



Abafana bangathabatha amanyathelo

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**UXWEBHU
NGOLUTSHA**

Kwi nyoba ephakathi kwendawo yokuhlala edyunivesi, umfana utsala tsala intombazana afunda nayo, entyontyelwa zizihlobo zakhe. Uyaqhubeka emtsala tsala nangona intombazana le imtshova, ibonakalisa ukungayithandi lento ayenzayo. Abanye abafundi abakhoyo kwalapha babonakalisa ukungayithandi lento yenziwa ngulomfana, kodwa abaqondi ukuba mabenze ntoni ukunqanda lomfana, bade benze ingathi ababoni.

Kwindawo yokuhlala eKapa, intombazana iphatha phathwa ngumalume waye uthanda ukutyelwa ekhayeni lakhe, ngenjongo zesondo. Akaxeleli mntu ngoba umalume wakhe umxelele ukuba utha waxelela omnye umntu, uyakuthi ambulale. Ngokuya ekhula, akafuni nokuwabona amadoda, kwaye uyawoyika, nqu nogxa bakhe emsebenzini, yaye uthi akabathembi.

Enkampini yolutsha eHermanus, inkwenkwe idlwengula enye. Amanye amakhwenkwe ayibone lento isenzeka kodwa bangabaxeleli abaphathi benkampi leyo, kuba bengazi ukuba mabenze ntoni.

Umfazi uya emjuxuzweni nendoda ahamba nayo intlanano yolutsha. Bayonwaba bobabini kulomjukuxuzo. Indoda iyamxelela ukuba ufuna ukuya naye ekhayeni lakhe. Uyamxelela ukuba akafuni. Uyazihlonipha izigqibo zakhe, ayokumbeka ekhayeni lakhe, batsho benze izicwangciso zokudibana ngomso.

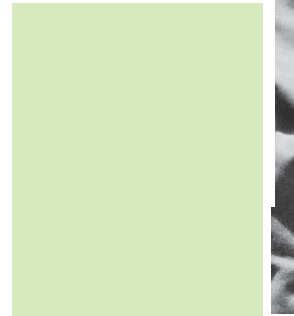
Yonke imihla apha eMzantsi Afrika abafana neentombi, kunye namakhwenkwe namantombazana ajongana neziganeke eziphezulu zobundlobongela ekhayeni kunye nobundlobongela ngezesondo, ngendlela emangalisayo. Obubundlobongela buqhubeka ezikolweni, kwidyunivesi, kwiindawo zokujuxuza zasebusuku, emakhaya nase kuhlaleni -kwaye buneziphumo ezibi kakhulu.

Abafana abaninzi baxhalabile ngeziziganeko eziphezulu kangaka, zokudlwengulwa kunye nezinye iziganeko zobundlobongela phakathi kwabathandanayo. Bafuna ziphele nya. Kodwa, abafana abaninzi kakhulu namakhwenkwe asakholelwa ekubeni “umntu kufanele azibandakanye kwisondo ukubonisa uthando kwiqabane lakhe” kwaye “amantombazana awanalo ilungelo lokwala ukuzibandakanya kwisondo namaqabane awo.” Abanye bade bakholelwe ekubeni “amantombazana ayabathanda abafana abanobundlobongela ngezesondo kwaye bayathanda ukudlwengulwa.”

Uphando olwenziwe yiSonke Gender Justice lusenzela iOne Man Campaign eKapa lubonisa ukuba abafana nabo bathi badlwengulwe kwaye kufanele siyijonge ngeliso elibukhali lonto.



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/1onemancan



Ngonyaka ka1976, ulutsha kulo lonke eli lwasikhokhela ukubhukuqa umbuso karhulumente wengcinezelo. Kufuneka obobugorha noko kuzimisela obufana nobo baboniswa lololutsha ukuphelisa udlwengulo kunye nobundlobongela emakhaya, kwaye ngokukhawuleza.

Abafana bangadlala indima ebaluleke kakhulu

Njengabafana abatsha, sinoxanduva lokulwisana nobundlobongela obenziwa ngamanye amadoda kumanina nakumantombazana esiwaziyo kwaye siwakhathelela-njengo dade bethu, izihlobo, esifunda nabo kunye nabamelwane.

