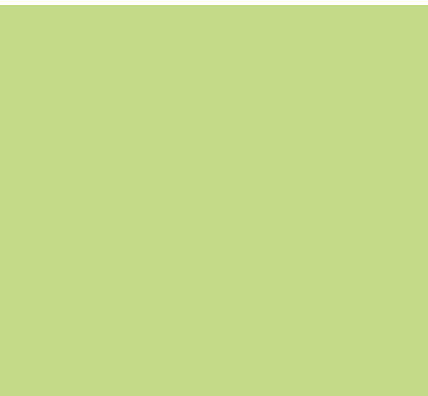




Indoda Eyodwa ingasungula uhlelo olungaqeda ukuhlukumezeka



**INCWAJANA
NGABAQEQESI**

Egumbini lokuqgokela umdlali wombhoxo utshela amalungu eqembu lakhe ukuthi uphumelele izolo ebusuku. Uyaqhubeka uthi ufake ingcindezi kumuntu wakhe wesifazane waze wavuma ekugcineni.

Ngesikhathi sokuzivivinya abadlali ababili eqenjini lakhe basebenzise ulimi olukhombisa ukubukela phansi abantu besifazane. Umqeqeshi uzizwa engakujabuleli lokhu futhi uyabona ukuthi abanye abadlali bazokusho nabo. Ufuna ukusho okuthile ngalento kodwa akazi ukuthi kufanele athini.

Endlini yeqembu abaqeqeshi ababili bayaphikisana mayelana nomunye wabandlali osezingeni eliphezulu eqenjini ukuthi kufanele enziwe njani njengoba esolwa ngokushaya unkosikazi wakhe. Omunye uthi kufanele bammise okwesikhashana eqenjini. Omunye uthi akanacala kuze kube inkantolo imthola enecala.

Kungani Umqeqeshi Kumele Agququzele Amadoda Nabafana Ukuthi Bamelane Nodlame Olubhekiswe Kwabesifazane Kanye Nokuhlukumezeka Kwabo Ngokocansi?

Ezemidlalo zithathwa njengenye yezinto eziphambili ekuguquleni indlela yokuphila. Ukudlala imidlalo enhlobonhlobo kuyisebenzele iNingizimu afrika ukulwisana nokwahlukana kanye nobandlululo. Kuyakwazi ukuletha ukuzwana kwabantu kanye nokuletha ugqozi. Abesilisa abadala nabancane abazimbandakanya kwezemidlalo abakaze bakucabange ukuthi nabo banendima abangayidlala ekuqedeni inkinga yodlame olubhekiswe kwabesifazane. Okufanele sikwazi ukuthi lawo madoda yiwona abantu abanengi abawethembile emphakathini. Ake ucabange ngoshintsho olungadalwa ngumdlali odumile noma ke ukabuteni weqemgu lombhoxo.

Namuhla njengabaqeqeshi niyamenywa ukuthi nani nibe nendima eniyidlalayo kulenkinga ekhungethe umphakathi wethu. Inkinga yodlame olubhekiswe kubantu besifazane kanye nokuhlukumezeka ngokocansi yinkinga ehlukeye abagijimi abanengi kanye nalo lonke uhlobo lomuntu ongalucabanga.

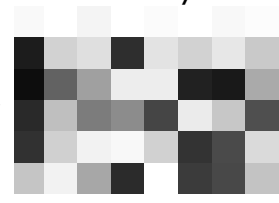
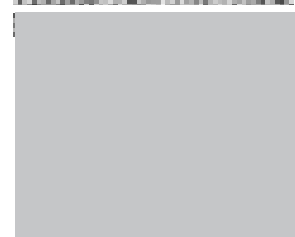
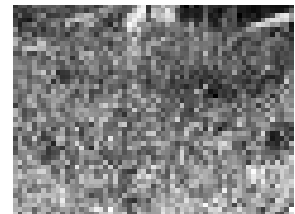
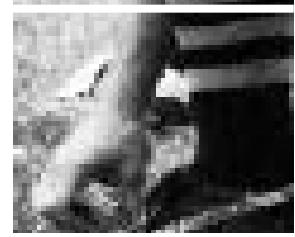
Umqeqeshi nomqeqeshi usesimweni esimnika amandla okuletha uguquko ekushintsheni indlela umgijimi wakhe acabanga ngayo ngabantu besifazane kanye nokushintsha indlela ekhombisa ukungabahloniphi abantu besifazane okuyiyona eholela ekuhlukumezekeni kwabo.

