



LEGAL
RESOURCES
CENTRE

ISIXHOBO SEZIXHOBO

AMALUNGELO EZESONDO KUNYE

NOKUZALA KWAKUNYE NOKUXHAPHAZWA

NGOKWESONDO KWIMFUNDO

TABLE OF CONTENTS

SECTION A

Intshayelelo

Page 01

SECTION B

Umzimba wakho

Page 09

SECTION C

Masithethe ngesondo

Page 12

SECTION D

Ubudlelwane kunye nesondo

Page 18

SECTION

A



INTSHAYELELO:

Ukufundisa ngesondo kunye nokuxhatshazwa ngokwesondo

A. INTSHAYELELO:

Oluxwebhu lukuhlola luqwalasela amalungelo empilo yakho ngokwesondo nokuzala [SRHR] kunye nelungelo lokukhuseleka kubundlobongela nakusekukhuselekeni ngokwesondo.

Siqwalasela noxanduva lukaRhulumente ukuba luthini malunga namalungelo empilo yakho ngokwesondo nokuzala ngalomzuzu nokuqiniseka ukuba amalungelo akho akhuselekile ngokwesondo.

Yintoni amalungelo ezempilo ngokwesondo nokuzala

Amalungelo ezempilo ngokwesondo nokuzala ngawo loomalungelo abangela ukuba benze izigqibo ezisesikweni nezibhadlileyo malunga nemicimbi yesondo njengokuba banawo umnweno wokuzibandakanya nesondo, ukuba nabantwana okanye ukuba nobudlelwane nabani na.

AMALUNGELO	EZEMPILO	NGOKWESONDO	NOKUZALA	ATHETHA	UKUBA
UNALAMALUNGELO					

- Uzigqibele ngethuba lokuzibandakanya kwezesondo kunye nabani
- Uzikhethela umahlulalwane wezesondo/sini
- Ukhuseleke kwisondo enobundlobongela
- Ungazibandakanyi nezesondo ukuba awufuni
- Ukhuseleke ukuze namava akho abemyoli ngokwesondo
- Uzigqibele ukuba mawutshate nini nakunye nabani
- Uzigqibele ukuba nini, nendlela yokuba nomntwana okanye abantwana neyokuba bazakuba ngaphi.
- Amalungelo ezempilo ngokwesondo nokuzala xa, umzekelo, ukhulelwe okanye unengculase okanye isifo esasulelayo ngokwesondo.
- Ufundiswe ngawo lamalungelo angasentla

AMALUNGELO AKHO OKUBA MAWUKHUSELEKE EBUNDLOBONGELANI NGOKWESONDO NOKUZALA AQULUNYIWE KUMGAQO SISEKO WASEMZANTSI AFRIKA

Umgaqo siseko uyachaza amalungelo okuba wonke umntu ohla eMzantsi Afrika unebango lokuba, umzekelo, sonke sinelungelo lwemfundiso, impilo, sikhuseleke kubundlobongela nokungacalulwa. Lamalungelo ohlukile kodwa ayaxhasana iwenze omelele.Ngalomzuzu usesikolweni, amanye amalungelo akho kufuneka ekhuselekile. Kodwa libandakanyeka ngantoni ilungelo lwezempilo, ukungacalulwa, nokukhuseleka kubundlobongela neyokuya esikolweni?

AMALUNGELO AKHO	AYINTONI / ATHETHA UKUTHINI AMALUNGELO AKHO XA USESIKOLWENI
Ezemfundo	Umgaqo siseko kwiCandelo le-29 usinika ubani naye nabani na ilungelo lemfundo. Eli Lungelo lemfundo lithetha ukuba ubani amgaya esikolweni urhulumente abe nesiqinisekiso lokuba kukho izikolo ezaneleyo kwaye kukho neencwadi. Likwathetha ukuba kufanele ukubana esikolweni kubekho iimeko ezintle, ezikhuselekileyo ezizokwenza ukuba ubani akwazi ukunikela ingqalelo kumsebenzi wakhe wesikolo. Ukuba abani uye wahlukumezeka okanye waphatha kakubi omnye okanye wamonzakalisa esikolweni, okanye waba nokucalucalula kuloo mntu nangayiphi na indlela kwezi zibekiweyo zingezantsi apha loo nto iyakucutha ilungelo likabani (or elakho) lokufunda. Lento yenzeka ngenxa yokuba kunzima ukuba ubani anganikela ingqalelo kumsebenzi wesikolo ukuba akaziva/ fumani amnkelekile okanye ekhuselekile. Isidima sobuntu sithetha ukuba wonke umntu ufanele/ ukulungele ukuba ahlonishwe ngokuba enguye njengomntu. Ikwathetha ukuba njengomntu unexabiso.
Isidima soMntu	Ilungelo lesidima sobuntu yeyona nto ibalulekileyo emntwini kuba yenza yenza wonke umntu azive omelele. Kubalulekile kwakhona njengesiseko somgaqo siseko ukuba sonke sibe siyalingana size sibanayo nenkululeko. Unalo ilungelo lesidima ekhaya, esikolweni naphina apho ukhoyo. Inkululeko nokhuseleko lobuntu Ukhuseleko-kubundlobongela.

Inkululeko nokhuseleko lomntu: ukukhuselwa kubundlobong ela

Ilungelo lokuba ukhuseleke kubundlobongela yenye yeCandelo le12 kumgaqo siseko. Lonto ithetha ukuba ufanele abe kanti ukhuselekilew ekuphathweni gadalalanakuyo nayiphina imeko enodlame kutitshala, abantu abaqeshiweyo esikolweni, okanye kwabanye abafundi.

Khumbula: ukuba xa usesikolweni, ootitshala badlala indima yokuba ngabazali kwaye banelungelo lokuba baqinisekise ukuba ukhuselekile.Zikhona izinto ezingamkelekanga ezithehwayo / eziba yintetho, ezingathethwayo zibonakale ngesimilo nezingamkelekanga indlela ojongwa okanye onokujongwa ngayo ngooysshala enokwenza anyatheleke amalungelo esidima sakho kubondlobongela.ezingaba nimiphuma emininzi engamkelekanga kubantu bakho nakwinkqubela yakho kumsebenzi wesikolo.

IMIZEKELO YEZIMILO EZINGAFANELEKANGA EZIVELA/EZISUKA KOOTISHALA

- Intetho ezingamkelekanga ngomlomo: amacebiso ingcebiso ezingesini, (ezingendalo yesini) ezinganempembelelo yesini, ukoyikiswa ngesini, izimvo ezingokuninzi ngokwesini, iziqholo ezinento yokwenza nesini okanye nezithuko.
- Isimilo ntetho ezingamkelekanga: izenzo ezigqithisela injongo ezithile, izimilo ezibaxekileyo zesini, ukuveza amalungangasese okanye ukuthumela imiyalezo nangezo
- (eletroniki-emails) nembalelwano ngezixhobo ze-eletroniki, miyalezo leyo enemifanekiso ehamba ze
- Ukubambana/ ukubamba okubonakalayo okungamkelekanga: oku kuquka ukubambana ngokwesini okanye udlungwelo

KHUMBULA : kulungile ukuba utishala okanye / akuwonge xa umnikile imvume nawe uzive ukhululekile unganyanzelekanga okanye uxinezekile.

