

**One  
man  
Can**



**love passionately**

**stop aids**

**end domestic violence**

**break the cycle**

**demand justice**

**stop rape**

## Uyini lomkhankaso obizwa ngokuthi Indoda Eyodwa ingawenza umehluko?



Lomkhankaso wendoda eyodwa engenza umehluko usekela abantu besilisa abadala nalobo abancane ukuze babambe iqhaza ekuqedeni udlame nokuhlukumezeka ngokocansi emakhaya. Ubuye ugqugquzele ubudlelwane bezothando obunempilo, obunikeza amathuba alinganayo nalobo budlelwane obungathokozelwa futhi buhlonishwe ngokugcwele ngabesilisa nabesifazane abathandanayo.

Lomkhankaso ugqugquzela ukuthi sonke sinendima okufanele siyidlale ekwenzeni izwe lethu libe ngelinokuthula nobulungiswa. Ngakolunye uhlangothi lomkhankaso ugqugquzela abantu besilisa ukuthi basebenzisane bebodwa kanye nabantu besifazane ekusunguleni umkhankaso ozolwela ubulungiswa, amalungelo kanye nokuguqula izwe libe ngelinokuthula.

### **Izinhlangano Ezibambe Iqhaza Kulomkhankaso**

Lomkhankaso usungulwe yinhlangano eyaziwa ngokuthi yiSonke Gender Justice Network ngokuxhaswa yihhovisi likaNdunankulu wase Ntshonalanga Kapa, ehhovisini le Social Dialog and Human Rights, uMnyango wezeZindlu kanye noHulumeni Basekhaya khona eNtshonalanga Kapa, UNICEF, South African Development Fund kanye ne International Organization on Migration.

Lomkhankaso uwubambiswano phakathi kwe siSonke Gender Justice kanye nezinhlangano eziningi ezifundazweni, ezweni lonke laseNingizimu Africa kanye naphesheya kwezilwandle.

Lapha eNingizimu Africa singabala ihhovisi elimayelana nesimo sabantu besifazane elingaphansi kweHhovisi likaMongameli wezwe (Office on Status of Women within the Presidency) uMnyango weZempilo kuzwe lonke, uMnyango wezoHulumeni bezifundazwe kanye nohulumeni basekhaya kuzwelonke, Treatment action Campaign (TAC), Soul City, People Opposed to Woman Abuse, The South African Football Players Union, The ecumenical Services for Socio Economic Transformation (ESSET), The Human Science Research Council's Fatherhood Project, Matchboxology, men's Trust; Targeted AIDS Intervention, Hope Worldwide and PPASA.

Lezo zinhlangano esikwamanye amazwe singabala iCommonwealth Secretariate, The Family Violence Prevention Fund, UCLA's Programme in Global Health; Instituto Promundo; Stop AIDS Now!; Men Resources International; The White Ribbon Campaign, Engender Health, Men Can Stop Rape kanye ne International Organization on Migration.





## Ucwaningo Ngalomkhankaso

iSonke Gender Justice isebenzise izindlela eziningi ukuhlela ukuthi yini abangayifaka ekuhleleni kulomkhankaso. Nanokubona ukuthi yini abafuna ukuzenza. Abasebenzi bakwa Sonke Gender Justice bafunde kakhulu ngocwaningo olweziwe ngabantu abehlukene ngalesi sihloko ukuze baqhathanise imibono eminingi futhi ehambisanayo eyenziwe kwezinye izindawo. Base bexoxisana nabantu abaningi abake babhekana nokuhlukumekezeka phambilini, baxoxisana nabaholi bamabandla ehlukene, abafundisi bezikole, okhoshu kanye nabantu besilisa abadala nabancane. Akugcinanga lapho ngoba labasebenzi babuye bahamba nasezitaladini, ezindaweni zokuthenga, ezindaweni zokudla, ezindaweni zokugunda izinwele kanye nasezindaweni lapho okuma khona amabhasi bebuza abantu besilisa ngolwazi abanalo ngodlame olubhekiswe ngabantu besilisa kwabesifazane nanokuthi yini bona abangathanda ukuyenza ekunqandeni lesi simo.

Ukufika esiphethweni sokuthi lomkhankaso kumele ubukeke kanjani, basebenzisane nabaluleki babantu abasha babheka amalogo ahlukehukene ezitaladinin zaseKapa naseGoli besebenzisana nabantu besilisa nabesifazane abangama 120 kwaze kwaba ukuthi bayavumelana ngelogo abangayisebenzisa.

## Inkolelo Yalomkhankaso Kanye Nendlela Abazowuqhumukela Ngayo.

Ucwaningo lwethu lukuvezile ukuthi abantu besilisa abaningi abadala nabancane bayaqonda kahle ngaleninga yodlame olubhekiswe kwabesifazane kanye nokuhlukunyezwa kwabo ngokocansi kanti futhi bakhombisile ukuthi nabo bazimisele ngokwenza umahluko ekuqedeni lenkinga.

