



ithande ngentliziyo yayo yonke

nqande iAIDS

phelise ubundlobongela basekhaya

nqande ubundlobongela

fune ukhuseleko lomthetho

nqande udlwengulo

Yintoni I One Man Can Campaign?



I One Man Can Campaign ixhasa amadoda, namakhwenkwe ukuba akwazi ukuthatha inkxaxheba ekupheliseni ubundlobongela basekhaya nobesondo. Ikhuthaza ubudlelwane obuphilileyo nobulinganayo phakathi kwabasetyhini namadoda. Obu budlelwane bungonwatyelwa ngembeko epheleleyo.

I One Man Can Campaign ikhuthaza icebo lokuba umntu ngamnye unendima anokuyidlala yaye umntu ngamnye unokwazi ukwakha isizwe esingcono, esinobulungisa nokulingana. Ngokunjalo, lomzobe ukhuthaza amadoda ukuba asebenzisane namanye amadoda kunye nabasetyhini ekuthabatheni inyathelo lokulwela ubulungisa nokulwela amalungelo wethu, kwinzame yokutshintsha ilizwe.

Abantu ababambisane ne Sonke Gender Justice kule Campaign:

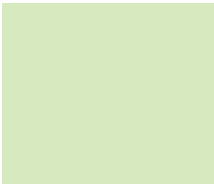
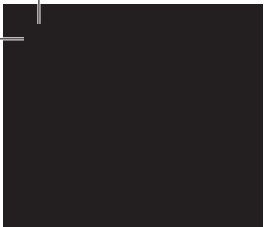
I One Man Can Action Kit iphuhliswe ngabakwa Sonke Gender Justice Network ngenkxaso ye ofisi yoMphathiswa wePhondo laseNtshona Koloni. Kuye kwabanjiswa nalamaqumrhu alandelayo: iDirectorate Social Dialogues and Human Rights; uMnyango weZindlu wePhondo laseNtshona Koloni kunye norhulumente wephondo, iUNICEF, iSouth African Development Fund ne International Organization on Migration.

Le Campaign lubambiswano phakathi kwe Sonke Gender Justice nezinye iintlanganisano ezininzi zasekhaya kunye nezinye zezizwe zehlabathi.

Apha eMzantsi Afrika, i Sonke Gender Justice ibambisane naba: iOffice on the Status of Women within the Presidency; iNational Department of Health; iNational Department of Provincial and Local Government, iTreatment Action Campaign; iSoul City, iPeople Opposed to Woman Abuse; iSouth African Football Players Union; iEcumenical Services for Socio Economic Transformation (ESSET); iHSRC's Fatherhood Project, iMatchboxology; iMen's Trust; iTargeted AIDS Intervention, iHope Worldwide ne PPASA.

Abantu ababambisane nabo ehlabathini: iCommonwealth Secretariat; iFamily Violence Prevention Fund; iUCLA's Program in Global Health; i Instituto Promundo; iStop AIDS Now!; iMen's Resources International, i White Ribbon Campaign, iEngenderHealth, iMen Can Stop Rape ne International Organisation on Migration.





Uphando lwe campaign:

I Sonke Gender Justice, ekuphuhliseni oluxwebhu yenze uphando oluqwalasele imiba ehambisana nalomzobe eyenziwe zezinye iintlanganiso. Oluphando luye lwalandiswa ngeengxoxo nabasinde ebundlobongeleni, iinkokheli zokholo, ootitshala, abaqeqeshi bezemidlalo kunye namakhwenkwe namadoda.

Ukufumanisa ukuba amadoda acinga ntoni ngobundlobongela obujoliswe kwabasetyhini kunye nokufumanisa ukuba yintoni abazimisele ukuyenza ukuze baphelise obu bundlobongela, amalungu eSonke Gender Justice aphinde enza uphando ezitalatweni, apho ethethe namadoda kwiindawo zorhwebo, iindawo zokutyela, iindawo zokucheba iinwele kunye neendawo zokulinda iibhasi.