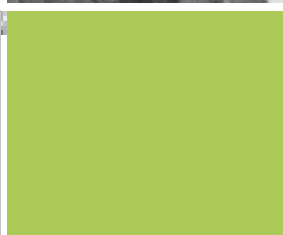
Abaqeqeshi abakhulu abafundisi nje ngezemidlalo kuphela. Babuye bafundise nangokuhlonipha, ukubekezela, ukuzihlonipha wena, ukuzithiba, ukusebenzisana kanye nokuhlonipha abanye abantu. Lezi yizinto ezibalulekile okufanele abadlali babe nazo empilweni njengoba zidingeka nasezinkundleni zemidlalo.

Abagijimi bayakulalela, futhi sebejwayele ukuthatha imithetho emayelana nokulungisa, namaqhinga okusebenza kahle, ungalisebenzisa lelithuba ukubafundisa ngokuziphatha. Ukunqoba kwezemidlalo kudinga ukuphoqha izinto, ulaka kanye nokwenza abadlali bangabi nayo injabulo. Ngeshwa abadlali abanengi abancane abacabangi ukuthi indlela abafundiswa ngayo emidlalweni akufanele bayisebenzise emiplweni yabo yemihla ngemihla.

Ngokufundisa abagijimi bakho ukuthi abantu besifazane abancane badinga ukuhlonishwa kanye nokuphathwa kahle nanokuthi udlame olubhekiswe kubantu besifazane alubenzi babe ngamadoda ancono. Umqeqeshi uzobasiza labafana ukuthi babone umehluko phakathi komdlalo nempilo.

Lenhlanganisela ifaka nezinto ezingakusiza ukuthi ukwazi ukugququzele abanye abantu besilisa ukuthi bamelane nodlame olubhekiswe kubantu besifazane kanye





nokuhlukomezeka ngokocansi. Uzothola iskipa, izigqebhezane, izithombe ezinkulu ongazifaka ehhovisi lakho noma endlini yeqembu lakho lezemidlalo. Uzothola namaphepha anolwazi mayelana nokuthi yini ongayenza ukusiza lowo ohlukumezekile kanye nezindlela zokusebenzisana nezinhlangano ezahlukahlukene zomphakathi.

Yini Abaqeqeshi Abangayenza Ukugquqguzela Abafana Namadoda Asemancane Ukubambalqhaza Ekuqedeni Udlame Olubhekiswe Kwabesifazane Nezingane?

1. Cacisa ekuqaleni ngezinto ozibheke kubadlali

Usuku lokuqala lokuzivivinya wusuku olubalulekile kakhulu. Yilesi sikhathi okufanele izimfundiso zinikezwe khona kubadlali bengakadlali umdlalo wokuvula. Yilapho okufanele uveze izindlela zokusebenza, qamba izifiso ofuna zifezeke ngomdlalo (goals), ubatshela ngezinto ezsilindeleke kubo nokubeka isiza esiqinile esizoxhumanisa iqembu. Yilesi futhi isikhathi lapho okufanele ukuveze khona ukuthi udlame olubhekiswe kwabesifazane aluvumelekile. Batshela ukuthi mabaxoxe nawe ngalezi zinto nokuthi yiluphi usizo abangaluthola uma bezithola bebhekene nalenkinga.

2. Yenza imibono yakho icace

Bachazele ukuthi ngokwakho yini eyenza indoda yangempela. Bachazele futhi ukuthi njengoba bevumelekile ukudlala kanye nokusebenzisa amandla ezinkundleni zemidlalo, lokhu akuvumelekile ukuba kwenziwe kubantu besifazane ezimweni zonke zempilo nanokuthi angeke kubekezelelwe ukuthi kwenziwe omunye wabo eqenjini.

3. Kulesi sikhathi batshela ukuthi amaphupho abo kumele angagcini ezinkundleni zezemidlalo kodwa mababuke impilo ngeso elibanzi.

Batshela ukuthi kulonyaka bazofundiswa nokuthi kumele babaphathe ngenhlonipho abantu besifazane nokuthi kufanele bazi ukuthi udlame alukhobisi amadla. Batshela ukuthi uzobasekela ukusebenzisa indima yabo ukudlulisa umlayezo nakwabanye abantu besilisa ukuthi kumele bamelane nodlame kanye nokuvikela ukubhebhetheka kwegciwane legculazi.

4. Khombisa ukuzithiba nokuhlonipheka

Gqugquzela ukuzithiba kanye nenhlonipho ngokusebenzisa izindlela ezigxeka ngokwakhayo. Ukuzithiba kwawo wonke umuntu oyilungu leqembu kuqala ngomqeqeshi kuze kubo bonke abantu abaphethe iqembu. Ungasebenzisa izenzo zakho ukufundisa abadlali ngokubaluleka kokuzihlonipha kanye nokuhlonipha abanye nalapho izinto zingalungi abadlali bengaphumeleli.

