

Wena Nodlwengulo



Rape Crisis
Cape Town Trust

Wena Nodlwengulo Isilathiso

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Intshayelelo Inkcazo emfutshane ngalencwadi

Ngonyaka ka 1992 umbutho iBlack Sash eNatal Midlands neminye imibutho yamakhosikazi ePietermaritzburg, baqala iphulo lokufundisa abantu malunga nodlwengulo. Eli phulo saliqala ngokuba sixakeke kukunyuka kwinqanaba lodlwengulo. Kananjalo okunye okukhathazayo kukuba abantu ekuhlaleni bakwazi ukuxhasa amadoda nabafazi abadlwenguliweyo ngendlela ebuyisela isidima sabo. Kwaye nokutshutshiswa kwabahlaseli, ukuba umntu osindileyo ufuna njalo.

Le ncwadana ligalelo lethu ukuze sabelane nabanye abantu ulwazi. Nangona udlwengulo ingumba onzima amadoda namabhinqa kuyafuneka babelane ngamava ukuze bomelezane. Le ncwadana imana ihlaziywa ngamaxesha athile. I Rape Crisis yase Kapa iye yagqiba inguqulelo ezingaphezulu ngokuhambiselana namacebo karhulumente ngokuthi ijongisise kwakhona umthetho malunga namatyala esini.

Ungayifumana Iluncedo Njani Lencwadi Ungayisebenzisa njani lencwadi

The 1. Lendawo ithi “yintoni udlwengulo” icacisa ngohlobo umthetho uchaza undlwengulo kwakunye nezinye iintlobo zobundlobongela kwisini.

2. Lendawo ithi “ungenza ntoni xa udlwengulwe” ikunika amanyathelo ekufuneka uwathathile kwangoko ugqiba kudlwengulwa, oku kuqulatha iingcebiso ngokhuseleko lwe HIV, ukukhululwa, nezinye iziphumo zodlwengulo.

3. Lendawo ithi “ukuxela udlwengulo emapoliseni nokumangala” ikuxelela ngamalungelo akho nezinto omawuzilindele xa uxela okanye umangalela umdlwenguli.

Funda lendawo ithi “ukuba awufuni kumangala” uzokubona ukuba kufuneka wenze ntoni ukuzikhusela kwakunye namalungelo akho.

4. Lendawo ithatha “ngoncedo lwasesibhedlele” icacisa ngezinto umntu odlwenguliweyo ekufuneka azifumane nokuba uyamangala noba akamangali. Icacisa ngophando oluthi lwenziwe ziz’bhedlele zika-Rhulumente ukuba mazenze ntoni xa uthel wadlwengulwa noku qokelela ubugqina obungaboniswa enkundleni yamatyala. Yonke lento iqulathe ukuba ubunqina buqokelelwa njani emzimbeni wakho kwakunye namayeza ekunyanzeleke uwafumane. Le ndawo ikunika ingcaciso malunga namayeza i-PEP’s (post exposure prophylaxis) akukhusela kwintsholongwane i-HIV.

5. Ukuba uye wamangala, indawo ethatha “nge - Zomthetho” icacisa izinto ekufuneka uzilindele enkundleni, amalungelo akho, ukunikezelwa kwebheyele kumdlwenguli, inkcazelo

malunga nesigwebo kwakunye nembuyekezo mali kwinkundla zokuphathwa kakubi kwamalungelo akho okanye ngokwesikali sethembakumdlwenguli.

6. Indawo ethetha ngempendulo kudlwengulo, ichaza ngendlela amaxhoba kwakunye nabo babathandayo baye bazive ngayo emva kodlwengulo. Icacisa ukuba kwenzeka ntoni kuwe ngokwa semphefumleni, ngokutshintsha kwengcinga kwakunye nezenzo zakho. Ikunika nenkcazelo yokuba ungalindela ntoni njengokuba umelane nendlela oziva ngayo emva kodlwengulo.

Ezinye indawo ezibalulekileyo kulencwadi ziqulathe udaba olubalulikileyo malunga nobuxoki kwakunye nenyano ngodlwengulo, udlwengulo lwamadoda, iingcinga malunga nokhuseleko kudlwengulo, impatho’mbi ebantwaneni, kwakunye nabantu abadala abahlukumezekeliyo. Eminye imiba yokuxoxwa imalunga nendlela yokubeka izikhazalo (emapoliseni, esibhedlele, kwakunye nasenkundleni yamatyala), inkcazelo - banzi ngamagama asetyenzisiweyo kwakunye noluhlu lwamagama.

QAPHELA: Kule ncwadana sizakusebenzisa eligama: “lomntu osindoleyo” ukubhekisa nakowuphi na umntu, indoda okanye ibhinqa, osinde ekudlwengulweni. Ukuba sisebenzisa eligama lithi “ibhinqa” nceda ukhumbule ukuba oko kungenzeka ngokufanayo nokuba kudlwengulwe indoda. Ukuba akunjalo sizakubhekisela kwelo candelo kulencwadana exoxa ngodlwengulo lwamadoda.

Ngokwasemthethweni inkcazelo yodlwengulo ngokusetyenziswa ziinkundla zamatyala entsha ukususela ngomhla 16 ka December 2007. Lo mthetho uthi bubundlobongela ukulalana ngabom ngaphandle kwemvume yalomntu. Wonke ubani olalana nomnye ngoku ngenkani nangabom ngaphandle kwesivumelwano, lowo unetyala lokudlwengula.

Le nto ithetha ukuba umdlwenguli kufuneka aveze ubunqina bokuba bebevumelene yaye khangela kubekho lalwano ukuze abe akanatyala. Incazelo lula yokuba sicacise indlela umthetho oyibona ngayo lenqubo kunye nenkcazelo yokulalana.

Ukuvumelana: ngokomthetho, akukho sivumelwano ukuba;

- a) unyanzelwe okanye woyikisiwe ngobundlobongela kuwe, kobathandayo okanye kwimpahla yakho.
- b) ubulele, ubungekho zinqongdweni, ubusele iziyobisi okanye utywala, lento ithetha ukuba ubusele kakhulu okanye uthathe iziyobisi, awukwazi kunika isivumelwano.
- c) ungaphantsi kweminyaka eyi 12 okanye ukhubazeke ngenqondo
- d) unyanzelwe ukuba uvume ngumphathi okanye ngutitshala wakho, ucingela ukuba xa ungalalanga naye iya kuba negalelo emsebenzini wakho lonto okanye apho ufunda khona.
- e) uxelwele ubuxoki ngomnye umntu okanye umntu ophetheyo, umntu onolwazi ngaphezu kwakho, ukuba kufuneka ulale naye ukuze ufumane impilo emzimbeni, emphefumleni nasemoyeni.

Ukulalana: ngokwasemthethweni, kungaba yenye yezizinto zintathu, nokuba yeyiphi eyenza ukulalana ngokuba

- a) amalungu angaphantsi omnye umntu abe ngaphakathi okanyengaphezulu amalungu angaphantsi omnye, ezimpundu okanye emlonyeni womnye umntu.
- b) nokuba leliphi na ilungu lomzimba womntu, okanye into, naliphina ilungu lomzimba lwesilwanyana, ngaphakathi okanye ngaphezulu kwelungu langaphantsi okanye ezimpundu zomnye umntu.
- c) amalungu angaphantsi ezilwanyana ngaphakathi okanye ngaphezulu omlomo womnye umntu.

Yintoni Udlwengulo?

Yintoni Udlwengulo?

Ezinye iinkcazelo zezenzo zobudlobongela ziqulathe oku:

Ukudlwengulwa ngokumiselwa ngumthetho: yenzeka xa umntu elalana nomntwana ophakathi kweminyaka eyi 12 ukuya kwi 16 evumile okanye engavumanga (ukuba bobabini abantu abakulento bangaphantsi kweminyaka eyi 16 kungathathwa isigqibo sokuba ityala lingaqhubeki).

Ukulalana kwabazalanayo: kuvunyelwene okanye kungavunyelwanga, bubundlobongela ukulalana nabantu ozalana nabo ngegazi (umama, udade, ubhuti, utata, umzala, umalume, kwakunye nomakazi) okanye ukulalana nezizalwane ngokomthetho.

Ukunyanzelisa udlwengulo: Xa umntu wesithathu enyanzelisa omnye ukuba adlwengule (ukunyanzeliswa ngohananhaniso).

limeko zohanahaniso: zonke izenzo zokulalana ezingangeniyo kwinkcazelo yodlwengulo okanye zokuhanahanisa ezenzeka ngaphandle kwemvume yexhoba.

Ezinye iinkcazelo:

Ngabom: ukwenza ngabom, ngenjongo

Ngokungekho mthethweni: akungqamenanga nomthetho

Ngokwesondo: ukungenisa incanca kumzimba ongezantsi webhinqa

Imvume: ukumnika imvume, ukuvuma uthi ewe xa ungxakiselwanga okanye unyanzeliswe

Ukudlwengulwa emtshatweni: ukudlwengulwa komfazi ngumyeni wakhe (nokuba batshate ngomthetho, ngokwesiko okanye ngokwenkolo)

Ukudlwengulwa ngumntu ophuma naye: ukudlwengulwa ngumntu ophuma naye

Ukudlwengulwa liqela: ukudlwengulwa ngabantu ababini okanye ngaphezulu

Udlwengulo ngokumiselwe ngumthetho: xa umntu elalana nomntwana phakathi kweminyaka eyi 12 ukuya kwi 16 evumile okanye akavumanga.

Uhlaselelo ngokungenasidima: Indlela zokulalana ezingaphandle kwenkcazelo yomthetho yodlwengulo

Umpantsi webhinqa: Ilungu langaphantsi lebhinqa

Incanca: Ilungu lobuni lendoda

Ungenza ntoni xa uthe wadlwengulwa



Ungenza ntoni xa uthe wadlwengulwa

Kanye emva kodlwengulo

Amabhinqa amaninzi aye azibeke ityala emva kodlwengulo okanye ubundlobongela. Abanye abantu onokuthi ubaxelele ibali lakho nabo bangakholellwa koko. Wena awunatyala. ngumdlwenguli onetyala. Amadoda asinde kudlwengulo abafane bazibeke ityala kodwa banalo uloyiko olungafaniyo nolwamabhinqa - jonga icandelo oluxoxa ngodlwengulo lamadoda.

- Yiya kwindawo ekhuselekileyo ngokukhawuleza
- Xelela umntu wokuqala ombonayo nomthembileyo othi gqi naye. Lo mntu wokuqala umxeleleyo angabizwa akuxhase enkundleni njengengqina lokuqala odibene nalo. Ukuba lomntu awumazi, bhala phantsi okanye uzame ukukhumbula igama nedilesi yakhe. Oku kubalulekile xa uthe wagqiba ukuxela udlwengulo emapoliseni, ukuze amapolisa akwazi ukumfumana.
- Ukuba wonzakele kakhulu yiya ngqo esibhedlele okanye kwagqirha. Bona banakho ukubiza amapolisa ukuba uyafuna ukumangala. Amapolisa nawo ayakwazi ukukusa esibhedlele okanye atsalelei-ambulensi.
- Ukuba awunayo intsholongwane ye HIV yaye uyazoyikisela ukuba usulelekile, kufuneka ufumane uncedo lukagqirha phambi kweyure eziyi 72 emva kodlwengulo. Izifundo ezibanzi zibonisa ukuba ukhuseleka ngcono xa ufumene amayeza iPEP's ngaphakathi kweyure eziyi 6 ukuya kweye 8 emva kodlwengulo, kungcono ke ufumane uncedo kwakamsinya.

- Ukuba ubunxilile okanye uthathe iziyobisi ngexesha lodlwengulo, lonto ayithethi ukuba awunakumangala okanye ufumane uncedo kugqirha - ukunxila asilotyala kodwa udlwengulo lilo ityala. Khumbula umthetho uthi awukwazi ukunika isivumelwano xa unxilile okanye utye iziyobisi.
- Kufuneka uthathe isigqibo sokuba uyafuna na ukumangala. Mhlawumbi usenokungabikho kwimeko yokwenza esosigqibo kamsinya emva kodlwengulo. Xa uthe wakhawuleza ukuya kugqirha, ungakwazi ukufumana nabuphina ubungqina obuliqinileyo njengegazi okanye incindi yomdlwenguli emzimbeni wakho, okanye ezimpahleni zakho zalo mntu okuhlaseleyo. Ukugruzuka nemikrwelo ihlala ixeshana emzimbeni wakho hayi igazi nencindi iinwele zona zingasuka.

Amabhinqa amaninzi aye azive emadolwa'nzima ukuya emapoliseni. Amadoda ona nangaphezulu. Cingisisa kakuhle phambi kokuthatha esisigqibo ukuba uzakumangala okanye hayi, ngoba oku kungakuhlala ngendlela ezininzi

Ukuba awufuni kumangala

Kufuneka ugcine ubungqina ngoluhlobo:

- Musa ukulahla impahla zakho okanye uhlambe umzimba, nokuba ufuna kangakanani na. Lento yenzelwa ukuba usenokuba nobungqina obunjengene-wele, igazi okanye incindi yomdlwenguli ezimpahleni zakho.

- Kungangcono ukuba ungaselinto, nokuba ngamanzi, okanye amayeza phambi kokuxilongwa nguqirha
- Faka impahla zakho kwisingxobo sephepha okanye uzisongele ngephepha-ndaba. Musa ukuzifaka eplastikini ngoba oko kungabulala ubungqina obukuzo.
- Nawaphina amaphepha angaphantsi othe wawasebenzisa, womise uwafake emvolophini okanye ephepheni.
- Ukuba umdlwenguli uthe wakunika iziyobisi, kufuneka igazi nomchamo wakho ziye kuvavanyo phambi kokuba iyure eziyi 24 ziphele.