Lomzobe wenziwe lula ngokusebenzisana neqela labacebisi bolutsha, kwathi emva koko savavanya ii-logo ezahlukeneyo ezitalatweni zaseKapa nezaseRhawutini, apho sithethe namadoda kunye nabasetyhini abangu 120 ukuze sifikelele kwi logo esetyenzisiweyo.

Indlela esetyenzisiweyo ukwenza le campaign

Kuphando oluthe lwenziwa ngabakwa Sonke Gender Justice Network, eli nyathelo liqwalasele ukuba amadoda namakhwenkwe amaninzi akhathazekile ngokwanda kobundlobongela basekhaya nobesondo kwaye bafuna ukubuphelisa.

Sifumanise ukuba amadoda namakhwenkwe ayakhathazeka ngokhuseleko loo mama namantombazana – kuba aba ngabalingani babo, odadebabo, amakhosikazi, abathandana nabo, abasebenza nabo, abamelwane, abafunda nabo kunye naba bahamba nabo ezinkonzweni. Bafuna ukudlala indima ekwakheni ihlabathi elikhuselekileyo nelinobulungisa.

I One Man Can Action Kit iqulathe izixhobo abanokwazi ukuzisebenzisa xa befuna ukuphelisa ubundlobongela basekhaya nobesondo. Iyakubaluncedo kumadoda azikhathazayo ngale miba kunye nabo basebenza kurhulumente, NGOS, CBOs namanye amaqela asekuhlaleni asebenza namadoda nabasetyhini ukuphelisa umba wobundlobongela wesini ne HIV/AIDS.

I One Man Can Action Kit iqulathe ezixhobo zilandelayo:

- ii-Stickers
- Impahla
- ii-Posters
- Umculo
- i-Video ezimfutshane
- Namaphepha achaza izinto ngobunjalo bazo

Ngaphezu koku, I Action Kit ine nkukacha neendlela ezicacisa ukuba amadoda angakwazi njani:

- Ukuxhasa osindileyo
- Ukusebenzisa umthetho zekufumaneke ubulungisa
- Ukufundisa abantwana kwangoko, rhoqo
- Ukukhuthaza amanye amadoda aze athathe inkxaxheba
- Ukukwenza izikolo zikhuseleke ebantwaneni abangamakhwenkwe namantombazana
- Ukusasaza ulwazi kwiindawo zenkolo
- Ukuphuhlisa intlalo enobulungisa
- Ukukhuthaza ulawulo lwesininzi

Ungayisebenzisa kanjani le Action Kit?

Zininzi iindlela ongasebenzisa ngayo le Action Kit:

- Nxiba isikipa, uze usasaze umyalezo kwaye uthethe nabantu ngalo mgayo xa bekubuzwa ngawo.
- Khuphela olulwazi luqulathwe apha wabelane nabahlobo, usapho, osebenza nabo, abeqela lakho lomdlalo kunye nabo ufunda nabo.
- Xhoma ii-poster kwindawo apho abantu abahlukileyo bayakukwazi ukuzibona – emsebenzini, ecaweni, esikolweni, kwiindawo zasekuhlaleni nakwii kliniki.
- Sebenzisa amaphepha aqulathe ulwazi nee posters ukwenza iingcaciso kwiindibano zasekuhlaleni.
- Bukela iDVD kwaye umamele iCD xa kukho iworkshop. Emva koko sebenzisa imigaqo yengxoxo ukuthetha ngokwenzekileyo, ngokuvileyo nohlobo lokuthatha amanyathelo.
- Sebenzisa uluhlu olunokwenziwa kwi workshop – luhlobo olululo lokufundisa abantu nge sini, ubudlelwane nobundlobongela.

Yintoni imiba?

