

SI

FUNA

UKU

KHULU
LEKA



KWANELE!

Incwadi emalunga nobundlobongela obusekelwe kwisini

Amalungelo akho

Indlela omelana ngayone- GBV

Indlela yokuyinqanda



ISIXHOSA

Indlela yokuyisebenzisa le ncwadi

Le ncwadi imalunga nobundlobongela obusekelwe kwisini (gender-based violence) (GBV) iza kukunceda uqonde ubundlobongela obukhekiswe kwabasetyhini nabantwana, ngento amabayenze xa busenzeka kunye nokwazi ukuba banganceda njani ukubuthintela.

Read these pages and share the information with your family and



Le ncwadi yeyomntu wonke - amadoda nabasetyhini. Amadoda amaninzi afunda ngengxaki yobundlobongela* obubhekiswe kwabasetyhini. Anceda ukunqanda ubundlobongela obubhekiswe kwabasetyhini eMzantsi Afrika.

Le ncwadi inokusetyenziswa kwiklabhu yakho kwaye ungayijonga nabahlobo 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

Iziqulatho

Enkosi ngokuvula le ncwadi.

Siza kuba nawe ukusuka
ekuqaleni ukuya ekugqibeleni.

Njengabahlobo bokwenene
abancedana kimaxesha
obumnandi
kunye nanzima.



Khwezi

Nozuko

Khanyi

Yintoni ubundlobongela obusekelwe kwisini?.....	2
Indoda njengentloko yosapho namagunya.....	4
Impawu zophatho gadalala.....	6
Ukuphonononga ukuzazi ngokwesini.....	10
Yenza uvavanyo lobudlelwane.....	12
Amabali.....	14
Udlwengulo lukhona.....	18
Ukuma kunye sisilwa udlweng lo.....	20
Yintni imvume?.....	26
Umyalezo oya emakhwenkweni nasemadodeni...30	
Into omawuyenze ukuba udlwengulwe.....	32
AmaZiko oKhathalelo eThuthuzela	34
Umthetho ungecala lethu.....	38
Ukuba ubuphethwe gadalala	45
Iskhokelo sakho sokusela ngokukhuselekileyo.....	45
Yintoni ongayenza?.....	46
Biza izinto njengoko zinjalo.....	48
Uluhlu lweendawo zoncedo.....	51

Yintoni ubundlobongela obusekelwe kwisini?

Xa umntu esonzakalisa kuba singamantombazana okanye abasetyhini, okanye ngenxa yendlela esikhethe ukuziphilela ngayo ngokwesini, bubundlobongela obusekwe kwisini (gender-based violence) (GBV). Zininzi izizathu zokuba kutheni isenzeka i-GBV. Indoda njengentloko yosapho yenye yazo. Funda ngokungaphaya ngendoda njengentloko yosapho kwiphepha lesi-4.

Ulwazi olungaphaya malunga nendlela okhethe ukuziphilela ngayo ngokwesini kwiphepha le-10.

If we don't stand up against violence against children and women, it will carry on.

KUNOKUBA KHONA IZIZATHU ZOKUBA KUTHENI ABANTU BEPHATHA KUTHENI GADALALA. KODWA ASIKHO ISIZATHU SOKUPHATHA GADALALA.

Ingaba zikhona ezinye enicinga ngazo mantombazana

Ibali loku-1

UNeville ubetha isithandwa sakhe esiyintombazana, uMaria, ekhaya. Bayamva ekhalela uncedo abamelwane. Bayamva emthuka. Bathi abamelwane, ngumcimbi wabucala. Ngeke siphazamise.'Omnyeumntu uthi, "Inoba ikhona into engalunganga ayenzileyo emenze wanomsindo kangaka'. Uyavuma nomnye ummelwane.

Ibali lesi-2

UThemba ubetha isithandwa sakhe esiyintombazana, uThandi, ekhaya. Bayamva ekhalela uncedo abamelwane. Bayamva emthuka. Bathi abamelwane, Akulunganga oku. Ikhona into ekufuneka siyenze.' Omnye umntu utsalela amapolisa umnxeba. Omnye umntu uthi, 'Masi-betheni iimbiza zethu ngaphandle ukumenza azi ukuba sichasene nento ayenzayo.' Aze omnye umntu uthi, 'Ndiza kumnceda abaleke aze afumane indawo ekhuselekileyo yokuhlala. Biza amapolisa!'



Funda amabali uze usebenzise imibuzo ukuba nengxoxo.

1. Ngubani osolwayo nge-GBV kumabali awohlukeneyo?
2. Ngubani ekufanele abe noxanduva lwe-GBV kula mabali?
3. Ingaba iyenzeka phakathi kwabahlobo bakho, usapho lwakho, okanye kwindawo ohlala kuyo i-GBV? ' Zeziphi iindlela eyenzeka ngazo?
4. Uyavuma ukuba abantwana abakhulela kumakhaya kwaye baye ezikolweni ekukho kuzo i-GBV banokuyibona njengeqhelekileyo kwaye eyamkelekileyo*?
5. Yintoni thina, bastyhini abasebatsha, esingayenza ukuba singabamelwane abasebalini?

Responsible
Ukuba noxanduva
Verantwoordelik

Acceptable
Yamkelekile
Aanvaarbaar

Indoda njengentloko yosapho namagunya

Ixesha elininzi amakhwenkwe namadoda bakhuliswa besenziwa bakholwe ukuba banamandla, bakrelekrele kakhulu kwaye bangcono kunamantombazana nabasetyhini. Bakwakhuliswe nangendlela yokukholwa u kuba banazo zonke iintlobo zamalungelo kuthi. Namantombazana akhuliswe ngendlela yokuba nawo akukholwe oku. Le nkqubo siyibiza ngokuba lulongamelo* lwamadoda 'indoda njengentloko yosapho'..

Sifunda kwintsapho kunye nakuluntu lwethu. Abacholi beendaba badlala indima enkulu ekuzigcineni ziqhuba iinqobo ezisemgangathweni ezingamadoda njengentloko zosapho. Bakwenza oku ngeendima ezidlalwa ngamadoda kunye nabasetyhini kwibhanya-bhanya, kwiintengiso eziphathe abasetyhini njengezinto nje zokwabelana ngesondo, kunye nendlela ababhala ngayo ngabasetyhini.

Ukukhula uneenqobo ezisemgangathweni ezimalunga nokuba intloko yosapho iyindoda yinto enkulu kwinto ecingwa ngamakhwenkwe namadoda yokuba kulungile ukwenza nokuba yintoni abayithandayo emantombazaneni nakwabasetyhini. Bacinga ukuba sibababo. Kodwa uMgaqo-siseko, okhokela imithetho yelizwe lethu, uthi siyalingana sonke.

Njengamantombazana, ixesha elininzi sixatyiselwe indlela esibukeka ngayo kunoba singoobani, okanye into esiyicingayo. Oku kwenza kube lula emakhwenkweni nasemadodeni ukuba asiphathe njengezinto hayi abantu.

Ndikholelwe xa ndisithi andichithi imini yonke ndicinga ngokuba ngowuphi umbala we-lipstick emandiwufake



Domination
Uninzi olulawulayo
Dominering



Indoda njengentloko yosapho ayiyonto yabantu abamnyama. Ayiyonto yabantu abamhlophe. Ayiyonto yabantu abazizityebi, okanye into yabantu abahluphekayo. Ayiyonto yenkcubeko ethile okanye into yenkolo ethile. Indoda njengentloko yosapho yinto esemhlabeni jikelele*. Ikho indawo yonke.

Utata wam uthi azilunganga ezenzululwazi emantombazaneni



Utitshala wethu uthi yinkcitha xesha ukufundisa amantombazana.

Uyala ukupheka ubhuti wam. Uthi ngumsebenzi wamantombazana.

Talk
about it



Masifakeni izipeksi 'zocupho lwendoda njengentloko yosapho'.

- Sikubona kusenzekaphi ukuba indoda ibe yintloko yosapho?
- Siwabona pho amakhwenkwe namantombazana nabasetyhini namadoda bephethwe ngokulinganayo?
- Yintoni esingayitsho okanye siyenze njengabasetyhini abasebatsha ukuze siphathwe ngokulinganayo

liNyaniso eziKhawulezayo

UMzantsi Afrika unawona mazinga aphezulu e-GBV



Global
Yelizwe jikelele
Globale

Patriarchy
Ubuthandazwe
Patriargie

Jonga
iimpawu

zophatho
gadalala

kubudlelwane bakho



Ubudlelwan bunawawo
amahla ndinyuka



Kodwa ke jonga '
ezi mpawu..



ukuba ezi ziyenzeka
kuwe, phuma.

Kuya kuba kusiba
mandundu



Utsho izinto ezimbi kuwe. Ukwenza xa ninodwa oku, okanye phambi kwabanye abantu, abafana nabahlobo kunye nosapho lwakho Ufuna ukukwenza uzive ungenaxabiso ukuze abe namandla kuwe. Uqala ukumbona njengomzekelo ukuze uzive uxabisekile.

Wenzani?

Akufuni ngcinga ingako.
Angamphatha kakubi kanjani umntu ekufanele amhloniphe?
Phuma ebomini bakhe.



Uzama ukukulawula kwaye emisela imida kwizinto ozenzayo, ukuba uyaphi kwaye ubona bani. Oku kunokuquka izinto ezifana nokuthi ungangambi nabahlobo okanye usapho lwakho, umzonda kangakanani umhlobo othile okanye ilungu losapho, okanye ukuzama ukukunqanda ekwenzeni into oyithandayo, njengeeklassi zokudanisa okanye ibhola ekhatywayo. Le yindlela yakhe yokukweza ube lilolo* ukuze uxhomekeke kuye. Umnika amagunya angaphaya kuwe. Wenza oku kuba unomona. Luhlobo olubi lomona.

Wenzani?

Ungawuphendula ngokwakho ke loo mbuzo. Ufuna ukunqandwa ekuboneni abahlobo bakho; usapho kunye nokwenza izinto ezikonwabisayo



Uzama ukukoyikisa kunye/okanye ukukwenzakalisa. Unokukuqhweba, akutyhale, akubethe ngenqindi okanye akukhabe. Unokukhaba izinto ezisecaleni kwakho ukukoyikisa nokukothusa. Umphathi gadalala ufuna ukukoyikisa ukuze akulawule..

Wenzani?

Ukuba ukwenze kanye uza wukwenza kwakhona, Uphatho gadalala lwase-Mzimbeni luhlaselo kwaye alukho mthethweni. Ungaluxela kwaye ufumane umyalelo wokhuselo emapoliseni (Jonga kwiphepha lama-39). Ungalindi de lwenzeke kwakhona. Ungacela uncedo kusapho lwakho ecaweni okanye kubahlobo. Jonga amaphepha elama-48 nelama-49 ngemibutho enokunceda.



Sonke siyazitsho izinto ezivisa ubuhlungu ixesha nexesha.

Kodwa ufanelwe kukonwaba mhlobo.



Isolating
Ukuba lilolo
Isolering



Uzama ukukwenza uzive usoyika ngokukuthanda ngendlela eyothusayo. Okanye wenza kwaye atsho izinto ezikoyikisayo. Unokutshabalalisa into yakho. Unokulawula ufikelelo lwakho kwiselula yakho kwaye afune ukubona ukuba ngubani oqhagamshelana naye. Okanye aveze umpu okanye esinye isixhobo.

Wenzani?

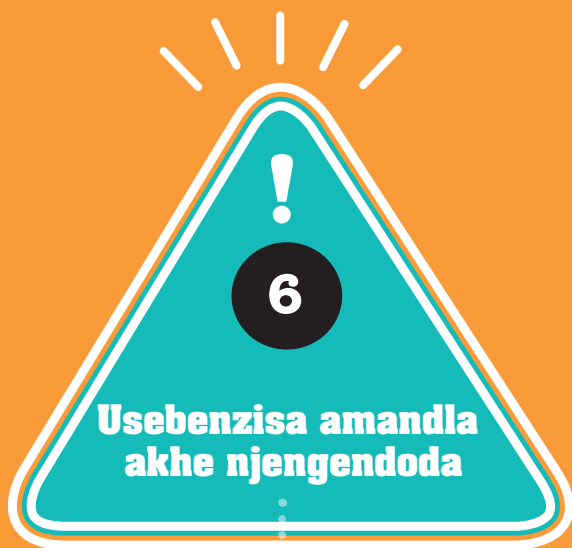
Usengozini!
Thetha nomntu omthembayo.
Ukuba uhlala naye, yenza icebo lokuhamba. Khumbula ukuba ngeke umtshintshe omnye umntu.
Ufanelekile kuba ube nobudlelwane obusempilweni nobungaphathi gadalala.



