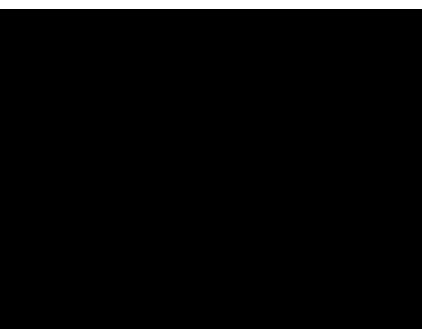
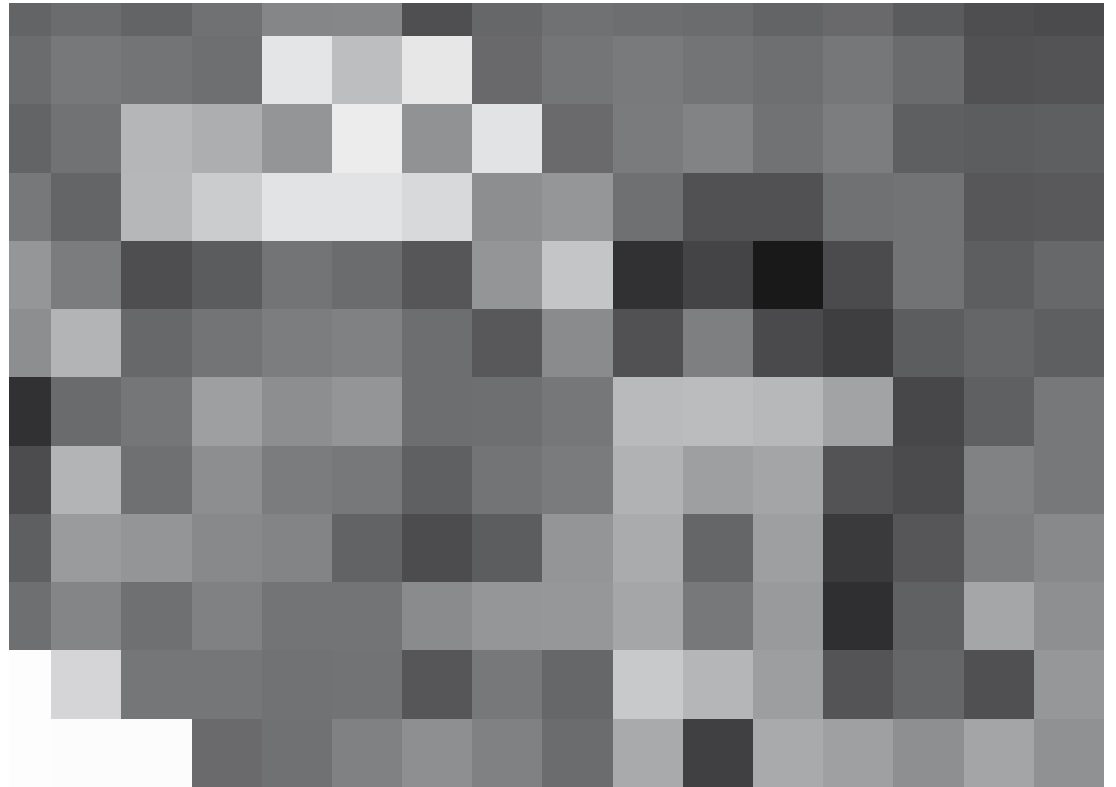




Indoda Eyodwa ingaba umholi oyisibonelo

Abefundisi, orabi abapristi kanye nabo bonke abaholi
bezenkolo



**INCWAJANA
NGEZENKOLO**



wesifazae oshayiwe uxoxela umpristi ukuthi usekhethe ukushiya umkhwenyana wakhe ngenxa yokuhlukumezeka.

Umfundisi uyamgqugquzela futhi uyamchazela ukuthi noNkulunkulu akathandi ukumbona esesimweni esibeka impilo yakhe kanye neyezingane engozini.

Emhlanganweni oxube abaholi bamabandla ahlukeni, AmaSulumane, AmaJuda, AmaHindu, kanye namaKrestu abe beliqhamukisa kuso sonke isifundazwe saseNtshonalanga Kapa basungula imithetho futhi baqinisa amaxhama okulwisana nodlame olubhekiswe kwabesifazane.

Emva kokwenzeka kodlame lwasekhaya oluholele ekufeni kwamakhelwane, uRabbi ubize umhlangano esinagoweni ukuzoxoxisana lokho okwenziwe ngumphakathi.

