



LEGAL
RESOURCES
CENTRE

ITHULUZI

**AMALUNGELO AKHO NGOMZIMBA WAKHO,
IMPILO YAKHO KANYE-
NOKUFUNDISWA NGOKUHLUKUNYEZWA NGOKOCANSI
EZIKOLENI**

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ISIGABA

A



LEGAL RESOURCES CENTRE

ITHULUZI:

**AMALUNGelo AKHO NGOMZIMBA WAKHO, IMPILO YAKHO,
KANYE NOKUFUNDISWA NGOKUHLUKUNYEZWA NGOKOCANSI ESIKOLENI**

A. ISINGENISO

TLelithuluzi ligxile ekukhulumeni ngamalungelo akho, ngokuvikeleka komzimba wakho kanye nempilo yakho. Sibhekisisa ukuthi iliphi iqhaza elibanjwe uhulumeni ekutheni kuqinisekiswa ukuphepha kwempilo yokho nokuvikeleka ukuze ungahlukunyezwa ngoko bulili noma ngokocansi uma usesikoleni.

Imaphi amalungelo onawo makukhulunywa ngobulili kanye nempilo yakho(Sexual and Reproductive health rights)?

Lawa amalungelo abekelwe ukuthi asize abantu benze izinqumo eziphusile mayelena ngomzimba nangenempilo yabo, njengokuthi bayafuna yini ukuzibandakanya kwezocansi nokuthi bayafuna yini ukuba nezingane, nokuthi bazikhethele umuntu abafuna ukuba nobudlelwano nabo.

Unelungelo lokuthi:

- go kgetha gore neng le mang le be le tsenele tša thobalano
- go kgetha molekani wa gago
- go bolokega go tlhorišo ya thobalano
- go se tsenele tša thobalano go o se na kganyogo
- tsenela thobalano ya go bolokega le boithabišo
- kgetha gore, neng gape o nyala mang
- kgetha gore o nyaka bana goba ngwana neng le gona ba ba kae
- thobalano le ditho tša mmele le thušo ya tša maphelo, mohlala, ge o le mmeleng goba o na le HIV goba malwetši a mangwe a go fetela ka thobalano.
- ithute ka moka ka godimo.

Ilungelo lokuphepha kwempilo yakho nokuthi ungahlukunyezwa ngobulili/ngokocansi liphuma kumthethosisekelo wase ningizimu Afrika. Umthethosisekelo ugunyaze ukuthi wonke umuntu ophila kulelizwe unelungelo lokuthi (uma sibala amalungelo ambalwa): wonke umuntu unelungelo lokuthi athole imfundo,asizwe emtholampilo,avikeleke kudlame ; angacwaswa. Lamalungelo ahlukeni kodwa ayasebenzisana. Amalungelo akho avikelekile ngaso sonke isikhathi.

Amalungelo akho okuthola usizo emtholampilo, ukungacwaswa, ukuvikeleka ungahlukunyezwa- kuhlenganaphi nokuya esikoleni?

Amalungelo akho	Lisho ukuthini ilungelo lakho uma usesikoleni
Ukuvikeleka kudlame	Unelungelo lokuvikeleka kudlame : lokhu kusho ukuthi kumele uphephe ungahlukunyezwa othisha, abafundi noma abantu abasebenza esikoleni. Khumbula:Esikoleni,othisha badlala indima yokuba abazali futhi kumele benze isiqiniseko sokuthi uphephile esikoleni

Uma ukhulelwe noma unesifo sesandulela ngculazi, isikole ofunda kuso kumele sikusize uthole usizo emtholampilo nosizo lokweluleka ngokomqondo.

Akumele ukhishwe esikoleni noma unqatshelwe ukubaingxenywe yezinto ezenzeka esikoleni noma unesifo sesandulela ngculazi noma kukhona abacabanga ukuthi wena unesifo sesandulela ngculazi, noma ukhulelwe.

Uma ngabe kukhona okuhlukumezayo esikoleni
noma
ekucwasa noma ngayiphi indlela kulezi ezibalulwe
ngaphezulu, lokho kucindezela ilungelo lakho
lokuthola
imfundo ngoba kubanzima
ukugxila ezifundweni zakho
uma ungazizwa
uphephile noma
ungamukelekile.