Akulunganga ukuba utishala akuwonge ukuba ukuthembisa ukukunika into. Akavumelekanga / kungalunganga okuba utishala akuthembise ngokukunika into ukuze akuwonge ube wena uthe hayi.

Ezempilo

Icandelo 27(1) lo mgaqosiseko linamalungelo kwezempilo. Kubalulekile ukwazi ukuba uMgaqo -sisekouthi wonke ubani unelungelelo lokufumana uncendo kwezempilo, kuquka inkathalo kwimpilo yezobekeko (yokuzala)

Xa usesikolweni, ilungelo lezempilo lithetha ukba ungakufundiswa / zizakufundiswa:

- Ngomzimba wakho
- Imbopheleleko – Ukufunda ngembopheleko ekwenzeni izigqibo ngomzimba wakho.
- Ukuzithwala / ukumitha noku qhomfa
- Izifo ezosulelayo neHIV
- Intlobano zesini ezikhuselekileyo
- Nokuba uziva ngathi uyinkwenkwe, uyintombi, okanye enye yazo(ukuchonga isini).
- Ukuba usichaza njani isini sakho njengenkwenkwe,intombi, zombini, ngaphandle kwezo(ukuchaza/ ukuvakalisa isini sakho)
- Enoba ukholiswa bubukhwenkwe, Ntombi, zombini okanye nayiphi na yezo (uqheliselo lwesini) ukugqibelelana emzimbeni nasengqondweni

Ukunyaniseka komzimba kunye nengqondo: ukwenza izigqibo ngomzimba wakho.

Ilungelo lokuthatha izigqibo ngomzimba wakho likwayinxalenye yeCandelo le-12 loMgaqo-siseko. Kubalulekile ukwazi ukuba unolawulo kumzimba wakho kwaye unokwenza izigqibo ngomzimba wakho ngokusekelwe kwinto ocinga ukuba iya kukulungele.

Oku kuquka ukwenza izigqibo malunga nokuzala. Unelungelo lokwenza isigqibo, umzekelo:

- Nokuba uyafuna okanye awufuni ukuba nabantwana.
- Nokuba uyafuna ukukhupha isisu.
- Nokuba uyafuna na ukusebenzisa izicwangcisi.
- Zeziphi izicwangcisi zokusebenzisa.

Phantsi ngocalulwano

Amaxesha amaninzi, ilungelo lokungacalulwa lithetha ukuba wonke umntu esikolweni kufuneka aphathwe ngokufanayo. Oku kungenxa yokuba iCandelo le-9 loMgaqo-siseko lichaza ukuba sonke siyalingana phambi komthetho kwaye sikhuselekile kucalucalulo olungafanelekanga. Umzekelo, akufanele uphathwe ngokwahlukileyo ngenxa yohlanga lwakho, isini, okanye isiphene. Ngamanye amaxesha, kufuneka ufumane unyango olulodwa ukuze uqiniseke ukuba usenako ukuya esikolweni kwaye ungaxhatshazwa okanye ukhutshwe. Oku kubizwa ngokuba lucalucalulo olufanelekileyo.

Imizekelo:

- Ukuba ukhulelwe, ootitshala bafanele ukukunceda ukuba ujongane nawo nawuphi na umsebenzi wesikolo othe wasilela xa wawusabele okanye unyamekela usana lwakho.
- Ukuba ukhulelwe kwaye awufuni ukuba abanye abafundi bazi, ootitshala akufuneki babaxelele.
- Ukuba ngaba ukhulelwe okanye une-HIV, isikolo sakho kufuneka sikuncede ukuba ufikelele kukhathalelo lwempilo kunye neenkonzo zentlalontle.
- Akufunekanga uvalelwe ngaphandle esikolweni okanye kwimisebenzi yesikolo ukuba une-HIV okanye ukuba kukho umntu ocinga ukuba une-HIV, okanye ukuba ukhulelwe.

Ukuba ukhulelwe, ootitshala kufuneka bakuncede ufumane nawuphi na umsebenzi
wesikolo owufumanayo

uphoswe ngelixa unyamekela okanye unyamekela usana lwakho.

Ukuba ukhulelwe kwaye awufuni ukuba abanye abafundi bazi,
ootitshala mabangabaxeleli.

Ukuba ukhulelwe okanye une-HIV,
isikolo sakho kufuneka sikuncede ufumane unyango lwezempilo
kanye neenkonzo zentlalo.

Akufanele ukhutshelwe ngaphandle esikolweni okanye
imisebenzi yesikolo

ukuba une-HIV okanye
ukuba umntu ucinga ukuba une-HIV,
okanye ukuba ukhulelwe.



