

Re

batla

go

golole  
sega



**KWANELE!**

Buka ka ga tirisodikgoka e e dirwang mo mothong  
yo o rileng ka ntlha ya bong jwa gagwe

Ditshwanelo  
tsa gago

Tsela ya go samagana le  
GBV

Tsela e o ka e  
emisang ka yone



# Tsela ya go dirisa buka e

Buka e e ka ga tirisodikgoka e e dirwang mo mothong yo o rileng ka ntlha ya bong jwa gagwe (GBV) e tla go thusa go tlhaloganya tirisodikgoka kgatlanong le basadi le bana, se o tshwanetseng go se dira fa e direga le go itse gore o ka thusa jang go e thibela.

Read these pages and share the information with your family and



Buka e ke ya batho botlhe – banna le basadi. Bontsintsi jwa banna bo ithuta ka bothata jwa tirisodikgoka\* kgatlanong le basadi. Ba thusa ka go khutlisa le go emisa tirisodikgoka kgatlanong le basadi mo Aforika Borwa

Buka e e ka dirisiwa mo tlelapeng ya gago mme gape o ka e buisa le ditsala tsa gago.



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



# Diteng

Re go lebogela  
go bula buka e

Re tllie go nna le wena go tloga mo  
tshimologong go ya kwa bokhutlong.

Jaaka ditsala tsa mmatota tse di  
thusanang le tse di tshegetsanang  
mo dinakong tsa boitumelo  
le tsa kutlobothoko.



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Nozuko

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# Tirisodikgoka e e dirwang mo mothong yo o rileng ka ntlha ya bong jwa gagwe ke eng?

Fa mongwe a go utlwiswa bothoko ka ntlha ya gore re mosetsana kgotsa mosadi, kgotsa ka ntlha ya boitshupo jwa rona jwa gore re ratana le batho ba bong bofe, ke tirisodikgoka e e dirwang mo mothong yo o rileng ka ntlha ya bong jwa gagwe (GBV). Go na le mabaka a mantsi a gore ke goreng GBV e direga. Go laola ga banna mo setšhabeng ke lengwe la one. Buisa gq le gontsi ka go laola ga banna mo setšhabeng mo tsebe 4.

Go ka tswa go na le mabaka a gore ke goreng batho ba sotlaka ba bangwe. Mme fela ga GO NA SEIPATO sa tshotlako.

A lona basetsana le kgona go akanyetsa ba bangwe?

Fa re sae me ka dinako kgatlhanong le tirisodikgoka kgatlhanong le bana le basadi, e tla tswela.

A lona basetsana le kgona go akanyetsa ba bangwe?



## Kgang 1

Neville o betsa lekgarebe la gagwe, e bong Maria, fa gae. Baagisani ba utlwa go goa ga gagwe a kopa thuso. Ba utlwa gore o a mo roga. Baagisani ba re, 'Ke kgang e e sa batleng go tsenwa gare. Re ka se kgone go tsereganya.' Motho mongwe a re, "O tshwanetse a bo a mo diretse sengwe se se sa siamang se se mo dirileng gore a tenege thata jaana'. Moagisani yo mongwe o dumela ka tlhogo.



Buisa dikgang tse mme o dirise dipotso go di araba.

## Kgang 2

Themba o betsa lekgarebe la gagwe, e bong Thandi, fa gae. Baagisani ba utlwa go goa ga gagwe a kopa thuso. Ba utlwa gore o a mo roga. Baagisani ba re, 'Selo se ga se a siama. Re tshwanetse go dira sengwe.' Motho mongwe o leletsa mapodisi. Motho yo mongwe a re, 'Tla re tseye dipitsa rona mme re di iteye kwa ntle gore mo itsise gore re kgalhanong le se a se dirang.' Mme motho yo mongwe a re, 'Ke tliile go mo thusa gore a tshabe le go mmatlela lefelo le le babalesegileng le a ka nnang kwa go lone. Leletsa mapodisi!'

1. Ke mang yo o pegwang molato wa bonwa molato wa GBV mo dikgannyeng tse di farologaneng?
2. Ke mang yo o tshwanetseng go rwelelwa maikarabelo\* a GBV mo dikgannyeng tse?
3. . A GBV e a direga mo ditsaleng tsa gago, mo go balelapa la gago, kgotsa mo motseng wa lona? E direga ka ditsela tse di ntseng jang?
4. A o a dumela gore bana ba ba golelang mo magaeng le ba ba tsenang dikolo tse go nang le GBV kwa go tsone ba ka nna ba gola ba e bona jaaka selo se se tlwaelegileng le se se amogelesegang\*?
5. Ke eng se rona, jaaka basadi ba bašwa, re ka se dirang fa re ka bo re le baagisanyi ba ba mo kgannyeng?

**Responsible**  
Ukuba noxanduva  
Verantwoordelik

**Acceptable**  
Yamkekekile  
Aanvaardbaar



# Go laola ga bana mo setšhabeng le maatla

Basimane le banna ba godisiwa go le gantsi moo ba dumelang gore ba na le maatla thata, ba botlhale thata e bile ba botoka go feta basetsana le basadi. Gape ba godisitswe moo ba dumelang gore ba na le mefuta yotlhe ya ditshwanelo go na le rona. Basetsana ba godisitswe moo le bone ba godisitswe gore ba dumele se. Re bitsa seno re re ke tsa maiso ya pheketso ya banna\* 'go laola ga bana mo setšhabeng'.

Go gola o na le melawanatheo ya go laola ga bana mo setšhabeng ke karolo e kgolo ya se basimane le banna ba akanyang gore se siame go dira se ba se batlang mo basetsaneng le basadi. Ba na le mowa wa gore ke beng ba rona. Mme fela Molaotheo, o o kaelang melao yotlhe ya naga ya rona, o re rotlhe re a lekana.

Jaaka basetsana, gantsi re bonwa re le botlhokwa thata more ka ntlha ya ditebego tsa rona go na le gore re bomang, kgotsa go na le gore re akanya eng. Se se dira gore go nne bonolo thata gore banna le basimane ba re tshole jaaka dilo mme e seng jaaka batho.

Go a makatsa mme gone ke nnete gore ga ke tseye letsatsi lotlhe ke nagana gore ke itshase seitshaso sadipounama sa mmala ofe.

Re ithuta mo go bamalapa a rona le mo go bagaetsho. Bobegakgang bo na le seabe se segolo sa go tswaledisa melawanatheo ya go laola ga bana mo setšhabeng. Bo dira se ka maemo a banna le basadi ba a tshamekang mo difiliming, dipapatso tse di tsholang basadi jaaka didiriswa tsa thobalano, le tsela e ba ka kwalang ka basadi.



**Domination**  
Uninzi olulawulayo  
Dominering





Go laola ga bana mo setšhabeng\* ga se selo sa bantsho. Ga se selo sa basweu. Ga se selo sa bahumi, kgotsa selo sa batho ba ba humanegileng. Ga se selo sa setso se se rileng kgotsa selo sa bodumedi jo bo rileng. Go laola ga bana mo setšhabeng ke selo sa lefatshe lotlhe\*. Go fitlhelwa gongwe le gongwe.



Ntate a re saense ga se ya basetsana



Abuti o gana go apaya. A re ke tiro ya mosetsana.

Morutabana wa rona a re go ruta basetsana ke tshenyo ya nako.



**Bua**  
ka ga yone

A re rwaleng diborele tsa 'letseka la go laola ga bana mo setšhabeng'.

- Re bona go laola ga bana mo setšhabeng go diragala kwa kae?
- Re bona kae basimane le basetsana le basadi le banna ba tsholwa jaaka batho ba maemo a a tshwanang?
- Ke eng se rona jaaka basadi ba bašwa re ka se buang kgotsa re ka se dirang gore re tsholwe jaaka batho ba maemo a a tshwanang

**Dintlha tsa mmanete tsa ka bonako**

Aforika Borwa e na le dingwe tsa dielo tse di kwa godimodimo tsa GBV



**Global**  
Yelizwe jikelele  
Globale

**Patriarchy**  
Ubuthandazwe  
Patriargje

Ela tlhoko

matshwao  
a tshotlako

mo kamanong ya gago



Dikamano di na le  
dinako tsa tsone tse di  
monate le tse di seng  
monate



Mme ela tlhoko  
matshwao a.



Fa e le gore o  
diragalelwa ke dilo tse,  
tswa.

Go tla etegela



**Maikutlo**

O bua dilo tse di seng monate ka wena.  
O dira se fa lo le nosi, kgotsa fa pele ga  
batho ba bangwe, ba ba jaaka ditsala tsa  
gago le balelapa. O batla gore o ikutlwe  
o se na mosola gore a nne le maatla mo  
go wena. O simolola go mo tshepa thata  
go bona maikutlo a gore o botlhokwa.

Se o tshwanetseng  
go se dira ke eng?

Se ga se tlhoke gore  
o akanye thata.

Ke goreng a tshola mongwe yo o  
tshwanetseng a ka bo a mo  
tlotla ka tsela e e sa siam-  
ang jaana? Dira gore o  
tswe mo botshelong  
jwa gagwe.





O leka go laola le go lekanyetsa se o se dirang, kwa o yang teng le gore o bone mang. Se se ka akaretsa dilo tse di jaaka go re o ka se tswe le ditsala tsa gago le balelapa, gore o tilhoile go le kang tsala e e rileng kgotsa mongwe wa lelapa, kgotsa go leka go go kganela go dira sengwe se o se ratang, jaaka go tsenela ditlhlase tsa go tantsha kgotsa kgwele ya dinao. E ke tsela ya gagwe ya go go beela kwa thoko\* gore o ikaege ka ene. O mo naya maatla a mantsi a a fetang a o nang le one. O dira se ka ntlha ya gore a le lefufa. Ke mofuta o maswe wa lefufa.

**Se o tlhokang go se dira ke eng?**

Tota, o ka ikarabela potso eo. A o batla go kganelwa gore o se ke wa bona ditsala tsa gago; balelapa le go dira dilo tse di go itumedisang?



O leka go go tshosa le/kgotsa go go gobatsa. A ka nna a go faphola, kgorometsa, itaya ka lebole kgotsa a go raga. A ka nna a raga dilo tse di gaufi le wena go go tshosa le go go kgopisa. Mosotlaki o batla gore o tshoge gore a kgone go go laola.

**Se o tlhokang go se dira ke eng?**

Fa a se dirile gangwe o tla boa a se dira gape, Tshotlako ya mo mmeleng ke tlhaselo mme e kgatlhanong le molao. O ka e bega le go bona taolo ya kgotlatshekelo e e sireletsang motho mo seemong sa tirisodikgoka kgotsa tsotlako go tswa kwa mapodiseng (Leba tsebe 39). O se ke wa leta gore e boe e direge gape. O ka nna wa kopa balelapa la gago, kereke kgotsa ditsala go go thusa. Leba ditsebe 48 le 49 go bona mekgatlho e e ka thusang.



Rotlhe re bua dilo tse di utlwisang bothoko nako le nako.

O tshwanelwa ke boitumelo tsala.



**Isolating  
Ukuba lilolo  
Isolering**



O leka go dira gore o ikutlwe o tshaba ka go go lebelela ka tsela e e tshosang. Kgotsa o dira le go bua dilo go go tshosa. A ka nna a senya sengwe sa gago. A ka nna a laola phitlhelelo ya gago ya sefounu ya gago le go batla go bona gore o buisana le bomang. Kgotsa a ntsha sethunya kgotsa sebetse se sengwe.

**Ke eng se o tshwanetseng go se dira?**

O mo kotsing!

Bua le mongwe yo o mo tshepang. Fa o dula le ene, loga leano la go tsamaya. Gakologelwa o ka se kgone go fetola motho yo mongwe. O na le tshwanelo ya go nna le kamano e e itekanetseng e e se nang tshotlako.



O go gapeletsa go robalana le ene le mororo o re 'nnyaa'. Se se akaretsa go gapeletsa go tsenya bonna jwa gagwe kgotsa selo sepe se sengwe mo teng ga molomo wa gago, mo maragong kgotsa mo bosading. Go kgathlanong le molao, go sa kgathalesege gore a ke lekau kgotsa monna wa gago. Ga e se ene mong wa mmele wa gago.

Ke wena mong wa mmele wa gago. A ka tlhasela dikarolo tse dingwe tse di dirisetwang thobalano tsa mmele wa gago. A ka nne a leka go go kganela go dirisa thibelo ya boimana \*(thibelapelegi)

**Ke eng se o tshwanetseng go se dira?**

Bega petelelo.

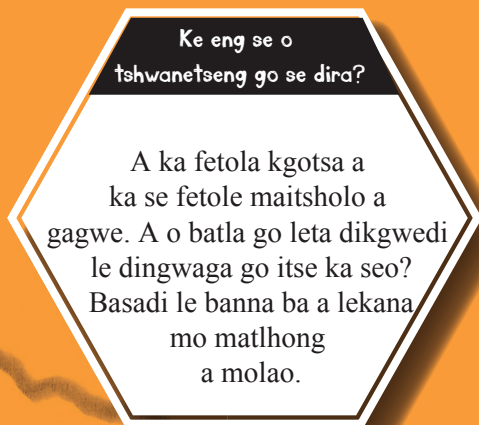
Ya kwa Lefelong la Tlhokomelo la Thuthuzela kgotsa tirelo e nngwe ya tshegetso ya mofalodi wa petelelo.

Buisa ditsebe 32 -37. Ga se kakanyo e e siameng ya go nna mo kamanong. Batla thuso gore o kgone go swetsa gore o dira eng se se latelang.

