

4 Zibandakanye

• Zibandakanye nombutho we "One Man Can Campaign":

Isonke Gender Justice Network yiyo e veze i "One Man Can Campaign" ukuthuzela amadoda nabafazi ukuthi bancede ukwenza ubomi obulungileyo noku veza ilizwe elinobu lungisa noku khutaza amadoda ekulweni i HIV/AIDS nase ku pheliseni ubundlobongela obenziwa eba fazini. Unga nceda kakhulu ngo kwenza ukuthi ilizwe lihlale likuselekile.

• **Nikela nge nkathalelo kwabo aba yi dingayo:** Okwangoku, nga bafazi namantombazane aba nikela ngokukhathalela abantu ne nkedama ze AIDS. Oku ka ninti bubangela ukuba abafazi namantombazane ba hlale be khatazekile emimoyeni yabo, baswele ne thuba lokuya eskolweni nase msebenzini. Kukho amadoda awancedisayo kodwa baya dingeka abanye. Bonisa ukuthi uya khathala ngokuncedisa njalo abantu xa unako nokuncedisa.

• Lwela ukufumana uncedo lwe nisebenzi yemphilo entle:

Umthetho sisekelo wethu usinika amalungelo okuthi si funyaniswe uncedo lwe mpilo entle. U Government uzama kakhulu ukwenza ukuthi ku fumaneke unyango lwe HIV noku khatalelwa kwabantu kodwa ngumsebenzi omkhulu lona. Sonke singabandakanya nabo abalwela ukufunyanwa kwenkonzo zokuphilisa ezinje nge Treatment Action Campaign (TAC).

• Lwela ukufumaneka okulingeneyo kwe condoms ezabafazi:

Okwangoku zimbalewa icondoms zabafazi ezifumanekayo, oku kukweya amalungelo wabafazi. Thetha ngokuvakalayo o cinezele ukuba mazifumaneke kwi clinic eku fitshane nakuwe. Zibandakanye ne Sonke, TVEP okanye ne mihlangano ye AIDS ekufutshane nawe ukuba u dinga uncedo.

Khumbula ukuthi, ukuba abantu abaninzi ba hlasela ubandlululo, ukufihla, ukwala, nokungathathi unyathelo lokulwisanana ne HIV/AIDS, sakuba nelizwe eline mpile entle.



For More Information or Assistance

Eastern Cape:

Siyakhanyisa HIV / AIDS Support Group
13 Main Street, Qumbu, Mhlonlo
Tel / Fax: 047 553 0072

Umtata Child Abuse Resource Centre (UCARC)
Nelson Mandela Drive, Mthatha
Tel: 047 531 1103
Fax: 047 531 3494

KwaZulu-Natal:

Nkandla HIV / AIDS Network:
292 Marree Road, P.O. Box 161
Nkandla 3855
Tel: 035 833 0067
Fax: 035 833 0402

Tholusizo Community Relations Initiative
Chwezi Area, Nkandla
Tel: 072 075 9568 / 072 702 6116

Limpopo:

Centre for Positive Care
91 Tamboti Street, Sibasa
Tel / Fax: 015 963 1184
Web: www.posicare.co.za
E-mail: posicare@mweb.co.za

Munna Ndi Nnyi?
P.O. Box 204, Shayandima 0945
Thulamela Municipality, Vhembe District
Tel / Fax: 015 965 2754

Thohoyandou Victim Empowerment Programme
2 Old Embassy Grounds,
PO Box 754, Sibasa 0970
Tel: 015 963 1222
Fax: 015 963 1973
Web: www.tvep.org.za
E-mail: info@tvep.org.za

Sonke Gender Justice Network

Sonke ithatha amanyathelo ukwakha uMzantsi Afrika apho amadoda, nabafazi, ulutsha, nabantwana baphathwe ngokulinganayo kwimpilo, nentlaliswano eyakuba negalelo kwigalelo, nenkululeko yehlabathi. Impumelelo kaSonke, ixhomekeke kukwakha urhulumente, ibandla nobuqolo (imibutho yabahlali), nabafazi kuqinisekwe ubakho kokulingana ngempatho phakathi kwamadoda, namabhinqa kuze kunqandwe impatho egadala nokudlengulwa kuthotywe ukunaba kwentsholongwane kagawulayo.

