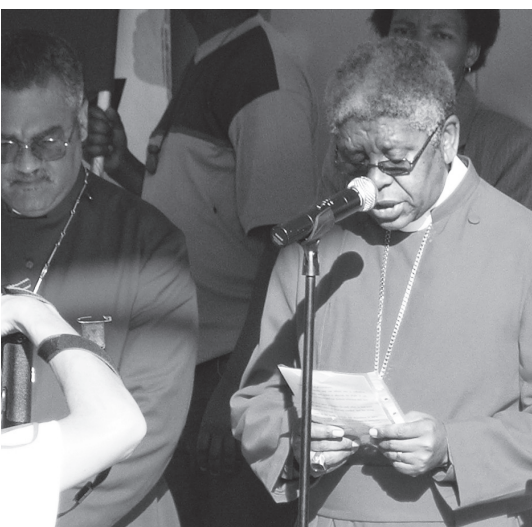




# Indoda Nganye ingabayinkokheli engumzekelo

Abashumayeli, abafundisi betyalike zamajuda, zamasilamsi,  
nezamakrestu kunye nezinye iinkokheli zakwalizwi



**UXWEBHU  
NGEZENKOLO**

**U**mfazi olixhoba lokuxhatshazwa uxelela umfundisi ukuba sefikelele kwisigqibo sokuba uyalishiya iqabane lakhe elithi limxhaphaze. Umfundisi uyamkhuthaza yaye esithi uThixo akafuni ahlale pantsi kwalompatho enzima, apho ubomi bakhe kunye nobabantwana bakhe busesichengeni.

*Kwintlanganiso yamakholwa emvaba ngemvaba , iinkokheli zakwalizwi zamaSilamsi, amaJuda, amaHindu kunye namaKrestu ezisuka kulo lonke elaseNtshona Koloni zisungula umgaqo kwaye zivuselela nezigqibo zazo zoku thintela nanobundlobongela oboqondene namanina.*

*Emva kokubulala okuphathelene nobundlobongela ekhayeni apho ekuhlaleni, umfundisi wetyalike yamaJuda ubiza intlanganiso enkonzweni ukuze kuxoxwe ngendlela apho uluntu lungathi luthabathe amanyathelo ngesisehlo.*

## **Kutheni iinkokheli zakwalizwi kufuneka zikhuthaze amadoda ukuba abeyinxalenye nokuchasa ubundlobongela emakhaya kunye nobundlobongela ngokwesini?**

Abantu abaninzi base Mzantsi Afrika ngamalungu apheleleyo etyalike kunye neenkolo zomoya, kwaye amaxesha amaninzi babhenela kwinkokheli zakwalizwi ukuba zibakhokhele kwindlela abanathi bajongane nobundlobongela ngayo. Iintlangano zetyalike zidlala indawo ebaluleke kakhulu ukubumba iinkolo eluntwini, kwaye zibekeke endaweni engaqhelekanga yokukhokhela imizamo yokuphelisa ubundlobongela oboqondene namanina.

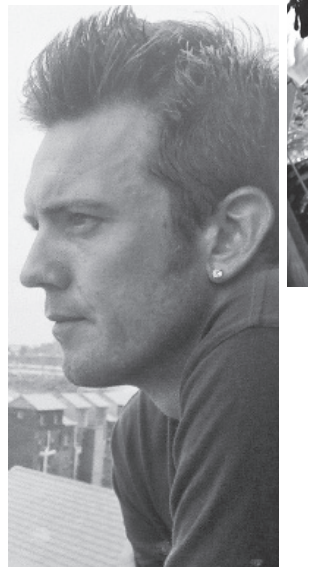
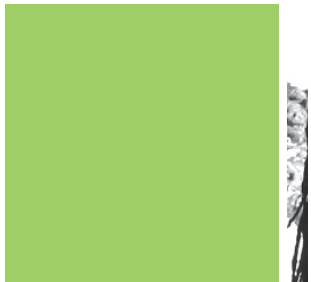
Kukho ukwabelana kwezimvo phakathi kwenkolo zomoya ukuphelisa ubundlobongela obuqondene namanina kunye nabantwana. Iintlangano zenkolo zingakwazi ukufikelela kubantu abaninzi abasoloko beselishweni lokungafikeleleki kwezinye intlangano ngemiyalezo yokuzikhusela nenkxaso yamakhoba, ulwazi, kanye nokubophelela izaphuli mthetho kwizenzo zazo.

