Indoda Nganye ingaba ngutitshala

Amanyathelo, ukuchasa ukuxhaphaza

UXWEBHU NGOOTITSHALA

Umfundi oyintombazana ugila umfundi oyinkwenkwe, atsho awise iincwadi zakhe. Uyamhewula ngokuba etatazela. Utitshala uyayibona lento iqhubekayo, kodwa akazi ukuba makathini, usuka abagxagxamisele kwizifundo zabo ezilandelayo.

Kwesinye isikolo, utitshala uziva ekruqukile kwaye ediniwe emva kokuzama ukunqanda angaphumeleli umfundi osisiphoxi othanda nokugxobha gxobha. Uyazi ukuba lomntwana ujongene nobundlobongela ekhayeni lakhe kwaye akaqondi ukuba angathini ngalonto.

Kwintlanganiso yebhodi yesikolo, abazali, ootitshala kunye nabafundi, ekungekudala bebejongene nengxaki yokuxhatshazwa kwabantwana ngezesondo apho asikolweni, bavuyisana nebanga lenkqubo entsha ejongene nokukhuthaza abafundi abangamakhwenkwe ukuba bagxibhe ubundlobongela obuqondene namanina kunye namantombazana.

Kwigumbi labasebenzi nasemigceni, inqununu ithetha nootitshala nabafundi ngokubaluleka kokuthandana okukuko, aphinde abakhumbuze namgemigaqo yesikolo ethintela ukuxhatshazwa ngezesondo nangobundlobongela phakathi kwezithandani.

Kutheni iititshala kufanele zikhuthaze amadoda ukuba achase ubundlobongela emakhaya nobundlobongela ngezesondo?

Xakunamhlanje, wena njengotitshala uyabizwa ukuba ujongane ngqo nengxaki enkulu yoluntu: ubundlobongela obuqondene namanina kunye nabantwana.

Bonke ootitshala banegalelo elikhulu kubume nempatho kubafundi abathi bahlangane nabo, kodwa iititshala ezithi ziqhube kakuhle emsebenzini wazo, zezo eziye zenze ngaphezulu kwenkxalenye yomsebenzi yazo. Bafundisa isidima, ukunyamezela, ukuzihlonipha, ukuziphatha, ukusebenzisana nokuhlonipha abanye abantu.

Ngokufundisa abafundi bakho abangamakhwenkwe ukuba amantombazana afanele ukuphathwa ngesidima nangentlonipho nokuba ubundlobongela ayingomandla nabudoda, uyakuba uyabanceda yaye ubanika nezakhono ezibalulekileyo.

Ukuze ukwazi ukufundisa umfundi ngokwaneleyo, izikolo nootitshala kufanele bathathe ubundlobongela phakathi kwezithandani njengento ebalulekileyo. Abafundi abajongene nobundlobongela emakhaya basoloko bebuthathaka, kwaye kunzima kubo ukujongana nezifundo zabo. Abafundi abathe badlwengulwa okanye baxhatshazwa basoloko bethukile, bengakwazi ukufunda.

Ukuthabatha ingqalelo, nokuthintela ubundlobongela emakhaya nobundlobongela ngezesondo kufanele ukuba yinkxalabo enkulu kwiititshala, abasebenzi besikolo, iibhodi zolawulo lwezikolo kunye nabazali.

Zingenza ntoni iititshala ukukhuthaza amakhwenkwe nabafana ukuba bathabathe amanyathelo okuphelisa ubundlobongela obuqondene namanina nabantwana?

