



# Amadoda asemancane angenza okuthile

Indoda eyodwa ingakhombisa izinto ezinhle  
bese ima kulokho



**INCWAJANA  
NGABANTU  
ABASHA**

**E**ndleleni yaseholo ezindlini zokuhlala abafundi enyuvesi, indoda encane icelwa ngabangani bayo isiza umfundi efunda naye ukumkhombisa indlela noma nje engafuni. Abanye abafundi abayithandi lento eyenzekayo kowa abazi ukuthi kufanele benze njani. Bavele bakushaya indiva lokho. ababoni.

*Elokishini elithize eliseKapa intombazana ihlukunyezwa umalume wayo oyaye avakashe khona. Intombazana ayikatsheli muntu ngalendaba ngoba umalume wayo wayisabisa ngokuthi uyoyibulala uma itshela abantu. Ekukhuleni kwayo ize yaba nokuthi ayifuni lutho ngomuntu wesilisa . ubesaba bonke abantu besilisa, nalablo asebenza nabo ngoba uthi akabethemi.*

*Ekempini yabantu abasha eHermanus, umfana othile udlwengula omunye umfana. Abanye bayakubona lokhu kodwa abazi ukuthi benze njani futhi abatsheli muntu obaphethe.*

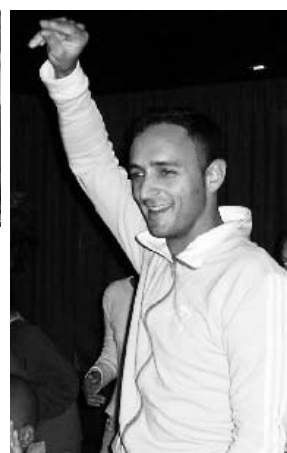
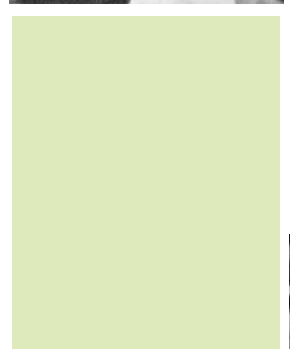
*Owesifazane uya ephathini nomuntu wesilisa abalingana naye. Bayajabula futhi baphatheke kahle ephathini, usethi umfana ufuna ukuhamba nalo wesifazane ekhaya kubo. Owesifazane akafuni ukukwenza lokho. Owesilisa uyamhlonipha owesifazane futhi uyayiyeka lendaba yokuhamba naye. Base bexoxa ngokuthi kufanele baphinde babonane nakusasa.*

Zonke izinsuku eNingizimu Afrika amadoda nabantu besifazane, abafana namantombazana babhekene nezinga eliphezulu lodlame lwasekhaya kanye nokuhlukumezeka ngokocansi. Loludlame lwenzeka ezikoleni, emanyuvesi, emaklabhini, emakhaya, nasemiphakathini kanti imiphumela ayijabulisi neze.

Maningi amadoda amancane akhathazekile ngezanga eliphezulu lokuhlukumezeka kanye nodlame oluhambisana nokushelana abafana loludlame luqedwe. Noma kunjalo maningi amadoda amancane nabafana abaqhubeka nenkolelo yokuthi kufanele benze ucansi ukuze bakhombise uthando, nokuthi amantombazana awanalo ilungelo lokuthi qha ocansini uma abafana abathandana nabo befuna. Abanye babo bakholelwa nokuthi amantombazana ayakuthokozela ukudlwengulwa.

Ucwaningo olwenziwe yi Sonke Gender Justice balwenzela I One man Can Campaign eKapa lusitshengise ukuthi amadoda amancane nawo ayadlwengulwa nokuthi yinto okufanele sibhekane nayo ngokukhulu ukushesha.

Ngonyaka wezi 1976 abantu abasha ezweni lonke laseNingizimu Afrika balwa belwela ukuqeda ubandlululo olwalukhona. Lowo mdladla owakhonjiswa ngabantu absha uyadingeka namanje ukuqedwa ukudlwengula kanye nodlame lwasemakhaya.





## Amadoda amancane anendima ebalulekile okufanele ayidlale

Njengamadoda asemancane, sinendima enkulu okufanele siyidlale ukubhekana ngqo nodlame olwenziwa ngabanye abantu besilisa belubhekise kubantu besifazane namantombazana esiwaziyo nesiwanakekelayo- Osi bethu, abangani bethu. Ngakho-ke yini esingayenza?

