



# ukhona umntu omaziyo owakhe waxhatshazwa ngokubethwa okanye ngobundlobongela bokwabelana ngesondo

Ungenzani xa uyindoda efuna ukuxhasa lo  
uthe wehlelwa yilento.



**UXWEBHU  
NGABASINDILEYO**

I ngangumntu othandana naye, unkosikazi, isizalwane, isihlobo okanye lowo uphangela naye, umntu wasetyhini okhe waxhazwa ngokwesini, okanye abethwe ekhayeni lakhe, ungacinga ukuba kulula ukuvele uthi cwaka.

Ngelinye ixesha ungade ucinge ukuba awazi ukuba mawuthini okanye ucinge ukuba uzakumenza acaphuke kakhulu. UNGATHULI UTHI CWAKA! Zikhona iindlela ezininzi onokwazi ukuba umxhase ngazo ngokwenyama nango kwasemoyeni ngokufanelekileyo. Zininzi iindlela onokwazi ukuxhasa lowo uthe waxhatshazwa ngobundlobongela. Enye inxaso ebalulekileyo yenokuthathwa ngabahlali. Nazi izinto onokuzenza...

### Ungamxhasa kanjani ngokwasemoyeni...

**Mmamele kwaye uzame ukuqonda.** Ingade ungayazi kwaye ungayiqondi ukuba kunjani ukuba ngumntu wasetyhini kodwa uyayazi ukuba kuyanceda ukumanyelwa kwaye uxhaswe ngamaxesha anzima. Funda ukuba ukuxhatshazwa ngesini yintoni. Funda ukuba ibenza bazive njani abo bathe behlelwa koku – lencwadana iqulathe iindlela, nezinto onokuthi uzenze ukuze wazi ukuba inokuba lomntu wasetyhini obexhatshaziwe uziva njani kwaye yintoni onokuyenza ukunceda.

**Kholelwa koko akuxelela kona.** Iyakuthatha ukomelela okukhulu ukuba akuxelele ngento emehleleyo okanye uhlobo aqhubeka ukuziva ngalo. Uze umhloniphe ungaxeleli mntu ngaphandle kokuba nivumelene ukuba uze wenze njalo.

**Ungamsoli okanye umbeke ityala.** Nokuba imeko ithini, akekho umntu onelungelo lokuxhaphaza omnye umntu ngokumdlwengula okanye ambethe. Akekho umntu ofanele ukuba makadlwengulwe. Umngambuzi imibuzo yokuba ucinga ukuba bekutheni ukuze adlwengulwe. Awafuni ukuba azive ingathi uthi nguye ozibizeleyo okukuxhatshazwa.

**Mvumele ukuba athethe ngendlela aziva ngayo.** Kwaye ukuba ufuna ukulila mnike ithuba lokuba makalile. Xa elila ungathathi ukuba le yimpawu yokuba ebedlwengulwe. Abantu abaninzi bazibonakalisa oko bakuvayo ngendlela eyahlukileyo. Kungenzeka ukuba ithatha ixesha kuye into yokuba othuke okanye angazixelela ukuba ayenzekanga kuye lento kuba engekafuni ukuyicinga kwaye ayamkele. Ukuba uziva edandathekile emphefumleni kude kubelixesha elide okanye afune ukuzibulala, mkhuthaze ukuba ayokufuna uncedo.


**Mnike ixesha** zama ukungathi xa umkhuthaza 'libala ngento ekwehleleyo' ingakumbi xa ebedlwengulwe, akaziva kamnandi kwasekuqaleni. Ngezinye iimini angaziva onwabile kodwa ngezinye azive edangele. Ukuba uyoyika ebusuku, mkhuthaze ukuba kubekho umntu ozokumhlalisa ebusuku ade alale. Ungade umkhaphe xa esiya ezindaweni apho angaziva ekhuselekile.

Qiniseka ukuba uyayazi into yokuba uyafuna ukuthetha naye ngalento yokuba ebelixhoba lobundlobongela kwaye uyafuna ukuva indlela aziva ngayo. Ngelixesha angacinga ukuba onke amadoda angabenzi bobubi no bundlobongela. Iqhelekile lonto xasijonga into egqiba ukumehlela. Mncede abone ukuba angathembela kwamanye amadoda asebomini bakhe kwaye angamxhasa.