Ukuxela okanye ukumangala emapoliseni ngetyala elo

Akukho xesha libekiweyo lokuba ungaxeli okanye umangale emapoliseni (ubungqina njengencindi okanye inwele zomdlwenguli ezithe zashiyeka kuwe zingalahleka emva kethuba). Kodwa kubalulekile ukuba oku ukwenze kwakamsinyane, ukuze kufumaneke ubungqina obudingwa enkundleni. Ukuthatha ixesha elide kungakuchasa enkundleni. Kungangcono ukuba uye kwisikhululo samapolisa akufutshane nalapho ubudlwengulwe khona. **Akukho mntu unokujikwa ngamapolisa kuba udlwengulo lwenzeke kudala okanye kude nalapho ebedlwengulwe khona. Kodwa ke amapolisa ayakwenza oko nangona ewazi umgaqo. Akukho mrumo xa ufuna ukumangala.**

Ukumangala: Ukuxela ityala emapoliseni ukwenzela uphando luqale kuqokelelwe oko kwenzekileyo nobungqina

Ubungqina: Izinto ezibambekayo (amaphepha, impahla, incindi zomzimba, intetho nezinye) eziboniswa enkundleni ukungqinelana okanye ukuchasa oko kwenzekileyo.

Inkcazelo: obu bubungqina bokuqala kwaye kuko konke okuxelela amapolisa. Ibhalewe phantsi, uyinikwe ukuba uyifunde kwaye uyityikitye ukuba uyavuma ukuba kuyinyani kwaye kuchaza okwenzekileyo.

Indawo yenkonzo yasekuhlaleni:

Indawo kwisikhululo samapolisa apho uya khona ukuya kumangala (yayisungula ibizwa ngokuba yi-Charge Office)

Uphathi wesikhululo: Ipolisa eliphethe isikhululo samapolisa

Ipolisa eliphandayo: Ipolisa eliqokelela bonke ubungqina obudibene netyala kwaye lilungiselele ukuthethwa kwetyala.

I - FCSU: Icandelo elijongene nobundlobongela bosapho, ukuhlukunyezwa kwabantwana nohlaselo ngokulalana, elicandelo lamapolisa eliphanda amatyala odlwengulo.

Ungenza ntoni xa uthe wadlwengulwa

Ukuba awufuni ukumangala kwisikhululo samapolisa ungacela imoto yamapolisa ize ekhayeni lakho okanye naphi na apho ukhoyo. Kodwa oku kungathatha ixesha elide. Ukubangaba ugqibe ukuya kwisikhululo samapolisa, hamba nomntu omthembileyo. Ukuba ubunxilile ngexesha udlwengulwa kufuneka uwaxelele amapolisa – abanako ukukugwebela oko kwaye kungabaluleka etyaleni lakho. Xa usiya kwisikhululo samapolisa, xeleta ipolisa elikwicala lenkoko yasekuhlaleni ukuba ufuna ukumangalela udlwengulo. Ipolisa elikwicala lenkonzo yasekuhlaleni ukuba ufuna ukumangalela udlwengulo. Ipolisa alikwazi ukuxelela ukuba awukwazi ukumangala okanye awunabungqina baneleyo.

Ukuba ukwisikhululo samapolisa kwaye amapolisa awafuni ukukunceda, kunyanzelekile ungathiyafi. Baxebele ukuba lilungelo lakho ukumangalela udlwengulo kwaye ungacela ukuthetha nomphathi wesikhululo (umntu ophethe isikhululo samapolisa). Ukuba abakafuni, yiya kwesinye isikhululo samapolisa okanye utsalele umnxeba iinkozo zoncedo emva kwale ncwadana. Ungakwazi ukufaka isikhalazo kwixesha elizayo.

Ukubangaba awufuni kumangala ufuna ukuxela nje ityala

If Ukuba awufuni kumangala, waxelele nje amapolisa kodwa uwaxelele awufuni kwenziwe uphando. Kufuneka bayibhale kwincawdi ekuthiwa yi-Occurrence Book (OB), bakunike inombolo ekuthiwa yi-OB number, kodwa ke kwezinye izikhululo zamapolisa akwenziwa oko. Ukuba usenzile isigqibo sokuba ungamangali, kubalulekile ukuba uye esibhedlele okanye ekliniki. Funda ke kulandawo ithetha ngokuya esibhedlele ubone ukuba ngawaphi amayeza ekufuneka uwafumane. Nokuba awufuni kangakanani ukumangala, kubalulekile ukuba uye esibhedlele kwakamsinyane ukuze kuzokuthathwa ubungqina ufumane namayeza. Mhlawumbi ungatshintsha ingqondo, uzakube noko unabo ubungqina bodlwengulo olo luthe lwenzeka.

Kwezinye izikhululo zamapolisa akhona amapolisa aqeqeshelwe ukuphatha abantu abahlaselwe ngokwesondo kodwa mhlawumbi bangathatha ixesha ukufika xa ngaba ukwesinye isikhululo. Kulilungelo lakho ukucela uthethe nepolisa elibhinqileyo. Ukuba akukho polisa libhinqileyo, cela ukuba ubizelwe ibhinqa kodwa oku kuthetha ukuba ungalinda ithutyana xa kusafunwa ibhinqa elo. Amapolisa azakuzama ukukubizela ipolisakazi kodwa ngamanye amaxesha alizokufumaneka kwaye ke uncedwe ngumntu oyindoda.

Ezinye izikhululo zamapolisa zinabo abantu abamele ukuxhasa amaxhoba, aba bantu ngabasekuhlaleni banikela ngexesha labo mahala ukuzokuxhasa amaxhoba obundlobongela njengodlwengulo. Ababantu baqeqeshiwe yaye bayakwazi ukukuxelela ukuba ungalindela ntoni bakuncede nangeyiphi na indlela. Bayakuthatha bakuse kwigumbi ekuthiwa lelokuxhasa amaxhoba. Eli gumbi likhuselekile, lifihlakele kwaye likhululekile phakathi okanye kufutshane nesikhululo samapolisa apho unokuthetha khululekileyo.

Ukubangaba ufuna ukumangala

Xa umangala, lonto ithetha ukuba ufuna amapolisa enze uphando yaye ambambe umdlwenguli. Ipolisa alivumelekanga likuxelele ukuba awukwazi ukumangala okanye awunabungqina boneleyo. Akukho xesha libekiweyo xa ufuna ukumangala.

Inkcazelo yakho(istatement) kufuneka uyenze kwigumbi elibucala nepolisa elibhinqileyo. Uvumelekile ukuba wenze inkcazelo yakho ngolwimi lakho lwenkobe. Ukuba wonzakele kakhulu, wothukile okanye unxilile, amapolisa anako ukuthatha isigqibo sokuba inkcazelo yakho ibe mfutshane uze ke wena uthi wakube ufumene uncedo lwasesibhedlele bathathe inkcazelo epheleleyo necacileyo. Ukuba awonzakelanga amapolisa azakuzama ukufumana ingxelo ecacileyo kwangoko.

Kungangcono ukuba ixhoba lisiwe esibhedlele phambi kokuba lenze inkcazelo epheleleyo. Lento ithetha ukuba amapolisa azakubhala inkcazelo ephuma kuwe, emva koku wena kufuneka uyokwenza inkcazelo epheleleyo ngemini elandelayo okanye zingekapheli iyure eziyi 36. Into ebangela oku kukuba iPEP's zisebenza kakuhle ukukhusela i-HIV xa zithathwe phambi kweyure eziyi-6 emva kodlwengulo. Kufuneka uzame ukuzithatha iPEP's zingekapheli iyure eziyi 72 (intsuku 3) Kubalulekile kakhulu ke ukuba uye esibhedlele zingekapheli eziyure ziyi -72.

Xa ixhoba lisiwe esibhedlele kuqala, lonto ilinika ithuba lokuhlisa umoya, liyeke ukothuka okanye buphele utywala emzimbeni phambi kokuba linikezele inkcazelo yalo. Nalapho, lithuba lexhoba lokuba linikezele inkcazelo ecacileyo.

Amapolisa adla ngokuwaxelela amaxhoba ukuba abuye ngosuku olulandelayo kulapho ke bayakuthi bakuse esibhedlele nebhokisi enezinto ekuthiwa yiRape Medical Kit. Lento ayivumelekanga kumele bathathe ixhoba elo balise ngqo esibhedlele. Ukuba abenzi njalo kumele ixhoba elo litsalele kwa Rape Crisis okanye enye indawo enceda ngemiba yokuhlukunyezwa bancediswe emapoliseni.

Amaxhoba aseliswe iziyobisi ngabadlwenguli banexesha elincinci kakhulu abanokubonisa ubungqina beziyobisi emzimbeni. Ukuze obubungqina bufumaneka kumele ixhoba elo lwenze uvavanyo kwakamsinya okanye

Ungenza ntoni xa uthe wadlwengulwa

zingekapheli iyure eziyi 24. Olu vavanyo ngelishwa luyabiza kakhulu yaye ezinye ezibhedlele zikarhulumente azulwenzi - umntu angaya ekhemesti okanye esibhedlele sabucala.

Ukunika inkcazelo yakho ngokupheleleyo

Amapolisa azakubuza kwenzeke ntoni kuwe. Yonke into oyithethayo izakubhalwa phantsi, oku kubizwa ngokuba yinkcazelo(istatement). Oku kwenzelwa ukuba bazame ukufumana lomntu ukuhlaseleyo ngoku khawulezileyo. Zama ukubaxelela yonke into oyikhumbulayo, okuthethiweyo neyenzliweyo kuwe ngumdlwenguli.

Lilungelo lakho ukuba inkcazelo yakho emapoliseni yenzelwe kwigumbi labucala. Ikwililungelo lakho ukuthetha ukuba ngubani omfunayo egumbini xa unika inkcazelo yakho kodwa lomntu angabi lingqina lakho lodlwengulo. Naye lomntu uyakuthi abuzwe kwigumbi labucala.

Uvumelekile ukuba wenze inkcazelo ngolwimi lwakho lwenkobe. Ukuba ipolisa othetha nalo alithethi lwimi lakho, cela bakufunele itoliki.

Musa ukuyityikitya inkcazelo yakho ude uqiniseke ngendlela ebhalwe ngayo. Oku kubalulekile kakhulu kwaye bubungqina bokuqala obusetyenziswa enkundleni. Amakhoba amaninzi awadli ngokukhumbula ngokucacileyo ukuba kwenzekile ntoni kubo ngenxa yokothuka.

Ukuba uye wakhumbula emva kokuba umkile emapoliseni, waxelele amapolisa ukuze bongeze inkcazelo yakho. Inkundla ingakubuza ukuba kutheni uyitshintshile inkcazelo yakho, kulungile oku ukuze uchaze yonke into ngokucacileyo.

Xa umangala emapoliseni uzakunikwa inombolo ekuthiwa yi case-number. Yigcine lenombolo ukuze ukwazi ukuyisebenzisa xa uthe wanembuzo. Ungakwazi nokucela ikopi yenkcazelo yakho emapoliseni.

Kufuneka uwaxelele ngokucacileyo amapolisa ukuba uhlala phi, ukuba unakho uwanike inombolo yemfono-mfono yakho. Kubalulekile uwaxelele amapolisa xa indawo ohlala kuye okanye inombolo yemfono-mfono yakho itshintshile.

Gcina inombolo yemfono-mfono yesikhululo eso samapolisa kwanegama lomntu othatha inkcazelo yakho. Emva kwethutyana ipolisa elahlukileyo kwelo lithathe inkcazelo yakho lizakuphanda ityala lilungiselele inkundla. I-case number yakho yona ayizokutshintsha. Amapolisa kumele akubuze ukuba, xa athe wafunyanwa umdlwenguli avavanywe na ukukhangela ukuba akanayo instholongwane ye HIV. Akunyanzelekanga wenze esisigqibo kwangoko. Oluvavanyo lungenziwa phambi kokuba ziphele intsuku eziyi 90 emva kodlwengulo. Injongo yokwenza oku umdlwenguli angafumana isohlwayo esithe xaxa ukuba ebenayo lentsholongwane ngoku ebekudlwengula.

Into embi lento ingakwenza uhlupheke kakhulu emphefumfelweni, yaye nokuba iziphumo ziphume zilungile, kunyanzelikile ukuba uzitye iPEP's ngoba ingathi-kanti ayikaveli iHIV kumdlwenguli.

Ukubanjwa

Ukumangala akusosiqiniseko sokuba umdlwenguli uzakubanjwa aye entolongweni okanye agwetywe. Ityala lizakuthatha ithutyana. Mhlawumbi kungafuneka umane utsalela amapolisa ukuqonda ukuba kwenzeka ntoni ngetyala.

Ipolisa eliphanda ityala lakho kumele likuxelele xa umdlwenguli ethe

wabanjwa. Amapolisa ke ayathanda ukuwathatha amakhoba ayokwalathisa umdlwenguli. Ukuba lonto ithe yenzeka, kumele ixhoba lizive likhuselekile kulondawo ngoba yinto enzima kakhulu leyo. Ukuba awumazi lomntu ukudlwenguleyo, kumele uboniswe amafoto okanye umcacise lomntu kangangoko unakho ukuze azotywe.

Uncedo esibhedlele

Ezona zizathu zibalulekileyo zokuba ufumane uncedo lwasesibhedlele emva kodlwengulo zezi:

- **Ukusuleleka** - awumazi ukuba umdlwenguli wakho uncuma nabantu abangaphi okanye injani impilo yakhe ngoko ke kubalulekile

Morning - after pill: ipilisi eselwa ngomlomo enqanda ukukhulelwa emva kokulalana.

