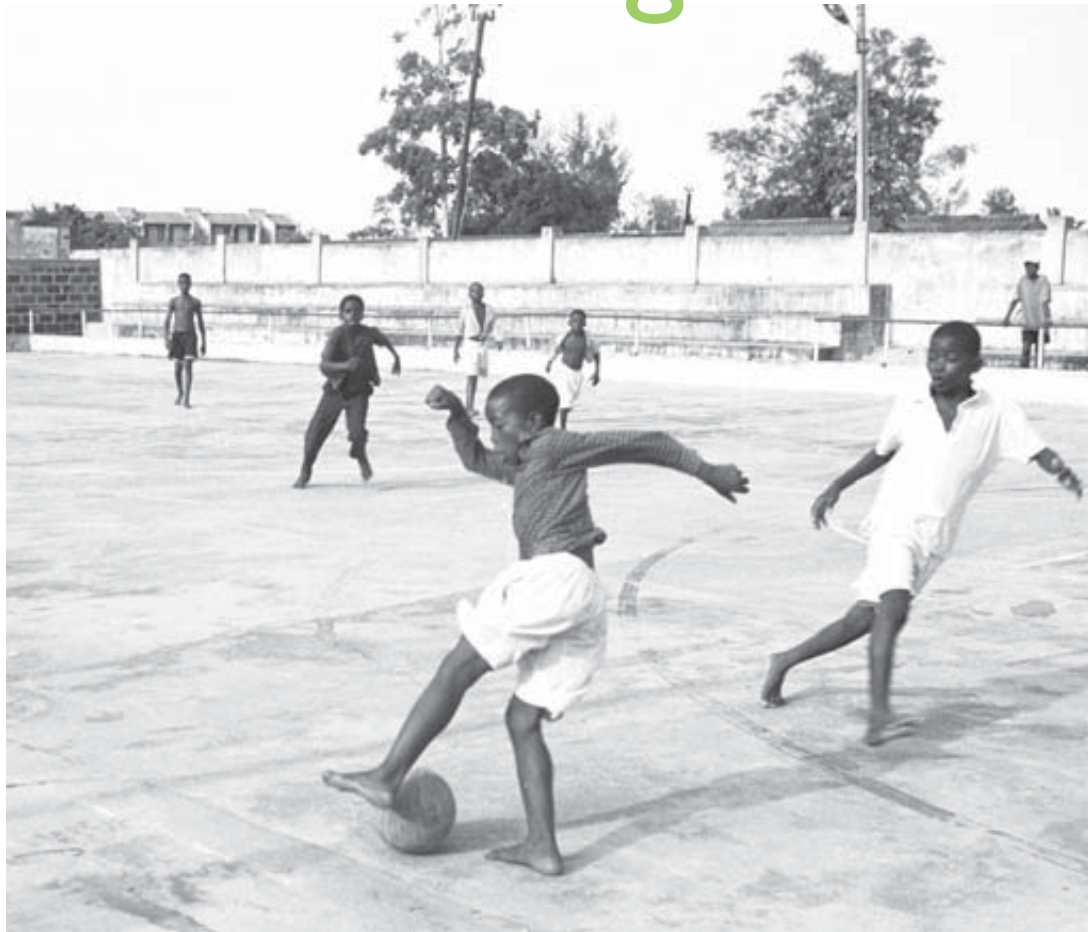




Indoda Nganye ingafumana uhlobo lokuphelisa ubundlobongela



**UXWEBHU
NGABAQEQESHI**

Kwindawo abatshintshela kuyo abadlali be rugby, omnye wabo uthi 'ubhaqile' izolo. Uthi kuye kwafuneka ukuba afake ifuthe ukuze avume lo wasetyhini.

Xa bebeziqeqesha, abadlali ababini baye basebenzisa intetho ethuka abasetyhini. Kumqeqeshi wabo ayingenanga kamnandi lento, ayiqondile futhi ukuba injalo nakwabanye. Uza kufuneka ethethe into ukulungisa oku kodwa akayazi ukuba makathini.

Kwigumbi lemidlalo, abaqeqeshi ababini bayaxambulisana ukuba benze ntoni ngomnye umdlali wabo othyo lwa ngoku thuka unkosikazi wakhe. Omnye uthe kufuneka amiselwe ngokwexeshana emsebenzini omnye yena uthi akenzanga nto lomdlali kuba akakagwetywa kuthiwe unetyala.

Kutheni abaqeqeshi bemidlalo kufuneka bathathe inkxaxheba ekupheliseni ubundlobongela basekhaya nobe sondo?

Imidlalo yasoloko iyinto yokuqala xa kuthethwa ngotshintsho. Imidlalo incede uMzantsi Afrika waphelisa ucalucalulo nomkhethe webala. Imidlalo ingakwazi ukudibanisa abantu bazive benomnqweno wokuphumelela.