Uyakunyanzela ukuba wabelane naye ngesondo nokuba uthi 'hayi'. Oku kuquka ukufaka ilungu lakhe lobudoda okanye ezinye izinto emlonyeni wakho, kumva okanye kwilungu lobufazi. Akukho mthethweni, nokuba sisithandwa sakho esiyindoda okanye ngumyeni wakho. Ayingowake umzimba wakho. Ngowakho. Unokuhlasela amanye amalungu obuni omzimba wakho. Unokuzama ukukunqanda ukuba usebenzise uthintelo lokukhulel-

Wenzani?

Xela udlwengulo.
Yiya kwiZiko loKhathalelo l eThuthuzela okanye kwenye inkonzo yenkxaso yamakhoba odlwengulo. Funda amaphepha elama-32 ukuya kwelama-37. Ayiloluvo luhle ukuhlala kubudlelwane. Funa uncedo uze wenze isigqibo sokuba yintoni elandelayo omawuyenze



Iimpawu zokukhangela okuyinyani.



If Ngeke azenze ezi zinto umntu ukuba uyakuthanda.



Jonga iphepha lama-48 ngemibutho enokunceda.

Wenzani?
Unokukutshintsha okanye angakutshintshi ukuziphatha kwakhe. Ufuna ukulinda iinyanga neminyaka ukuze ufumanise? Abasetyhini namandoda bayalingana phambi komthetho.

Wenzani?
Kufuneka ufumane iindlela zokuphuma kuloo meko. Yenza icebo. Lungisa ubomi bakho uze uzimele ngokoqoqosho.

Economically independent
Ukuzimela kwezoqoqosho
Ekonomies onafhanklik

Ukuphonononga ukuzazi ngokwesini

Uzibona njani emhlabeni? Ngubani onomtsalane kuwe ngokwesini, ukuthandana nangokwasemoyeni? Xa uphendula lo mbuzo, uthetha ngobuni kunye nendlela okhetha ukuziphilela ngayo ngokwesini. Sonke sohlukile, kwaye sineendlela (okanye sikhetha) ezahlukeneyo esekhetha ukuziphilela ngazo ngokwesini. Asinalungelo lokuphatha abantu abohlukileyo kuthi ngendlela engahloniphiyo. Oko kubanga ubuhlungu nokwenzakala. UMgaqo-siseko wethu kunye nemithetho yethu ikhusela ngamnye kuthi. Uthi umthetho singatshata nokuba ngubani na esifuna ukumtshata.

Lesbian

Amabhinqa athandana odwa
Lesbiër

Gay

Indoda mfazi
Homoseksueel

Transgender

Ukungahambelani kwesitho
sangasese nemvakalelo
Transgender

Bisexual

Lowo uthandana nabantu
bezini zozibini
Biseksuele

Intersex

Izitho zangasese ezingacaci
nokuba zikwenza
ubengumfazi okanye indoda
Interseksueel

Ndim lowo.



i

L

G

B

Ingaba uthanda abantu abanesini esifana nesakho? Ukuba yintombazana (okanye ngowasetyhini nowasetyhini), **singabasetyhini abathandana bodwa***. Ukuba yinkwenkwe nenkwenkwe (okanye indoda nendoda), **singamadoda athandana odwa***.

Ukuba sithanda abantu abasini sifanayo kunye neso sahlukileyo, sithanda **abantu abathandana nezini zonke***..

Abanye bethu bazalwa benemizimba yabasetyhini kodwa sizazisa njengamakhwenkwe. Abanye bethu bazalwa benemizimba yamadoda kodwa sizazisa njengamantombazana. **Sizizini esingazalwanga sizizo***.

Yeyiphi indlela esikhetha ukuziphilela ngayo? Ingaba uthanda abantu abanesini esingafani nesakho?

Ndim lowo. Uthambekele kwisini esingafaniyo nesakho. Usisini obonakala usiso. Kodwa ayinquye wonke umntu ofana nam.



T I Q ?

Abo bethu bazelwe **benezini ezibini* banokuba nawo omabini** amalungu amadoda nawabasetyhini. Singakhetha ukwenza utyando xa sibandala ngokwaneleyo ukuba sifune ukutshintsha

I-Queer igama abalisebenzisayo abantu xa befuna ukuba kwada ebantwini abangamadoda athandana namanye kunye nabasetyhini abathandana nabanye. Uluntu lwe-LGBTIQ lilibuyisile ke eli gama njengegama eliquka nabani na ofuna ukuzibiza njenge-queer, okanye onemvakelo yokuba akangeni kwindlela abathi uyiyo abantu uluntu.

? buza ukuba singoobani kunye nokuba sifuna ukuba ngoobani emhlabeni. Masingagwebi okanye sixelele abantu ukuba mababe njani. Ndifuna ukuba ndim. Ufuna ukuba nguwe. Sonke sifuna ukukhululeka.

Usenze nini isigqibo sokuba usisini ozelwe usiso?



Masingagwebi okanye sixelele abantu ngendlela ekufuneka beyiyo. Ndifuna ukuba ndim. Ufuna ukuba nguwe. Sonke sifuna ukukhululeka.





Yenza Uvavanyo

LOBUDLELWANE

Intlonipho*

Ndisiphatha ngentlonipho isithandwa sam esiyindoda/esiyintombazana xa sisodwa	10
Ndisiphatha ngentlonipho isithandwa sam esiyindoda/esiyintombazana xa sinabanye abantu	10
MIsithandwa sam esiyindoda/esiyintombazana sindiphatha ngentlonipho xa sisodwa	10
Isithandwa sam esiyindoda/esiyintombazana sindiphatha ngentlonipho xa sinabanye abantu	10

Ulingano*

Ndisiphatha njengesilingana nam isithandwa sam esiyindoda/esiyintombazana xa sisodwa	10
Ndisiphatha njengesilingana nam isithandwa sam esiyindoda/esiyintombazana xa sinabanye abantu	10
Isithandwa sam esiyindoda/esiyintombazana sindiphatha njengoilingana naso xa sisodwa	10
Isithandwa sam esiyindoda/esiyintombazana sindiphatha njengolingana naso xa sinabanye abantu	10

Ingaba bukungele ubudlelwane bakho? Fumanisa ngoku vavanyo. Zithelekelele wena neqabane lakho. Okanye ubudlelwane bakho nelungu lakho losapho okanye umhlobo. Zinike inqaku kwali-10.

Ukunyamiseka*

Ndinyanisekile kwisithandwa sam esiyindoda/esiyintombazana	10
Ndisinika uncedo olwakhayo isithandwa sam esiyindoda/esiyintombazana ngendela ekhathalayo	10
Ndiqiniseke nge-100% ukuba isithandwa sam esiyindoda/esiyintombazana sinyansiekile kum.	10
Isithandwa sam esiyindoda/esiyintombazana sindinceda ngokwakhayo ngendlela ekhathalayo	10

Uthelekiso*

Ndisikhathalele isithandwa sam esiyindoda/esiyintombazana	10
Ndiyasanceda isithandwa sam esiyindoda/esiyintombazana ekufumaneni izisombululo kwimingeni yaso	10
Isithandwa sam esiyindoda/esiyintombazana siyandanceda ekufumaneni izisombululo kwimingeni yam	10

Inkuthazo*

Ndiyasikhuthaza isithandwa sam esiyindoda/esiyintombazana ukuba siphumeze iinjongo zaso	10
Ndiyayibhiyozela impumelelo yesithandwa sam esiyindoda/esiyintombazana	10
Isithandwa sam esiyindoda/esiyintombazana siyandikhuthaza ukuba ndiphumeze iinjongo zam	10
Isithandwa sam esiyindoda/esiyintombazana asinamona ngempumelelo	10

Unike amanqaku amangaphi kumbuzo ngamnye?

Ulinika amanqaku amangaphi iqabane lakho?

Ndiyayinisekile kwisithandwa sam/intombi endithandana nayo	Inqaku eliphakathi kwe-0 nesi-4 Kukho ingxaki. Ingxaki enkulu. Buyela emva kwizinto ezisisiseko. Fumanisa ukuba uzibeka uzibiyisele njani izinto ezifana nentlonipho, ukulingana, ukunyaniseka, uvelwano nenkuthazo ukuze zisebenze kwakhona kubudlelwane bakho. Busebenze. Nzima. Kwaye ngokuKhawuleza.
Amanqaku phakathi kwe-5 kuye kwi-6	Inqaku eliphakathi kwesi-5 nesi-6 Buphakathi nje ubudlelwane bakho. Uyakonwabela ukukulungisa oku? Ukuqonda nomzamo ongaphaya ziyafuneka ukuba ufuna ubudlelwane obusemgangathweni olungileyo.
Amanqaku phakathi kwe-7 kuye kwi-8	Inqaku eliphakathi kwesi-7 nesi-8 Buqhuba kakuhle ubudlelwane bakho! Usebenzile! Kwaye uzamile i-10, ungakwenza oko!
Amanqaku phakathi kwe-9 kuye kwi-10	Inqaku eliphakathi kwe-9 ne-10 Wo! Kugqwesile oko! Yabelana nabanye ngeengecebiso zakho ngobudlelwane obusemgangathweni omhle!

Imibuzo omawucinge ngayo ukuba ubudlelwane abulunganga ngendlela ekufanele bube yiyo:

Cinga ngabo

- ? Likwesiphi isikali i-0 ukuya kwi-10, ndonwabe kangakanani?
- ? Yintoni endiyenza ngokuchanekileyo?
- ? Yintoni engasebenziyo?
- ? Yintoni ekufuneka itshintshe ze ndonwabe?
- ? Yintoni endingayitshintsha ngam ukuqinisekisa ukuba ndikubudlelwane obungcono?
- ? Loluphi utshintsho endilufuna komnye umntu?
- ? Ingaba angaluvuma utshintsho?
- ? Ingaba lixesha lokuhamba?

Respect
Intlonipho
Respek

Equality
Ukulingana
Gelykheid

Honesty
Ukuthembeka
Eerlikheid

Constructive feedback
Impendulo engakhiyo
Konstruktiewe terugvoering

Compassion
Uvelwano
Deernis

Encouragement
Inkuthazo
Aanmoediging

Kuyanceda ukuthetha nomntu xa ufuna ukulungisa ubudlelwane bakho.

Thetha nomhlobo omthembayo, isihlobo esisecaleni lakho, okanye umoluleki ngqondo.

Asiyithandi. Asiyifuni.

Thetha ngako

Uza kufumana amabali amaninzi amafutshane kweli candelo lencwadi. Xa uxoxa ngawo, uza kuza nezicwangciso zokujongana nokuxhatshazwa nokuphathwa gadalala ngokwesondo. Into engundoqo kukuba kufanele lingaze lisolwe ixhoba.

Umhlobo katata wakho usoloko ezama ukukufumana uwedwa. Uthetha nawe ngesondo, uqhula nawe ngesondo kwaye enze amanqakwana angesondo. Uyayicaphukela loo nto. Woyika ukuba utata wakho ngeke akukholwe xa uzama ukumxelela.

- Kukwenza uzive njani oko?
- Ungenzani ukumenza ayeke?

Kukho umntu okuthumelela okanye okubonisa imifanekiso okanye imiyalezo yezesondo. Awufuni ukuyibona.

- Kukwenza uzive njani oko?
- Ungenzani ukumenza ayeke?

Amakhwenkwe athile esikolweni akubiza ngamagama akrwada. Akwenza uzive unomsindo, umbi kwaye udakumbile.

- Kukwenza uzive njani oko?
- Ungenzani ukubenza bayeke?

Uhamba usehla ngesitalato aze umfana ogqitha kuwe abambe ibele lakho njengoko edlula

- Kukwenza uzive njani oko?
- Ungenzani ukwenza into elolu hlobo iyeke?

Utitshala wakho ukuxelela ukuba uza kukunika amanqaku aphezulu ukuba wenza naye into 'ekhethekileyo', Ukhatshazwa kukuba xa ungambonisi ububele uza kukwenza ungaphumeleli.

- Kukwenza uzive njani oko?
- Ungenzani ukumenza ayeke?