Ukuqhomfa: ukukhupha isisu okanye ukuphelisa ukukhulelwa

iTOP: ukuphelisa ukukhulelwa okanye ukuqhomfa

iSTI: isifo okanye inthsholongwane efumaneka ngokulalana

i-HIV: inthsholongwane eyandulela ingculaza

Ukubanesiphumo esiyikhabayo i-HIV: ungabinayo inthsholongwane eyandulela ingculaza

Ukuba nesiphumo esiyivumayo i-HIV: ukubanayo inthsholongwane eyandulela ingculaza

Ingculaza: ingculaza

PEP's (post exposure prophylaxis): ukuthatha amayeza ukuze ungasuleleki yintsholongwane i-HIV ngenxa yodlwengulo

Umdlwenguli: Lomntu wenze isenzo sokudlwengula.

Ungenza ntoni xa uthe wadlwengulwa

ukuba uye esibhedlele uzokufumana amachiza azakukhusela kweSTI's nakwi HIV.

- La machiza kufuneka uwafumene kwakamsinyane zingakapheli iyure eziyi 6 uzokukhuseleka kwintsholongwane i-HIV, ukuba uthe wadlula kwiyure eziyi 72(intsuku ezi 3) emva koko awunakuncedakala.
- **Amanxeba** - Udlwengulo bubundlobongela, ngoko ke amanxeba aye afumaneke. Kunokwenzeka ukuba awonzakelanga ngaphandle kodwa wonzakele ngaphakathi. Kungenzeka ukuba ube nomqolo obuhlungu, amanxeba okanye imikrwelo njalo njalo.
- **Ukukhulelwa** - Akekho umntu ofuna ukukhulelwa ngenxa yokuba edlwengulwe, kungoko ke kubalulekile ukuba ufumane amachiza azakukhusela ungakhulelwa.
- **Ubungqina** - Ukuba uzakumangala, ingxelo kagqirha ibalulekile kakhulu enkundleni. Nokuba awuqinisekanga ngokumangala, ungasebenzisa elithuba ukuqokelela ubungqina obusemzimbeni wakho, uzokukwazi ukubusebenzisa xa uthe wagqiba ukuba uzakumangala.

Qaphela: Ipilisi ze Viagra zisetyenziswa kakhulu kudlwengulo lwamadoda. Ezipilisi zenza ukuba incanca yendoda iqine. **Lumkelela iziphumo zazo emva kodlwengulo.** Incanca eqine kude kupheleli iyure eziyi 4 okanye incanca ebuhlungu kumele iqhatshelwe kakhulu okanye umntu afune uncedo esibhedlele.

Ukuba ugqibe ekubeni ungamangali ngodlwengulo

- Kumele uye kugqirha wakho okanye esibhedlele sikarhulumente okanye ekliniki. Baxelele udlwengulwe yaye ucela unyango. Ezinye iikliniki ziyabhatalisa kodwa ke ukuba awunayo imali yiya esibhedlele apho ungancedwa khona mahala.
- Ukuba awuniqisekanga ukuba unayo intsholongwane ye HIV, cela wenziwe uvavanyo kwangoko ukuqinisekisa ubungenayo lentsholongwane phambi kokuba udlwengulwe. Ukuba iziphumo zakho zibuye zisithi awunayo, cela iPEP's.
- Ukuba ubone ugqirha phambi kwentsuku eziyi 3 ziphele emva kodlwengulo, cela iMorning after Pill (MAP) ukuze ungakhulelwa. Ezipilisi zibizwa ngokuba yiNolevel yaye zingakwenza ukuba ugule uqale nokuya exesheni.
- Ukuba uthe wakhulelwa emva kodlwengulo waza wagqiba ukuba awumfuni lomntwana, usenakho ukusikhupha isisuesi bhedlele sikarhulumente. Izibhedlele ezincinci ziyalwenza ukhupho-sisu xa ukhulelwe ngaphantsi kweveki eziyi 12, ukuba ukhulelwe ngapha koko ungancedakala kwizibhedlele zikarhulumente okanye kwizibhedlele zabucala, zona ke zingasikupha isisu ude ube kwiveki eziyi 20. Ukuba ugqiba ekubeni usigcine isisu kodwa awumfuni umntwana ngabantwana.
- Ingathi kanti umdlwenguli wakho ukosulele ngesifo sangaphantsi. Ugqirha okubonileyo emva kodlwengulo umele ukunike amachiza okunqanda ulosuleleko lunganweni. Ukuba uthe

waziva urhawuzelelwa okanye uphuma incindi ongayiqondiyo ngaphantsi, yiya kwagirha kwangoko ucele amanye amachiza.

- Ukuba unetsholongwane yeHIV, qiniseka ugqirha uyakunika iPEP's yaye kumele uzithathe kangange ntsuku eziyi 28. Ezipilisi zineziphumo ezibi kakhulu, ezinje ngokudinwa, ukugabha kwakunye nokubangathi uzakuba negqe, sukuthula xelela ugqirha wakho mhlawumbi angakunika into yokwenza uzive ngocono.
- Ukuba ufuna ixesha lokuphumla esikolweni okanye emsebenzini, cela ugqirha akunike iphepha lokuphumla, uphumle.
- Kumele ucinge ngolunye uvavanyo emva kwenyanga ezintathu ngoba intsholongwane yeHIV iyakwazi ukuvela emva kwezinyanga.
- Le ntsholongwane ithatha ixesha elide ebantwaneni ukuvela, kungoko kubalulekile ukuba balwenze uvavanyo emva kwenyanga eziyi 18 emva kodlwengulo.

Ukuba uluxelile undlwengulo okanye umangele

Amaxhoba kumele asiwe esibhedlele kwangoko, nokuba akophi kusenokuthi kanti bonzakele ngaphakathi. Amaxhoba kumele ajongwe njengokuba onzakele kakhulu ngenxa yokosuleleka kwezifo zangaphantsi yaye kumele bafumene iPEP's ukulwa ukosuleleka kwizifo kwakunye ne HIV. Ukuba umntu uzifumene ezipilisi kwakamsinya

angancedakala angosuleleki. Ezinye izibhedlele azifuni kuwabona amaxhoba de ayokuthetha namapolisa. Lenkqubo ayivumelekanga yaye ayikho mthethweni. Thetha nomntu ophetheyo ulwele amalungelo akho. Uzakuxilongwa yiClinical Forensic Practitioner, lo ngugqirha okanye umongikazi oqeshelwe ukuqokelela ubungqina bamatyala kwaye akunyange. Oku kungathatha ixeshana kwaye ungafuna ukuhamba nomntu omthembileyo, amapolisa azakuwenza la malungiselelo.

Uviwo lwasekundleni

ThUmsebenzi weClinical Forensic Practitioner kukuqokelela ubungqina ukuxhasa inkcazelo oyinike amapolisa. Phambi kokuba uvavanywe kufuneka utyikitye ifomu yamapolisa ekuthiwa yi 308 enika imvume yakho ukuze uvavanywe. Olu vavanyo lunga kwenza ukuba ubenetloni kodwa kuphela kwendlela enokufunyanwa ngayo ubungqina obubambekayo. Ingayindlela yokufumana nantoni na esuka emzimbeni womdlwenguli enokuthi idibanise umenzi wobubi etyaleni.

Phambi kokuba aqale, ugqirha uzakucela umchazele ngodlwengulo lwakho. Oku kuzakumnceda ukuba akwazi akhangele phi na emzimbeni wakho. Ugqirha angabuza ngembali yakho yokulalana, ukuya kwakho exesheni kwanembali yakho yokugula nokuba uyavuzwa na emva kokuba udlwengulwe.

Ungenza ntoni xa uthe wadlwengulwa

Uzakucelwa ukuba ukhululele impahla yakho ephepheni elikhulu, ezimpahla zizakuthathwa njengobungqina. Ugqirha uyakuthi athathe isampuli yezinkcwe zomdlwenguli emlonyeni wakho. **Ukuba umdlwenguli khange akuphuze mxelele ugqirha kwangoko uzokwazi ukusela amanzi kwakunye neepilisi zakho.** Uvavanyo lweHIV lwenziwa kwangoko ukujonga ukuba anayo na lentsholongwane. Ukuba awunayo uzakunikwa amachiza ukunqanda ukusuleleka emva kodlwengulo. Ezipilisi zibizwa ngokuba zii 3TC kwakunye ne Crivixan(ukuba ubudlwengulwe ezimpundu unganikwa neepilisi iKalentra). Unganikwa neNolevel ukuze ungakhulelwa. Ezipilisi zingakwenza ukuba ube nesicefucefu yaye ugabhe, ngaphandle kokuba unikwe into yokutya ukuze zingabuyi.

Lento ingaqhubeka ithutyana thetha nogqirha wakho akunike ipilisi zentlungu nezokuphelisa isicefecefe. Ukuba ucingela ubutyiswe iziyobisi ngumdlwenguli xelela ugqirha wakho kodwa izibheldele azilwenzi uvavanyo lwezinyobisi yaye obubungqina bulahleka msinyane. Ukuba unayo imali ungazenzela uvavanyo kwisibhedlele sabucala, cela ukuba iziphumo zakho zigcinwe nje ngobungqina enkundleni.

Uzakucelwa ulale phantsi etafileni yokuxilonga, ugqirha uzakuhlola uzimba wakho wonke. Ugqirha uzakukhangela ubungqina beenwele, izinkcwe kwakunye nencindi yomdlwenguli kuwe. Kubalulekile ke ukuba umxelele ugqirha

ukuba umdlwenguli ukubambe phina okanye ubumkrwempile ukuze aqokelele ubungqina kwangoko.

Khumbula ukuba konke oku kukuqokelela ubungqina - imibuzo kwakunye neesampuli ezithe zafunyanwa zenzelwe ukuba kubonakale kakuhle umdlwenguli okuhlaseleyo.

Lonke olu lwazi luyakubhalwa kwifomu i-J88, apho ugqirha achaza konke akufumeneyo ukuze kusetyenziswe enkundleni. Obubungqina ugqirha uye abunikele emapoliseni ukuba umdlwenguli ubanjiwe, buze buthunyelwe elebhu apho buye buhlolwe ngokubanzi. Ukuba akubanjiwanga mntu ziyakugcinwa kakuhle.

Qaphela: Ungakhetha ukuya kowakho ugqirha endaweni yeClinical Forensic Practitioner. Ugqirha wakho kufuneka agcwalise ifomu i-J88 kwaye azilungiselele ukucela enkundleni. Ngelishwa oogqirha abaninzi abakuqeqeshelwanga oku. Kuyafuneka ukuba uqonde ukuba ugqirha wakho uyakwazi na ukwenza olu vavanyo.

Ukubuyela kuxilongo

Uzakuxelelwa ukuba ubuye kwakhona kwiveki ezimbalwa uzokuthatha ezinye iPEP's. Kufuneka ubuyile phakathi kweveki eziyi 4 ukuya kwi 6. Amaxhoba amaninzi ayasokola ukwenza oku ngokuba ezipilisi zibenza ukuba bazive besozela, bedidekile okanye benesicefucefu kwakunye nentloko engapheliyo. Kufuneka acele kugqirha abanike amachiza okuphelisa

zonke ezimpawu. Kubalulekile ukuba amaxhoba azigqibe ezipilisi okanye bangasuleleka yintsholongwane i - HIV.

Uluhlu Lokuchongwa Kwakunye Neemfuneko Zebheyile

Uluhlu lokuchongwa Ukuba umdlwenguli ubanjiwe kuyakubakho uluhlu lokuchonga. Kuyakufuneka umchonge phakathi koluhlu lwamadoda afanayo. Awunyanzelekanga ukuba umbambe okanye ubesegumbini elinye naye. Kusetyenziswa iglasi eluhlobo oluthile(wena uyakwazi ukubona ngaphaya kodwa umntu okwelinye icala ubona isipili), apho uyakube wahluliwe nomranelwa.

Ityala lomtshutshisi woluntu

Umtshutshisi karhulumente uzakuqwalasela ubungqina obukhoyo aze athathe isigqibo sokuba ityala lingaxoxwa na. Umtshutshisi unako ukugqiba ekubeni kuphinde kwenziwe uphando ngokubanzi phambi kokuba enze isigqibo sokuba ityala liyephambilini na. Ukuba umtshutshisi uye wagqiba ityala alinakuqhubeka, lonto ayithethi ukuba amapolisa kwakunye nomtshutshisi abakholwa kuku dlwengulwa kwakho, ithetha nje into yokuba ubungqina obukhoyo abonelanga ukuba ityala lingaxoxwa ekundleni. Ukuba oku kwenzekile, kulilungelo lakho ukuba wenze ityala lamalungelo oluntu. Funda kulanawo ithetha ngetyala lamalungelo abantu, uzokuva ulwazi ngokubanzi.

Qaphela: Isithintelo angasondeli kuwe umthiyolwa Ukuba ityala lithe lacinywa nguwe okanye ngumtshutshisi, ungalwazi ukucela isicelo sokuthintela umdlwenguli angakufowuneli okanye asondele kuwe. Ukuba uthe wakwenza oku ngelixa unesisithintelo angabanjwa umdlwenguli. Uyakwazi ukubeka imiqhango yokuba masibhalwe njani isithintelo eso. Kufuneka ubeke ixesha apho esi sithintelo sisiwe kumtyholwa lowo. Isicelo sothintelo ungasenza enkundleni okanye ucele iziko elifana noMosaic apho ungafumana khona amacebiso aphanaleleyo.