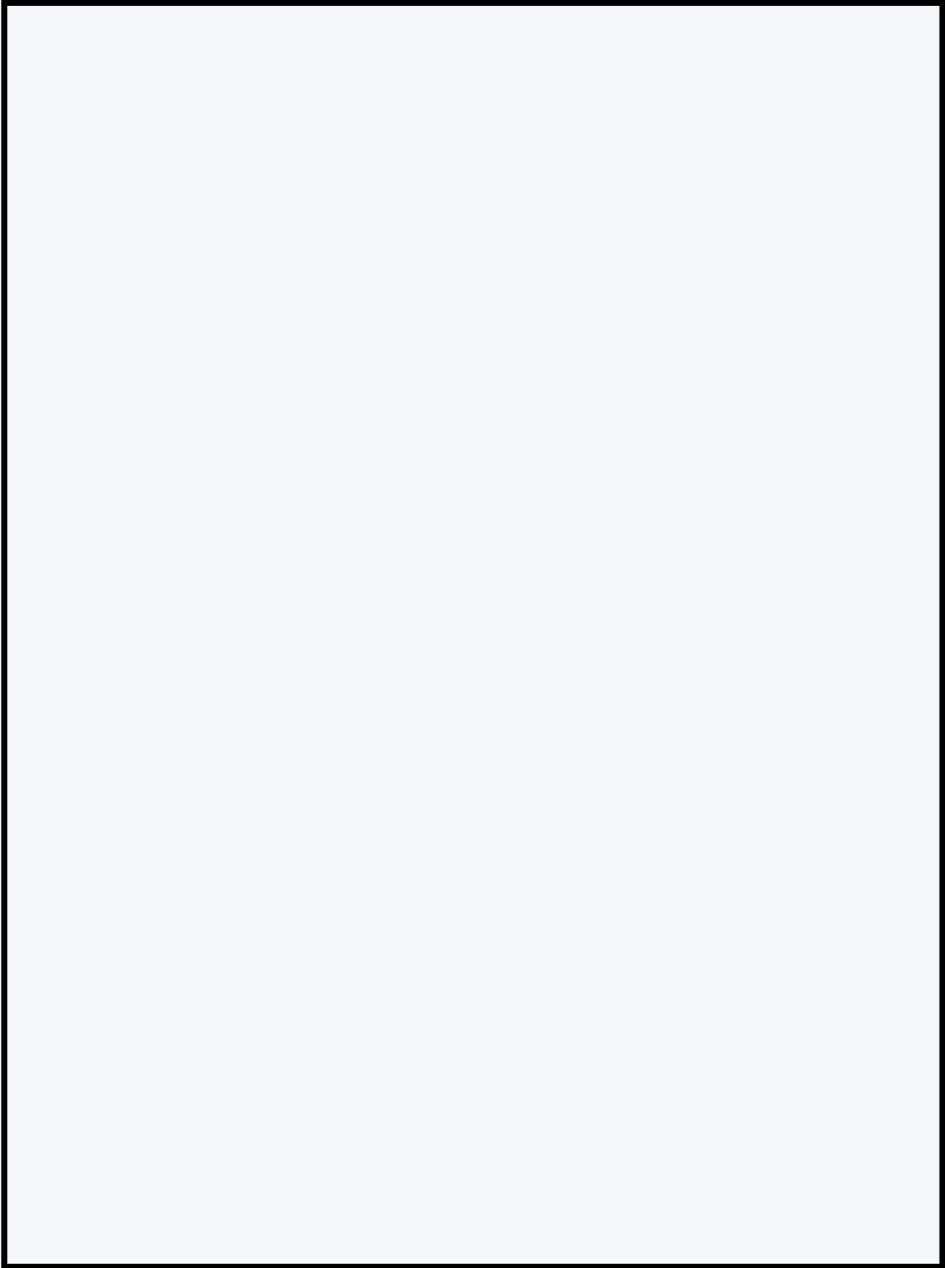
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ENZA LOKHU:

Bhala izibonelo ezimbili ezichaza amalungelo onawo ngokomzimba kanye nempilo yakho

Bhala izibonelo ezimbili zezinto okumele ufundiswe ngazo ngomzimba/ngempilo yakho esikoleni.

**Dweba isithombe esimayelana nelungelo lakho
lokuvikeleka kudlame nokuhlukunyezwa esikoleni.**



ISIGABA

B

B. Umzimba wakho

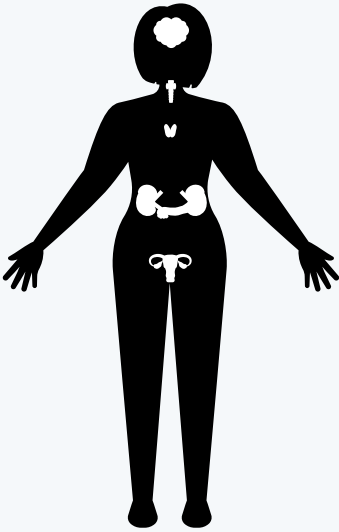
Umzimba wakho uyashintsha uma ukhula. Uma usuthomba, umzimba wakho uyashintsha kube namaHhomoni enza umzimba wakho ukwazi ukukhulelwa noma ukhulelise. Ukuthomba kuqala kusuka kwiminyaka eyisishiyagalombili kuya kwiminyaka eyishumi nambili emantombazaneni bese ebafaneni kuqala kwiminyaka eyishumi kuya kwiminyaka eyishumi nane. Kungenzeka ukuthomba kusheshe noma kungasheshi ukwenzeka.