Ubundlobongela obujoliswe kwabasetyhini eMzantsi Africa: bujikela ngasemva ulawolo lwesininzi kwaye bugxobhagxobha amalungelo abasetyhini

uMzantsi Afrika ulelona lizwe linezinga eliphezulu lobundlobongela basekhaya nodlwengulo. Uphando olwenziweyo ngaba kwa Medical Research Council ngonyaka ka 2004 lubonakalisa ukuba rhoqo, emva kweyure ezintandathu, owasetyhini uye abulawe ngulowo athandana naye. Eli lelona zinga liphezulu ehlabathini liphela.

Noxa nje bubuninzi ubundlobongela basekhaya nobesondo, amaqondo okubanjwa kuvalelwe abenzi bobubi kukwelona zinga liphantsi elizweni. eMzantsi Afrika zilipercenti ezilishumi iziganeko zodlwengulo eziye zixelwe kwaye zingaphantsi kwe percenti ezilishumi apho kude kugwetywe kuvalelwe khona abenzi bobubi.

Obubundlobongela nokungalingani kwamandla kubonakalisa phakathi kwamadoda nabasetyhini ingcambu yokwanda kwe HIV eMzantsi Afrika. Abasetyhini abaqikelelwa kwi (31%) bachaza ukuba babengafuni ukudibana ngesondo okokuqala kwaye babe nyanzelwe. Iziphumo zoku zezokuba abasetyhini abasakhulayo apha eMzantsi Afrika ngabo abanokufane bafumane iHIV kunamadoda. Kwaye benza i77% yabo i10% yolutsha phakathi kweminyaka eyi 15-24 abane HIV/AIDS.

Obubundlobongela buyibeka emngcephekweni intando yesininzi. Bujongela phantsi ukuba sikwazi ukonwabela amalungelo abantu akumgaqo siseko wethu ohloniphekileyo, ingakumbi u Section 12, subsection 2 we Bill of Right eyenza kucace ukuba “wonke umntu unelungelo lentlonipho ngokwasengqodweni nasemzimbeni equka ilungelo.”





Sibulela aba balandelayo:

I Sonke Gender Justice, Raoul Swart, Azola Goqwana no Eleanor McNab. uKatherine de Tolly no Helen Alexander. uMichele Dean, Mpho Setjeo, Nonhlanhla Vilakazi, Nomalizo Ngwenya no Elli Garb. uThoko Budaza, Nkonzo Khanyile, uSisonke Msimang no Kumi Naidoo. uSally-Jean Shackleton we Women'sNet, uChristine Ricardo we Instituto Promundo, uNaeema Abrahams we Medical Research Council no Rob Morrell we UKZN uOscar Gutierrez othwebule imifanekiso. uDonald Ambe no Pascal Akimana, uBarbara Blom, Patrick Godana. uWessel van den Berg we Hope Worldwide namalunga e choir we Ubuntu Amadoda. uLiz Fish, uJeremy Gans, uAndre Daniels ne Community Health Media Trust. uPat September we ofisi yoMphathiswa wePhondo laseNtshona Koloni abaxhase lomzobe ngemali.

Olu xwebhu lwenziwe njengesikhumbuzo sika Reuben Mokae owayelwela amalungelo oluntu ne Men as Partners Network, waze wasweleka ngo June, 2005 ngezigulo ezinxulumene neAIDS.



Sonke Gender Justice Network
HIV/AIDS, Gender Equality, Human Rights

Amadoda nobundlobongela

Akukhanyekeleki ukuba ngamadoda akwisininzi enza ubundlobongela basekhaya nobesondo. Kungenjalo maninzi amadoda namakhwenkwe achaseneyo nobubundlobongela, kwaye ayavakalelwa ukuba ayikho indawo yobubundlobongela kuMzantsi Afrika olawulwa ngokwesisininzi. Ayakuqaphela ukuba esi sesona siphazamiso sokudubaduba amalungelo abantu basetyhini.

Amadoda nawo achaphazeleka kakubi bubundlobongela besekhaya nodlwengulo. Amakhwenkwe akhula emakhaya apho ootata babo bexhaphaza oomama babo ayaboyika ootata ngobundlobongela ababenzayo. Oku kwenza badandatheke imiphefumlo, baphakuzele kwaye bebarhabaxa bangakwazi nokumamela esikolweni. Ngokufanayo, wonke amadoda ayachaphazeleka xa abasetyhini ababathandayo kwaye ababakhathaleleyo bedlwengulwa okanye bebethwa.