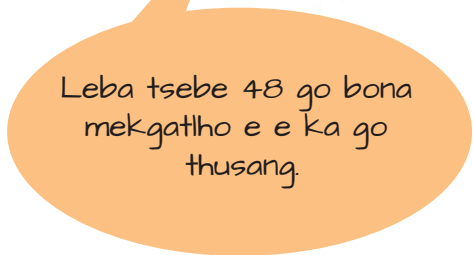
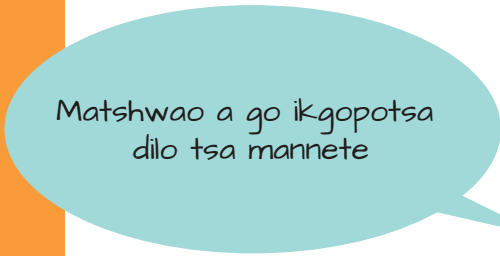
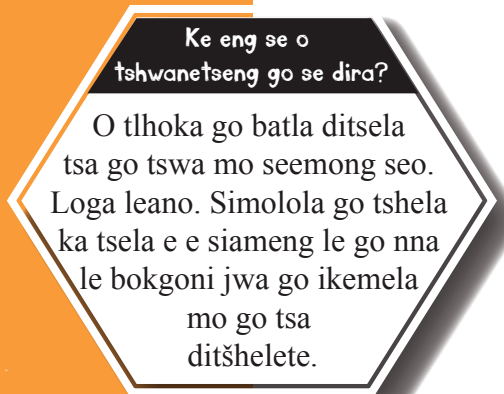




O go tshola jaaka e kete ga o motho. Jaaka modiredi kgotsa lekgoba. O batla ka dinako tsotlhe gore a bue lefoko la bofelo. O tshwarelela maemo a setso a monna a go go tshola jaaka thoto ya gagwe.



O leka go go dira gore o ikaege mo go ene ka tsa ditšhelete. A ka tsaya madi a gago. A ka go gapeletsa gore o kope madi nako le nako fa o tlhoka sengwe.



**Economically independent**  
**Ukuzimela kwezoqoqosho**  
**Ekonomies onafhanklik**

# Go sekaseka boitshupo jwa gore motho o ratana le batho ba bong bofe

O ipona jang mo lefatsheng? O gapiwa maikutlo ke mang gore o nne le kamano e e akaretsang thobalano le ka maikutlo? Fa o araba potso e, o bua ka maikutlo a thobalano le boitshupo jwa gore motho o ratana le batho ba bong bofe.

Rotlhe re farologane, mme re ka nna le (kgotsa tlhopha) boitshupo jo bo farologaneng jwa gore re ratana le batho ba bong bofe. Ga re na tshwanelo ya go tshola batho ba ba farologaneng le rona ka tsela e e se nang tlotlo. Go baka kutlobotlhoko le kgobalo. Molatheo wa rona le melao ya rona e sireletsa mongwe le mongwe wa rona. Molao o re re ka nyala yo re batlang go mo nyala.

## 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

Ke nna



L

G

B

T

A o gapiwa maikutlo ke batho ba bong jo bo tshwanang le jwa gago? Fa e le mosetsana (kgotsa mosadi le mosadi), re **mosadi yo o ratanang le mosadi yo mongwe\***. Fa e le mosimane le mosimane (kgotsa monna le monna), re **monna yo o ratanang le monna yo mongwe\***.

Fa re gapiwa maikutlo ke batho ba bong jo bo tshwanang le jo bo farologaneng le jwa rona, re ratana le banna le **basadi\***.

Bangwe ba rona re belegwe re na le mmele wa mosadi mme re itshupa jaaka mosimane. Bangwe ba rona ba belegwa ba na le mmele wa banna mme re itshupa jaaka mosetsana. Re batho ba boitshupo jwa bone jwa bong bo sa tshwaneng le bong jwa fa ba ne ba **tsalwa \***.



Re itshupa  
gore re ratana le batho  
ba bong bofeka tsela e  
e ntseng?

A o gapiwa maikutlo  
ke batho ba bong jo  
bo sa tshwaneng  
le jwa gago?

Ke nna.  
Ke ratana le batho  
ba bong bosele. Ke  
tlhamaletse. Mme ga se  
batho botlhe ba ba  
tshwanang le  
nna.



O sweditse leng  
sentlentle gore wena  
o tlhamaletse?



A re se ke ra atlhola kgotsa  
go bolela batho gore ba tshwanetse go  
nna jang. Ke batla go nna nna. O batla  
go nna wena. Rotlhe re  
batla go gololesega.



T I Q ?

Rona **ba re belegweng re na le bonna le bosadi ka bobedi\*** re ka tswa re na le dirwe tsa monna le tsa mosadi ka bobedi. Re kgona go tlhopha go dira karo fa re godile mo go lekaneng go swetsa gore a mme re batla go fetola

**Setabane** ke lefoko le batho ba neng ba tle ba le dirise go direla banna ba ba ratanang le banna le basadi ba ba ratanang le basadi makgakga. Setlhopha sa LGBTIQ se le tlositse jaaka lefoko le le ka dirisiwang go akaretsa mongwe le mongwe yo o batlang go ipitsa gore ene ke setabane, kgotsa ba ba ikutlwang gore ga ba tshwanelege go nna karolo ya tsela ya setšhaba ya go aroganya batho ka maemo a a rileng.

? e dirisetswa go botsa gore re bomang le gore re batla go nna jang mo lefatsheng.



# Dira TEKO ya kamano

## TEST

### Tlotlo\*



Ke tshola lekau/lekgarebe la me ka tlotlo fa re le nosi	10
Ke tshola lekau/lekgarebe la me ka tlotlo fa re na le batho ba bangwe	10
Lekau/lekgarebe la me le ntshola ka tlotlo fa re le nosi	10
Lekau/lekgarebe la me le ntshola ka tlotlo fa when we are with other people	10

### Tekatekano\*

Ke tshola lekau/lekgarebe la me jaaka motho yo o lekalekanang le nna ka maemo fa re le nosi	10
Ke tshola lekau/lekgarebe la me jaaka motho yo o lekalekanang le nna ka maemo fa re na le batho ba bangwe	10
Lekau/lekgarebe la me le ntshola jaaka motho yo o lekalekanang nae ka maemo fa re le nosi	10
Lekau/lekgarebe la me le ntshola jaaka motho yo o lekalekanang nae ka maemo fa re na le batho ba bangwe	10

A kamano ya gago e go siametse? Utlwa karabo ya seo ka teko e. Lekanyetsa seelo sa gago le molekane wa gago. Kgotsa kamano ya gago le mongwe wa lelapa kgotsa tsala. Naya maduo go tswa mo go 10.

### Boikanyego\*

Ke a ikanyega mo go lekau/lekgarebe la me	10
Ke neela lekau/lekgarebe la me karabo e e agang ka tsela e e supang bopelonomi	10
Ke na le bonnete jo bo feletseng 100% jwa gore lekau/lekgarebe la me le a ikanyega mo go nna.	10
Lekau/lekgarebe la me le nneela karabo e e agang ka tsela e e supang bopelonomi	10

### Kutlwelobotlhoko

Ke kgathalela lekau/lekgarebe la me	10
Ke thusa lekau/lekgarebe la me go batla tharabololo ya dikgwetlho tsa gagwe	10
My boyfriend/girlfriend shows care	10
Lekau/lekgarebe la me le nthusa go batla ditharabololo tsa dikgwetlho tsa me	10



## Thotloetso\*

Ke rotloetsa lekau/lekgarebe la me go fitlhelela maikaelelo a gagwe	10
Ke keteka dikatlego tsa lekau/lekgarebe la me.	10
Lekau/lekgarebe la me le nthotloetsa go fitlhelela maikaelelo a me.	10
Lekau/lekgarebe la me ga le fufegele dikatlego tsa me	10

O ikabela maduo a le kana kang mo potsong nngwe le nngwe?

Mme o abela molekane wa gago maduo a le kana kang?

Maduo a fa gare ga 0 le 4	Go na le bothata. Bothata jo bogolo. Boela kwa mokgweng o o bonolo wa go dira dilo. Batlisisa gore o ka busetsa jang melawanatheo ya tlotlo, go lekalekana, boikanyego, kutlwe-lobotlhoko le thotloetso gore di boe di dire mo dikamanong tsa gago. Dira maiteko a go e tokafatsa. Ka natla. Le ka bonako.
Maduo a fa gare ga 5 le 6	Kamano ya lona e mo magareng. A o itumelela go amogela le go dulela se? Go tlokega kutlwisiso e ntsi le maiteko a mantsi fa o batla dikamano tsa maemo a a siameng.
Maduo a fa gare ga 7 le 8	Dikamano tsa gago di dira sentle tota! Tswelela go dira jalo! Mme leka go bona 10, o ka kgona!
Maduo a fa gare ga 9 le 10	Go a kgalhisa! Ke selo se segolo! Arogana matlhababotlhale a gago a dikamano tse di gaisang le ba bangwe!

Dipotso tse o tshwanetseng go akanya ka tsone fa kamano e sa siama ka moo e tshwanetseng go nna ka teng:

- ? Mo sekaleng sa 0 go fitlha ka 10, ke itumetse go le kana kang
- ? Ke eng se ke se dirang sentle?
- ? Ke eng se se sa direng sentle?
- ? Ke eng se se tlhokang go fetoga gore ke itumele thata?
- ? Ke eng se nka se fetolang mo go nna go netefatsa gore ke mo kamanong e e botoka?
- ? Ke phetogo efe e ke e tlhokang mo mothong yo mongwe
- ? A ba ka amogela phetogo?
- ? A ke nako ya go suta?

**Akanya**  
ka sone

Respect  
Intlonipho  
Respek

Equality  
Ukulingana  
Gelykheid

Honesty  
Ukuthembeka  
Eerlikheid

Constructive feedback  
Impendulo engakhiyo  
Konstruktiewe terugvoering

Compassion  
Uvelwano  
Deernis

Encouragement  
Inkuthazo  
Aanmoediging

Go a thusa go bua le mongwe fa o tlhoka go rarabolola bothata jwa kamano.

Tlotla le tsala e o e tshepang, mongwe wa losika yo o mo letlhakoreng la gago, kgotsa mogakalodi/ mosidilamaikutlo.

# Ga re rate. Ga re batle.

O tla fitlhela dikgankhutshwe tse dintsi tse o ka buisanang ka tsone mo karolong e ya buka. Fa lo buisana ka tsone, le tla tla kaditogamaano go samagana le maitsholo a a sa siamang a a tshitsinyang go batla thobalano le tshotlako ka thobalano. Selo sa botlhokwa ke: motswasetlhabelo ga a tshwanela go bonwa molato le ka letsatsi lepe.

Tsala ya ga rrago ka gale o leka go go fitlhela o le nosi. O bua le wena ka thobalano, o go bolelela metlae ka thobalano mme o dira ditshwaelo ka thobalano. Ga o rate. O tshaba gore rrago a ka se go dumele fa o mmolela.

- Go go dira gore o ikutlwe jang?
- Ke eng se o ka se dirang go dira gore a emise go dira jalo?

Mongwe o go romelela kgotsa o go bontsha ditshwantsho kgotsa melaetsa ya thobalano. Ga o batle go di bona.

- Go go dira gore o ikutlwe jang?
- Ke eng se o ka se dirang gore a emise go dira jalo?

14

Basimane bangwe kwa sekolong ba go bitsa ka maina a makgakga. Ba go dira gore o utlwe o tenegile, o sa siama mme o utlwile botlhoko

- Go go dira gore o ikutlwe jang?
- Ke eng se o ka se dirang gore a emise go dira jalo?

O tsamaya mo mmileng mme mothaka mongwe yo o go fetang mo tseleng o tshwara ka letsele fa a feta mo tseleng.

- Go go dira gore o ikutlwe jang?
- Ke eng se o ka se dirang gore a emise go dira jalo?

Morutabana wa gago o go bolelela gore o tla go fa ma'ano a a kwa godingwana fa o mo direla sengwe se se 'kgethegileng go se kae', O tshwenyegela gore fa o sa nne motho yo o siameng mo go ene o tla dira gore o se ke wa falola.

- Go go dira gore o ikutlwe jang?
- Ke eng se o ka se dirang gore a emise go dira jalo?

!  
Se o  
tshwanetseng  
go se dira

## Buisa dikgang tse di khutshwane tse mme le buisane ka tsone.

- Arogana dikgang tsa gago ka ga maitsholo a a sa siamang a a tshitsinyang go batla thobalano\*
- Akanya ka dilo tse o ka di dirang go emisa gore e se ke ya direga
- Re ka dira jang gore basimane le banna ba fetole ka mokgwa o ba akanyang ka one ka basetsana jaaka didiriswa tsa thobalano tse go tshamekiwang ka tsone?
- Ke eng se re ka se dirang?
- Re ka bona thuso mo go mang go emisa le go khutlisa maitsholo a a sa siamang a a tshitsinyang go batla thobalano le tshotlako? Ke mang yo o mo letlhakoreng la rona? Ke mang yo re ka mo tlotlheletsang gore a tsene mo letlhakoreng la rona?





O a itse fa re  
tsamaya mo mmileng morago  
ga sekolo mme basimane bale  
ba re leletsa molodi?

Ke tloile selo seo. Re  
ba kopile gore ba emise mme  
fela ba a re tshega.



O bitsa dintšhwa ka  
molodi, e seng batho

Dikgang  
tse tsotlhe di ka ga  
maitsholo a a sa  
siamang a a tshitsinyang  
go batla thobalano. Re  
tshela kadilo tse  
di ntseng jaana ka  
dinako tsotlhe.