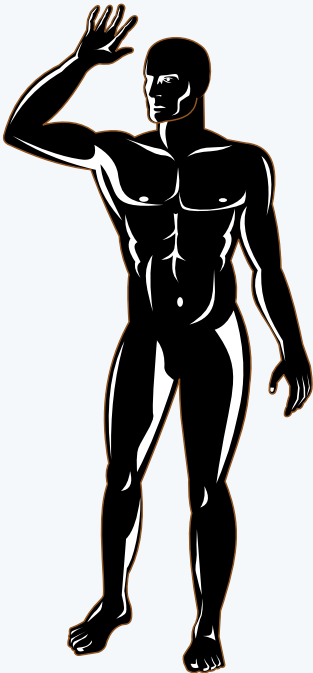
Amantombazane	Abafana
Izinwele emzimbeni zibamnyama ziqine	Izinwele emzimbeni zibamnyama ziqine
izinwele zikhula emakhwapheni nase sithweni sangasese	Izinwele zikhula emakhwapheni, esithweni sangasese, esifubeni, nasebusweni
Isikhumba siba namafutha okungadala izinduna ebusweni nakwamanye amalunga omzimba	Isikhumba siba namafutha okungadala izinduna ebusweni nakwamanye amalunga omzimba
Ujuluka kakhulu, ukujuluka kungadala ukuthi ube nephunga elihlukile kunaleli obulijwayele usayingane. Abantu abasha abaningi baqala ukusebenzisa iziqholo/izinto zokugcoba emakhwapheni.	Ukujuluka okungadala ukuthi ube nephunga elihlukile kunaleli obulijwayele usayingane. Abantu abasha abaningi 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 Izibonelo



Bhala Izibonelo

ISIGABA

C



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C. ASIKHULUME NGOCANSI

Uma usuthomba,uqala ukuzibuza nokufuna ukwazi kabanzi ngomzimba wakho, ucansi, kanye nokuba nobudlelwano bokuthandana.

KUYINI UKUYA/UKUZIBANDAKANYA NGOKOCANSI?

Ukuya ocansini kusho ukufaka isitho sakho sangasese noma ilunga lomzimba noma into ethize phakathi kumzimba womunye umuntu. Lokhu kusho ukuthi ukuya ocansini kungaphezu kokukuthi umuntu wesilisa ufaka ipipi lakhe kwimomozi yomuntu wesifazane.

UBUNGOZI BOKUYA OCANSINI

Ukuya ocansini kunobungozi ,ngoba uzifaka encupheni yokutheleleka ngezifo ezitholakala ngocansi olungaphephile njengegciwane lesandulela ngculazi, futhi ungagcina uzithola usukhulelwe.

UBUNGOZI BOKUYA OCANSINI: IZIFO EZITHELELANA NGOCANSI

Izifo ezithelelana ngokuhlangana ngokoncansi ;zithelelana ngocansi olungaphephile. Izifo ezinye ziyadluliseka phakathi kwamama nomntwana ngaleskhathi umama esakhulelwe,noma umama ebeletha,noma umama encelisa umntwana. Kubalulekile ukwazi ukuthi ezinye zalezifo ziyalapheka, kodwa ezinye azilapheki. Igciwane lesandulela ngculazi alilapheki lona.

Ungawanciphisa kanjani amathuba okuthola izifo ezitholakala ngocansi? Mhlambe usuke wasizwa isisho esithi “hlakanipha, sebenzisa ikhondomu”. Amakhondomu ayindlela esebenzayo ukunciphisa ubungozi bokuthola izifo ezithelelana ngokuya ocansini (nokukhulelwa). Sithi ayabunciphisa ubungozi ngoba awaqinisekisile ngokuphelele.

OKMELE UKWAZI

Ngingasithola yini isifo esithelelana ngocansi uma ngilala nomuntu oyedwa?

Yebo. Abantu abaningi abanalezifo abahlezi bekhombisa izimpawu. Noma ngabe wena noma umlingani wakho seke waya ocansini nomuntu oyedwa ngaphambilini, usasebungozini bokuthola isifo esithelelana ngocansi. Ingakho kubalulekile ukuthi uhlezi usebenzisa ikhondomu.

Wenze njani uma ucabanga ukuthi unesifo esithelelana ngocansi?

Uyahamba uyohlola emtholampilo

Uya emtholampilo noma uyobona udokotela wakho ukuze ukhulume nabo. Kunezifo ezihluka hlukene ezithelelana ngokocansi bona bayokusiza bakuhlale ngendlela efanele.

Ulwazi lungamandla.

Uma bethola ukuthi unaso isifo, abahlengikazi noma udokotela bazokuchazela ngemishanguzo nokulapheka kwakho nokuthi ungakugwema kanjani ukuthelela abanye ngalesifo onaso. Uma unegciwane lesandulela ngculazi, kumele uthathe imshanguzo(ARVs) ngendlela efanele ukuze ugcine igciwane kwisigaba esiphansi.

Khuluma ngemizwa yakho

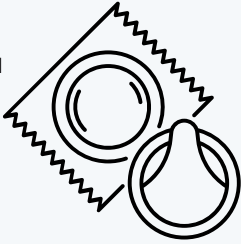
Ukuthola ngesifo onaso kungakwenza uzizwe unolaka futhi uphatheke kabi emoyeni. Uma unomuntu omuthembayo, khuluma naye ngalokho okwenzakalayo empilweni yakho.

