



omaziyo osinde odlameni lwaseMndenini noma ekuhlukuzenyweni ngokocansi

Yini ongayenza njengendoda ukusiza
owesifazane?



**INCWAJANA
NGOSINDE
EKUHLUKUNYEZWENI**

Njengomlingani wesilisa, oshadile, isihlobo, umngani noma osebenzisana naye owesifazane osinde ukuhlukunyezwa ngokocansi noma odlameni lwasemndenini, ungacabanga ukuthi kulula ukhlala uthule. Ungaba nawo umuzwa wokuthi kunokwenzeka ukuthi usho izinto ezingamphutha noma umcasule kakhulu: UNGALOKOTHI uthule! Ziningi izindlela ongamxhasa ngazo, ngokomoya nangokwenza, kanjalo nangokuthatha izinyathelo emphakathini wangakini. Nansi imibono embalwa...

Ungamsiza kanjani kwezokomoya...

Lalela bese uzama ukuqonda: Ngekwazi ukuthi kukwenza uzizwe kanjani ukuba ngowesifazane kodwa uyazi ukuthi kuwusizo kangakanani uma kukhona olalelayo futhi akusize ezikhathini ezinzima. Funda nfokuhlukumezeka nokuthi kumphatha kanjani obhekene nakho/noma osinde kukona – miningi imithombo ongathekela kuyona ulwazi oluzokunika ulwazi ngokuthi owesifazane uzizwa kanjani nokuthi yikuphi onokukwenza ukusiza.

Kukholwe akutshela kona. Kuyobe kumthathe isibindi esikhulu ukuthi akutshele ukuthi wehlelwe yini noma aqhubeka nokubhekana nakho. Futhi kuhloniphe okuyimfihlo yakhe: ungatsheli muntu ngaphandle uma kunguyena ovumile.

Ungamehluleli noma umbeke icala. Noma ngabe kukuziphi izimo, akukho noma munye onelungelo lokuhlukumeza noma adlwengule, kanti futhi akekho onelungelo lokuthi adlwengulwe. Ungambuzi ukuthi ucabanga ukuthi ngabe yini ebe yimbangela yokuthi kwenzeke. Awufuni acabange ukuthi wena ucabangela ukuthi ukuhlukumezeka kwenzeke ngenxa yephutha lakhe.

Mvumele ukuba akuvulele isifuba ngemizwa yakhe kanti uma efuna ukukhala, mnike indawo yokuthi akwenze lokho. Uma engakhali ungakuthathi lokhu njengesibonakaliso sokuthi akazange adlwengulwe; abantu abehlukene babonakalisa ngezimo ezehlukene ekudlwengulweni. Kungenzeka ukuba usbhekene nokwethuka abengakunakile noma umuzwa wokungafuni ukwamukela. Uma ezizwa enengcindezi isikhathi eside noma efisa ukuzibulala, mkhuthaze ukuthi abonane nothile.

Mnike isikhathi bese uzama ukuthi ungasho izinto ezingokuthi 'zama ukukhohlwa ngalokho okwenzekile.' Ikakhulukazi uma edlwenguliwe, ngeke akwazi ukuthi abe ngcono ngokuthi asheshe adlulise kanti angaba nezinsuku ezinhle noma ezimbi. Uma ezizwa enokwesaba ebusuku mkhuthaze ukuba abe nomngani ozohlala naye kuze kube ufikelwa wubuthongo. Ungazinikela ekutheni umphelezele uma eya ezindaweni uma ezizwa engaphephile.

Qinisekisa ukuthi uyazi ukuthi uvulelekile ekukhulumeni ngalenkinga kanti futhi uzimisele ukulalela ukuthi uzizwa kanjani? Ngaleso sikhathi kungenzeka ukuthi uzizwa sengathi wonke umuntu wesilisa ungumhlukumezi wodlame. Lokhu kuyinto kujwayelekile uma uthola ngalokho abebhekene nakho. Msize ukuba abone ukuthi angathembela kuwe nakwabanye besilisa ukuthi bangamsiza.