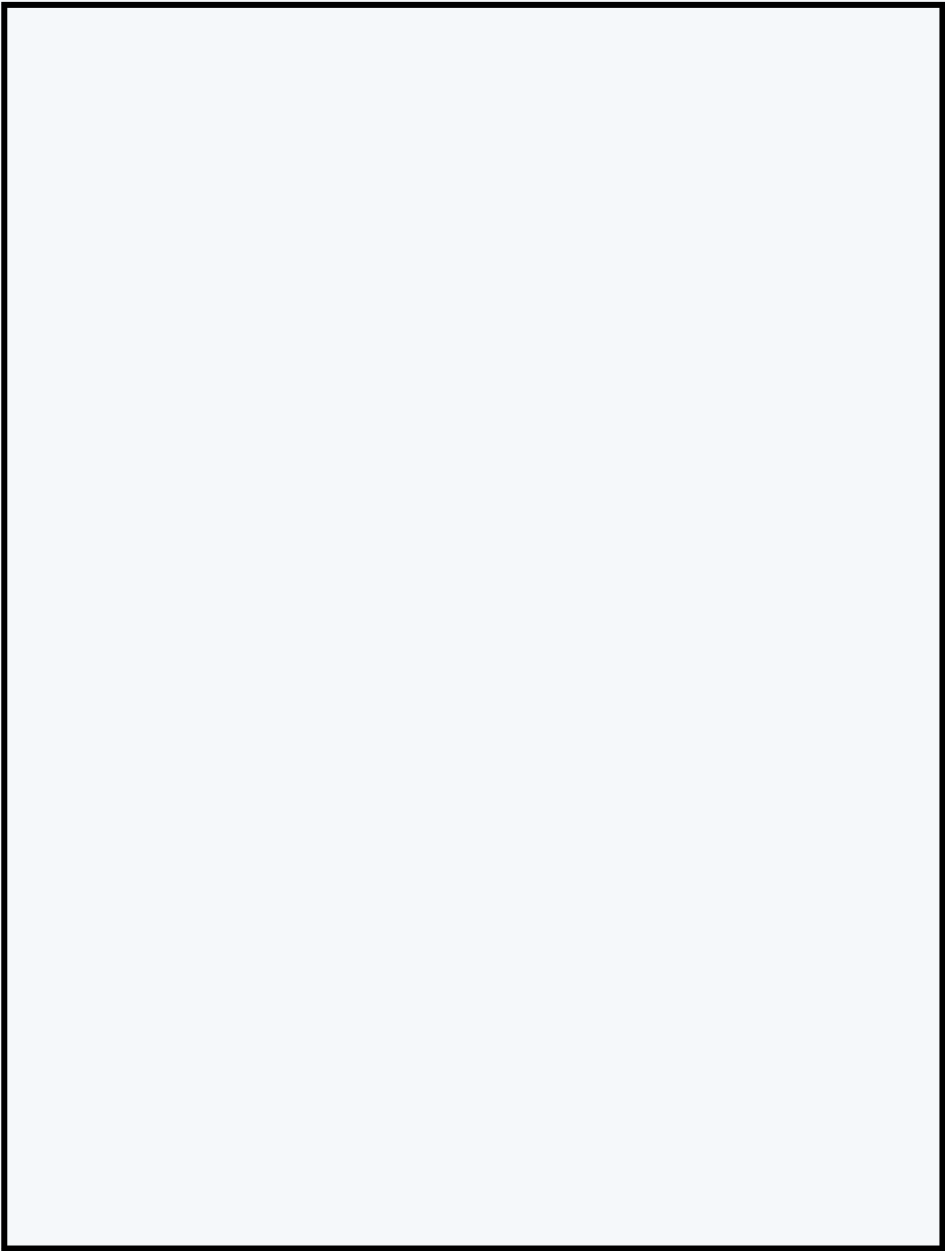
LEGAL RESOURCES CENTRE

IMISEBENZI:

Bhala phantsi iimizekelo emibini engamalungelo empilo yesondo kunye nenzala.

Bhala imizikelo yezinto ezifanele ufunde ngazo malunga nempilo yakho eskolweni.

Zoba umfanekiso malunga nelungelo lolukhuseleka kukuxhatshazwa nogonyamelo esikolweni.



SECTION

B

B. Umzimba wakho

Umzimba wakho uyakhula njengokuba ukhula, Ngexesha lokufikisa, iihomoni zivumela umzimba wakho ukhule kwaye ukulungele ukwabelana ngesondo nokuzala. Ukufikisa kuye kuqale Phakathi kweminyaka we 8 ne 12 kumantombazana na 10 ukuya ku 14 kumakhwenkwe kodwa ingafika ngaphambili nangasemva kwaloo minyaka.

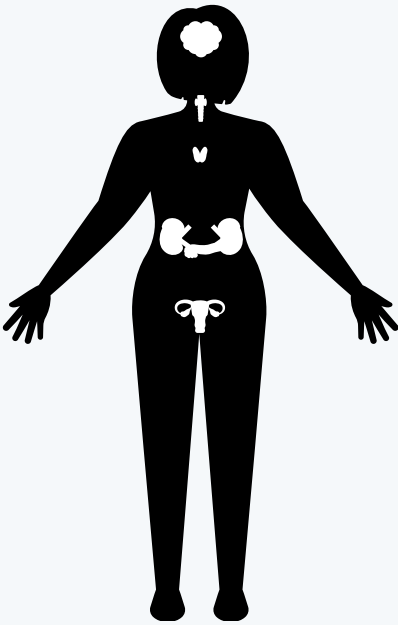
.



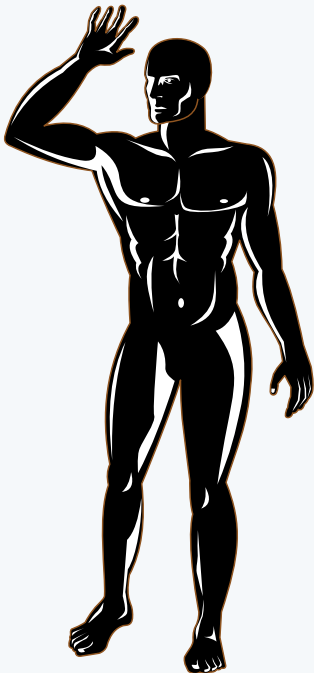
Amantombazane	Abafana
Izinwele emzimbeni zibamnyama ziqine	Izinwele emzimbeni zibamnyama ziqine
izinwele zikhula emakhwapheni nase sithweni sangasese	Izinwele zikhula emakhwapheni, esithweni sangasese, esifubeni, nasebusweni
Isikhumba siba namafutha okungadala izinduna ebusweni nakwamanye amalunga omzimba	Isikhumba siba namafutha okungadala izinduna ebusweni nakwamanye amalunga omzimba
Ujuluka kakhulu, ukujuluka kungadala ukuthi ube nephunga elihlukile kunaleli obulijwayele usayingane. Abantu abasha abanengi baqala ukusebenzisa iziqholo/izinto zokugcoba emakhwapheni.	Ukujuluka okungadala ukuthi ube nephunga elihlukile kunaleli obulijwayele usayingane. Abantu abasha abanengi baqala ukusebenzisa iziqholo/izinto zokugcoba emakhwapheni.
Isakhiwo sentombazane siyashintsha, amahips abamakhulu, kuhlose amabele. Kuyenzeka futhi intombazane ikhule ngobude futhi ikhuluphale	Isakhiwo somfana siyashintsha, amahlombe abemakhulu. Kuyenzeka futhi umfana akhule ngobude futhi akhuluphale.
Uya esikhathini njalo ngenyanga-igazi liphuma kwisitho sakho sangasese , kodwa uma ukhululelwe awuyi esikhathini.	Izwi nokukhuluma kuyashintsha, ugcine ukhuluma ngezwi eliqinile, eliyibhesi

ENZA LOKHU:

Uyakhumbula ukuthi kwenzakalani emzimbeni wakho uma uthomba? Gcwalisa la kushoda khona?



Bhala umzekelo



Bhala umzekelo

SECTION

C



LEGAL RESOURCES CENTRE

C. Masithethe ngesondo

Ngexesha lokufikisa, uye ube nomdla/ ukundwebela (undwebele) ukwazi okungakumbi ngomzimba wakho, ngesondo, nangobudlelwane.