IZINTO EZINGADALA UBUNGOZI: UKUKHULELWA

Kuyini ukukhulelwa?

Abantu besifazane bazalwa nezinkulungwane zamaqanda amadoda abanezinkulungwane zamasperm (isperm sitholakala kwisdoda sabantu besilisa). Uma ngabe indoda nowesifazane beya ocansini bengasebenzi ikhondomu- indoda ichamela ngaphakathi komuntu wesifazane, kuhlangane isidoda somuntu wesilisa kanye neqanda lomuntu weisfazane bese kunamathela esibeletweni somuntu wesifazane- kwakhekhe ingane. Umuntu wesifazane uvamise ukukhulelwa izinyanga eziyisishiyagalolunye.

Ungazivikela kanjani ungakhulelwa?

ikhondomu 	Ikhondomu livikela ngukuthi isdoda noma igazi kuvimbeke kungangeni emlomeni noma kwisitho sangasese. Ikhondomu labantu besilisa lifakwa kwisitho sangasese somuntu wesilisa (kwipipi) bese ikhondomu yabantu besifazane ifakwa kwisitho sangasese somuntu wesifazane (imomozi). Amakhondomi avikela ukuthi ungakhulelwa futhi ungatheleleki ngezifo ezitholakala ngocansi.
Iphilisi eliphuzwayo	Amaphilisi aphuzwa abantu besifazane njalo ngosuku ukuze bavikeleke bangakhulelwa.
Umjovo	Umjovo utholwa umuntu wesifazane, ukuvikela ukuthi ungakhulelwa, Ujova njalo emvakwezinyanga ezintathu.
IUD efakwa kwisibeletho	IUD into encane efakwa kwisibeletho sakho ifakwa udokotela noma umhlengikazi. AmaIUD ayakwazi ukuhlala esibelethweni sakho iminyaka emithathu kuze kube iminyaka eyishumi.
Ukuhlinzwa okuvala inzalo	Abantu besifazane nabesilisa bayakwazi ukuhlinzwa bavale inzalo yabo.

Klzipawu zokukhulelwa?

- Ukungayi esikhathini
- Ukhopha kancane
- Amabele ayavuvukala futhi abebuhlungu
- Ukuba nesicanucanu/uphalaze
- Ukuzizwa ukhathele noma udinekile
- Ukuqunjelwa noma ukuluma kwesisu



Wenze njani uma ukhulelwe noma usola ukuthi ukhulelwe?

Ukuhlola

Vakashela emtholampilo noma kudokotela

Izinto zokuhlola ukuthi ukhulelwe yini ziyatholakala emaKhemesi

Khuluma ngemizwa yakho

Kubantu besifazane abaningi, kuyasiza ukukhuluma nomuntu uma uthola ukuthi ukhulelwe. Ungakhuluma nomzali wakho, Ilunga lomndeni noma imuphi umuntu omdala omthembayo.

Bheka ongakhetha kukho

Ukuba nengane kuza nomthwalo omuningi, ikakhulukazi uma usafunda isikole. Khumbula ukuthi uwena okumele uthathe isinqumo sokuthi uyafuna ukukhulelwa uze umthole umntwana wakho umkhulise , noma umtholele elinye ikhaya engakhuliswa kulo (adoption) noma ukhethe ukuhushula isisu.



Kuyini ukuhushula isisu?

Ukuhushulwa kwesisu indlela ephephile yokuqeda ukukhulelwa ukuze ingane ingazalwa. Lapha eNingizimu Afrika, abezifazane abaneminyaka edlule kwishumi nambili bavunyelwe ukuhushula isisu uma engakadluli kwamasonto amashumi nambili ekhulelwe. Uma ngabe uneminyaka engaphansi kweshumi nambili, kumele uphelezwe umzali akunike nemvumo.

Uma ngabe usukhulelwe isiskhathi esiphakathi kwamasonto ayishumi nantathu kuya kwamasonto amashumi amabili, uvunyelwe ukuhushula isisu uma ngabe isimo somzimba wakho noma umqondo wakho sisengekho sihle noma uma ngabe ingane izoba nokukhubazeka komzimba noma komqondo. Uvumelekile futhi uma ngabe ukhulelwe ngoba ulale nomuntu ohlobene naye noma udlwenguliwe ; noma ngabe ucabanga ukuthi ngeke ukwazi ukunakekela ingane ngenxa yesimo sezezimali noma isimo sasekhaya. Emva kwamasonto amashumi amabili, ungakwazi ukuhushula isisu uma impilo yakho noma yengane isebungozini, noma bebona ukuthi kuzoba nesimo esibucayo uma sekuzalwa ingane.