Mnike ithuba lokuthi azibhekelele ukwelapheka kwakhe: kubalulekile ukuthi abantu abahlukumezekile bakwazi ukuba babhekane nezimpilo zabo. Awukwazi ukumtshela ukuthi enzeni, kodwa ungamsiza kulokho akwenzayo futhi umnike nolwazi, umnike indlebe kanye nokumsekela!

Thola usizo: ungazizwa unokudinwa, uxobisekile, uphatheke kabi kanye nokuzwa ubuhlungu ngoba lowo omkhonzile ehlukumezekeile – thola usizo ukuze ubhekane nale mizwa kumuntu oqeqeshekile ekutheni akusize, njengomeluleki noma usonhlalakahle. Khuluma naye umtshela ukuthi uphatheke kanjani ngalokho okwenzekile kuye. Lokhu kubalulekile ukuze azi ukuthi uyamkhathalela. Kodwa ungamthwesi kakhulu kangangoba aze azizwe enecala bese eba nokungathandi ukwabelana ngokunye.



Fikani ezivumelwaneni ngezocansi: uma ungothandana nothile, umkhwenyana, noma ungumngani wesilisa walowo odlwenguliwe, ngakube akunankinga yini ekutheni nibuye nihlangane ngokocansi futhi? Impendulo yalo mbuzo iyancika kumuntu nomuntu – kodwa kubalulekile ukubekezela bese uthola izindlela zokumkhombisa ukuthi awumthandeli ucansi. Uma ungenasiqiniseko sokuthi uzizwa kanjani, khuluma ngakho. Kwesinye isikhathi ukuthinta noma ukuhogela kungabuyisa osekwenzekile mayelana nokudlwengulwa. Imicabango ngokwenzekile iyabasisa futhi iyacasula impela. Zama ukuthi ungayenzi kubengeyakho, akungawe. Kungenzeka abe 'wuqhotho' ngesikhathi sokwenza ucansi, ngakho-ke kuqaphele ukuthi wenze njani bese uyeka uma ungenaso isiqiniseko. Uma ngabe ukudonseleka kwakho kwezocansi kumlingani wakho kuye kwathikamezeka ngenxa yokudlwengula, khulumisana nothile ngemizwa yakho.

Ungamxhasa kanjani owesifazane ngendlela ebonakalayo...

Bonisanani nobabili ngalokho okube yimbangela yokwenzekile bese nifuna usizo olwehlukene. Kungenzeka adinge ukubonana nomeluleki, ahlolile isandulela ngculazi, noma angafuna ukuyohlala lapho kuhlaliswa khona abesifazane abahlukunyeziwe noma esikhungweni sezokwelulekwa, ikakhulukazi uma ahlukunyezwa wumuntu amaziyo.

Msize ukuba athathe izinyathelo ekulweni nokuhlukunyezwa abhekane nakho. Kunemithetho eNingizimu Afrika enokusetshenziswa ukuqhakambisa ukulwa nalezi zenzo kanye nokubhekana nazo. Umthethosisekelo waseNingizimu Afrika kanye noMthetho Olwisana Nodlame LwaseMndenini kukuveza ngokusobala ukuthi abesifazane banamalungelo okuphila impilo yabo enhle engenalo udlame. Funda ngalezi zinkinga, bese uyisebenzisa le mithetho!

Funa ubulungiswa kulabo abasindile: Phoqa ukuba uhulumeni abhekane nemigomo yezokuphepha nokuvikeleka. UMthethosisekelo waseNingizimu Afrika kanye nemithetho ekhona emayelana nodlame lwaseMndenini kanye nokuhlukunyezwa ngokocansi ukuveza ngokusobala ukuthi uhulumeni unomqathango oqinile ukuqinisekisa ukuphepha kwawo wonke umuntu – nokuvalela ejele, ukubeka icala kanye nokugweba izixhwanguxhwangu zodlame lwasekhaya kanye nokuhlukunyezwa ngokocansi. Kuze kube yimanje, amaphoyisa kanye nabezobulungiswa kwezobugebengu bayehluleka njelo ukubamba izigebengu. Thatha izinyathelo ekutheni ukuhulumeni agcine imigomo yomthethosisekelo ngezokuphepha nokuvikeleka. Phelezela labo abasinde odlameni lwasekhaya uma beya enkantolo ukuze bathole okungamalungelo abo. Faka ingcindezi emaphoyiseni nasezinkantolo ukuze bathathe izinyathelo eziyizo.

