



## KHULUMA NATHI

### JHB/NATIONAL OFFICE

2nd Floor West Wing,  
Women's Jail,  
Constitution Hill,  
1 Kotze Street,  
Braamfontein,  
Johannesburg 2001  
Tel: +27 11 038 9709

### CAPE TOWN OFFICE

Block D, Ground Floor,  
Aintree Office Park,  
cnr Doncaster & Loch  
Roads, Kenilworth,  
Cape Town 7708  
Tel: +27 21 879 2398  
Fax: +27 21 423 0935

### DURBAN OFFICE

1st Floor, CBI Building,  
635 Peter Mokaba Road,  
Overport,  
Durban 4001  
Tel: +27 31 301 7572

### MAKHANDA OFFICE

116 High Street,  
Makhanda 6139  
Tel: +27 46 622 9230

[info@lrc.org.za](mailto:info@lrc.org.za)



# UMVIKELI WAMALUNGELO ABANTU IMINYAKA EWU-45

## UMSEBENZI WETHU NGENKOHLAKALO EBANDAKANYA UCANSI

IEzweni lethu elibhekene nenhlekelele ecacile yodlame ngokobulili (GBV), kubalulekile ukuthi izinhlaka zomthetho zinikeze ukuvikelwa nokwesekwa okudingekayo kwabahlukunyezwayo. I-LRC inhlango egxile kakhulu ekuvikeleni nasekulweleni amalungelo abantu, i-LRC ibheka inkohlakalo ebandakanya ucansi njengokwepulwa kwamalungelo abantu. Ukubheka inkohlakalo ebandakanya ucansi ngamehlo amalungelo ; kuveza umonakalo wakhona ojulile: akusona nje isivumelwano sokushintshisana amandla ngocansi, kodwa ukonakala kwelungelo lomuntu lokuzithathela izinqumo ngomzimba wakhe, ukuzimela ngokwakhe kanye nokuzihlonipha umzimba wakhe. Yilokhu konakala okwenza inkohlakalo ebandakanya ucansi kube yingxeny yodlame ngokobulile, futhi lenkohlakalo idinga ukuphathwa njengodlame ngokobulili ngokomthetho nangokwezikhungo.

INFORMATION  
PACKAGE



LEGAL  
RESOURCES  
CENTRE



# INKOHLAKALO EBANDAKANYA UCANSI

*Kuyini, yini ongayenza ngakho kanye  
nezinombolo ongazifonela*



[www.lrc.org.za](http://www.lrc.org.za)



## YINI INKHOHLAKALO EBANDAKANYA UCANSI?

Inkohlakalo ebandakanya ucansi, okwaziwa nangokuthi “**sexortion**”, kubandakanya isivumelwano sokuthi “lokhu ngalokho”. Kuwukusetshenziswa kabi kwamandla anikwe umuntu, lapho umuntu osesikhundleni efuna isenzo noma imivuzo yocansi ngokushintshisana ngensizakalo, inzuzo noma ithuba; okungukuthi kusebenziswa ucansi njengendlela yokuthola izinto ezifana nomsebenzi, imfundo, usizo, noma amadokhumenti asemthethweni. Lokhu kungaba sobala – ngezicelo eziqondile – noma kube ngokungaqondile, lapho isisulu sizwa sengathi siyakweleta noma kumele sikhokhe ngocansi ngoba kukhona intuthuko esiyitholile, noma ukuze sithole izinsizakalo okufanele sinikezwe sona ngokujwayelekile.

“ISextortion (inkohlakalo ebandakanya ucansi)- inkohlakalo lapho kusebenza khona ucansi hhayi imali”

## INDLELA I-LRC ELWA NGAYO NENKHOHLAKALO EBANDAKANYA UCANSI

- **Silalela imiphakathi.** Sizosebenzisana ngqo nemiphakathi eKZN, e-EC naseGauteng ukubhala phansi okuhlangabezwa abantu nokuzwisisa ukuthi inkohlakalo ebandakanya ucansi yenzeka kanjani ezimpilweni zabo.
- **Sifuna ukuphendulwa .** Sizosebenzisa ucwaningo nokukhankasa ukufuna izinyathelo eziqinile kulabo abenza lokhu, kanye nezindlela ezicacile nezivikelayo zokubika ukuhlukunyezwa, okuhlanganisa nokwamukelwa ngokomthetho ukukhohlakala okubandakanya ucansi.
- **Sisekela abasindile.** Sizosebenzisana nabalingani ukuqinisa izindlela zokudlulisa usizo ukuze abasindile bathole ukwesekwa ngokwengqondo ukuze bengashiywa bebhekene nobuhlungu bodwa.
- **Sigxila lapho ingozi iphezulu khona.** Sizogxila emikhakheni lapho amandla ehlangana nokudedela izidingo, sizogxila emahhovisi kamasipala, emapulazini, ezinsizakalweni zokufuduka kwabantu, nasemitholampilo ukuze ukuvimbwa kwenkohlakalo ebandakanya ucansi nokuphendulwa kwemiphumela kube ngokoqobo futhi kusebenze kahle.

## IZIBONELO ZENKHOHLAKALO EBANDAKANYA UCANSI

- Isikhulu sikhulumeni esifuna ucansi ukuze sicubungule amaphepha noma sinikeze izimvume.
- Umhlinzeki wezempilo ogodla ukunakekelwa okubalulekile ngaphandle kokuthi umuntu anikeze inzuzo yocansi.
- Othisha noma oprofesa abasebenzisa amandla abanawo ukuthola ucansi kubafundi.
- Umholi wenkolo noma olapha ngokomoya osebenzisa ukholo lomuntu , amufune ucansi ngaphambi kokwenza umthandazo noma ngaphambi kokwelapha ogulayo ngokomoya.

## IZINOMBOLO ZOKUXHUMANA EZIBALULEKILE

- SAPS Crime Stop 08600 1011
- SAPS emergency number 10111
- Independent Police Investigative Directorate 0800 111 969
- Stop Gender Violence Helpline 0800 150 150 / 011 715 2000
- TEARS Foundation: Toll free 08000 83277  
Emergency line 010 590 5920  
USSD 1347355#
- Sonke Gender Justice: CPT 021 423 7088 / JHB 011 339 3589
- GBV Command Centre: Landline 0800 428 428  
SMS 31531  
Please Call Me \*120\*7867#
- Marie Stopes SA 080 011 7785
- Lifeline SA 0861 322 322
- People Opposing Women Abuse (POWA): Counselling & advice 011 642 4345  
After-hours number 076 694 4911  
Whatsapp 060 400 0669
- Rape Crisis Centre Helpline: English 021 447 9762  
isiXhosa 021 361 9085  
Afrikaans 021 633 9229  
Whatsapp 083 222 5164
- African Women Against Corruption (AWACN) 064 728 9228
- Legal Aid 0800 110 110
- Corruption Watch 0110242 3900 / 082 579 5220
- Commission for Gender Equality 011 403 7182
- Stellenbosch GBV Centre: Phone 021 487 7288  
WhatsApp 063 238 4280