengalena ukuthi iphele?

Umngani kababa wakho uhlala njalo efuna ukuba nawe uwedwa. Ukhuluma nawe ngocansi, axoxe amahlaya angocansi aphawule ngezinto ezithinta ucansi. Awukuthandi. Usaba ukuthi ubaba wakho ngeke akukholwe uma umtshela.

- Kukwenza uzizwe kanjani?
- Yikuphi ongakwenza ukuze ayeke?

!
Okumele
ukwenze

Funda lezi zindaba ezimfishane bese uzidingida.

- Yabelana ngezindaba zakho zokucunulwa ngocansi*
- Cabanga ngezinto ongazenza ukumisa lokhu okwenzekayo
- Singenza kanjani ukuba abafana namadoda ukuba baguqule indlela abacabanga ngayo ngamantombazane njengezinto zocansi okumele badlale ngazo?
- Yikuphi esingakwenza
- Singaluthola kubani usizo lokumisa ukucunulwa ngokocansi nokhlukumezeka? Ubani omi ngakuwe? Ubani esingamenza abe ngakuwe?



Uyazi uma sihamba emgwaqweni emva kokuphuma kwesikole labo bafana bese besishayela ikhwela?

Ngiyakuzonda lokho. Sibacelile ukuba bayeke kodwa bavele basihleka.



Izinja ezishayelwa ikhwela, hhayi abantu



Zonke lezi zindaba ngokucunulwa ngokocansi. Siphila nezinto ezinjangelezi sonke isikhathi.

!
Okumele ukwenze

Yabelana ngale ndaba endaweni enabantu, njengasemthandazweni wasesikoleni, esontweni noma emhlanganweni wekilabhu. Mema bonke abantu ukuzodingida ukujwayezwa izinto zocansi*. Kungabe abanye bakuthola kuyinkinga emphakathini? Singesekana siphinde sivikelane kanjani?

Wayemenzela izinto ezikhathekile

Lensizwa endala uLelethu ahlangani nayo ephathini imenza azizwe ekhethekile. Wachitha isikhathi sakhe naye. ULelethu wamenzela izinto ezikhethekile. Wayemunika izipho bese emhambisangemoto. Wayentshela ukuthi muhle. ULelethu wayezizwa ejabule, ekhethekile futhi ebalulekile. Wayesezwa ubuhlungungokushona kukamama wakhe onyakeni owedlule. Wayemnxesela bese emntshela ukuthi uyamkhathalela.

Emva kwamasonto ambalwa, waqala ephawula ngezinto ezithinta ucansi. Wacela uLelethu ukuba amthumelele izithombe azishuthe yena eggoke izingubo zangaphansi. Wayengenasiqiniseko ngalokhu kodwa wayesevele esecalile ukuba namandla ngaphezul kwakhe.

Ngelinye ilanga, wathatha uLelethu wayanaye kwakhe esikhundleni sokuya enxanatheleni yezitolo. Wamntshela ukuthi uma engavumi uzovele athumele kubantu izithombe zakhe eggoke izinto zangaphansi. ULelethu wazizwa ebambekile. Akukhona nje ukuthi wayefuna ukuya ocansini naye. Wayemjwayeza izinto zocansi sonke lesi sikhathi ukuze aye naye ocansini.

Ukujwayeza izinto zocansi yilapho umuntu akha ukuxhumana ngokomphefumulo nomunye umuntu ukuze amethembe ngenhloso yokhlukumeza ngokocansi noma ukuxhaphaza.

Qaphela laba abafaka izidakamizwa eziphuzweni

UShannon wayephume nabangani bakhe endaweni lapho kwakudlala khona u-DJ. Ukoma emva kokudansa, wabuyela etafuleni lapho ayeshiye khona isiphuzo sakhe esingenatshwala. Isikhashana esincane emva kokuphuza ithamo waqala wazizwa enokudideka futhi abe ntekenteke. Uyakhumbula futhi ethathwa abangani bakhe ukuze athole usizo lokwelashwa okuphuthumayo. Kwavela ukuthi umuntu, ngaphandle kokwazi, wafaka isidakamizwa esiphuzweni sakhe. Yayikade 'ifakwe isidakamizwa'.

Abantu bangafaka okuthile esiphuzweni sakho ngezinhlobo ezehlukene zezidakamizwa. Ingenzeka kukho kokubili abesifazane nabesilisa. Bakwenzela ukuthi ube namandla okulawula, noma ukulahlekelwa okulawula. Kungaba wumuntu ongamazi ozenzayo, noma 'umngani' ocabanga ukuthi ungakhululeka ube nobumndi. Abantu bavame ukufaka izidakamizwa esiphuzweni ukukwenza ukuba ube ntekenteke futhi ube sesimweni esibucayi ngoba bafuna ukukuhlukumeza ngokocansi, noma amanye amacala.

AMA
SU

- Hlala neqembu labantu abakwaziyo. Bhekelelanani.
- Yemukela kuphela iziphuzo kubantu obaziyo nobathembayo.
- Bheka ngokucophelela uma kuthelwa isiphuzo sakho.
- Uma kwenzekile ngephutha ushiye isiphuzo sakho singagadiwe, sichithe
- Ningabelani ngeziphuzo
- Ungashiyi isiphuzo singagadiwe
- Uma uqala ukuzizwa untekenteke bese uba nokudiddeka ngokushesha kumuntu omethembayo
- Hlala utshela umndeni lapho uya khona
- Qinisekisa ukuthi unemoto ethembekile ezokubuyisela ekhaya

Bheka ikhasi 46 ngolwazi olongeziwe ngokuphuza utshwala

Stay safe on social media

Hlala uphaphile ezinkundleni zokuxhumana intombazane eseyitshitshi yaGauteng yakha abangani ku-Facebook nensizwa abengayazi. Babe baqala bakhuluma kwikhompyutha. Wavuma ukuya ephathini naye.

Kodwa ngesikhathi ehlangane naye, wamthumba wamthatha wamyisa endlini yakhe. Wamphoqa ukuba abuke amafilimu ocansi lwezingane wamnika izidakamizwa ezamenza waquleka. Wamdlwengula. Okokugcina, waze wafika ethoyilethi wakhiya umnyango.

Wathumela umyalezo owumbhalo efonini kubazali bakhe. Batshela amaphoyisa kanti ngokuhlanganyela bakwazi ukumsindisa. Ekugcineni indoda yaboshwa.

!
Okumele
ukwenze

- Dingida lokho ocabanga ngakho nalokho okuzwile ngesikhathi ufunda indaba.
- Yenza uhlu lwazo zonke izinkundla zokuxhumana, nalezo oke wazisebenzisa
- Qhamuka namasu kulokho okulungile nalokho okungalungile ezinkundleni zokuxhumana, u-Facebook, i-Twitter, i-WhatsApp, i-Mxit nokunye





Ucansi lokuthola imali nobaba abadala abanemali (o-sugar daddies/nama-blessers)

Ubudlelwane bokuthola imali obabantu abangalingani namantombazane amancane abavame ukungabi namandla kubona. Kwesinye isikhathi lokhu kungaholela ekuhlukumezekeni nasodlameni. Lokhu kungaphinde kukubeke engcupheni yokukhulelwa okungahleliwe, ama-STI ne-HIV/AIDS.

Sivame ukuzizwa sengathi asinayo imali eyanele yazo zonke izinto esingazithanda ezinjene- zingubo ezinhle, ifoni ebizayo nokuthi mhlawumbe izindleko zokungcebeleka. Abanye abantu kungenzeka baye ocansini ngenxa yokweswela ukudla ngoba belambile. Lokhu kubizwa ngokuthi 'ucansi lokuziphilisa'.

Kodwa, kumele sikhumbule ukuthi impilo nokuzihlonipha kunesidingo sokuba kugecinwe. Ezinye izinto zifanelwe ukulindwa.

Umngani wami uRhandzo wahamba noMr Vincent othile ngempelasonto thizeni. Wabuya ebuye ne-iPhone entsha nezithombe zendawo yokuhlala yasolwandle eseduze naseThekwini. Wayesemazi amasonto amabili. Kanti wayemdala kakhulu kunaye.

Khumbula: Ungehlisa ukuzethemba* kwakho nezinhloso zempilo ukuze bazuze

- Ucabanga ukuthi uRhandzo akazukuba nankinga ukucela uMnu Vincent ukuba asebenzise amakhondomu?
- Kungabe sonke siyaqonda ukuthi ukuya ocansini ngenhloso yokuthola imali
- Siyavumelana nesitatimende esilandelayo: "Ingingi labangani bami, okufaka nami, kuke kwenzeka kwesinye isikhathi noma omunye ongene ebudlelwaneni obukhokhelwa imali. Kunzima ukuvuma"
- Khuluma ngalo mbuzo: "Ukuya ocansini namadoda amadala kukubeka engcupheni yokuthola i-HIV. Yiziphi ezinye izingcuphe esizithathayo?"

Khumbula
ngakho

Yikuphi okumele ukwenze

- Yethemba imizwa yakho. Uma ungazizwa kahle, kunento engalungile eyenzekayo
- Tshela omunye umuntu ngakho. Qhubeka nokubatshela kuze kube khona abakwenzayo
- Qaphela ukuthi abantu abangaphezu kwakho ngesikhundla abaqala ukukwenza ungazizwa kahle ngalokho abakushoyo nabakwenza kuwena. Funa usizo.
- Yazi amalungelo akho. Bheka ikhasi 37-43
- Obani abanesibopho sokukuvikela? Ubenza kanjani ukuba benze lokho?
- Buka izindawo ezisizayo emakhasini 48-49. Zikhonela wena. Ngeke bakwahlulele. Bayazi ngokucunulwa ngokocansi nokuhlukunyezwa ngokocansi. Bafuna ukukusiza.