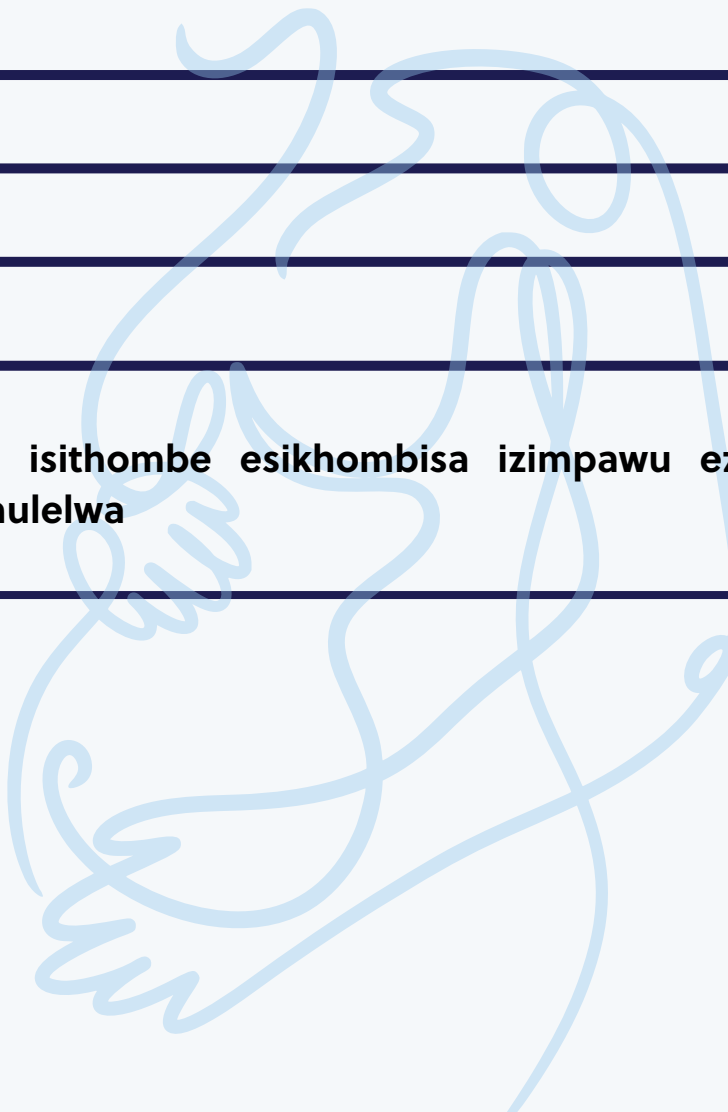
Abesifazane bangaya kumtholampilo oseduzane nabo ukuthola kabanzi mayelana nokuhushula isisu. Izibhedlela zahulumeni nezinye izibhedlela ezizimele kanye nodokotela , kanye nezikhungo ezingenzi nzuzo ezinjenge Marie Stopes centres bayasiza ukuze ukwazi ukuhushula isisu ngendlela ephephile.

Uma ufuna ukuhushula isisu mahala, isicelo ungasenza emtholampilo lapho bezoqinisekisa khona ukukhulelwa, uthole ukwelulekwa, bese unikezwa incwadi ozoyihambisa lapho esohushulelwa khona isisu ngosuku ozonikezwa lona.



ENZA LOKHU:

Wenza njani uma ucabanga ukuthi ukhulelwe?



**Dweba isithombe esikhombisa izimpawu ezine
zokukhulelwa**

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ISIGABA

D



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D. AEZOCANSI NOBUDLELWANO

Uma uthomba noma usukhulile kuyenzeka uqale uzizwe unemizwa yothando lomuntu wesilisa noma owesifazane. Ubulile bakho kuvamise kube ibona obulawula ukuthi uzithola unemizwa yabantu besilisa noma ebesifazane. Uma ucabanga indaba yemizwa yothando, uzibona unemizwa yomuntu wesilisa noma owesifazane noma eyabantu besilisa kanye neyabantu besifazane noma awunamizwa?

Uma unemizwa yomunye umuntu, ungangena kubudlelwano nabo ube isoka noma intombi . Ubudlelwano buza nemibuzo mayelana nocansi ; ukuvumelana kubalulekile uma nikubudlelwano. Uwena kuphela okumele uthathe isinqumo sokuthi uyazibandakanya ngokocansi nomunye umuntu. Lokhu kusho ukuthi kumele uvume, ungaphoqa.

Kuyini ukuvuma/ukunikeza invumo

Ukuvuma ngaso sonke isikhathi kukhombisa ukuthi uyazikhethela – kumele uzivumela ukuba nobudlelwano (ukujola) noma ukuzibandakanya ngokocansi (ukulala) nomunye umuntu. Ukuzikhethela kuchaza ukuthi akumele uphoqwe ukuthi wenze into ongafuni ukuyenza futhi uyakwazi ukshintsha umqondo uma ungasathandi ukwenza into ethile.

Isibonelo: uyakwazi ukuzikhethela noma uvume ukuba nobudlelwano nomunye umfundi uma unemizwa yokumthanda. Awukwazi ukuvuma ukuthandana noThisha noma ukuzibandakanya ngokocansi noThisha ngoba oThisha badlala indima yokuba abazali esikoleni, bakhona ukuthi banivikele. Uma unobudlelwano noThisha, engagcina ekuphoqa ukuthi wenze noma yini afuna uyenze ngoba usaba ukuthi uma uhlukana naye ngeke usaphasa kahle . Umfundi kumele azizwe ephephile esikoleni.