KuYintoni ukwabelana ngesondo (okubizwa ngokuba yiSex)?

Ukwabelana ngesondo, okubizwa iSex kuthetha ukuba xa ubani efake nantoni/ nayiphi na into okanye ilungu lomzimba kumzimba womnye umntu. Oku kuthetha ukuba isondo lingaphezulu komthondo wendoda ungena kwilungu lobufazi lomfazi.

Izinto ezinobungozi/ ezisemngciphekweni

Isondo likubeka emngciphekweni wokuba sesichengeni kusulelo olusulekela ngokweSondo (STI) ezifana nentsholongwane kagawulayo (HIV) Nokukhulelwa

Izinto ezisemngciphekweni: Usulela olusuleleka ngesondo

Usulelo olusuleleka ngesondo lusulelo olusasazeka ngokwabelana ngesondo. Olunye usulelo(STI) lungasasazeka ngokudluliselwa ukusuka kumama ukuya kumntwana ngexesha lokukhulelwa, lokubeleka ukuzalwa komntwana, nangokuncancisa ngebele. Kubalulekile ukwazi ukuba olunye ulusulelo luyanyangeka ngoxa olunye lunganyangeki : HIV ngomnye umzekelo wolusulelo- STI ezinganyangekiyo.

Iintsomi

Ungawanciphisa njani amathuba okusuleleka lusulelo yi STI olufana ne HIV/? Ufanele ukuba wakhe waluva ibinzana elithi 'lumka, sebenzisa iCondom' Ukusebenzisa icondom/ licondom yeyona ndlela isebenzayo ekunciphiseni umngcipheko wokusuleleka lulosulelo (STI) nokukhulelwa. Sithi inciphisa umngcipheko kuba ayikho 100%.

Ndingafumana na ulosulelo ukuba ndibe nentlobano nomntu omnye? Ewe

Abantu abaninzi abanolu losulelo STI banazi mpawu eziqondakalayo. Enoba wena neqabane lakho ngamnye ube neentlobano zesondo nomntu omnye ngaphambili nisesemngciphekweni wokufumana olu losulelo STI. Yiyo loonto kubalulekile ukuhlala uyisebenzisa iCondom.

Unokwenza ntoni xa ucinga ukuba unolusulela lwe STI efana neHIV?

Hamba uyokuhlola iSTI. Ndwendwela ikloniki/ iziko lezempilo okanye ugqirha ukuze nixoxe ngenxalabo onazo. Kukho indidi ezahlukeneyo zolusulelo i-STI kwaye zizo eziya kukhokela ekwenzeni imvavanyo ezibalulekileyo nezidingekayo.

Ulwazi ngamandla

Ukuba iimvavanyo zolusulelo zibuya zisithi unalo ulosulelo lwe-STI, umongikazi okanye ugqirha uza kuxoxa nawe ngocwangciso lwakho lonyango, akucacisele ngamanyathelo onokuwathatha ukuze ungasuleli abanye. Umzekelo, Ukuba une-HIV, fanele uthathe unyango lwepilisi i-Antiretroviral suku ngalunye ukuze ugcine inqanabo / umgangatho we-HIV usezantsi.

Thetha Ngeemvakalelo zakho

Ukufunda ngento onyo kungakhokolela kwiimvakalelo zomsindo nokudandatheka. Ukuba unaye umntu omthembayo, thetha naye malunga nento otyhubela kuyo.

Umngcipheko : Ukukhulelwa

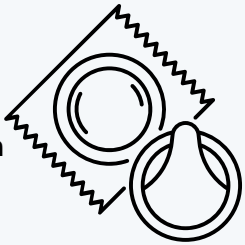
Yintoni ukukhulelwa?

Abasetyhini bazalwa benamawaka amaqanda namadoda azaelwe enamawaka amdlozi. Xa indoda nomfazi benentlobano zesondo, amadlozi anokuwachumisa amaqanda. Amaqanda akhulela kwisibeleko, aqala ngokuba yi-placenta, abe ngumbungu, kamva abe ngumntwana ongekazalwa. Ukukhulelwa kuhlala iinyanga ezisithoba 9.

Ungakukhusela njani ukukhulelwa?

Ukucwangcisa / ucwangciso luyakukhusela ukukhulelwa.

Kukho indidi ezinintsi ezahlukeneyo zokucwangcisa.

 I-Condom	I-condom sisixhobo esiyirabha esincinci esida la umqobo othintela amadlozi okanye igazi lingangeni kumnguma okwimpundu. Icondom yesidoda inxityiswa kumthondo ize eyabafazi ifakwe kwilungu lobufazi. Icondom zineda ekukhuseleni ukukhulelwa.
Ngomlomo : Ipilisi	lipilisi ezinee homoni ezizakuthathwa zityiwe ngabafazi suku ngalinye ukuthintela ukukhulelwa.
Inaliti	Inaliti yeehomoni uza kuyifumana umfazi qho kube Kanye kwinyanga ezintathu.
Isixhobo se-Intravterine (IVD)	isixhobo esincinane esimile ngoko T esifakwa esibelekweni ngunompilo okanye ngumboneleli wezempilo.
Ukuhlinzwa okuvala inzalo	Abantu besifazane nabesilisa bayakwazi ukuhlinzwa bavale inzalo yabo.

Ingozi/ Umngcipheko : Ukukhulelwa

Yintoni imiqondiso?

- Ukuphosa ukuba sexesheni
- Isicaphucaphu esinako nesingenako ukugabha.
- Ukuba sexesheni okuncinane (light)
- Ukuziva udiniwe nokuba nomsindo
- Amabele athambileyo, adumbileyo
- Ukuva isisu sinomoya okanye sibe buhlungu.



Unokwenza ntoni xa ukhulelwe okanye ucinga ukuba ukhulelwe?

Yenza uvava nyo lokukhulelwa

Ndwendwela iziko lezempilo okanye ugqirha

Uvavanyo lokukhulelwa luyafumaneka nakwiiKhemesti

Thetha ngendlela ovakalelwa ngayo

Uninzi lwabafazi luyancedakala ngokufumana umntu wokuthetha xa efumanise ukuba ukhulelwe. Lomntu angaba ngumzali, okanye ilungu lentsapho yakhe, umcebisi okanye nawuphi na umntu omdala othembekileyo okanye umboneleli wezempilo.

Qathanisa / Linganisa ukhetho

Ukuba nomntwana kubanoxanduva oluninzi kakhulu ingakumbi xa uselula kwaye uhamba nesikolo. Khumbula kusiisigqibo sakho ukuba ufuna ukukhulelwa uze ujongane nomntwana, ukunikela ngomntwana amkelwe (adoption) okanye ukumqhomfa.



Kuyintoni ukuQhomfa?

