One man can

angenza ntoni amadoda ukukhulisa ubudlelwane obunempilo nabantu besetyhini?

UXWEBHU LWEZINYATHELO EZILISHUMI

Amadoda angakwazi ukuthanda ngentlonipho, cinga ngezi ziqendu zilandelayo zilishumi – ingaba uye uzithathele ingqalelo na xa uthandana nomntu wesetyhini? Eziziqendu zibandakanya iindlela onokuzenza xa ufuna nibe nemvisiswano ephilileyo, kwaye nibe nobudlelwane obulinganayo ngokwesini nalowo uthandana naye. Ungaxhasa amanye amadoda ukuba akwazi ukwenza oku.

Indoda Nganye ingamamelisisa uze uzifundise ngengxaki

Ayibubo bonke ubundlobongela obushiya amanxeba abonakalayo. Ubundlobongela obujoliswe kubantu besityhini buquka ukubethwa, ukuxhatshazwa ngokwe sondo, ukuphathwa kakubi ngokwasengqondweni okanye emphefumlweni. Funda ngobundlobongela ngokubuza umntu wesityhini okuthembileyo ukuba ubundlobongela bubutshintshe kanjani ubomi bakhe. Ukuba uyavuma ngokuthetha ngoku, mamelisisa oko akuthethayo. Ungambuzi ngeenkcukacha okanye umxoxise ngokuba ngoko kuthe kwamkhathaza okanye akwamkhathaza. Mamela oko akuchazelayo. Ikhona imibutho elwela amalungelo abantu besetyhini, banamava nolwazi. Thetha nabo, ufunde kubo. Ungade ubaxhase nangokwezemali.

Indoda Nganye ingathatha isigqibo sokucinga ngemibilini yayo

Bunjani ubudlelwane obufunayo? Yintoni enokwenza ukuba wonwabe nalo uthandana naye ixesha elide. Ningakwenzanjani oku kwenzeke. Cinga izinto onokuzitshintsha ngohlobo ocinga ngalo okanye owenza izinto ngalo ukuze ubenobudlelwane obuphilileyo. Cinga ukuba ngobani abo bazizihlobo zakho abangakuxhasa ukuze ukwazi ukuphumelelisa oku.

Indoda Nganye ingathetha nalowo ithandana naye

Thetha nalowo uthandana naye malunga nobudlelwane benu. Thetha gabalala ngokunyanisekileyo. Uyayazi na into efunwa ngulowo uthandana naye, uyalazi na uhlobo aziva ngalo? Thethani ngezinto ekumnandi ukuzenza nenizifunayo. Ukuthetha gabalala kuyakuninceda ukuba nazane ngcono, niyakwazi ukuba omnye ufuna ntoni ngokwesondo nasemphefumlweni.

Lencwadana yinxalenye yesixhobo sokuthabatha amanyathelo nolwazi se OneMan Campaign, umzamo weSonke Gender Justice norhulumente wephondo leNtshona Koloni. Ukufumana inkcazelo epheleleyo, tyelela apha: www.genderjustice.org.za/onemancan

Indoda Nganye ingamazi ukuba 'uhayi ngu hayi'

Wena nalowo uthandana naye ningafikelela kwisigqibo sokuba niyafuna na ukudibana ngokwesondo. Ukuba owasetyhini uthi akafuni, yazi ukuba uthetha lonto kanye. Hlonipha iminqweno yakhe – nokuba niqhele kangakanani ukudibana ngokwesondo. Khumbula ukuba ukuthula akuthethi ukuba uyavuma nokuba sekutheni. Mbonise ukuba uyasixhasa isigqibo sakhe, uyakukuthemba kwaye akuhloniphe xa usenza njalo.

Indoda Nganye ingamkhusela umntu ethandana naye kwi HIV

Kuye wonke umntu othandana naye, xoxa nge HIV/AIDS. Hambani niyo kuzivavanya nobabini nize nifikelele kwisigqibo sokusebenzisa I condom. Ukuba ufike kwisigqibo sokuthandana nomntu omnye. Gcina isithembiso sakho. Khusela nina nobabini kwi HIV.