**Themba imizwa
yakho**



**Self-worth
Ukuzithemba
Eiewaarde**

Ukudlwengula kuyinto ekhona.

Izinganekwane* yizinto abantu abaningi abazishoyo futhi abazikhulumayo nabazikhulwayo kodwa ezingelona iqiniso. Kunezinganekwane eziningi ngokudlwengulwa. Abantu bavame ukuqala izinganekwane ukuze basole oyisisulu.

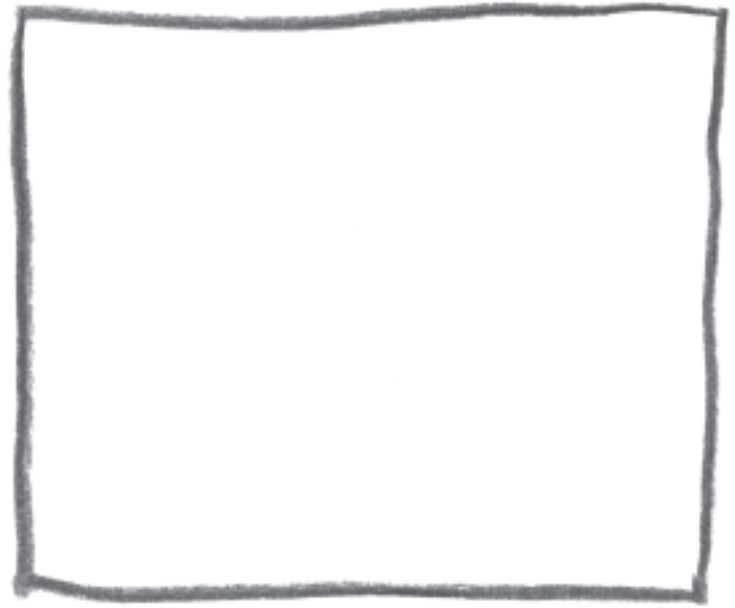
!
Okumele
ukwenze

Kungabe unawo amakhono aphilayo ngokuqeda izinganekwane? Enye yezindlela zokuqeda ukudlwengula nokusiza ukuqinisekisa abedlule ekudlwengulweni bayanakekelwa nokwesekwa wukuphosa inselelo ezingakwaneni ngakho. Vala ikhalamu ye-QINISO ngesicucu sephepha. Dingida i-NGANEKWANE. Uma usuqedile ukudingida, vula ikhalamu ye-QINISO ubheke neyenganekwane. Qhathanisa nalokho okushilo nalokho ekushoyo.

For every myth, ask:

1. Why does this myth exist?
2. Where does it put the blame for rape?
3. Is it the truth?
4. What can we say to people who pop out these damaging myths about rape

Myths
lint
Mit



Ngadlwengulwa ngoba ngiyisitabane sesifazane. Umdlwenguli wayethi 'uyangilungisa' ukuze ngishintshe ubulili engithandana nabo. Impilo yayiyisihogo ezinyangeni ezalandela. Imithi yokuvimbela ukuba ngithole izifo, ukuphupha kabi, ukwesaba, ixhala uma kwakudingeka ngiye kwenye indawo. Ngathola ukwesekwa okuningi emndenini wami ukungisiza ukuba ngibe owedlule ekudlwengulweni. Abangani bami nabo,





Ukudlwengula akuphathelene nocansi, kumayelana nodlame namandla.

Kanjalo. Uma umuntu ekushaya ngesipeti ngeke ukubiza ngokwenza ingadi.



Ukudlwengula kuwukuphula umthetho. Kuphele lapho.



| INGANEKWANE X | AMAQINISO ✓ |
|---|---|
| Uma amantombazane egqoka izikhathi ezimfishane noma isiphuzo ephathini basuke bezicelela ukudlwengula | Ukudlwengula kumayelana namandla, hhayi ucansi. Izingane ezisagqoka amanabukeni ziyadlwengulwa, Abafana nabesilisa bayadlwengulwa. Nanoma wubani angadlwengulwa. Akekho umuntu oke acele ukudlwengulwa.. |
| Abadlwenguli abantu abangaziwa. | Amantombazane amaningi adlwengulwa abantu ababaziyo. |
| Uma umfana noma owesilisa eqhanyelwe kumele aye ocansini. | Abafana nowesilisa, njengamantombazane nabesifazane bayakwazi ukuzilawula imizwa yabo yocansi |
| Uke wayenga umfana, wase uqala ukuzilungiselela ukuya ocansini, kuwumsebenzi wakho 'ukuphuthula umsebenzi', ngokuya ocansini. | Uma umfana eqhubeka – nanoma yikusiphi isigaba – emva kokuba usuthe 'ngifuna ukuyeka', kuwukuphula. |
| Uma owesifazane ethi cha ocansini uchaza ukuthi yebo | Emasikweni amaningi owesifazane ulindeleke ukuba abe namahloni nokuba anqabe nakumyeni wakhe uma efuna ukuya ocansini. Abafana nabesilisa badinga ukulalela ngisho ku cha ongazwakali kahle bese bewuhlonipha ngokuphelele. |
| Utshwala nezidakamizwa kwenza amadoda ahlukumeze abesifazane | Utshwala nezidakamizwa akubahlukumezi abantu. Abantu basebenzisa kabi utshwala nezidakamizwa bese benza izinto ezinodlame. |
| Abesifazane bathi badlwenguliwe ukuziphindiselela emadodeni. | Ukubika ukudlwengulwa kuthatha isibindi esikhulu ngoba isikhathi esiningi abantu ababakholwa abesifazane uma bethi badlwengulwa. Akubonakali ukuthi owesifazane 'engakha' indaba yokuthi udlwenguliwe ngoba icala lokudlwengula liyamhlukumeza. Abesifazane bayawesula amacala okudlwengulwa ngoba bavame ukwesatshiswa kanye/noma bagwazelwe ukuba besule icala. Noma bangaphelelwa wukukholwa ukuthi kuyoba nobulungiswa. |
| Amadoda ayakwazi ukuzivikela ngakho-ke ngeke adlwengulwe. | Akuwona wonke amadoda anamandla alinganayo kanti amanye amadoda anamandla kunamanye |
| Umyeni noma isoka linelungelo lokuya ocansini nonkosikazi walo noma intombi noma ngabe bathi cha | Kuwukuphula uma uziphophelela komunye umuntu osethe cha. Kuphambene nomthetho. Inkosikazi noma intombi ingathi cha kubayeni noma amasoka abo. |

Funda nansi indaba eyenzekayo emayelana nokudlwengula

Usihlalo we-Rise Club, uZikhona Mbute, ukhuluma ngokudlwengulwa. Ukholelwa ukuthi lokhu kuyosiza abanye kanti futhi kuzomsiza aphole.



Ukuma ndawonye ukulwisana
nokudlwengula

**Fight
Ukudlwengula**

Ngiba ngcono ngoba ngikhuluma ngalokhu.

Ngiba ngcono ngoba ngikhuluma ngalokhu. UZikhona Mbute uyisihlalo we-Club ye-Rise Stars of Tommorrow Club yaseNcise. Lena yindaba ethulile eseduze kwasedamini laseMthatha e-Eastern Cape.

Ziyi-14 kuNdasa kowezi-2015 umzala kaZikhona, u-Andile, wangqongqoza emnyango endaweni ayelele khona nentombi. Isikhathi sase sihambe kakhulu ngesikhathi uZikhona evula umnyango wayebona ukuthi u-Andile wayedakiwe futhi kade esebenzisa izidakamizwa.

Okuthile
enhliziyweni yami
nasemzimbeni
yephuka

Ukudlwengula

Okokuqala u-Andile wamsola ngokuthi ufihle intombi yakhe. Wabe eseqala ukumshaya. Wamtshatha ehlombe wahamba naye waya ezinkundleni zezemidlalo zasesikoleni. Lapho wafika wamdlwengula. Uma eseqedile wayesopha futhi ezwa ubuhlungu.

UZikhona waquleka, ngakho-ke wamtshatha ehlombe futhi wamyisa endlini yakhe (u-Andile). Lapho wamdlwengula ephindelela, emumboza ngejezi ebusweni ukuze angakwazi ukumemeza. Waphinda wamsika emzimbeni ngommese. Emva kwamahora amane, wamqhuba wamshiya endleleni eya lapho ehlala khona. UZikhona wakwazi ukuzihudula waze wafika endlini yakhe ngamadolo. U-Andile wamtshela ukuthi uma eke watshela noma wubani ngalokho akwenze kuye wayezombulala.

Ukuzilwela

Ngosuku olulandelayo uZikhona waya ekhaya lapho ehlala khona nabafowabo ababili. Abazali bakhe bashona eminyakeni eyishumi nobhuti wakhe omdala, uThando, uyena owondlayo. Ngokushesha wathumela umyalezo ka-WhatsApp kuwo wonke umuntu ebatshela ngo-Andile owamdlwengula.

Izinsuku ezintathu emva kwalokho waya esiteshini samaphoyisa. Bamthatha bamyisa emtholampilo lapho anikwa khona ama-ARV ukuvimbela ukutheleleka nge-HIV namaphilisi ukuvimba ukukhulelwa.

Icala

Akubanga kude emva kwalokho, u-Andile wabanjwa, icala layo kothethwa, wase enikwa isigwebo esingudilikajele.