Ukuqhomfa yinkqubo yonyango ekhuselekileyo yokuphelisa ukukhulelwa ukuze umntwana angazalwa.

Emzantsi Afrika, abafazi abangaphezu kwe12 bayakwazi ukuqhomfa kweza veki ziyi12 zokukhulelwa ngaphandle kokuxelela nabani okanye banikise isizathu. Ukuba ungaphantsi kweminyaka eyi-12, abazali bakho bangahamba nawe baze banikise imvume.

Kwiveki 13=20

Ukuba ukhulelwe, Phakathi kweveki eziyi 13 ne 20, ungakwazi ukuqhomfa impilo yomzimba okanye yengqondo isemngciphekweni, ukuba umntwana uza kuba neziphazamiso ezinzima ngokwasengqondweni okanye emzimbeni, ukuba uye wakhulelwa ngenxa yombulo (ukulala nomntu ozalana naye) okanye ngokudlwengulwa, okanye xa ucinga ukuba akuzokwazi ukumkhathalela umntwana ngenxa yeengxaki zemali kunye nemeko yasekhayeni.

Emva kweeveki ezi 20

Emva kweeveki eziyi 20, ungakwazi ukuqhomfa ukuba ubomi bakho nobomntwana kusemngciphekweni, okanye ukuba kuya kubakho iziphene ezinzulu zokuzalwa.

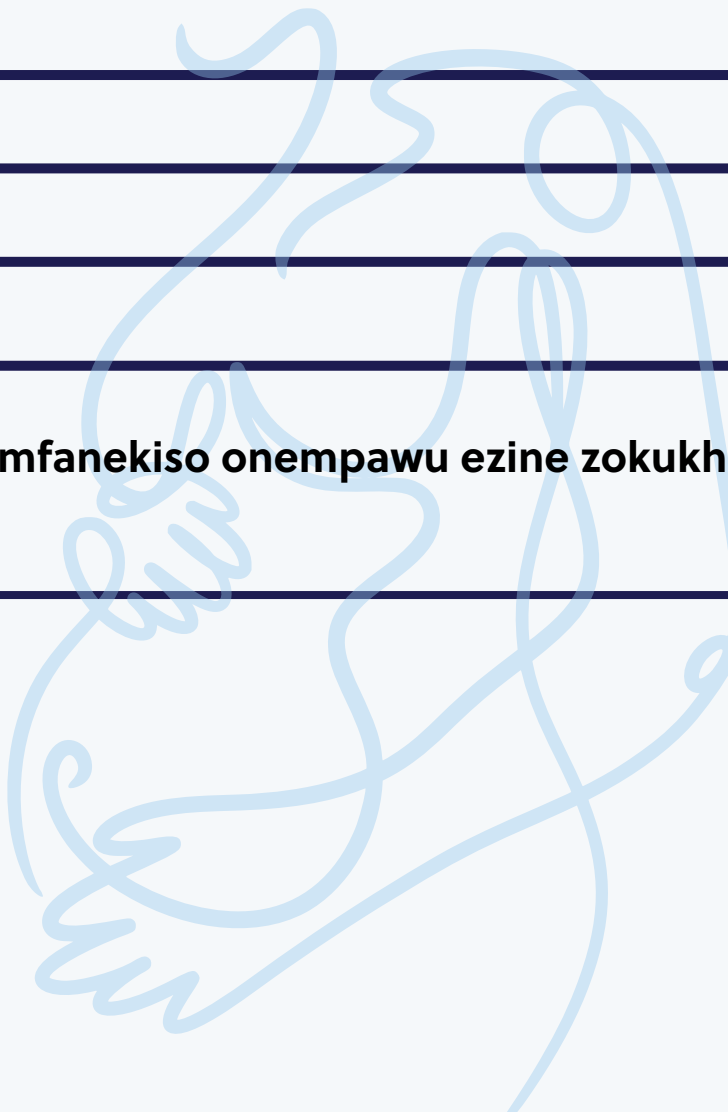
Abasetyhini bangawandwendwela amaziko abo akufuphi ezempilo ukuzofumana ulwazi ngenkqubo yokuQhomfa. Oogqirha abakhethiweyo babucala bezibhedlele zikarhulumente, noogqirha babafazi kunye nababoneleli abangenzi nzuzo abafana neziko lase-Marie Stopes, bakunika ukupheliswa okukhuselekileyo nokusemthethweni.

Ukuze ufumane ukuqhomfa okungahlawulelwayo, fanele isicelo sifakwe kwiziko lokuqala lezempilo, apho ukukhulelwa kuza kuqinisekiswa, iingcebiso zinikezelwe/unikwe iingcebiso, kwenziwe idinga, uze unikwe neleta yokukuthumela /ukukudlulisa kwindawo apho inkqubo inokuqhutywa/ inokwenziwa khona.



Umsebenzi:

Ungenza ntoni xa ucinga ukuba ukhulelwe?



Zoba umfanekiso onempawu ezine zokukhulelwa

--



SECTION

D



LEGAL RESOURCES CENTRE

D. Ubudlelwane kunye nesondo

Ngexesha lokufikisa ungazifumana uneemvakalelo zomnye umntu.

Isini sakho siyagqiba okuba uyakuba neemvakalelo kubani na. Isini sakho siyagqiba ukuba ngubani oyakuba neemvakalelo kuye.

Xa ucinga ukuba ngubani onomfanekiso wakhe / na onomdla kuye ngothando okanye ngokwasemzimbeni. Ngamakhwenkwe okanye ngamantombazana, omnye wabo okanye bobabini?

Xa uneemvakalelo emntwini ungaphela ungena kubudlelwane naye njengentombi okanye umfana. Kubudlelwane kuphakama imibuzo malunga nesondo. Naluphi na uhlobo lwezesondo, isivumemelwano okanye imvume yeyonanto ibalulekileyo kubo bonke ubudlelwane. Nguwe wedwa onokuthatha isigqibo sokwabelana ngesondo nalomntu. Oko kuthetha ukuba wena ufanele unikise imvume

Yintoni imvume?

Imvume sisivumelwano esisebenzayo sokuthatha inxaxheba kubudlelwane, kwezesondo, nokwabelanangesondo nomnye umntu.

Ibizwa imvume/ isivumelwano esisebenzayo ngenxa akufanele uzive unyanzelekile ukuba uthi ewe, ube uphantsi kweempembelelo yeziyobisi, okanye utywala, okanye ube (uzive) uphantsi kwegunya labanye. Iphinde ibizwe imvume esbenzayo ngenxa yokuba ungayirhoxisa imvume yakho ngalo naliphi na ixesha ngaphambili okanye phakathi kulwabelwano ngesondo.