Ukufumaneka kwebheyile Umphandi wetyala lakho umele akuxelele xa kuzakubakho ukuviwa kwebheyile. Nangona kungyanzelekanga ukuba ubelapho, unalo ilungelo lokuba ubekhona. Qiniseka ukuba unayo inombolo yomxeba yomphandi-tyala lakho ukuze ukwazi ukumbuzwa ukuba umtyholwa uyakhululwa ngebheyile na. Phambi kokuba ibheyile inikezelwe, umthiyolwa kufuneka avele phambi kukaMantyi yena uzakukwenza isigqibo sokuba iyakuba yimalini ibheyile. Ungacelwa ukuba unike ubungqina obuxhasa isizathu sakho sokuba umranelwa unganikwa ibheyile. Kungangcono ukuba uxelele ipolisa eliphandayo ezizathu zakho kwaye uzibhale phantsi ukuze ungabikho enkundleni kwesisithuba setyala.

Ukuba amapolisa amnikile umthiyolwa isithintelo sokuba angasondeli kuwe phambi kokuba akhululwe

Ungenza ntoni xa uthe wadlwengulwa

ngebheyile amathuba akhe okufumana ibhetyile angehla kakhulu. Mhlawubi angakhululwa ngebheyile. Ibhetyile yimali ebhatalwa njengesibambiso xa ibanjwa likhululwe okwethutyana ngexesha elindele ukuxoxwa kwetyala. Oku kuthetha ukuba akazokuhlala entolongweni kodwa kuyakufuneka avele enkundleni ngamaxesha abekiweyo okanye imali yebhetyile ayizokubuyiselwa kuye. Xa umntu ekhutshwa ngebheyile oko akuthethi ukuba inkundla ikholelwa ukuba akanatyala, ithetha nje ukuba inkundla icinga ukuba uyakubuyela enkundleni xa kuxoxwa ityala kwaye akasayi kukuphazamisa.

limfuneko ezenza kube nzima inkundla ikhulule umrhanelwa:

- Ukuba wakudlwengula amatyeli amaninzi
- Udlwengulwe liqela bekulonto bonke
- Ukuba unezimangalo zodlwengulo ezingaphambili

Othathwa njengomdlwenguli:

eli gama lisetyenziswa ngabasasazi bendaba, lithetha umntu lo uthathwa nje ngo mdlwenguli, phambi kokuba ityala sele lixoxiwe kwaye phambi kokuba efunyenwe enetyala

Umtyholwa: umntu orhanelwa ukuba wenze ulwaphulo-mthetho

Umtshutshisi karhulumente: igqwetha elibhatalwa ngurhulumente ukuba liphathe amatyala abandakanya ulwaphulo-mthetho olufana nodlwengulo

Unozaku-zaku: umntu oqeqeshelwe ukusebenzisa i-CCTV kwaye adibanise inkundla nengqina elikwigumbi elahlukileyo

- Ukuba ebezazi unentsholongwane ye HIV/Aids
- Ukuba ungaphantsi kweminyaka eyi -16
- Ukuba ubuthathaka ngenxa yokukhubazeka komzimba
- Ukuba ugula ngengqondo okanye usisilima
- Ukuba wakwenzakalisa kakhulu emzimbeni ngexesha ekudlwengula
- Ukuba yena kwakunye nosapho lwakhe bayakugrogrisa

Ukuba awukhe kulengxoxo uyakwazi ukuqhakamshelana nomphandi-wetyala uve iziphumo. Xa umntu eye wakhululwa ngebheyile zikhona izinto angavumelekanga ukuba azenze njengokuthatha uhambo oluya ngaphandle kwesizwe okanye oyikise wena nosapho lwakho (kufuneka ukuba ungamboni tu ngelixesha). Ukuba uyazi

Inggina eliyibonileyo:

umntu obekhona xa isenzo esithile sisihla ngoko akwazi ukunika ulwazi ngaso

Ukumiswa kwetyala:

isivumelwano esenziwayo ukuze inkundla ikwazi ukuva ityala ngexesha elizayo

Ukungqina: ukungqina kwaye unike ubungqina obuvakalayo enkundleni ngetyala elithile

Isigwebo: xa umophuli-mthetho egwetyelwa ityala elithile

ukuba enye yezizinto yenzekile kufuneka uxelele amapolisa ngokukhawulza. Ukuba akukho nto ayenzayo amapolisa kufuneka uxeleleumphathi wesikhululo okanye elinye lamaziko akule ncwadana anjengo Rape Crisis.

Ukuxoxwa kwetyala

Awukwazi ukumelwa ngelakho igqwetha enkundleni. Urhulumente uzakunika igqwetha elibizwa ngokuba ngumtshutshisi karhulumente omele wena norhulumente, ngoba ukudlwengulwa kubonwa njengetyala elichasene norhulumente. Kulungile ukuba udibane nomtshutshisi karhulumente phambi kokuxoxwa kwetyala. Yena angakunika ulwazi lokuba ityala lizakuxoxwa njani. Kufuneka uqonde ukuba yeyiphi imibuzo onokuyibuzwa.

Ngumbono omhle wokuba uhambe nomnye umntu phambi kwetyala uyokubona ukuba inkundla ligumbi elinjani, iindawo abantu abahlukileyo abahlala kuzo kwaye wazi ukuba benza ntoni. Kwezinye indawo ungacela umcebisi wakho akuse enkundleni.

Xa uqala ukuya enkundleni, **hlala egumbini lokulinda (lihlukile apho umrhanelwa akhoyo)** phambi kokuba unike ubungqina bakho. Ukubona umtyholwa kungakwenza ukuba udideke woyike, lonto ingachaphazela indlela onika ngayo ubungqina bakho. URape Crisis unazo iifisi kwezinye iinkundla onokuthi uzisebenzise. **Umtshutshisi umele**

akubuyisele imali othe wayisebenzisa xa usiya enkundleni nangelixa ulindele ukuba inkundla ilunge. Kodwa ezimali azikho kangako.

Ukumiswa kwetyala

Zilungiselele ukuba ityala lingamiswa. Ityala lilibaziseka ngenyanga kuba umtshutshisi okanye igqwetha lomrhanelwa, elibizwa ngokuba ligqwetha elikhuselayo befuna ixesha lokulungiselela ityala. Nawe ungacela ukuba ityala limiswe xa uziva ukuba awukabinamandla okuvela enkundleni okanye uyagula okanye ubhala iimviwo njalo njalo. Zinininzi izizathu ezilungileyo nezingalunganga ezinokulibazisa ityala. Uvumelekile ukuba uyifunde ingxelo yakho phambi kokuba ityala liqale, ukuze uzikhumbuze ukuba wathini na emapoliseni emva kodlwengulo, oku ungakuxoxa nomtshutshisi. Mhlawumbi ungangumntu wokuqala ukunika ubungqina.

Ungenza ntoni xa uthe wadlwengulwa

I-In camera

Ukuba ungaphantsi kweminyaka eyi-18 inkundla iyakuthi ikhuphe wonke umntu ngaphandle. Ukuba ungaphazulu kweminyaka eyi-18 ungacela ukuba makukhutshwe wonke umntu enkundleni xa unika ubungqina. Enkundleni kuya kushiyeka abasebenzi benkundla kwanommangalelwa. Ungacela usapho lwakho nomcebisi wakho nabanye abaxhasi bakho bashiyeke - ukuba abongamangqina etyaleni - amanye amangqina ayakufuneka ukuba abe ngaphandle kwenkundla bade babe bagqibile ukunika ubungqina ukuze bakwazi ukuba nawe ngaphakathi enkundleni.

Ukusebenzisa uNozaku-zaku kwakunye ne CCTV

Abantwana abangamangqina bangakwazi ukusebenzisa umabonakude ekuthiwa yi-Close Circuit Television(CCTV) banike

Othathwa njengomdlwenguli:

eli gama lisetyenziswa ngabasasazi bendaba, lithetha umntu lo uthathwa nje ngomdlwenguli, phambi kokuba ityala sele lixoxiwe kwaye phambi kokuba efunyenwe enetyala

Umtyholwa: umntu orhanelwa ukuba wenze ulwaphulomthetho

Umtshutshisi karhulumente: igqwetha elibhatalwa ngurhulumente ukuba liphathe amatyala abandakanya ulwaphulo-mthetho olufana nodlwengulo

Unozaku-zaku: umntu oqeqeshelwe ukusebenzisa i-CCTV kwaye adibanise

ubungqina babo kwigumbi elahlukileyo elibonakala ngomabonakude enkundleni. Imibuzo iyakubuzwa ngonozaku-zaku onxibe izimameli (headphones) oyakube ehleli nengqina elo kwigumbi labucala kwisakhiwo esinye nenkundla. Unozaku-zaku uyakuthi abuze ingqina, umbuzo lowo kwanempendulo yengqina iyakuthi ibuyiswelwe enkundleni yamatyala nge CCTV edibanisa lamagumbi mabini. Ukuba inkundla ayinabo obubuchule, uyakwazi ukucela ukuba ityala lakho libanjwe kwinkundla enabo obubuchule. Isicelo sisenako ukuba singavumeleki, ngokuxhomekeka kwiimeko zithile.

Ukunika ubungqina

Nje ngexhoba, mhlawumbi uyakuba nguwe umntu ozakunika ubungqina kuqala. Yonke into oyithethayo iyakubhalwa phantsi ngokuthi kubekwe isandisi -sandi phambi komntu ngamnye ukuze amazwi abo avakale kwiteyipu

inkundla nengqina elikwigumbi elahlukileyo

Inggina eliyibonileyo: umntu obekhona xa isenzo esithile sisihla ngoko akwazi ukunika ulwazi ngaso

Ukumiswa kwetyala: isivumelwano esenziwayo ukuze inkundla ikwazi ukuba ityala ngexesha elizayo

Ukungqina: ukungqina kwaye unike ubungqina obuvakalayo enkundleni ngetyala elithile

Isigwebo: xa umophuli-mthetho egwetyelwa ityala elithile

nangumntu wasenkundleni obhala ngokukhawuleza. Uvumelekile ukuba unganathetha ngolwimi lakokwenu. Itoliki yenkundla iyakuguqulela intetho yakho ukuba kukho abantu enkundleni abangaluthethiyo ulwimi lwakho. Ukuba ucinga akayitoliki ngendlela eyiyo ingxelo, xelela umantyi okanye umtshutshisi.

Unethuba elinye lokuxelela inkundla ukuba kwenzeke ntoni. Kufuneka unike inkcukacha ezininzi kangangoko. Inyaniso yanele; awunyanzelekanga ukuba uzikhusele ngokwakho nangona igqwetha lomngalelwa lizakuzama ukukwenza ubonakale ingathi uyaxoka. Liyakuzama ukubonisa inkundla ukuba udlwengulo khange lwenzenzeke okanye ukuba wavuma ukulala nayo loo ndoda, okanye awuthethi nyaniso ngayiphi na indlela. Ukwenza oku ukuze akhusele ummangalela.

Ukuba bakhona abantu abalubonayo udlwengulo, nabo bayakunika obabo ubungqina. Umntu wokuqala owamxelelayo ngodlwengulo naye uyakunika obakhe ubugqina. Umcuphi ophandayo uyakunika ubugqina abufunayo kuphando lwakhe. Ugqirha owkuxilongayo emva kodlwengulo naye uyakunika ubugqina. Ummangalelwa naye uyakuthi anike obakhe ubungqina kwaye uyakubuzwa imibuzo ngumtshutshisi. Umtshutshisi uyakuzama ukuba avelise ubuxoki anokuthi waye wabuxelela inkundla ummangalelwa.

Ubungqina obungavumelekanga okanye obungafunekiyo

1. *Ubungqina obudlwulileyo - umthetho wawukade ulindele ukuba amaxhoba axelele omnye umntu ukuba kwenzeke ntoni kwangako emva kodlwengulo, lengxelo yokuqala yayithathwa nje ngobona bungqina bexhoba elo. Kodwa ngoku lengxelo ingasetyenziswa nangana inganyanzelekanga, yaye eyenzi ukuba ixhoba lingakholeleki.*
2. *Ukulinda phambi kokuxela udlwengulo - inkundla ayikwazi kwenza isigqibo ngenxa yokuba ixhoba liye lalinda ithutyana phambi kukuba lixele udlwengulo.*
3. *Umgaqo wokujongwa ngobunono kobugqina - Ngaphambili ubungqina bexhoba babujongwa ngobunono kuba ecingelwa ukuba uyaxoka. Kodwa oko ngoku kwatshintsha.*
4. *Ubunjani bakho okanye indlela obuzipethe ngayo phambili - obungqina ngawe abufuneki nganto enkundleni. Nangona igqwetha lomranelwa lingenza isicelo sokufaka obubungqina kodwa kungabi ngendlela ebonisa ukuba ubuzipethe kanjani phambi kodlwengulo.*

Ukugwetywa

ThUmantyi uyakuthatha isigqibo sokuba loo ndoda inetyala okanye ayinatyala kwaye ahlise isigwebo ukuba umfumene enetyala. Ukuba inkundla imfumene engenatyala oko akuthethi ukuba udlwengulo khange lwenzeke. Oko kuthetha nje ukuba akuboniswa

Ungenza ntoni xa uthe wadlwengulwa

ngaphezu kwamathandabuzo ukuba umranelwa ukudlwengulile. Umpathityala umele akuxelele ukuba isigwebo sizakuwisa nini ukuze wena uzigqibele ukuba uyafuna akubakhona okanye awufuni. Amaxhoba amaninzi akhetha ukuba abekhona ukuze azivele iziphumo. Ukuba umranelwa ufumaneka engenatyala ungenza isicelo sothintelo angasondeli kuwe ukuba uyasifuna.

Ukuba umdlwenguli ufunyanwa enetyala, kuyakubanjwa olunye uvisiswano enkundleni ukuze kuwisa isigwebo okanye isohlwayo azakusifumana. Esona sigwebo sincinane sokudlwengula yiminyaka elishumu, ukuba uyaphinda ukudlwengula ufumana iminyaka eyi - 15, ukuba kokwesithathu isigwebo yiminyaka eyi - 20. Nangona ezizigwebo zizezona zincinane, kungenzeka ukuba inkundla iwise isigwebo esingaphantsi kwimeko ezingaqhekanga.