Ukuvula iminyango yoqeqesho lwamalungu, kwangamanye amalungu eenkoko eluntwini, nokwakha kunye nokuxhobisa ngokwaneleyo uluntu. Ukuze lukwazi ukuhlalutya imiba ephathelene nokuphelisa ubundlobongela obuqondene namanina kunye namantombazana. Ukwenjalo kunganyusa ngamandla indima edlalwa zinkolo eluntwini.

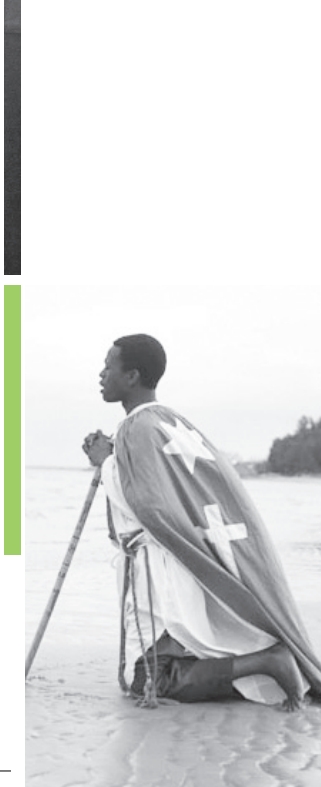
Okulandelayo ngamanyathelo iinkokheli zetyalike nezenkolo, kunye nezomoya, ezingathi ziwathabathe ukuphelisa ubundlobongela obuqondene namanina kunye nabantwana.

## **Zingenza ntoni iinkokheli zakwalizwi ukukhuthaza amadoda ukuthi athabathe amanyathelo okuphelisa obubundlobongela obujongene namanina kunye nabantwana?**

- **Yiba sisibonelo esihle:** iinkokheli zenkonzo zisendaweni engaqhelekanga yokuphembelela amalungu enkonzo kunye noluntu ngokubanzi. Uluntu lubabona njengezibonelo, kwaye bengamadoda apethe abanye abantu ngentlonipho, bekwazi nokusombulula iingxaki ngaphandle kokusebenzisa ubundlobongela kunye nokuthabatha inkxaxheba kwimizamo yokubumba uluntu olulawulwa ngumthetho.
- **Yiba yinkokheli engumzekelo omhle:** iinkokheli zenkolo zinganikela ngexesha lazo ngokuba ngamalungu ebhodi zabaphathi kwintlelo eziphathelene nobundlobongela ekhayeni kunye nobundlobongela ngezesondo, kwingingqi abahlala kuyo. Khuthaza amadoda athethe phandle kwaye asebenzise impembelelo zawo ukuphelisa ubundlobongela obuqondene namanina namantombazana ngandlela zonke. Xhasa amadoda asungule indibano zamadoda apho bangakwazi ukuxoxa imiba ephathelene namadoda okanye bazibandakanye nendibano esele zikhona ekuhlaleni.
- **Yenza indawo yonqulo, ibeyindawo ekhuselekileyo** yamakhoba obundlobongela obuqondene namanina. Bonisa izinto, amaphepha kunye nemizobo enenkukacha neenombolo zenkonzo zoncedo lwamaxhoba obundlobongela. Qinisekisa ukuba indawo okuyo yenza amakhoba azive ekhululekile kwaye akwazi nokuthetha ngokubehleleyo ukuze afumane ukuphila emphefumleni.