Umzekelo ungavuma ukuba kubudlelwane nomnye ofunda naye kwiklasi ukuba uyamazi kwaye uyamthanda. Kwelinye icala akukwazi ukuvuma ukuba nobudlelwane okanye ukwabelana ngesondo nomfundisi ntsapho ngenxa yokuba ootishala bakwisikhundla sokulawula abafundi.

Umzekelo, umfundisi ntsapho angakuthembisa ngokunyusela amanqaku okanye akoyikise ngokukwenza uphinde ibanga okanye utshone ibanga ukuba ufuna ukuphuma kubudlelwane okanye akufuni ukwabelana naye ngesondo.

Oku kuyakukubeka kweyona meko inzima ngenxa yokuba uyakube wenza into ngenxa yoloyiko lwemiphumo yokuba ungavumanga.

Isikolo fanele sibe yindawo ekhuselekileyo kubafundi.



Intsomi

Ngenxa yokuba uye wancwasa waza wavuma ukwabelana ngesondo nomntu akuthethi okokuba uyanzeleka uyenze. Ngaphambili okanye phakathi kwisondo ungagqiba oba ufuna ukuyeka kwaye iqabane lakho fanele likuhloniphe oko.

Fanele ndibe mdala kangakanani ukuze ndikwazi ukunikisa imvume?

Emzantsi Afrika iminyaka yemvume yi-16. Oko kuthetha ukuthi ukuba ungaphantsi kweminyaka eyi-16 awukwazi kuba nesivumelwano sokuba kwisondo. Kuphinde kuthethe ukuba ku-lulwaphulo -mthetho ukuba nabani na abelane ngesondo nawe ube ungaphantsi kweminyaka eyi-16. Ngaphandle kufutshane ngeminyaka

Ngaphandle kokuba kufutshane ngeminyaka akulo lwaphulo mthetho ukwabelana ngesondo nomntu ophakathi kweminyaka eyi-12 ukuya ku-16 ukuba akumdalanga ngeminyaka emibini nangaphezulu kunaye.

Umzekelo, akulolwaphulo mthetho xa ubani oneminyaka eyi-14 abelana ngesondo nomnye ona-16, kodwa ke kululwaphulo -mthetho ukuba ona-14 abelane ngesondo noneminyaka eyi-17.

Kuthethekani ngomtshato?

Ngokuzimanya Emzantsi Afrika, amaqabane mawabe na-18 ukuze batshate.

Amadoda avumelekile ukutshata amanye amadoda okanye amabhinqa, kwamabhinqa avumelekile ukutshata amanye amabhinqa okanye amadoda.

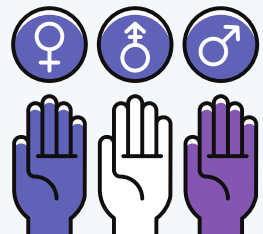
Kukho imfuno ezahlukeneyo kumantombazana nakumakhwenkwe xa befuna ukuzimanya bengaphantsi kweminyaka eyi-18

Amantombazana angaphezu kwe-15 kodwa engaphantsi ko-18 fanele bafumane imvume ekhethekileyo evela kubazali/abagcini babo.

Amantombazana angaphantsi kwe-15 fanele nabo bafumane imvume kuMphathiswa wemicimbi yaseKhaya ukuze bazimanye.

Abafana abangaphantsi kwe-18 abafuna ukuzimanya kufanele bafumane imvume kubazali okanye kubagcini babo nakuMphathiswa weMicimbi yaseKhaya.

Zibekhona izicelo/ izindululo zokuba kubekho utshintsho ukuze umthetho wabafana nowamabhinqa ubemnye/ ufane.



UMSEBENZI:



Khetha impendulo echanekileyo kule mibuzo ilandelayo

UMBUZO	EWE	HAYI
Imvume ayibalulekanga kubudlelwane		
Imvume sisivumelwano esisebenzayo sokuba kubudlelwane okanye ukuthatha inxaxheba kwizesondo okanye kwizenzo zokwabelana ngesondo nomnye umntu		
Awunakuvuma kubudlelwane notitshala		
Ukuba uncwasa umntu, oko kuthetha ukuba kufuneka ulale naye		
EMzantsi Afrika, indoda ivumelekile ukuba itshate indoda okanye ibhinqa kwaye ibhinqa livumelekile ukuba litshate umfazi okanye indoda		

E. Ubundlobongela obuphathelele kwezesondo nesini

Amaxesha amanintsi izenzo zobundlobongela obuphathelele kwezesondonesini zenziwa ngabantu esinobudlelwane nabo.

Emzantsi Afrika, amabhinqa asemngciphekweni omkhulu kubundlobongela bezesondo kunamadoda. Oku akuthethi ukuba amadoda wona awangawo amaxhoba, kunoko abangawo kangako amaxhoba.

Izenzo zobundlobongela kwezesini zibhekisela kubo nabuphi na ubundlobongela ngokuchasene nabesetyhini/ namabhinqa okukhokelela ukwenzakaliswa emzimbeni, ngokwesondo, okanye ngokwase ngqondweni nokuba kusesidlangalaleni okanye ekhayeni/ ekhaya.

Oku kuquka izoyikiso zobundlobongela, ukuhlukumezwa ngokwesondo, ukuxhatshazwa ngokwesondo nobundlobongela kwezesondo yonke yimizekelo yobundlobongela obusekelwe kwezesini.

YINTONI ONOKUYENZA XA UYE WAKHATHAZWA NGOKWESINI OKANYE UBUNDLOBONGELA NGOKWESINI?

Isinyathelo sokuqala : Tshela umuntu omdala omthembayo

Umuntu omdala omthembayo engaba umzali, noma uThisha, umuntu womndeni, umfundisi wakho noma umuntu osebenza lapho kusizakala khona iyngane (njengaka Childline) ngokwazi ukuksiza uxhumane noSonhlalakahle.

Isinyathelo sesibili : Iba nomuntu omdala omthembayo ozoksiza ukuthi uvule icala emaphoyiseni.

Uma usuyovula icala, umuntu osebenzela ihhovisi leFamily Violence and Child Protection Unit uzokubiza imibuzo ukuze athole ukuthi kwenzakaleni. Lomuntu ukhuluma naye endaweni eseceleni la kungekho khona abanye abantu. Umuntu omdala omthembayo uvumelekile ukuthi abe khona nawe.

Izinyathelo ezinye uma uhlushwa noma uhlukumezwa ngokocansi uThisha noma omunye umfundi

Cela usizo ubikele uThishanhloko wesikole kanye neHhovisi lazwelonke lezemfundo ephansi (Department of Basic Education).

uThisha kumele umvulele icala emaphoyiseni, wazise uThishanhloko kanye neHHovisi lezemfundo ngoba umsebenzi wabo ukuvikela abafundi ukuthi bangahlukumezwa oThisha ngokocansi. Lokhu bakwenza ngokuthi balandele futhi baphenye uma kukhona ovula icala.