Abaholi bamabandla kufanele bagqugquzele abantu besilisa ukuthi bamelane nodlame olubhekiswe kubantu besifazane.

Abantu abaning baseNingizimu Afrika bazibandakanye nezinhlangano zezenkolo, ezikamoya, kanti futhi bayabuza kubaholi babo uma sebebhekene nezinkinga ezimayelana nodlame. Izinhlangano zezenkolo zidlala indima enkulu ekwakhiweni komphakathi futhi banndlela eyahlukile yokuvimba udlame olubhekiswe kubantu besifazane.

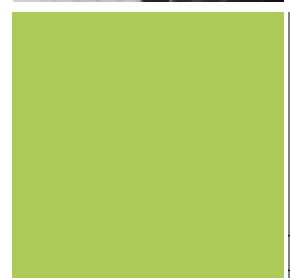
Izinhlangano zezenkolo ziyakwazi ukufinyelela kubantu abanengi abangeke batholwe ezinye izinhlangano ezidlulisa umlayezo wezokuphepha kanye nokusekela labo abasuke behlukumezekile futhi abanolwazi lokuthi umhlukumezi wenziwani.

Ukuqala izinhlelo zokuqeqesha ziqalelwa futhi ziqalwa ngabezinhlangano zezenkolo futhi ezibhekiswe ekuqiniseni indima engadlalwa ngabantu bezenkolo ekuqedeni udlame olubhekiswe kubantu besifazane kanye namantombazana.

Okuchaziwe ngezansi yizinto ezingenziwa yizinhlangano zamakholwa, ezikamoya ekuqedeni udlame olubhekiswe kubantu besifazane.

Abaholi bezenkolo bangagqugquzela amadoda ukuthi adlale inxenye enkulu ekuqedeni udlame olubhekiswe kubantu besifazane kanye nezingane

- **Yiba ngumholi oqotho.** Abaholi bezenkolo basezikhundleni eziphezulu ezibenza babe namandla ekushitsheni umphakathi. Abantu abasebandleni nalabo abasemphakathini babuka kubona njengezibonelo zamadoda nabantu abangabethemba futhi nabahloniphekile, abantu abakwazi ukuxazulula izinkinga ngedlela engenalo udlame futhi abalwela ukubona umphakathi wakithi oxube bonke abantu ngokulinganayo nonobulungiswa.
- **Yiba ngumholi oyisibonelo esihle.** Abaholi bezenkolo bangavolontiya ekubambeni izikhundla ezinkulu ezinhlanganweni ezilwisana nokuxhashazwa ngokocansi noma ukulwisana nodlame olubhekiswe kubantu besifazane emakhaya. Futhi bangavolontiya ekubeni ngabaxazululi ezikhathini zezinkinga.
- **Gqugquzela amadoda ukuthi akhulume.** Sebenzisa amandla abo ukulwisana nodlame olubhekiswe kubantu besifazane kanye namantombazana amancane nanoma ngabe iyiphi indlela. Baxhase ukuthi basungule iqembu lamadoda axoxayo noma babe yigxenywe yalelo elikhona endaweni.
- **Yenza indawo yokukhonzela ibeyindawo lapho abantu bezizwa bephephile khona kulabo abahlukumekile ekulweleni ukungahlukunyezwa kwabantu besifazane.** Beka ezindongeni ulwazi kanye nezinombolo zokuxhumana abangazisebenzisa uma behlukumezekile. Qinisekisa ukuthi isimo siyabavumela abantu abahlukumekile ukuthi baxoxe ngalokho nangendlela abangathola ubuncono ngayo.
- **Ngenelela nawe.** Uma unezinsolo zokuthi udlame luyenzeka kwabanye abathandanayo noma komunye wemindeni, khuluma nabo ngabodwa. Bheka isibonelo ongasisebenzisa ukukhuluma nohlukumezekile kanye nomhlukumezi.