Ngamanye amaxesha umdlwenguli angawetyelwa isigwebo sobomi xa:

- *ethe wakudlwengula izihlandlo ezininzi*
- *udlwengulwe liqela futhi bekunye kulonto*
- *ukuba ebezazi ukuba une HIV/ AIDS ngexesha ekudlwengula*
- *ubungaphantsi kweminyaka eyi - 16 ngexesha ekudlwengula*
- *wenziwa buthathaka kukukhubazeka komzimba wakho*
- *wakonzakalisa kakhulu emzimbeni ngexesha ekudlwengula*

Isigwebo sobomi singawiswa yinkundla ephakamileyo ngoko loo ngxoxo iyakwenziwa ngelinye ixesha kwenye inkundla nomnye umantyi. Izizathu zesigwebo eziqatha ziyakunikwa ngokujonga ukuba udlwengulo lubene mpembelelo ezinjani ebomini bakho. Xa emdlwenguli sele egwetyiwe, eso sigwebo siyakuqala kwangoko.

Imbuyekezo yemali

Ukuba umdlwenguli ufumaneka enetyala, inkundla iyakwazi ukumyalela ukuba akubhatale zonke indleko othe wangena kuzo ngenxa yodlwengulo - lentlawulo ingaquka noku

- *indleko zasesibhedlele*
- *indawo yokuhlala ukuba bekufuneka ufudukile*
- *indleko zokulungisa umonakalo kwizinto zakho zendlu*
- *imivuzo elahlekileyo ngexesha ubumane usiya enkundleni*
- *indleko zokumane uyokubona onontlalontle*

Thetha nomtshutshisi ngezizinto uze ugcine nezilipu zakho.

Ityala lamalungelo obuntu

Enye indlela ixhoba lingayithatha kukuvula ityala lokuphathwa kwamalungelo akhe ngumdlwenguli. Oku kuthetha ukuya egqwetheni kwaye kungabiza imali eninzi kakhulu.

Koluhlobo lwetyala, ibanga lobungqina betyala luhle kakhulu kunelenkundla kodwa kufuneka ukwenze oku ingekapheli iminyaka eyi - 20. Kweli ityala umdlwenguli angafunyanwa enetyala ngendlela iinkundla eziyibiza ngokuba "sisikali sethemba lokuba into yenzekile". Oku kuthetha ukuba xa kujongwe bonke ubungqina, ijaji iyakholelwa ukuba kungenzeka umthetho waphulwe ngaphandle kwamathandabuzo. Ukuba umdlwenguli ufunyenwe enetyala ngokwesikali sethemba lokuba ityala lwenzekile oku kuthetha ukuba ijaji yanelisekile ukuba kukho ithuba lokuba umdlwenguli unetyala, ijaji iyakumyalela ukuba abhatale imali kwaye nawe uyakwazi ukufumana imbuyekezo yemali kuye.



limpendulo Onokuba Nazo **Emva Kodlwengulo**

Asifuni ukukuxelela ukuba mawuzive njani emva kokuba udlwengulwe. Inye into esinokuyenza, kukuxelela ngamabali abanye abantu ababhinqileyo abathe badlwengulwa. **Likhona necandelo lwabantu amangamadoda adlwengulweyo lona linamabali ngodlwengulo lwamadoda, kodwa wafunde omabini ngoba zininzi izinto ezifanayo kumaxhoba odlwengulo nokuba ngamadoda okanye ngamabhinqa.** Umntu ngamye umelana noku ngendlela eyahlukileyo ngokwemeko yakhe. Ngokuthi sicacise ngendlela onokuziva ngayo ukuze ufumane amandla kwanokuqonda kwabo bathe badlwengulwa.

Abanye abantu bayakwazi ukulawula indlela abaziva ngayo nje kwiveki ezimbalwa, abanye bathatha iinyanga abanye iminyaka. Oku kuxhomekeka kwimeko okuyo kwanenkxaso oyifumana kwabo bakungqongileyo. Ukuba uziva uxhalabile ukuba indlela oziva ngayo ithatha ixesha elide kuyakufuneka ukuba ufune uncedo. Kubalulekile ukhumbule ukuba ukhona umntu onokunceda, onjengomcebisi kwezodlwengulo, unontlalontle, igcisa lwepsychology umongikazi akonye nelungu losapho lwakho okanye umhlobo omthembileyo.

Amanye amaqabane, abazali okanye abahlobo kwanamalungu osapho bangakwazi ukuba bakuphendule kwaye nabo banganeempendulo ezifana nezakho ngodlwengulo. Kwelinye

icala abanye abantu abakufutshane nawe bangafuna ukumela kude ngoba, nangona oku kungehla nakubo, abafuni kukholelwa koku. Abanye bahlala namadoda adlwengulayo okanye nabo badlwengulwa kwaye abafuni ukuba imeko yakho ibakhumbuze eyabo iintlungu. Inyaniso kukuba ayinguwo wonke umntu ozakukhathala ukuba kwenzeka ntoni kwaye kufuneka sazi ukuba ayisithi sodwa abanengxaki enje. Khumbula ukuba awunyanzelekanga uzive ngolu hlobo.

Izigaba onokuthi udlule kuzo ukuya ekuphileni

Thlkhona indlela abantu abalawula indlela abaziva ngayo emva kodlwengulo, kodwa ezizigaba azilandelelani okanye azihambi ngokomnombolo. Ungamane ubuyela ngasemva ubuyele ngaphambi kodwa ube uqhubeke usiya empilweni.

i-Acute Phase

Ngqo emva kodlwengulo amaxhoba aziva othukile, esoyika, enomsindo. Ayeke azibonakalise ezimpawu ngokuthi athule okanye ngokudideke okanye ke alile kakhulu. Zonke ke ezimpawu zibonakala emva kweyure ezimbalwa, intsuku neeveki udlwengulwe kodwa hayi ngaphezulu kweveki ezimbini. Esisigaba sibizwa ngokuba yi Acute phase.

i-Outward Adjustment Phase (denial)

Le acute phase ijikeleza kufutshane ne "outward adjustment". Kwesisigaba,

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amaxhoba adla ngokungafuni ncedo lwamntu. Abanye abantu benza oku kuba befuna ukuqhubeka nobomi oku bakwenza kuba bezixelele ukuba bomelele. Kwesisigaba umntu uyazivavanya ukuba uyakwazi ukudlula kulento. Umntu uyakwazi ukuba angakholelwa, azivale ingcinga okanye okungazivi ukwazi ukuqqa kakuhle, zonke ezi zinto ziye zivele. Ngamanye amaxesha uziva ungono kunesasigaba sokuqala kodwa ube ungangafuni ukuthetha ngodlwengulo. Lento inganzima kubantu abasondeleyo kuwe abafuna ukunceda yaye ibenze baxakeke kungafuni kwakho ukuthetha. Ungafumanisa bayakunyanzela ukuba wenze izinto ngokuhlukeneyo. Okona kubalulekileyo kukuba akhomntu onokwenzela nto kwesi sigaba ngaphandle kokuba bakuyeke nje ngohlobo olulo, oko kulungile.

i-Integration Phase

Kwesisigaba uyaqalisa ukuva umzimba wakho uphantsi yaye ufuna nokuthetha. Amaxhoba amaninzi kwesi sigaba athanda ukukholelwa ukuba banengxaki enkulu emphefumleni okanye baqalisa ukushiywa ziinqondo. Eli lithuba elihle lokufuna uncedo lokuthetha nomcebisi ngodlwengulo ngoba ufuna ukuqinisekiswa nokuxhaswa. Uzakuqala nokucinga kakhulu ngomdlwenguli yaye kufuneka uqalise ukuqwalasela udaba lwakho lokudlwengulwa.

i-Renewal Phase

Emva kokuba uzinikezele kuzozonke ezimpawu yaye uzibona ukuba uya ekuphileni, sis'gaba sokugqibela esi ngoku. Uqalisa ukuziva ukuba uyomelela ekuhlaleni nalapho usebenza khona. Ezimpawu ziyaqalisa ngoku ukwehla ngoku uyakwazi nokuzibona xa ngaba uzakuvukwa kukoyika nokudideka lonto ikwenze ukuba uzive kamnandi ngobomi kwakhona. Uzakuqalisa ukuphindela kwisimo sakho saphambi kodlwengulo nangona ezakubakhona amaxesha ukuziva ubuthathaka. Ukuba esisigaba singentla awukaqgithi kuso awukwazi kungena kwesi sokugqibela, ngoko kubalulekile uziqwalasela zonke impawu zakho.

Ezinye impawu neempendulo athi amaxhoba azifumanise ukuzo zezi:

1. Umothuko. Ungaziva uhlutshwa kukothuka emva kokuba udlwengulwe. Lomothuko ungakwenza wenze izinto ezahlukeneyo ezinje ngokungcangcazela, ukulila, ukuhleka, ukudideka okanye uzive upholile, uzive ungakwazi nokucinga ngokucacileyo. Ungachaphazeleka nengendlela ozikisa ngayo ukucinga uzibone sele ungakwazi ukuqwalasela izinto ubone sele ulibala izinto ozithethileyo nozenzileyo kwanoko kwenzekileyo ngodlwengulo. Ezinkumbulo ziye zibuye emva kwexeshana kodwa ngamanye amaxesha azibuyi. Ezinye zezizinto zingenzeka kwangoko okanye zenzeke emva

kwexeshana elithile. Ukuba wenzakele kufuneka ufune uncedo. Kungenjalo zigcine ufudumele, uzame ukuba nomhlobo ozakuxhasa.

2. Ukuziva unetyala. Phantse wonke umntu odlwengulweyo uziva enetyala yaye aqale ukujonga izinto anga wayezenzile ukunqanda udlwengulo nje ngokukhala okanye angakhali, ukutshixa umnyango njalo. Ungaziva ungenaxabiso ngenxa yokuba udlwengulwe kuba uziva umyebile lomntu akudlwengule. Kodwa ke ekuhambeni kwexesha uzakuye ubona ukuba ibingasililo ityala lakho. ukuziva unetyala kwenziwa kakhulu ngabantu odibene nabo emva kodlwengulo nje ngamapolisa, oogqirha kwakunye nenkundla kuba bayathanda ukubeka ityala yaye bamele kude kuwe ukwenzela benze umsebenzi wabo bangazokuvelana nawe kakhulu. Abanye abantu bangakubuzisa imibuzo ukuba wenze ntoni, bakuthandabuze lento oyithethayo okanye bakwenze uzisole ngenxa yeentsomi ezikhoyo ekuhlaleni. (jonga icandelo elilandelayo ngezintsomi).

3. Ukuphelelwa ngamandla nolawulo. Ukudlwengulwa kwenza abantu abaninzi bazive ingathi baphelelwe ngamandla okwenza izigqibo ebomini. Lento ivela kwinto yokungahlonitshwa. Umdlwenguli usebenzisa amandla akhe ukwenza lento afuna uyenze, okufunwa nguwe akakukhathalelanga. Kungoko abantu abadlwengulweyo kufuneka bedlule

ekubeni iimfuno zabo zingahlonitshwa, amava kwanezimvo zabo. Abanye baye bengathi imizimba, iminqweno nezigqibo zabo azibalulakanga kodwa akunjalo.

Ukuba unobunzima ekwenzeni izigqibo emva kodlwengulo, ungacela abantu obathembileyo ukuba bakuncede kodwa uhlale ukhumbula ukuba nguwe umntu onolawulo lobomi bakho kwaye unelungelo lwezigqibo zakho.

4. Uloyiko. Uloyiko lungakwenza ukuba uzive ingathi uqine umzimba. Ungaziva ingathi awukwazi kukhala, kubaleka okanye uokolie xa udlwengulwa kuba uphethwe luyoyiko. Olu loyiko xa udlwengulwa lungahlala lukuwe. Ungakhumbula namabali amabi owavayo kwaye oku kukwenze uzive ingathi ungonzakaliswa okanye udlwengulwe kwakhona.

Ungazibona sele ungakwazi ukuya kwindawo ezikukhumbuzisa ngodlwengulo, mhlawumbi emotweni, kwesositalato okanye kwelogumbi endlwini yakho apho wawudlwengulwe khona. Ngelinye ixesha igama nje, incwadi, ifilimu nevumba nje olivayo lingakwenza ube noloyiko. Ungoyika nokuphuma phandle ngelinye ixesha. Zonke ezimpawu kumele ziphele ekuhambeni kwexesha kodwa ziyakuthatha ithutyana. Zama ukucinga izinto onokuzenza okanye ozenzileyo ngaphambili ezingakwenza uzive ukhuselekile ezenze okanye uzisebenzise mihla le.

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5. Ukubanentloni. Ngamanye amaxesha amabhinqa aziva enentloni emva kodlwengulo nangona ingelilo ityala labo. Amabhinqa amaninzi aziva emdaka azivase rhoqo ukuze azive ecocekile kwakhona. Kubalulekile wazi awuzenzanga ukuba udlwengulwe. Amanye amaxhoba aye abone ingathi nezindlu zawo zimdaka, ngakumbi ukuba ebedlwengulwe khona. Baye bazame ukuyicoca indlu yaye lento ingakwenza ukuba uthathe isidima sakho kwakhona. Amanye ke amabhinqa aye ahlale angalicoci tu elokhaya.

Abanye imizimba yabo iye ivukelwe xa edlwengulwa, bazive bemanzi. Abanye bade bachithe. Le nto ayithethi ukuba umntu ebeyithanda lento ibisenzeka kuye okanye ebeyifuna. Ngumzimba nje ophendulayo ngenxa yoloyiko. Yindlela umzimba ozikhusela ngayo yaye akhonto ibangela ukuba ubenentloni. Kodwa emva kodlwengulo ezimpawu zingakwenza ubenetloni woyike ngoba zikukhumbuza ngodlwengulo lwakho. Kungathatha ixesha phambi kokuba uzive kamnandi xa uthe walalana ngemvume yakho.