Inyathelo lesiThathu: Yiya ekliniki, kugqirha okanye esibhedlele

Njengexhoba lokuxhatshazwa ngokwesondo, kufuneka uye ekliniki, kugqirha, okanye esibhedlele ukuze uxilongwe. Ukuba sele usixele isiganeko eso, ipolisa liya kuhamba nawe. Umntu omdala omthembileyo usenokuhamba nawe ukuze akuxhase.

Ugqirha okanye umongikazi okuxilongayo kufuneka akuchazele ukuba uviwo luya kusebenza njani. Kufuneka banyange ukonzakala kwakho, bakunike isithinteli-kukhulelwa sikaxakeka sokuthintela ukukhulelwa kwaye bakunike amayeza okuthintela i-HIV (post-exposure prophylaxis (PEP)).

Ugqirha okanye umongikazi uya kucela ukuba aqokelele nantoni na emzimbeni wakho enokuba bubungqina bohlaselo ngokwesondo. Ubungqina bunokunikwa kuphela ipolisa. Izinto zempahla zinokusetyenziswa njengobungqina. Ukuba kunokwenzeka zama ukugcina iimpahla zempahla zikhuselekile kwingxowa yephepha kwaye ungazihlambi.

Awunayo imvume yovavanyo okanye ubungqina obunikwa igosa eliphandayo, kodwa oko kunganceda ukungqina ityala kumenzi wobubi ukuze afunyanwe enetyala kwaye ohlwaywe. Oku kuthetha ukuba okukhona kuxelwa isiganeko ngokukhawuleza kokukhona kubhetele kwaye ubungqina obuninzi obunokuqokelelwa bungcono.

Inyathelo lweSine: ingcebiso kwixhoba lodlwengulo

Emva kokuba kwenziwe ingxelo yokuxhatshazwa ngokwesondo, unontlalontle kufuneka aqinisekise ukuba ukhuselekile. Oku kwenziwa ngokunikwa iingcebiso ngoko nangoko. Ukuba kuyimfuneko, unontlalontle uya kukunika iingcebiso zexesha elide okanye akuthumele kumbutho onokunceda.



Inyathelo lesiHlanu

Ityala lesikrelemnqa:

Emva kokuxilongwa ngugqirha, igosa eliphandayo liya kuthathela ingqalelo ubungqina kunye nengxelo yakho kwaye lithathe isigqibo sokuba ulivule na ityala lolwaphulo-mthetho enkundleni ngakuloo mntu ukuhlabileyo. Inkundla iya kubujonga ubungqina kwaye ibuze umenzi wobubi ukuze iqinisekise ukuba unetyala lolwaphulo-mthetho. Usenokucelwa ukuba ucacise ukuba kwenzekwe ntoni kuwe kunye nendlela oziva ngayo. Ukuba uneminyaka engaphantsi kwe-18, unontlalontle uya kuba nawe, kwaye kufuneka uvunyelwe ukuba uphendule imibuzo ngaphandle kokuba umenzi wobubi abe kwigumbi elinye. Ukuba umenzi wobubi ufunyaniswa enetyala, unokuvalelwa entolongweni.

IsiKhuseli esinguMyalelo weNkundla:

Ukuba kukho umntu okuhlukumezayo, kodwa khange akubethe, ungaya kwiNkundla kaMantyi ukuze ufumane umyalelo wokhuseleko. Umntu omdala omthembileyo kufuneka akuncede ugqwalise uxwebhu lwesicelo kwaye wenze ingxelo malunga nokwenzekayo. Ukuba uMantyi uvakalelwa kukuba kukho ithuba lokuba wonzakaliswe, uya kunika umyalelo wethutyana. Umntu oze naye isikhalazo uya kuthi ke abe nethuba lokuza kuthetha icala lakhe leballi. Emva koko, uMantyi uya kwenza umyalelo wokugqibela wokhuseleko. Umyalelo wokugqibela mawusiwe emapoliseni aya kuthi ke anike omnye umntu ikopi. Ukuba umntu uyachasa umyalelo wokhuseleko, amapolisa kufuneka ambambe.

Amanyathelo ongezelelweyo ukuba utitshala okanye omnye umfundi ukuhlukumezayo gokwesondo okanye ukuxhaphaze ngokwesondo:

Utitshala okanye umfundi makaphandwe sisikolo kunye neSebe leMfundo esiSiseko lePhondo. Isikolo siya kubiza indibano yoluleko. Ukuba utitshala ufunyenwe enetyala, isikolo siya kubohlwaya. Kumatyala e-Sexual Harasment okanye ohlaselo ngokwesondo, isohlwayo kufuneka ibe kukuba utitshala makagxothwe. Ukuba inqununu ithatha isigqibo sokungazixeli iziphumo zesityholo kwi-ofisi yesithili yesebe lemfundo lephondo, unokucela umntu omdala omthembileyo ukuba akuncede usixele.

Lo mbandela ungadluliselwa kwakhona kwiBhunga looTitshala laseMzantsi Afrika (i-SACE) ukuba eso siganeko senziwe ngutitshala. I-SACE iya kuqhuba olwayo uphando kwaye iqhagamshelane nawe kunye namangqina akho malunga neengxelo. I-SACE iya kwenza isigqibo malunga nokuba utitshala unetyala okanye akanatyala kwanokuba isohlwayo masibe yintoni na.

UKUPHELISA INSTOMI

Nokuba utitshala ekuhlukumeza ngokwesondo okanye ekuxhaphaza ngokwesondo ngaphandle kwamabala esikolo, kufuneka uwaxele emapoliseni, kwinqununu yesikolo nakwi-ofisi yephondo yeSebe leMfundo.

UKUNIKA INGXELO NGONGCUNGCU THEKISO NGOKWESONDO OKANYE NGOKUXHAPHAZWA KUNZIMA

Xa ufunda amanyathelo omawuwathathe xa uthe waxhatshazwa ngokwesondo okanye uxhatshazwa, usenokuqaphela ukuba uya kucelwa ukuba uliphindaphinde ibali lakho.

Kubantu abaninzi, ukuphendula umbuzo ofanayo kunzima kakhulu kwaye kuyakhathaza.

Yiyo loo nto kubalulekile ukuba nomntu omdala omthembileyo ukuba akuncede kule nkqubo kwaye asebenzise iinkonzo zengcebiso.