- **Sekela lowo ohlukumezekile.** Sungula iqembu lapho bonke abesifazane abazizwa bedinga ukusindiswa yizinhlangano zensindiso noma abazizwa behlukumezekile abangeza kulona futhi bezizwe bekhululekile. Mxhase umuntu ohlukumezekile uma efuna ukuba yinxenye yomunye umphakathi uma ngabe efuna ukushiya umphakathi onomuntu omhlukumezile.
- **Fundisa amalungu ebandla.** Hlela isifundo okufanele usifundise abantu bebandla lakho ngodlame olubhekiswe kubantu besifazane kanye nokuhlukumezeka kwabo kwezocansi lesi sifundo ungasiqondanisa nezinsuku eziyi 16 zokulwisana nokuhlukumezeka kwabesifane. Zama ukuthi ufake ulwazi oluyimithetho emaphepheni amancane abhalwe yisonto aphuma njalo ngenyanga, faka leyo mithetho emabhodini ezindaba ezimfushane, nasezifundweni ezinikezwa abantu abantu abazoshada nasebeshadile, uphinde uxhase izifundo ezigquzela ukuvimba udlame olubhekiswe kubantu besifazane. Bachazele abantu ngemithetho engalandelwa uma uhlukumezekile kanye nemithetho emayelana nalowo uhlukumezayo.
- **Sebenzisa ipulpiti.** Umholi wezenkolo angaba nomthelela omkhulu ekushintsheni indlela abantu abacabanga ngayo kanye nezinkolelo zabo, ubuholi bakhe bubalulekile. Kuveze ukuthi ukhathazekile ngodlame olubhekiswe kubantu besifazane nezingane. Gqugquzela izifundo, kanye nokwenza kanye nalezo zinhlaka ezisekela ukuhlonishwa kwamalungelo abantu besifazane ukuze bangazitholi behlukumezeka, lezi kungaba yizifundo ezifundisa ukulingana kwabantu ngokobulili nenhlonipho okufanele inikezwe abantu besifazane.
- **Batshela ngezikhathi abangakwazi ukukubona uma befuna ukukwenza lokho.** Sebenzisa indawo yakho njengendawo yokuhlangana lapho izifundo ezingaqhutshwa khona nalapho abantu abangahlangana khona evikini. Lendawo ingasebenza njengendawo evakashelwa ngokusemthethweni nephephile lapho abazali abangakwazi ukuvakashela izingane zabo uma befuna. Nikela ngandawo lapho amadoda angakwazi ukuzibandakanya khona futhi nokuthi bakwazi ukuba nemihlangano futhi bakwazi ukusebenzisa izindonga ukukhombisa izithombe ezithile.
- **Yiba yinxenye yezinto ezisizayo ezivele zikhona.** Thatha leyo ndawo ekhona uyifake ngaphansi kobuholi bakho bese uyisebenzisa njengendawo ezoletsa usizo ngokunikezela ngolwazi emindenini noma kubantu abahlukumezekile kodwa abafuna ukuqala impilo entsha.
- **Yiba usizo.** Funda lezo zifundo ebhayibhelini ezingasiza ukwenza kuzwakale njengento embi ukuhlukunyezwa kwabantu besifazane nanokuthi bangabhekana kanjani nacho. Lusabalalise lolulwazi ugqugquzele nabanye ukuthi benze njalo.
- **Sekela ukuthuthuka nokufunda.** Gqugquzela ukuqeqeshwa kwabaholi bezenkolo, abafundisi bezenkolo nalabo abenzisa uqeqesho emasontweni ukuze bakhulise ulwazi lwabo ngokuhlukumezeka kwabantu besifazane kanye nangokocansi.
- **Xazulula izindaba zangaphakathi.** Gqugquzela imizamo eqhubekayo esiza inihlanganpo zezenkolo ukuthi zimelane nabaholi abahlukumeza abantu besifazane. Gqugquzela ukuthi abaholi bezenkolo babe umthombo wosizo uluphephile kubantu abahlukumezekile kanye nezingane.

Ukubhekana nenselelo yodlame olubhekiswe lwasekhaya: izinto ezingenziwa abefundisi, orabi abapristi nabanye abaholi bezinhlangano zezenkolo.

Izinto okufanele ZENZIWE nalezo OKUNGAFANELE ZENZIWE ngomuntu ohlukumezekile

LEZO ONGAZENZA...

- Mkholwe. Lokho akuchazayo kuzokunika isithombe ngokwezekile.
- Mtshela ukuthi lokhu okwenzekile akulona iphutha lake, nokuthi lento eyenzekile ayimfanele, futhi akuyona intando kaNkulunkulu ngempilo yakho. Mqinisekise ngothando lukaNkulunkulu nobukhona bakhe.
- Mtshela lapho angaya khona ukuze athole usizo.
- Sekela futhi uhloniphe izinto akhetha ukuzenza, noma ngabe uyabubona ubungozi kodwa uma ekhetha ukubuyela kumhlukumezi kuhloniphe lokho ngoba kuyisinqumo sakhe.
- Mgqugquzele ukuthi azakhele isu lokuphepha. Lokhu yinto eyenzakalayo futhi ezomsiza ukubhekana nobunjalo bokuhlukumezeka.