**Myeke ukuba afumane indlela eyeyakhe yokuzipholisa inxeba alivayo entliziy'weni-** kubalulekile ukuba amaxhoba obundlobongela azive esakwazi ukuzilawulela ubomi babo. Awunokwazi ukumxelela ukuba makenze ntoni ngobomi bakhe, kodwa ungamxhasa kwiinto azenzayo kwaye umnike nolwazi aludingayo wena onalo.

**Fumana inxaso:** ungaziva unomsindo, usizi, okanye unentliziyo ebuhlungu kuba umntu omthandayo uthe wahlelwa koku - fumana uncedo ukuze ukwazi ukumelana noluhlobo uzivangalo. Bakhona abantu abakuqeqeshelweyo oku njengo nontlalontle okanye icounsellor. Thetha nexhoba ulicacisele ukuba uziva njani ngoku kwenzekileyo kuye. Kubalulekile ukuba lo wasetyhini ayazi into yokuba uyakhathala. Kodwa nceda ungamvisi kabuhlungu kuba oko kuyekwenze ukuba azive emadolwanzima kwaye azisole ngokwenzekileyo aphele engakuxeleli ngoko akuvayo.





**Fumanani isigqibo ngokwezesondo:** Ukuba ngumntu othandana naye, okanye ngunkosikazi wakho obethwe wadlwengulwa, kulungile ukuba niphinde nabelane ngesondo. Khumbula ukuba ayinguye wonke umntu othe wadlwengulwa oyakuziva ngoluhlobo. Yiba nomonde, uzame iindlela zokubonisa uthando lwakho nokuba anabelani ngesondo. Uba awuqinisekanga ukuba lo wasetyhini uziva njani thetha naye umamelisise. Ngamanye amaxesha ivumba okanye uhlobo abanjwe ngalo lungamenza akhumbule elaxesha wayedlwengulwa ngalo. linkumbulo ezinje zenza umsindo kwaye ziyoyikisa. Zama ukuba ungazithatheli ingqalelo kude kube ngathi kubhekiswa kuwe. Kungenzeka ukuba kuthi xa nidibana ngesondo avele nje arhwaqele. Mjonge kakuhle ngoko athi akwenze ngelithuba, ukuba awuqinisekanga ngezinto azenzayo yima, qwalasela ngothando nenkathalo. Kusenokwenzeka ukuba uhlobo ombona ngalo umlingani wakho ngokwesondo akuzufana nakuqala, phambi kodlwengulo, thetha nomntu ukuba uziva njani.

### **Onokukwenza xa umnika inkxaso....**

**Fikani esigqibeni ukuba nizamkwenza ntoni nobabini.** mncedise ukuba nifumane uncedo. Angafuna ukudibana ne counsellor, okanye enze u vavanyo lwe HIV, okanye angafuna ukuya kwindawo zogcino zabantu basetyhini ababeke baphathwa ngobundlobongela, okanye kwindawo zengcebiso ngakumbi xa ebethe waphatheka ngobundlobongela obenziwe ngulowo amaziyoyi.

**Nceda lowo wasetyhini ukuba enze into ngobundlobongela obuthe bamehlela.** Apha eMzantsi Afrika ikhona imithetho ebekiweyo engakwenza uqiniseke ukuba ikhona into eyenziwayo ngobubi benziweyo. Kwi South African Constitution and the Domestic Violence Act icacisiwe into yokuba abantu basetyhini banelungelo lokuphila iimpilo zabo ngokufaneleyo nangaphandle kobundlobongela. Funda lencwadana uze wenze lemithetho ikusebenzele.