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- **Ngenelela:** ukuba urhanela ukuba kukho ubundlobongela obukhoyo phakathi kwezithandani okanye usapho. Thetha nomntu ngamnye kubo. Jonga imiba elandelayo ngokuthetha namaxhoba kunye nezaphuli mthetho.
- **Xhasa amaxhoba:** Sungula amaqumrhu enkxaso zamanina afuna ukuphila emphefumleni, nasentliziyweni. Xhasa ukuqhubeka kokubandakanywa kwamaxhoba kumphakathi abathe bazikhethela wona, xa isaphuli mthetho eso kusenzeka siphuma kwindawo enye nexhoba.
- **Fundisa ibandla:** ququzelela intshumayelo yoluntu ngomba wobundlobongela ngezesondo kunye nobundlobongela emakhaya, ngentsuku ezilishumi elinesithandathu ezibekelwe bucala ukuthabatha amanyathelo ngobundlobongela (16 Days of Activism). Hlala ubandakanya uluhlu lwemiyalelo ngobundlobongela kumaphepha ndaba, ibhodi, kwizifundo zabatshati nabalungiselela ukutshata, nakwi nkomfa ezifundisa ngobundlobongela obujongene namanina. Xeleta ibandla ngemiqathango yoluhlu olukhankanya indlela uluntu olungaxhasa ngalo amaxhoba, kwaye nendlela olunga phatha ngayo umaphuli mthetho, okanye abo bathi baphembelele ubundlobongela.
- **Sebenzisa iqonga:** iinkokheli zetyalike zomoya zingakwazi ukuba negalelo elinamandla kwingcinga neenkolelo zabantu, kwaye iinkokheli ibalulekile. Zibophelele ukwenza ingxaki yobundlobongela obujongene namanina nabantwana, ingxaki ebalulekileyo kwaye nexhalabisayo kuluntu. Gxininisa imfundiso, izezo kunye neenkqubo eziphakamisa amalungelo amanina, ukuze bakhululeke ebundlobongeleni, imfundiso ezifana nokuxhasa amaxhoba, inkqubo eziphakamisa ukulingana kwabafazi namadoda, kunye nokuhlonitshwa kwamanina namantombazana.
- **Nikela ngendawo:** nikela ngendawo yokufundisela kumaqumrhu enkxaso okanye indawo ekhuselekileyo apho abazali abangamaxhoba bangandwendwela khona abantwana babo. Nikela ngokuthi kusetyenzise indawo okanye izixhobo ukuzama ukubandakanya amadoda kwimizamo yokuphelisa ubundlobongela-indawo yentlanganiso, amadonga apho kungazotywa imifanekiso ephathelene nokuphelisa ubundlobongela emadodeni, njalo, njalo.
- **Zibandakanye namaziko kunye nezixhobo esele zikho:** iinkqubo ezichasa ubundlobongela nokuxhatshazwa kwamanina okanye iziko elinikezela ngezixhobo zenkxaso okanye unikezele ngenkxaso efana naleyo enikwa leliziko kwintsapho njengoko zisakha ubomi kabutsha emva kwesheho sokuxhatshazwa.
- **Yiba sisixhobo:** Qokelela ulwazi olwaneleyo ngezifundo kunye nezibhalo ezingcwele, uze uqonde ngcono kwaye ukwazi ukuthabatha amanyathelo ngokuxhatshazwa ngezesondo nobundlobongela ekhayeni.
- **Xhasa uqeqesho lwengcali:** khuthaza kwaye uxhase uqeqesho lwenkokheli zakwalizwi, abashumayeli kunye nabafundisi nabafundi bezibhalo, ukwandisa ulwazi lwabo ngokuxhatshazwa ngezesondo nobundlobongela emakhaya.
- **Xazulula imiba engaphakathi:** khuthaza imizamo yamaziko ezenkolo ukujongana nezityholo zokuxhatshazwa zinkokeli zakwalizwi, ukuqinisekisa ukuba iinkokheli zakwalizwi zizixhobo ezikhuselekileyo ukunceda amaxhoba nabantwana babo.

## Ukuthabatha amanyathelo ngobundlobongela ekhayeni: imiqathango elungiselelwe abashumayeli, abafundisi betyalike zamajuda, zamasilamsi, nezamakrestu kunye nezinye iinkokheli zakwalizwi.

OMAWUKWENZE noMAWUNGAKWENZI nexhoba lobundlobongela ekhayeni

### OMAWUKWENZE...

- **Kholelwa koko akuxelela kona.** Inkcazelo yakhe ngobundlobongela athe wajongana nabo isesisiqalo.
- **Mqinisekise ukuba ayilotyala lakhe** kwaye akufanelanga ukuba apathwe ngalondlela futhi ingeyiyo nendlela uThixo afuna apathwe ngayo. Mqinisekise ngothando lweNkosi kunye nobukho bukaThixo.
- **Mnike inkcazelo epheleleyo** apho angafumana uncedo khona. (uluhlu lwezixhobo luyafumaneka ekupheleni kwalencwadana).
- **Mxhase kwaye uhloniphe nezigqibo zakhe,** nokuba uyayazi indlela angathi abeke ubomi bakhe esichengeni kulemeko nangaphezulu, ukuba ufuna ukubuyelana nalowo uthethe wamxhaphaza. Eso, sisigqibo sakhe, kwaye kufanele usihloniphe.
- **Mkhuthaze ukuba acinge ngendlela angathi azikhusele ngayo.** Ukwenjenjalo kulula kwaye kunceda ekubeni ahlale exhulumene nenyani ngobundlobongela bomxhaphazi.