Nakuba umphumela wamenza wazizwa engcono, icala* kwakuhlukumeza kakhulu* kuZikhona. “Ngangikhala sonke isikhathi. Ngangingakwazi nhlobo ukukhuluma.”

Kodwa ucabanga ukuthi ukukhuluma ngokudlwengula kubaluleke kakhulu

Ukudlwengulwa kuyakushintsha

"Angiyena uZikhona engangiwuyena ngaphambilini. Into ethile enhliziyweni yami nasemzimbeni yephuka. Ukudlwengulwa kushintsha indlela ozizwa ngayo nendlela obheka ngayo impilo. Ngagcina ngiba ngcono ngoba ngikhuluma ngalokhu. Ngifuna kuphume lokhu kimi. Uma ngingakhulumani ngakho kuyongilimaza kakhulu.

Trial
Ityala
Hofsaak/Verhoor/
Beproewing/
Proefneming

Traumatic
Eyothusayo
Traumaties

Ngimuhle,
Ngiyaphila



Ukweseka

USipunzi Zingisa-Gabasizwe, ilungu le-Rise ‘Stars of Tomorrow’ Club nongumngani kaZikhona uthi, “Ngahlukomezeka ngalokho okwenzeka kuZikhona, sonke nje futhi. Kwakubalulekile ukweseka njengomngani.” Emva kokudlwengulwa, uZikhona wathola ukwelulekwa ngengqondo njalo ngesonto. Kodwa okwamsiza kakhulu kwakungukuthi wonke umuntu emphakathini wayemeseka. Ukuba yilungu le-Rise Club kubaluleke kakhulu ekwelaphekeni kwakhe. Usexoxe indaba yokudlwengulwa kumalungu.

USis Neli.

Ulwazi olubaluleke kakhulu umuntu angayithola emva kokuhlukunyezwa ngokocansi wukukhuluma nomuntu othile. Lokhu kungaba ngohlelo olwethembekile wokuthi osindile bese uzinza ekufinyeleleni. Esimweni sasesikoleni, kungaba wuthisha, usonhlalakahle wesikole noma ngisho uthishomkhulu. Amakilabhu eRise Young Women agqugquzela ukuveza ukuhlukunyezwa nokuhlola ukwesekwa kwengqondo nokuhlalisana njalo, ngakho-ke hlala ukhumbula ukukhuluma njengoba kuhlezi kunomuntu ozolalela bese ekweseka.

Ukuze uthole ukwesekwa okwengeziwe thintana ne
Rape Crisis – 021 447 9762
SA Depression and Anxiety Group – 0800 12 13 14



**AKUKAZE KUBE YIPHUTHA LAKHO
UKUHLUKUNYEZWA. KUMELE SIYEKE
UKUSOLA ABAYIZISULU, AKUKAZE
KUBE YIPHUTHA LABO.**



UZikhona
nobhuti wakhe,
uThando.

'Ukwedlungula ngenhloso yokuqondisa'

'Ukwedlungula ngenhloso yokuqondisa' yilapho abayizitabane zesilisa nezesifazane ziyadlwengulwa ukuzijezisa noma 'ukuzelapha'. UZikhona uyintombazane eyisitabane. Uvulelekile ngalokhu kanti ubona ukuthi umphakathi wangakubo nomndeni wakhe sebemamukele.

Ukholelwa ukuthi umzala wakhe wamdlwengula ngoba ecasulwe yilokhi. "U-Andile waza ukungishintsha. Wayefuna ukuba ngizizwe ngiyintombazane engenamsebenzi walutho ngakho-ke ungenza noma yini kimina. Wazama ukuvula indlela yokuba amanye amadoda angidlwengule. Kodwa ngilwa nalowo muzwa."

Akaphumelelanga. "Emqondweni wami ngeke ngize ngiyeke ukuba yisitabane. Ngingumuntu. Ngimuhle. Ngiyaphila."

Iseluleko sikaZikhona kwabesifazane abadlwenguliwe

"Ukuthi ngadlwengulwa akuchazi ukuthi impilo yami iyaphela. Ngisangakwazi ukusebenza nokufunda."

"Uma udlwenguliwe ungalahli ithemba, Hamba ubheke phezulu. Zama ukuzigcina umatasa: funda noma yini ongakwazi ukuyifunda; boleka ipeni ubhale okuthile, qamba iculo; thola ukwesekwa abanye"

1. Indaba ikwenze wazizwa kanjani?
2. Ukhona omaziyo oke wadlwengulwa (noma wena qobo)
3. Yikuphi esingakufunda endabeni kaZikhona ngokumelana nokudlwengulwa?
4. Kungabi kuyindaba 'engobugebengu benzondo'?

**Khuluma
ngakho**



saziso sikaSis Neli

Ukudlwengulwa akukho ngawe kumayelana nokuba namandla phezu komunye umuntu. Thathani amandla enu bantu besifazane abancane futhi nazi ukuthi siyanikholwa.

Permission
Imvume
Toestemming/
Permissie



YOU HAVE A RIGHT TO ACCESS MEDICAL, PSYCHOLOGICAL AND LEGAL HELP AFTER RAPE.

Ukudlwengula eNingizimu Afrika kunomthelela kuwo wonke umuntu. Sakwazi ukuguqula isimo ze-HIV ne-AIDS, manje sesidinga ukwenza okufanayo ekudlwenguleni nasodlameri olubhekiswe kwabesifazane.

Ukwenza lokhu kumele sikhumbule okulandelayo:

- Ukudlwengula akuhlangene nesidingo samadoda socansi. Kumayelana nokukhombisa amandla, ukusabalalisa ukwesaba nokulawula abesifazane namantombazane.
- Ukudlwengula kungaba nemithelela empilweni yonke kumuntu odlwenguliwe.
- Ukugqoka ngendlela ethile noma ukudakwa akuniki muntu imvume* yokusidlwengula. Njengoba kwasho isishosho sezobulili: “Uma kuyindoda siyayisiza ifike ekhaya, uma kungowesifazane odakiwe uyadlwengulwa.”
- Ayikho indoda enelungelo lokudlwengula owesifazane, noma ngabe wakhokha ilobolo.

Sidinga ukwesekana ngamunye.



Umumo

Niyaqabulana futhi seniqala ukufudumala nesoka lakho. Nobabili niyakuthanda lokhu kanti nobabili niyafuna ukwenza lokhu enikwenzayo. Khona manjalo, uyabona ukuthi izinto sezisezingeni eliphakeme kakhulu. Ube usuthi ‘Ngicela ume. Angisafuni ukuqhubeka.’

Lesi simo sigcina kanjani.....

Isigcino 1

Uthi, ‘Awu mntakwethu, lokhu kumnandi kakhulu ngifuna siqhubeke kuze kube phakade.’

Uthi, ‘Nami. Ngiyakuthanda. Ukuthi nje angithandi ukuqhubeka ngize ngifike lapho. Angikulungele lokho.’

Udonsa umoya bese ethi, ‘Kulungile, ngiyaqonda. Asibambane siqinisane.’
Basondelane babambane.

Isigcino 2

Uthi, ‘Uhlala ungigagazisa. Buka ukuthi ngikudinga kanjani? Yiphutha lakho ukuthi senginjena.’ Uzibuka ukuqhanyelwa kwakhe.

Uthi, esezizwa enokwesaba, ‘Angikugagazisi, ukuthi nje angifuni ukuhamba ngize ngifike lapho. Angikulungele lokho.’

Uthi, ‘Inkinga yakho-ke leyo. Ngikulungele. Ushutheka ngenkani ipipi lakhe engquza yakhe noma ngabe uthi Cha ngiyakucela yeka.’

Uthi, ‘ngiyazi ukuthi uyalifuna ngempela sthandwa sami.’

Uchamela kuyena. Lokhu wukudlwengula.

Consent
Isivumelwano
Toestemming

Bhala amagama achaza imizwa yakho ngesigcino seSigcawu 1

| | | |
|--|--|--|
| | | |
|--|--|--|

Bhala amagama achaza imizwa yakho ngesigcino seSigcawu 2

| | | |
|--|--|--|
| | | |
|--|--|--|

**Khuluma
ngakho**

**Khuluma
ngakho**

1. Khuluma ngokuthi kuphi ekuqaleni kwendaba, bese kuthi ezigcinweni kube nemvume.

2. Khuluma ngalapho isuke ingekho imvume khona. Hlonza ukuthi ukudlwengula kwenzeka kuphi.

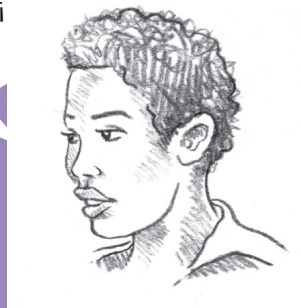
Ukudlwengulwa okuningi kwenzeka uma uzikhiphe nowesilisa, Mhlawumbe kuke kwenzeka kuwena?

Izingane ezisagqoka amanabukeni ziyadlwengulwa. Izintombi namakhosikazi bayadlwengulwa. Nanoma wubani angadlwengulwa. Uma unganikanga imvume, lokho kuwukudlwengulwa. Umuntu okwenzile uwumdlwenguli. Noma ngabe umuntu ubukeka kahle kangakanani. Ukudlwengula kuyicala



Amanye amantombazane ayakwazi ukumenza afake ikhondomu. Kuyinto enhle uma ukwazi ukukhulumisana naye. Lokho akuchazi ukuthi usumnike imvume.