Lencwadana yinxalenye yesixhobo sokuthabatha amanyathelo nolwazi se One Man Campaign, umzamo weSonke Gender Justice norhulumente wephondo leNtshona Koloni. Ukufumana inkcazelo epheleleyo, tyelela apha: www.genderjustice.org.za/onemancan

1. Qonda ngeziphumo zobundlobongela: Ubundlobongela buphazamisana nokufunda komfundi kwaye bungeza uxanduva olungathethekiyo kumsebenzi osele unzima kakade wootitshala nonoobhala besikolo. Abafundi abahlala emakhayeni apho kukho ubundlobongela amaxesha amaninzi, abakwazi ukumelana nesikolo. Basoloko behleli emagumbini okufundela bephazamisekile bubundlobongela abathi babubone ekhayeni okanye bexhalabile ukuba unina uzakuthi abethwe kwakhona. Inkxalabo abathi abantwana babekuyo ngenxa yobundlobongela angabenza babe ziziphoxi, nabagxobhi gxobhi esikolweni. Ingabashiya bethule, bengabantwana abangenamdla kwizinto ezithandwa ngabanye abantwana kwaye bekhathazekile ngalo lonke ixesha. Amakhwenkwe athe ajongana nobundlobongela athanda ukuba gadalala xabethe bezibandakanye kubuhlobo nenekazi, nabo bathanda ukuba ziziphoxi nokugxobha gxobha. Baye bathande nokusebenzisa iziyobisi kunye notywala. Amantombazana ona athe ajongana nobundlobongela athanda ukuthi akhulelwe eselula, azame ukuzibulala, kwaye athande ukuba nengxaki yokungatyi kakuhle.

2 . Yenza isikolo sibeyindawo ekhuselekileyo ngokomoya nangokwenyama, usenzela abafundi: Sungula imigaqo ephangaleleyo yesikolo ukuphelisa ubundlobongela obuphathelene nesini, ubandakanye imiyalelo yokuziphatha ejongene nolwimi olugadalala kunye nokuziphatha okuphathelene nobunganga nokuxhaphaza. Hlanganisa nemiyalezo yokunqanda ubundlobongela kwizifundo zesikolo (jonga imizekelo ekupheleni kwalencwadana). Mema imibutho esebenza namadoda izokusungula indibano engaxoxa ngokuthandana kubafana. Mema nezithethi ezisuka kwinkqubo zasekuhlaleni, ezinolwazi oluphangaleleyo ngeziphumo zobudlobongela obuphathelene nesini. Ungacela nabafundi, kunye neetitshala esikolweni abathe behlelwa sesihelegu sobundlobongela, bathethe nabanye ngokubehleleyo, nangendlela abaziva ngayo.

3. Yenza izimvo zakho zicace! Izimvo zakho mazicace ukuba kuwe kuthetha ukuthini ukuba yindoda, kwaye kumele ntoni oko. Cacisa ukuba uyabuchasa ubundlobongela obuqondene namanina kwaye uyakuthabatha amanyathelo aqatha xa ubone ubundlobongela okanye uve ulwimi olukhuthaza ubundlobongela phakathi kwezithandani ngandlela zonke.

4. Yiba sisibonelo sentlonipho nokusulungeka: Maxesha onke kwindibano zakho namanina, amantombazana, umkakho kunye nabantwana bakho abangamantombazana bonisa intlonipho nokusulungeka. Fundisa abafundi ukubaluleka kwentlonipho.

5. Khuthaza abafundi ukuba baxhasane kwaye bahlale bengenabundlobongela: Cacisa ukuba ulindele ukuba abafundi bathethe phandle xa besiva ngobundlobongela obenzekayo okanye izenzo ezinokuthi zikhokhelele ebundlobongeleni. Bakhumbuze abafundi ukuba abahlobo benyani bayaxhasana ukutshintsha izinto ukuze baphumelele ebomini.

6. Bandakanya futhi ufundise abazali: Sebenzisa iseminara, iintlanganiso, amaphephandaba ne-imeyile ukufikelela kubazali ngolwazi ngobundlobongela obuphathelene nesini kunye nenkqubo yesikolo ebekiweyo ukuthintela ubundlobongela. Thetha ngobundlobongela phakathi kwezithandani kwikomfa zabazali, ngalondlela unceda abazali baqonde ngabanokukwenza ukunceda abantwana babo ukwakha ubuhlobo obungenabuzaza emakhaya nasezikolweni.

