



yini engenziwa
ngamadoda ukwakha
ubudlelwano obuhle
nabesifazane



**INCWAJANA
YEZINYATHELO
EZILISHUMI**

Amadoda angathanda ngeqiniso, ngenhlonipho kanye nangozwelo. Cabanga ngalezi zitatimende eziyishumi ezilandelayo – ngakube yilezi zinto yini oyaye uzicabange uma ungena ebudlelwaneni nowesifazane? Zonke izitatimende zibandakanya izinyathelo ongazithatha ukwakha ubudlelwano obuhle, ubudlelwano obukhetha ukulingana ngokobulili nomlingani wakho. Cabanga futhi nfokuthi ungawaqwashisa kanjani amanye amadoda ukuba enze into efanayo.



Funda ngenkinga

Udlame olwenziwa kwabesifazane lubandakanya ukuhlukunyezwa ngokomzimba nangokocansi, kanye nokuhlukumezeka ngokomqondo, noma ukuhlukumezeka emoyeni. Akulona lonke udlame olushiya kunezibazi. Funda ngodlame ngokubuza owesifazane okuthembayo ukuthi ngakube lamhlukumeza kanjani udlame empilweni yakhe. Bese kuthi uma ezizwa ekhululekile ukuthi angakhuluma, hlala ukhululeke bese umalalela. Iqhaza lakho akukhona ukuthi umxake ngengonyuluka yokwenzeka, okanye ukuqophisana ngokuthi ngakube kwakukhona yini okwakumele kumkhathaze noma cha. Inhloso wukulalela. Dlulela ezinhlanganweni zabesifazane. Banolwazi olunzulu. Khuluma nabo. Funda kubona. Baxhase ngezimali.



Yiba nesibindi sokuba ngaphakathi

Hlobo luni lobudlelwano olufunayo? Yikuphi okuzokwenza wean nomlingani wakho ukuba nijabule isikhath eside? Lokho ningakwenza kanjani ukuthi kwenzeka? Cabanga ngokwakwenza ukuze ushintshe indlela obuka ngayo izinto kanye nezenzo zakho ukuze ube nobudlelwano obuhle, bese ucabanga ngokuthi yibaphi abangani bakho namalunga omndeni anokukusekela kule mpokophelo yakho.



Khuluma nomlingani wakhe ngendlea evulelekile neneqiniso

Khuluma nomlingani wakho ngobudlelwano bakho. Ngakube uyazi ukuthi umlingani wakho uzizwa kanjani nokuthi ufunani khulumani ngokuthi ngakube lowo nalowo yini ayithokozelayo nayifisayo nalokho angakuthandi. Ukuxhumana okungenamfihlo kuyosiza ekutheni yilowo nalowo wenu azi ukuthi yini ayifunayo ngezocansi kanye nezmphefumulo.





Qonda ukuthi u-‘cha usho ukuthi cha’

Bobabili abalingani bakho banelungelo lokuthi bakhethe ukuthi bayafuna yini ukwenza ucansi noma cha. Uma enqaba kuyoba kuyilokho akushoyo. Hlonipha izifiso zakhe – noma ngabe nike naphuza noma nenza ucansi esikhathini esingaphambili. Khumbula ukuthi ukuthula akusho ‘ukuvuma’ – noma ngabe kukuziphi izimo. Mkhombise ukuthi uyakwamukela futhi uyasihlonipha isinqumo sakhe. Uzokwethemba futhi akuhloniphe ngalokho.



Mvikele owesilisa nomlingani wakhe egciwaneni lengculazi

Kubo bonke ubudlelwano obusha, xoxisana nomlingani wakho ngesifo sengculazi negciwane laso, hlolelani igciwane lengculazi kanye kanye bese nifika esivumelwaneni ngokusebenzisa ikhondomu. Uma ninqume ukuba nie qotho komunye nomunye, gcina isethembiso sakho. Zivikele egciwaneni lesandulela ngculazi.



Lwela ubulungiswa kanye namalungelo

UMthethosisekelo waseNingizimu Afrika kanye nemithetho ekhona emayelana nodlame lwasemindenini kanye nokuhlukunyezwa ngokocansi ukuveza ngokusobala ukuthi uhulumeni unomqathango oqinile ukuqinisekisa ukuphepha kwawo wonke umuntu – nokuvala ejele, ukubeka icala kanye nokugweba izixhwanguxhwangu zodlame lwasekhaya kanye nokuhlukunyezwa ngokocansi. Kuze kube yimanje, amaphoyisa kanye nabezobulungiswa kwezobugebengu bayehluleka njelo ukubamba izigebengu. Thatha izinyathelo ekutheni ukuhulumeni agcine imigomo yomthethosisekelo ngezokuphepha nokuvikeleka. Phelezela labo abasinde odlameni lwasekhaya uma beya enkantolo ukuze bathole okungamalungelo abo. Sekela, kanti uma kunesidingo, faka ingcindezi emaphoyiseni kanye nasezinkantolo. Phoqa ukuba kusetshenziswe uMthetho wacala ezokuhlukumeza ngokocansi oseququve ephalamende cishe iminyaka eyishumi.