!  
Se o  
tshwanetseng  
go se dira

Arogana kang e kwa lefelong la botlhe, jaaka  
kopano ya sekolo, kopano ya kereke kgotsa ya  
tlelapa. Laletsa batho botlhe go buisana ka go dira  
botsalano le motho gore a go tshepe mme o robalane  
le ene\*. A ba bangwe ba bona e le bothata mo  
motseng? Re ka tshegetsana le go sireletsana jang?

## O mo diretse dilo tse di kgethegileng

Mothaka yo mogolo yo Lelethu o kopaneng le ene kwa moletlong o dira  
gore a ikutlwe a kgethegile. O dira nako ya go nna le ene. O ne a mo  
kgatlhegela. O ne a mo direla dilo tse di kgethegileng. O ne a mo fa  
dimphe le go mo pega mo koloing. O ne a mmolelela gore o montle.  
Lelethu o ne a ikutlwa a itumetse, a kgethegile e bile a le bothokwa.  
O ne a sa ntse a utlwisitswe bothoko ke loso la ga mmagwe le le  
diragetseng mo ngwageng o o fetileng. O ne a mmolelela gore o  
maswabi go le kana kang le gore o a mo kgathalela.

Dibeke di le mmalwa moragonyana, o ne a simolola go dira ditshwaelo  
tsa thobalano. O ne a kopa

Lelethu gore a mo romelele dinepe tse a di itshoseng a apare diaparo tsa  
ka fa teng. O ne a ikutlwa a se na bonnete ka ga se mme fela o ne a setse  
a simolotse go nna le maatla a a fetang a gagwe.

Ke letsatsi lengwe, o ne a isa Lelethu kwa ga gagwe mo boemong jwa  
go ya kwa mmolong. O ne a mmolelela gore o mo diretse go le kana  
kang mme le ene o tshwanetse go mo direla sengwe. O ne a re fa a sa  
dire jalo o ka nna a romela kwa bathong ba bangwe dinepe tsa gagwe  
a apere diaparo tsa ka fa teng. Lelethu o ne a  
ikutlwa a gaeletse. O ne a batla fela go  
robalane le ene. O ne a dira botsalano le  
ene ka dinako tsotlhe gore a mo  
tshepe mme a robalane le ene.

Go dira  
botsalano le motho  
gore a go tshepe mme o  
robalane le ene ke fa mongwe  
a aga kgoaganano le yo mongwe  
gore a mo tshepe go direla  
lebaka la tshotlako ka  
thobalano kgotsa  
tirisompe.

## Ela tlhoko batho ba ba tsenyang

### seritibatsi ka bolotsana mo dinong

Shannon o ne a tswile le ditsala ba ile kwa lefelong le DJ o neng a tshameka kwa go lone. Fa a nyorilwe morago ga go tantsha, o ne a boela kwa tafoleng mo o neng a tlogetse senotsididi teng. Mo nakong e khutshwane fa a ntse a se nwa o ne a simolola go ikutlwa a akabetse e bile a le bokoa. Se se latelang o gakologelwa a tsewa ke ditsala tsa gagwe go bona thuso ya tshoganyetso ya bongaka. Go ne go bonala gore mongwe, kwa ntle ga kitso ya gagwe, o ne a tsentswe seritibatsi mo senong sa gagwe. Se ne se 'tsentswe seritibatsi ka bolotsana'.

Batho ba ka tsenya mefuta e e farologaneng ya diritibatsi mo senong sa gago ka bolotsana. Go ka diragalela basadi le banna ka bobedi. Ba se direla gore o nne le taolo e nnye, kgotsa o latlhegelwe ke taolo. E ka nna motho yo o sa mo itseng yo o dirang jalo, kgotsa 'tsala' yo o naganang gore o tla nna phuthologa fa o na le ene le go itumela mmogo le ene. Gantsi batho ba tsenya seritibatsi mo senong sa gago ka bolotsana go go dira gore o nne bokoa le go nna mo kotsing ka ntlha ya gore o batla go dira tlhaselo ya go batla thobalano, kgotsa bosenyi jo bongwe.

**MATLHAB-  
ABOTLHALE**

- Nna le setlhopho sa batho ba o ba itseng. Tlhokomelanang.
- Amogela fela dino go tswa mo bathong ba o ba itseng le ba o ba tshepang.
- Lebelela ka kelotlhoko fa go tshelwa seno sa gago.
- Fa ka phoso o tlogela seno sa gago se sa lebelelwa ke ope, se tsholole
- O se ke wa arogana dino le batho ba bangwe
- O se ke wa tlogela seno sa gago se sa lebelelwa ke ope
- Fa o simolola go ikutlwa o le bokoa mme o akabetse bona thuso ka bonako mo mothong yo o mo tshepang.
- Ka gale bolelela balelapa la gago gore o ya kae
- Netefatsa gore o na le sepalangwa se se babalesegileng go boela gae

Leba tsebe  
46 go bona  
tshedimosetso  
e ntsi ka ga go  
nwa bojalwa

## Nna o babalesegile mo mafaratlhatlheng a botsalano a inthanete

Mosetsana wa mošwa go tswa kwa Gauteng o nnile tsala mo Facebook le mothaka yo o neng a sa mo itse. Ba ne ba simolola go tlotla ka go dirisa inthanete. O ne a dumelana go tsamaya le ene kwa moletlong.

Mme fa a ya go kopana le ene o ne a mo thopa ka dikgoka le go mo isa kwa ga gagwe. O ne a mo gapeletsa go lebelela dibidio, dikwalwa kgotsa ditshwantsho tsa thobalano le bana mme o ne a mo naya diritibatsi tse di mo dirileng gore a nne mo maibing. O ne a mmeteleta. Kwa bofelong, o ne a fitlha kwa ntlwaneng mme a notlela lebatl.

O ne a romelela batsadi ba gagwe molaetsakhutshwe mo founung ya gagwe. Ba ne ba bolelela mapodisi mme mmogo ba ne ba kgona go mmoloka. Monna o ne a feleletsa a tshwerwe.

!

Se o  
tshwanetseng  
go se dira

- Tlhalosa se o neng o se akanya le se o neng o se utlwa fa o buisa kang.
- Dira lenaane la mafaratlhatlha otlhe a botsalano a inthanete a o a itseng, le a o a dirisitseng
- Tla ka matlhababotlhale a gore ke eng se se siameng le se se sa siamang gore o ka se dira mo mafaratlhatlheng a botsalano a inthanete, Facebook, Twitter, WhatasApp, Mxit le tse dingwe







## Thobalano e e dirwang ka ntlha ya gore motho a go file dimpho, madi kgotsa ditirelo tse dingwe le bontate ba bagolo

Dikamano tse di nnang teng ka ntlha ya gore motho a go file dimpho, madi kgotsa ditirelo tse dingwe ga di na tekatekano mme gantsi basetsana ba banye ga ba na maatla mo go tsona. Ka dinako tse dingwe di ka feleletsisa di nnile tshotlako ya tirisodikgoka. Se gape se ka go tsenya mo kotsing ya kimo e e sa rulaganyediwang, di-STI le HIV/AIDS.

Gantsi re tsaya gore ga re na madi a a lekaneng go reka dilo tsotlhe re ka ratang go nna le tsona – diaparotse dintle, sefefounu e e kgonang go dira ditiro tsa khomphiutha mme le ka gongwe madi a go itumedisa. Batho bangwe ba ka robalana gore ba nne le dijo ka ntlha ya gore ba tshwere ke tlala thata. Se se bidiwa ‘thobalano ya go itshedisa’.

Le fa go ntse jalo, re tshwanetse go gakologelwa gore boitekanelo jwa rona le go iflotla di tshwanetse go somarelwa. Dilo dingwe di tshwana le go letelwa.

Tsala ya me Rhandzo o ne a tswa le Ntate Vincent mongwe ka bofelo bongwe jwa beke. O ne a boa a na le iPhone e ntšhwa le ditshwantsho tsa lefelo la borobasogo la kwa lobopong gaufi le Durban. O ne a mo itsile sebaka sa dibeke tse pedi fela. Mme o mogolo thata mo go ene.

Gakologelwa: O ka se kgone go latlhegelwa ke go ipona ga gago o le botlhokwa\* le maikaelelo a botshelo gore o nne le poelo ya dithoto.

- A o akanya gore Rhandzo o tla phuthologa go kopa Ntate Vincent go dirisa dikhondomo?

- A rotlhe re tlhaloganya gore thobalano e e dirwang ka ntlha ya gore motho a go file dimpho, madi kgotsa ditirelo tse dingwe ke eng?

- A re dumelana le polelo e e latelang: “Bontsi jwa ditsala tsa me, go akaretsa le nna, ka nako nngwe re nnile le kamano ya thobalano e e dirwang ka ntlha ya gore motho a go file dimpho, madi kgotsa ditirelo tse dingwe. Ga go bonolo go amogela”

- Bua ka potso e: “Thobalano le banna ba bagolwane e re tsenya mo kotsing ya go tsenwa ke HIV. Ke dikotsi dife tse dingwe tse re di tsayang?”

**Bua**  
ka ga  
yone

## Se o tshwanetseng go se dira

- Tshepa maikutlo a gago. Fa o ikutlwa o kokonelwa, go na sengwe se se sa siamang se se diregang.
- Bolelela mongwe ka sone. Tswelela go ba bolelela go fitlhelela a dira sengwe.
- Ela tlhoko batho ba ba mo maamong a a nang le maatla a a fetang a gago, ba ba simololang go dira gore o ikutlwe o kokonelwa ke se ba se go rayang kgotsa se ba se dirang mo go wena. Batla thuso.
- Itse ditshwanelo tsa gago. Leba tsebe 37 – 43
- Ke batho bafe ba tiro ya bone e leng go go sireletsa? O dira jang gore ba kgone go dira jalo?
- Leba mafelo a a thusang mo ditsebe 48 – 49. Ba teng go ka go thusa, Ga ba kitla a go athola. Ba itse ka ga maitsholo a a sa siamang a a tshitsinyang go batla thobalano le tshotlako ka thobalano. Ba batla go go thusa.

Tshepa maikutlo a gago



Self-worth  
Ukuzithemba  
Eiewaarde

# Petelelo ke selo sa mannete

Magatwe\* ke dilo tse batho ba bantsi ba di buang le go di dumela mme e se nnete. Go na le magatwe a mantsi ka petelelo. Gantsi batho ba dirisa magatwe go pega motswasetlhabelo molato.

!  
Se o  
tshwanetseng  
go se dira

Bokgoni jwa gago bo bogale go le kana kang mo go lemoga magatwe? Nngwe ya ditsela tsa go emisa petelelo le go thusa ka go netefatsa gore bafolodi ba petelelo ba bona tlhokomelo le tshegetso ke go gwetlha magatwe ka ga yone. Khurumetsa kholomo ya DINTLHA TSA MANNETE ka lenathwana la pampiri. Buisana ka MAGATWE. Fa o feditse go buisana ka tsone, khurumolola kholomo ya DINTLHA TSA MANNETE tsa magatwe ao. Bapisa se o se buileng le gore e a reng.

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  
lintsomi  
Mites

## Petelelo ke eng?

Molao o re o betelelwa fa motho a gapeletsa go tsena mo teng ga bosadi jwa gago, mo maragong, mo molomong kgotsa mo karolong epe e nngwe ya mmele wa gago. Mmeteledi a ka tsena mo go wena ka bonna kgotsa ka selo se sengwe, jaaka lebotlolo. Se le sone e sa ntse e le petelelo. Ga go kgathalesege gore a o lekau, monna yo o tlhomileng letlhokwa kgotsa monna wa motho yoo. Ga o na tshwanelo ya go ikgapeletsa go tsena mo go ene. Petelelo ke petelelo. Petelelo e baka mefuta e mentsi ya tlhokofatso, botlhoko le kgobalo mo botshelong jwa motswasetlhabelo. Petelelo ke tiro e e supang maatla le ya tirisodikgoka.

Ke beteletswe ka ntlha ya gore ke mosadi yo o ratanang le mosadi. Mmeteledi o rile o 'siamisa' boitshupo jwa me jwa gore ke ratana le batho ba bong bofe. Botshelo bo ne ba tlhakatlhakana dikgwedi morago ga moo. Melemo e e thibelang gore ke se ke ka tsenwa ke malwetse, digateledi, poifo, tlhobaelo fa ke ne ke tlhoka go ya gope. Ke amogetse tshegetso e ntsi go tswa mo go balelapa la me go nthusa go nna mofalodi wa petelelo. Ditsala tsa me le tsone, hee Khanyi le Khwezi. Ke ne nka dira eng kwa ntle ga lona?





Petelelo ga se  
ka ga thobalano, e  
ka tsa tirisodikgoka  
le maatla.

Ruri. Fa mongwe  
a go itaya ka garawe  
o ka se bitse seo o re  
ke go dira mo  
tshingwaneng.



Petelelo e  
kgathlanong le  
molao. Go felela foo.



## MAGATWE



## DINTLHA TSA MANNETE



Fa basetsana ba apara mesese e mekhutshwane kgotsa ba nwa kwa moletlong ba ikopela gore ba betelelwe

Babeteledi ke batho ba o sa ba itseng.

Fa mosimane kgotsa a tsogetswe o tshwanetse go robalana.

O itirile e kete o kgatlhegela mosimane, mme o simolotse go tsogelwa, ke tiro ya gago go 'feleletsa tiro', ka go robalana le ene.

Fa mosadi a re nnyaa le go gana thobalano tota o raya gore ee.

Bojalwa le diritibatsi di dira gore banna ba sotlake basadi

Basadi ba re ba beteletswe gore ba ipusolotse mo banneng

Banna ba kgona go itshireletsa mme ka jalo ba ka se betelelwe.

Monna kgotsa lekau le na le tshwanelo ya go robalana le mosadi wa gagwe kgotsa lekgarebe la gagwe le fa a re nnyaa.

