

4 Bamba iqhaza

- **Bamba iqhaza nomkhankaso we One Man Can:** ISonke Gender Justice Network isungule umkhankaso we One Man Can okhuthaza amadoda ukuba abambisane namnye amadoda nabesifazane ukwakha ukulingana ezweni jikele, nokukhuthaza amadoda azibandakanye nomzabalazo wokuvikela isandulela ngculazi nengculazi nodlame olubhekiswe kwabesifazane. Ungabanegalelo elibalulekile futhi usize ukwenza izwe liphephe kuwe nakuso isizukulwane esizayo.
- **Nakelela labo abadingayo:** Okwamanje abafazi namantombazana yibona abahamba phambili ngokunakekela izintandane nabaguliswa yisifo sesandulela ngculazi nengculazi. Le nto yenza abafazi namantombazana bahlale bekhandlekile ngokomzimba nangokomqondo futhi okuholeda ekutheni bangabe besaya emsebenzini nasesikolweni. Akhona amadoda azibandakanyayo kodwa asadingeka. Ngalokho bonisa ukunakekela ngokupha uxhaso kulabo abadingayo nini nani nomaphi.
- **Lwela ukuthola usizo lwezempilo:** Umthetho sisekelo wethu usinika ilungelo lokuthola usizo lwezempilo. Uhulumeni usebenza kanzima ukwenza ukuthi amakhambi wesandulela ngculazi nokunakelela kutholakale kulabo abakudingayo, kodwa kungumsebenzi onzima. Singawenza umehluko ngokuzibandakanya nezinhlangano ezilwa nengculazi njenge Treatment Action Campaign Ukuphoqa ukulashwa okusezingeni eliphezulu.
- **Lwela ukutholakala kwa makhondomu abafazi:** Okwa manje amabalwa kakhulu amakhondomu wabesifazane atholakayo, lokho okucindezela amalungelo wabesifazane. Khuluma futhi uphoqe ukuthi atholakale emakliniki aseduze nawe – uma udinga usizo xhumana no Sonke, TVEP noma nenhlangano ezibhekene ne sandulela ngculazi nengculazi.

Khumbulala, ukuba abantu uma bephonsa inselelo, ichilo, ekucwaseni, ukufihla, ukwenqaba nokungathathi izinyathelo mayelana nesandangculazi nengculazi, sonke singaphila ezweni elinempilo.

Mayelana nolwazi kabanzi noma usizo

Eastern Cape:

Siyakhanyisa HIV / AIDS Support Group
13 Main Street, Qumbu, Mhlonthlo
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

I Sonke Gender Justice Network isebenzela ukwakha I Africa eseNingizimu lapho khona, amadoda, abafazi, abasha, nezingangane bezothokozela ukulingana, ubudlelwano obuphilile obuzoba negalelo kwezobolungiswa nomphakathi onentando yeningi. Ukuzuza lokhu, iSonke isebenza ukwakha uhulumeni, amakhono wabahlali ukuze kufinyelelwe ukulingana ngokobulili, ukuvikela udlame ngokobulili kanti nokwehlisa ukusabalala kwesandulela ngculazi kanye nomthelela wengculazi.

I office lase Johannesburg

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

I office lase Cape Town

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 Counseling Line:** I Lifeline National Counseling iphana ngokululeka simahla, ungazishongo igama, ukululekwa ngocingo okuyimfihlo ngamahora angamashumi amabili nane (24) ngosuku, ezinsukwini eziyisikhombisa evikini. Shayela kwinqanaba yamahala: 0861-322-322
- **The National AIDS Helpline:** I National AIDS Helpline iphana ngolwazi, ukwelulekwa ngocingo, ukwendluliselwa, kanye nolwazi ngokulashwa isandulela ingculazi nengculazi, isifo sefuba, izifo zocansi, futhi kuyisimahla emahoreni angamashumi amabili ezinsukwini eziyisikhombisa. Shayela mahala: 0800-012-322



INGENZANI INDODA NGANYE UKULWA NESANDULELA NGCULAZI, INGCULAZI UQOBO, NODLAME OLUBHEKISWE KWABESIFAZANE?



Thohoyandou Victim
Empowerment Program

Inselelo

Ekupheleni konyaka ka 2007, oyedwa kwabahlanu ebantwini abaphakathi kweminyaka engu 15 nengu 49 babe sulelwe yisandulela ngculazi.