Ngoko, singathi senze ntoni?

1. Vavanya iinkolelo nezenzo zakho: Siphila phakathi koluntu apho abasetyhini basoloko bebekwa ityala ngobundlobongela bamadoda. Uluntu lunamaphike ngobundlobongela bamadoda. Sixelelwa ukuba amadoda akakwazi ukuzibamba xa ecaphukile naxa ekhanuka isondo. Sisithuko eso emadodeni. Asizozilwanyana. Singabantu yaye siyakwazi ukuzikhethela indlela esinokuthi senze ngayo. Akuzange ukudlwengula, ukuxhaphaza, nokuhewula kwaba zizinto ezilungileyo.

2. Funda ngendlela onokuthi uxhase ngayo ixhoba: Thabatha ithuba lokufunda ngendlela ongaxhasa ngayo ixhoba elithe ladiwengulwa okanye ixhoba lobundlobongela ekhayeni. Funda incwadana "Indlela ongaxhasa ngayo ixhoba". Eliphetshana lifumaneka kwalapha kwesisixhobo sokuthabatha amanyathelo nolwazi.

3. Khumbula, kusemdlani wamadoda ukuphelisa ubundlobongela emakhaya nokudlwengula: Xa amanye amadoda eqhubeka ukuphumelela ngobundlobongela, sonke asithembeki, kwaye sibonwa njengabantu abanokuthi badlwengule nabaxhaphazi. Amaxesha amaninzi abasetyhini esibathandayo nesibakhathaleleyo kakhulu bayangcungcutheka bubundlobongela obujoliswe kubo. Kusemdlani wethu ukuba siphelise ubundlobongela-sisenzela thina nabafazi abayi nxalenye yobomi bethu.

4. Thabatha amanyathelo ukunyanzelisa umthetho: Izikolo nedyunivesi esifunda kuzo zinemigaqo neenkqubo ezifanele ukuthintela ubundlobongela phakathi kwabantu abathandanyo. Njengabantu baseMzantsi Afrika, uMgaqo siseko wethu usinika ilungelo lokuphila ngaphandle kobundlobongela. Ukuba amalungu ebhodi zesikolo, ootitshala, oonobhala okanye amapolisa awenzi konke okusemandleni abo ukuthintela ubundlobongela phakathi kwezithandani, sinalo ilungelo lokubanyanzelisa futhi sibaxelele amabakwenze. Singabhala iincwadi zezinyanzeliso, iziqendu kumaphepha ndaba, siququzelele imingcelele kwaye singahamba siyokuhlala kumagumbi abo okusebenzela bade bathabathe amanyathelo. Jonga umzekelo womboniso kamabonakude (DVD) obonisa ukuthatyathwa kwamanyathelo eKhayelitsha.

5. Yakha imiyalelo ebonakalayo necacileyo: Singakwazi ukufundisa abantu abasingqungileyo ngokuthi sakhe imiyalezo esinokuthi siyixhome emadongeni ezikolo, edyunivesi, ezivenkileni, emaholweni encubeko, kunye neendawo zokukhonza. Ukuba ungumzobi sungula imizobo, okanye uzobe imiyalezo nemifanekiso emadongeni ebonisa abantu abalwa ubundlobongela.

6. Bhala iziqendu kumaphepha ndaba asekuhlaleni: Yazisa abantu ngezimvo zakho. Amaphepha ndaba asoloko enomdla ngezimvo zamadoda eziphatelene nobundlobongela obuqondene namanina. Bhala isiqendu kwi phepha ndaba lesikolo, ledyunivesi okanye elasekuhlaleni ngokuphelisa obundlobongela obujoliswe kumanina nabantwana. Unga bhala, ngebali lakho nokuba kutheni ugqibe ekubeni uthabathe inyathelo ngobundlobongela. Yibamfutshane kwaye utsole.