Petelelo e ka ga maatla, mme e seng ka ga thobalano. Masea a a apereng mengato ba a betelelwa. Basimane le banna ba a betelelwa. Mongwe le mongwe a ka betelelwa. Ga go na motho ope o ka tsamayang a ikopela go betelelwa.

Bontsi jwa basetsana le basadi ba betelelwa ke mongwe yo ba mo itseng.

Banna le basimane, fela jaaka basetsana le basadi ba ka laola maikutlo a bone a thobalano.

Fa mosimane a tswelela – go sa kgathalesege gore ke ka nako efe – morago ga go re 'Ke batla o emise', ke petelelo.

Mo ditsong tse dintsi, mosadi o solofelwa go nna ditlhongle go gana fa monna, le fa e ka nna monna wa gagwe, a mo kopa thobalano. Basimane le banna ba tlhoka go reetsa tota gore le nnyaa o o se nang bonnete le go tlotla seo ka gotlhe.

Bojalwa le diritibatsi ga di sotlake batho. Batho ba dirisa bojalwa le diritibatsi botlhaswa mme morago ba dira dilo ka dikgoka.

Go bega petelelo ga go bonolo ka ntlha ya gore batho gantsi ga ba dumele fa mosadi a re o beteletswe. Go na le kgonagalo e e kwa tlase thata ya gore mosadi a ka 'itlhamela kang' ya petelelo ka ntlha ya gore kgetsi ya petelelo e a mo tshosa. Le fa go ntse jalo, basadi ba gogela morago ditatofatso gonne bafalodi ba petelelo gantsi ba a tshosediswa le/ kgotsa ba neelwa tšotšo gore ba tsholole ditatofatso. Kgotsa ba ka latlhegelwa ke tshepo ya gore a ba tla bona bosiamisi.

Ga se banna botlhe ba ba nang le thata e e tshwanang mme banna bangwe ba tiile le go nna thata go feta ba bangwe.

E nna petelelo fa o ipateletsa go tsena mo go yo mongwe yo o rileng nnyaa. Go kgatlhanong le molao. Basadi kgotsa makgarebe ba ka re nnyaa mo banneng ba bone le mo makaung a bone.



Buisa kgang e e diragetseng ka mannete e ya petelelo

Modulasetilo wa Tlelapa ya Rise, e bong Zikhona Mbute, o bua ka go betelwa. O dumela gore se se tla thusa ba bangwe mme gape se tla mo thusa gore a fole.



Go ema mmogo go

Iwantsha  
petelelo

I am getting better because I am talking about this.

Ke nna botoka ka ntlha ya gore ke bua ka sone. Zikhona Mbute ke modulasetilo wa Tlelapa ya Rise Stars of Tomorrow go tswa kwa Ncise. Le ke lefelo le le didimetseng le le gaufi le letamo la Mthatha kwa Kapa Botlhaba.

Ka la 14 Mopilwe 2015 ntsalae Zikhona, e bong Andile, o ne a kokota mo lebating la ntlo e o neng a robetse mo go yone le lekgarebe la gagwe. Go ne go le thari thata mme fa Zikhona a bula lebatlha o ne a kgona go bona gore Andile o ne a tagilwe e bile a sa akanye kgotsa a sa itshole ka tsela e e tlwaelegileng ka ntlha ya dirlitibatsi.

Sengwe mo  
teng ga pelo ya me  
le mo mmeleng wa  
me se ne se  
thubegile.

## Petelelo

Lwa ntlha Andile o ne a mo latofatsa ka go fitlha lekgarebe la gagwe. Jalo o ne a simolola go mmetsa. O ne a mo tsholetsa a mmaya mo legetleng la gagwe le go mo isa kwa mabaleng a a gaufi a sekolo. Mme o ne a mmeteleta. Fa a se na go fetsa o ne a dutla madi e bile a utlwa botlhokwa.

Zikhona o ne a idibala, ka jalo o ne a mo tsholetsa le go mmaya mo legetleng la gagwe gape le go mo isa kwa phaposing ya gagwe. Kwa teng o ne a mmeteleta gangwe le gape, a tsentse jeresi ya gagwe mo sefatlhegong sa ga Zikhona go mo kganela gore a se ka atamela. Gape o ne a sega mmele wa gagwe ka thipa. Diura di le nne moragonyana, o ne a mmusetsa go bapa le kwa a dulang teng. Zikhona o ne a kgona go ikgogela kwa phaposing a gagaba. Andile o ne a mmolela gore fa a ka bolelela mongwe gore o mo dirile eng o tla mmolaya.

## Go itwanela

Ka letsatsi le le latelang Zikhona o ne a kwa gaabo kwa o neng a dula le bokgaisadie ba babedi. Batsadi ba gagwe ba tlhokafetse dingwaga tse di lesome tse di fetileng mme abuti wa gagwe yo mogolo, e bong Uthando, ke ene fela yo o amogelang lotseno le go duelela ditshenyegelo tsotlhe tsa fa gae. O ne a romela melaetsa ya WhatsApp kwa bathong botlhe a ba bolelela gore Andile o mmeteletse.

Malatsi a le mararo moragonyana o ne a ya kwa seteišeneng sa mapodisi. Ba ne ba mo isa kwa tleliniking kwa o neng a fiwa di-ARV go mo thibela gore a se ke a tshwaetsega ka HIV le dipilisi go emisa go ima.

## Tsheko

E se kgale moragonyana, Andile o ne a tshwarwa, kgetsi e ne ya ya tshekong, mme o ne a atlholelwa botshelo jotlehe kwa kgolegolong.

Le mororo poelo e mo dirile gore a ikutlwe botoka, tsheko\* e ne e tshosa\* Zikhona thata. "Ke ne ke lela ka dinako tsotlhe. Ke ne ke sa kgone go bua le seng."

Mme o tsaya gore go bua ka petelelo ke selo sa botlhokwa thata.

## Petelelo e a go fetola

"Ga ke sa tlhole ke le Zikhona yo ke neng ke le ene pele. Sengwe mo pelong ya me le mo mmeleng wa me se thubegile. Petelelo e fetola tsela e o ikutlwang ka yone le tsela e o lebelelang botshelo ka yone. Ke feleleditse ke nna botokanyana ka ntlha ya gore ke bua ka ga se. Ke batla go nna lolea jaana. Fa ke sa bue ka yone e tla nkutlwa botlhoko le go feta".

## Tshegetso

Sipunzi Zingisa-Gabasizwe, leloko la Tlelapa ya Rise la Tlelapa ya 'Stars of Tommorrow' le tsala ya ga Zikhona a re, "Ke ne ke tshositswe thata ke se se diragaletseng Zikhona, rotlhe re ne re tshogile. Go ne go le botlhokwa go mo tshegetsa jaaka tsala." Morago ga petelelo, Zikhona o amogetse kgakololo/ tshidilomaikutlo ya beke le beke. Mme se se mo thusitseng thata ke gore batho botlhe mo motseng wa gaabo ba ne ba mo tshegetsa. Go nna leloko la Tlelapa ya Rise go nnile botlhokwa thata mo pholong ya gagwe. O boletse maloko kgang ya petelelo.

## Sis Neli

Thuso ya botlhokwatlhokwa e motho a ka e bonang morago ga tshotlako ka thobalano ke go bua le motho yo mongwe. Se se ka direga ka go buisana le motho yo o tshepagalang yo motswasetlhabelo a ka mo tshepang le go mo fitlhelela ka phuthologo; kwa ntle ga go kokonelwa. Mo lebakeng la sekolo, e ka nna morutabana, modirediloago wa kwa sekolong kgotsa le fa e le mogokgo. Ditlelapo tsa Rise Young Women di rotloetsa gore go senolwe tshotlako le gore go fitlhelelwe tshegetso ya monagano le ya loago ka gale, ka jalo gakologelwa ka gale go dira maiteko a go buisana le mongwe gonne go na le mongwe ka gale yo o ikemiseditseng go go reetsa le go go neela tshegetso.

**Go bona tshegetso e ntsi ikgolaganye le**

Rape Crisis – 021 447 9762

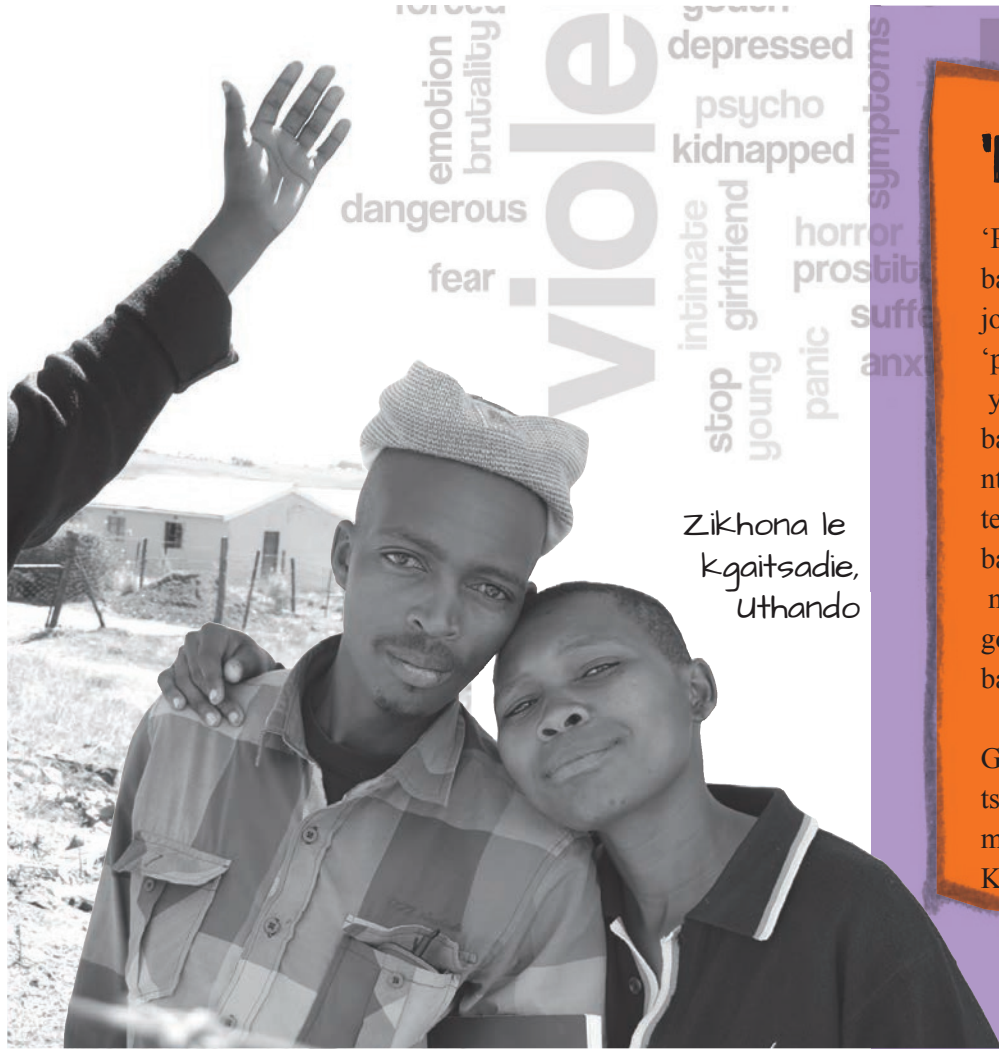
SA Depression and Anxiety Group – 0800 12 13 14

Ke montle.  
Ke a tshela



**GA E KITLA E TSAMAYA E NNA PHOSO YA GAGO YA GO SOTLAKIWA. RE TSHWANETSE GO EMISA GO BONA BATSWASETLHABELO MOLATO, GA SE PHOSO YA BONE**





emotion  
brutality  
dangerous  
fear  
depressed  
psycho  
kidnapped  
intimate  
girlfriend  
horror  
prostitute  
suffer  
anxiety  
panic  
young  
stop

**viole**

Zikhona le  
Kgaitسادie,  
Uthando

## 'Petelelo ya tshiamiso'

'Petelelo ya tshiamiso' ke fa basadi ba ba ratanang le basadi kgotsa batho ba ba ratanang le batho ba bong jo bo tshwanang ba betelelwa go ba otlhaya le go ba 'phekola'. Zikhona ke mosadi yo o ratanang le mosadi yo mongwe. Ga a bofitlha ka se mme o tsaya gore багаabo le balelapa ba mo amogetse. O dumela gore ntsalae o mo beteletse ka ntlha ya gore o ne a tenegetse se. "Andile o lekile go mphetola. O ne a batla gore ke ikutlwe gore ke mosetsana yo o se nang mosola mme ka jalo o ka dira sengwe le sengwe mo go nna. O lekile go bula tsela ya gore banna ba bangwe ba mpetelele. Mme ke lwantsha maikutlo ao."

Ga a atlega. "Mo tlhaloganyong ya me ga nkitla ke tsamaya ke emisa go nna mosadi yo o ratanang le mosadi yo mongwe. Ke mowa. Ke montle. Ke sa ntse ke tshela."

## Kgakololo ya ga Zikhona kwa basading ba ba beteletsweng

"Ntlha ya gore ke ne ke beteletse ga e reye gore ke bokhutlo jwa botshelo jwa me. Ke sa ntse nka dira le go ithuta."  
"Fa e le gore o beteletse o se wa itlhuboga. Tsamaya o ntshitse tlhogo. Bona thuso. Leka go nna o tshwaregile ka ditiro: ithute sengwe le sengwe se o ka se kgonang; adima pene mme o kwale sengwe, dira pina; bona tshegetso mo go ba bangwe"

**Bua**  
ka ga  
yone

1. Kgang e go dirile gore o `ikutlwe jang?
2. A o itse mongwe yo o beteletsweng (le fa e ka nna wena)
3. Ke eng se re ka se ithutang go tswa mo kgannyeng ya ga Zikhona ka ga go samagana le petelelo?
4. Ke goreng kgang e e le ya 'bosenyi jwa letlhoo'?