Okumele ukwazi :

Uma ukade uxoxa nomuntu noma usuvumile ukuthi uzolala naye, akusho lokho ukuthi kumele ulale naye uma usuwushintshile umqondo. Nanoma ingasiphi isikhathi, ngaphambi kokuthi nenze ucansi noma seniqalile, uyakwazi ukushintsha inqondo yakho futhi kumele lo omunye obuzowenza ucansi naye asihloniphe isinqumo sakho.

Kumele ngibe neminyaka engakanani ukuze ngikwazi ukukhipha imvumo?

eNingizimu Afrika, iminyaka yokukhipha imvumo iyishumi nesthupha, lokhu kusho ukuthi uma ungaphansi kweminyaka eyishumi nesthupha, awukwazi ukuvuma ukuzibandakanya ngokocansi(ukulala nomunye umuntu). Lokhu kuchaza ukuthi kuyicala elikhulu ukulala nomuntu ongaphansi kweminyaka eyishumi nesthupha. Into ebuye ibhekwe ukuthi baseduze yini ngeminyaka labantu abazibandakanye ngokocansi uma bengaphansi kwaleminyaka. (close-in-age rule)

Close in age rule : ithi akulona icala ukuya ocansini nomuntu oneminyaka ephakathi kweyishumi nambili kuya kweyi shumi nesithupha uma ngabe ungamudluli ngeminyaka emibili. Isibonelo : akulona icala uma umuntu oneminyaka eyishumi nane eya ocansini nomuntu oneminyaka eyishumi nesithupha, kepha kuyicala uma ngabe umuntu oneminyaka eyishumi nane eya ocansini nomuntu oneminyaka eyishumi nesikhombisa.

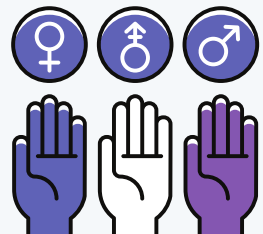
Umshado wona?

eNingizimu Afrika, izithandane kumele zibe neminyaka engaphezu kweyishumi nesishiyagalombili ukuze bashade. Abantu besilisa bavumelekile ukushada abantu besifazane noma abantu besilisa futhi nabesifazane bavumelekile ukushada abantu besilisa noma abantu besifazane.

Kunemigomo nemibandela ehlukene ebekelwe amantombazane nabafana abafisa ukushada ngaphambi kokuba babe neminyaka eyishumi nesishiyagalombili

Amantombazane aneminyaka engaphezulu kweyishumi nanhlanu kodwa engaphansi kweyishumi nesishiyagalombili kumele bathole imvumo esuka kubazali.

Amantombazane aneminyaka engaphansi kweyishumi nanhlanu kumele futhi bathole imvumo esuka ku Ngqongqoshe wezasekhaya (Home Affairs) ukuze bashade. Abafana abaneminyaka engaphansi kweyishumi nesishiyagalombili abafisa ukushada kumele bathole imvumo esuka kubazali naku Ngqongqoshe wezasekhaya (Home Affairs). Ngaphambilini kube khona iziphakamiso zokushitsha lomthetho ukuze abafana namantombazane baphathwe ngendlela efanayo.



ENZA LOKHU:



Khetha uYebo noma Cha kulezimbuze elandelayo:

UMBUZO	YEBO	CHA
Ukuvuma/noma ukunzikeza imvumo yakho akubalulekile uma ukubudlwelano?		
Imvumo uyikhipha ngaso sonke iskhathi– uma uvuma ukuba nobudlelwano futhi uma uvuma ukuzibandakanya ocansini nomunye umuntu?		
Awukwazi ukuvuma ukuba nobudlelwane noThisha?		
Uma ukhuluma nomuntu, ukhombisa ukuhleka naye noma ukuchazeka izinto azenzayo, kumele uzibandakanye ngokocansi naye?		
eNingizimu Afrika, umuntu wesilisa uvumelekile ukuthi ashade nomuntu wesilisa noma nowesifazane futhi owesifazane uvumelekile ukuthi ashade nowesifazane noma owesilisa?		

E. UKUHLUKUMEZWA NGOKOCANSI NOKUHLUKUNYEZWA KWABANTU BESIFAZANE

Esikhathini esiningo, izenzo zokuhlukunyezwa ngokocansi noma ngobulili kwenziwa abantu esuke sisebudlelwaneni nabo. eNingizimu Afrika, abantu besifazane basencupheni enkulu yokuhlukunyezwa ngokocansi kunabantu besilisa, Lokhu akusho ukuthi abekho abantu besilisa abahlukumezwayo kodwa bancane kunabantu besifazane.