Johannesburg Office

Sable Centre, 41 De Korte Street, 16th Floor
PO Box 31166, Braamfontein 2017
Tel +27 11 339 3589
Fax +27 11 339 6503
Email info@genderjustice.org.za

Cape Town Office

Westminster House, 4th Floor
122 Longmarket Street, Cape Town 8001
Tel +27 21 423 7088
Fax +27 21 424 5645
Web www.genderjustice.org.za

Information and Counselling Services:

• **LifeLine National Counselling Line**, inika uncedo lwamahala ngomnxeba, awulixeli igama lakho futhi intetho yonke ibayi mfihlakalo, oluncedo lubakhona iyure ezingamashumi amabini anesine yimini neveki yonkana. Tsala umnxeba wamahala kule nombolo: 0861-322-322

• **The National AIDS Helpline:** Inikezela ngolwazi, ingcebiso ngemfomfono, nangenkcazelo ngonyango lwesifo sikagawulayo, nesifo sephepha, izifo zangaphantsi, konke oku kufelefele, maxesha onke, ntsuku zonke zeveki. Tsalela lenombolo imahala: 0800-012-322



INDODA ENYE INOKWENZANI EKULWISENI IHIV, IAIDS KWANO BUNDOBONGELA OBENZIWA EBAFAZINI?



Thohoyandou Victim Empowerment Program

Sonke Sibizelwa ukuncedeni

Ekupheleni konyaka ka 2007, kwafumaneka ukuthi, kubantu abahlanu, abase Mzantsi Afrika, abaphakathi kwe shumi eline sihlanu (15), na mashume amane ane thoba (49), ngeminyaka, omnye wabo ufumaneke ene HIV.

Ekupheleni ku ka 2007, kubantu abangaphezu kwa mawaka ayi 5.7 ngenani abaphila bene (HIV/AIDS), kwafumaneka ukuba iMzantsi Afrika yayi ne nani eli phakame kakhulu unokweqhitha amanye amazwe wonke emhlabeni. Ebe nangaphandle koko, sine nani eli phakame kakhulu lezenzo zobundlobongela base makhaya obu qondene nabafazi nabantwana kwakunye noku dlwengula, kakhona, ngo 2004, i Medical Research Council kwi phando eyayi lenza la veza ukuthi, eMzantsi Afrika, phakathi kwethuba, ngalinye, lwe yure ezintandathu, kubulawa umfazi ebulawa yi ndoda yakhe. Esisibalo sokubulawa kwabafazi sisona esiphakame kakhulu ezweni lonke.

Obu bundlobongela bubonisa ukungalingani okukhoyo kwamandla na malungelo phakathi kwa madoda na bafazi. Ibe, bungezinye bezizathu ezibangela ukwanda kwe HIV ngokukhaleza eMzantsi Afrika. Isiqingatha esithathwini kwi nani labafazi ababelalana namadoda babe nyanzelwe. Ngaloku, kubonisa ukuthi eMzantsi Afrika ikakhulu abafazi abase lula ngeminyaka base sicengeni souk ngenwa sesisifo kunamadoda.

Kubantu abatsha abaseminyakeni e phakathi kwe 15 ne 24 abane (HIV/AIDS), abathathu babo phakathi kwa bane ngabafazi..