- Yiba ngumuntu okwaziyo ukugcina izimfihlo zabantu.
- Msize ngezinto ezimkhathazayo ngezenkolo. Mchazele ukuti lento eyenziwe kumlingani wakhe isisaphulile isifungo somshado nokuthi uNkulunkulu akathandi ukumbona esesimweni esibeka impilo yakhe kanye neyezingane engozini.
- Msekele uma ekhalela ukulahlekelwa kanye nabantwana bakhe ikakhulukazi uma ecabanga ukwenza isahlukaniso.
- Khuleka naye. Cela uNkulunkulu ukuthi anike amandla awadingayo ukubhekana nalesi simo.
- Xhumana nabantu osebenzisana nabo emphakathini abanolwazi olunzulu nabangakusiza ukubhekana nalesi simo.

LEZO OKUNGFANELE UZENZE...

- Musa ukunciphisa ubungozi bento eyenzakele. Ungabheka indlela okwenzeke ngayo.
- Musa ukumtshela ukuthi yini okumele ayenze. Mnike ulwazi uphinde umsekele.
- Musa ukukhombisa ukungayikholwa into ayishoyo, ungakhombisi ukuphoxa nenzondo kulokho akushoyo.
- Musa ukumsola njengomsunguli wodlame. Asikho isizathu sokuhlukumeza.
- Musa ukugqugquzela iziyalo zabashadile, izinto ezizocebisa imishado, izixazululo noma uqeqesho lwezokuxhumana.
- Musa ukumphidisa ekhaya ngomkhuleko nesiyalo sokuthi akaziyhobe endodeni yakhe, nokuthi akayilethe lapha, noma oqeqeshweni nokuthi yena abe ngumfazi okholwayo.
- Musa ukugqugquzela ukuthi amxolele nokuthi amamukle futhi.
- Musa ukumgqugquzela ukuthi ancike kakhulu kuwe futhi ungathathi ithuba lokumzwela ngokwemizwa kanye nokuthandana naye ngakwezocansi.
- Musa ukungenzi lutho.

Ongakwenza nalokho ongekwenze nomuntu ohlukumezayo

ONGAKWENZA...

- Mqonde, uma eseboshiwe, chaza nawe ukuthi lento ayenzile ayikuphathi kahle bese ukhombisa ukumsekela naye. Mgqugquzele ukuthi akhulume futhi akwazi ukubhekana nenkinga yokuphehla udlame.
- Msize ekuchazeni ubulungiswa bezenkolo umhlukumezi angabuveza noma umbuzo angaba nawo.
- Yibike inkinga yodlame njengenkinga yakhe hhayi umuntu wesifazane. Mtshele ukuthi angayiqeda lenking futhi ungamsekela ekwenzeni lokho.
- Mdlulisele ezinhlelweni ezisiza abantu abafana naye.
- Phenya izimpawu zokuzibulala angazikhombisa.
- Xwayisa ohlukumezekile ngokwesatshiswa yilowo amhlukumezile.

LEZO OKUNGFANELE UZENZE.....

- Musa ukuhlangana naye uwedwa futhi endaweni ecashile. Hlanganani endaweni evulekile noma endlini yesonto.
- Musa ukumqonda noma mtshele ukuthi uyazi ukuthi uyahlukumeza ngaphandle uma unemvume oyinikezwe ngumhlukunyenwa, futhi uma azi ukuthi udinga ukuxoxisana naye. Kufanele ube nesiqiniseko sokuthi umhlukunyezwa akekho ngaleso sikhathi nihlngana.
- Musa ukufaka indaba yokuthi kufanele bathole izeluleko uma ngabe wazi ukuthi kunodlame ebudlelaneni babo.



INDODA EYODWA INGAKHOMBISA UKUKHOLWA NGOKUNAKEKELA NANGOKUZWELA ABANYE

Uma udinga ulwazi mayelana nokuthi ungalutholaphi usizo, vula kubhuku eliyinkomba (directory) lalabo abanikeza lolosizo kuyinhlnganisela (One Man Can Action) yethu noma buka kuwebsite

www.genderjustice.org.za/onemancan

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