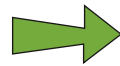
Ungalinge ulahlwe wunembeza, nokuthi ucabange ukuthi umnike imvume yalokho akwenze kuwe.



Iyini imvume?



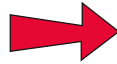
Ungayithanda
inkomishi
yetiye?



Yebo
ngingayithanda!

= **Imvume**

Ungayithanda
inkomishi
yetiye?



hmm...

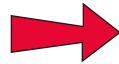
Anginasiqiniseko

=



Yima. Cabanga. Khuluma ngakho.
Ungabaphoqi ukuba baphuze itiyi

Ungayithanda
inkomishi
yetiye?

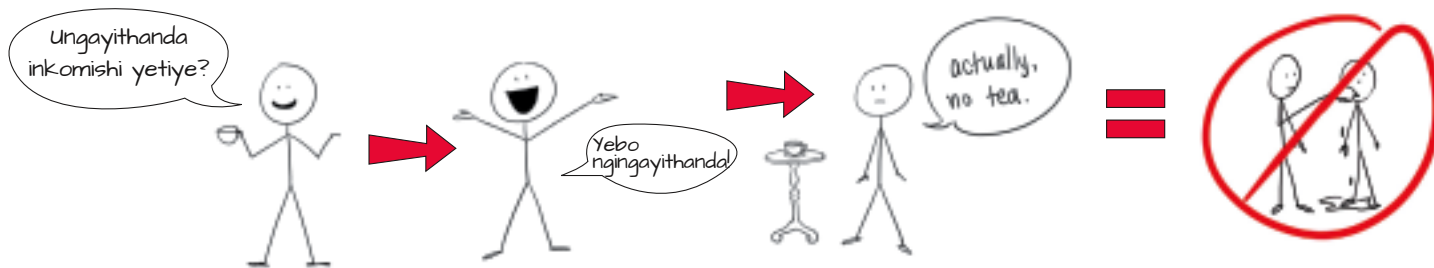


actually,
no tea.

=



Ungabenzeli inkomishi yetiye



Abantu bangashintsha umqondo wabo. Ungabaphoqi ukuba baphuze itiye.



Noma ngabe bake baphuza itiye ngaphambilini, ungabaphoqi ukuba baphuze itiye futhi kakhulu

UKUNQUMA UKUPHUZA ITIYE
NOMA CHA - KUYEFANA
NOKUYA OCANSINI.

IT'S THE SAME
WITH
SEX.

Imvume

Khumbana
ngakho

Funda leli khasi bese uCabanga ngezinye izindlela zokufundisa abantu ngemvume kanye nokudlwengula.

Imiyalelo eya kuwo wonke
umuntu, okufaka nabafana

Inhlonipho.
Uma ngithi cha lokho
kuchaza ukuthi cha.



**Angikukweleti
ucansi ngoba
ukhokhele ukudla
kwami noma imali
yokugibela.**

Ngakuyenga.
ukukuyenga
akukhona
ukucela ucansi.



Uma ngake ngathi yebo kuwena kanye, akuchazi ukuthi yebo kuzo zonke ezinye izikhathi.

Kumele sikhululeke ukuya noma yikuphi lapho sifuna ukuya khona, noma yinini uma sifuna, nanoma yikuphi lapho sifuna khona. Njengoba nawe ukwazi ukwenza lokho.

Uma kukhona engikuphuzile, angiceli ucansi. Ngidinga ukunakekelwa futhi ngivikelwe ekulimaleni.

Okumele ukwenze

Yimuphi umyalezo ngokudlwengulwa ofuna ukuwedlulisela emphakathini wakho? Ungakusabalalisa kanjani futhi wenze umehluko ngemiyalezo yakho?



sms



Yikuphi okumele ukwenze uma udlwenguliwe

Udinga
ukunakekelwa
nokwesekwa

Uma udlwenguliwe, kwejwayelekile ukufuna ukugeza umzimba. Kodwa zama ngokusemandleni akho onke ukuba ungagezi noma ushintsha izingubo. Uzolahlekelwa wubufakazi obubalulekile okudlwengulile.

Yiya endaweni esiza abedlule ekudlwengulweni. Kungaba yinhlangano, isiteshi samaphoyisa, umtholampilo noma i-Thuthuzela Care Centre (i-TCC).



Okubalulekile!

Thola ukwelashwa ngemithi emahoreni angama-72 noma izinsuku ezi-3 zokudlwengulwa. Lokhu kwenzelwe ukuqinisekisa ukuthi ungakwazi ukuthatha imithi evimbela i-HIV ukukuvikela ezifweni ezithathelwana ngokocansi (ama-STI) nokukhulelwa.



Izikhungo zokuNakekela ze-Thuthuzela

Ama-TCC avulwe emitholampilo nasezibhedlela ezweni lonke. Umsebenzi wawo ukunika zonke izinsiza ezidingwa yizisulu zodlame olubhekiswe kwabesifazane.

Ukusuka ekubeni yisisulu uye kodlule ekudlwengulweni

Abasebenzi base-TCC bangakuwena.

Baqeqeshwe ngokukhethekile ukuqinisekisa ukuthi uphathwa ngendlela, nangokunakekelwa nangenhlonipho. Bazokukholwa, bangakubeki icala, noma bakwenze ulahlwe wunembeza ngokwenzekile. Bayaqonda ukuhlukumezeka okukho, kanti bayakwazi ukwesekwa okudingayo. Khumbula, ukudlwengulwa AKUSOZE kube yiphutha lakho.

!
Okumele
ukwenze

Zifundele lokhu, nomngani noma kwikilabhu yakho. Yenza uhlu lwabo bonke abahlinzeki bemisebenzi kwi-TCC. Lokhu kukusiza ukuba wazi konke ngosizo oludingwa odlule ekudlwengulweni.

Uma ufika e-TCC emva kokudlwengulwa

- Unesi noma umdidiyeli wendawo yokusebenzela uyokwenza uzizwe wemukelekile
- Uyochaza ukuhlololwa ukwelashwa, okumele kwenziwe, nalokho abakudingeka ubufakazi bokudlwengulwa.
- Uyocelwa ukuba usayine ifomu lemvume ukunika udokotela igunya lokukuxilonga
- Unesi uyoba sendlini yokuxilongwa kanye nawe
- Emva kokuhlololwa ukwelashwa, ungageza kubhavu noma eshaweni.
- Kungenzeka bakunike izingubo ezihlanzekile. Unganquma ukuba uye nazo e-TCC
- Umphenyi uyokuphosa imibuzo athathe nesitatimende. Akudingeki ubeke umdlwenguli icala zisuka nje – uma lokho kuyikho okukhethayo. Kumele unike usizo e-TCC noma ngabe awulivuli icala
- Usonhlalakahle noma unesi uyokweluleka ngomqondo
- Uyothola isikhathi sokuvakasha esibekiwe nokwelashwa nemithi yezifo ezithathelwana ngokocansi (ama-STI), okufaka i-HIV, nokuvikela ukukhulelwa. Kungenzeka uphinde ubuzwe ukuthi ukulungele yini ukuhlololwa i-HIV.
- Bayokunika incwadi yokwedluliselwa, noma bayokubekela isikhathi sokuvakasha ukuze uthole ukwelulekwa ngengqondo okongeziwe.
- I-TCC iyohlela ukuba uhlale endaweni ephaphile uma udinga futhi ufuna lokhu.
- Uma unquma ukuvulela umdlwenguli icala, ungathintana nommeli okhethekile ngaphambi kokuba icala liye enkantolo.
- Umsebenzi osiza abayizisulu uyokulungiselela ukuya enkantolo.
- Imenenja yecala iyokuchazela uhlelo lwecala.



Izikhungo zokunakekela ezibizwa nge-Thuthuzela

Okwenzeka kuwe akulona iphutha lakho. Sikhonela



Uma udlwenguliwe, yiya e-TCC uyokwelashwa. Uma ingekho i-TCC, yiya esibhedlela.

Uyothola imishanguzo yama-ARV. Kumele uqale ukuyithatha emahoreni angama-72 udlwenguliwe.

Ungakwazi ukusayina leli fomu lemvue ukuze sikuhlotele ukwelashwa?



Ngiyophinde ngiqoqe ubufakazi uma kwenzeka unquma ukuvula icala manje noma emva kwesikhathi.

Ngilapha ukuze ngikusiza. Ngizoxilonga ngiphinde ngelaphe ukulimala kwakho



Nazi ezinye zezingubo ezihlanzekile



Emva kokuhlolwa ungageza kubhavu noma eshaweni.

Counselling
Ululeko
Berading

Umphenyi uzokubuza ukuthi kwenzekeni bese ebhala phansi isitatimende sakho.



Usonhlakahle uyobe esekweluleka ngengqondo*



Nazi izinsuku zokulandelela ukwelashwa, ukunikwa imithi nokwelulekwa ngengqondo. Kungabe kuphephile ekhaya lakho? Singahlela indawo ephephile ukuthi uhlale kuyo.



Ummeli

Umsebenzi osiza isisulu

Imenenja yecala

Uyonikwa isithuthi sokuya ekhaya.

Laba bantu bayobizwa ukuba bazokusiza uma unquma ukuvula

Awukho u-TCC oseduze kwakho?

Uma ungenawo u-TCC eduze kwakho, zama ukulandela lezi zinyathelo.

1. Khuluma nomuntu omethembayo

Ukudlwengulwa kuyinto embi engakwehlela.