## Kgakololo ya ga Sis Neli

Petelelo ga e kitla e tsamaya e ama wena o le nosi fela, ke ka ga go nna le maatla mo mothong yo mongwe. Tsayang maatla a lona basadi ba baša ba ba pelok-gale mme lo itse gore re a dumela.

Permission  
Imvume  
Toestemming/  
Permissie



**O NA LE TSHWANELO YA GO FITLHELELA  
THUSO YA BONGAKA, YA MONAGANO LE  
YA SEMOLAO MORAGO GA PETELELO**

Petelelo mo Aforika Borwa ke bothata jo bo amang batho botlhe. Re kgonne go fetola kakanyo ka HIV le AIDS, mme jaanong re tlhoka go dira fela jalo ka petelelo le tirisodikgoka kgatlanong le basadi.

Go dira se re tshwanetse go gakologelwa tse di latelang:

- Petelelo ga se ka gore banna ba tlhoka thobalano. Ke tsela ya go bontsha maatla, go anamisa letshogo le go laola basadi le basetsana.
- Petelelo e na le ditlamorago tsa botshelo jotlhe mo mothong yo o beteletseng.
- Go apara ka tsela e e rileng kgotsa go tagwa ga go neele ope tetla\* ya go re betelela. Jaaka mongwe yo o tshegetsang letsholo la tekatekano ya bong a buile: “Fa e le monna re thusa go mo isa gae, fa e le mosadi a tagilweng o a betelelwa.”
- Ga go na monna ope yo o nang le tshwanelo ya go betelela mosadi, tota le fa a ntshitse lobola.



# Kwala kgang

ka gore go thusa ba bangwe go ka go thusa go fola. Romela kgang e kwa Soul City Institute mo go [info@soulcity.org.za](mailto:info@soulcity.org.za)

Re tlhoka go tshegetsana.





# Tumelelo ke eng?



Tumelelo\* ke fa o dumelana le sengwe.

## Karolo ya kang

Le a sunana le go tsogetlwa le lekau la gago. Le natefelelwa ke se lo le babedi mme ka bobedi le batla go dira se lo se dirang. Ka bonako, o lemoga gore go ya kgakala thata. O a re ‘Tswetswee emisa. Ga ke batle go tswela.’

**Tsela e karolo ya kang e felang ka teng .....**

## Bokhutlo 1

A re, ‘Ao, babe, go monate tota ke batla gore re tswela ka bosakhutleng.’

O re. ‘Le nna. Ke a go rata. Ke fela gore ga ke batle go tswela kwa teng ka se. Ga ke a iketleetsa seo.’

O kgwa mowa le go re, ‘Go siame, Ke a tlhaganya. A re tlamparane thata’.

Ba atamelana.

## Bokhutlo 2

A re; ‘O a nkgakatsa ka gale. Bona gore ke go tlhoka jang? Ke phoso ya gago gore ke be ke ntse jaana.’ O lebeletse bonna jwa gagwe jo bo popota.

A re, a ikutlwa a tshogile, ‘Ga ke go go gakatse, Ga ke batle fela go tswela kwa teng. Ga ke a iketleetsa seo.’

A re, ‘Ka go tlhoka lesego. Ke iketleeditse.’ O gapeletsa bonna jwa gagwe go tsena mo bosading jwa gagwe le fa a re, Nnyaa, tlhe, nnyaa.’

A re, ‘Ke a itse gore o a batla, babe.’

O feleletsa mo teng ga gagwe. Se ke petelelo.

Consent  
Isivumelwano  
Toestemming

Kwala mafoko go tthalosa maikutlo a gago ka ga bokhutlo jwa Ponalo 1

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Kwala mafoko go tthalosa maikutlo a gago ka bokhutlo jwa Ponalo 2

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**Think**  
about it

**Boledišanang**  
ka se

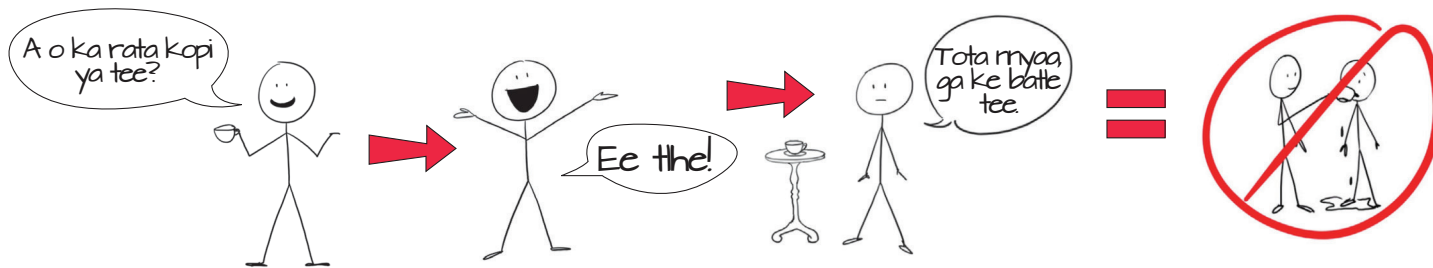
1. Bua gore tumelelo e kae mo tshimologong le mo bokhutlong jwa kgang.
2. Bua gore ke mo kae mo go se nang tumelelo. Kaya gore petelelo e diragalela kae.

Dipetelelo tse dintsi di direga ka dipeelano tsa botsalano kgotsa tsa baratani tse o di yang le monna. A ka gongwe go go diragaletse?

Masea a a tsentseng mengato a a betelwa. Bommogolo (Nkoko) ba a betelwa. Makgarebe le basadi ba a betelwa. Mongwe le mongwe a ka betelwa. Fa e le gore ga o a e neela tumelelo, gone ke petelelo. Motho yo o dirileng seo ke mmeteledi. Go sa kgathalesege gore motho o lebege a siame go le kana kang. Petelelo ke bosenyi.

O se ke, le ka letsatsi lepe o ikutlwa o le molato, kgotsa gore o neetse tumelelo ka se ene a se dirileng mo go wena.

Basetsana bangwe le basadi ba kgona go dira gore a tsenye khondomo. Ke selo se se siameng fa o kgonne go bua le ene gore a dire jalo. Ga go reye gore o file tumelelo.



Batho ba ka fetola mogopolo wa bone. O se ke wa mo gapeletsa go nwa tee.



Le fa e le gore o nole tee mo nakong e e fetileng, o se ke wa mo gapeletsa go nwa tee gape. Segolo bogolo fa ba le mo maibing. Batho ba ba mo maibing ga ba batle tee.

GO SWETSA GO NWA KOPU YA TEE KGOTSA GO SE E NWE - GO TSHWANA LE THOBALANO.

ITS THE SAME WITH **SEX**.

**CONSENT** IS EVERYTHING.

**Bua** ka yone

Buisa tsebe e mme o akanye ka ditsela tse dingwe tsa go ruta batho ka tumelelo le petelelo.



Melaetsa go batho botlhe, go akaretsa basimane le banna

Tlotlo.  
Fa ke re nnyaa  
ke raya nnyaa.



Ke ne ke itira e  
Kete ke a go  
kgathegela go  
itira e Kete o  
kgathegela motho  
ga e se go ikopela  
thobalano.



Ga ke kolote ope  
thobalano fela ka  
ntlha ya gore o  
duletse dijo tsa me  
kgotsa madi a  
thekesi.

Fa e le gore ke rile mo  
go wena gangwe, ga  
go reye gore ke ee  
nako le nako.

Re tshwanetse go  
golesega go ya  
gongwe le gongwe kwa  
re batlang teng, ka nako  
nngwe le nngwe e re e  
batlang, gongwe le  
gongwe kwa re batlang  
teng. Fela jaaka o ka  
kgona.

Ken ole sengwe, ga  
ke kope thobalano.  
Ke tlhoka go  
tlhokomelwa le go  
sirelediwa mo  
kotsing.

Kgato e e  
tshwanetseng go  
tsewa

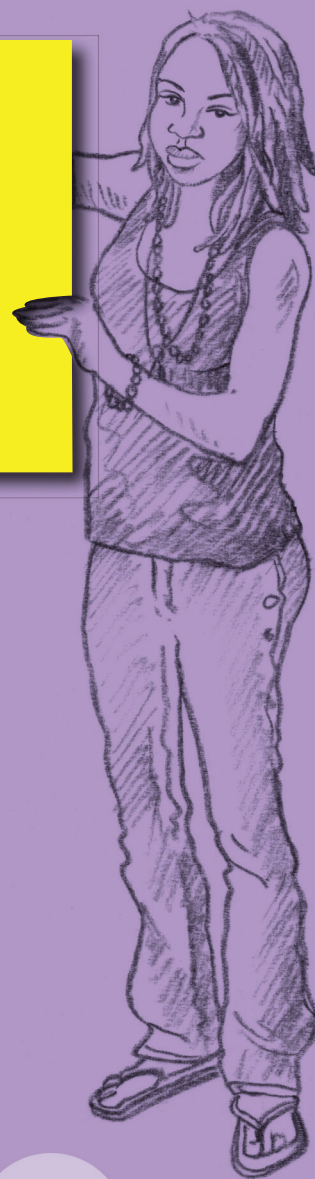
Ke molaetsa ofe ka petelelo o  
o batlang go tlhaeletsana ka  
one le bagaeno kwa motseng?  
O ka arogana le bone jang le  
go dira pharologano ka  
melaetsa ya gago?

sms

f



in



# Se o tshwanetseng go se dira fa o beteletswe

O tlhoka tlhokomelo le tshegetso

Fa o beteletswe, ke selo se se tlwaelegile go batla go tlhapa mmele. Mme fela leka ka thata gone o ka se kgone go tlhapa, go tlhatswa kgotsa go fetola diaparo tsa gago. O tla latlhegelwa ke bosupi jwa botlhokwa kgathanonng le motho yo o go beteletseng.

Ya kwa lefelong le le thusang bafalodi ba petelelo. E ka nna mokgatho, setešene sa mapodisi, bookelo, tleliniki kgotsa Lefelo la Tlhokomelo la Thuthuzela (TCC).



Bona kalafi ya bongaka mo diureng tse 72 kgotsa mo malatsing a le 3 a petelelo. Se ke go netefatsa gore o ka tsaya molemo wa thibelo ya HIV le go thibela ditshwaetso tse di tshelanwang tsa thobalano (di-STI) le boimana.

Go na le diaterese le dinomoro tsa mogala tsa mafelo a a thusang kwa bokhutlong jwa buka e.

**THUTHUZELA**  
Turning Victims Into Survivors

## Mafelo a Tlhokomelo a Thuthuzela

Di-TCC di beilwe mo ditseleliniking le maokelo mo nageng. Tiro ya bone ke go neela batswasetlhabelo ba tirisodikgoka e e dirwang mo mothong yo o rileng ka ntlha ya bong jwa gagwe ditirelo tsothe tse ba di tlhokang.

## Go tswa mo go nneng motswasetlhabelo go nna mofalodi

Badiri ba TCC ba mo letlhakoreng la gago. Ba katisitse ka tsela e e kgethegileng go netefatsa gore o tsholwa ka tsela ya porofesenale, le ka tlhokomelo le tlotlo. Ba tla go dumela, mme ga ba kitla ba go pega molato, kgotsa ba dira gore o ikutlwe o le molato wa se se diregileng. Ba tshaloganya letshogo le o le itemogelang, mme ba a itse gore ke tshegetso efe e o e tlhokang. Gakologelwa, petelelo is GA E KITLA E TSAMAYA E NNA phoso ya gago.

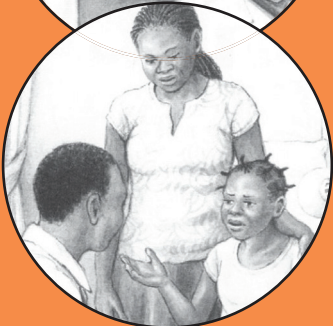


!  
Se o  
tshwanetsen  
g go se  
dira

Buisa se ka bowena, le tsala kgotsa kwa tlelapeng ya gago. Dira lenaane la batlamedi botlhe ba ditirelo ba mo TCC. Se se go thusa go tlhloganya thuso yotlhe e mofolodi wa petelelo o e tlhokang.

## Fa o goroga kwa TCC morago ga petelelo

- Mooki kgotsa mogokaganyi wa lefelo o tla dira gore o ikutlwe o amogelesegile
- O tla tlhalosa tlhatlhobo ya bongaka, gore ke eng se se tlhokang go dirwa, le gore ba tlhoka eng go bona bosupi jwa petelelo.
- O tla kopiwa go saena foromo ya tumelelo go neela ngaka tetla ya gago ya gore a go tlhatlhobe
- Mooki o tla nna le wena mo phaposing ya tlhatlhobo
- Morago ga tlhatlhobo ya bongaka, o ka tlhapa kgotsa šawara.
- Ba ka nna ba go fa diaparo tse di phepa. O ka nna wa swetsa go tsamaya le dingwe tsa gago fa o ya kwa TCC
- Motlhankedi wa dipatlisiso o tla go botsolotsa le go tsaya seteitemente. Ga o tlhoke go bega bega molato wa bosenyi wa mmeteledi ka tlhamalalo – kgotsa morago ga moo – fa e le gore seo ke tlhopho ya gago. O sa ntse o tshwanetse go neelwa tirelo kwa TCC le fa e le gore ga o bege molato wa bosenyi
- Modirediloago kgotsa mooki o tla go neela tšhono ya kgakololo/tshidilomaikutlo
- O tla fiwa peelano ya tatediso le kalafi le melemo ya ditshwaetso tse di tshelanwang ka thobalano (di-STI), go akaretsa HIV, le thibelo ya go ima. O ka nna gape wa bodiwa gore a o iketleeleditse go dira teko ya HIV.
- Ba tla go naya lekwalo la thomelo, kgotsa ba tla go direla peelano go amogela kgakololo/tshidilomaikutlo e ntsi.
- TCC e tla go rulaganyetsa go nna kwa lefelong la pabalesego fa o tlhoka le go batla se.
- Fa o swetsa go bega molato wa bosenyi kgatllhanong le mmeteledi yo o belaelwang, o ka rarisana le mmueledi yo o kgethegileng pele ga kgetsi e ya kwa kgotlatshekelo.
- Mothusi wa motlhankedi wa batswasetlhabelo o tla go thusa go iketleeletsatshekelo.
- Motsamaisi wa dikgetsi o tla tlhalosa tirego ya tsheko.