Sikutholile futhi ukuthi abantu besilisa abadala nabancane bakhathazekile ngokudlondlobala kodlame olubhekiswe kwabesifazane emakhaya nokuhlukumezeka ngokocansi nokuthi bazimisele ukukuvimba lokhu. Sakuthola futhi ukuthi abantu besilisa abadala nabancane bakhathazekile ngokuphepha kwabantu besifazane abadala nabancane, ophathina babo, odadewabo, omama babo, amakhosikazi abo, abantu abasebenza nabo, omakhelwane, abantu abafunda nabo, nanabantu abasonta nabo nanokuthi ke bafuna ukuba nendima abafuna ukuyidlala ekwakheni izwe eliphephile nelinobulungiswa.

Lenhlanganisela ebizwa ngokuthi Indoda Eyodwa ingawenza Umehluko (One Man Can Action Kit) ihlomisa abantu besilisa ngezinto ezizobasiza ngokukhathazeka ngodlame olubhekiswe kwabesifazane nangokuhlukunyezwa ngokocansi. Kubonakele ukuthi lokhu kuzoba wusizo kunoma iyiphi indoda ekhathazekile ngalezizinto kanye nabamele iminyango kahulumeni, izinhlangano ezizimele, izinhlangano zasemiphakathini kanye namaqembu asemphakathini asebenzisana nabantu besilisa nabesifazane mayelana nezinkinga zokuhlukumezeka ngokobulili kanye nezimayelana nengculazi.

## Inhlanganisela ebizwa ngendoda Eyodwa ingawenza Umehluko (The One Man Can Action Kit)

- Izigqebhezane
- Umculo
- Izimpahla
- Amavidio
- Izithombe ezinkulu
- Amaphepha anemibhalo

## Ngaphezu kwalezizinto ezibalwe ngenhla, lenhlanganisela (kit) iphinde inikeze ulwazi nezindlela amadoda angazisebenza uku

- Support a survivor
- Ukuxhasa umuntu owahlukumezeka
- Sebenzisa umthetho ukuze bathole ubulungiswa
- Fundisa izingane zisencane futhi ngezikhathi eziningi
- Faka inselelo kwabanye abantu besilisa ukuthi benze okuthile
- Kwenza izikole zibe yindawo ephephile izinganeni zabafana namantombazana
- Fundisa abantu emasontweni
- Ukwakha isiko lokuhlonipha amalungelo abanye abantu, kanye
- Nokugququzela intando yeningi.

# Ungayisebenzisa Kanjani Lenhlanganisela?



## Ziningi izindlela ongasebenzisa ngazo lenhlanganisela

- Gqoka izikipa ezinomlayezo bese ukhuluma kwababnye abantu uma bekubuza ngalowo mlayezo.
- Thatha ulwazi olusemaphepheni uxoxe ngalo kubangani, kumalungu omndeni, kubantu osebenza nabo, odlala nabo nalabo ofunda nabo.
- Xhoma izithombe lapho onesiqiniseko sokuthi abantu abaning bazozibona khona, emsebenzini, esontweni, ezindaweni zomphakathi, nasemitholampilo.
- Sebezisa ulwazo olusemaphepheni nezithombe ukuchazela abantu ezindwendweni zomphakathi.
- Buka iDVD uphinde ulalele iCD esimweni sokufundisa bese nixoxa ngalokho okwenzekile, lokho okuzwile, nokuthi yini ongayenza futhi kanjani.
- Qhubeka ngokukhombisa lezo zinto ukufundisa umphakathi ngobulili, ngobudlelwane kanye nodlame.

## Yiziphi izindaba ezikhona?

**Udlame olubhekiswe kubantu besifazane eNingizimu Afrika, ukudayiseka kwentando yeningi esisanda kuyithola, nokushaya indiva kwamalungelo abantu besifazane.**



Izinga lodlame lusezingeni eliphezulu kakhulu eNingizimu Afrika uma iqhathaniswa namanye amazwe omhlaba. Ucwangano olwenziwe yi Media Research Council ngonyaka wezi 2004 lukhombisa ukuthi njalo emva kwamahora ayi 6 kukhona owesifazane obulawa ngumlingani wakhe. Leli zinga eliphezulu uma liqhathaniswa namanye amazwe.