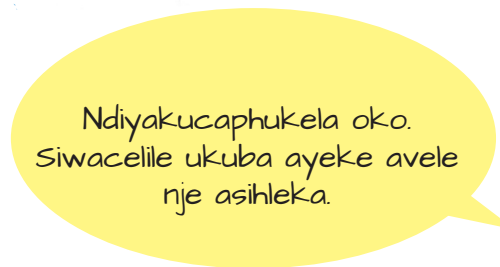
! For you to do

Funda la mabali mafutshane uze uxoxe ngawo.

- Balisa awakho amabali angokuxhatshazwa ngokwesondo*
- Cinga ngezinto ongazenza ukukunqanda ukuba kwenzeke
- Singawenza atshintshe kanjani amadoda namakhwenkwe kwindlela acinga ngayo ngamantombazana njengezinto zokwabelana ngesondo abanokudlala ngazo?
- Yintoni esingayenza
- Ngubani onganceda ukunqanda ukuxhatshazwa nokuphathwa gadalala ngokwesondo? Ngubani ongecala lethu? Ngubani esingamfaka kwicala lethu?



Uyazi xa sihamba sisehla ngesitalato ukuphuma kwesikolo kwaye loo makhwenkwe esibethela imilozi?



Ndiyakucaphukela oko. Siwacelile ukuba ayeke avele nje asihleka.



Ubethela izinja umlozi, hayi abantu.

Onke la mabali amalunga nokuxhatshazwa ngokwesondo. Sizibona yonke imihla izinto ezinjalo.

!
Into ongayenza wena

Balisa elibali kwindawo kawonke-wonke, njengakwixesha lendibano yesikolo, ecaweni okanye kwintlanganiso ye-klabhu. Mema wonke umntu ze nixoxe ngokukhulisela ezesondo*. Ingaba nabanye bakufumanisa kuyingxaki kuluntu? Singaxhasana kwaye sikhuselane njani?



Ubemenzela izinto ezimangalisayo

Lo mfo mdala wadibana naye epatini uLelethu umenza azive ekhethekile. Uchithe ixesha naye. Waba nomdla kuye. Umenzele izinto ezikhethekileyo. Umnike iziphondo ekhethekile kwaye ebalulekile uLelethu. Intliziyo yakhe yayisesebuhlungu ngenxa yokusweleka kukama-ma wakhe kunyaka ophelileyo. Wamxelela ukuba uyavelana naye kunye nokuba umkhathalele. Emva kweeveki ezimbalwa, waqala ukuthetha ngez- esondo. Wacela uLelethu ukuba amthumelele iiselfi enxibe impahla yakhe yangaphantsi. Waziva engaqinisekanga ngoku kodwa ke wayesenamandla kuye.

Ngenye imini, wathatha uLelethu wamsa apho ahlala khona endaweni yokuya emoli. Wamxelela ngezinto ezininzi amenzele zona kunye nokuba naye kukho into ekufuneka amenzele yona. Wathi xa engakwenzi oko uza kuthumela iifoto zakhe enxibe impahla yakhe yangaphantsi. Wazibona egcayiselwe uLelethu. Wayefuna nje ukwabelana naye ngesondo. Ngalo lonke eli xesha wayemkhulisela isondo.

Ukukhulisela isondo omnye umntu kuxa usenza ukuba nidibane ngokwasemoyeni nomntu ukumenza akuthembe wena uneenjongo zokumphatha kakubi ngokwesondo okanye ukumsebenzisela lona kakubi.

Sexual harassment
Ukuxhaphaza ngokwesondo
Seksuele teistering

Sexual grooming
Ukukhulisa ngokwesondo
Seksuele voorbereiding

Hlala ukhuselekile kumakhasi onxibelelwano

UShannon wayephume nabahlobo bakhe bekwindawo ekwakudlala kuyo uDJ. Enxaniwe emva kokudanisa, wabuyela etafileni apho wasela khona isiselo sakhe. Emva kwexesha nje elifutshane esirhabule waqala ukuziva edidekile kwe ebuthathaka. Into elandelayo ayikhumbulayo kukuba wathathwa ngabahlobo bakhe bemsa kuncedo lwengxakeko lwezonyango. Kwafumaniseka ukuba kukho umntu owafaka isiyobisi kwisiselo sakhe, engazi yena. Sasi 'spayikhiwe'.e.

Abantu bangasipayikha ususelo ngentlobo ezohlukeneyo zeziyobisi. Oku kunokwenzeka emadodeni nakwabasetyhini. Bakwenzela ukuba ungabi nalawulo lungako, okanye uphulukane nolawulo. Inokuba ngumntu ongamaziyo onokwenza oko, okanye ibe 'ngumhlobo' ocinga ukuba uza kukhululeka ngokungaphaya kwaye wonwabe. Ngesiqhelo abantu baspayikha isiselo sakho ukukwenza ube buthathaka kwaye ube sesichengeni kuba befuna ukuxhaphaza ngokwesondo, okanye benze olunye ulwaphulo mthetho.

IINGCEBISO

- Hlala neqela olaziyo. Khuselanani.
- Thatha kuphela iziselo ozinikwa ngabantu obaziyo nobathembayo.
- Sijonge ngononophelo xa sigalelwa isiselo sakho.
- Ukuba uyahamba ngempazamo ushiya singenamntu isiselo sakho, sichithe
- Ungaseli nabanye iziselo
- Ungasishiyi kungekho mntu isiselo sakho
- Xa uqala ukuziva ubuthathaka kwaye udidekile funa uncedo ngokukhawuleza emntwini omthembayo.
- Soloko uluxelela usapho lwakho ukuba uyaphi
- Qiniseka ukuba unesithuthi esikhuselekileyo sokubuyela ekhaya

SJonga kwiphepha kama-46 ngolwazi oluthe vetshe ngokusela utywala!

Hlala ukhuselekile kumakhasi onxibelelwano

Intombazana efikisayo yaseGauteng yazenzela umhlobo kwi-Facebook nomfana engamaziyo. Baqala ukuxoxa kwi-intanethi. Wavuma ukuya naye epatini.

Kodwa uthe xa eyokudibana naye kwamxhwila wamthatha wamsa endlini yakhe. Wamnyanzela ukuba abukele ezoburheletya zabantwana waze wamnika iziyobisi ezamenzza wangabikho zingqondweni. Wamdlwengula. Ekugqibeleni, waya kwindlu yangasese waze wafika watshixa ucango.

Wathumelela abazali bakhe umyalezo obhaliweyo ngeseli yakhe. Baxelela amapolisa baze ke kunye bakwazi ukumsindisa. Yabanjwa ke indoda ekugqibeleni.

! Into ongayenza wena

- Xoxa ngento ocinge ngayo kwaye wayiva ngexa ufunda ibali.
- Yenza uluhlu lwayo onke amakhasi onxibelelwano owaziyo, kunye nalawo uwasebenzisileyo
- Yiza namacebo ngento elungileyo nento engalunganga onokuyenza kumakhasi onxibelelwano, kwi-Facebook, Twitter, WhatasApp, Mxit namanye





Isondo lorhwebelwano noo-sugar daddies/neeblela

Ubudlelwane borhwebelwano abulingani kwaye amantombazana amancinane awanamandla kubo. Ngamanye amaxesha bunokukhokelela kuphatho gadalala nobundlobongela. Oku kunokukubeka kananjalo engozini yokukhulelwa okungacetywanga, ii-STI ne-HIV/AIDS.

Sihlala sinemvakalelo yokuba asinamali yaneleyo yazo zonke izinto esizithandayo - njengempahla entle, i-smartphone kunye mhlawumbi neendleko zokuzonwabisa. Abanye abantu bade babelane ngesondo ukuze bafumane ukutya kuba balambile. Oku kuthiwa 'lulwabelwano ngesondo ukuze uphile'.

Nakuba kunjalo, kufuneka sikhumbule ukuba impilo yethu kunye nokuzihlonipha kufanele zigcinwe. Ezinye izinto zikufanele ukulindwa.

Umhlobo wam uRhandzo wahamba nomnye uMnu Vincent othile ngenye impela-veki. Wabuya ne--iPhone entsha kunye neefoto zendawo enebhitshi ngaseThekwini. Wayemaze iiveki nje ezimbini. Kwaye mdala kakhulu kuye.

Khumbula: Ngeke uvele ukuyeke nje ukuzixabisa kwakho* kunye neenjongo zobomi ukuze uzuze izinto zexeshana.

- Ucinga ukuba uRhandzo uza kukhululeka ukucela uMnu Vincent ukuba asebenzise ikhondom?
- Siyaqonda ukuba yintoni ulwabelwano ngesondo lorhwebelwano?
- Siyavumelana nale ngxelo ilandelayo: "Uninzi lwabahlobo bam, kuquka nam, sike sakwibakala elithile okanye abathile bake babandakanyeka kubudlelwane bokurhwebelana ngolwabelwano ngesondo. Kunzima ukukuvuma"
- Thetha ngalo mbuzo : "Ukwabelana ngesondo namadoda amadala kusibeka engozi ye-HIV. Zeziphi ezinye iingozi esinokuzifumana?"

**Thetha
ngako**

Into omawuyenze

- Zithembe imvakalelo zakho. Xa uziva ungakhu lekanga, kukho into engalunganga eyenzekayo.
- Xelela umntu ngayo. Ungayeki ukumxelela de kubekho into ayenzayo ngayo.
- Balumkele abantu abakwizikhundla ezisemagunye ni kuwe abaqala bakwenze uzive ungakhulukenga ngento abayitshoyo okanye abayenzayo kuwe. Funa uncedo.
- Wazi amalungelo akho. Jonga amaphepha elama-37 ukuya kwelama-43
- Ngabaphi abantu abanomsebenzi wokukukhusela? Ubenza njani benze njalo?
- Jonga iindawo ezincedayo kumaphepha elama-48 ukuya kwelama-49. Zikhona ukuze zincede wena. Ngeke zikugwebe. Ziyazi ngokuxhatshazwa ngokwesondo kunye nokuphathwa gadalala ngokwesondo. Zifuna ukunceda wena

Zithembe imvakalelo zakho



Self-worth
Ukuzithemba
Eiewaarde

Udlwengulo lukhona

Iintsomi* zizinto abazitshoyo abantu abaninzi kwaye bazikholwe kodwa aziyonyani. Kukho iintsomi ezininzi ngodlwengulo. Abantu kaninzi babalisa iintsomi zokuSola ixhoba..

! Into
ongayenza
wena

Zisebenza kakuhle kanjani izakhono zakho zokubona iintsomi? Enye yeendlela zokunqanda udlwengulo kunye nokunceda ukuqinisekisa ukuba amaqongqolo odlwengulo afumana ukhathalelo nenkxaso kukucela umngeni kwiintsomi ezimalunga nalo. Yogquma ikholam yeNYANI ngesiqwenga sephepha. Xoxa INTSOMI. Xa ugqibile ukuxoxa, vula ikholam yeNYANI kuloo ntsomi. Thelekisa into oyitsholoyo naleyo iyitshoyo.

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
Iintsomi
Mites

Yintoni udlwengulo?

Uthi umthetho uyadlwengulwa xa umntu engena ngenkani kwilungu lakho lobufazi, kumva, emlonyeni okanye nakweliphi na elinye ilungu lomzimba wakho.

Umdlwenguli unokukungena ngelungu lakhe lobudoda okanye ngenye into, efana nebhotile.

Olu ludlwengulo. Akukhathaliseki nokuba ungumhlobo okanye isithandwa esiyindoda, umntu aza kutshata naye okanye umyeni womntu lowo. Awunalungelo lokuzinyanzela kuye.

Udlwengulo ludlwengulo. Udlwengulo lunokubanga iintlobo ezininzi zokwenzakala, ubuhlungu nomanakalo kubomi bexhoba. Udlwengulo sisenzo samandla nobundlobongela..

Ndadlwengulwa kuba ndiyintombazana ethandana namanye amantombazana. Umdlwenguli wathi ' ulungisa' indlela endikhetha ukuziphilela ngayo ngokwesini. Baba bubi ubomi iinyanga emva koko. Iyeza lokuthintela ukuba ndingabi nezifo, amaphupha amabi, uloyiko, uvalo xa kukho naphi na apho ndiya khona. Ndafumana inxkaso eninzi kusapho lwam ukundinceda ndibe liqongqolo lodlwengulo. Nabahlobo bam nabo, hey Khanyi nokhwezi. Ndingenzani ngaphandle kwenu?