# Mafelo a Tlhokomelo a Thuthuzela a teng go thusa WENA



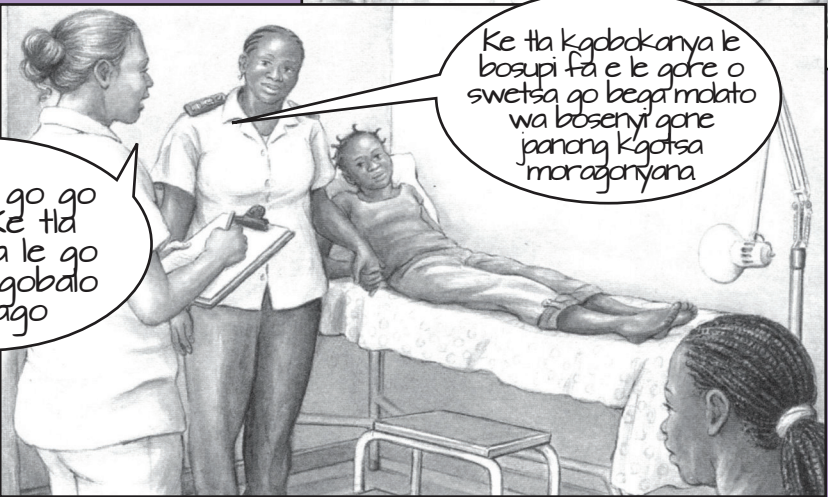
Se se diragetseng ga se phoso ya gago. Re fano go go thusa

Fa e le gore o beteletswe, ya kwa TCC go bona kalafi. Fa go se na TCC, ya kwa bookelong.

O tla fiwa molemo wa ARV. O tshwanetse go simolola go o tsaya mo diureng tse 72 tsa go betelwa.



Tsweetswee saena foromo e ya tumelelo gore re kaone go dira tlhatlhoba ya bongaka?



Ke fano go go thusa. Ke tla tlhatlhoba le go alafa dikgobalo tsa gago

Ke tla kagobanya le bosupi fa e le gore o swetsa go bea mdatso wa bosenyi gone janyang kaotsa moragonyana



Fano ke diaparo tse di phepa.



Morago ga tlathobo o ka tlhapa kgotsa go šawara.

Counselling  
Ululeko  
Berading

Mothankedi wa patliso o tla go botsa gore go diragetse eng le go kwala seteitemente sa gago.



Morago modirediloago o tla go neela tšhono ya kgakololo/tshidilomaikutlo\*



Fano ke matlha a kalafi ya gago ya tatediso, melemo le kgakololo/tshidilomaikutlo. A go babalesegile mo go wena kwa gae? Re ka rulaganya lefelo la pabalesego le o ka dulang kwa go lone.



Mmueledi

Mothankedi  
Mothusi wa  
Batswasetlhabelo

Motsamaisi wa  
Dikgetsi

O tla abelwa sepalangwa sa go ya kwa gae.

Batho ba ba tla bidiwa go tla go go thusa fa o swetsa go bega molato wa bosenyi



# Tumelelo ke eng?

Go bua o re ee kgotsa nnyaa mo thobalanong go tshwana le gore ee kgotsa nnyaa fa o fiwa kopi ya tee.



A o ka rata kopi ya tee?

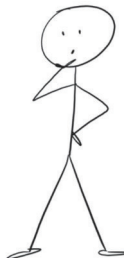


Ee the!



**CONSENT**

A o ka rata kopi ya tee?



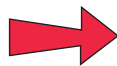
hmmm...

Ga ke na barrete



Emisa. Akanya. Bua ka sone. O se ke wa ba gapeletsa go nwa tee.

A o ka rata kopi ya tee?



Tota nnyaa ga ke batle tee.



O se ke wa mo direla kopi ya tee

## A ga go na TCC gaufi le wena?

Fa o se na TCC gaufi le wena, leka go latela dikgato tse.

### 1. Bua le mongwe yo o mo tshepang

Petelelo ke selo se se sa siamang go ka se itemogela.

- Leka gore o se ke wa nna o le nosi
- Bua le mongwe yo o mo tshepang. Mo kope go tsamaya le wena go bona thuso
- Leletsa mogala wa thuso o o sa duelelweng: 0800 150 150.

### 2. O se ke wa latlha diaparo tsa gago, mme o leke gore o se ke wa tlhapa

Fa o tlhapa o tla tlosa bosupi jwa petelelo. Tsenya diaparo tsa gago mo kgetsaneng ya pampiri. O se ke wa dirisa kgetsana ya polasetiki. Mapodisi wa ka dirisa diaparo jaaka bosupi.

### 3. Ya kwa ngakeng, bookelo kgotsa tleliniki ka bonako

Modiri wa pholo a ka go naya molemo go thibela HIV, di-STI le boimana. O ka dira se mo diureng tse 72 tsa petelelo.

### 4. Kwala dilo tsotlhe tse o ka di gakologelwang ka petelelo

Se se tla go thusa fa e le gore o swetsa go bega petelelo jwa mapodising. Kopa mongwe go go thusa ga o sa kgone go kwala.

### 5. Swetsa gore a o batla go bega petelelo kwa seteišeneng sa mapodisi

Ke selo se se siameng go gaisa go bega petelelo ka bonako ka moo o ka kgonang ka teng. Go a thusa go nna le pego, fa o swetsa go bega molato wa bosenyi kgatlhanong le mmeteledi moragonyana. Fa o bega molato wa bosenyi, mapodisi a tshwanetse go batlisisa \*. Ngaka kgotsa mooki yo o ithutetseng tiro ya booki ka botlalo. o tshwanetse go go tlathloba le go tlatša foromo ya J-88. Foromo e e tlhalosa dikgobalo dipe tse o ka tswang o na le tsone e bile e bosupi mo lebakeng la patlisiso ya semolao. O tla tlhoka foromo e jaaka bosupi kwa kgotlatshekelo.

### 6. Bolelela mapodisi gore go diragetse eng

Tsamaya le mongwe yo o mo tshepang. Motlhankedi wa sepodisi o tla kwala kgang ya gago. Se se bidiwa seteitemente. O se ke wa se saena go fitlhelela o dumelana le dilo tsotlhe tse di kwadilweng. Kwala nomoro ya kgetsi le leina la motlhankedi wa sepodisi. Leletsa kgotsa etela kwa seteišeneng sa mapodisi gantsi go utlwa gore go dirwa eng ka kgetsi ya gago.

### 7. Fa o bega molato wa bosenyi, kgetsi ya gago e ka ya kgotlatshekelo

O tla tshwanela go bolelela kgotlatshekelo ka sengwe le sengwe se se diragetseng.

## 8. Kgakololo/tshidilomaikutlo ke karolo ya botlhokwa ya gp nna mofalodi wa petelelo

E go neela tšhono ya go tlhaloganya se se go diragaletseng, go ntsha maikutlo a gago, le go simolola leeto la gago la go fola. Bona lenaane le le thusang mekgatlho kwa bokhutlong jwa bukana e.

### Gakologelwa

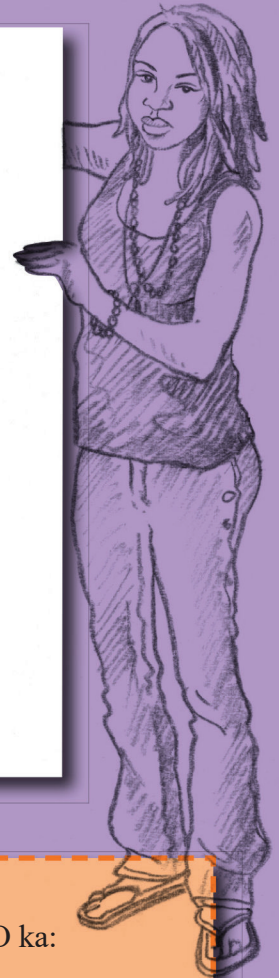
- O na le tshwanelo ya go bona motlhankedi wa mosadi wa sepodisi
- O na le tshwanelo ya go bolela kgang ya gago mo phaposing ya poraefete
- O na le tshwanelo ya go tsholwa ka tlotlo.

Kgakololo/  
tshidilomaikutlo ga se  
selo se se dirwang  
gangwe fela. Bangwe ba  
rona re tlhoka dipaka  
tse dintsi tsa tšenelo go  
re thusa gore matshelo  
a rona-a re boele.



## Ditshwanelo tsa gago

- O na le tshwanelo ya go gololesega mo tirisong ya dikgoka ya thobalano
  - O na le tshwanelo ya thuto
  - O na le tshwanelo ya pabalesego
  - O na le tshwanelo ya go dirisa dithibelapelegi le go dirisa taolo ya pelegi
  - O na le tshwanelo ya go se sotlakiwe
  - O na le tshwanelo ya go dira dikamano tse di ietekanetseng le tse di lekalekanang
- O na le tshwanelo ya go tlotliwa.



Akanya ka dilo tse o ka di dirang go dira pharologano. O ka:

- Arogana jang tshedimosetso ya gore batswasetlhabelo ba petelelo ba ka bona kae ditirelo tsotlhe tse ba di tlhokang morago ga go betelwa
- Latlha jang maitsholo moo re pegang batswasetlhabelo ba petelelo molato go na le go pega molato mo babeteleding
- Arogana jang tshedimosetso ya gore ditsala le balelapa ba ka thusa jang le go tshegetsa jang batswasetlhabelo ba petelelo
- Itsise jang bagaeno ba mo motseng ka mafelo a a neelang batswasetlhabelo sa petelelo tshegetso
- Ruta segolo bogolo basimane le banna ka ga tumelelo le petelelo.



# MOLAO o mo LETLHAKORENG LA RONA!

Tirisodikgoka e e dirwang mo mothong yo o rileng ka ntlha ya bong jwa gagwe ke bosenyi. Go na le melao e e re sireletsang. Yone ke:

**Molao wa Tirisodikgo ka ya fa Gae**

**Molao wa Tirisodikgoka e e amanang le Thobalano**

**Molao wa Bana**

Bana ba basimane le ba basetsana ba kgethegile ka bobedi gonne ba ikaegile mo bagolong go bona lerato, tlhokomelo le tshireletso\*. Ke sone se re nang le Molao wa Bana.

Fa re re molao o a re sireletsa go raya gore re ka dirisa molao:

**Go emisa thokofatso**

**Get protection**

**Lay a criminal charge against the abuser or rapist.**

## Molao wa Tirisodikgoka ya fa Gae

Molao wa Bosenyi jwa fa Gae (DVA) o re tirisodikgoka kgatlhanong le basadi le bana ke bosenyi. O na le tshwanelo ya go neelwa tshireletso. Ke tiro ya mapodisi le dikgotlatshekelo ya go go sireletsa. Fa mongwe a go sotlaka, o ka bona taolo ya kgotlatshekelo e e sireletsang motho yo o mo seemong sa tirisodikgoka kgotsa tshotlako.

### Re bona kae taolo ya kgotlatshekelo e e sireletsang motho yo o mo seemong sa tirisodikgoka kgotsa tshotlako?

Re bona kae taolo ya kgotlatshekelo e e sireletsang motho yo o mo seemong sa tirisodikgoka kgotsa tshotlako?

O ka bona taolo ya kgotlatshekelo e e sireletsang motho yo o mo seemong sa tirisodikgoka kgotsa tshotlako go tswa kwa kgotlatshekelo ya ga mmagiseterata.

Taolo ya kgotlatshekelo e e sireletsang motho yo o mo seemong sa tirisodikgoka kgotsa tshotlako e tla:

- Laela mosotlaki wa gago go emisa go go sotlaka
- Neela mapodisi tetla ya go tsaya sebeta sepe se se kotsi, jaaka thipa kgotsa sethunya, mo go mosotlaki
- Bolela gore motlhankedi wa sepodisi o tshwanetse go tsamaya le wena ga o ya go tsaya dilo tsa gago fa o tshaba mme o batla go dula kwa lefelong le sele.

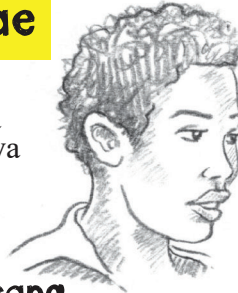
DVA e re mapodisi a tshwanetse go go thusa.

Ba tshwanetse:

- Go go tlhalosetsa ditshwanelo tsa gago ka puo e o e tlhaloganyang
- Go go bolelela gore ke tshireletso efe e o ka e fiwang
- Go go thusa go batla lefelo le le babalesegileng le o ka nnang kwa go lone
- Go go isa kwa modireding wa pholo fa o mo tlhoka.