7. Bandakanya intlangano yakho yezemidlalo: Thetha nomqeqeshi wakho, umxelele ukuba ucinga ukuba ikho indima eningayidlala ukujongana nokudlwengula kunye nobundlobongela phakathi kwabantu abathandanayo. Mnike incwadana yabaqeqeshi eyinxalenye yesisixhobo sokuthabatha amanyathelo nolwazi se One Man Can Campaign. Thetha neentshatsheleli zemidlalo kwisikolo sakho nezasekuhlaleni ngendima abanokuyi dlala. Bakhumbuze ukuba bazizibonelo, kwaye abantu abaninzi bajonge kubo belandela nezenzo zabo njengemizekelo. Ubameme ukuba bathabathe inkxaxheba kwizinto othi uzenze okanye kwimisebenzi yakho emihle apho esikolweni nasekuhlaleni.

8. Sebenzisa imidlalo yeqonga: Bhala ubonise ngemidlalo yeqonga, umdaniso nomculo ukufundisa abanye abantu ngokudlwengula kunye nobundlobongela emakhaya. Ukhuthaze abantu ukuba bathabathe amanyathelo ngobundlobongela obuqondene namanina nabantwana. Imiboniso ingabonisa iziphumo zobundlobongela kumaxhoba kunye nabantu abathi benze oku. Umboniso kamabona kude (DVD) oyinxalenye yesisixhobo sokuthabatha amanyathelo nolwazi se One Man Can Campaign, singumzekelo obonisa intlangano yolutsha isebenzisa umboniso wasesidlangalaleni kuloliwe eTembisa. Jonga lomboniso kamabona kude (DVD) ukufumana indlela ongathi uzisebenzise kunye nenkuthazo.

9. Sebenzisa imibutho yolawulo yabafundi kumaziko emfundo: Sebenzisa imibutho yolawulo yabafundi ukusebenzisa impembelelo yabo kubafundi. Ungasebenzisa iinqubo zesikolo esele zisekiwe ukufikelela kubafundi abaninzi.

10. Fumana indlela ezingezinye ezingasebenzisi ubundlobongela ukuthabatha amanyathelo: Kuphando lwethu, amadoda amaninzi namakhwenkwe awakwazanga ukuchonga indlela ezingezinye ezingasebenzisi ubundlobongela ukuthabatha amanyathelo ngomaphuli mthetho. Amadoda amaninzi ebecinga ukuba eyona nto engcono engathi yenziwe ngomaphuli mthetho kukumbetha. Xa umaphuli mthetho engumhlobo wakho okanye ufunda naye, andiqondi ukuba uyafuna ukumbetha, kwaye ukuba yilonto kuphela onokuyenza, ndiqonda ukuba uzakusuka uzithulele. Kodwa kunokuba usebenzise ubundlobongela, fumana ixesha lokuthetha naye yedwa, umxelele ukuba ucinga ubundlobongela bakhe yingxaki kwaye ucinga ukuba kufuneka ayeke ukukhathaza abanye abantu. Mxelele ukuba angazibona selesentolongweni ukuba akayeki. Mkhumbuze ukuba ukuxhaphaza abuthetheleleki, akulungaga qha!

11. Yiphelise xa uyibona: Gxibha ubunganga, ukuxhaphaza ngesondo kunye nokuphathwa kakubi kwabantu abathandana namanye amadoda (Gays) ezikolweni, kwidyunivesi nasekuhlaleni. Ungathathi inkxaxheba xakuhlekiswa okanye kuthukwa abantu abathandana nesini esinye (Gays and Lesbians). Ayikho into ehlekisayo ngokuthuka abantu abathandana nesini esinye kwaye lonto ayikwenzi ukuba ubengumntu ongcono. Ibonisa ukuba awuzithembanga ngesiqu sakho qha.

12. Sebenza nezinye iintlangano ezenza umsebenzi wokuphelisa ukuxhaphaza nobundlobongela obujoliswe kumanina nabantwana. Thabatha inkxaxheba kwiinqubo ezibekelwe bucala kwiCalendar yaseMzantsi Afrika njenge ntsuku ezilishumi elinesithandathu ezibekelwe bucala ukuthabatha amanyathelo okuchasa ubundlobongela obujoliswe kumanina nabantwana (16 Days of Activism against violence against women and children) ukusukela ngomhla wamashumi amabini anesihlanu wenyanga kaNovember ukuya kumhla weshumi kwinyanga kaDecember (November 25th – December 10th)

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

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