Olunye uphando, luveze ukuthi, amadoda awavamanga ukuhlolwa nje ngabafazi. Uku ngahlolwa kakhulu kwa madoda, kubangela ukwanda kwe sisifo ngoku khawulezileyo ngokuba xa abantu bengayazi isimo sabo, abakwazi ukuzikhusela kwa noku khusela abanye. Ukukweya kwa madoda ukuba a hlolwe, kubenza ukuthi bafune unyango ithuba lokungancedwa seliphelile, negazi labo seli buthathaka kakulu ukunganyangeka.

Phakathi kwa bahlanu bantu boMzantsi Afrika, abaziyo ngokuhlola ngokuthanda kwabo nangoku cebiswa ngokufuna kwabo, ngomnye kuphela okhe wahlolwa.

Indoda enye inokwenzani?

Ngokunjalo, unokwenzani ukuthintela iHIV/AIDS nobundlobongela ebafazini? Zinzi yizinto onokuzenza. Nanzi yizinto ezimbalwa onokuzenza:



1 Yazisi isimo okuso

Ukuba ungumtu owandise ukulalana, eyona ndlela yokuzasi isimo sakho kungo kuhlolwa.

Ngokuya ngo Umqulu wamalungelo aqondene ne HIV/AIDS, unelungelo loku hlolwa okufihlakele. Uninji lwabantu, ikakhulu abangamadoda bayo koyika ukuhlolwa. Bayoyika ukwazi nge simo sabo, kwanokoyika ukubandlululwa nga bantu abasebenza nabo, ngabahlobo babo, kwa nentsapo zabo. Kodwa, kungokuhlolwa kuphela apho unothi unako ukwenza iziqhobo ngobomi bakho nangabo nangabo obakhathaleleyo. Uninji lwabantu lufumana uthando nenxaso xa bethe ba xelela abantu ukuba ba HIV+. Ukuba sifuna ukulwisana ne HIV/AIDS kufanale si phelise ubandlululo oluhambelana ne HIV, singa loyiki. Ubuntu abulumeli ubandlululo.

iHIV, isifo e sothusayo, kodwa akumelanga ukuba sisigwebo soku bulawa. Nje nge sifo seswekire ne sifo souk phakama kakhulu kwegazi, isifo esinga pheliyo kodwa esilaulekayo

Amanye amadoda ayala ukuhlolwa ngenxa yokuthi bacinga ukuthi balondolelekile nangokuthi ukwazi kwabo ngesimo sabo, ukuzonwabisa kwabo kuzophela. Ukuba wahke wa lalana ungakhuselekanga, awuna ukusinda. Usenako ukuzonwabisa, kodwa ube usazi isimo sakho noku zihkhusela wena ne sithandwa sakho.

2 Zifundise

Ngaphambi koba uyohlolwa, zifundise nge HIV/AIDS, wazi noncedo elifumanekayo endaweni o hlala kuyo. Iincwadi namaphepha okufundwa zinokufumaneka kwi clinic, kwizibhedlela, iNGO's, ecaweni na kwi ofisi zikamasipale. Ukuba ufuna ukwazi kabanzi ngokuhlolwa, ngokucebiswa nangokunyangwa, zidibanise no "Sonke Gender Justice Network", kungenjalo, omnye wamalungu ethu okufutshane nawe aba balwe ngasemva kweliphepha.

Uma ufuna ulwazi kabanzi ngesandulela ngculazi noma ingculazi uqobo, ukuhlolwa, ukululekwa nokulashwa, xhumana no Sonke Gender Justice Network, noma abalingani bethu abaseduze nawe ababhalwe ngemuva.

3 Zikhusele, ukhusele nabanye

Noba ekuhlolweni kwakho kufumaneke ukuthi unayo iHIV, okanye awunayo, kusa funeka ukuthi wenze ululano olukhuselekileyo. Ukuba une HIV, zilumkele ungangenwa eminye imihlobo ye zizifo ezinokwenza ukuba u gule na nga phezu. Ukuba ngo kuhlolwa kwakho uthole ungenayo iHIV uzakuthanda uku hlala unjalo!