Uma sikhuluma ngokuhlukunyezwa kwabantu besifazane sikhuluma ngokuhlukunyezwa ngokushawa, ngokocansi, ngokomqondo okwenzeka noma ikuphi ; kungezeka emsebenzini, isekhaya nanoma ikuphi. Ukuhlukumezwa ngokocansi, ukuhlushwa ngezinkulumo ezimayelana nocansi, ukuthintwa isitho sangasese-konke lokhu ukuhlukumezwa kwabantu besifazane.

Kuyini ukuhluphwa ngezinkulumo noma ngezinto ezimayelana nocansi?

Uma izenzo zomunye umuntu zikwethusa, zikwenza ungazizwa uphephile noma izinto zakho zingaphephile-sike sithi lowo muntu uyakuhlupha noma izenzo zakhe ziyakuhlukumeza.

Ukuhlushwa kuba ukuhlushwa ngokocansi uma izenzo zalowo muntu zinje:

- Umuntu okubuza ngokuphindelele ukuthi usuke waya ocansini ngaphambili
- Umuntu okukhombisa izithombe zakhe enqunu
- uThisha okugona ngaso sonke iskhathi
- Umngani ngaso sonke iskhathi okucela ukuthi uthinte umzimba wakhe
- Umuntu okutshela amahlaya akhuluma ngocansi noma owenza amahlaya ekhuluma ngezitho zakho zangasese
- uThisha okuthinta emzimbeni ngendlela ekwenza ungakhululeki-hlamphe ekuthinta emlomeni, eshubeni noma ekuthinta izinga.



Kuyini ukukhukunyezwa ngokocansi?

Lokhu kwenzeka uma umuntu omdala noma omunye umfundi enza noma ezama ukwenza into kuwena njengokulala nawe noma ekuthinta umzimba wakho ngendlela engalungile. Kuyenzeka asebenzise amandla akhe ,akuthuse noma akusongele ngoba ezama ukuphoqa ukuthi enze lokhu afuna ukukwenzwa kuwena.

Izibonele zokukhukunyezwa ngokocansi:

- Umfundi omdala akuthintise ngenkani umzimba wakhe
- Umngani okuphoqayo ukuthi ukhumule phambi kwakhe noma okhumula phambi kwakho akuphoqe ukuthi umbuke enqunu.
- uThisha okucela ukuthi ulale naye, akuthembise ukuthi uzokulimaza uma ungavumi
- Umuntu okuthinta noma iliphi ilunga lomzimba wakho ngenkani- kakulukazi othinta umlomo, imilenze, isifuba noma izinga zakho
- Umuntu okuphoqayo ukuthi ubuke izithombe noma imidlalo eveza abantu abenza ucansi
- -Umuntu okuphoqayo ukuthi ulale naye/uzibandakanye ngokocansi naye noma osebenzisa amalunga omzimba wakhe noma into ethile ukuthi azibandakanye ngokocansi nawe ngaphandle kwemvumo yakho. Lokhu sikubiza ngokuthi ukudlwengulwa.



Kumele wenzenjani uma uzithola uhluphwa noma uhlukumezwa ngezocansi?

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) ongakwazi 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 uzokubuza 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.



Isinyathelo sesithathu: Hamba uye emtholampilo, kuDokotela noma Esibhedlela

Uma uhlukumeziwe ngokocansi, kumele uye emtholampilo noma esibhedlela noma ubonwe udokotela ukuze uhlolwe khona kuzoqoqwa ubufakazi. Uma usuvule icala emaphoyiseni; iphoyisa lizohamba nawe. Umuntu omdala omuthembayo naye engahamba nawe.

uDokotela noma umhlengikazi okuhlolayo uzokuchazela ukuthi bazowenzani noma bazodinga ukubonani. Uma ulimele, bazokunika okuzokusiza usheshe uphole futhi bazokunika amaphilisi azokuvikela ukuthi ungakhulelwa futhi ungatholi igciwane isandulela ngculazi (amaphilisi abizwa ngokuthi PEP- post-exposure prophylaxis)

uDokotela noma umhlengikazi uzocela ukuthatha emzimbeni wakho noma yini abangaythola ezokwazi ukuba ubufakazi bokuthi uhlukumezwe ngokocansi. Ubufakazi buzothathwa bunikizwe amaphoyisa. Izingubo zakho obuzigqokile ngesikhathi uhlukumezwa ngokocansi bengakwazi ukuzisebenzisa zibe ubufakazi. Uma kwenzeka; gcina izingubo zakho ziphephile zingawashiwe.

Awuphoqiwe ukuthi uvume ukuhlolwa noma ubufakazi bunikezwe umseshi ophenya icala lakho kodwa ukuvuma kungasiza ukuthi kutholwe ubufakazi obuphelele ukuze umuntu okuhlukumezile atholwe futhi ajeziswe. Kubalulekile ukuthi usheshe ulivule icala ukuze kutholwe ubufakazi obuningi.

Isinyathelo seSine : Ukwelulekwa ngokomqondo

Uma sekuvulwe icala lokuhlukumezwa ngokocansi, usonhlalakahle kumele aqinisekise ukuthi uphephile. Lokhu ukwenzwa ngokuthi akutholele ukwelulekwa ngokomqondo ngokushesha. Uma sikhona isidingo usonhlalakahle engakutholela ukululekwa ngokomqondo okuzoba iskhathi eside noma akutholele inhlangothi engakusiza.