5. Bagququzele abadlali ukuthi basekelane ukuze bengazitholi bephehla udlame

Khumbuza abadlali ukuthi kufanele bakhulume uma bebona ukuthi ukhona oyilungu leqembu obandakanyeka ezehlakalweni zodlame nokungahloniphi abantu besifazane. Bakhumbuze futhi ukuthi abangani abahle bayasekelana ukuze bengazitholi besengxakini noma uma befuna ukushintsha. Ngesikhathi bezivivinya nangaphambi kokuthi badlale bakhumbuze abadlali ukuthi ukuziphatha kwabo uma bengasekho enkundleni kunomthelela ekuphumeleleni kweqembu.

6. Sebenzisa ithuba elizomenza umuntu afunde

Njengomqeqeshi usukujwayele ukuhlela izibonelo zomdlalo ongazisebenzisa. Kanjalo futhi hlela nabadlali ukuthi yini enizoyenza ukubhekana nokuhlukomezeka ngokodlame kwabantu besifazane. Kwezinye izikhathi kuzoba nziba ukukuvimba izimo noma ukuziphatha kabi kwabadlali bakho, kodwa lokho kukunika ithuba lokuthi ukhulume nabo bonke eqenjini nokulungisa amaphutha.

- **Izikhathi ezenza umuntu afunde: endlini yokugqokela abadlali, ake ubhekane gqo ngendlela abadlali bakho abakhuluma ngayo nekhombisa amandla abanawo ezindabeni zocansi.** Ngesikhathi uzwa abadlali bakho bekhuluma ngesimilo sentombazana nokuziphatha kwayo, bekhuluma ngendlela ekhombisa ukudicilela phansi isithunzi salowo muntu wesifazane, noma bekhuluma ngokuphoqelela abantu besifazane ocansini, yingaleso sikhathi lapho kufanele ubafundise khona. Bakhumbuze abadlali bakho ukuthi ukuba yindoda yangempela akukhonjiswa wukuba sothandweni nabantu besifazane abaningi, nokuthi futhi uQha usho uqha kunoma yisiphi isimo NGASO SONKE ISIKHATHI. Ukunqaba kuyilungelo futhi kusemthethweni. Qanda isimo ngase leso sikhathi.
 - **Izikhathi ezenza umuntu afunde: melana nokusolwa komuntu ohlukumezekile.** Ngesikhathi amadoda esola umuntu wesifazane odlwenguliwe nohlukumezekile, lokho kudala ukuthi lowo muntu owenze lokho azibone engenzanga iphutha. sebenzisa iskhundla sakho ukuphikisana nokusolwa komuntu ohlukumezekile. batshele ukuthi akekho umuntu wesifazane ozicelela ucansi noma ngabe egqoke ngayiphi indlela, noma ngabe uphuze utshwala obungakanani, noma baya bekhombisa ukuthanda.
 - **Izikhathi ezenza umuntu afunde: melana nezenzo noma amagama akhombisa ukucela ucansi.** Bachazele ukuthi ukuphonsa amagama aziswana kubantu besifazane namantombazana kwehlisa isithunzi nanokuthi amantombazane akufanele agxekwe ngenxa yendlela ababukeka ngayo noma ngendlela abakhetha ukugqoka ngayo. Bachazele ukuthi amantombazane amaningi awayithandi leyonto futhi bayesaba ukuzivikela uma begxekwa ngalokho. Okokugcina bachazele futhi ukuthi amadoda owancomayo yilawo apha abantu besifazane ngenhlonipho nangesizotha.
 - **Izikhathi ezenza umuntu afunde: melana nalowo oseqenjini osoleka ngokuphehla udlame olubhekiswe kwabesifazane.** Ngesikhathi uzwa ukuthi ukhona omunye wabadlali eqenjini osoleka ngokuphehla udlame, amathuba maningi okuthi abadlali abaningi sebexoxile ngalendaba. Abadlali bakho bakhathazekile, bathukuthela futhi badidekile. Khuluma nabo bebonke mayelana nobungozi abangazithola bebhekene nabo nomthelela ongaba khona ekusaseni labo. Batshele ukuthi izinsolo zokudlwengula ziyingozi enkulu, kanti uma uqeqesha abafundi besikole, bachazele ukuthi kungumsebenzi wesikole ukucwaninga izinsolo bese saziza amaphoyisa ngalokho. Batshele ukuthi abagijimi abekho ngaphezu komthetho. Okokuqala nje bangamalungu omphakathi futhi bayizibonelo.



INDODA NGANYE INGENZA UMAHLUKO INDODA EYODWA INGABA UMQEQQESHIYEMPILO.

**Ngencazelo ebalulekile yokuthola usizo, bona uhlu lwezindawo zezinsiza /zoziso kwi One Man Can Action Kit, noma nivakashele iwebsite:
www.genderjustice.org.za/onemancan**