**Nyanzelisa ukuba osindileyo kuxhatshazo afumane ubulungisa:** uRhulumente makanyanzeleke ukuba akhusele kwaye enze abantu bazive bekhuselekile. UMgaqo siseko wase Mzantsi Afrika neminye imithetho iyicacisa kakuhle into yokuba uRhulumente unyanzelekile ukuba akhusele bonke abantu – kwaye avalele, atshutshise bonke abenzi bobubi. Abomthetho ngamaxesha amaninzi abakwenzi oku. Nyanzelisa uthi gqolo, yiya enkundleni ukuze kwenziwe isigqibo esifanelekileyo. Ncedisana nalo wasetyhini ukuba afumane uncedo olufumanekayo. Makangavi ubuhlungu eyedwa, kuthecwaka. Zikhona iindawo zoncedo nezozokhuseleko angaqhagamishelana nazo xa efuna uncedo olungxamisekileyo. Zikwakhona neendawo ezinika ingcebiso ngezomthetho. Kanti ungatsala nomnxeba ufamane i counselling, umzekelo Rape Crisis, Nicro ne Women's Support centre...lukhona uluhlu lwazo apha ekupheleni kwalencwadana. Angafuna ukuba umkhaphe ayokufumana uncedo kweziinkonzo.

**Mxhase ayokumangala ukuba uyafuna:** khumbula ukuphatheka kakubi ngobundlobongela basekhenyeni kukophula umthetho. Lo wasetyhini angakwazi ukuyokumangala xa ethe wafumana oku. Mbuze ukuba uyafuna na ukuba umkhaphe xa esiya kwisikhululo samapolisa eyokumangala.

**Mncede ukuba afumane ukhuseleko.** Ukuba usemngciphekweni womenzi wobubi, mncede ukuba afumane indawo ekhuselekileyo. Angacela ungenelelo lwe Protection Order ekwi Domestic Violence Act. (olu lukhuselo lomthetho olwenza ukuba umenzi wobubi amiselwe imiqathango yokuba angasondeli kulo ebemxhaphaza). Angasenza esisicelo kwa Mantyi kulondawo ahlala kuyo okanye kulondawo ihlala umenzi wobubi. Esisinyanzeliso sinengcaciso yoko kufanele kweNZEKILE okanye KUNGENZEKI. Ukuba umenzi wobubi uyewaphinda wenza oko, umthetho uthi angabanjwa avalelwe. Eliphepha lokhuselo lingenza ukuba lowasetyhini afumane uncedo lwamayeza okanye indawo yokuhlala yexeshana.

Umenzi wobubi makaluthathe uxanduva kwaye asifumane isigwebo esifanelekileyo. Thetha nalo wasetyhini uve ukuba uyafuna na ukuba izihlobo okanye usapho lwakhe luthethe nomenzi wobubi. Sihloniphe isigqibo sakhe ukuba uthi akafuni kodwa makayazi ukuba angasijika isigqibo sakhe na nini na efuna.

**Qaphela kwaye ukhuseleke:** ngamaxesha amaninzi umenzi wobubi angavele abenomsindo okanye acaphukele abo bangenelelayo. Zilungiselele, angade abe nobundlobongela athi ungena izinto ezingakufuniyo. Thetha naye ngomonde ungalwi, ungalwe umshiye ngoku anomsindo, ubuye xa noko engathi uyafuna ukumamela. Umenzi wobubi angavuma ukuba ngenene inobundlobongela kwaye ayithethe

ngokuphandle lonto, mxelele ukuba zikhona iinkonzo anokuzifumana ukunceda oku. (Lukhona uluhlu loqhagamishelo ekupheleni kwalencwadana). Ungazami ukungenelela xa: ephethe umpu, engumntu nje onobukrelemnqa kwaye wakhe wabanjwa, uthi ummangali ngumntu othandana nabantu abaninzi okanye usoloko ethembisa ngokubulala abantu.

## **Xa umntu edlwengulwe:**

**IPEP:** emva kodlwengulo kubalulekile ukuba umntu wasetyhini afumane iipilisi zokunqanda ukumitha ngokungxamisekileyo kunye ne post-exposure prophylaxis (PEP) ukukhusela ngokwasuleleka zingekadluli iiyure ezingu 72 edlwengulwe. Funda ngolunyango uze ufumane inkcazelo yokuba ingamenza azive njani lo utya olunyango. Oku kuyanceda ukuba uze uyazi indlela onokumnika inkxaso ngayo xa esitya I PEP.