### Kukhona ongakwenza: khombisa okuhle onakho, yima kukhona.

**1. Hlolisisa izinkolelo zakho nezinto ongazenza:** Siphila emphakathini lapho abesifazane behlale besolwa ngodlame olwenziwa ngamadoda kubona. Umphakathi wenza zonke izaba ukusekela abantu besilisa ngodlame abalwenzayo. Sitshelwa ukuthi Abesilisa abakwazi ukuzithiba uma bethukuthele noma sebefuna ucansi. Kuyinhlamba lokho kwabesilisa. Asizona izilwane. Singabantu abakwaziyo ukuzikhethela indlela yokuziphatha ezimweni ezahlukene. Akukuhle ukudlwengula, ukufuna ngenkani, noma ukuhlukumeza umuntu wesifazane.

**2. Funda ukuthi ungamsekela kanjani umuntu ohlukumezekile:** Thatha isikhathi sakho ufunda ukuthi ungamsekela kanjani umuntu ohlukumezeke ngokocansi noma ngokodlame lwasekhaya. Funda kabanzi ukuthi ungakwenza kanjani lokhu ngaphansi kwesihloko esithi “ungamsekela kanjani umuntu ohlukumezekile” kufanele wazi ukuthi sikuphi isiteshi samaphoyisa esiseduze kwalapho uhlala khona kanye nendawo lapho abantu abanenkinga efana nalezi ezibalwe ngenhla abangaya khona, futhi ukhumbule ukuthi unelungelo lokuphathwa ngenhlonipho kanye nokuthola usizo lwezokwelapha olusheshayo, lokhu kufaka imithi engavikela ukungenwa yigciwane lesandulela ngculazi. Qinisekisa ukuthi uyaluthola usizo aludingayo nokuthi kufanele ucindezele amaphoyisa ukuthi asheshe ukusiza nawo.

**3. Kusiza wona amadoda ukuqedwa kodlame kanye nokudlengulwa kwabantu besifazane:** Uma amadoda athile ephumelela ukwenza udlame futhi engabanjwa, sonke thina madoda siba ngabasolwa ekudlwengulweni nasekuhlukumezweni kwabesifazane ezikhathini eziningi abantu besifazane esibanakekelayo baphatheka kabi ngodlame olubhekiswe kubona. Kuzosiza thina ukuqeda udlame kuphinde kusize nabesifazane esiphila nabo.

**4. Yenza okuthile ukuthola ubulungiswa:** Izikole noma amanyuvesi esifunda kuwo anemithetho kanye nemigomo okufanele ivimbe ukushelana noma ukuthanda okunodlame phakathi. Njengezakhamizi sase Ningizimu Afrika umthetho sisekelo wethu usinika amalungelo okuphila ngaphandle kodlame. Uma izinhlaka esiphatha ezikoleni, othisha, abasebenzi basema ofisi noma amaphoyisa bebonakala bengenzi okwanele ukuvimba udlame, kuyilungelo lethu ukuthi sikufune lokho ukuthi bakwenze. Singabhala izindatshana, sifake amagama ethu ephepheni silinike abaphethe, simashe, siphinde sihlale ema ofisoini abantu abaphethe kuze kuba bathatha izinyathelo. Bheka iDVD kulenhlanganisela nibone isibonelo semashi eKhayelitsha.

**5. Yenza imibhalo ebonakalayo:** Singabafundisa abantu abasondelele nathi ngokusungula iqembu labantu abazosibhalela imilayezo esingakwazi uktyibeka ezindongeni zalapho esifunda khona, ezikoleni, emaspaza shops, emahholo amasonto. Uma ungumdwebi noma wenza udizayina izithombe ungenza izithombe ezinkulu. Uma ungumbhali wezindawo ezivulekile, ungadweba imilayezo ezindongeni zakho izithombe ezikhombisa abantu beqeda udlame olubhekiswe kubantu besifazane.



**6. Bhalela iphephandaba eliseduze nawe:** Yenza izimvo zakho zaziwe. Amaphepha ayazijabulela izimvo zabantu besilisa ngodlame olubhekiswe kwabesifazane. Bhalela iphepha esilenyuvesi yakho, isikole sakho, noma iphephandaba eliseduze nawe ngokuqedwa kodlame olubhekiswe kwabesifazane kanye nezingane. Kwenze kube yinto yakho futhi ubhale ngendaba yakho futhi uchaze ukuthi kungani uthatha isinqumo sokumelana nalokhu. Yiba mfushane uhlale endabeni.