- Zama ukungabi wedwa
- Khuluma nomuntu omethembayo. Bacele ukuba bahambe nawe bayothola usizo
- Shayela inombolo yamahhala: 0800 150 150

2. Gcina izingubo zakho, uzame ukungagezi

Uma ugeza uyogeza ubufakazi bokudlwengulwa. Faka izingubo zakho esikhwameni sephepha. Ungasebenzisi uplastiki. Amaphoyisa angasebenzisa izingubo njengobufakazi.

3. Yiya kudokotela, esibhedlela noma emtholampilo ngokushesha

Umsebenzi wezempilo angakunika imithi yokuvimbela i-HIV, ama-STI nokukhulelwa. Lokhu kumele ukwenze emahoreni angama-72 emva kokudlwengulwa.

Investigate
Ukuphanda
Ondersoek

4. Bhala yonke into

ongayikhumbula ngokudlwengulwa

Lokhu kuyosiza uma unquma ukubika ngokudlwengulwa emaphoyiseni. Cela omunye akusize uma ungakwazi ukubhala.

5. Nquma ukuthi uyafuna yini ukubika ukudlwengulwa esiteshini samaphoyisa

Kungcono kakhulu ukubika ukudlwengulwa ngokushesha. Kuyasiza ukuba nombiko, uma unquma ukuvulela umdlwenguli icala emva kwesikhathi. Uma uvula icala, amaphoyisa kumele aphenye*. Udokotela noma unesi orejistiwe kumele akuxilonge ukuze agcwalise ifomu i-J-88. Leli fomu lichaza nanoma yikuphi ukulimala ongaba nakho nokunika ubufakazi uma kuba nokuphenya ngokomthetho. Uzodinga leli fomu njengobufakazi enkantolo.

6. Tshela amaphoyisa okwenzekile

Hamba nomuntu omethembayo. Iphoyisa liyobhala udaba lwakho phansi. Lokhu kubizwa ngesitatimende. Ungasisayini kuze kube uvumelana nakho konke okubhalwe phansi. Bhala phansi inombolo yecala kanye negama lephoyisa. Shaya ucingo noma ufike mathupha esiteshini samaphoyisa ukuze uthole ukuthi kwenziwani ngecala lakho.

7. Uma uvula icala, ukulalelwa kwecala kungaya enkantolo

Kuyodingeka ukuba utshela inkantolo ngayo yonke into eyenzekile. Udokotela okuxilongile emva kokudlwengulwa kuyomele ethule ubufakazi

8. Ukwelulekwa ngengqondo kuyingxenywe ebaluleke kakhulu kowedlule

Kukunika ithuba lokuqonda okwenzeke kuwe, ukuba ukhiphe imizwa yakho, nokuthi uqalise uhambo lwakho lokuphola. Bheka uhlu lwezinhlangano ezisizayo ekugcineni kwale ncwajana.

Khumbula

- Unelungelo lokubona iphoyisa lesifazane
- Unelungelo lokuxoxa udaba lwakho endlini engasese
- Unelungelo lokuphathwa ngenhlonipho.

Ukwelulekwa ngengqondo akuyona into eyenziwa kanye. Abanye bethu badinga izikhathi eziningana ukusisiza sibuyisele izimpilo zethu esimweni



Amalungelo akho

- Unelungelo lokungatholi udlame lwezokocansi
- Unelungelo lezemfundo
- Unelungelo lezokuphepha
- Unelungelo lokusebenzisa okokuvimbela ukukhulelwa nokuhlela umndeni
- Unelungelo lokuba ungahlukunyezwa
- Unelungelo lokuqala ubudlelwane obunempilo nobulinganayo
- Unelungelo lokuhlonishwa.



Amalungelo akho

- Unelungelo lokungatholi udlame lwezokocansi
- Unelungelo lezemfundo
- Unelungelo lezokuphepha
- Unelungelo lokusebenzisa okokuvimbela ukukhulelwa nokuhlela umndeni
- Unelungelo lokuba ungahlukunyezwa
- Unelungelo lokuqala ubudlelwane obunempilo nobulinganayo
- Unelungelo lokuhlonishwa.

UMTHETHO useSA YIDINI

Udlame olubhekiswe kwabesifazane yicala. Kunemithetho esivikelayo. Njengalena: UMthetho woDlame lwaseMndenini

Udlame olubhekiswe kwabesifazane yicala. Kunemithetho esivikelayo. Njengalena: UMthetho woDlame lwaseMndenini

UMthetho wamaCala ezoCansi

UMthetho weZingane

Izingane ezingabafana nezingamantombazane zikhethekile ngoba zincike kwabadala ukuthola uthando, unakekelo nokuvikelwa*. Yingakho sinoMthetho weZingane.

Uma kuthiwa umthetho uyasivikela kuchaza ukuthi singasebenzisa umthetho ukwenza lokhu:

Ukwenza ukhlukumez a kuphele

Ukuthola ukuvikele ka

Ukuvulela umhlukumezi noma umdlwenguli icala.

UMthetho woDlame lwaseMndenini

UMthetho woDlame lwaseMndenini (i-DVA) uthi udlame olubhekiswe kwabesifazane nezingane yicala. Unelungelo lokuvikeleka. Kuwumsebenzi wamaphoyisa nenkantolo ukukuvikela. Uma umuntu ekuhlukumeza, ungathola umyalelo

Ngingawuthola kuphi umyalelo wokuvikelwa?

Uthola umyalelo wokuvikelwa enkantolo kamantshi.

Umyalelo wokuvikeleka uyokwenza lokhu:

- Uyoyalela umhlukumezi ukuba ayeke ukukhlukumeza
- Uyonika amaphoyisa imvume yokususa nanoma yisiphi isikhali esiyingozi, njengommese noma isibhamu kumhlukumezi
- Uthi iphoyisa kumele lihambe nawe liyolanda izimpahla zakho uma wesaba futhi ufuna ukuhlala kwenye indawo.

Umthetho ungakusiza kanjani ukuqeda ukuhlukunyezwa?

Ungavulela icala lobugebengu* lowo okuhlukumezayo esiteshini samaphoyisa.



Uma uneminyaka engaphansi kwegama-21 udinga ukuvikelwa omunye umuntu angakusiza ukuba uthole umyalelo wenkantolo.

Ngifuna ukuba wummeli ngelinye ilanga.



Criminal charge
Isohlwayo sokwaphula
umthetho
Kriminele klag



Statement
Ingxelo
Verklaring

Kwenzekani esiteshini samaphoyisa?

Yiya esiteshini samaphoyisa nomngani othembekile, ilungu lomndeni noma omunye umuntu uma ungakwazi. Lokhu kuyokusiza uma uhlukunyezwa. Abavunyelwe ukukwahlulela noma bakubeke icala nganoma iyiphi indlela. Umhlukumezi uyena okumele ethweswe icala lokuhlukumeza.

1. Uzotshela iphoyisa ukuthi kwenzekeni. Unelungelo lokuba uxoxe udaba lwakho ngolimi lwakho. Iphoyisa lizobhala ngesikhathi wena ukhuluma. Lokhu kubizwa ngesitatimende*. Kumele ufunde isitatimende abasibhalile ukuze uhlole ukuthi silungile. Lokhu kubaluleke kakhulu. Isitatimende sizosetshenziswa enkantolo uma uvula icala. Uma ungenankinga nesitatimende sakho, iphoyisa liyokucela ukuba usisayine.

2. Iphoyisa kumele liphenye icala manje

3. Ngaphambi kokuba uhambe emva kokusayina isitatimende, cela iphoyisa ukuba likunike ikhophi yesitatimende sakho, Phinda ubhale phansi:

- Igama lephoyisa eliwumphenyi
- Inombolo yecala

4. Shayela noma uvakashele esiteshini ukuthola ukuthi kwenzekani ngecala lakho.

5. Uma icala liya enkantolo, umhlukumezi etholakala enecala, angathola isexwayiso, inhlawulo, noma isigwebo sokuhlala ejele.



Uma umhlukumezi ekulimaza, iphoyisa kumele likuyise kudokotela. Cela udokotela ukuba agcwalise umbiko we-J-88. Lo mbiko ungasetshenziswa kanye nesitatimende sakho.

UMthetho wamaCala oCansi

UMthetho wamaCala oCansi (i-SOA) wumthetho. Uthi uyadlwengulwa uma umuntu ephoqa ipipi lakhe noma nanoma iyiphi into engquza yakho, endunu noma emlonyeni. Uthi noma ngubani angadlwengulwa, okufaka abafana namadoda.

I-SOA ithi zonke izinhlobo zokuhlukunyezwa ngokocansi yicala. Lo mthetho uthi umnyango kahulumeni kumele usebenze ngokubambisana ukuvikela namakhansela, abameli, amaphoyisa nezinkantolo.

Amaqiniso asheshayo

Umthetho uthi:

- Iminyaka lapho umuntu engakwazi khona ukunika imvume yokuya ocansini iyi-16. Ukunika imvume yilapho uvuma khona
- Uma udlwenguliwe unelungelo lemithi esetshenziswa emva kokudlwengulwa i-post-exposure prophylaxis (PEP). I-PEP iyimithi engasiza ukunciphisa amathuba okuba uthole i-HIV kulowo osolwa ngokukudlwengula.
- Akudingeki ukuba uvulele umuntu okudlwengulile icala ngaphambi kokuba uthole unakekelo, ukwesekwa nokwelashwa okudingayo.
- Uvunyelwe ukuba uthole ukuthi umuntu okudlwengulile unayo yini i-HIV.



What does this word mean?

Uma unika imvume entweni ovumelana nayo. Uma umuntu ekuphoqa ukuba ungalandeli intando yakho, emzimbeni noma ngokusabisa, lokho akukhona ukunika imvume, yimpoqo.