**Nyanzelisa ukuba amapolisa enze into kwangoko:** unalo ilungelo lokumangala esikhululweni samapolisa nokuba kunini. Thethana namapolisa ngendlela yokumangala, ukuba uyafuna mkhaphhe xa nisiya emapoliseni. Kusenokwenzeka ukuba wothuke kakhulu, angakuvuyela ke ukuba umkhaphhe ukuba kunjalo. Ukuba ufuna ukuhamba nomnye umntu ongenguwe mhloniphe ubize lomntu. Emapoliseni kufuneka enze uvavanyo-lomthetho kugqirha wesithili. Unelungelo lokunika inkcaza endaweni apho kungekho bantu baninzi kungakho nomnye umntu xa enika lenkcaza.

**Ziqhelanise nemigaqo yenkundla:** ukuba uyamangala mininzi imigaqo ekuyakufuneka ayilandele eyahlukeneyo, ingakumbi xa ityala lisiya enkundleni. Zifundise, qonda kwaye uzi qhelanise nalemigaqo.

## **Ungakunyanzelisa kanjani oma kwenzeka:**

Nokuba nje uMgaqo siseko uqhubeleka phambili kwaye kukho imithetho eqatha, engayivumeliyo ukuxhatshazwa kwabantu basetyhini ngokubethwa nangesondo, umthetho wamapolisa nowobundlobongela uthe gqolo ukungazenzi imfuno namalungelo abantu basetyhini. Amapolisa amaninzi namanye amagosa akwaMantyiayafuna ukusombulula kwaye ayavakalelwa ngobubundlobongela, kodwa kuba ebhatalwa kancinci aphinde asebenze kakhulu, kwaye abalufumani noqeqesho olufunekayo. Amanye amapolisa ayaqhubeka ukuphatha abantu abasetyhini ngohlobo olungena nkathalo, ngamanye amaxesha bade babadlwengule okanye basebenze nabamangalelwa ukufihla ubungqina.

Akakhoni maninzi amadoda anyanzelisa uRhulumente ukuba athathe isigqibo esisiso. Kubalulekile ukuba amadoda athathe inkxaxheba kwi March ne Rallies efuna ukuba abasetyhini namadoda bafumane ukhuseleko ngokomgaqo siseko weli.

Funa ukuba yenziwe ngokungxamisekileyo I Sexual Offences Bill. Le bill yafakwa e Palamente ngo 1998. Sekuphantse kwaphela iminyaka elishumi ihleli phaya. Abantu abalwela amalungelo abasetyhini bafuna icaciswe gca ukuba yintoni kanye udlwengulo ngokufaneleyo ukuze abasetyhini bakhuseleke kwimibuzo ethi ibuzwe enkundleni kwaye nohlobo abaphatheka ngalo alukho luhle kwaphela.

**Fumana iinombolo zoqhagamishelwano, inkcazelo ethe vetshe malunga neenkonzo zasekuhlaleni zokunika inkxaso kwi One Man Can Action Kit, okanye undwendwele iwebsite yethu [www.genderjustice.org.za/onemancan](http://www.genderjustice.org.za/onemancan)**

### **Sibulela aba balandelayo ngenkxaxheba abayithathileyo ngokusinika izimvo zabo:**

- Sally-Jean Shackleton-WomensNet ([www.womensnet.org.za](http://www.womensnet.org.za))
- Sisonke Msimang en Thoko Budaza-Oop Samelewing Inisiatief vir Suider-Afrika

### **Ezindawana zilungiselelwe olupapasho zifumaneka kulamathala:**

- Men Can Stop Rape  
[www.mencanstoprape.org/usr\\_doc/Supporting\\_Survivors.pdf](http://www.mencanstoprape.org/usr_doc/Supporting_Survivors.pdf)
- Rape Crisis, South Africa  
[www.rapecrisis.org.za/media/rapeguidelines/friends-support.doc](http://www.rapecrisis.org.za/media/rapeguidelines/friends-support.doc)
- People Opposing Women Abuse  
[www.powa.co.za/Display.asp?ID=19](http://www.powa.co.za/Display.asp?ID=19)
- Family Violence Prevention Fund  
[toolkit.endabuse.org/GetToWork/WhatMenAndBoys/TakingActionn](http://toolkit.endabuse.org/GetToWork/WhatMenAndBoys/TakingActionn)

*Enye inkcazelo iqulathwe kwabo bakhe basinda ekuxhatshazweni ngokwasekhaya okanye ngesondo eKapa. Iqokelelwe ngaba kwa Sonke Gender Justice Network.*