Ngonyaka ka 2000, izigidi ezinhlanu namakhulu ayisikhombisa 7.5 million zabantu babephila nesandulela ngculazi nengculazi, Ingingizimu Afrika inenani elikhulu labantu abaphila nesandulela ngculazi nengculazi. Kanti futhi sinenani eliphezulu lokuhlukunyezwa kanye nokudlwengulwa kwabesifazane, ngonyaka ka 2004 iMedical Research Council yathola ukuthi njalo emahoreni ayisithupha edlulayo kukhona umfazi obulawayo nguloyo athandana naye. Lesi isilinganiso esiphakeme ezweni lonke.

Loludlame lukhomba ukungalingani okukhona phakathi kwamadoda nabafazi. Kanti futhi kuyimbangela yokusabala okuphezulu kwesandulela ngculazi. Ikakhulu oyedwa kwabathathu kwabesifazane abaya ocansini abazange bakuthande ukwabelana ngocansi mhla beqala ukuya ocansini. Ngaleso sizathu eNingizimu Afrika kuholela ukuthi abesifazane abancane babe semathubeni okutheleleka ngesandulela ngculazi ukwedlula abantu besilisa.

Abathathu kwabane wabantu abasha abaphakathi kweminyaka engu 15 nengu 24 abanesandulela ngculazi, ngabantu besifazane.

Kolunye ucwaningo kutholakele ukuthi amadoda awamaningi ahlolale isandulela ngculazi njengabesifazane, noma bekwazi ukuba sengcupheni. Inani elincane lamadoda ahlolayo isimo sawo landisa ukusabalala ngokushesha kwe gciwane, ngokuba abantu abangasaziyo isimo sabo abazivikeli kanye nabanye. Ukungabaza kwamadoda kusho ukuthi bafuna ukulashwa emuva kwesikhathi, uma amasotsha omzimba esengenawo amandla okululama.

Oyedwa kuphela kwabahlanu wabantu onolwazi ngokuhlolwa kwesandulela ngculazi kanye nengculazi ngokuthanda, kanti futhi osoke wahlola.

Yini engenziwa yiNdoda eyodwa?

Ungenzani ukuzivikela kusandulela ngculazi kanye nengculazi uqobo, nodlame olubhekiswe kwabesifazane. Kuningi! Nakho okunye okumbalwa okungumhlala ndlela:



1 Yazi isimo sakho

Uma ungumuntu oya ocansini, iyodwa indlela yokwazi isimo sakho ukuthi uyohlola.

Ngoko mqule wamalungelo abantu kungculazi nesandulela ngculazi, unelungelo lokungasho igama lakho, nokuhlolwa kwakho kube yimfihlo. Abantu abaningi ingakhulu amadoda bayasaba ukuhlola. Banovalo lokwazi isimo sabo, kanti bayesaba ukucwaswa ngozakwabo, abangane nabomndeni. Kodwa kungukuthatha isinqumo ukuhlola, uzokwazi ukuthatha iinqumo ngempilo yakho nabantu obakhathaleleyo ngamaqiniso, abantu abaningi bathola uthando noxhaso uma bephumela obala ngesandulela ngculazi nengculazi uqobo. Ukulwa nesandulela ngculazi nengculazi uqobo kufuneka silwe nokucwasa, singesabi. Ubuntu abubekezeli ukucwasa.

Isandulela ngculazi isifo esibuhlungu, kodwa masingabukwa njengokuphela kwempilo. Siyafana nesifo soshukela kanye nesifo segazi eliphezulu, nayo isisifo esingalapheki kodwa siyalawuleka.

Amadoda amaningi akafuni kuhlolwa ngoba becabanga ukuthi “baphephile” ekuthelelekeni, noma ukwazi isimo sawo kuzo dunga ubumnandi bawo. Uma ukwabelana ngocansi olungavikelekile, awuphephanga. Kanti futhi usengazithokozisa, yazi isimo sakho futhi nizivikele nobabili nesithandwa.

2 Zifundise

Phambi kokuba uyohlola isimo sakho, zifundise ngesandulela ngculazi nengculazi uqobo, kanti iminingwane equkethe ulwazi iyatholakala endaweni yangakini. Ulwazi ungaluthola ekliniki, esibhedlela, izinhlangano ezizimele, esontweni kanye nakwa masipala.