Nanga amanye amancqaku okuthi ungakhusele njani wena kunye noku khusela abanye:

• **Sebenzisa izikhuseleli ngamaxesho onke:** Okwangoku, zizobonakalise zisisikuselele esinamandla kakhulu se HIV kwakunye nezinye izifo ezifumaneka ngokulalana. Wakhe wazi zama icondom zabafazi ne ndoda yakho na? Ukuba awukazizami zicele kwi clinic ekufutshane nawe. Nokuba kungelulanga ukuzisebenzisa xa u qalayo, suku ngcama ngokuba zinako ukonwabisa nobabini.



Ukusebezisa icondom yotata noba ezabafazi kungenza ukuba nibe nokuncokola okumnandi ngezo lalano enokuthi ibangele ukonwaba nokwaneliseka okukhulu.

Zininzi izinto ezingenjalo ezithetwa nge condoms ezibangela ukwanda ngokukawulezekileyo kwe HIV/AIDS. Ubunitsi bezizinto ezithetwa nge condoms seyifane ikukuzama ukufumana isizathu zo kunga zisebenzisi. Icondoms ziyona indlela ekuselekileyo kakhulu esino kwi fumana eyo kuzikhusela kwi HIV ngaphandle ngokuzila. Kodwa icondoms zakusebenza kuphela xa zisebeziswa nga maxesha wonke.

• **Phungula inani la bantu o lalana nabo:** Isifo sidluliselwa lula komnye umntu ngokhulauleza emva kokuba umtu e chapazelekile. Abantu abana bahlobo abaninzi abalalana nabo, ba dlulisela isifo kwabanye abantu ngo ku kawuleza kwa nabo abangane babo badlulisele ngoku khauleza isifo kubanye abantu.

Ukuba abahlobo olalana nabo bagcitha ubunye nge nani kwi nyanga enye, ikubeka esingengeni esikhulu soku fumana iHIV.

• **Ziphathe kakuhle ekuthandaneni kwakho:** Zama ngamaxesho wonke ukwazi umlingani wakho kakuhle uye uyo hlolwa ngaphambi kokuba ube nobuhlobo obunye bokulalana. Qhaqhanisa ubuhlobo bahko futhi, phepha ukuba nokulalana okulanadlanayo okwa bahlobo bakho. Zonke ezi zinto zakunceda ukuhlala onwabile, uhlale uphile kakuhle.

• **Suku sela utywala kakhulu:** Uyazi ukuthi utywala bukwenza ukuthi wenze izinto ezinga fanele. Ingaba oko kulingana no bomi bakho na?

• **Cinga ngokuluka:** Uphando olwenziweyo kufuchani nje libonisa ukuthi amadoda awabuya ukuyoluka, bakuselekile ngaphezulu kakhulu kwi HIV/AIDS. Kodwa akwanelanga ukuthi ungangincibi icondom ukuba sisanako ukungenwa isifo, siku kuthazela ukuluka eclinikini yakho, Kungenjalo, esibedlela. Kumbula, okuthi ayi siso isiqinekiso sokuthi awuna ukwi fumana iHIV.

Ukuba ono ulwazi oluhle nge HIV/AIDS, usebenzisa icondoms njalo, unomlingani omnye kuphela olalana naye, uhlolwa njalo, unako okutsho ukuthi ukuselekile.

• **Ukuba u naso isifo:** Fumana iARV's xa kufanalelekile, uhlale kulo elo nyango. Nokuba kunge ka bikho iyeza le HIV/AIDS, iARV zi nceda abantu aba HIV+ ukuhlala bevuyile noku phila ubomi obumnandi obanelisayo. Kodwa, ukuba uthe wa sebenzisa iARV ungakhe umise ukuzisebenzisa ngaphandle kokuba u ggira athi ziyiyeke. Ukumane uzisela ipilisi ube u ziyiyeke kakhona, kwenza intsebenzo yamayeza ibe buthathaka ngokuthi zingakwazi ukukuncebisa.