Amadoda ajolisa ubundlobongela kwabasetyhini abayenzi lonto kuba benomsindo okanye kuba bengakwazi ukuzibabamba. Amadoda enza oku kungenxa yokuba ecinga ukuba bobona budoda, ukubarhabaxa nokulawula abasetyhini ngokwesondo. Amaxesha amaninzi bacinga ukuba abayikubonwa nje 'ngamododa okwenene' ukuba bacela uxolo, babelana ngolawulo okanye bahlangabezane ngokwabelana ngolawulo. Endaweni yokuba bafune indlela yokusombulula ingxabano baye babhenele kubundlobongela.

Oluhlobo obuchazwa ngayo ubudoda yeyonanto yenza konakale. Yenza ukuba izinga lobundlobongela obujoliswe kwabasetyhini linyuke, kwaye luthatha inkxaxheba enkulu ekutheni izinga lobundlobongela phakathi kwabantu abangamadoda linyuke. iSouth Africa's National Injury Mortality Surveillance System isixelela ukuba izinga eliphezulu lokubulalana kwamadoda lelona liphezulu ehlabathini.

Angenza ntoni amadoda namakhwenkwe ekupheliseni ubundlobongela obujoliswe kubantu basetyhini?

Uphando lwethu lusibonisa ukuba noxa amadoda amaninzi ekhathazeke kakhulu ngezinga eliphezulu lobundlobongela, amaxesha amaninzi awayazi ukuba mabenze ntoni ngalo.

Sifumanise ukuba amadoda amaninzi aqalile ukuphila ngokulingana ngokwesini naba bahlala nabo neentsapho zabo. Ngokuba indima yesini iqhubeka ngokutshintsha apha eMzantsi Afrika, lininzi inani lamadoda eliyiqondayo into yokuba ubudlelwano obumiselwe ekulinganeni nentlonipho elinganayo buyakholisa kunobo obumiselwe kuloyiko nokulawula.

iSonke Gender Justice Network izimisele ekuxhaseni amadoda ukuba bathathe inyathelo kwinkolelo yabo yokuba ubundlobongela obujoliswe kwabasetyhini bubi kwaye kufuneka bupheliswe. Amaxesha nezinye izixhobo eziqulethwe apha zizakunceda amadoda ukuba athathe amanyathelo ebomini bawo nasekuhlaleni ukuze bakhuthaze ubudlelwane obulinganayo nokuxhasa abasetyhini ukugxininisa amalungelo abo wempilo, ulonwabo nesidima.

Sonke Gender Justice Network

iSonke Gender Justice Network isebenzela ukwakha iAfrika ekumazantsi apho amadoda, abasetyhini, ulutsha nabantwana banokwazi ukonwabela ubudlelwano obulinganayo ngokwesini, obuphilileyo nobonwabisa obuyakuthi bubenegalelo ekuphuhliseni nasekwakhiweni kwentlalo enobulungisa nentando yeninzi. Ukuphumelelisa oku, iSonke Gender Justice isebenzela ekwakheni urhulumente namaqela asekuhlaleni ukwakha ubudlelwane obulinganayo, ukuphelisa ubundlobongela nodlwengulo kunye nokunqanda ukwanda kweHIV/AIDS.

Sibulela umzi wakwa Family Violence Prevention Fund's Coaching Boys into Men CampaignSM ngokusinika inkxalenye koku kuqulathwe apha kulengcaciso yezinto ezinokwenziwa. www.endabuse.org.

Xa ufuna inkcazelo ethe vetshe nge One Man Can, tsalela umnxeba kwa **Sonke Gender Justice** kwezinombolo :
Tel: 011 544-1900 email: onemancan@genderjustice.org.za
okanye undwendwele iwebsite yethu kwa :
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