Lencwadana yinxalenye yesixhobo sokuthabatha amanyathelo nolwazi se One Man Campaign, umzamo weSonke Gender Justice nothulumente wephondo leNtshona Koloni. Ukufumana inkcazelo epheleleyo, tyelela apha: [www.genderjustice.org.za/onemancan](http://www.genderjustice.org.za/onemancan)



- **Uze ungaxeleli namnye umntu ngaphandle kokuba nivumelana ukuba wenze njalo.**
- **Mncede ngengxaki yakhe ngezenkolo.** Umncede abone ukuba ubundlobongela bomnyeni wakhe bophule izibhambathiso ezingcwele zomtshato kwaye uThixo akafuni ukuba aqhubekeke, ahlale apho ubomi bakhe noba babantwana bakhe busesichengeni.
- **Mxhase** kwaye umncede azilele ukulahlekelwa kwakhe ngumyeni kunye nokulahlekelwa kwabantwana bakhe nguyise xa isisigqibo sakhe sokwehlukana nomyeni wakhe ngenxa yobundlobongela.
- **Thandaza naye.** Cela uThixo ukuba amnike amandla nenkuthazo ayidingayo ekuphumeleleni.
- **Nxebelelana nabanye abantu** eluntwini abangathi babenolwazi oluphangaleleyo, bakwazi ukunceda, nongathi ukwenze ukunceda ixhoba.

### OMAWUNGAKWENZI...

- Ukunciphisa imeko yengozi elijongene nayo ixhoba. Ungaba sisibonelo senyani.
- Ukumxelela amakakwenze. Mnike ulwazi kunye nenkxaso.
- Ubonise umathuko, ukwenyanya kunye nomsindo ngoko akuxelela kona.
- Umbeke ityala ngobundlobongela beqabane lakhe.
- Mxelele ngolwaluleko lamaqabane “uqiniso mtshato,” “intetha ntethwano” okanye “iworkshop ngonxebelelwano.”
- Umthumele ekhayeni ngomthandazo kuphela kunye nemiyalelo yokuba athobele umyeni wakhe, okanye aze naye kuwe, okanye aqhubeke anqule umyeni wakhe, ukuze abengumfazi osisibonelo esihle senkonzo.
- Umkhuthaze ukuba amxolele, abuyelane naye.
- Umkhuthaze ukuba axhomekeke kuye okanye azibandakanye naye ngentliziyo okanye ngesondo.
- Ungenzi nto.

### OMAWUKWENZE noMAWUNGAKWENZI **NOMXHAPHAZI**

#### OMAWUKWENZE...

- Yiya kuye, ukuba ubanjiwe umxelele ngenxalabo yakho ngaye okanye ngenkxaso yokumelana nokuthabatha uxanduva ngobundlobongela bakhe.
- Phendula uphinde ujongane nemibuzo angathi avele nayo ngezenkolo.
- Mxelele ukuba ubundlobongela yingxaki yakhe, hayi eyeqabane lakhe. Mxelele ukuba nguye kuphela onokuthi aphelise obobundlobongela kwaye nawe uyafuna ukunceda.



#### OMAWUNGAKWENZI...

- Ubenentlanganiso naye wedwa emfihlakalweni. Yiba nentlanganiso naye endaweni apho kukhona abantu amaxesha onke, njenge nkonzo.
- Uye kuye okanye umxelele ukuba uyazi ngobundlobongela bakhe ngaphandle kokuba a) uvumelane nexhoba, b) ixhoba liyazi ngezicwangciso zakho zokuthetha naye, kwaye c) uqinisekile ngokwahlukana kwabo.
- Uqhubeke ngokwaluleka izithandani ukuba uyazi kukho ubundlobongela obuqhubekayo phakathi kwabo.

**Eliphetshana ziziphumo lotshintsho oluthatyathwe kwi FaithTrust Institute (ifudula ibizwa nge Center for the Prevention of Sexual and Domestic Violence) Seattle, WA (2002)**

<http://www.faithtrustinstitute.org>

**Ngenkcazelo ethe vetshe ngokufumana uncedo, bona uluhlu lwendawo zeenkonzelo kwi One Man Can Action Kit, okanye ndwendwela iwebsite yethu kwa**

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



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