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 Zivikele Uvikele Nabanye

Akukhathelekile ukuthi unalo yini noma awunalo igciwane, kubalulekile ukuya ocansini olivikelekile. Uma unalo igciwane qikelela ukuthi ungededeli amanye amagciwane ukuthola ithuba azoholela ekuguleni. Uma ungenalo igciwane – kubalulekile ukuthi uhlale unjalo! Nawa amanye amasu okuzivikela nokuvikela abanye:

- **Sebenzisa ikhondomu ngezikhathi zonke!** Agunyaziwe njenge zivikeli ezisebenzayo ekuvikeleni isandulela ngculazi nezinye izifo zocansi ezithathelanayo okwamanje. Sewuke wayisebenzisa ikhondomu yabasifazane nesithandwa sakho? Uma ungakaze, ungayicela ekliniki eliseduze nawe, uma bengenayo bacele ukuthi bakutholele yona. Kungahle kube nzima ukuyisebenzisa uma usaqala, ungededeli ngoba inganithokozisa nobabili nesithandwa sakho! Ukusebenzisa ikhondomu noma eyabesofazane kukhuthaza ukuxoxa ngokukhululeka nesithandwa sakho ngocansi, okuyinto engenza nizithole nikhululekile futhi nithokozile ngobudlelwane benu.



Kunezinto ezingelona qiniso ezikhulunywa ngamakhondomu ezibangela isandulela ngculazi nengculazi nokusabalala ngokushesha. Ezinye zazezi zathu izizathu kuyizaba zoku ngawasebenzisi! Amakhondomu ayindlela ephephile etholalayo yokuzivikela okwamanje – ngaphandle kokuthi uma ungumuntu ongayi ocansini. Kodwa ikhondomu isebenza kuphela uma uyisebenzisa ngendlela okuyiyo njalo uma uya ocansini ngaso sonke isikhathi.

- **Yehlisa inani labantu othandana nabo ngoko cansi:** Leligciwane ledluliseleka kalula komunye umntu emuva kokuba etheleleke ngalo, abantu abanabantu abaningi abathandana nabo basabalalisa igciwane kubo bonke ngokushesha – kanti futhi nabo labo balisabalalise ngokushesha kwabanye.

Ukwabelana ngocansi nabantu abaningi ngenyanga eyodwa kungakubeka encupheni yokutheleleka ngesandulela ngculazi.

- **Nakelela ngobudlelwano bakho:** Gwema ukuya ocansini nomuntu ohlangene naye ngobusuku obodwa – kukubeka encupheni. Mazi kangcono futhi nihlolwe phambi kokuya ocansini. Nika ubudlelwano benu isikhathi, ungashintshi izithandwa ngokuphazima kweso. Konke lokhu kuzokukusiza ukuthi uhlale uphilile – futhi uthokozile!

- **Yehlisa izinga lophuzo olunamandla:** Utshwala bukwenza ubeke impilo yakho encupheni. Ingabe ungayibeka impilo yakho encupheni?

- **Cabanga ngokusoka:** Ucwaningo lwakamuva luveza ukuthi amadoda asokile anakho ukuvikelela okuthize ku kwi sandulela ngculazi. Lokhu akusho ukuthi ungayisebenzisi ikhondomu, sebenzisa ikhondomu. Uma ungakaze usoke, siyakhuthaza ukuba ucabange ukuyosoka ekliniki noma esibhedlela esiseduze nawe. Khumbula ukuthi akunasiqiniseko sokuthi ungeke utheleleke.

Qaphela: uma ingabe uhlomile ngolwazi lesandulela ngculazi nengculazi, sebenzisa ikhondomu njalo, gxila kumlingani oyedwa futhi nihlole, usungasho ke uthi uphephile!

- **Uma unesandulela ngculazi:** Thola ukulashwa ngemishanguzo (ARV) uma kunesidingo kanti ugxile kuzona. Noma lingakatholaki ikhambi lengculazi imishanguzo (ARV) yenza abantu abanesandulela ngculazi bahlale bejabule futhi baphile impilo eyenelisayo. Kodwa ke uma usuqalile ngalamakhambi ungabe usayeka, ngaphandle kokululekwa ngudokotela wakho. Ukuqala uphinde uyeke kwenza amakhambi angasebenzi kahle aze angakwazi ukukuvikela.