Amadoda kunye namakhwenkwe asakhulayo akafane acinge ukuba angadlala inkxaxheba ekupheliseni ubundlobongela obujoliswe koo mama nama ntombazana. Ngamaxesha amaninzi baninzi abantu ababajongele phezulu aba. Cinga ngefuthe umdlali we bhola analo okanye u captain weqela lombhoxo.

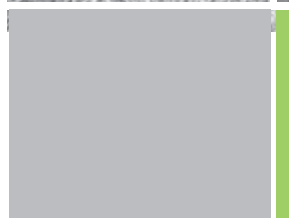
Kulemihla ayingomnqa ukubona umqeqeshi weqela ebizwa azokusombulula imeko yasekuhlaleni: ubundlobongela obujoliswe koomama nabantwana. Ubundlobongela basekhaya nobesondo buyingxaki ebachaphazelayo abadlali kunye nabantu abasebomini bakho.


Wonke umqeqeshi unokwazi ukuba nefuthe lokutshintsha uhlobo abadlali abanokuphelisa ukunga hloniphi abantu basetyhini kwaye atshintshe nohlobo lwabo lokucinga.

Abaqeqeshi abakhulu abasoloko becinga ngomdlalo qha. Bafundisa ngokunyamezela, ukusebenzisana, ukuziphatha kakuhle nentlonipho kubanye abantu. Zonke ezi zizakhono ezibalulekileyo ebomini kanye nasemidlalweni.

Abadlali bayakumamela, baqhelile ukulandela imiqathango yakho xa nilungiselela imidlalo ngoqeqesho. Ungasebenzisa oku ukuze ubafundise ngobomi. Ukuphumelela kwimidlalo kudinga amandla, ubuchule, nentsebenziswano. Ngelishwa elikhulu abadlali abayiqondisisi into yokuba uhlobo okudlalwa ngalo lokuphumelela alu soloko lusetyenziswa ekuphileni ubomi.

Ngokufundisa abadlali abaselula ukuba abasetyhini bafanele ukuphathwa ngembeko nesithozela. Kwaye nokuba ubundlobongela abubonakalisi mandla okanye uhlobo umntu anokuziveza ngalo ubudoda bakhe. Ngokubabonisa oku uyakubanceda ababafana basakhulayo ukuba bakwazi ukuhlukanisa phakathi kwemidlalo yasebaleni no bomi.





I One Man Can Kit iquka uluhlu lwezixhobo ezizakunceda ukuba ukhuthaze amanye amadoda anganyamezeli abukele ubundlobongela basekhaya nobe sondo. Uzakufumana isikipa, ii-sticker, nee posters ongazisebenzisa ngokuncamathisela ekhayeni okanye eofisini yakho. Kuqulathwe nemiqulu ethe gca (fact sheets) ezakukunika iindlela zokuthatha inkxaxheba xa uzakuxhasa umsindi wodlwengulo. Ikwaqula nohlobo anokuzibandakanya ngalo namaqela asekuhlaleni.

Abaqeqeshi bamaqela bangawakhuthaza kanjani amakhwenkwe nabafana abasakhulayo ngokuzibandakanya ekupheliseni udushe olujoliswe koo mama nabantwana?

1. Bacacisele kusaqalwa ukuba yintoni oyilindeleyo:

Usuku lokuqala lokuziqeqesha lubalulekile kakhulu. Kungelixesha kanye okwazi ukufundisa lukhulu. Lelixesha kanye ucinga ngecebo lokudlala ngcono, ngokufaka amanqaku amaninzi, bacacisele ngalendlela ukuze wenze umgangatho onguwo. Ikwaliilo nexesha elibalulekileyo lokucacisa ukuba bangaziphatha kanjani xa becinga ngobundlobongela ubujoliswe kubantu basetyhini. Bakhuthaze ukuba bathethe kwaye ubaxebele oko ukwaziyo ngeenkonzo ezikhoyo zokulwa ubundlobongela.

2. Cacisa iimbono zakho

Cacisa ukuba kuthetha ntoni na ukuba yindoda. Cacisa ukuba noxa nje ebaleni kusetyenziswa amandla amakhulu noburhabaxa, ebomini bemihla ngemihla akunokulunga ukuba kwenziwe ngoluhlobo. Ukwenza kanje ngokuphathelene namantombazana akulunganga kwaye akunonyamezelwa liqela lenu.

3. Ngale season bachazele ukuba umdlalo awupheleli ebaleni qha

Mabayazi ukuba kulonyaka bazakufunda ukuphatha abantu basetyhini ngesithozela nembeko kwaye ubundlobongela ayingomandla. Bacacisele ukuba uzakusebenzisa ifuthe abanalo ukubakhuthaza ukuba bangabumeli ubundlobongela bazibandakanye kakhulu ngokunqanda ukosuleleka kwe HIV.