### Molao o ka thusa jang go khutlisa tshotlako?

O ka bega molato wa bosenyi\* kgatlhanong le mosotlaki wa gago kwa setešeneng sa mapodisi.



Fa o na le dingwaga tse di ka fa tlase ga tse 21 mme o tlhoka tshireletso ka jalo motho yo mongwe a ka go thusa go go direla taolo ya kgotlatshekelo.

Ke batla go nna mmueledi ka letsatsi lengwe.



Criminal charge  
Isohlwayo sokwaphula  
umthetho  
Kriminele klag





Statement  
Ingxelo  
Verklaring

## Go diragala eng kwa seteišeneng sa mapodisi?

Tsamaya kwa seteišeneng sa mapodisi le tsala e o e tshepang, mongwe wa balelapa kgotsa mongwe o sele fa o ka kgona. Se se tla go thusa gonne fa e le gore o a sotlakiwa, o ka ikutlwa o tlhona e bile o tshogile. Ba ka nna ba go tshegetsatsa. Tiro ya mapodisi ke go thusa. Ga ba a letlelelwa go go dira gore o ikutlwe o atlholwa kgotsa go pegwa molato ka tsela efe kgotsa efe. Fa ba dira jalo, o ka ngongorega. Mosotlaki o tshwanetse go pegwa molato wa tshotlako.

1. O tla bolelela motlhankedi wa sepodisi gore go diragetse eng. O na le tshwanelo ya go bolela kgang ya gago ka puo ya gago. Mapodisi ba tla kwala fa o ntse o bua. Se se bidiwa seteitemente \*. O tshwanetse go buisa seteitemente se ba se kwadileng go netefatsa gore a se nepagetse. Se se botlhokwa thata. Seteitemente se tla dirisiwa kwa kgotlatshekelo fa o latofatsa mongwe ka molato wa bosenyi. Fa o kgotsofaletse seteitemente sa gago, motlhankedi wa sepodisi o tla go kopa go se saena.

2. Jaanong mapodisi a tshwanetse go batlisisa kgetsi

3. Pele ga o tsamaya morago ga go saena seteitemente sa gago, kopa motlhankedi wa sepodisi go go naya khopi ya seteitemente sa gago. Gape, kwala:

- Leina la motlhankedi yo o dirang patlisiso
- Nomoro ya kgetsi ya gago.

4. Leletsa kgotsa etela seteišene gantsi go utlwa gore go diragala eng ka kgetsi ya gago.

5. Fa kgetsi e ya kwa kgotlatshelo, mme mosotlaki a bonwa molato, a ka fiwa kgalemo, kotlhao, kgotsa katlholelo ya go romelwa kwa kgolegelong.



Fa e le gore mosotlaki wa gago o go gobaditse, mapodisi a tshwanetse go go isa kwa ngakeng. Kopa ngaka go tlatsa pego ya J-88. Pegelo e e ka dirisiwa kwa kgotlatshekelo ga mmogo le seteitemente sa gago.



## Molao wa Tlolomolao e e amanang le Thobalano

Molao wa Tlolomolao e e amanang le Thobalano (SOA) ke molao. O re o betelediwa fa mongwe a gapeletsa go tsenya bonna kgotsa selo didiriswa dipe tse dingwe mo teng ga bosadi jwa gago, mo maragong kgotsa mo molomong. O re mongwe le mongwe a ka betelwa, go akaretsa basimane le banna.

SOA e re mefuta yotlhe ya tshotlako ka thobalano ke bosenyi. Molao o, o bua gore lefapha la puso le tshwanetse go dirisana mmogo go sireletsa bagakolodi/basidilamaikutlo, babueledi, mapodisi le dikgotlatshekelo.

### Dintlha tsa mannete tsa botlhokwa

#### Molao o re:

- Dingwaga tse motho a ka neelang tumelelo ya go robalana ke fa o na le tse 16. Tumelelo ke fa o neela tetla
- Fa o betelwe o na le tshwanelo ya go fiwa melemo e e thibelang gore go se ke ga nna le tshwaetsego (PEP). PEP ke molemo o o ka thusang go fokotsa dikgonagalo tsa gore o tsenwe ke HIV go tswa mo go mmeteledi yo o belaelwang.
- Ga o tlhoke go bega molato kgatlhanong le motho yo o go betelwe pele ga o kgona go bona tlhokomelo yotlhe, tshegetso le kalafi e o e tlhokang.
- O na le tetla ya go batla go itse gore a motho yo o go betelwe o na le HIV.



? Lefoko le le raya eng?

Fa o neela tetla ya sengwe o dumelana le sone. Fa mongwe a go gapeletsa kwa ntle ga thato ya gago, o mmona kgotsa ka matshosetsi, ga se tumelelo, ke kgapeletso

Fa o bega molato kgatlhanong le motho yo o go betelwe, o tla utlwa babueledi le mapodisi ba dirisa mafoko 'mmeteledi yo go belaelwang\*'. Se se raya gore motho ga a ise a bonwe molato kwa kgotlatshekelo. Ga go reye gore ga ba go dumele

Petelelo GA E KITLA E TSAMAYA e nna phoso ya gago.



O se ke wa ipona o le molato kgotsa wa thobaniwa ke ditlhong go betelwa motho ope fa e le gore o betelwe.



Re tshwanetse KA DINAKO TSOTLHE go dumela mongwe fa a re o betelwe

Alleged Ukuthyolwa Bewerde



## Dikgotlatshekelo tse di Kgethegileng tsa Ditlolomolao tsa Thobalano

Dikgotlatshekelo tse di thusa go netefatsa gore go samaganwa ka bonako le bosenyi jwa ditlolomolao tsa thobalano. Di leka le go netefatsa gore batho ba ba beteletseng ga ba efoqe kotlhao.

Dikgotlatshekelo tse di neela bafalodi ditirelo tse di farologaneng:

- Di tlhalosa gore go tla diragala eng ka nako ya kgotsa morago ga kgetsi ya kgotlatshekelo
- Di tlhaloganya gore kgang ya gore go diragetse eng e a go tshosa. Di tla go thusa go ipaakanyetsa maikutlo a gago a a farologaneng pele ga tsheko mo kgotlatshekelo e simolola, le morago ga e se na go fela.
- Di tla go thusa go nna paki e e nonofileng\* fa kgetsi ya kgotlatsheko e direga.
- Fa o le mofalodi wa ngwana kgotsa motho yo o nang le bogole jwa tlhaloganyo, o ka nna wa kgona go neela bosupi jwa gago mo phaposing ya poraefete. Go tla nna le mongwe yo o tla go thusang go tlhaloganya dipotso tsa babueledi le baatlhodi.
  - Fa o le paki ya mogolo, o ka kgona go neela bopaki go tswa mo phaposing ya poraefete ya bopaki ka go dirisa dikhamera tsa bidio fa o ikuhlwa o phuthologile thata go dira jalo.
  - O tla fiwa phapositetelo ya poraefete mo nakong e
  - Go tla nna le mongwe yo o tla go itsiseng ditshwanelo tsa gago le gore ke ditirelo dife tse o tshwanetseng go di amogela.

### Dintlha tsa mannete tsa botlhokwa

Lefapha la Bosiamisi le tshwanetse go duelela ditshenyegelo tsa gago tsa mosepele le tsa dijo fa o tlhoka go tla kgotlatshekelo

Effective  
Eneziphumo ezihle  
Effektiewe

## Molao wa Bana

Molao wa Bana o re bana ba na le tshwanelo ya go sirelediwa mo tshotlakong. Bana ba tshwanetse go tsholwa ka tlotlo le ka tsela e e sa gobelegeng.

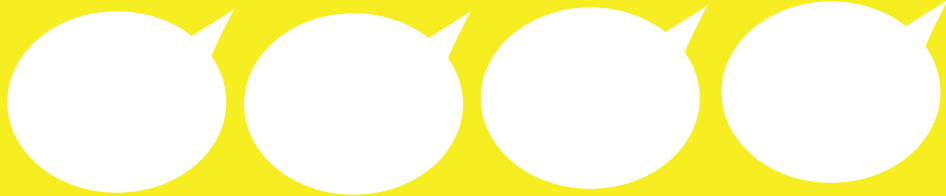
O sotlakiwa mo mmeleng fa mongwe:



- A go betsa kgotsa o a go kgorometsa.
- A go gapeletsa gore o nne ka tsela e e go kokonelang
- A goga ditsebe tsa gago, moriri kgotsa karolo epe ya mmele wa gago ka tsela e e makgwakgwa
- A dirisa sengwe go go betsa ka sone
- A go naya diritibatsi kgotsa bojalwa.

Fa mongwe a go sotlaka mo mmeleng, o go utlwiswa botlhoko le mo maikutlong\*. Tlatsa ka mafoko go bua gore o tlelwa ke maikutlo afe.

!  
Se o  
tshwanetsen  
g go se  
dira



O sotlakiwa mo maikutlong fa mongwe:

- A go tshwaya phoso ya dilo tse dintsi
- A go bitsa ka maina a maswe
- A go kgerisa gore o dire tse o sa batleng go di dira.
- A go goeletsa, a buela le wena kwa godimo kgotsa a go roga
- A leka go dira gore o se ikutlwe sentle ka wena
- A dira gore o lebelele batho kgotsa diphologolo di sotlakiwa
- A go aketsa
- A go ikgatolosa
- A tswa mo go wena e le go go otlhaya kgotsa a ikgatolosa maikutlo a rona
- A dira gore o ikutlwe o sa ratiwe.

Molao o re o  
ngwana go  
fitlhelela o hna  
le dingwaga  
tse 18.



Emotionally  
Ngokomphefumlo  
Emosioneel



**Ga go na seipato sa tshotlako.**



O sotlakiwa ka thobalano fa mongwe:

- A ama mapele a gago gore a inatefise
- A go kopa kgotsa a go gapeletsa go tshwara mapele a bone
- A go kopa kgotsa a go gapeletsa go lebelela kgotsa go reetsa batho ba robalane (se se ka direga ka mmatota, mo TV le dibidio, dikwalwa kgotsa ditshwantsho tsa thobalano mo filiming kgotsa mo inthaneteng.)



Mongwe o a go itlhokomolosa fa a tshwanetse go nna le maikarabelo a go go sireletsa le go go tlhokomela. Mo boemong jwa se, gantsi ba dira selo se le sengwe kgotsa di le dintsi tsa dilo tseno.

- Ga a go tlhokomele ka tsela e e maleba
- O go tlogela mo kotsing
- Ga a go letlelele gore o robale ka tsela e e maleba
- Ga a go fe diaparo tse di maleba go apara
- Ga a go thuse go nna o le phepa
- O nna a tagilwe fa o leng teng
- Ga a netefatse gore o bona tlhokomelo ya bongaka fa o lwala.
- Ga a netefatse gore o ya sekolong.

### **O dira eng fa o sotlakiwa?**

- O ka ikutlwa o tshaba kgotsa o se na maatla
- Bolelela mongwe yo o mo tshepang, jaaka morutabana kgotsa mogolo yo mongwe. Leletsa mogala wa thuso wa bana 08000 55 555.
- Gakologelwa, ga e kitla e tsamaya e nna phoso ya gago fa o sotlakiwa. Ke mosotlaki yo o dirang\* bosenyi.



### **Gakologelwa!**

**O se ke wa tsamaya o tsema mo koloing le motho yo o sa mo itseng.**

**Mmele wa gago ga o a tshwanela go bonwa ke ope, o na le tshwanelo ya go re nnyaa.**

Commits  
Ukwenza  
Pleeg

# Fa o sotlakiwa

## Tsaya kgato

- Itheye dilo tse letsatsi le letsatsi.
- Di nepagetse mme di tla go thusa go go thatafatsa
- Tshotlako e ka se ikhutlise. O tlhoka go tsaya kgato.

**Ga ke a tshwanela go pegwa molato**

**Ke botlhokwa**

**Ke na le tshwanelo ya go babalesega  
have a right to be safe**

**Ke na le tshwanelo ya go laola  
botshelo jwa me**

**Ke tshwanelega go itumela**

**Ke tshwanelega go ratwa**

**Ke na le tshwanelo ya go tsholwa ka  
tlotlo.**

## Bua le mongwe yo o mo tshepanang

- O tla ikutlwa botoka fa o bolelela ba bangwe bothata jwa gago
- Tsenela dipaka tsa kgakololo kgotsa tshidilomaikutlo.
- Go na le batho ba ba katiseditsweng go thusa mme ba ka go thusa go batla ditsela tse dingwe tsa go samagana le bothata. Bona lenaane le le kwa bokhutlong jwa bukana.

## Puo ya tshotlako language of abuse

Puo e ka dirisiwa gape jaaka mofuta wa tshotlako.

Dikai:

“Ga o a kgethega go le kalokalo. Go na le basetsana ba bangwe, ba ba lebegang botoka.”

“O nagana gore ke wena ke wena”

“Basetsana ga ba botlhale jaaka basimane.”

Tlontlololo\* e kaya se se tshwanang le go tlhapatsa\*. Puo ya tlontlololo e direlwa go utlwiswa motho yo mongwe botlhoko.

- Fa o ikutlwa o kgopisitswe kgotsa o tlhapaditswe ke se mongwe a se buang, motho yoo o buile sengwe se se tlontlololang.
- Puo ya kgethololo ya mmala, bong le e e bontshang letlhoo mo bathong ba ba ratanang le batho ba bong jo bo tshwanang e ka nna ya tshotlako.
- Matlhapa a a dirang gore o ikutlwe o le setlaela, o tsenwa kgotsa o se motho a a tlontlololang,
- Go dira motlae ka bong jwa mongwe, kgotsa ka tsela e ba lebegang ka yone, kgotsa ka tsela e ba buang ka yone, go ka nna tshotlako.