Indoda Nganye ingamela oko ikholelwa kuko

Ungavumeli iitshomi zakho ukuba zikufake umoya wokwenza izinto ezingabahloniphiyo abantu basetyhini. Mela oko ukholelwa kuko. Ukuba itshomi zakho zenza izinto ezijongela phantsi abantu basetyhini okanye bathatha iinxaxheba kubundlobongela bokubetha okanye obesondo. Ungabavumeli bazimele ngamasiko nezithethe xabesenza oku. Bakhumbuze ukuba izithethe ziyitshintsha ngalo lonke ixesha.

Indoda Nganye ingababuza abahlobo bayo ngohlobo abenza ngalo izinto

Akulunganga ukubakwrada okanye ukungabahloniphi abantu besetyhini. Ubundlobongela ngokwe sondo akulunganga. Babuze xa bekufutshane nawe besenza oku. Babuze ukuba kutheni besenza ezizinto nje. Thetha nabo ngemiba yesini, ezesondo, ubundlobongela, nobudlelwane phakathi kwabantu abangamadoda nabasetyhini. Bakhuthaze ngokubabonisa ukuba ukulingana ngokwesini kuya kuba nomvuzo kubantu basetyhini nabangamadoda. Xhasanani ngokuzama ukutshintsha uhlobo enicinga ngalo nenenza ngalo izinto.

Indoda Nganye ingaphelisa ubundlobongela obuthe gqolo ukwenzeka

Ukuba wakhe wabubona ubundlobongela kusapho lwakho, uyayazi ukuba buyiphazamisa kanjani intlalo. Yenza into. Ukuba uyakrokrela ukuba ubhuti, itshomi, lowo usebenza naye, lowo ufunda naye okanye lowo udlala naye eqeleni. Ungathuli, yenza into ngoku. Nokuba awumazi lo wenza oku, thetha naye bucala. Mxelele ukuba uyakhathazeka koku. Mkhumbuze ngomonakalo awenzayo kumlingani wakhe, ebantwaneni bakhe, kunye nobuhlobo bakhe. Mxelele ukuba ukuxhatshazwa ngokwasekhayeni akukho semthethweni. Mkhuthaze ukuba ufumane uncedo. Uze umlandelele ukuba uqhuba njani koluncedo alufumanayo. Qinisekisa ukuba ubundlobongela bona buyaphela.

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Indoda Nganye ingazibandakanya, ngokuthatha inkxaxheba ekuhlaleni

Zibandakanye nombutho wasekuhlaleni osebenza ngokuphelisa ubundlobongela obujoliswe kubantu basetyhini. Qonda ukuba kwenzeka ntoni ekuhlaleni uze uziphe ithuba lokuzibandakanya ungahlawulwanga. Yiya kwi 'march' ezikhuthaza ukulingana ngokwesini neqhanqalazo lokuphelisa ubundlobongela obujoliswe kwabasetyhini. Ncedisa ukukhulisa imali zemizi yokuqhusheka intloko kwabesifazane yexeshana (women shelters).

Indoda Nganye ingangumzekelo omhle eluntwini nakwamanye amadoda

Amadoda angumzekelo omhle eluntwini anefuthe lohlobo acinga ngalo amakhwenkwe namanye amadoda eluntwini. Amakhwenkwe asakhulayo akubukele ngohlobo obaphatha ngalo abantu basetyhini, afunda apha kuwe indlela ekumele benze ngayo. Fundisa omakhwenkwe aselula kwaye uwafundise rhoqo ukuba ubundlobongela abakhi.

Ngenkcazelo ethe vetshe ngokufumana uncedo, bona uluhlu lweendawo zeenkonzo kwi One Man Can Action Kit, okanye ndwendwela iwebsite yethu kwa www.genderjustice.org.za/onemancan

Sibulela uJackson Katz (www.jacksonkatz.com/topten.html) We White Ribbon Campaign (www.whiteribbon.com/get_involved/default.asp?load=can-do).

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