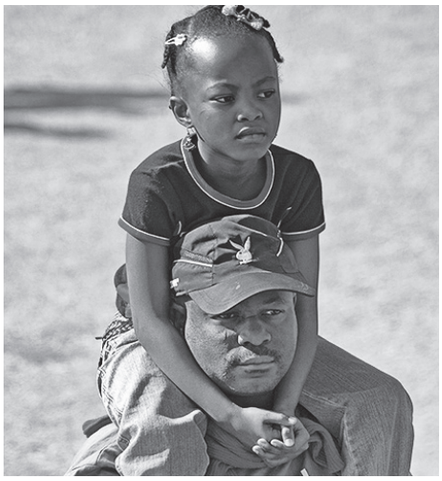
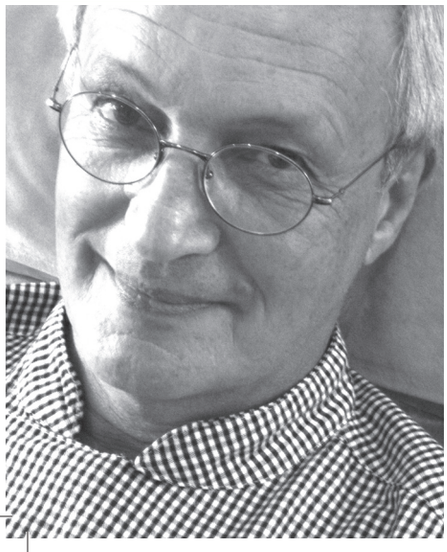
# Indoda Nganye ingakwazi ukuba ngutata

## Indoda Nganye ingafundisa amakhwenkwe eselula, rhoqo ukuhlonipha abantu basetyhini





**UXWEBHU NGOOTATA**

Amakhwenkwe akhoyo ebomini bakho adinga ixesha namandla akho. Unyana wakho, umzukulwana wakho oyinkwenkwe, umtshana, umntakwenu omncinci, amakhwenkwe owaqeqeshayo kwezemidlalo okanye owafundisayo. Onke lomakhwenkwe ayakudinga ukuba uwancede akhule abengamadoda aphilileyo, anentlonipho kubantu basetyhini.

Amakhwenkwe ase Mzantsi Afrika akhula ejongene nawona mazinga aphezulu obundlobongela basekhayeni nodlwengulo kunawo onke amanye apha elizweni. Ngamaxesha amaninzi ajongana nelozinga liphezulu lobundlobongela, ngaphezu koku afumana imiyalezo emininzi engaphilisiyo yokuba 'kuthetha ntoni ukuba yindoda'. Eminye yale miyalezo iquka ukuba kufuneka 'baqine', bathandane nabantu abaninzi bangaceli noncedo xa beludinga.

Ngokusenyanisweni lamakhwenkwe adinga ingcebiso noncedo lwakho ukuze ubancede bazazi ukuba bango bani. Badinga ukuba ubancede bayiqonde yonke lemiyalezo yokuba loluphi uhlobo ekumele ukuba baziphathe ngalo. Lisenyanisweni eli ingakumbi xa ujonga izimvo zabo ngohlobo ababaphatha ngalo abo bathandana nabo basetyhini.

Amakhwenkwe ayakubukela uhlobo othi wena namanye amadoda niziphathe ngalo xakufika kubantu basetyhini. Fundisa amakhwenkwe kwangoko kwaye uwafundise rhoqo ukuba ubundlobongela abulunganga kubantu abavisisana nabo.

## Indoda Nganye ingangumzekelo omhle:

**Indoda Nganye ingabafundisa besebatsha.** Alikho ixesha unokuthi basebancinci ngalo ukuze ubafundise ngobundlobongela. Mfundise indlela yokuzipholisa ngayo xa enomsindo. Mbonise izinto anganakukwazi ukuzenza ukukhupha umsindo. Mbonise ukuba kuthetha ntoni ukubanembeko nokuphatha abanye abantu ngenyameko.