Udlwengulo alukho malunga nokwabelana ngesondo, lumalunga nobundlobongela namandla.

Ngqo. Ukuba umntu ukubetha ngomhlakulo ngeke uthi kukulungisa isitiya.



Luchasene nomthetho udlwengulo. Nje qha.



INTSOMI ✗	IINYANI ✓
Ukuba intombazana inxibe isikeyiti esifutshane okanye iyasela epatini izibizela ukudlwengulwa.	Udlwengulo lumalunga namandla, hayi ulwabelwano mgesondo. Iintsana ezisafaka amanaphukeni ziyadlwengulwa. Angadlwengulwa amakhwenkwe namadoda. Nabani na angadlwengulwa. Akukho mntu uke acele ukudlwengulwa.
Abantu abadlwengulayo ngabantu basemzini.	Amantombazana nabasetyhini abaninzi baldlwengulwa ngabantu ababaziyo.
Xa inkwenkwe okanye indoda ivukelwa kufuneka yabelane ngesondo..	Amakhwenkwe namadoda, ngokufanayo namantombazana nabasetyhini bangakwazi ukuzilawula iimvakalelo zabo zesondo.
Uqhule inkwenkwe, yaze yaqala ukuvukelwa, ngumsebenzi wakho 'ukuwugqibezela umsebenzi', ngokwabelana ngesondo.	Iukuba ayiyeki inkwenkwe - nokuba kungeliphi na ithuba - emva kokuba uthe ' ndifuna uyeke', ludlwengulo.
Xa owasetyhini esithi hayi kwisondo uthetha ukuba ewes.	Kwiinkcubeko ezininzi, owasetyhini kulindeleke ukuba abeneentloni kwaye angafuni xa indoda, nokuba ngumyeni wakhe na, efuna ulwabelwano ngesondo. Amakhwenkwe namadoda kufuneka bamamele naye na uhayi othandabuzayo baze bamhloniphe ngokupheleleyo.
Utywala nezoyobisi zenza amadoda apha the gadalala abasetyhini	Utywala nezoyobisi aziphathi gadalala bantu. Abantu basebenzisa kakubi utywala nezoyobisi baze benze izinto ezinobundlobongela.
Abasetyhini bathi bayadlwengulwa ukuze kuphindiselwe emadodeni.	Kuthatha isibindi esikhulu ukuxela udlwengulo kuba abantu kaninzi abamkholwa owasetyhini xa esithi udlwengulwe. Akunakufane kwenzeke ukuba owasetyhini 'aqambe' udlwengulo kuba ityala lodlwengulo lonzakalisa emoyeni kuye. Nakuba kunjalo bake bawacime amatyala abasetyhini kuba amaqongqolo odlwengulo ixesha elininzi ayasongelwa kunye/okanye anyotywe ukuba acime amatyala. Okanye banokungakholwa ukuba baza kubufumana ubulungisa.
Amadoda anako ukuzikhusela ngoko ke ngeke adlwengulwe.	Ayingawo onke amadoda anamandla afanayo kwaye amanye amadoda omelele kunamanye.
Umyeni okanye isithandwa esiyindoda sinelungelo lokwabelana ngesondo nenkosikazi okanye isithandwa sayo esiyintombazana nokuba sithi hayi na. .	Ludlwengulo xa uzinyanzela emntwini othe hayi. Kuchasene nomthetho. Amakhosikazi nezithandwa ezingamantombazana zinokuthi hayi kubayeni okanye kwizithandwa ezingamadoda.

Funda eli bali lokwenyani ngodlwengulo

Usihlalo weKlabhu iRise Club, uZikhona Mbute, uthetha ngokudlwengulwa. Ukholwa ukuba oku kuza kunceda abanye kwaye kuncede naye kananjalo aphaile..

Ukuma kunye sisilwa udlwengulo

ilwa
udlwengulo



Ukuma kunye s
isilwa udlwengulois.

Ndiba ngcono kuba ndithetha ngako. UZikhona Mbute ngusihlalo weKlabhu yeRise Stars of Tommorrow eNcise. Le yindawo ethuleyo ekufutshane nedama laseMthatha eMpuma Koloni.

Ngowe-14 Matshi 2015 umzala kaZikhona, uAndile, wankqonkqoza kucango lwendawo awayelele kuyo nesithandwa sake esiyintombazana Kwakusebusuku wathi akuvula ucango uZikhona wambona unxilile kwaye eqhunyiwe uAndile.'

Kwakonakaliswe
into
esentliziweni
nasemzimbeni wam..

Udlwengulo

Kuqala uAndile wamsola ngokufihla isithandwa sakhe esiyintombazana. Waqala ke ukumbetha. Wamthwala emagxeni akhe emsa kumabala esikolo esikufutshane. Waze wamdlwengula. Ukugqiba kwakhe wayesopha kwaye eqaqanjelwa.

Wafa isiqaqqa uZikhona, wamthwala emagxeni kwakhona wamsa egumbini lakhe. Wamdlwengula ephindaphinda nalapho kwakhona ebeke ijezi yakhe ebusweni bakhe ukumnqanda angakhwazi. Wasika nempahla yakhe ngemela. Emva kweeyute ezine, wamthwalawayombeka kungama osisiqingatha sendawo ahlala kuyo. UZikhona wakwazi ukuzirhuqa egaqa ngamadolo ebuyela egumbini lakhe. UAndile wamxelela ukuba uke wayixelela nabani na into ayenzileyo kuye uza kumbulala.

Ukulwa

Ngemini elandelayo uZikhona waya kowabo apho ahlala khona noobhuti bakhe ababini. Abazali bakhe basweleka kwiminyaka elishumi eyadlulayo kwaye ubhuti wakhe omdala uThando, ngumondli ongundoqo wosapho. Wakhawuleza wathumelela wonke umntu imiyalezo yeWhatsApp ebaxelela ukuba uAndile umdlwengule..

Waya kwisikhululo samapolisa emva kweentsuku ezintathu. Bamsa ekliniki apho wanikwa ii-ARV ukuthintela ukuba osulelwe yi-HIV neepilisi zokunqanda ukukhulelwa.

Ityala

Kungekudala emva koko, uAndile wabanjwa, laxoxwa ityala, waze wagwetywa ubomi.

Nakuba isiphumo samenza waziva engcono, ityala* lalisonzakalisa kakhulu emoyeni* kuZikhona. "Ndandikhala ngalo lonke ixesha. Ndandingakwazi kwaphela ukuthetha."

Kodwa unemvakalelo yokuba kubaluleke kakhulu ukuthetha ngodlwengulo

Luyakutshintsha udlwengulo

"Andinguye la Zikhona ndandinguye ngaphambili.
Kwakonakaliswe into esentliziweni
nasemzimbeni wam. Udlwengulo
lutshintsha indlelaoziva ngayo kunye nendlela
obujonga ngayo ubomi. Ndagqibela ndibhetele
kuba ndithetha ngako oku.
Ndifuna ukukukhupha kungabikho oku.
Kuza kundonzakalisa kakhulu
xa ndingathethi ngako."

Ke motle.
Ke a phela.



Inkxaso

USipunzi Zingisa-Gabasizwe, leKlabhu i-Rise ‘Stars of Tomorrow’ nomhlobo kaZikhona uthi, “Yayindonzakalise emoyeni kakhulu into eyehlela uZikhona, sonke sasothukile. Kwakubalulekile ukuxhasa umhlobo wakhe.” Emva kodlwengulo, wafumana ululeko ngqondo ngeveki uZikhona. Kodwa into eyamnceda kakhulu kukuba wonke umntu kwindawo ahlala kuyo wayemxhasa.

Ukuba kwiKlabu ye-Rise kwakubaluleke kakhulu ekuphileni kwakhe. Wayewabalisele amalungu eli bali lingodlwengulo

Sis Neli

Olona ncedo lubalulekileyo umntu anokulufumana emva kokuphathwa gadalala ngokwesondo kukuthetha nomntu. Oku kunokwenziwa ngenkqubo ethembekileyo elinokuyithemba iqongqolo kwaye likhululeke ekufikeleleni kuyo. Kwimeko yasesikolweni, inokuba ngutitshala, unontlalontle wesikolo nokuba yinqununu na. Iiklabhu ze-Rise Young Women zikhuthaza ukuxelwa kophatho gadalala kunye nofikelelo kwinkxaso yokunxulumene nengqondo nentlalo ngalo lonke ixesha, ngoko ke hlala ukhumbula ukufikelela kuba kusoloko kukho umntu ofunayo ukumamela kwaye anike inkxaso.

Ngenkxaso engaphaya qhagamshelana ne

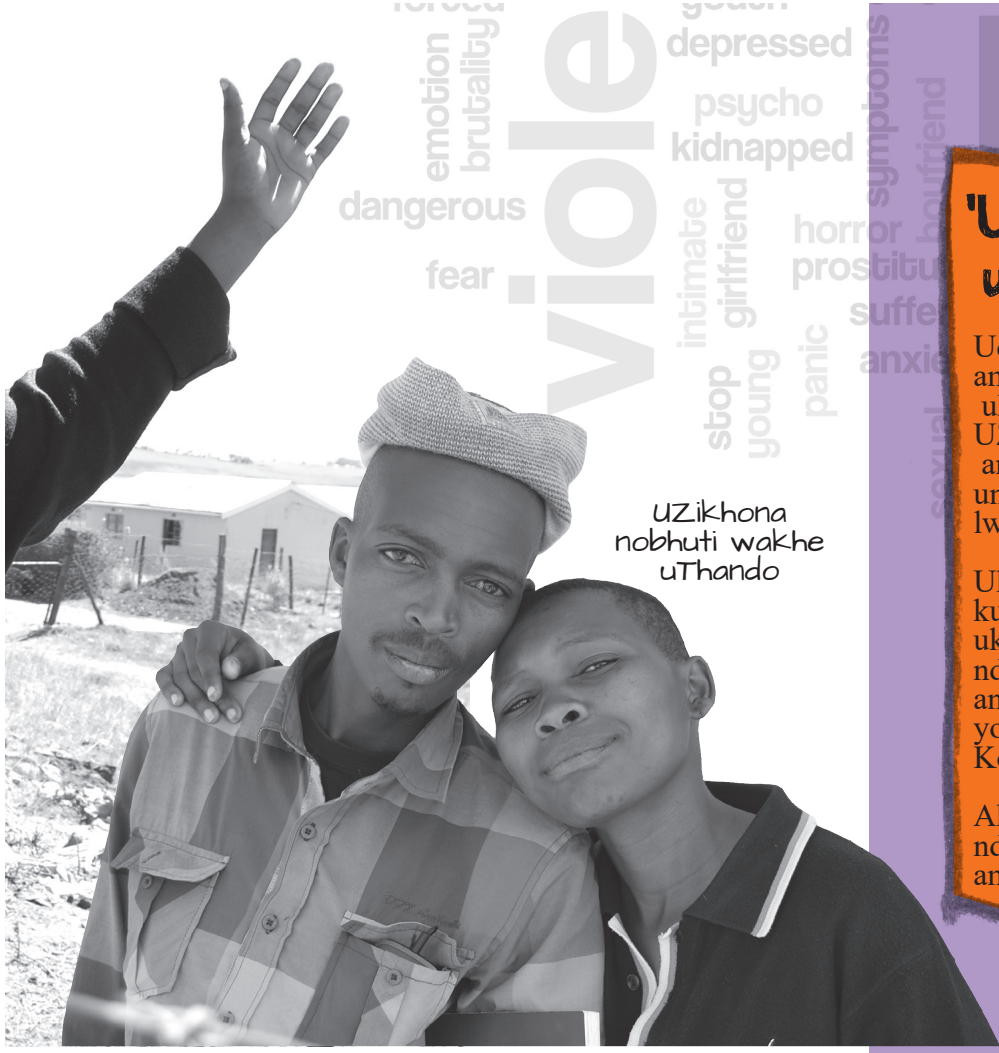
Ngxaki zoDlwengulo – 021 447 9762

IQela lokuDakumba neNkxalabo loMzantsi Afrika

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**AYIKAZE IBE SISIPHOSISO SAKHO
UKUPHATHWA GADALALA. KUFUNKA
SIYEKE UKUSOLA AMAXHOBA, AYIKAZI
IBE SISIPHOSISO SAWO.**



UZikhona nobhuti wakhe uThando

'Udlwengulo lokulungisa umntu'

Udlwengulo lokulungisa umntu' kuxa amantombazana athandana namanye edlwengulwa ukuwohlwaya kunye xa besitsho 'ukuwanyanga'. UZikhona yintombazana ethandana namanye amantombazana. Akakufihli oku kwaye unemvakalelo yokuba uluntu kunye nosapho lwakhe bamamkele.