Isinyathelo sesiHlanu : Ukuthola isinqumo seNkantolo sokuvikeleka noma ukuvula icala

Icala lokumbopha:

Uma usuhloliwe udokotela noma umhlengikazi, umseshi ubhekisisa bonke ubufakazi bese ethatha isinqumo sokuthi kumele kuvulwe icala lokubopha umuntu osuke ekuhlukumezile. Uma icala lakho selisenkantolo, inkantolo ibheka bonke ubufakazi iphinde ifake imibuzo kulo osuke ekuhlukumezile bese ithatha isinqumo sokuthi utholakala enecala noma cha. Kungenzeka nawe uthole ithuba lokuchaza ukuthi yini eyenzeka kuwena futhi uzizwa kanjani. Uma ungaphansi kweminyaka eyishumi nesishiyagalombili, kuba khona usonhlalakhale okusizayo futhi unikezwa ithuba lokuphendula imibuzo enkantolo umsolwa engekho phakathi ngesikhathi kusakhuluma wena. Uma umsolwa etholakala enecala, ufakwa ejele.

Isinqumo seNkantolo sokukvikela:

Uma kukhona umuntu okuhluphayo, ekusongela kodwa engakushayi , ungakwazi ukuya eNkantolo yeMantshi uthole isinqumo seNkantolo sokukvikela. Umuntu omdala omethembayo engakwazi ukuhamba nawe akusize ugqwalise amaphepha, uchaze ukuthi kwenzekeni. Uma iMantshi ibona ukuthi kungenzeka ulimale, ikhipha isinqumo sesikhashana (interim order) sokukvikela. Lo muntu osuke ekuhlupha/noma othi uyakuhlupha – naye uthola ithuba lokuza eNkantolo ezochazaukuthi kwenzekeni. Uma senithole ithuba lokukhuluma phambi kweMantshi, iMantshi ithatha isinqumo sokuthi ikhipha isiNqumo seNkantolo sokugcina. Uma inkantolo isikhiphe isinqumo sokugcina, kumele uhambe naso uye emaphoyiseni ukuze amaphoyise anikeze lo okuhluphayo. Uma eqhubeka ekuhlupha ngisho sekukhona isinqumo seNkantolo , kumele uye emaphoyiseni ukuze aboshwe.

Ezinye izinyathelo ongazithatha uma uthisha noma umfundi ekuhlukumeza ngokocansi noma ekuhlupha ngezinto /izinkulumo ezimayelana nocansi.

uThisha noma umfundi kumele aphenywe uThishanhloko kanye neHhovisi la zwelonke lezemfundo ephansi. Esikoleni kumele kubizwe umhlangano kukhulunywe khona ngalokho akwenzile. Uma uThisha etholakala enecala, iskole kumele simjezise. Uma kwicala lokuthi uThisha khona amhlukumezile ngokocansi, kumele uthisha axoshwe eskoleni.

Uma uThishanhloko engalazisi ihhovisi lezemfundo mayelana nophenyo lwakhe ngoThisha, uyakwazi ukuthi ucele umuntu omdala akusize uxhumane neHhovisi lezemfundo.

Udaba lwakho lungakwazi ukuhamba luze lufinyelele e South African Council of Education (SACE) uma uhlukumezwe uThisha. KwaSACE bazozenzela bona uphenyo, baxhumane nawe kanye nofakazi bakho . KwaSACE bazothatha isinqumo sokuthi uThisha utholakala enecala noma enganalo. Uma etholakala enecala, kwaSACE bathatha isinqumo sokuthi kuzoba isiphi isijeziso sakhe.



OKUNYE OKMELE UKWAZI

Uma uthisha ekuhlupha noma ekuhlukumeza ngokocansi ningekho esikoleni, kumele ubike kumaphoyisa, kuthishanhloko kanye nakwihhovisi lezemfundo lesifundazwe kanye nehhovisi lazwelonke.

UKUBIKA /UKUVULA ICALA UMA UHLUSHWA/ UHLUKUMEZWA NGOKOCANSI KUNZIMA

Uma ufunda izinythelo okumele uzithathe uma uhlushwa/ukuhlukumezwa ngokocansi, kuyacaca ukuthi kofika isikhathi la kumele uchaze kaningi ukuthi kwenzekeni. Abanye abantu bakubona kunzima ukuphendula imibuzo enzima futhi kuyabahlukumeza enqondweni, ingakho kubalulekile ukuthi ube nomuntu omdala omethembayo ozokusiza futhi ozokutholela abantu abangakululeka ngokomqondo.



ENZA LOKHU

Bhala phansi imifanekiso emibili yokuhluphwa ngezinto ezimayelana nocansi/ukuhluphwa ngokocansi



Bhala phansi imifanekiso emibile yokhlukumezwa ngokocansi



Izinombolo ezibalulekile:

INHLANGANO	IMININGWANE/ INDAWO YE WEBHU
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/

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THE END.....