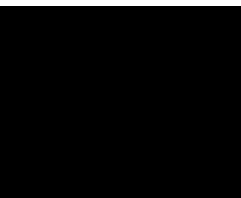
Nakuba udlame olubhekiswe kwabesifazane kanye nokuhlukumezeka ngokocansi kugcwele ezweni lakithi, kodwa izinga labantu besilisa ababoshwayo liphansi kakhulu uma liqhathaniswa namanye amazwe. ENingizimu Afrika nje iyodwa amacala okudlwengula abikwayo emaphoyiseni abalelwa kumaphesenti ayi 10 (10%) kanti angaphansi kwalokho aholela ekuboshweni kwabenzi balokhu.

Lolu dlame lokungalingani ngamandla okubonakala kukhona phakathi kwabesilisa nabesifazane yikhona okubonakala kubebhethethakisa igciwane lengculazi eNingizimu Afrika. Okungenani kubalelwa kokudwa kokuthathu abantu besifazane abake bazibandakanya kwzocansi abathi babengathandi ukwenza kodwa baphoqwa ngenkani ngabantu besilisa. Ngenxa yalokhu, abantu besifazane abaningi futhi abancane basemathubeni amaningi okuthola igciwane lesandulela ngculazi eNingizimu Afrika uma beqhathaniswa nabantu besilisa. Lokhu kwenza abantu besifazane babe ngamaphesenti angama 77 (77%) okungamaphesenti ayi 10 (10%) kubantu besifazane abancane abaneminyaka ephakathi kwe 15-24 asebethelelekile ngegcwane lesandulela ngculazi.

Leli zinga lodlame liyisithiyi kuntando yeningi esisanda kuyithola ezweni lakithi futhi lisibeka esiwmeni sokungakwazi ukujabulela amalungelo ethu abekwe ngokucacile emthethweni sisekelo wethu ohlonishwa umhlaba wonke ikakhulu isigaba se 12 isgatshena sesibili somqulu wamalungelo esintu esikucacisa ngokusobala ukuthi “Wonke umuntu unelungelo lokuhlonishwa umzimba kanye nendlela abacabanga ngayo okubalwa ilungelo (a) lokuthatha isinqumo mayelana nokuzala (b) nokuphepha kanye nokuphathwa komzimba wakho.

## Amadoda Nodlame

Kucace bha, ngamadoda atholakala asezezweni eziningi zodlame olubhekiswe kwabasifazane kanye nokuhlukumezeka ngokocansi. Noma kunjalo amadoda





## Amazwi okubonga:

Sibonga ko Raoul Swart, Azola Goqwana kanye no Eleanor McNab okuyibona abafunde bahlaziya izincwadi ezilotshiwe ngalesihloko, basebenzisana nama 'focus groups' base besenzela uhlaka lokusebenza (action sheets) kanye nezincwajana. U Katherine de Tolly kanye no Helen Alexander abenze isiqinisekiso ukuthi konke kuhamba kahle base benza ne website. Sibonge naku Michele Dean, Mpho Setjeo kanye no Elli Garb abasebenzela i LimeBlue abasakhele zonke izincwajana okuthe labo abangamalunga e bhodi okungo Thoko Budaza, Nkondo Khanyile, Sisonke Msimang and Kumi Naidoo bayibheka ngokuyicubungula. Sibonga naku Sally-Jean Shackleton we Women'sNet, Christine Ricardo yase Instituto Promundo, Naeema Abrahams wo Mkhandlu ocvaninga ngamakhambi (Medical Research Council) kanye no Rob Morrell wase UKZN (Nyuvesi yakwa Zulu-Natal) naye ubambe iqhaza elibalulekile. Oscar Guttierrez osinikeze izithombe eziningi ebezidingeka. Donald Ambe kanye no Pascal Akimana baye kubantu eGoli beyobuza ngophawu (logo) esetshenzisiwe. Barbara Blom, Azola Goqwana, Patrick Godana and Thoko Budaza bahumushele incwajana esiBhunwini nasesiXhoseni. Wessel van den Berg kanye namalunga eqembu lomculo i-Ubuntu Amadoda basenzele i CD. Liz Fish wenze i-DVD. Jeremy Gans, Andre Daniels kanye ne Community Health Media Trust bakhombise umusa omkhulu nge video footage yabo. Kanye no Pat September wasehlovisi lika Ndunankulu wase Mpumalanga Koloni ukhokhele wonke umkhankaso futhi wabe esesisekele kwaze kwabe sekugcineni.

I- Action Kit yenziwe yaba isikhumbuzo sika Reuben Mokae oyisishovushovu esasiznikele ne Men as Partners Network owadlula emhlabeni ngo June, 2005 ngenxa yezifo ezisondelene nengculazi.



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

nabafana abaningi sebhlangabezana nempikiswano ngalolu dlame futhi nabo sebeyabona ukuthi loludlem alunandawo kulentando yeningi yaseNingizimu Afrika entsha, futhi bayabona ukuthi lokhu kungukuhlukumeza amalungelo abantu besifazane.