Ukulalana yinto abantu abangafuniyo ukuthetha ngayo, kungoko ke kukho intloni ngokuthetha ngayo. Khumbula ukuba yimpilo ukuthetha ngokulalana ngoba uyakwazi ukucebisana nabanye abantu ukunyanzelekanga ukuba ungafuni ukuthetha ngako. Umzimba wakho asiyonto yokuba ubenentloni ngawo.

6. Ukuthula. Amabhinqa amaninzi awakwazi kuthetha ngodlwengulo lwabo kwaphela. Asithethi ngokulalana ngendlela eqhelekileyo, ebomini bethu bangemihla ngemihla, ngoba yinto yabucala. Kunzima kakhulu ke ukuthetha ngodlwengulo. Amabhinqa amaninzi akhetha ukuthula nje ngendlela yokuzikhusela ukuze angavumeli ubundlobongela ebomini babo.

Mhlawumbi woyika nentetho kwakunye nokuhleba kwabantu ekuhlaleni. Iziphumo zokuthetha zingenza ukuba umdlwenguli abanjwe nawe ufumane ukuxhaseka. Wonke umntu othi athethe uyazinceda unceda namanye amaxhoba ayeke ukoyika azive omelele. Kodwa, le nto ibalulekile kakhulu, awunyanzelekanga uthethe ngodlwengulo lwakho ude uzive ukulungele oko. Sukubavumela abantu, ngakumbi abo bakukhathalelelyo, bakunyanzelise uthethe ngodlwengulo lwakho ungekakulungeli oko.

7. Amaphupha Amabi. Amanye amabhinqa adla ngokuba namaphupha amabi. Lamaphupha adla ngokuba ngodlwengulo, okanye izinto ezoyikisayo. La maphupha mabi angakwenza woyike ukulala. Ungancedakala kakhulu xa unokuthetha nomnye umntu ngalamaphupha nendlela akwenza uzive ngayo. Kunganceda ukuba ubenomntu onokumvusa xa uthe wanalamaphuphaukuze akuxhase. Ukuba akekho umntu onokukuxhasa, bonana

nogqirha akunike amayeza azakwenza ulale ngcono. Kodwa ke kubalulekile ukuba ungazinikeli komnye umntu akuxhase kakhulu, kungcono uye kubona umcebisi wakho ukuba lento iqhubeka ixesha elide.

8. Ukuyoyika ukubanjwa. Ungaziva ingathi ukumbamba omnye umntu okanye wena ungafuni kubanjwa ngumntu. Umzimba wakho uhlukumezekile, ngoko ke, le yindlela ozikhusela ngayo. Ungazibona sowungafuni nokubamba abantwana bakho okanye bona bakubambe noba bakwange. Ungabona ngoku sele ungafuni kulalana nomntu othandana naye okanye usoyika nokulalana oko. Kubalulekile ukuba uziziqibele xa sele ukulungele ukulalana. Kumele uthethe nomntu othandana naye ngalento ukuze

Psychologist: umntu ofundele ubugcisa benqondo nesimilo ukunceda abantu ngengxaki zabo ezenze ukuba bangasebenzi kakuhle ngokwasengqondweni, isimo sabo nokuziphatha

Umcebisi: umntu oqeqeshelwe ukuxhasa nokucebisa kwimiba yokuhlala, nasengqondweni

Ukubanetyala: ukuziva ingathi wenza into engeyiyo okanye engalunganga

Intsomi: izinto ezithethwa ngabantu ezingeyonyani okanye amarhe

naye ayiqonde kakuhle lemeko.

Emva kodlwengulo abanye abantu baziva bomile beqinile ngaphakathi xa belalana, lento ibizwa ngokuba yi "vaginismus". Lento izakugqitha emva kwethutyana. Endaweni yokuba uzivise kabuhlungu, sebenzisa into yokuzimanzisa enje nge KY jelly okomzuzwana ukuqanda ukoma. Amanye amabhinqa aye afune ukulalana nabauntu abaninzi emva kodlwengulo. Zama ukuba ungazijongeli phantsi ngokwenza oku yaye ungavumeli mntu akwenze oku kuwe. Lilungelo lakho ukuba wenze lento ufuna ukuyenza ngomzimba wakho. Nceda uzikhusela xa ulalana.

9. Ukuthyafa emoyeni. Abanye abantu baye bazive bengonwabanga ixesha elide emva kodlwengulo. Bazive bediniwe bengenamdla nje. Bangabinabuthongo

Ukuzimanzisa: into yokuqaba ngaphantsi ukucuth' ukoma xa ulalana

Ukuthyafa emoyeni: ukuziva ungenamdla ebomini, zive udakumbile lonto ihambelana nokudinwa okanye indlela yokuziphatha

limpendulo Onokuba Nazo

Emva Kodlwengulo

okanye balale kakhulu, bangafuni kutya okanye batye kakhulu. Bangafuni kuba phakathi kwabantu bafune ukuhlala bodwa. Yonke lento yenziwa kukuba bethyafile emoyeni. Ungaziva ungakwazi kwenza nto wedwa, umane ulila okanye ube nomsindo nje ngaphandle kwesizathu. Ungacinga ngokuzama ukuzibulala kuba ufuna ukuphuma kwesisimo sibuhlungu ukuso. Usenokungakwazi nokuthetha nabanye abantu uzive uwedwa. Zikhona iipilisi ezinokuncenda, bonana nogqirha wakho ngalomba. Ukuba umoya wakho uphantsi kunganceda ukuba uthethe nomcebisi okanye isihlobo sakho.

10. Umsindo

Ukuba ubudlwengulwe, ungaziva unomsindo ixesha elide. Ungangafuni kwenza nezinto oqhele ukuzenza. Kubalulekile ukuba uthethe nomntu ngendlela oziva ngayo, ukuba kuthe ni unomsindo nje yaye umsindo wakho ubhekise kubani. Kulungile ukuba nomsindo ngakulomntu okudlwengulileyo, hayi ngakuwe. Kodwa abanye abantu baye bangazithandi okwexeshana. Ungayibona yonke into ikwenza umsindo nokuba incinci kangakanani. Unganomsindo obhekise emapoliseni, enkundleni, kumzali wakho kugqirha nakumcebisi wakho. Kuyaqondakala yaye kuvakala ukuba ube nomsindo emva kodlwengulo.

11. Ukukhathazeka xa ulahlekelwe

Ungaziva ukhathazekile ungonwabanga ngenxa yokudlwengulwa nangezinto olahlekelwe zizo okanye kukothuka emva kwalemeko. Ezinye zezizinto zezi:

- ukuziva ungakhuselekanga
- ukulahlekelwa lukhuseleko
- ukuziva ingathi yonke into iyaphasalaka emva kodlwengulo yaye awukwazi nokuyibaleka
- ukuziva ingathi ubomi bakho buseschengeni
- mhlawumbi uphulukene nobuntombi bakho
- ukuba ubumazi umdlwenguli(amabhinqa amaninzi ayamazi lomntu ubadlwenguleyo) ungaziva sowulahlekelwe lithemba uphoxakele

Zinike ithuba loku khathazeka, kodwa ukhumbule ukuba awulahlekelwanga yinto. ungakwazi ukudlula kudlwengulo lwakho uphume womelele yaye ungumntu ozikisa kakuhle ukucinga.

Ukuphila



Kubalulekile ukuba uyazi indlela oziva ngayo emva kodlwengulo iqhelekile. Awuphambani okanye awuxhomi, nokuba ngubani okuxelela njalo. Kukho isizathu esilungileyo sokuba ungabi luhlobo oqhele ukuba lulo.

Awuwedwanga. Abantu ababhinqileyo namadoda amaninzi athe adlwengulwa ayakwazi ukuba uziva njani. Awuzokusoloko uziva ngolu hlobo. Kodwa ukuba uziva ingathi ihlobo olilo luthatha ixesha elide kakhulu okanye awukwazi ukumelana nezinto, qhakamshelana nomcedisi ngezodlwengulo, onontlalontle okanye igcisa lepsychology.

Mhlawumbi awuziva ngolu hlobo, oko akuthethi ukuba awulunganga kwabanye abantu udlwengulo yinto abakwaziyo ukuyifaka engqondweni kwaye babenokuyiqonda ize idlule ngokukhawulezileyo. Kufuneka bangagwetyelwa oko. Udlwengulo luchaphazela umthetho kwanezempilo ngendlela eqatha, luquka ingqondo, umzimba kwanezimvo. Kungoko kulungile ukuba usebenzele ukuphila ngeyona ndlela iyiyi okanye ufune uncedo kulamanqanaba angentla.

Amanye amacebo abasinde ekudlwengulweni abawasebenzisayo ayaboniswa apha ngezantsi. Qaphela ukuba akukho nalinye kuwo la macebo ekufuneka lithathe indawo yonyango okanye inkathalo ocetyisiweyo ngayo nguqirha okanye umcebisi. Kodwa ungawasebenzisa kunye nengcebiso

zabo ukukunceda ekuchazeni kwabo. Ezi zizo zonke zizinto onokuzenza wena ngokwakho ukuba akukho mntu onokukunceda.

Khathalela umzimba wakho

Khathalela umzimba wakho ngokutya ukutya okuya egazini, ukolula umzimba imihla ngemihla kwanokuphumla ngokwaneleyo. Ukuba awunamandla okutya, zama ukutya kancinci ngexesha uze uwanyuse amatyeli otya ngawo. Zama utye ukutya okulungele umzimba wakho nokutyeka lula ukuze umzimba wakho uzokuncedakala ukumelana nobunzima.

Phumla kangangoko unako ngakumbi ukuba awukwazi ukulala ebusuku. Ukuba usokola ukulala, hamba-hamba kangangemizuzu eyi-30 imini nganye, musa ukutya okanye usele ukutshaya phambi kokuba ulale kwaye musa ukuphaphazela ukuba awukwazi ukulala. Phakama wenze into okwethutyana uze uphinde kwakhona uzame ukulala. Thetha nomntu ukuba uyakwazi okanye tsalela inkonzo zobusuku bonke njengo Lifeline okanye uRape Crisis.

Ukuba ukungalali kukwenza uyaluzele zama ufumane ipilisi zokulala kugqirha wakho. Ezipilisi ziluncedo kakhulu xa ufuna ukulala kodwa ziyamosha xa ungazisebenzisi ngendlela. Ukuba unegumbi lokuhlambela, galela ityuwa okanye iEpson salts emanzini uhlale apho nokuba yimizuzu eyi-20. Ukuba uhlamba kwi-shawari zama ukuzikhuhla ngetyuwa. Zonke ezi zinto zenzela ukuba ucoceke

wehle emoyeni nasemzimbeni. Ukufaka inyawo zakho emanzini ashushu nayo lonto iyanceda kakhulu.

Zama ukhangele ezinye izinto ezinokunceda. Okanye cela umhlobo nokuba lilungu losapho lwakho ukuba lukuhlilikhle umqolo nge-oyile okanye ngomgubo wosana. Ukolulwa kwezandla neenyawo nako kulungile kwabo bangakhululekanga ngokuphathwa.

Nakekela Ingqondo yakho

Abantu abaninzi abasinde ekudlwengulweni bafumanisa ukuba ukucinga izinto ezakhayo kuyabanceda ekuphileni. Oku kodwa kungafuna inzame ukuba ungazihlabi amadlala ngokwakho kwanengcinga ezimbi ezoyikisaya. Ukutshintsha umqondo wakho, bhala ingcinga ezimbi phantsi onazo uzame uziguqulela kwezintle. Lento ingakunzima yaye ithathe ixesha xa ungaziva mnandi. Zama ude ufumane indlela yokuzenza.

Zifundise. Ukuchacha emva kodlwengulo kwenziwa zizigqibo zakho ozithathayo kwanokuba ufunde kangangoko ngamatyala odlwengulo anjengezomthetho, ezonyango kwanamava ngodlwengulo.

Khumbula inkolelo yakho ebomini. Oku kungayinkolo yokuhlonela uThixo okanye inkolelo nje ezizezakho. Nokuba yeyiphi eyakho, ukudlwengulwa kuzakwenza uyithandabuze loonkolo. Yiya kwababantu banokunceda ukuba ugcine inkolelo yakho ebomini, funda ezo zinto bezikade zikunceda ekugcineni ukhohlo lwakho.

Awuwedwanga. Qhakamshelana okanye uqale elakho iqela lokuxhasana nabanye abantu abasindileyo. Ungakwazi ukubanceda nabo bangakunceda. Amanani abantu abadlwengulweyo aphezulu kakhulu mhlawumbi angakhona umntu omaziyo okwazi nqo ukuba uziva njani.

Ingcinga ezimbi

Nokuba ndingenza ntoni, soze ndigqithe kulento

Izinto zakuhlala zinje, ukuncedi ukuba nditshintsha

Ndiyazoyika ezizinto. Andizokuphinda ndizive ngolunye uhlobo

Ingcinga ezintle

Nokuba kunzima kangakanani na ndizakuxola ndibuyele ebuntwini bam

Nokuba andikwazi kutshintsha abanye abantu, ndinganceda ngokuzisa utshintsho yaye ukuzama kulungile

Into endiyivayo, endiyenzayo angayitshintsha indlela endiziva ngayo.