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7. Chonga, umeme intlangano ezingekho phantsi korhulumente zizokuthetha kwiintlanganiso zamalungu olawulo lwezikolo ngobundlobongela. Zininzi iintlangano ezisebenza namadoda ekuhlaleni kwizithili zalo lonke eli.

8. Phathisa ezinye iititshala uxanduva: Ingxelo yeHuman Rights Watch ethi "Scared at school: Sexual Violence against girls in South Africa" iveza ukuba ootitshala amaxesha amaninzi ngawo aphembelela ubundlobongela emakhaya, kunye nobundlobongela ngezesondo obuqondene namantombazana ezikolweni. Xa ungutitshala, ubophelelekile ngokomthetho ukuba uthethe phandle ngokukhawuleza futhi unyanzelise ukuba ootitshala abaphazamisa amalungelo amantombazana babanjwe, kwaye bagwetywe.

9. Nikela ngenkcazelo epheleleyo kubafundi, abazali, kunye nabanye ootitshala: Sebenzisa ogxa bakho ukuhlanganisa izixhobo nenkcazelo eningakwazi ukuyithumela emakhaya nabafundi, ukufikelela kubazali abangazihambiyo iintlanganiso zesikolo. Iititshala zingalunceda usapho olunengxaki yobundlobongela, ngokuthi babeneenombolo neenkcukacha zentlangano ezisebenza ngobundlobongela. (jonga uluhlu lweenkozo ekupheleni kwalencwadana)

10. Bandakanya izifundo ngokuthandana okukuko kwizifundo zesikolo: Cinga ngeendlela ezininzi ongathi uhlanganise izifundo ngobundlobongela. Imizekelo:

- Abafundi bezibalo banganceda ukusungula uphando esikolweni oluphathelene nendlela ogxa babo abaziphethe ngayo malunga nobundlobongela xa bethandana. Oluphando lungakhankanyi amagama abantu, abathe babuzwa imibuzo.
- Abafundi beComputha bangenza iincwadana ezinokubekwa emagumbini ootitshala nawokufundela nakumathala eencwadi okanye benze i-web page benzele iintranet yesikolo.
- Kwizifundo ngezobomi, sebenza nabafundi ukuba bajonge imigaqo yesikolo esele imisiwe ngokuphathelelene nokuxhatshazwa nobundlobongela ngezesondo. Mabaxoxe ukuba ikho na imfuneko yemigaqo eyongezelelweyo, ukukhusela abafundi abathe baba ngamaxhoba alempatho. Bangafuna ukubhala phantsi iingcinga zabo njengencwadi yesicelo bebhalela inqununu okanye ibhodi yolawulo lwesikolo.
- Kwizifundo zeqonga unganceda abafundi benze umdlalo weqonga obonisa ngendlela ezinye abantu abathandanayo bangathi baziphathe ngayo, ezingaphembeleli ubundlobongela. Babonise nenkxaxheba engathi izihlobo, usapho, iititshala, abaluleki, iintlangano zasekuhlaleni kunye nabanye abantu,abanothi bayithabathe ukuthintela ubundlobongela.
- Chonga uphinde uxoxe ngemiboniso kamabonakude kunye neyeqonga ebonisa indlela yokuthandana eyiyo nengeyiyo.
- Kwizifundo zomsebenzi wezandla, khuthaza abafundi ukuba basungule imizobo ngobundlobongela phakathi kwezithandani.
- Kwizifundo zokuphatha kakuhle umzimba, yenza izicwangciso zoku hamba hamba esikolweni, nasekuhlaleni befundisa uluntu ngobundlobongela obuqondene namanina.

Ngenkcazelo ethe vetshe ngokufumana uncedo, bona uluhlu lwendawo zeenkonzo kwi One Man Can Action Kit, okanye ndwendwela iwebsite yethu kwa
www.genderjustice.org.za/onemancan

Sibulela iAmerican Bar Association kumzamo wabo weTeen Dating Violence Prevention ukubona ngamanyathelo kumagumbi okufundela.
www.abanet.org/unmet/teendating/toolkitinstructions.pdf

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