Uma uvulela umuntu okudlwengulile icala, uyokuzwa kubammeli sebenzisa amagama athi 'osolwa'* ngokuba umdlwenguli. Lokhu kuchaza ukuthi umuntu akakatholwa enecala enkantolo. Akuchazi ukuthi abakukholwa.

Ukudlwengulwa AKUKAZE kube yiphutha lakho



Ungazilahli ngecala noma ube namahloni ukutshela noma ubani uma udlwenguliwe



Kumele sihlale NJALO simkholwa umuntu uma ethi udlwenguliwe

Alleged Ukuthyolwa Beweerde

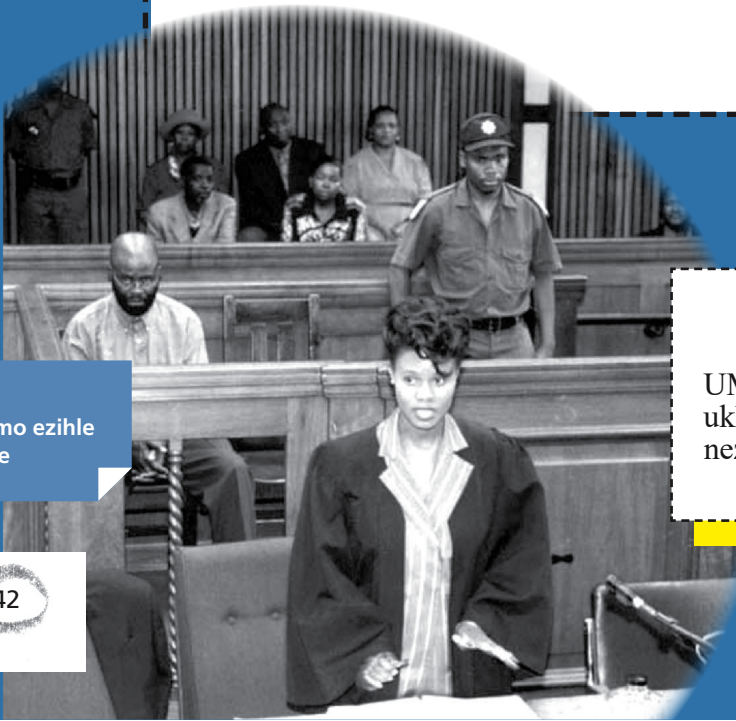


Izinkantolo zamaCala oCansi eZikhethekile

Lezi zinkantolo zisiza ukuqinisekisa ukuthi amacala ocansi athethwa ngokushesha. Zizama ukuqinisekisa ukuthi abantu abadlwenguliwe abagcini bengabanjwanga.

Lezi zinkantolo zinika abagilwa izinsiza ezehlukene:

- Zichaza okuzokwenzeka ngesikhathi secala nasemva kwecala
- Ziyaqonda ukuthi lokhu kuyakuhlukumeza kulokho okwenzeka kuwe. Zizokulungiselela ukuba ulindele imizwa eyehlukene ngaphambi kokuqala kwecala enkantolo, nasemva kokuba seliphelile.
- Zizokusiza ukuba ukwazi ukuthi uwufakazi okahle* uma icala lasenkantolo liqhubeka.
- Uma uyingane edlule ekuhlukunyezweni noma umuntu onokukhubazeka ngengqondo, ungakwazi ukunika ubufakazi endlini engasese. Kuyoba nomuntu okusiza ukuba uqonde imibuzo yabameli neyejaji.
- Uma uwufakazi omdala, ungakwazi ukwethula ubufakazi endlini engasese yokwethula ubufakazi ngohlelo lukamabonakude oluvalekile uma uzizwa ukahle ukwenza lokho.
- Uyonikwa indlu engasese yokulinda ngalesi sikhathi
- Kuyoba nomuntu oyokwazisa ngamalungelo akho nokuthi yiziphi izinsiza okumele uzithole.



Amaqiniso asheshayo

UMnyango wezoBulungiswa kumele ukhokhele izindleko zakho zokuhamba nezokudla uma udinga ukuza enkantolo

Effective
Eneziphumo ezihle
Effektiewe

UMthetho weZingane

UMthetho weZingane uthi izingane zinelungelo lokuvikelwa ekuhlukumezekeni.

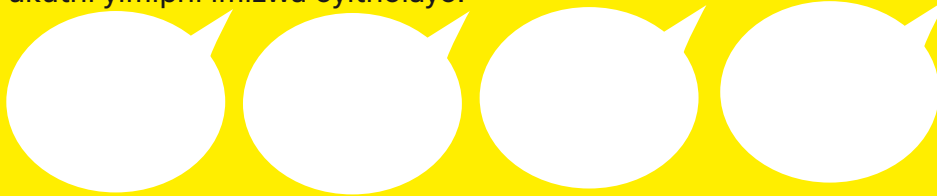
Izingane kumele ziphathwe ngenhlonipho nangendlela eyiyo.

Uhlukunyezwa ngokomzimba uma umuntu:



- Ekusakaza ngempama, ekushaya noma ekuphusha
- Ekuphoqa ukuba uhlale endaweni engezwakali kahle
- Ekudonsa izindlebe, izinwele nanoma iyiphi enye ingxeneyomzimba
- Esebenzisa into ethile ukukushaya
- Ekunika izidakamizwa noma utshwala

Uma umuntu ekuhlukumeza ngokomzimba, uphinde akulimaze ngokomphefumulo*. Gcwalisa amagama ukusho ukuthi yimiphi imizwa oyitholayo.



Umthetho uthi uyingane uze ube neminyaka eyi-18



Uyahlukunyezwa ngokomphefumulo uma omunye umuntu:

- Ekuthwesa icala lezinto eziningi
- Ekubiza ngamagama alumelayo
- Ekuphoqa ukuba wenze izinto ongafuni ukuzenza
- Ekuthethisa, ekumemeza noma ekuthuka
- Ezama ukukwenza uzizwe kabi ngawe Qobo
- Enza ukuba ubuke abantu nezilwane zibe zihlukunyezwa.
- Eqamba amanga
- Ekuziba
- Ekuchitha ngenhloso yokukujezisa noma eziba imizwa yakho
- Ekwenza uzizwa ungathandeki



Emotionally
Ngokomphefumlo
Emosioneel

Asikho isizathu sokuhlukunyezwa.



Uhlukunyezwa ngokocansi uma omunye:

- Ekuthinta izitho zangasese ukuze azijabulise
- Ekucela noma ekuphoqa ukuba uthinte izitho zabo zangasese
- Ekucela noma ekuphoqa ukuba ubuke noma ulalele abantu benza ucansi (lokhu kungaba sempilweni yangempela, kuMabonakude kanye namafilimu abenza ucansi noma kwi-inthanethi).

Umuntu uyakulahla uma kufanele ube nesibopho sokuvikela nokukunakekela.

Esikhundleni salokho benza okukodwa noma okungaphezulu kwalezi zinto njalo.

- Bengakubheki ngendlela
- Bekushiya engozini
- Bengakwenzi ulale kahle
- Bengakuniki izingubo eziyizo ukuba uzigqoke
- Bengakusizi uzigcine uhlanzekile
- Bedakwa eduze kwakho
- Bengaqinisekisi ukuthi uthola ukunakekelwa ngokwelashwa uma ugula.
- Bengaqinisekisi ukuthi uya esikoleni

Wenzani uma uhlukumezekile?

- Ungazizwa unokwesaba noma ungeke uthole usizo
- Tshela umuntu omethembayo, njengothisha noma omunye omdala.

Shayela ucingo wezingane ku-08000 55 555



Khumbula!

Ungalinge ungene emotweni nomuntu ongamazi.

Umzimba wakho ungowangasese kanti unalo ilungelo lokuthi cha

Commits
Ukwenza
Pleeg

Uma uhlukunyezwa

Thatha izinyathelo

- Yisho lezi zinto kuwena usuku nosuku.
- Kuyiqiniso kanti kuzokusiza ukuba ube namandla.
- Ukuhlukunyezwa ngeke kuziphelele. Kumele kube khona okwenzayo.

Akulona iphutha lami

Ngibalulekile

Nginelungelo lokuphepha

Nginelungelo lokulawula impilo yami

Kufanele ngijabule

Kufanele ngithandwe

Nginelungelo lokuphathwa ngenhlonipho.

Khuluma nomuntu omethembayo

- Uzozizwa ungcono uma wabelana ngenkinga yakho
- Yiya kokwelulekwa ngengqondo
- Kunabantu abaqeqeshiwe ukusiza nabangakusiza uthole izindlela zokubhekana nenkinga. Bheka uhlu ekugcineni kwencwajana.

Ulimi lokuhlukumezeka

Ulimi lungaphinde lusetshenziswe njengohlobo lokuhlukumeza.

Izibonelo:

“Awukhethekile. Kukhona amanye amantombazane abukeka kangcono”.

“Ucabanga ukuthi uwutho”

“Amantombazane awahlakaniphile ukunabafana”

Ukwehlisa isithunzi* kuchaza into efanayo nokuthuka*. Ukwehlisa isithunzi kuhlose ukuzwisa ubuhlungu.

• Uma uzizwa uchukuluzekile noma uthukekile ngokushiwo omunye, kungenzeka ukuba umuntu usho into eyehlisa isithunzi.