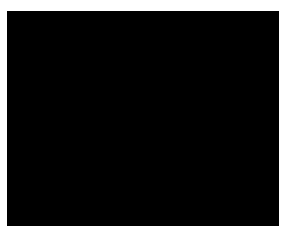
Yiba ngobambe iqhaza emphakathini wovesilisa.

Bamba iqhaza ezinhlanganweni zasemphakathini ezilwa nokuqeda ukuhlukunyezwa kwabesifazane. Thola ukuthi kwenzakalni emphakathini wakho. Ziningi izinhlangano ezisebenza nabesilisa ezweni lonke. Thola eyodwa, uyijoyine bese unikezela ngamakhono akho. Siza ekubhaleleni amaphephandaba noma ukukhishwa kwezindaba, hlanganyela emzabalezweni mamashi wokulwela ukulingana kobulili kanye nasemizabalazweni wokuthi ‘cha’ odlameni kwabesifazane. Siza ekwakheni isikhwama sezindawo zokuhlaliswa kwabesifazane kanye nezinhlangano ezilwela amalungelo abesifazane.



Melela imigomo yowesilisa

Ungabavumeli abangani bakho ukuthi bakufake ingcindezi yokuthi wenze ngezindlela ezingezuhlonipha abesifazane futhi ube wazi ukuthi azilungile. Yiba nobuqotho bokumela imigomo yakho. Uma abangani bakho benza ngendlela eyehlisa isithunzi sabesifazane noma okunomthelela ekuhlukunyezweni kwabesifazane nokuhlukunyezwa ngokocansi, benze ukuthi bacabange ngalokho



abakushoyo noma bakwenzayo. Benze ukuthi bangasebenzisi isiko njengendlela elungile yokulandelwa kwezodlame noma izenzo zokhlukumeza. Bakhumbuze ukuthi isiko yinto eshintshayo ngazo zonke izikhathi. Qhakambisa emphakathini ngokulingana ngokobulili nokuba nemisebenzi emile engyabesilisa abazuzayo ngayo futhi, bese nixhasana ekushintsheni indlela enicabanga ngayo nenenza ngayo.



Gqabula igoda lodlame

Uma uke wabona isenzo zodlame emndenini, uyazi ukuthi kusabisa kanjani futhi kubhidliza kanjani. Thatha isinyathelo sokubuqeda. Uma ngabe usola umfowenu, umngani, omaziyo, ofunda naye esikoleni noma osebenzisana naye ukuthi uhlukumeza abesifazane, ungashalazi, kanti futhi ungathuli. Mtshela ukuthi ukhathazekile. Mkhumbuze ngobungozi obenziwa wudlame alwenzayo kumlingani wakhe, ezinganeni zakhe kanye nasebudlelwaneni bakhe. Mtshela ukuthi udlame lwasemndenini aluhambisani nomthetho. Mgqugquzele ukuba athole usizo olunobuchule bese umlandelela ngaso sonke isikhathi uqinisekise ukuthi uyakuyeka ukuhlukumeza.

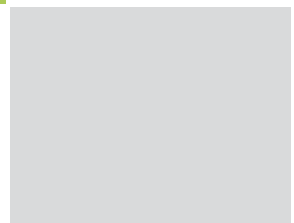
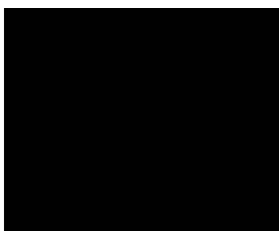


Yiba isibonelo esihle ebafaneni abasebancane nakwamanye amadoda

Amadoda abuka izinto ngeso elihle angaba yizibonelo ezinhle impela ebafaneni abasebancane kanye namanye amadoda emphakathini yabo. Abafana bayabuka ukuthi ngakube wena namanye amadoda ninobudlelwano obunjani nabesifazane ukuze babone ukuthi kumele baphilisane kanjani namantombazane nabesimame. Ngakho-ke fundisa abafane kusenesikhathi, bese uhlala ngokubafundisa ukuthi ayikho indawo yodlame ebudlelwaneni..

Uma ufuna olunye ulwazi lapho ungathola khona usizo, Thola incwadi enezindawo zosizo kwi-One Man Can Action Kit, noma uye kwiwebhu yethu. www.genderjustice.org.za/onemancan

Enye ingxenye yalolu lwazi icashunwe ku-Jackson Katz (www.jacksonkatz.com/topten.html) We White Ribbon Campaign (www.whiteribbon.com/get_involved/default.asp?load=can-do).



Lencwadana iyinxenye yesikhali sokuthatha igxathu nolwazi nge One Man Campaign, umzamo weSonke Gender Justice nohulumeni wakwa Zulu-Natal. Ukuthola incazelo ephelileyo, vakashela lapha: www.genderjustice.org.za/onemancan