Ukuphila

Nakekela amava akho

Eyonanto inzima emva kokuba udlwengulwe bubuhlungu bendlela oziva ngayo. La mava unawo abalulekile. Zezona zinokunceda endleleni yakho yokuphila nangona ziyakube zibuhlungu. Zinike ixesha lokuzimamela. Thetha ngazo wabelane nabanye bamalungu osapho lwakho, abahlobo bakho okanye uzibhale phantsi endaweni. Ubuhlungu obuninzi kubantu abasindileyo kukungabinamsindo, boyike okanye ubuthathaka kwanokukhathazeka ngokuba bazakujongwa njani ngabanye abantu. Sinalo sonke ilungelo lokubonakalisa loo ndlela esiziva ngayo.

Ezinye indlela esiziva ngazo njengobabuhlungu kwanomsindo zingakoyikisa. Khumbula imithetho embalwa ezokwenza ukuba ungazonzakalisi:

- *musa ukuzilimaza*
- *musa ukulimaza nantoni na yakho enexabiso*
- *musa ukulimaza abanye abantu*
- *musa ukulimaza nantoni na yomnye umntu enexabiso*

Akhona amachiza angakunceda xa uziva ungakwazi ukuzikisa ukucinga, nokuwa komzimba. Ziyafumaneka ezivenkileni nakwezinye ikhemesti.

Into yokugqibela oyifunayo kukuziva uzisizela ngento oyenzileyo. Ukuba

uyaziqonda awuzokukwazi ukuyigcina le mithetho kwaye awunalo ulawulo ngendlela oziva ngayo, funa uncedo kugqirha wakho okanye kumcebisi ngodlwengulo.

Zama ukuxelela abantu ngalento ukuyo. Bayathanda ukufunwa, nokuba kukumamela nje. Ukuba awuzifuni ezingcebiso, baxebele. Lila ukuba ufuna njalo. Uhleke ukuba kukho into ehlekisayo. Akhonto iphilisa nje ngokuhleka. Ungaphumelela yaye womelele nangaphezulu nje ngokuba ugqithile ekudlwengulweni.

Qaphela: Akhona amanye amacebiso emva kulencwadi phantsi kwendawo ethi Undlwengulo lwamadoda. Zinceda amadoda kwanamabhinqa.



lintsomi nenyanyiso
ngodlwengulo

lintsomi nenyano

ngodlwengulo

Intsomi: Abantu abaninzi bakholelwa ukuba "amantombazana athandekayo" awadlwengulwa.

Inyaniso yeyoba nawuphina umntu obhinqileyo okanye umntwana oyintombazana angadlwengulwa. Abadlwenguli basoloko bejonge umntu olixhoba elilula - umntu omthembayo, ongakwaziyo ukuzilwela. Eluntwini la maxhoba idla ngokuba ngamantombazana athandekayo.

Intsomi: Abantu abaninzi bakholelwa ukuba oonongogo abakudlwengulwa

Inyaniso yeyoba oonongogo okanye abantu abasebenza ngezesini bayadlwengulwa. Oonongogo nanjengawuphi na umntu obhinqileyo unalo ilungelo lokuthi hayi. Babhatalwa ngokulalana hayi ukudlwengulwa

Intsomi: Abantu abaninzi bakholelwa ukuba abafazi abanakudlwengulwa ngabayeni babo.

Inyaniso yeyoba, e-Mzantsi Afrika abafazi bayakwazi ukumangalela abayeni babo ngokudlwengulwa. Umntu obhinqileyo unalo ilungelo lokuthi hayi nakowakwakhe.

Intsomi: Iballi elikholelwa ngabantu kodwa liyengeyo nyaniso

Inyaniso: Into eyaziwayo ukuba ikhona yaye yenzekile

Intsomi: Abantu abaninzi bakholelwa ukuba abantu ababhinqileyo bacinga okanye baphupha ngokudlwengulwa kwaye bangakonwabela oko ukuba kungenzeka.

Inyaniso yeyoba umntu obhinqileyo angacinga kwaye angakuyila engqondweni ukudlwengulwa. Ukucinga ngoluhlobo kuyalawuleka kwaye bangayeka ngeloxesha kufuneka ngalo. Kodwa xa umntu obhinqileyo edlwengulwa, olulawulo luyahluthwa kuye. Ukudlwengula luhlasele olunengcwangu kwaye luthoba isidima ngamanye amaxesha abantu ababhinqileyo bayonzakala. Akukho mntu obhinqileyo ukuthandayo ukudlwengulwa. Akukhomntu ubhinqileyo uzibizelayo ukudlwengulwa.

Intsomi: Abantu abaninzi bakholelwa ukuba xa umntu obhinqileyo esithi hayi xa engafuni ukulala nomntu uthi ewe.

Inyaniso yeyoba kwindawo ezininzi, umntu obhinqileyo ulindeleke ukuba abenentloni kwaye ayichase indoda yakhe, nokuba utshatile nayo, xa isondela kuye. Abantu ababhinqileyo kufuneka bathi hayi ngokuqinisekileyo xa besitsho. Amadoda kufuneka amamele nokuba uhayi uyathandabuzeka

kwaye bamhloniphe ngokupheleleyo - kwaye kufuneka bamamkele uhayi njengempendulo. Ngamanye amaxesha intethwano ngezokulalana iyathanda ukuba ingacaci, ngamanye amazwi xa abantu ababini bethetha ngokulalana oku kungangacaci kwaye basale bedidekile. Oku kwenziwa kukuba asifundiswanga ukuthetha ngokukhululekileyo ngezinto ezinje. Kungoko sisokola ukutolika uhlobo imizimba yethu ethetha ngalo. Kulungile ukuba uacelwe - ukudlwengula lityala eliqatha kwaye ukubanjelwe ukungavisisani akulunganga.

Intsomi: Abantu abaninzi bakholelwa ukuba xa amadoda evukelwa ngokulalana awakwazi ukuyeka

Inyaniso yeyokuba uninzi lwethu luyakwazi ukuba kunjani ukuvukelwa ude ufike kwinqanaba apho ufuna ukude ulale nomntu. Ngokwenene kodwa singakwazi ukuyeka nanini na xa sifuna, sijike sinjonge kwelinye icala kude ukuvukelwa kuphele. Abadlwenguli ngamadoda akhetha ukungayeki.

Intsomi: Abantu abaninzi bakholelwa ukuba abadlwenguli ngabantu esingabaziyo ezitalatweni ezimnyama.

Inyaniso yeyokuba ngamaxesha amaninzi umdlwenguli ngumntu owakhe wadibana naye, hayi umntu ongamaziyo. Ingaliqabane lakho, umntu ophuma naye, ilungu losapho lwakho, okanye umhlobo

wosapho lwakho, okanye umntu odibene naye ethekweni. Udlwengulo oluninzi lwenzeka ngokoyilo olucingwe ngaphambili. Ngamaxesha udlwengulo kwenzeka emakhayeni amaxhoba.

Intsomi: Abantu abaninzi bacinga ukuba abadlwenguli badlwengula kanye kuphela.

Inyaniso yeyokuba abadlwenguli abaninzi abadlwenguli kanye. Uninzi lwamadoda abanjelwe ukudlwengula bathi bangadlwengula kwakhona kwaye selebedlwengule amaxesha amaninzi ngaphambili.

Intsomi: Abantu ababhinqileyo abanxila phakathi kwabantu bazibizela ukudlwengulo.

Inyaniso yeyokuba ukunxila akumkhululi umdlwenguli kwityala alenzileyo. Kwaye nokunxila akuthethi ukuba ixhoba linetyala. Ukunxila ayilotyala kodwa ukudlwengula kona lilo. Akukho mntu ufanele ukudlwengulwa.

Intsomi: Abantu abaninzi bakholelwa ukuba abantu ababhinqileyo abathi badlwenguliwe bayazibuyekezela emadodeni okanye bafuna ukubafaka engxakini.

Inyaniso yeyokuba ukuxela ukuba udlwenguliwe kuthatha isibindi, ngoba abantu abadli ngokukholelwa xa umntu

obhinqileyo esithi udlwenguliwe. Abantu ababhinqileyo benziwa ukuba babeneentloni kwaye bazive ingathi bayadlwengulwa kwakhona. Bambilwa abantu ababhinqileyo abanokuxoka ngokudlwengulwa.

Intsomi: Abantu ababhinqileyo abaninzi bacinga ukuba abalohlobo labantu abanokudlwengulwa. Bacinga ayisoze yenzeke kubo.

Inyaniso yeyokuba abantu abadlwenguliweyo babecinga ukuba ayisoze yenzeke kubo. Abanye abakholelwa ukuba oko kwenzekile. Kulusizi, kodwa nabani na angadlwengulwa. Akukho mfanekiso wexhoba lodlwengulo.

Intsomi: Abanye abantu bacinga ukuba abadlwenguli ngabantu abalambele ukudibana ngesini okanye ngabantu abangenangqondo.

Inyaniso yeyokuba abadlwenguli abaninzi ngabantu abaqhelekileyo kwaye abanye batshatile. Udlwengulo bubundlobongela bomsindo nenzondo. Aluphelelanga nje ekulaleni. Abadlwenguli ingangabo nabanina - kwaye nezizathu zokuba bedlwengula zohlukile. Akululanga ukubona umntu ongumdlwenguli.

Intsomi: Abanye abantu bakholelwa ukuba umntu obhinqileyo unxiba kwaye aziphathe ngohlobo oluthile, uye avuselele amadoda aze adlwengulwe.

Inyaniso yeyokuba ayinamsebenzi indlela umntu obhinqileyo anxiba ngayo. Abantwana abancinci nabantu abanxiba kakubi, impahla ezifihla umzimba nabo bayadlwengulwa. Abafazi abanxibe ooshoti nabo bayadlwengulwa. Abantu abayicingi into yokuba amadoda ayazifunela udlwengulo noxa ethe anxiba ezi mpahla. Namabinqa ke kumele abe nenkululeko yokunxiba ngohlobo abathand ngayo.

Intsomi: Abantu abaninzi bakholelwa ukuba abantu abamhlophe badlwengulwa kakhulu ngabantu abamnyama

Inyaniso yeyokuba maninzi amadoda amhlophe adlwengula amabhinqa amnyama ngaphezu kwamadoda amnyama adlwengula abantu abamhlophe kodwa olu dlwengulo nalo luncinane kakhulu phakathi kwentlanga ezingafaniyo. Abadlwenguli abaninzi bawaketha amaxhoba abo kuhlanga lwabo.

Udlwengulo Lwamadoda

Udlwengulo Lwamadoda

Uphando lubonisa ukuba udlwengulo lungocinezelo, ubundlobongela kwanokuphatha kakubi. Kumaxesha adlulileyo, igorha eloyisileyo emfazweni beliye lidlwengule lomntu limoyisileyo ngokuzama ukubonisa ukoyisa kwakhe. Oku kwakukholelwa ukuba igorha elithe laddlwengulwa liyakuhla isidima njengendoda. Kuthethwano nabadlwenguli, kwafumaniseke ukuba xa beketha ixhoba, kuxhomekeka kulondawo nexesha umntu akhoyo, okanye amadoda ebekholelwa ukuba kulula ukoyikisa umntu olibhinqa kunoyindoda. Into yokuba abaphuli bomthetho basebenzise udlwengulo nje ngendlela yokufihla isenzo sabo sobubi nayo kuyafuneka ithathelwe ingqalelo. Umenzi wobubi kumntu oyindoda angamdlwengula kuba ezama ukuqanda ixhoba elo lingaluxeli ulwaphulo-mthetho. Le nto ke yenziwa yinto yokuba amadoda engafuni ukuluxela udlwengulo lula kungakumbi amadoda asele ekhulile.

Into yokudlwengulwa kwamadoda isengumba omkhulu ngokuba isangqongwe kukuthula okukhulu. Amadoda ngamaxesha amaninzi adla ngokuba ngamakhoba obundlobongela obubi okugqitha amabhinqa, ngaphandle kodlwengulo kwakunye nobundlobongela basekhaya. Lo mfanekiso inyanzeliswa kukunqaba kophando kwakunye nokubhalwa ngodlwengulo lwamadoda. Ubhalo lwabafazi ngodlwengulo njenge mpathombi ngokwasemandleni lulo olwaqala umdla kwinto yokuba amadoda nawo ayadlwengulwa. Lomdla waqala ngokujongwa kumadoda asezintolongweni.

Ixesha elide bekukholeleka ukuba

amadoda adlwengula amanye amadoda onke athanda abantu abanesini esifana nabo. Kodwa kuphando lubonisa ukuba abadlwenguli abaninzi ngamadoda athandana nabafazi, lonto ke ihambelana nolwabhala lwabafazi ngodlwengulo njenge mpathombi ngokwasemandleni ngaphezu kwento yokulalana. Abaphandi abaninzi nabo bakholelwa ukuba amadoda aluxelayo udlwengulo emapoliseni okanye afuna uncedo emva koko ambalwa kakhulu kunamanani amadoda adlwenguliweyo. Izizathu ezibangela oku yindlela abantu abaphendula ngayo kumakhoba odlwengulo, ukungakholelwa ukuba indoda iyadlwengulwa kwakunye nokuzigweba kwexhoba, yenza ezimpendulo. Esinye isizathu yinto yokuba ambalwa kakhulu amaqembu akhoyo ajongene namadoda angamakhoba odlwengulo, lonto ke ibenza bazive kungekho sizathu sokuba bafune uncedo.

Kwamanye amazwe akukabikho semthethweni ukuqwalaselwa kodlwengulo lwamadoda yenye nje ke into ebangela kubenzima xa luxelwe oludlwengulo.

Iintsomi nenyano ngodlwengulo lwamadoda

Intsomi: Ngamadoda athandana nesini esifanayo adlwengulayo, ikwangawo nabadlwenguli

Inyaniso yeyokuba udlwengulo yimpathombi ngokwasemandleni hayi ngokulalana kwaphela. Umdlwenguli akajongi ixhoba ukuba lithandana

nomntu onjani. Amakhoba athandanayo ngokwesini esifanayo, ingcinga zokuba axelelwe uzifunele ukudlwengulwa ingamenza angaluxeli udlwengulo.