**Indoda Nganye ingabakhona maxesha onke.** Kubaluleke kakhulu ukuchitha ixesha namakhwenkwe. Akunyanzelekanga ukuba kubekho izinto enizenzayo. Noxa angasoze afane atsho amakhwenkwe ngokwawo kodwa ayafuna ukuba kubekho umntu oyindoda phakathi kwawo.

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**Indoda Nganye ingamamela. Yiva ukuba bathini.** Mamela uhlobo abathetha ngalo ngamantombazana. Mbuze ukuba iitshomi zakhe azikhe zibenokuphatha gadalala amantombazana na? Akakhathazekanga na ziitshomi zakhe eziphatha kabuhlungu abo batshomene nabo? Zikhona iitshomi zakhe eziphatha kakubi abanye abantu.

**Indonda Nganye ingamcacisela.** Mfundise indlela anokwazi ukukhupha umsindo wakhe engakhange asebenzise ubundlobongela. Xa enomsindo mxelele ukuba angavele ahambe, abethwe ngumoya. Mxelele ukuba angaza kuwe xa efuna umntu wokuthetha naye. Mnike imizekelo yezinto ezingenabungozi angathetha ngazo okanye azenze ukunqanda ubundlobongela.

**Indoda Nganye ingafumana indlela eyiyo nelula yokuthetha.** Umntwana akanofane azokubuza efuna ingcebiso ngendlela yokuphatha abantu basetyhini. Lonto leyo ayithethi ukuba akayidingi longcebiso. Bukela naye umabonakude okanye umamele umculo awudlalayo. Ukuba uyabona okanye uve izinto ezinokumkhuthaza ukuba abenobundlobongela obujoliswe kubantu basetyhini. Mxelele okucingayo ngoku. Ungathalalisi ukumazisa ukuba awungqinelani nemvumi ezingabahloniphiyo abantu basetyhini. Mxelele nangezinto ezihlekisayo okanye imidlalo ye video games ebathathela phantsi abantu basetyhini. Xa eqala ukuthandana qinisekisa ukuba uwaphatha ngentlonipho amantombazana.

**Indoda Nganye ingathatha uxanduva.** Ukuba ubukhe wanobundlobongela kulowo uthandana naye ingakumbi xa umntana ethe wakubona oku, kubalulekile ukuthatha uxanduva ngezenzo zakho. Abantwana basoloko bexakaniseka bubundlobongela basekhayeni, kubaluleke kakhulu ukubacacisela ukuba nguwe owenze obubundlobongela. Cacisa ukuba uyakuvuma oku, kwaye bekungalunganga. Mcacisele ukuba unobangela ayinguye umntwana okanye lowo uthandana naye. Mcacisele ukuba awuzukuphinda ubenobundlobongela. Gcina isithembiso sakho.

**Indoda Nganye ingabafundisa rhoqo.** Xa ukhe wathetha ngobundlobongela okukuqala, umsebenzi wakho awuwugqibanga. Mncedise asebenzele ukuphelisa iingxaki kubudlelwane bakhe xabezikhona. Mazise ukuba angabuyela azokuthetha nawe nanini na. Sebenzisa lonke ithuba onalo ukugxininisa umyalezo wokuba ubundlobongela abunandawo kubudlelwane.

**Indoda Nganye ingangumzekelo omhle.** Ootata, abaqeqeshi bamaqela nayiphina indoda echitha ixesha namakhwenkwe iyakuba nefuthe elikhulu ukubafundisa abadlali ngohlobo lokuhlonipha abantu basetyhini. Bayakufunda ukuba intlonipho ithetha ukuthini xabejonge uhlobo owenza ngalo wena. Yenza intlonipho ibeyinto ehlala ihleli xa usebenza nabantu. Xa uqhuba imoto, xa uthetha nabathengisi evenkileni, nakubantu abancedisa emakhaya okanye usapho lwakho xanihleli ninonke. Ubukele izinto ozithethayo nozenzayo. Ezintle nezimbi. Lujonge uhlobo okhupha ngalo umsindo. Mxelele ukuba buyintoni kuwe ubudlelwane obunempilo. Phatha abantu basetyhini ngohlobo unyana wakho anokwazi ukulincoma.

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## Ungayisebenzisa kanjani le Ngqokelela Yezizixhobo (Kit):

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

***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***

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