Amadoda nawo ayakuthola ukuhlukumezeka ngalolu dlame lwasekhaya kanye nokuhlukumezeka ngokocansi. Abafana abancane abahlala emindenini lapho Ubaba wakhona ehlukelela umama bahlale besaba obaba babo kanye nodlame abaluphehlayo. Umphumela walokhu ukuthi labafana bahlala becobekile njalo, benolaka futhi lokhu kwenza ukuthi bangakwazi ukugxila emsebenzini wabo wesikole. Ngokufanayo, onke amadoda ayahlukelela uma ethola ukuthi abesifazane ababathandayo bayadlwengulwa futhi bayashaywa.

Udlame lwamadoda olubhekiswe kwabesifazane alwenzeki ngoba nakhu amadoda ayashesha ukucasuka nomna –ke engakwazi ukuzibamba. Amadoda aphehla udlame enza lokhu ngoba efuna ukuveza ubudoda bawo ngodlame. Futhi afuna ukukhombisa ukuthi wona angaphezulu kwabantu besifazane futhi yiwona anamandla okwenza okuthandwa yiwona. Izikhathi eziningi amadoda ayaye abone ukuthi uma exolisa azobonakala elahlekelwa yisithunzi sawo, uma ehlela ngezansi ngokwemibono futhi uma enikeza amandla kubantu besifazane. Ngenxa yalokhu, esikhundleni sokuthi baxazulule izinkinga ngokuthula, bavusa udlame.

Lezi zincazelo zokuthi yini ubudoda, yizona ezenza izinto zibe zimbi kanje. Yizona eziholela ekubhedukeni kodlame olubhekiswe kubantu besifazane, futhi zinomthelela ekubhedukeni kodlame olwenziwa ngamadoda kwabanye abantu besilisa. I-South Africa's National Injury Mortality Surveillance System isitshela ukuthi izinga lokubulalana kwabantu besilisa liphezulu ngendlela exakile uma liqhathaniswa nezinga lomhlaba wonke.

## Yini Amadoda Nabafana Abangayenza Ukuvimba Udlame Olubhekiswe Kwabesifazane Nokusekela Ukulingana Ngokobulili.

Ucwaningo lwethu lusitshela ukuthi nakuba emaningi aziyo futhi akhathazekile ngezinga eliphezulu lodlame olubhekiswe kwabesifazane kodwa abazi ukuthi yini abangayenza ngalengkinga.

Ucwaningo futhi lusitshela ukuthi amadoda amaningi aseqalile ukuphila impilo yokulingana nabantu besifazane nasemindenini yabo. Njengoba sekuqalile ukushintsha ukwenziwa kwezinto ngendlela yobulili eNingizimu Afrika. Iningi lamadoda seliyazibona izithelo zokuphilisana ngokulingana ukuthi ziholela ekuhlalisaneni kahle ukudlula uma kuqhathaniswa nokuhlala besabana nokucindezelana. Lomkhankaso obizwa ngokuthi indoda eyodwa ingenza okuthile wenzelwe ukusekela amadoda ekuzinikeleni kwawo ngokuthi udlame olubhekiswe kuantu besifazane lubi futhi kumele luqedwe.

Amaphepha akhombisa ukuthi yini okufanele yenziwe kanye nezinto ezingasentshensiswa ezifakwe lapha kuzosiza amadoda ukuthi kube khona akwenzayo ezimpilweni zawo kanye nasemiphakathini abaphila kuyo ukugququzela ubudlelwano obunempilo obakhelwe esisekelweni, ekuzinikeleni, ekulungiseni kwamalungelo phakathi kwabwesilisa nabesifazane ekuphumeleliseni amalungelo abo kwezempilo, okujabula kanye nokuhlonipheka.

## Isonke Gender Justice Network

iSonke gender Justice Network ifuna ukwakha iNingizimu Afrika lapho amadoda, abesifazane kanye nentsha nezingane bengahlala ngokulinganayo, ngempilo nangenjabulo ebudlelwani obugququzela ukukhula kobulungiswa kanye nomphakathi ophila ngaphansi kwentando yeningi. Ukuze sithole lokhu, iSonke Gender Justice Network isebenzela ukwakha uhulumeni, umphakathi, namandla omphakathi ukuthola ukulingana ngokobulili, ukunqanda udlame olubhekiswe kwabesifazane nokunciphisa ukubhehetheka kwegciwane lesandulela ngculazi nomthelela wengculazi uqobo.

**Ukuthola ilwazi oluthe xaxa nge One Man Can xhumana ne: Sonke Gender Justice**

**Tel:** 011 544-1900 **email:** onemancan@genderjustice.org.za  
or visit our website at: [www.genderjustice.org.za/onemancan](http://www.genderjustice.org.za/onemancan)

[www.genderjustice.org.za/onemancan](http://www.genderjustice.org.za/onemancan)