• Ulimi lokobuhlanga, olucwasa ngokobulili, nolucwasa ngokokuthandana nobulili obuthile

• Izinhamba ezikwenza uzizwe uyisilima, uhlanya noma ungemuntu walutho kwehlisa isithunzi,

• Ukwenza ihlaya ngobulili bomunye umuntu, noma ngendlela ababukeka ngayo, noma ukukhuluma kungahlukumeza.

Can you think of any other examples of abusive language?



Ulimi olunokunganaki nolunehlamba lungadala ubuhlungu nokulimala. Wonke umuntu kufanele kukhulunywe naye ngenhlonipho.

Derogatory
Ukwehlisa isidima
Neerhalend

Insulting
Ethukayo
Beledigend

Phuza Wize

Uba wumuntu omdala uma usuneminyaka eyi-18 ngokomthetho. Kodwa ingqondo yakho ayikhuli ngokuphelele* uze ube neminyaka engama-25 yobudala.

Ukuphuza utshwala kulimaza ukukhula okujwayelekile kwengqondo yentsha. Okungakuhle kungaba wukuthi ungaphuzi nhlobo, ngoba ngisho ukuphuza kancane kungaba nomthelela ongapheli ekukhuleni kwengqondo yakho.



Umhlahlandlela wakho ekuphuzeni

- Utshwala kungenzeka benze ucansi lubukeke lumnandi
- Abantu abaphuza utshwala obuningi bangakuthola kunzima ukuthi bathi 'cha' ocansini
- Uma abantu bedakiwe, bangakhohlwa yilokho abakubona kubalulekile. Lokhu kwenza kube lula ukuba bangethembeki kubalingani babo.
- Abantu bangahlangani baye ocansini nabalingani abaningi abehlukene uma bephuza. I-HIV nezinye izifo ezithathelwana ngokocansi zingadluliseka.
- Abantu asebephuze kakhulu bangaya ocansini ngaphandle kwekhondomu.
- Amadoda angathengela abesifazane utshwala bese elindela ukuthola ucansi
- Abantu bangaya ocansini uma bengathandi, noma bangaya ocansini nomuntu abangamazi.

Physical maturity
Ukuvuthwa
ngokomzimba
Fisiese volwassendheid

Amadoda:
angaphuza
amayunithi ama-4
otshwala ngobusuku
obubodwa noma
ngelanga

Abesifazane:
bangaphuza amayunithi
ama-2 otshwala
ngobusuku obubodwa
noma ngelanga

Ikani eli-1 likabhiya = iyunithi e-1
ejwayelekile

Ibhodlela eli-1 lesayda = iyunithi e-1
ejwayelekile

Ikhothi e-1 kabhiya = amayunithi ama-2
ejwayelekile

Ibhodlela eli-1 le-alkhophophu (njenge-
brutal fruit) = iyunithi e-1 ejwayelekile

Ingilazi e-1 encane yewayini = iyunithi e-1
ejwayelekile



Yikuphi ongakwenza?

Don't ignore women and girls who call for help

- Shayela amaphoyisa.
- Banga umsindo – shayanisa amabhodwe, memeza noma ushayè impempe.
- Misa indoda uma ongakwazi ukwenza lokho ngokuphepha.
- Biza abanye bazosiza uma wesaba.
- Tshela umphakathi ngokuhlukunyezwa usho ukuthi yini embi ayenzayo.

Yekelela ukuthola izindawo eziphephile zabetesifazane nezingane ukuze bahlale emphakathini wakho

- Zalanisa imali ukweseka le mipheme.
- Nika izincwadi, ukudla nezingubo emiphemeni
- Cela amasonto, ibhizinisi nemitholampilo ukusiza ukwakha lezi zindawo eziphephile.

Oyedwa, afundise oyedwa

- Fundisa amantombazane nabafana ukuthi udlame olubhekiswe kwabetesifazane lubi.
- Mema izinhlangano zabetesifazane ukuze zikhulume esikoleni sakho noma esontweni.
- Bhala izincwadi uziyise emsakazweni wasendaweni noma amaphephandaba.
- Qwashisa nge-GBV. Siza abantu baqonde ukuthi akumele bethwese icala abantu abayizisulu zokuhlukunyezwa noma zokudlwengulwa ngokwenzekile.
- Siza amadoda angabahlukumezi ukuba baqonde ukuba angashintsha ayeke ukuhlukumeza.

Yenza imizamo emphakathini

- Thola abaholi bezenkolo ukuba bamelane nodlame kwabetesifazane.
- Bangabukeli phansi abesifazane abadivosayo noma abehlukene nabalingani bakho. Banelungelo lokujabula.
- Volontiya emphemeni wabetesifazane.
- Yakha iqembu lamantombazane njengama-Rise Clubs, bese kuxhunyaniswa nezinye izinhlangano, noma uthintane neSoul City ukuze uthole ukuthi uyijoyina kanjani i-Rise.
- Yeseka imikhankaso kazwelonke njengezinsuku eziyisi-16 yokuLwisana nodlame olubhekiswe kwabetesifazane nezingane, iSonto lokuVikela Izingane, uSuku lwaBesifazane, njll

Yabelana ngolwazi olukule newajana nabanye, okufaka amadoda nabafana

Uthi bewazi?

Emhlabeni jikelele, udlame olubhekiswe kwabetesifazane luyabulala kanti lukhubaza abesifazane abaphakathi kweminyaka eyi-15 nengama-44 njengomdlavuzwa. Ngokuvama, abenzi bobubi abajeziswa.
www.unfpa.org



Awareness
Ukwazisa
Bewuswording

Suffer
Ukungcungcutheka
Ly

Biza izinto njengoba zinjalo!

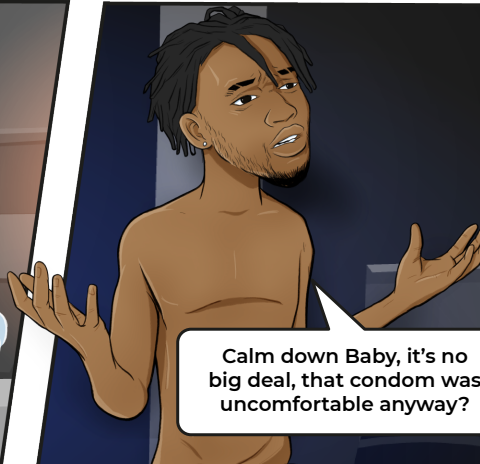
STEALTHING



Ayanda and Vuyiswa in bed after sex. Vuyiswa is very angry at Ayanda for removing a condom during sex.

Hawu baby, what's wrong?

What do you mean, you remove a condom when we agreed to use it and you ask me what's wrong?



Calm down Baby, it's no big deal, that condom was uncomfortable anyway?



You violated me. You did not ask me if you can remove the condom.

**DELIBERATE
REMOVAL OF A
CONDOM DURING
SEX WITHOUT
CONSENT IS RAPE.**

To report rape call:
0800 428 428

**Talk
about it**

1. Kwenzekeni endabeni?
2. Kukwenze wazizwa kanjani?
3. Kungabe indoda iguquke nini emvumeni yayo nokuthi ikwenze kanjani lokho?
4. Funda ulwazi ngamaphaneli olwazi nokuthi umthetho uthini.
5. Kungani ucabanga ukuthi indoda izizwe inamandla okukhumula ikhon- domu ngokuyimfihlo?
6. Uma ucabanga yimiphi imizwa owesifazane ayizwayo? Indoda yona?

Kuyini ukukhipha ikhondomu ocansini?

Ukukhipha ikhondomu yilapho umuntu, ngaphandle kokwazisa umlingani wakhe, ekhipha ikhondomu ngaphandle kwemvume yakhe, ekhipha ikhondomu ngaphambi noma ngesikhathi besocansini. Ucansi kungaba olwasengquza, olwasendunu noma olwasemlonyeni.

Amaqiniso asheshayo

Uthini umthetho ngokukhumula ikhondomu ocansini

ISikhungo soMthetho sabeSifazane saseKapa, eNingizimu Afrika sithi ukukhumula ikhondomu ocansi kuwuhlobo lokudlwengula. Owenza lokho ukhumula ikhondomu ngaphandle kwemvume yomlingani wakhe. Ngakho-ke, akusekhona lokho obekuvunyelwene ngakho. Ngokushutheka ipipi kumlingani wakhe ngaphandle kwekhondomu nangaphandle kwemvume yowesifazane, usemdlwengulile.

Xoxani izindaba zenu

Kungabe kukhona umuntu owake wakhapha ikhondomu, noma wayidabula ngenhloso, ngaphandle kwenhloso yakho? Uma kungenjalo, mhlawumbe wazi umuntu okwake kwamehlela? Yabelanani ngezindaba ngalolu hlobo lokuhlukunyezwa ngokocansi. Ngesikhathi udingida lezi zindaba, faka:

- » Ikhonsepthi yemvume nokuthi yahlukunyezwa kanjani
- » Izinhlobo ezehlukene zemiphumela yalowo nalowo mlingani wokocansi
- » Kungani ucabanga ukuthi umhlukumezi uthokozile ngalokho akwenzayo.
- » Kungani ukukhumula ikhondomu ocansini kuwukudlwengula
- » Yiziphi izinhlobo zokweseka odlule ekukhunyulweni kwekhondomu ocansini azidingayo.