Ukholwa kukuba umzala wakhe wamdlwengula kuba kwakumcaphukisa oku. "UAndile wazama ukunditshintsha. Wayefuna ndizive ngathi ndiyintombazana engungantweni apho umntu anokwenza nantoni kum. Wazama ukuvula indlela yokuba namanye amadoda andildwengule. Kodwa ndilwa loo mvakalelo.

Akaphumelelanga. "Engqondweni yam ngeke ndiyeke ukuba yintombazana ethandana namanye amantombazana. Ndim. Ndimhle. Ndiyaphila."

Icebo likaZikhona kwabasetyhini abadlwengulweyo

"Into yokuba ndadlwengula ayithethi ukuba sisiphelo sobomi bam. Ndisakwazi ukusebenza nokufunda."

"Ukuba ubudlwengulwe unganikezeli. Ungaziyekeleli. Fumana uncedo. Zama ukuzigcina uxakekile: funda nantoni na onganako ukuyifunda; boleka ipeni ze kubekho into oyibhalayo, qamba iculo, fumana inkxaso yabanye"



1. Likwenza uzive njani ibali?
2. Kukho nabani na omaziyo odlwengulweyo (nawe na)?
3. Sngafunda ntoni kwibali likaZikhona malunga nokumelana nodlwengulo?
4. Kutheni eli bali 'ilulwaphulo mthetho lwenzondo'?



Icebo likaSis Neli

Udlwengulo alukaze lube malunga nawe, lumalunga nokuba namandla phezu komnye umntu. Thathelani kuni amandla enu nina basetyhini basebatsha kwaye nazi ukuba siyanikholw.

Permission
Imvume
Toestemming/
Permissie



UNELUNGELO LOFIKELELO KUNCEDO LWEZONYANGO, LWENGOONDO NOLOMTHETHO EMVA KODLWENGULO.

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 isishosovu sezobulili: “Uma kuyindoda siyayisiza ifike ekhaya, uma kungowesifazane odakiwe uyadlwengulwa.”
- Ayikho indoda enelungelo lokudlwengula owesifazane, noma ngabe wakhokha ilobolo.

Yintoni imvume?



Umboniso

YNiyaphuzana kwaye izinto ziba shushu kwisithandwa sakho esiyindoda. Nobabini nikonwabele kwaye nobabini niyfuna ukukwenza oko nikwenzayo. Ngesiquphe, uyaqonda ukuba akusengangawe ke oku. Uthi ‘Nceda uyeke. Andifuni ukuqhubeka noku.’’

How the scene ends

Isiphelo soku-1

Uthi, ‘Awu, babe, kumnandi oku ndifuna singayeki sikwenze oko.’

Uthi. ‘Nam. Ndiyakuthanda. Andifuni ne ukude ndiyofika apho. Andikulungelanga oko.’

Utsala umoya aze athi, ‘Kulungile, ndiyaqonda. Masibambane siqinisane’. Masisondelelane.

Isiphelo sesi-2

Uthi; ‘Uhlala uqhula. Jonga ukuba ndikufuna kanjani? Nguwe ondenze ndanje.’ Ujonga ukuvukelwa kwakhe.

Uthi, eziva esoyika, ‘Andikuqhuli, andifuni nje ukuyofika apho. Andikulungelanga oko.’
Uthi, ‘Kwakubi ke oko. Ndikulungele.’
Utyhalela ilungu lakhe lobudoda kwilungu lakhe lobufazi nakuba esithi, Hayi, nceda hayi.’

Uthi, ‘Ndiyazi ukuba ufuna nyani, babe.’
Uchamela ngaphakathi kwakhe. Olu ludlwengulo.

Consent
Isivumelwano
Toestemming

Bhala amagama achaza iimvakalelo zakho ngesiphelo soMboniso woku-1

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Bhala amagama achaza iimvakalelo zakho ngesiphelo soMboniso wesi- 2

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**Cinga
ngabo**

**Thetha
ngako**

1. Thetha ngokuba iphi lapho ikhoyo imvume ekuqaleni kwebali, kunye nasekupheleni kwalo.

2. Thetha ngalapho ngekhoyo imvume. Xela apho lwenzeka khona udlwengulo

Udlwengulo oluninzi lwenzeka xa ukhutshwe ngumfana. Mhlawumbi kwenzeka kuwe?

Iintsana ezisafaka amanaphukeni ziyadlwengulwa.
Oomakhulu bayadlwengulwa.
Izithandwa ezingamantombazana namakhosikazi bayadlwengulwa.
Nabani na angadlwengulwa.
Ukuba awuvumanga, ludlwengulo. Umntu olwenzileyo ngumdlwenguli. Akukhathaliseki nokuba ubonakala enjani na umntu. Udlwengulo lulwaphulo mthetho.

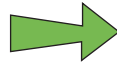
Ungaze, uzive unobutyala, okanye uyivumile into ayenze kuwe.

Amantombazana nabasetyhini abathile bayakwazi ukubenza bafake iikhondom. Yinto entle ukuba uyakwazi ukumthundeza akwenze oko. Akuthethi ukuba uvumile..

Yintoni imvume?



Ungathanda ikomityi yeti?

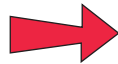


Ewe ungandinceca!



CONSENT

Ungathanda ikomityi yeti?



hmmm...

Andiqinisekanga



Yima. Cinga. Thetha ngako. Ungabanyanzeli baphunge iti..

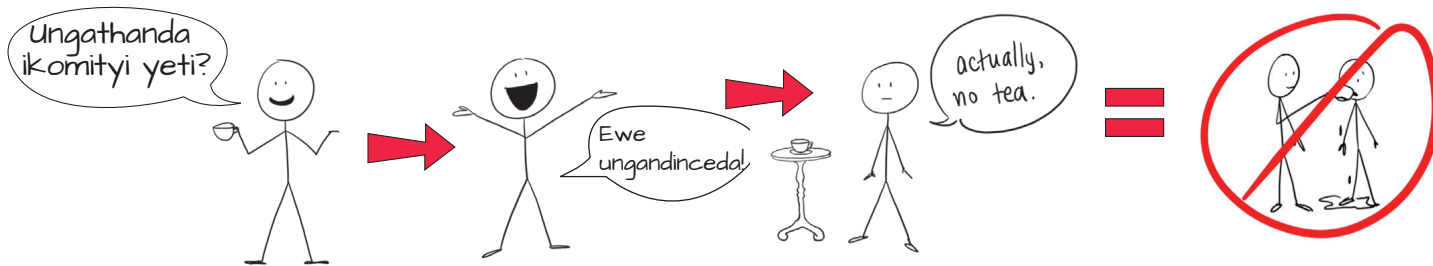
Ungathanda ikomityi yeti??



actually, no tea.



Ungabenzeli ikomityi yeti.



Abantu banokuzitshintsha iingqondo zabo. Ungabanyanzeli baphunge iti.



Nokuba bayiphungile iti ngaphambili, ungabanyanzeli baphunge iti kwakhona.

UKWENZA ISIGQIBO SOKUPHUNGA IKOMITYI
YETI OKANYE UKUNGAYIPHUNGI-

IT'S THE SAME
WITH
SEX.

CONSENT
IS EVERYTHING.

**Thetha
ngako**

Ingakumbi ukuba abekho zingqondweni. Abantu abangekho zingqondweni abafuni ti..

Imiyalezo eya kumntu wonke,
kuquka amakhwenkwe namadoda

Intlonipho.
Xa ndisithi
hayi ndithetha
ukuba hayi.



Andikweleti lwabelwano
ngesondo kuba wena
uhlawulela ukutuya kwam
okanye imali yam
yokukhwela iteksi.

NDIKUNCOKOLISILE.
UKUNCOKOLISA
AYIKOKUCELA
ULWABELWANO
NGESONDO.



**UKUBA NDITHE
EWE KUWE KANYE,
OKO AKUTHETHI UKUBA
NGUEWE NANGELIPHI NA
ELINYE IXESHA.**

**Kufuneka sikhululeke ukuya
naphi na apho sifuna
ukuya khona,
nanini sifuna, nokuba
sifuna ukuya phi.
Njengoko unako.**

**Ukuba ndisele, andiceli
labelwano ngesondo.
Ndidinga ukukhathalelwa
kwaye ndikhuselwe
ekonzakaleni.**

**Amanyathelo
amawathathwe**
Ngowuphi umyalezo ofuna
ukunxibelelana
ngawo noluntu kudlwengulo?
Ungabelana njani ngayo kwaye
wenze umahluko
ngayo imiyalezo yakho?

sms

f



Into omawuyenze ukuba udlwengulwe

ufuna ukhathalelo
nenkxaso

Ukuba udlwengulwe, kuqhelekile ukufuna ukuhlamba umzimba wakho. Kodwa zama kangangoko unako ungahlambi okanye utshintshe impahla yakho. Uza kulahlekelwa bubungqina obubalulekileyo kumntu lowo ukudlwenguleyo.

Yiya kwindawo enceda amakhoba odlwengulo. Inokuba ngumbutho, isikhululo samapolisa, isibhedlele, iikliniki okanye iZiko loKhathalelo leThuthuzela (Thuthuzela Care Centre) (TCC).



AmaZiko oKhathalelo eThuthuzela

Ii-TCC zimisele iikliniki kunye nezibhedlele elizweni lonke. Umsebenzi wazo kukunika amakhoba obundlobongela obusekelwe kwisini zonke iinkonzo azidingayo.

Ukusuka kwixhoba ukuya kwiqongqolo

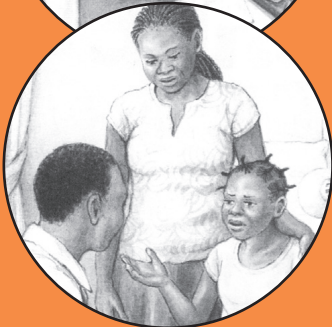
Abasebenzi be-TCC bangcala lakho. Baqeqeshwe ngokukhethekileyo ukuqinisekisa ukuba uphathwa ngokufanelekileyo, nangokhathalelo nentlonipho. Baza kukukholwa, ngeke bakusole, okanye bakwenze uzive unobutyala ngento eyenzekileyo. Bayakuqonda ukwenzakala emoyeni onako, kwaye bayayazi inkxaso oyidingayo. Khumbula, udlwengulo, ALUKAZE lube sisiphosiso sakho.



Fumana unyango lwamayeza kwiiyure ezingama-72 okanye kwiintsuku ezi-3 zodlwengulo. Oku kokokuqinisekisa ukuba ungafumana iyeza lokuthintela i-HIV ukuthintela usulelo olosulela ngokwabelana ngesondo (sexually transmitted infections)(i-STI) nokukhulelwa.

! Into
ongayenza
wena

Zifundele ngokwakho oku, nomhlobo okanye kwiklabhu yakho. Yenza uluhlu lwabaniki nkonzo kwi-TCC. Oku kunceda ukuba ufumane umfanekiso walo lonke uncedo eliludingayo ixhoba lodlwengulo.



Xa ufika kwi-TCC emva kodlwengulo

- Umongikazi okanye umququzeleli wendawo uza kukwenza uzive wamkelekile
- Uza kucacisa uxilongo lwezonyango, into ekufuneka yenziwe, kunye nokuba yintono abayifunayo njengobungqina bodlwengulo.
- Uza kucelwa ukuba usayine ifom yemvume unika ugqirha imvume yokuba akuxilonge.
- Umongikazi uza kuba nawe kwigumbi lokuxilongela
- Emva koxilongo lwezonyango, ungahlamba okanye ushaware.
- Banokukunika impahla ecocekileyo. Unokugqiba ukuba uye nethile kwi-TCC
- Igosa eliphandayo liza kudlana indlebe nawe lize lithathe ingxelo. Awunakude umbeke ityala ngoko nangoko umdlwenguli - okanye unokungaze - ukuba lukhetho lwakho olo. Kusafanele nokuba kunjalo ukuba uyinikwe inkonzo kwi-TCC nokuba awumangali
- Unontlalontle okanye umongikazi uza kukoluleka ingqondo
- Uza kunikwa ixesha elihlelelwe ulandelelaniso nonyango neyeza losulelo olosulela ngokwabelana ngesondo (sexually transmitted infections) (ii-STI), kuquka nothintelo lwe-HIV, nokukhulelwa. Unokubuzwa kananjalo ukuba ukulungele na ukwenza uvavanyo lwe-HIV.
- Baya kukunika ileta yokukuthumela, okanye baya kukuhlelela ixesha, ukuba ufumane ululeko ngqondo olungaphaya.
- I-TCC iza kulungiselela ukuba uyokuhlala kwindawo yokhuselo, ukuba uyakudinga kwaye ukufuna oku.
- Ukuba ugqiba ekubeni umangalele umdlwenguli lowo usolwayo, ungaya kwigqwetha elikhethekileyo phambi kokuba liye enkundleni ityala.
- Igosa elinceda amaxhoba liza kukulungiselela ukuya enkundleni.
- Uza kukucacisela inkqubo umphathi wetyala.