Msize ukuba athole usizo olukhona: Akumelanga ahlupheke yedwa, noma buthule. Lukhona usizo – izikhungo zabesifazane kanye nezindawo eziphephile/ zokuphephela anokuxhumana nazo uma kukhona okuphuthumayo, izinhlangano ezinokumnika usizo lwezomthetho, kanye nokwelulekwa ngocingo (isib. Rape Crisis, People Opposing Women Abuse (POWA), NICRO Women Support Centre ... bheka eMqingweni wolwazi Ngabasizayo kulo mqingo. Angafisa ukuthi uhambe naye ukuthi ahambele lezi zindawo zosizo.

Msize ukuba afake icala uma ekhetha ukwenza njalo: Khumbula, udlame lwaseMndenini luyicala. Unelungelo lokufaka icala lokushaywa ngumlingani wakhe. Mbuzo ukuthi ngakube uyadinga yini ukuba umphelezele aye esiteshini samaphoyisa ukuyofaka icala.

Msize ukuba ahlale ephephile: Uma kuqhubeka ukuthi usebungozini balowo omhlukumezayo, msize ukuba azibeke esimweni esiphephile. Unelungelo lokufuna incwadi emvikelayo ngaphansi koMthetho Wezodlame lwaseKhaya. Angayicela le ncwadi enkantolo kaMantshi eseduze nalapho kuhlala khona umhlukumezi. Le ncwadi iveza ngokusobala ukuthi yini umhlukumezi OKUNGAMELE ayenze. Uma ngabe umhlukumezi ehlukeya, incwadi yokuvikela isho ukuthi usengaboshwa. Incwadi yokuvikela ayinazibopho kanti ingasiza owesifazane ukuthi athole imithi yokwelashwa noma indawo yokuhlala.

Mthole umenzi wokubi enecala: Khuluma nomngani wakho ubone ukuze ubone ukuthi akakudingi yini noma omunye wabangani bake noma owomndeni ukuba akhulume nomhlukumezi. Sihloniphe isinqumo sakhe uma ngabe enqaba. Kodwa mtshela ukuthi usangawushintsha umqondo wakhe.

Qikekela futhi uphephe: Akuyona into ejwayelekile ukuba abahlukumezi bakhwele bazehlele kubantu abazibandakanyayo. Zilungiselele ukuthi angaba nesihluku futhi akubeke icala ngokuthi uzigaxe ezindabeni ezingahlangene nawe. Zilungiselele

ukuxazulula ingxabano ngendlela enoxolo noma ngabe kusho ukuthi uvele uhambe. Uma ngabe esamukela isimo sokuba nesihluku futhi ezimisele ukuthi akhulume ngakho, mtsele ngezinhlangano ezinokumxhasa (Bheka eNcwadini yabanikezela ngosizo kule-Kit). Izimpawu zezexwayiso zokuNGAgxambukeli yilezi: uma enesibhambu, uma esenomlando wamacala odlame, uma embeka icala lokuthi uthandana nalo wesifazane, noma eseke wesabisa owesifazane ngokumbulala. Noma ngabe akahlukunyezwa wukuma nesikhwele, ukungenelela akumele kuthathwe kalula nje.

Uma ngabe edlwengulwa:

PEP: Emva kokudlwengulwa, kubalulekile ukuthi abesifazane bathole usizo lwezokuvikela ukukhulelwa kanye nosizo lwezinsuku ezingu-28 olubizwa nge-post-exposure prophylaxis (PEP) ukuvikela ukungenwa yisandulela ngculazi, ngaphambi kwamahora angu-72. funda ngalolu sizo lwezokwelapha kanye nemiphumela engemihle enokwenzeka. Lokhu kungakusiza ukuthi uqonde kancono isimo abhekene naso nokuthi ungenza kanjani imizamo engcono yokumsiza ukuthi athathe i-PEP.