UMSEBENZI:

Bhala phantsi imizekelo emibini ye-Sexual Harassment



Bhala phantsi imizekelo emibini yobundlobongela obuphathelele kwezesondo



IINKCUKACHA EZIBALULEKILEYO ZOQHAGAMSHELWANO

UMBUTHO	IINOMBOLO ZEFOWUNI / IWEBHUSAYITHI
CHILDLINE	0800 055 555 https://www.childlinesa.org.za/
LIFELINE	0861 322 322 https://lifelinesa.co.za/
CHILD PROTECTION UNIT	012 393 2359/ 2362/ 2363 https://www.saps.gov.za/contacts/keydetail.php?id=121
TEDDY BEAR CLINIC	011 484 4554 http://ttbc.org.za/
SAPS CRIME STOP	0860 010 111 https://www.saps.gov.za/crimestop/crimestop.php
SAPS EMERGENCY NUMBER	10111
CHILD WELFARE SOUTH AFRICA	0861 424 459 https://childwelfaresa.org.za/
GBV COMMAND CENTRE SMS LIFE	31 531 (SMS Help) https://gbv.org.za/about-us/
LEGAL RESOURCES CENTRE	011 838 6601 https://lrc.org.za/
MARIE STOPES SOUTH AFRICA	080 011 7785 https://www.mariestopes.org.za/

IMITHOMBO

A M Starrs et al 'Accelerate progress – sexual and reproductive health rights for all: Report of the Guttmacher-Lancet Commission' (2018) 391 The Lancet 2646.

'Birth control' 12-08-2022)
[https://medlineplus.gov/birthcontrol.html#:~:text=Birth%20control%2C%20also%20known%20as,sexually%20transmitted%20diseases%20\(STDs\).](https://medlineplus.gov/birthcontrol.html#:~:text=Birth%20control%2C%20also%20known%20as,sexually%20transmitted%20diseases%20(STDs).)

CALS, Lawyers Against Abuse, Section27 'Managing Sexual Abuse in Schools: A Guide for Children, Families and Community Members' (2014)

<https://section27.org.za/wp-content/uploads/2014/05/My-Teacher-Hurt-Me.pdf>.

Children's Act 38 of 2005,

<https://www.justice.gov.za/legislation/acts/2005-038%20childrensact.pdf>

Constitution of the Republic of South Africa, 1996,

<https://www.justice.gov.za/legislation/constitution/saconstitution-web-eng.pdf>

Criminal Law (Sexual Offences and Related Matters) Amendment Act
Amendment Act 13 of 2021,

<https://www.justice.gov.za/legislation/acts/2021-013.pdf>

Criminal Law (Sexual Offences and Related Matters) Amendment Act 32 of 2007,

https://www.gov.za/sites/default/files/gcis_document/201409/a32-070.pdf

Criminal Procedure Act 51 of 1977,

<https://www.justice.gov.za/legislation/acts/1977-051.pdf>

Declaration on the Elimination of Violence Against Women (20 December 1993)
A/RES/48/104,

<https://www.ohchr.org/en/instruments-mechanisms/instruments/declaration-elimination-violence-against-women>

Department of Basic Education 'Protocol for the Management and Reporting of Sexual Abuse and Harassment in Schools' (2019)

[https://www.education.gov.za/Portals/0/DoE%20Showcase/Launch%20of%20protocol/Sexual%20Abuse%20and%20Harassment%20in%20Schools%20march%202019%20%20\(1\).pdf?ver=2019-03-13-093606-697](https://www.education.gov.za/Portals/0/DoE%20Showcase/Launch%20of%20protocol/Sexual%20Abuse%20and%20Harassment%20in%20Schools%20march%202019%20%20(1).pdf?ver=2019-03-13-093606-697)

Department of Health 'National Contraception Clinical Guidelines' (2012)

https://www.gov.za/sites/default/files/gcis_document/201409/contraceptionclinicalguidelines28jan2013-2.pdf

Department of Health 'National Integrated Sexual and Reproductive Health Rights Policy' (2019)

https://www.knowledgehub.org.za/system/files/elibdownloads/2021-03/National%20Integrated%20SRHR%20Policy_Final_2021.pdf

J L Chaskalson 'Comprehensive Sexuality Education (CSE)' in Section27 (ed) Basic Education Rights Handbook 2 ed (2019)

<https://section27.org.za/basic-education-rights/Basic%20Education%20Handbook%20-%20Chapter%2021.pdf>

Kids Health 'All about puberty'

[https://kidshealth.org/en/kids/puberty.html#:~:text=Puberty%20\(say%3A%20PYOO%2Dber,to%20look%20more%20like%20men](https://kidshealth.org/en/kids/puberty.html#:~:text=Puberty%20(say%3A%20PYOO%2Dber,to%20look%20more%20like%20men)

Kids Health 'What Are the Chances of Having an STD?' <https://kidshealth.org/en/teens/std-odds.html#:~:text=Unfortunately%2C%20it's%20quite%20likely,,partner%20could%20have%20a%20disease>

K Ozah & D Petherbridge 'Learner Pregnancy' in Section27 (ed) Basic Education Rights Handbook 2 ed (2019),

<https://section27.org.za/basic-education-rights/Basic%20Education%20Handbook%20-%20Chapter%209.pdf>

K Paterson & T Poole 'Sexual Violence in Schools' in Section27 (ed) Basic Education Rights Handbook 2 ed (2019)

<https://section27.org.za/basic-education-rights/Basic%20Education%20Handbook%20-%20Chapter%2019.pdf>.

M Moloi and Y Mdzeke 'Abortions 101: Here's which pills, tools and terms to know if you are planning to terminate' (11-05-2022)

<https://bhekisisa.org/resources/2022-05-11-abortions-101-heres-which-pills-tools-and-terms-to-know-if-you-plan-to-terminate/>

M Moloi and Y Mdzeke 'When all else fails: Why people opt for backstreet abortions' Bhekisisa (08-06-2022)

<https://bhekisisa.org/article/2022-06-08-when-all-else-fails-why-people-opt-for-backstreet-abortions/>

OHCHR 'Sexual and reproductive health rights'

<https://www.ohchr.org/en/women/sexual-and-reproductive-health-and-rights>

Section27 'Adolescent Sexual and Reproductive Health Rights' (2019)

<https://section27.org.za/wp-content/uploads/2019/07/S27-adolescentSRHR-2019spreads.pdf>

'Sexual and Reproductive Health Rights'

<https://www.youthdoit.org/themes/sexual-and-reproductive-healthand-rights-are-human-rights/>.

'Symptoms of pregnancy: What happens first' (03-12-2021)

<https://www.mayoclinic.org/healthy-lifestyle/getting-pregnant/in-depth/symptoms-of-pregnancy/art-20043853>

WHO 'Sexually transmitted infections (STIs)'

[https://www.who.int/news-room/fact-sheets/detail/sexually-transmitted-infections-\(stis\)](https://www.who.int/news-room/fact-sheets/detail/sexually-transmitted-infections-(stis))

THE END.....