Khuluma
ngakho

Izindlela ezehlukile abayenza ngazo

Kunezindlela ezehlukile abahlukumezi abasebenza ngayo. Noma ngabe yikuphi abakwenzayo, bakwenza ngokunyomuka – esithe – nangaphandle kwemvume yomlingani wabo wangokocansi.

| Bangenza lokhu | Ongakwenza ukuzivikela |
|---|---|
| Baklebhule, noma bagqobhoze ikhondomu | Hlala usebenzisa ikhondomu yakho bese uqapha ukuqinisekisa ukuthi umlingani wakho ngokocansi akazami ukwenza lutho ukuyilimaza. Umuntu angasebenzisa nanoma iyiphi into ecijile ukuhlephula ikhondomu. Abantu bangasebenzisa izinto ezifana nezikele, isipikili, isipeletu noma ummese. |
| Bakhiphe ikhondomu ngaphambi kocansi olushuthekayo. | Hlolisa ukuthi ikhondomu ifakiwe ngaphambi kokuba umlingani wakho ngokocansi angene kuwe. Ungenza lokhu kube yingxenywe yokudlal-isana phambi kokuya ocansini. |
| Babhongcule ikhondomu ngesikhathi besocansini. | Ungalokhu uyizwa ngeminwe yakho ukuthi ikhondomu iseyingxenywe yokudlal-isana nobumnandi bocansi. |

Abantu abalimaza noma bakhiphe amakhondomu bakubeka engcupheni yokukhulelwa, izifo ezithathelwana ngokocansi ne-HIV.



Ukuba nalolu hlobo lokudlwengula - lapho uthembe umuntu ukuba niye ocansini oluphephile bese ekulimaza - kungaholela ekuhlukumezekeni ngokomqondo nangokomoya impilo yonke.



Yiya endaweni esiza abasinde ekudlwengulweni. Kungaba yinhlangano, udoKotela, isibhedlela, umtholampilo noma i-Thuthuzela Care Centre (TCC).



Bekungelona iphutha lakho

Akumele ubekwe icala. Umuntu owenze lokhu uyena okumele asolwe. Ungamthathela izinyathelo zomthetho. Kukuwena ukuthi uyafuna yini ukubika okwenzekile emaphoyiseni. Uma ufuna, funda amakhasi XX–XXX ukuze uthole ulwazi olubalulekile ngobufakazi nokubika ukudlwengula.

Imvume akuyona into enikwa kanye

Uma sinika imvume kothile osithintayo, bobabili abalingani kumele bahlale ukuthi ikhona yini imvume kusukela ekuqaleni. Hlala ucela imvume, ngisho ukubamba isandla somunye. Kusukela ekuqabuleni kokuqala kuze kufike ekugcineni, imvume kumele icelwe. Imvume iyilokho. Ungayihoxisa imvume nganoma yingasiphi isikhathi. Nokuthi, “Cha” kuhlala kuchaza ukuthi “CHA”. Kumele sihloniphe u-“Cha” womunye umuntu, Nazi ezinye izibonelo zokufuna imvume:



Yethemba lokho okuzwayo. Uma uzwa sengathi umlingani wakho ngokocansi wenza into engalungile, kungenzeka ukuthi kunjalo. Yima bese uphenya. Ungalokothi wemukele ukusolwa ngalokho bona abakwenzile. Ungakuvu- mi abakushoyo uma bekutshela ukuthi ubanga isicefe ngento engekho, uyasa- ngana noma ukhuluma umbhedo. Akun- jalo ukunganaki ukuthi imvume ayinik- wanga kubalulekile; kuyicala. Kanti - ukukhipha ikhondomu ocansini wukudl-wengula.

GET INFORMED AND GET LEGAL HELP!

You will find resources about gender based harm and other matters that affect women on The Women's Legal Centre's

saBesifazane: www.wlce.co.za

Cape Town Office

Ucingo: 021 424 5660

Imibuzo yokuFuna usizo: info@wlce.co.za

Uhlu lwezindawo ezingasiza

| Igama lenhlangano | Umsebenzi onikwayo | Iwebhusaythi | |
|--|---|--|--|
| I-Alcoholics Anonymous SA | Imihlangano ejwayelekile yeqembu lokweseka abaphuza utshwala kwabaphuzayo abafuna ukuyeka | 0861 435 722 | www.aasouthafrica.org.za |
| I-Child Welfare South Africa | Ulwazi olumayelana nengane nezinsiza njengompheme nokwelulekwa ngengqondo ezinganeni | | www.childwelfare.org.za info@childwelfare.org.za |
| I-ChildLine South Africa | Umeluleki ngengqondo oqeqeshiwe ukhona ukusiza izingane ezihlukumezekile | 08000 55 555 | www.childline.org.za |
| UMnyango wokuThuthukiswa koMphakathi iSikhungo seZingcingo soDlame | Lonke udlame olubhekiswe ezinganeni/nolumayelana nobulili nemibuzo nosizo kwabayizisulu. OSonhlalakahle bakhona ukusiza. | 0800 428 428 | Dial *120*7867# (free) from any cell phone. |
| Ulayini wokuSetshenziswa kabi iZidakamizwa woMnyango wokuThuthukiswa koMphakathi | Offers support, guidance and help for individuals addicted to drugs and alcohol as well as their families. | National helpline | SMS 'HELP' 32312 |
| INhlangano yoMndeni noMshado yase-SA | Yeseka imindeni. Izinsiza zifaka ukwelulekwa ngengqondo ngodlame lwasemndenini, ukuhlukumezeka nokulila. uMqondisi: Nkk Noelene Blekkenhorst Ucingo: 021 447 7951 9 Boden Road, Observatory, 7925 | Johannesburg: 011 975-7106/7 Satellite offices Dunoon: 021 556 1945, Factretton: 021 593 8074 Elsie's River: 021 946 4744 Khayelitsha: 021 361 9098 Mitchell's Plain: 021 372 0022 Tygerberg: 021 946 474 | www.famsa.org.za national@famsa.org.za famsa@famsawc.org.za |
| I-Lifeline South Africa | Insiza yokwelulekwa ngengqondo ocingweni eyiMfihlo eMahhala | 0861 322 322 | www.lifeline.org.za |
| I-People Opposed Woman Abuse (Powa) | Umphele, ukwelulekwa ngengqondo nokwesekwa ngezomthetho kwabesifazane abasebudlelwaneni obuhlukumezayo nabelule | 083 765 1235 | www.powa.co.za |

| Igama lenhlangano | Umsebenzi onikwayo | Iwebhusaythi | |
|---|---|---|--------------------------------------|
| I-Rape Crisis | Ukweseka nokwelulekwa ngengqondo kwabedlule ekudlwengulweni. | Observatory: 021 447 9762 Athlone: 021 633 9229 Khayalitsha: 021 361 9085 | www.rapecrisis.org.za |
| I-SA Depression and Anxiety Group | Ihlinzeka ulwazi ezifweni ezimayelana nengqondo njengomuzwa wokuzibulala, ukhwantalala nengcindezi ephethe izingane nabadala. | Emergency: 0800 12 13 14 Help line: 011 262-6396 Suicide crisis: 0800 567 567 | www.sadag.org.za SMS "Help" 31393 |
| I-SA National Council on Alcoholism and Drug Dependence | Ihlinzeka ukuvimbela okungabizi nezinsiza zokwelapha ekuncikeni otshwaleni nasezidakamizweni. | Western Cape 021 945 4080/1 | www.sancaawc.co.za |
| I-South Africa National Aids Helpline | Izinsiza ezinobumfihlo zokwelulekwa ngokwengqondo nokwedluliselwa | 0800 012 322 | www.aids helpline.org.za |
| I-South African Police Service | Bika ngokuhlukunyezwa ngokobulili nokumayelana nokuhlukunyezwa kwezingane nobugebengu | 08600 10111 | |
| I-Stop Gender | Izixazululo zomuntu ngamunye abasezimweni ezihlukumezayo | 0800 150 150 | |

Thuthuzela Care Centres

| Province | Name of TCC | Address | Telephone |
|-----------------------|-----------------|------------------------------------|--------------|
| Western Cape Province | George TCC | George Provincial Hospital, George | 044 873 4858 |
| | Karl Bremer TCC | Karl Bremer Hospital, Bellville | 021 948 0861 |
| | Khayelitsha TCC | Khayelitsha Hospital, Khayelitsha | 021 360 4570 |
| | Manenberg TCC | GF Jooste Hospital, Manenberg | 021 699 0474 |
| | Wesfleur TCC | Wesfleur Hospital, Atlantis | 021 571 8043 |
| | Worcester TCC | Worcester Hospital, Worcester | 023 348 1294 |

Uhulumeni wase-SA weseka abedlule kwi-GBV

UMnyango wokuThuthukiswa koMphakathi unesikhungo samahora angama-24 esinikelwe ekubhekaneni nodlame olubhekiswe kwabesifazane. I-GBVCC ibilokhu isebenza kusukela kuNdasa kowezi-2014 kanti inikeza ukwelulekwa ngengqondo emphakathini othintwe yi-GBV. 0800 428 428

UMnyango waBesifazane

Wethula iZinsuku ezingama-365 zokuLwa kowezi-2014 neheshithegi ethi #AlupheleuDlame. Umkhankaso ugqugquzela ukweseka okuqhubekayo nokulwisana nodlame.

Amadoda

Cabanga ngokujoyina i-Brother for Life. Le nhlangano isiza amadoda nabafana ukuba besekane ekuhlonipheni abesifazane namantombazane. Bheka www.brothersforlife.org ukuze uthole ulwazi oluningi.

We should be free
to go wherever we want,
whenever we want,
wherever we want and
not be harmed.



Let's stop all types of violence.

The **Kwanele! Communities ensuring safe learning environments for girls** project is part of the **SeViSSA (Sexual Violence in Schools in South Africa)** programme.

Kwanele!

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