Gcizelela ukuthi amaphoyisa athathe izinyathelo ngokushesha: Unelungelo lokubika emaphoyiseni ngokudlwengulwa noma ngasiphi isikhathi bese efaka icala. Xoxisanani ngokubika ngokudlwengulwa emaphoyiseni, kuthi uma evuma, mphelezele aye esiteshini samaphoyisa. Kusenokwenzeka ukuthi usathukile, ngaleyo ndlela angakuthokozela ukuthi umkhaphe ngesikhathi eyobhala isitatimende. Uma edinga omunye umngani ngaphandle kwakho, sihloniphe isifiso sakhe bese umsiza ukuba akwazi ukuxhumana nalowo muntu. Esiteshini samaphoyisa, usengayiswa ekutheni ayohlolwa ebizwa nge-medico-legal ngu-District Surgeon. Unelungelo lokunikeza isitatimende sakhe endaweni ecashile nokuthi uma efisa ukuba kube khona okhona ngesikhathi enika isitatimende.

Zijwayeze nenqubo yasenkantolo: Uma ngabe eyobika ngokudlwengulwa, kuyomele ukuthi alandele izinqubo ezehlukene, ikakhulukazi uma icala liya enkantolo. Thatha isikhathi ufunde futhi uqonde lezi zinqubo bese umxhasa kuzona.

Ungenze njani ukuthatha izinyathelo ezibanzi:

Ngaphandle koMthethosisekelo wethu onenqubekela phambili kanye nemithetho yethu eqinile ekulweni lodlame lwasemndenini kanye nokuhlukunyezwa ngokocansi, amaphoyisa kanye nohlelo lobulungiswa kwezamacala kuyaqhubeka nokwehluleka ukusiza abesifazane. Amaphoyisa amaningi kanye neziphathimandla zasenkantolo banozwelo futhi bayazinikela kodwa bakhokhelwa kancane kodwa benziswe umsebenzi omkhulu kanti futhi abakutholi ukuqeqeshwa abakudingayo. Amanye amaphoyisa kanye nabasebenzi beminyango yezobulungiswa bayaqhubeka nokuphatha abantu besifazane ngendelelo, ngesinye isikhathi baze babadlwengule bese bevumelana nabanye ngasese ukuthi kulahlwe ubufakazi.

Kuze kube yimanje amadoda amaningi awakaze ahasheke ekufuneni ukuthi uHulumeni wethu athathe isinqumo sokuthi athathe izinyathelo. Kubaluleke kakhulu ukuthi sibambe iqhaza kwizinhlabaluhide kanye nasemibuthwaneni silwa nokuthi abesifazane nabesilisa bajabulele bonke amalungelo akumthetho sisekelo okuphepha nokuvikeleka.

Mayelana nolwazi ngokuthi ungalutholaphi usizo, bheka incwadi enezinhlalaba zabanikezeli bosizo – Directory of Service Providers – olutholakalakiwi-kwi-One Man Can Action Kit, noma ubheke kwi-webhu yethu

www.genderjustice.org.za/onecancan

Sibonga laba abalandelayo ngeqhaza abalibambile besinikeza imibono yabo:

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

Izindawana ezilungiselelwe lezizimemezelo sitholakala kulamathala

- Mans Kan Verkracting Stopsit
www.mencanstoprape.org/usr_doc/Supporting_Survivors.pdf
- Rape Crisis, Suid-Afrika
www.rapecrisis.org.za/media/rapeguidelines/friends-support.doc
- People Opposing Women Abuse
www.powa.co.za/Display.asp?ID=19
- Gesinsgeweldsvoorkomingsentrum
toolkit.endabuse.org/GetToWork/WhatMenAndBoys/TakingAction

Enye inkazela iqulathwe kwabo bakhe basinda ekuxhazweni ngokwasekhaya okanye ngesondo e Kapa. Iqokelelewe ngaba kwa Sonke Gender Justice Network.