**7. Sebenzisa iqembu lakho lezemidlalo, vimba udlame:** Khuluma nomqeqeshi wakho umtshela ukuthi unendima ebalulekile angayidlala ekuqedeni ukudlwengula, nodlame oluhambisana nothando. Banike iphepha elikhuluma ngalokhu kunhlanganisela oyinikiwe. Khuluma nabadlali abaqavile esikoleni nasemphakathini wangakini ngokubaluleka kwendima yabo ekuvimbeni udlame oluhambisana nezothando. Bakhumbuze ukuthi abantu abaningi babuka kubona futhi balandela izinto ezenziwa yibona. Bameme ukuba babe yigxanye kulokho okwenzayo.

**8. Sebenzisa into engumdlalo wasesiteji:** Sungula futhi udlale umdlalo wasesiteji, umdanso, namaculo ukufundisa abanye abantu ngokudlwengula okubhekiswe kwabesifazane kanye nezingane. Izindlela ezicatshangwe kahle zingakhombisa imiphumela eqondene nomuntu ohlukumezekile kanye nomhlukumezi. Veza isibonelo emdlalweni, eculweni, kanye nasemdansweni obonakalisa umphakathi osothathe isinqumo sokuvimba udlame. IDVD ekulenhlanganisela ikhombisa isibonelo sabantu abasha besebenzisa isitegi esiteshini sesitimela eTembisa. Bheka iDVD ubone izibonelo kanye nezinto ezinikeza ugqozi.

**9. Sebenzisa izinhlangano ezihola abafundi:** Sebenza nezinhlango ezihola abafundi ukusebenzisa amandla abanawo kwabanye abafundi. Ungasebenzisa izinhlanga ezikhona zabafundi ukufinyelela kubafundi abaningi.

**10. Thola izindlela ezingenadlame ongazisebenzisa ukuthatha isinyathelo:** Ocwaningeni lwethu amadoda amaningi kanye nabafana abazange baphumelele ukuthola izindlela ezinokuthula ezingasetshenziswa ukubhekana nomuntu owenze udlame. Amadoda amaningi ayeveza ukuthi indlela encono ukuthi lowo muntu otholakale enza lokhu ashaywe. Uma ubheka, uyabona ukuthi uma umuntu owenze lento embi kungumngani wakho noma uklasmata wakho akulula ukuvuma ukuthi ashaywe, uma kubonakala ukuthi udlame yiyona ndlela engasetshenziswa ukubhekana nabo, wena ungavele uzithulele. Esikhundleni sokusebenzisa udlame thola indlela yokukhuluma nay umlomo nomlomo. Mtshele ukuthi udlame alwenzayo luyinkinga nokuthi ubona kuncono ayeke ukuhlukumeza abanye abantu. Mtshele ukuthi kungenzeka agcine eseboshiwe uma engafuni ukuyeka. Mkhumbuze ukuthi asikho isizathu sokuhlukumeza abanye abantu.

**11. Kubone bese ukunqanda:** Melana nenkani, ukuhlukunyezwa ngokwemizwa, nokugxeka okungahambisani nezitabane ezikoleni, enyuvesi, nasemphakathini wakho. Ungabi mdibimunye nabantu abagxeka izintabane. Ukwethuka izitabani akuyona into ekwenza ube ngumuntu obonakala ehlakaniphile. Lokho kukhombisa ukuthi ungumuntu ongakhululekile.

**12. Sebenza nezinye izinhlangano:** Sebenza nezinhlango ezilwela ukuqeda udlame olubhekiswe kwabesifazane nezingane. Yiba yigxanye ezintweni ezihlelwe uhulumeni kazwelonke. Isibonelo izinsuku eziyi 16 ezimelene nodlame olubhekiswe kwabesifazane nezingane oluqala ngoNovember zingama 25 kuya kuDecember ziyi 10.

**Uma ufuna ulwazi ngokuthi ungalutholaphi usizo, bheka i-Directory of Service Providers – incwadi enohla lwabasizayo eku-One Man Can Action Kit, noma bheka iwebhu yethu.**

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