AmaZiko oKhathalelo eThuthuzela akholo WENA

Into eyenzekileyo ayisosiphosiso sakho. Silapha ukuze sikuncede



Ukuba udlwengulwe, yela unyango kwi-TCC. Ukuba ayikho i-TCC, yiya esibhedlele.

Unganceda usayine le fom yemvume ukuze sikwenze uxilongo lonyango?



Uza kufumana iyeza le-ARV. Kufuneka uqale ukulithatha kwiiyure ezingama-72 zokuba udlwengulwe.

Ndiza kuqokelela ubungqina kananjalo kwimeko yokuba ugqibe ekubeni umangale ngoku okanye mva

INdilapha ukunceda wena. Ndiza kukuxilonga ndize ndinyange ukwenzakala kwakho



Jonga ukuba ungayifumana phi i-TCC ekufutshane kuwe ekupheleni kwale ncwadana.

Nantsi impahla ecocekileyo.



Emva koxilongo unghlamba okanye ushaware.

Counselling
Ululeko
Berading

Igosa eliphandayo liza kubuza ukuba kwenzekeni lize libhale phantsi ingxelo.



Unontlalontle ke uya kukoluleka ingqondo*



Nantsi imihla yakho yolandelelaniso lonyango, yeyeza neyoluleko ngqondo. Ingaba kukhuselekile kuwe ukuba uye ekhaya? Singakulungiselela indawo yokhuselelo onghlala kuyo.



Igqwetha

Igosa elinceda ixhoba

UMphathi weTyala

Uza kunikwa isithuthi sokukusa ekhaya.

Aba bantu baza kubizwa ukuba bakuncede xa ugqiba ekubeni umangale

Akukho TCC ikufutshane nawe?

Ukuba awunayo i-TCC ekufutshane nawe, zama ukulandela la manyathelo.

1. Thetha nomntu omthembayo

Udlwengulo yinto embi engakwehlela.

- Zama ukungabi wedwa
- Thetha nomntu onokuthemba. Mcele ukuba ahambe nawe uyokufuna uncedo
- Tsalela umnxeba woncedo ongahlawulelwayo: 0800 150 150.

2. Gcina impahla yakho, uze uzame ukungahlambi

Ukuba uyahlamba uza kube uhlamba ususa ubungqina bodlwengulo. Faka impahla yakho kwiphephabhegi. Ungasebenzisi iplastiki. Anokuyisebenzisa njengobungqina impahla amapolisa.

3. Yiya, kugqirha, esibhedlele okanye ekliniki ngokungxamisekileyo

Unompilo angakunika iyeza lokuthintela i-HIV, ii-STI nokukhulelwa. Kufuneka ukwenze oku kwiyure ezingama-72 zodlwengulo.

Investigate
Ukuphanda
Ondersoek

4. Bhala phantsi yonke into onokuyikhumbula ngodlwengulo

Oku kuza kukunceda xa ugqiba ekubeni uluxele emapoliseni udlwengulo. Cela umntu akuncede xa ungakwazi ukubhala.

5. Yenza isigqibo sokuba uyafuna na ukuluxela kwisikhululo samapolisa na udlwengulo.

Kugcono ukuluxela msinyane kangangoko unako udlwengulo. Kuyanceda ukubanengxelo, xa ugqiba ekubeni ummangalele mva umdlwenguli. Ukuba uyamangala, amapolisa kufuneka aphande*. Ugqirha okanye umongikazi obhalisiweyo kufuneka akuxilongwe aze agcwalise ifom ye- J-88. Le fom ichaza nakuphi na ukwenzakala onokuba unako kwaye inika ubungqina kwimeko yophandoolusemthethweni. Uza kudinga le fom njengobungqina enkundleni

6. Xelela amapolisa ukuba kwenzekeni

Hamba nomntu omthembayo. Igosa lamapolisa liza kubhala phantsi ibali lakho. Oku kuthiwa ingxelo. Ungasayini de ube uvumelana nento yonke ebhalwe phantsi. Bhala phantsi inombolo yetyala kunye negama legosa lamapolisa. Sitsalele umnxeba okanye usityelele rhoqo isikhululo samapolisa ukufumanisa ukuba yintoni eyenziwayo ngetyala lakho.

7. Ukuba uyamangala, linokuya enkundleni ityala lakho.

Kuza kufuneka uxelele inkundla ngayo yonke into eyenzekileyo. Ugqirha okuxilongileyo emva kodlwengulo kuza kufuneka anike ubungqina.

8. Ululeko ngqondo yeyona nxenye ibalulekileyo xa ulixhoba lodlwengulo

Lukunika ithuba lokuqonda into eyenzeke kuwe, ukukhuphela ngaphandle iimvakalelo zakho, kunye nokuqala uhambo lokuphila. Jonga uluhlu lwemibutho encedayo ekupheleli kwale ncwadana.

Khumbula

- Unelungelo lokubona igosa lamapolisa lowasetyhini
- Unelungelo lokulibalisa kwigumbi labucala ibali lakho
- Unelungelo lokuphathwa ngentlonipho.

Ululeko ngqondo ayiyonto yenziwa kanye. Abanye bethu bafuna iiseshoni ezininzi ukusinceda sibuyisele ubomi bethu esiqhelweni.



Amalungelo akho

- Unelungelo lokukhululeka kubundlobongela bezesondo
- Unelungelo lemfundo
- Unelungelo lokhuseleko
- Unelungelo lokusebenzisa ucwangciso kunye nokuziqhelanisa nocwangciso nzala
- Unelungelo lokungaphathwa gadalala
- Unelungelo lokwakha ubudlelwane obusempilweni nobulinganayo
- Unelungelo lokuhlonitshwa.



Think about things to do to make a difference. How can you:

- Ukwabelana ngolwazi malunga nokuba amaxhoba odlwengulo angazifumana phi zonke iinkonzo azidingayo emva kokuba edlwengulwe
- Ukukhupha uluvo olo lusola amaxhoba odlwengulo endaweni yokusola abadlwenguli
- Ukwabelana ngolwazi malunga nokuba abahlobo nosapho bangawakhathalela kwaye bawaxhase njani amaxhoba odlwengulo
- Ukwazisa uluntu malunga neendawo ezinika inxaso yamaxhoba odlwengulo
- Ukufundisa ingakumbi amakhwenkwe namadoda ngemvume kunye nodlwengulo.

UMTHETHO UNGECALA LETHU!

Ubundlobongela obusekelwe kwisini lulwaphulo mthetho. Kukho imithetho esikhuselayo. Yile:

UmThetho wobuNdllobongela baseKhaya

UmThetho wamaTyala ezeSondo

UmThetho wabaNtwana

Abantwana abangamakhwenkwe nabangamantombazana bonke bakhethekile kuba baxhomekeke ebantwini abadala ngothando, ukhathalelelo nokhuselo*. Yiloo nto sinomThetho wabaNtwana.

Xa sisithi umthetho uyasikhusela kuthetha ukuba singasebenzisa umthetho:

Ukwenza luyeke uphatho gadalala

Ukufumana ukhuselo

Ukufaka ityala lolwaphulo-mthetho ngokuphathelene nomphathi gadalla okanye umdlwenguli.

Protection
Ukhuselo
Beskerming

UmThetho wobuNdlabongela baseKhaya

UmThetho wobuNdlabongela baseKhaya (Domestic Violence Act) (DVA) uthi ubundlabongela obubhekiswe kwabasetyhini nabantwana lulwaphulo-mthetho. Unelungelo kukhuselo. Ngumsebenzi wamapolisa neenkundla ukukukhusela. Ukuba kukho umntu okuphethe gadalala, ungafumana umyalelo wokhuselo.

Siwufumana phi umyalelo wokhuselo?

Ufumana umyalelo wokhuselo kwinkundla kamantyi. Umyalelo wokhuselo uza:

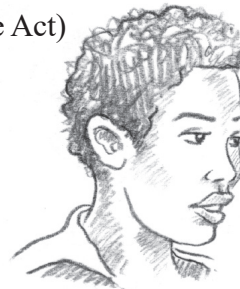
- Kuyalela umphathi gadalala wakho ukuba ayeke ukukuphatha gadalala
- Kunika amapolisa imvume yokuthatha nasiphi isixhobo esiyingozi, esifana nemela okanye umpu, kumphathi gadalala
- Kuthi igosa amapolisa malihambe nawe ukuyothatha izinto zakho ukuba uyoyika kwaye ufuna ukuhlala kwenye indawo.

I-DVA ithi amapolisa makakuncede. Kufuneka:

- Acacise amalungelo akho ngolwimi oluqondayo
- Akuxelele ukuba loluphi ukhuselo onokulufumana
- Akuncede ufumane indawo ekhuselekileyo yokuhlala
- Akuse kumsebenzi wezempilo ukuba uyamfuna.

Unganceda njani umthetho ekunqandeni uphatho gadalala?

Ungamangalela* umphathi gadalala wakho kwisikhululo samapolisa.



Ukuba ungaphantsi kweminyaka engama-21 ubudala kwaye ufuna umyalelo wokhuselo ngokubhekisele komnye umntu angakunceda uwufumane umyalelo.

Ndifuna ukuba ligqwetha ngenye imini.



Criminal charge
Isohlwayo sokwaphula umthetho
Kriminele klag



Statement
Ingxelo
Verklaring

Kwenzeka ntoni kwisikhululo samapolisa?

Yiya kwisikhululo samapolisa nomhlobo omthembayo, ilungu losapho okanye omnye umntu ukuba unako. Oku kuza kukunceda kuba xa uphethwe gadalala, unokuziva ukhathazekile kwaye wothukile. Banokukuxhasa. Umsebenzi wamapolisa kukunceda wena. Awavumelekanga ukukwenza uzive ugwetywa okanye usolwa ngayo nayiphi indlela. Ukuba benza njalo, ungafaka isikhalazo. Umphathi gadalala nguye omakasolelwe ukuphatha gadalala.

1. Uza kuxelela amapolisa ukuba kwenzekeni. Unelungelo lokulibalisa ngolwimi lwakho ibali lakho. Amapolisa aza kubhala njengoko uthetha. Oku kuthiwa yingxelo*. Kufuneka uyifunde ingxelo abayibhalileyo ukukhangela ukuba ichanekile na. Kubaluleke kakhulu oku. Ingxelo iza kusetyenziswa enkundleni ukuba uyamangala. Xa wonwabile ngengxelo yakho, igosa lamapolisa liza kukucela ukuba uyisayine.

2. Amapolisa ke ngoku kufuneka aliphande ityala

3. Phambi kokuba uhambe emva kokusayina ingxelo yakho, igosa lamapolisa liza kukunika ikopi yengxelo yakho. Bhala phantsi, kanaanjalo:

- Igama legosa eliphandayo
- Inombolo yakho yetyala.

4. Sitsalele umnxeba okanye usityelele rhoqo isikhululo ukufumanisa ukuba kwenzekani ngetyala lakho.

5. Ukuba liya enkundleni ityala, kwaye umphathi gadalala ufunyaniswa enetyala, unokufumana isilumkiso, isohlwayo okanye isigwebo sokuya ejele.



Ukuba umphathi gadalala ukonzakalisile, amapolisa kufuneka akuse kwagqirha. Cela ugqirha ukuba agcwalise ingxelo ye-J-88. Le ngxelo inokusetyenziswa enkundleni kunye nengxelo yakho.