4. Yiba ngumzekelo wenkcubeko ngokufundisa ngohlobo oluphilileyo

Baqeqeshe, ubafundise ukuhlonipha ngohlobo olukhuthazayo – khumbula ukuba intlonipho iyakuqala kuhlobo obambisana ngalo neqela elo kunye nohlobo oqeqesha ngalo. Kwinto ozenzayo bafundise ngentlonipho – emntwini ngamnye nakubanye abantu. Yenza njalo nokuba iqela lakho aliphumeleli.

5. Khuthaza abadlali bakho ukuba baxhasane kwaye bangabi nabundlobongela

Bakhumbuze ukuba abanye abadlali kufuneka bathethe xa omnye wabo engabonakalisi intlonipho ebantwini basetyhini. Bakhumbuze ukuba abahlobo benene bayaxhasana ukuze bangangeni ezingxakini. Ngexesha lokuziqeqesha phambi komdlalo, bakhumbuze ukuba uhlobo abaziphatha ngalo xa bengekho sebaleni luchaphazela iqela lonke ixesha.

6. Sebenzisa amathuba onokufundisa ngawo

Xa ungumqeqeshi, uqhelile ukwenza amalungiselelo ngento ezinokwenzeka ebaleni. Yenza njalo ke nangoku xa usebenza ngokuphelisa ubundlobongela obujongiswe ebantwini basetyhini. Ngamanye amaxesha kuyakuba nzima kakhulu ukunqanda ezinye izinto ezenzekayo kwiqela lakho, elixesha lisebenzise ngokuthetha ulungise oko neqela lonke.

- **Ithuba onokufundisa ngalo: Ukungahloniphi abathetha ngako kumagumbi abo okutshintshela xa beqhayiselana ngokuba balala nabantu abangaphi.** Xa usiva abadlali bakho bethetha ngamantombazana nohlobo abalulo kwezesondo, bebonisa ukungabahloniphi abantu basetyhini okanye xabethetha ngokunyanzelisa amantombazana ukuba alale nabo. Eli lithuba lakho lokubafundisa. Khumbuza abadlali ukuba ayibo budoda ukulala nabantu abaninzi. Bakhumbuze ukuba abantu besifazane xa besithi “Hayi” bathetha lonto kanye NGAMAXESHA ONKE. Nantso into elungileyo kwaye ngumthetho lowo! Yilungise lento kwangoko.
- **Ithuba onokufundisa ngalo: Babuzisise xa bebeka ityala ixhoba.** Xa amadoda ebeka ityala abantu basetyhini ngodlwengulo nokuphathwa gadalala ekhaya, lonto yenza umenzi wobubi abengathi akenzanga nto. Sebenzisa igunya lakho ngokubabuza xa besenza oku. Abadlali bacacisele ukuba akekho owesatyhini ocela ukuphathwa gadalala ngokudlwengulwa nokuba banxibe ntoni, ukuba ebesele kangakanani okanye ebekhe wabonakalisa ingathi unomdla kuwe.
- **Ithuba onokufundisa ngalo: Babuze xa bethetha ngokuphatha gadalala ngokwesini.** Cacisa ukuba ukudlakazelisa nokuthetha kakubi ngabantu basetyhini kuthoba isidima. Amantombazana akafanelanga ukutsalwa ngokuhlekwa ngenxa yezinto azinxibileyo. Mayicace into yokuba abantu basetyhini abakuthandi oku ngamanye amaxesha bade bazive besoyika bangakwazi ukuzinqandela. Baxebele ukuba wena uncoma amadoda aphantsi abantu basetyhini ngesithozela, isidima nembeko.
- **Ithuba onokufundisa ngalo: Thetha ngokulungisa naluphi uhlobo lobundlobongela olukrokrelayo olwenziwa ngomnye wabadlali.** Ngexesha usiva ngalo ngobundlobongela obenziwe ngomnye wamalungu eqela lakho, kucacile ukuba iqela lonke lithetha ngalonto. Kusenokwenzeka ukuba abadlali bakho bakhathazekile, banomsindo okanye badidekile. Thetha nabo bonke ngoko ugxininise ngokubaqatha kweziphumo zesisenzo. Ungathetha nangokuba ilitshintsha kanjani ikamva labadlali. Cacisa ukuba izithyolo zodlwengulo ziqatha kakhulu. Ukuba ungumqeqeshi wesikolo bacacisele ukuba luxanduva lwesikolo ukuphanda ngesisehlo nokuxelela amapolisa. Baxebele ukuba abadlali abakho ngaphezulu kwengalo yomthetho kuba bangabahlali.



INDODA NGANYE INGENZA UMAHLUKO INDODA NGANYE INGANGUMQEQESHI WOBOMI.

Ngenkcazelo ethe vetshe ngokufumana uncedo, bona uluhlu lweendawo zeenkonzelo kwi One Man Can Action Kit, okanye ndwendwela iwebsite yethu kwa

www.genderjustice.org.za/onemancan



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