Can you think of any other examples of abusive language?



**Puo e motho a sa bontsheng go tshwenyegela ba bangwe le ya matlhapa e ka baka kutlobotlhoko le go itemogela mathata. Batho botlhe ba tshwanela ke go buisiwa ka tlotlo.**

Derogatory  
Ukwehlisa isidima  
Neerhalend

Insulting  
Ethukayo  
Beledigend

# Phuza Wize



O nna mogolo fa o tshwara dingwaga tse 18 go ya ka molao. Mme boboko jwa gago ga bo ise bo fitlhelele kgolo\* go fitlhelela o na le dingwaga di le bokana ka tse 25. Go nwa bojalwa go senya kgolo e e tlwaelegileng ya disele tsa boboko jwa mošwa. Tota, ga o a tshwanela go nwa bojalwa bope le e seng, gonne le dilekano tse dinnye di ka nna le ditlamorago tsa leruri mo golong ya boboko jwa gago.

## Kaedi ya gago ya go nwa ka tsela e e babalesegileng

Batho ba ba ntseng ba nwa ba ka dira dikotsi tsa thobalano tse ka gale ba neng ba ka se di dire.

- Bojalwa bo ka dira gore thobalano e bonale e le monate.
- Batho ba ba nwang bojalwa jo bontsi ba ka fitlhelela go le boima go re 'nnyaa' mo thobalanong
- Fa batho ba tagilwe, ba ka lebala maitsholo a bone a mantle. Se se dira gore go nne bonolo go sa ikanyege mo balekaneng ba bone
- Batho ba ka nna ba kopana le go robalana le balekane ba bantsi ba ba farologaneng fa ba nwa. HIV le di-STI tse dingwe di ka fetisediwa kwa bathong ba bangwe.
- Batho ba ba noleng go le gontsi ba ka robalana kwa ntle ga khondomo.
- Banna ba rekela basadi dino mme ba solofela gore ba ba duele ka thobalano.
- Batho ba ka robalana fa ba sa batle, kgotsa ba ka robalana le mongwe yo ba sa mo itseng.

Physical maturity  
Ukuvuthwa  
ngokomzimba  
Fisiese volwassendheid

**Banna:**  
Ba ka nwa palogodimo  
ya diyuniti tse 4 tsa  
bojalwa mo  
maitseboeng kgotsa  
mo letsatsing le le  
lengwe.

**Basadi:**  
ba ka nwa palogodimo  
ya diyuniti tse 2 tsa  
bojalwa mo  
maitseboeng kgotsa  
mo letsatsing le le  
lengwe.

1 moteme wa biri =	1 yuniti ya gale
1 lebotlolo la saeda =	1 yuniti ya gale
1 khoto ya biri =	2 diyuniti tsa gale
1 lebotlolo la dino tse e keteng ke dinotsididi mme tsone di na le bojalwa (jaaka brutal fruit) =	1 yuniti ya gale
1 galase e nnye ya beine =	1 yuniti ya gale





# Ke eng se o ka se dirang?

## Don't ignore women and girls who call for help

- Bitsa mapodisi.
- Dira modumo – betsanya dipitsa, goeletsa kgotsa letsa diphala.
- Emisa monna fa e le gore o ka kgona go dira jalo ka pabalesego
- Bitsa ba bangwe go thusa fa e le gore o a tshaba.
- Bolelela baagi ba motse wa gaeno ka tshotlako go bua gore se a se dirang se fosagetse

## Thusa ka go rulaganya mafelo a a babalesegileng gore basadi le bana ba mo motseng wa gaeno ba dule mo go one

- Kgobokanya madi go tshegetsa mafelo a a tshireletso
- Fa mafelo a tshireletso dibuka, dijo le diaparo
- Kopa dikereke, dikgwebo le ditleliniki go thusa go rulaganya mafelo a a babalesegileng.

## Mongwe le mongwe, a rute a le mongwe

- Ruta basetsana le basimane gore tirisodikgoka kgatlhanong le basadi e fosagetse.
- Laletsa mekgatlho ya basadi go bua kwa sekolong sa gago kgotsa kwa kerekeng.
- Kwalela makwalo kwa radiong ya gago ya selegae le makwalodikgang.
- Lemoso batho ka GBV. Thusa batho go tlhaloganya gore ba tshwanetse go emisa go bona molato batswasetlhabelo ba tshotlako kgotsa petelelo ka se se diragetseng.
- Thusa banna ba ba sotlakang go tlhaloganya gore ba ka fetoga le go khutlisa tshotlako.

## Tsaya kgato mo motseng

- Dira gore baeteledipele ba sedumedi le ba setso ba bue kgatlhanong le tirisodikgola kgatlhanong le basadi
- O se ke wa lebelela kwa tlase basadi ba ba tlhalang kgotsa ba ba tlogelang balekane ba bone. Ba na le tshwanelo ya go itumela.
- Ithaope kwa lefelong la tshireletso ya basadi.
- Dira setlhopho sa basetsana jaaka Ditlhlapa tsa Rise, mme o golagane le mekgatlho e mengwe, kgotsa ikgolaganye le Soul City go utlwa gore o ka tsenela jang le go nna leloko jang la Rise.

Tshegetsa matsholo a bosetšhaba a a jaaka malatsi a le 16 a Letsholo la gore go se ke ga nna le tirisodikgoka kgatlhanong le basadi le bana, Beke ya Tshireletso ya Bana, Letsatsi na Basadi, jj.

Share the information in this booklet with others, including men and boys.

### A o ne o itse?

Go ralala lefatshe, tirisodikgoka e e dirwang mo mothong yo o rileng ka ntlha ya bong jwa gagwe e bolaya le go golafatsa basadi ba bantsi ba dingwaga tse di fa gare ga 15 le 44 fela jaaka kankere. Go le gantsi, basenyi ga ba othaiwe.

[www.unfpa.org](http://www.unfpa.org)



Awareness  
Ukwazisa  
Bewuswording

Suffer  
Ukungcungcutheka  
Ly

# Call things as they are

## 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 stealther 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.

Boledišanang  
ka se



## 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 Thruthuzela 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](http://www.wlce.co.za)

Cape Town Office

Telephone: 021 424 5660

Helpdesk queries: [info@wlce.co.za](mailto:info@wlce.co.za)

# Lenaane la mafelo a thuso

Leina la mokgatlho	Tirelo e e neelwang	Mogala wa thuso	Webosaete
Alcoholics Anonymous SA	Dikopano tsa gangwe le gape tsa ditlhopho go tshegets batho ba ba ineetseng mo bojalweng ba ba batlang go nna ba sa tagwa	0861 435 722	<a href="http://www.aasouthafrica.org.za">www.aasouthafrica.org.za</a>
Child Welfare South Africa	Tshedimosetso e e amanang le bana le ditirelo tse di jaaka lefelo la tshireletso le tshidilomaikutlo ya bana	Bosetšhaba: 011 452-4110 Bega itlhokomoloso kgotsa tshotlako ya ngwana 08614244533	<a href="http://www.childwelfare.org.za">www.childwelfare.org.za</a> <a href="mailto:info@childwelfare.org.za">info@childwelfare.org.za</a>
ChildLine South Africa	Mogakolodi / mosidilamaikutlo yo o katisitsweng o teng go thusa bana ba ba sotlakilweng, bašwa le bamalapa a bone	08000 55 555	<a href="http://www.childline.org.za">www.childline.org.za</a>
Lefapha la Tlhabololo ya Loago, Lefelo la tirelo ya thuso ya badirisi ba tirisodikgoka e e dirwang mo mothong yo o rileng ka ntlha ya bong jwa gagwe	Dipotso tsothe tsa tirisodikgoka e e dirwang mo mothong yo o rileng ka ntlha ya bong jwa gagwe / bana le tsa tshotlako le thuso ya batswasetlhabelo. Badirediloago ba teng go ka thusa.	0800 428 428	Leletsa* 120* 7867# (mahala) go tswa mo selefounung nngwe le nngwe.
Mogala wa thuso ya Tirisobotlhaswa ya Diritibatsi wa Lefapha la Tlhabololo ya Loago	O neela tshegetso, kaelo le thuso ya batho ka nosi ba ba ineetseng mo diritibatsing le bojalwa ga mmogo le bamalapa a bone	Mogala wa bosetšhaba wa thuso 0800 12 13 14	ROMELA SMS YA 'HELP' GO 32312
Family and Marriage Association of SA	E tshegets bamalapa. Ditirelo di akaretsa kgakololo kgotsa tshidilomaikutlo ya tirisodikgoka ya fa gae, letshogo le kutlobotlhoko.	Johannesburg: 011 975-7106/7 Diofisi tsa Sathalaete 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	<a href="http://www.famsa.org.za">www.famsa.org.za</a> <a href="mailto:national@famsa.org.za">national@famsa.org.za</a> <a href="mailto:famsa@famsawc.org.za">famsa@famsawc.org.za</a>
Lifeline South Africa	Tirelo ya kgakololo le tshidilomaikutlo ya khupamarama ka mogala	0861 322 322	<a href="http://www.lifeline.org.za">www.lifeline.org.za</a>
People Opposed to Woman Abuse (Powa)	Lefelo la tshireletso, kgakololo / tshidilomaikutlo le tshegetso ya semolao go basadi ba ba mo dikamanong tse di nang le tshotlako le bafalodi ba petelelo.	083 765 1235	<a href="http://www.powa.co.za">www.powa.co.za</a>



Name of organisation	Services offered	Helpline	Website
Rape Crisis	Support and counseling for rape survivors.	Observatory: 021 447 9762 Athlone: 021 633 9229 Khayalitsha: 021 361 9085	<a href="http://www.rapecrisis.org.za">www.rapecrisis.org.za</a>
SA Depression and Anxiety Group	Provides information on mental-related disorders like suicidal feelings, depression and stress affecting both children and adults.	Emergency: 0800 12 13 14  Help line: 011 262-6396  Suicide crisis: 0800 567 567	<a href="http://www.sadag.org.za">www.sadag.org.za</a>  SMS "Help" 31393
SA National Council on Alcoholism and Drug Dependence	Provides affordable prevention and treatment services for alcohol and drug dependence.	Western Cape 021 945 4080/1	<a href="http://www.sancawc.co.za">www.sancawc.co.za</a>
South Africa National Aids helpline	Anonymous, confidential counseling and referral services.	0800 012 322	<a href="http://www.aidshelpline.org.za">www.aidshelpline.org.za</a>
South African Police Service	Report gender-based and child-related abuse and crime.	08600 10111	
Stop Gender Violence	Solutions for individuals who are in abusive situations.	0800 150 150	

## Mafelo a Tlhokomelo a Thuthuzela

Porofesene	Leina laTCC	Aterese	Mogala
Porofense ya Kapa Bophirima	George TCC	Bookelo jwa Porofense jwa George, George	044 873 4858
	Karl Bremer TCC	Bookelo jwa Karl Bremer, Bellville	021 948 0861
	Khayelitsha TCC	Bookelo jwa Khayelitsha, Khayelitsha	021 360 4570
	Manenberg TCC	Bookelo jwa GF Jooste, Manenberg	021 699 0474
	Wesfleur TCC	Bookelo jwa Wesfleur, Atlantis	021 571 8043
	Worcester TCC	Bookelo jwa Worcester, Worcester	023 348 1294

## Puso ya Aforika Borwa e neela tshegetso go bafolodi ba GBV

Lefapha la Tlhabololo ya Loago le na le lefelo la tirelo ya thuso ya badirisi la diura tse 24 le le dirisetswang go samagana le tirisodikgoka e e dirwang mo mothong yo o rileng ka ntlha ya bong jwa gagwe. GBVCC e ntse e le mo tirisong fa e sale go tloga ka Mopitlwe 2014 mme e neela kgakololo / tshidilomaikutlo go baagi botlhe ba ba amilweng ke GBV. 0800 428 428

## Lefapha la basadi

Le thankgolotse Malatsi a le 365 a Letsholo ka 2014 le le nang le hashtag #NoMoreViolence. Letsholo le rotloetsa tshegetso e e tswelolang le go tsaya kgato kgatthanong le tirisodikgoka.

## Banna

Akanyetsa go nna leloko la Brother for Life. Mokgatlho o o thusa banna le basimane go tshegetsana ka go tlotla basadi le basetsana. Leba [www.brothersforlife.org](http://www.brothersforlife.org) go bona tshedimosetso e ntsi.

Re tshwanetse  
go lokologa go ya gongwe  
le gongwe kwa re batlang  
go ya teng, ka nako  
nngwe e re e batlang mme  
go se na yo o re  
gobatsang.



**A re emiseng mefuta yotlhe ya tirisodikgoka.**

**Kwanele! Dithopha tse di netefatsang maemo a a babalesegileng a go ithuta mo porojekeng ya basetsana ke karolo ya lenaneo la SeViSSA (Tirisodikgoka e e dirwang mo mothong yo o rileng ka ntsha ya bong jwa gagwe mo Dikolong mo Aforika Borwa ).**

**KWANELE!**

Soul City 2020. Beng ba tellokhopi ba na le ditshwanelo tsothe tsa tirisodikgoka ya yone. Ga go na karolo epe ya tihamo e, e go ka dirwang khopi ya yone, e e ka bolokelwang mo dipolokelong tse e ka fithelesegang mo go tsone kgotsa e e ka romelwang ka sebopego kgotsa ka tsela epe, ya seeleroniki kgotsa ka tirisodikgoka ya metschini, go dira difotokhopi, go gatisa kgotsa ka tsela nngwe fela kwa ntle ga tumelelo le tetla e e filwang pele ga moo ya mong wa tellokhopi.

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