UmThetho wamaTyala ezeSondo

UmThetho wamaTyala ezeSondo (Sexual Offence Act) (SOA) ngumthetho. Uthi uyadlwengulwa xa umntu enyanzela ilungu lakhe lobudoda okanye naziphi ezinye izinto emlonyeni wakho, kumva okanye kwilungu lobufazi. Uthi nabanki na angadlwengulwa, kuquka amakhwenkwe namadoda.

I-SOA ithi zonke iintlobo zokuphathwa gadalala ngokwesondo lulwaphulo-mthetho. Lo mthetho uthi isebe likarhulumente kufuneka lisebenze kunye naboluleko ngqondo, amagqwetha, amapolisa neenkundla ukukukhusela.

liNyaniso eziKhawulezayo

Umthetho uthi:

- Ubudala obo anokunika ngabo imvume umntu kulwabelwano ngesondo li-16 leminyaka ubudala. Ukuvuma kuxa unika imvume
- Ukuba udlwengulwe unelungelo lokufumana unyango lokuthintela ukosulelwa sisifo (post-exposure prophylaxis) (PEP). I-PEP liyeza elinokukunceda wehlise amathuba okufumana i-HIV kulowo usolwa ngokudlwengula.
- Awunakude umangalele umntu okudlwenguleyo phambi kokuba ufumane lonke ukhathalelo, inkxaso kunye nonyngo oludingayo.
- Uvumelekile ukufumanisa ukuba ingaba umntu oudlwenguleyo une-HIV na.



Lithetha ntoni eli gama?

Xa uvuma into uyavumelana nalo. Ukuba umntu ukunyanzela kwinto ongayifuniyo, ngokwasemzimbeni okanye ekusongela, ayiyomvume, kukunyanzelwa

Xa ummangalela lo mntu okudlwenguleyo, uza kuva amagqwetha namapolisa besebenzisa amagama 'umntu osolwa ngokudlwengula*'. Oku kuthetha ukuba umntu akukangqinwa ukuba unetyala enkundleni. Akuthethi ukuba abakukholwa

Udlwengulo, ALUKAZE lube sisiphosiso sakho.



Ungaziva unobutyala okanye uneentloni zokuxelela nabani na ukuba udlwengulwe.



Kufuneka SISOLOKO simkholwa umntu xa esithi udlwengulwe

Alleged Ukuthyolwa Beweerde



liNkundla zamaTyala ezeSondo

Ezi nkundla zanceda zanceda ekuqinisekiseni ukuba ulwaphulo-mthetho lwamatyala ezesondo kusetyenzwa ngawo ngokukhawuleza. Zizama ukuqinisekisa ukuba abantu abadlwenguleyo abaphuncuki. Ezi nkundla zinika amaqongqolo iinkonzo ezohlukeneyo:

- Ziyachaza ukuba yintoni eyenzekayo ngexa kunye nasemva kwetyala lakho lasenkundleni
- Ziyaqonda ukuba konzakalisa emoyeni kuwe ukubalisa into eyenzeke kuwe. Ziza kunceda ukululungiselela izimo zakho ezohlukeneyo phambi kokuba liqale ityala, kunye nasemva kokuba liphelile.
- Ziza kukunceda ube lingqina elinempumelelo xa liqhuba ityala lasenkundleni.
- Ukuba uliqongqolo elingumntwana okanye umntu onokukhubazeka engqondweni, unowukwazi ukunika ubungqina bakho kwigumbi elibucala. Kuza kuba khona umntu oza kukunceda uqonde imibuzo yamagqwetha neyeejaji.
- Ukuba ulingqina elingumntu omdala, unokukwazi ukunika ubungqina kwigumbi lokunika ubungqina labucala oko ukwenza ngenkqubo ye-TV ekwenza ungaboni okanye ungabonwa nguwonke-wonke ukuba uziva ukhululekile ukwenza oko.
- Uza kuhlaliswa kwigumbi lokulindla elibucala ngeli xesha
- Kuza kuba khona umntu ozakwazisa ngamalungelo akho kunye nokuba zeziphi iinkonzo ekufuneka uzifumane.

liNyaniso eziKhawulezayo

ISebe lezobuLungisa kufuneka lithembise ukukhulawulela iindleko zokuhamba nezokutya xa kufuneka uze enkundleni

Effective
Eneziphumo ezihle
Effektiewe

UmThetho wabaNtwana

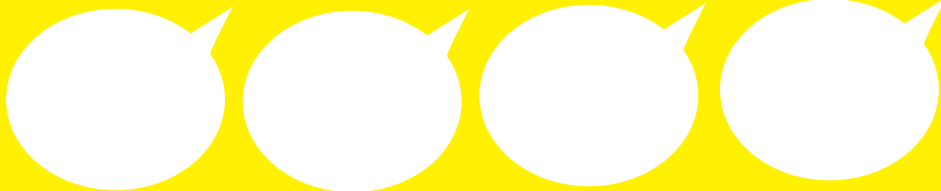
UmThetho wabaNtwana uthi abantwana banelungelo lokhuselwa kuphatho gadalala. Abantwana kufuneka baphathwe ngentlonipho nangokufanelekileyo. Uphathwa gadalala ngokwasemzimbeni xa umntu:



- Ekumpakaza, ekubetha okanye ekutyhla.
- Ekunyanzela ukuba uhlale ngesikhundla esikwenza ungakhululeki
- Etsala kabuhlungu iindlebe zakho, inwele okanye naliphi ilungu lomzimba wakho
- Ekubetha ngento
- Ekunika iziyobisi okanye utywala

Xa umntu ekuphatha gadalala ngokwasemzimbeni, ukwakwenzakalisa nasemoyeni*. Faka amagama okubonakalisa ukuba zeziphi iimvakalelo ozifumanayo.

! Into ongayenza wena



Uphathwa gadalala ngokwasemoyeni kuxa umntu:

- Ekusola ngezinto ezininzi
- Ekubiza ngamagama amabi
- Ekubhulishela ukuba wenze izinto ongafuni ukuzenza
- Ekukhwaza, ekungxolosa okanye ekuthuka
- Ezama ukukwenza ungaziva kakuhle ngawe
- Ekwenza ubukele abantu nezilwanyana ziphathwa gadalala
- Engakuxeleli nyani
- Engakuhoyi
- Engakufuni kuba efuna ukukohlwaya okanye engazihoyi iimvakalelo zethu
- Ekwenza uzive ungathandwa.

Uthi umthetho ungumntwana de ube neminyaka eli-18 ubudala.



Emotionally
Ngokomphefumlo
Emosioneel

Asikho isizathu sokuphatha gadalala.

Uphathwa gadalala ngokwesondo xa umntu:

Ephatha amalungu akho angasese ukuze yena azonwabise

- Ekucela okanye ekunyanzela ukuba uphathe amalungu alhe angasese
- Ekucela okanye ekunyanzela ukuba ubukele okanye umamela abantu besabelana ngesondo (oku kunokuba kwenzeka nyani, kwi-TV kunye noburheletya kwibhanya-bhanya okanye kwi-intanethi.)

Umntu akakuhoi xa bekufanele ukuba unoxanduva lokukukhusela nokukukhathalela. Endaweni yoko benza enye okanye ngaphezulu yezi zinto qho.

- Abakukhathaleli ngokufanelekileyo
- Bakushiya usengozini
- Abakwenzi ulale ngokufanelekileyo
- Abakuniki mpahla ifanelekileyo ukuba unxibe
- Abakuncedi ukuba uhlale ucocekile
- Banxilile xa behleli nawe
- Abaqinisekisi ukuba ufumana ukhathalelo lwezonyango xa ugula.
- Abaqinisekisi ukuba uya esikolweni.

Yintoni ekufuneka uyenze xa uphethwe gadalala?

- Unokuziva usoyika okanye ungenamandla
- Xelela umntu omthembayo, njengotitshala okanye omnye umntu omdala. Tsalela umnxeba woncedo wabantwana 08000 55 555.
- Khumbula, ayikaze ibe sisiphpsiso sakho ukuba uphethwe gadalala. Ngumphathi gadalala owenze u lwaphulo-mthetho

Commits
Ukwenza
Pleeg

Khumbula!

**Ungaze ungene
emotweni nomntu ongamaziyo.**

**Umzimba wakho ngowakho
wabucala unelungelo
lokuthi hayi.**

Ukuba uphathwa gadalala

Thatha amanyathelo

- Yitsho ezi zinto kuwe suku ngalunye.
- Ziyinyani kwaye ziza kukunceda zikwenze womelele
- Uphatho gadalala ngeke luziyekele ngokwalo. Kufuneka uthathe amanyathelo

Akufanelanga kusolwe mna

Ndibalulekile

Ndinelungelo lokukhuseleka

Ndinelungelo lokulawula ubomi bam

Ndifanelwe kukonwaba

Ndifanele kukuthandwa

Ndinelungelo lokuphathwa ngentlonipho.

Thetha nomntu omthembayo

- Uza kuziva ngcono xa uxelela nabanye ingxaki yakho
- Yiya kululeko ngqondo.
- Kukho abantu abaqeqeshiweyo ukuba bakuncede kwaye banokukunceda ufumane iindlela zokumelana nengxaki yakho. Jonga uluhlu ekupheleni kwencwadana.

Ulwimi lunokusetyenziswa njengohlobo lophatho gadalala ngokunjalo. Imizekelo:

“Awukhethekanga kangako . Kukho amanye amantombazana amahle kunawe.”

“Ucinga ukuba unako konke oko wena”

“Amantombazana awekho krelekrele njengamakhwenkwe.”

Ukwehlisa isidima* kuyafana nokuthuka*. Ulwimi olwehlisa isidima lwenzele ukukuvisa ubuhlungu.

- Ukuba uziva usehliswa okanye uthukwa ngento etshiwo ngumntu, umntu lowo mhlawumbi uthethe into eyehlisa isidima.
- Ulwimi localulo, ucalulo ngokwesini kunye nokungathandi abantu abathandana nesini esifana nesabo lunokuphatha gadalala
- Ukuthukwa okukwenza uzive usisidenge, uphambana okanye ungengomntu ngokwaneleyo zehlisa isidima,
- Ukuqhula ngesini somntu, okanye indlela abonakalayo ngayo, esithetha ngayo, inokuphatha gadalala

Can you think of any other examples of abusive language?



Ulwimi olungakhathaliyo noluthukayo lunokubanga ubuhlungu nokungcungcutheka. Wonke umntu ufanelwe kukuba kuthethwe naye ngentlonipho.

Derogatory
Ukwehlisa isidima
Neerhalend

Insulting
Ethukayo
Beledigend

Phuza Wize

Uba ngumntu omdala xa uneminyaka eli-18 ngokomthetho. Kodwa ubuchopho bakho abukafiki ekuvuthweni* de uphantse ube neminyaka engama-25 ubudala.

Ukusela utywala konakalisa ukukhula kwesiqhelo kweeseli zobuchopho bomntwana ofikisayo. Ngokufanelekileyo, kufuneka ungaseli tywala kwaphela, kuba nemithamo emincinane inokuba neziphumo ezihlala ixesha elide ekukhuleni kobuchopho.



Iskhokelo sakho sokusela ngokukhuselekileyo

- Utywala bunokwenza lube ngathi lwenza imincili ulwabelwano ngesondo.
- Abantu abasela kakhulu utywala banokufumanisa kunzima ukuthi 'hayi' kulwabelwano ngesondo
- Xa benxilile abantu banokuzilibala iinqobo zabo ezisemgangathweni. Oku kwenza kubelula ukuba banganyaniseki kumaqabane abo
- Abantu banokudibana kwaye babelane ngesondo namaqabane amaninzi awohlukeneyo xa besela. I-HIV nezinye ii-STI zinokudluliselwa kubo.
- Abantu abasele kakhulu banokwabelana ngesondo ingekho ikhondom.
- Amadoda anokuthengela abasetyhini iziselo aze alindele ukuba abasetyhini ababhatale ngesondo.
- Abantu banokwabelana ngesondo xa bengafuni, okanye banokwabelana ngesondo nabantu abangabaziyo.

Amadoda:
Anokusela ubuninzi beeyunithi ezi-4 zotywala ngorhatya okanye usuku olunye ngemini.

Abasetyhini:
Banokusela ubuninzi beeyunithi ezi-2 zotywala ngorhatya okanye usuku olunye ngemini.

**Ikani e-1 yebhiya =
iyunithi e-1 eqhelekileyo**

**Ibhotile e-1 ye-cider =
iyunithi e-1 eqhelekileyo**

**Ikwati e-1 yebhiya =
iiyunithi ezi-2 eziqhelekileyo**

**Ibhotile e-1 ye-alcopops
(njenge-brutal fruit) =
iyunithi e-1 eqhelekileyo**

**Iglasi e-1 encinane yewayini =
iyunithi e-1 eqhelekileyo**



Physical maturity
Ukuvuthwa
ngokomzimba
Fisiese volwassendheid

Yintoni ongayenza?

Don't ignore women and girls who call for help

- Biza amapolisa.
- Yenza ingxolo - betha imbiza, kwaza uze ubethe nemilozi.
- Yinqande indoda ukuba unako kwaye ukwenze ngokukhuselekileyo
- Biza abanye bakuncede ukuba uyoyika.
- Luxele eluntwini uphatho gadalala yixele yitsho ukuba into ayenzayo aylunganga

Nceda ulungiselele abasetyhini nabantwana iindawo ezikhuselekileyo zokuhlala kwindawo ohlala kuyo

- Nyusa imali yokuxhasa la makhusi
- Nika iincwadi, ukutya nempahla amakhusi
- Cela iicawe, amashishini neekliniki ukuba zincele ukumisela iindawo ezikhuselekileyo.

Ngamnye makafundise omnye

- Fundisa amakhwenkwe namantombaza ukuba abulunganga ubundlobongela obubhekiswe kwabasetyhini.
- Memama imibutho yabasetyhini ukuba ithetha esikolweni okanye ecaweni yakho.
- Bhala iileta eziya kwisikhululo sakho sikanomathotholo sengingqi nakumaphepha-ndaba.
- Yeza ukuba yaziwe i-GBV. Nceda abantu baqonde ukuba kufuneka bayeke ukusola amaxhoba ophatho gadalala okanye odlwengulo ngento eyenzekileyo.
- Nceda amadoda aphethwe gadalala aqonde ukuba anokulutshintsha kwaye alunqande uphatho gadalala.

Thatha amanyathelo kwindawo ohlala kuyo

- Yenza ukuba iinkokeli zenkolo nezemveli zithethe ngokuchasene nobundlobongela obubhekiswe kwabasetyhini
- Ungabajongeli phantsi abasetyhini abaqhawule umtshato okanye abashiye amaqabane abo. Banelungelo lokonwaba.
- Volontiya kwikhusi labasetyhini
- Sekani amaqela amantombazana afana neeKlabhu ze-Rise, kwaye nidibane neminye imibutho, okanye qhagamshelana ne-Soul City ukufumanisa ukuba ungayijoyina njani iRise.
- Xhasa amaphulo esizwe afana neeNtsuku ezili-16 zobuTshantliziyo zokungabikho bundlobongela bubhekiswe kwabasetyhini nabantwana, iVeki yoKhuselo lwabaNtwana, uSuku lwamaNina, njl. njl.

Yabelana ngolwazi
olukule newadana
nabanye, kuquka
amadoda
namakhwenkwe

Ubusazi?

Emhlabeni wonke, ubundlobongela obusekelwe kwisini bubulala kwaye bukhubaze abasetyhini abaninzi abaphakathi kweminyaka eli-15 nangama-44 njengoko usenza njalo umhlaza. Ixesha elininzi kunokuba kungabi njalo, abenzi bobubi baye baphume bengohlwaywa.
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. What happened in the story?
2. How did it make you feel?
3. When did the man violate their consent agreement and how did he do it?
4. Read the information panels about stealthing and what the law says.
5. Why do you think the man felt entitled to secretly remove the condom?
6. What emotions do you think the woman felt? And the man?

What is Stealthing?

Stealthing is when someone, without their partner knowing, and without their consent, removes a condom before or during penetration sex.

The sex could be vaginal, anal or oral.

Fast Facts

The law says about stealthing:

The Women's Legal Centre in Cape Town, South Africa says that stealthing is a type of rape. A person has consented to sex only if they use a condom. The stealter removes the condom without their partner's consent. Therefore, it is no longer what was agreed to.

By penetrating his partner without a condom and without her consent, he has raped her.

Tell your own stories

Has someone ever removed a condom during sex, or deliberately torn it, without your permission? If not, maybe you know someone it happened to? Share your stories about this type of sexual violation. As you discuss your stories, include:

- » the concept of consent and how it was violated
- » different types of consequences for each sexual partner
- » why you think the perpetrator felt it was okay to do what he did
- » why stealthing is a type of rape
- » what types of support a survivor of stealthing needs.

Talk
about it

Different ways they do it

There are different ways perpetrators operate. Whatever they do, they do it stealthily – secretly – and without their sexual partner's consent.

They Might	What you can do to protect yourself
Tear, or make holes in, the condom	Always use your own condom and keep watch to make sure your sexual partner doesn't try to do anything to damage it. A person can use any sharp object can break a condom. People could use things such as scissors, a nail, safety pin or a knife.
Roll off the condom before penetration sex.	Double check that the condom is on before your sexual partner enters you. You can make this part of your foreplay.
Slip off the condom during sex.	You can regularly feel with your fingers if the condom is still on as part of your sex play and pleasure.

People who damage or remove condoms put you at risk for pregnancy, sexually transmitted infections and HIV.



Having this type of rape - where you trusted the person to have safe sex as consented to and they violated you - can lead to lifelong mental and emotional trauma.



Go to a place that helps survivors of rape. It could be an organisation, doctor, hospital, clinic or a Thuthuzela Care Centre (TCC).



It was not your fault

You are not to blame. The person who did it is to blame. You can take legal action. It is up to you whether you want to report what happened to the police.

If you do want to, then read pages 48-79 for important information about evidence and reporting rape.

Consent is not a once-off thing

When we consent to someone touching us, both partners should be checking in on consent right from the start. Keep asking permission, even to hold someone's hand. From the first kiss through to coming to the end, permission needs to be asked for. That is what consent is. You can withdraw consent at any time. And, "No" always means "NO". We must respect someone's "No". Here are some examples for seeking consent:



Trust your instincts. If you sense your sexual partner is doing something odd, you are most likely right. Stop and investigate. Never accept blame for what they did to you. Reject their argument if they tell you you're making a fuss about nothing, or crazy or being ridiculous. You are not – betraying consent is very serious; it is a crime. And stealthing is rape.

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

website: www.wlce.co.za

Cape Town Office

Telephone: 021 424 5660

Helpdesk queries: info@wlce.co.za

Uluhlu lweendawo zoncedo

Igama lombutho	Inkonzo enikwayo	Umnxeba woncedo	Iwebhusaithi
ENceda ngokuYeka uTywala yaseMzantsi Afrika	Isheshini zarhoqo zeqela zokuxhasa abantu abasela kakhulu abafuna ukuyeka ukusela	0861 435 722	www.aasouthafrica.org.za
INTlalontle yabaNtwana yoMzantsi Afrika	Ulwazi neenkonziso ezinxulumene nabantwana ezifana nekhushi noluleko ngqondo lwabantwana		www.childwelfare.org.za info@childwelfare.org.za
UmNxeba woNcedo wabaNtwana	Umoluleki ngqondo oqeqeshiweyo ukhona ukuzeancede abantwana abaphethwe gadalala, abantu abatsha neentsapho zabo	08000 55 555	www.childline.org.za
IZiko lemiNxeba lobuNdlombongela obuSekelwe kwiSini leSebe loPhuhliso lwezeNtlalo	Yonke imibuzo enxulumene nobundlobongela kwisini/abantwana kunye noncedo kumaxhoba. Bakhona oonontlalontle ukuze bancede.	0800 428 428	Dial *120*7867# (free) from any cell phone.
UmNxeba wokuSetyenziswa kaKubi kweziYobisi weSebe loPhuhliso lwezeNtlalo	Unika inkxaso, isikhokelo kunye noncedo kubantu abarhurhe kwiziyobisi notywala ngokunjalo neentsapho zabo	Umnxeba woncedo wesizwe: 0800 12 13 14	SMS 'HELP' 32312
UMButho weeNtsapho nemiTshato waseMzantsi Afrika	Uxhasa iintsapho. Iinkonziso ziquka ululeko ngqondo kubundlobongela basekhaya, ukwenzakala emoyeni nentlungu. Umlawuli: Mrs Noelene Blekkenhorst Umnxeba: 021 447 7951 9 Bowden Road, Observatory, 7925	Johannesburg: 011 975-7106/7 Satellite offices Dunoon: 021 556 1945, Factreton: 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
UmNxeba woNcedo waseMzantsi Afrika	Umnxeba wasimahla oyimfihlo wenkonzo yoluleko ngqondo	0861 322 322	www.lifeline.org.za
AbaNtu abaChase ukuPhathwa Gadala kwabaseTyhini	Ikhusi, ululeko ngqondo nenkxaso yomthetho kwabasetyhini abakubudlelwane abaphethwe gadalala kubo kunye namaqongqolo odlwengulo.	083 765 1235	www.powa.co.za

Igama lombutho	Inkonzo enikwayo	Umnxeba woncedo	Iwebhusaithi
IiNgxaki zoDlwenguo	Inkxaso noluleko ngqondo lwamaqongolo odlwengulo.	Observatory: 021 447 9762 Athlone: 021 633 9229 Khayelitsha: 021 361 9085	www.rapecrisis.org.za
Iqela leNkxalabo nokuDakumba laseMzantsi Afrika	Linika ulwazi ngokuphazamiseka okunxulumene nengqondo okufana neemvakalelo okufuna ukuzibulala, ukudakumba kunye noxinzelelo oluchaphazela abantwana kunye nabantu abadala.	Ingxakeko: 0800 12 13 14 Umnxeba woncedo: 011 262-6396 Ingxaki yokufuna ukuzibulala: 0800 567 567	www.sadag.org.za SMS "Help" 31393
IBhunga leSizwe loMzantsi Afrika loXhomekeko eTywaleni nakwiziYobisi	Linika iinkonzo ezifikelelekayo zothintelo nonyango ekuxhomekeni etywaleni nakwiziYobisi.	Western Cape 021 945 4080/1	www.sancawc.co.za
Umnxeba woNcedo weSizwe we-Aids waseMzantsi Afrika	Akuxelwa gama, ululeko ngqondo oluyimfihlo kunye nenkonzo zokuthunyelwa	0800 012 322	www.aids helpline.org.za
INkonzo yamaPolisa oMzantsi Afrika	Xela ubundlobongela obusekelwe kwisini kunye nophatho gadalala nolwaphulo-mthetho olunxulumene	08600 10111	
UkuNqanda ubuNdlombongela beSini	Izisombululo kubantu ngabanye abakwizimo ezinokuphathwa gadalala	0800 150 150	

Thuthuzela Care Centres

Province	Igama le-TCC	Idilesi	Umnxeba
Western Cape Province	George TCC	ISibhedlele sePhondo sase-George, eGeorge	044 873 4858
	Karl Bremer TCC	ISibhedlele i-Karl Bremer, e-Bellville	021 948 0861
	Khayelitsha TCC	ISibhedlele saseKhayelitsha, eKhayelitsha	021 360 4570
	Manenberg TCC	ISibhedlele i-GF Joost, e-Manenberg	021 699 0474
	Wesfleur TCC	ISibhedlele i-Wesfleur, e-Atlantis	021 571 8043
	Worcester TCC	ISibhedlele saseWorcester, eWorcester	023 348 1294

INkxaso karhulumente eMzantsi Afrika kumaqongqolo e-GBV

ISEBE loPhuhliso lwezeNtlalo lineziko loqhagamshelwano leeyure ezingama-24 elinikelwe ngokungqongqo ukujongana nobundlobongela obusekelwe kwisini. I-GBVCC isebenze ukususela ngoMatshi ka-2014 kwaye inika ululeko ngqondo kuluntu oluchatshazelwe yi-GBV. **0800 428 428**

ISEBE lezabaseTyhini

Lazisa iiNtsuku ezingama-365 zobuTshantliziyo ngo-2014 nge-hashtag ethi #NoMoreViolence. Iphulo eli likhuthaza inkxaso eqhubayo kunye namanyathelo amakathathwe achasene nobundlobongela.

Amadoda

Cinga ngokujoyina i-Brother for Life. Lo mbutho unceda amadoda namakhwenkwe ukuba axhasane ekuhlonipheni abasetyhini namantombazana. Jonga ku www.brothersforlife.org ngolwazi oluthe vetshe.