Kumadoda athandana nabafazi, ingcinga zokuba kuthiwe uthandana namanye amadoda naye ingamenza lonto angaluxeli udlwengulo. Lonke ke oluloyiko lungehla ukuba amakhoba uphathwa ngesidima nangembeko.

Intsomi: Amadoda ayakwazi ukuzikhusela ukuze angadlwengulwa.

Inyaniso yeyokuba unyanzeliso olusetyenziswa ngabadlwenguli ukubamba amakhoba abo, ludla ngokuba nobundlobongela kakhulu kunolo lusetyenziswa emabhinqeni. Umpu uhlala usisoyikiso, nokuba ixhoba yindoda okanye ibhinqa. Ukuxokiselwa nako kuyasetyenziswa kucinzelelo nokuphathwa kakubi ngokusemandleni kumakhwenkwe nakumadodana. Ukudideka nokoyika okwenziwa ngabadlwenguli kuthetha ukuba abalufuni olunye unyanzeliso. Ukuba uyindoda elixhoba lodlwengulo ufunda lencwadi, lento ithetha ukuba ikhona into oyenzileyo elungileyo. Ukubaleka nobomi bakho yimpumelelo leyo yodwa nje. Ungazithandabuzi ngezinto ozenzileyo okanye ongazenzanga xa ubudlwengulwa. Uyaphila yeyona nto ibalulekileyo leyo.

Intsomi: Amadoda athandana namabhinqa, aze aphaqwe kakubi azakujika athandane namanye amadoda.

Inyaniso yeyokuba abadlwenguli awajongi ukuba ixhoba sesiphi isini. Nangona maninzi amabali achaza ukuba kutheni umntu ethanda isini esifana nesakhe, kodwa into yokuba omnye umntu enziwe ngomnye ukuba athande isini esifana nesakhe asicaci. Abantu abathandana kwisini esifanayo bakholwa ukuba bazalwa ngalondlela yaye asiyonto banokuyitshintsha okanye bafuna ukuyitshintsha.

Intsomi - Amadoda adlwengulwayo nawo ayakuphatha abantu kakubi.

Inyaniso - uphando lubonisa ukuba umntu oyindoda osindileyo othetha ngodlwengulo lakho okanye afumane ukuhaswa ngabantu abakufutshane kuye, akasoze aphaqwe abanye abantu kakubi. Loomadoda agcina ukudlwengulwa kwabo luyimfihlelo okanye bangafumani nkxaso, baye bathathe uhlaselo lwabo eziqinini zabo ngokuthi basebenzise utywala okanye iziyobisi. Ukuthi ukuba indoda edlwengulweyo izakuhamba idlwengula akulunganga.

Iimpendulo ngodlwengulo lwamadoda

Emva kodlwengulo, amadoda nawo lamava amabhinqa adlwenguliweyo abanawo. Umehluko omkhulu phakathi kodlwengulo lwamadoda namabhinqa yindlela abaphendula ngayo. Amaxesha amaninzi abafazi baxelelwa ukuba ngabo abazifunelayo ngenxa yempahla abazinxibayo, amadoda ona abuzwa ngobudoda babo. Imibuzo enje ngoba “uyindod’enjanina wena uvumel’omnyumntu enze lento kuwe” okanye “kuthen’ungalwanga nje”.

Isizathu salenkolo singaba umphakathi unombono wabantwana namabhinqa nje ngamaxhoba abe wona amadoda omelele. Siye thina siwabone nje ngabenzi bobubi kodwa hayi amaxhoba. Namadoda amaninzi adlwengulweyo aye abe nalenkolelo. Zange bayicinge into yokuba bangadlwengulwa. Lento ke iyawothusa kakhulu amadoda. Zonke ingcinga zokuba umntu oyindoda womelele lonto ikwenza

ukhuseleke ziyaphela. Lento ingakwenza uzithandabuze ukuba udlwenguliwe nyhani yaye ingaluxeli nolodlwengulo. Ngalendlela udlwengulo lwamadoda luyaqhubeka kodwa akuthethwa ngalo lonto yenza ukuba abantu bacinge alwenzeki. Okukuthula kwenza ukukhuseleka kwabenzi bobubi bume yaye bangakuhlawuleli oko.

Nje ngendoda efundiswe ukuba ukungazibonakalisa xa ukhathazekile, lonto iyifaniswa nobudoda yaye ikwenze ungakwazi mawuthini ngendlela oziva ngayo. Lento ithetha ukuba amadoda amaninzi awafumani ncedo lothethwano ngodlwengulo baphele besindeka yindlela abaziva ngayo ngaphakathi kubo ixesha elide bengakwazi kuthetha. Ungazama ukulibala kwakamsinyane, ukholelwa ukuba ungaqhubeka ngobomi bakho ibengathi khange kwenzeka nto.

Lento ithetha ukuba xa sele ukulungele, ufuna uthethwano, yinto oyicinge kaninzi yaye ubuyibaleka ixesha elide. Into ekukhathaze ukuba ufune uncedo

Ukuthanda abantu besini esifana nesakho - ukuziva unomtsalane kubantu abasini sifana nesakho

Ukuthambekela kubantu abasini singafaniyo nesakho - ukuziva unomtsalane kubantu abasini singafaniyo nesakho

Ukubatywa - xa incanca imilie, iqinile, oku kudla ngokwenzeka xa umntu evukelwe

Ukuchitha - xa incindi yobudoda iphuma kwincanca

likwiqondo eliphakamileyo. Ukuba awuxelelanga ngodlwengulo lwakho, isigqibo sokuba uze kuthethwano sesakho. Lento ingakwenza uzive ubuthathaka.

Amadoda athe adlwengulwa adla ngokuzithandabuza ngobudoda babo. Nawe ungazithandabuza, uzibuze ukuba ungayiyeka njani into enje yenzeke kuwe, ngakumbi ukuba khange kusetyenziswe amandla okunyanzelisa. Ukuba ungumntu othandana namabhinqa, ungazoyikisela kuba udlwengulwe mhlawumbi lonto ingathetha ukuba uthandana namanye amadoda, ngenxa yentsomi ethi amadoda okwenyani awadlwengulwa. Lento ingakwenza uzive ungabafuni abantu abathandana namanye amadoda. Uzungabethimntu. Oyena mntu ekufuneka ungamthandi ngulo ukudlwenguleyo - ingangumntu othandana namabhinqa. Okanye ungakhangela abantu abathandana namanye amadoda ukujonga umtsalane wakho.

Ukuba ungumntu othandana namanye amadoda, ungazigxeka kakhulu emva kodlwengulo, kuba kunzima kuwe ukwehlula phakathi kokuvuma nokungavumi ukulalana. Ngaphezu koko ungabuzwa ngamapolisa ngokuthandana kwakho namanye amadoda, lonto ikwenze uzithandabuze ngakumbi ukuba ubudlwengulwe. Kukho ubungqina obuthi amadoda athandana namanye amadoda ngawona asesichengeni

Udlwengulo Lwamadoda

sokudlwengulwa kunala athandana namabhinqa. Inyaniso kukuba amadoda athandana namanye kungesizathu soku, xa ujongama abhinqa adlwengulwa ngumntu azana nawo.

Ukungakholelwa

“Ingaba ndiyaphupha? Ndidlwengulwe nyani? Kutheni mna? Inggqondo yakho izama ukukhusela. Uyabeva abantu xa bathe babona ingozi besithi “ibingakholeleki”. Inggqondo zethu zizama ukusixelela khange yenzeke lonto ukuze singazokuziva intlungu zokujongana nobunyani bento eyenzekileyo. Ngamanye amaxesha kangangexeshana elincinci sizama ukuzilungiselela ukujongana noko kwenzekileyo, ukuba oku kwenzeka ixesha elide akuyompilo. Ukuba kunjalo ngakuwe funa uncedo kumntu wothethwano ngodlwengulo ngabo ukungakholelwa kungakwenza ungaqhubeki.

Ukubanentloni

“Ndingaluxelela usapho lwam? Abantu bazakucinga ntoni? Ingaba ndingacoceka? Akhonto ikwenza ube nentloni. Akhange uzifunele ukudlwengulwa. Xelela abantu obathandayo, nabo bakuthandayo, ngodlwengulo. Bacacisele kangangoko unakho. Bacicisele ukuba kunzima kangakanzani kuwe.

Udlwengulo Lwamadoda

Ukuziva Unetyala

"Bekumele ndikumisile oku kungenzeki kum" Nokuba unamandla okanye umkhulu kangakanani, udlwengulo lwenzeku kuwe kuba ungakwazanga ukukumisa. Xa ubomi bakho busesichengeni, eyona nto ibalulekileyo kukuphuma apho uphila. Mhlawumbi wawukhuliswe ukuba uzilwele yaye uzukhusele. Uwuzukuba luncedo mntwini okanye kuwe xa uswelekili. Ukulwa mhlawumbi kungakwenza usweleke okanye wonzakale. Naku ufunda lencwadi, uphilile, wenze into elungileyo.

Ukuphelelwa ngamandla

"Andiyondoda yaye andikwazi kuziphatha" Uyakwazi ukuziphatha. Lendoda okanye lamadoda akudlwengulileyo awekhe ngoku. Gqiba ukuba uzakwenza ntoni nini. Awuzikhetelanga ukuba udlwengulwe, kodwa ke ungazikethela ukuba uqhubeke uye phambili. Nika umziba wakho, ingqondo yakho nendlela iziva ngayo ixesha lokuphila, uzakuphinda uzive ukwazi ukuziphatha.

Ukuphelelwa Lithemba

"Andinabomi. Andikwazi ukujonga ingomso" Zama nje ukudlula namhlanje nje. Akhonto unokuyenza ngongomso ngaphandle nje ngokuzikhatthaza ngezinto ezingenakukwenzeka. Khumbula ukuba ukuqhubeka yindlela, umane usiwa uvuka. Bambela nokuba

kunzima kangakanani ukonwabele ukuvuka kwakho phantsi.

Ukudideka

"Kungolwesingaphi kanene namhlanje." Izinto ndiyazilibala." Le sisphumo sokothuka. Unemibuzo emininzi ongayaziyo ukuba uzakuyiqala ngaphi. Bhala phantsi yonke into ofuna ukuyenza ngemini uze uzame ukuyilandela kangangoko.

Amaphupha Amabi

"Ndimane ndibona lento isenzeka. Andikwazi kucinga ngenye into." Bhala phantsi yonke into oyikhumbulayo ngodlwengulo ongayibhalanga phantsi. Ukuzama ukuba ungaphuphi kakubi zama ukusebenza nengqondo yakho isebenza. Bhala phantsi, zoba ukuphe yonke into eqhubekayo ukuze uzokukwazi ukuqhubeka uyishiye ngasemva lento. Ukuba lamaphupha asaqhubeka kangangenyanga ezimbalwa kungangcono ufune uncedo lwangaphandle.

Uloyiko

"Ndiyoyika ukuphuma. Ndiyoyika ukuba ndedwa". Lento iyanzenzekela ngoba udle kuphupha elibi lomntu wonke. Zigcine ngokhuseleko. Into yokuba udlulile kulento ingakwenza ukuba yonke into uyijonge ngoqwalaseleko. Zama

ukuba izinto oqhele ukuzenza ngemini zingaphazanyiswa kukoyika kakhulu. Lilungelo lakho ukuba ukuba uye kulendawo.

Ukudandatheka

"Andikwazi kuphefumla. Andikwazi kutya. Andikwazi kulala". Ukuphefumla kanzima kokona kwenza ukuba uphaphazele. Nje ngokuba umane ucinga ngento eyenzekileyo kuwe, uye uphefumla ngokukhawuleza lonto ikwenze ukuba izinga lokutsala umphefumlo wakhe lehle. Iziphumela zoko kukugcangcazela, ukubetha kwentliziyo kakubi kwakunye nokubila kakhulu. Xa uziva ngoluhlobo phefumla khakhulu kancinci ungangxami, yamkele lento yenzeka kuwe uyazi ukuba izakugqitha kwakamsinya. Jonga izinto ezingaphandle - nje ngokubala ifestile. Xa kufuneka utyile, itya namayeza okuncedisa ukuba kunyanzelekile. Ukuba uyakwazi ukutya, yitya ukutya okuya egazini okuzakunika umzimba wakho amandla. Uzikuwafuna kakhulu amandla kwesisithuba.

Umsindo

"Ndiyabacaphukela. Ndifuna ukubabulala". Nangoku, ufuna babhatale. Cinga nje lento izakunika ntoni. Awuzokufamana nto, qha wena uzakube ubanika amandla okuba bakuphathe. Ukubabulala okanye ukuziphindisela akuzokutshintsha into yokuba udlwengulwe, kuyafana nje

nokuba caphukela. Zama nje wena ukujonga izinto ezizakunceda udlule kulento, izinto ezizakwenza uzive ngcono ngawe hayi izinto ezizakulalisa kabuhlungu.

Ubuni bakho

"Ingaba ndithandana nabantu besini sam." Ndingakwazi ukuphinda ndilalalane kwakhona" Khumbula ukuba udlwengulo ulukho ngokulalana kuphela. Uzakuhlala uyilondlela uyiyo nokuba ubuthandana nabafazi phambi kodlwengulo. Mhlawumbi lonto izakwenza uzive ukhuseleki - qalisa kancinci ukuzibaphatha-phatha, apho kungekho mntu uzakunyanzelisa.

Izixhobo zaBasindileyo

Ukuthetha ngokudlwengulwa: Kubantu abaninzi eyona nto inzima kukuthetha ngokudlwengulwa. Kuba ukudlwengulwa kwamadoda bubundlobongela ekungathethwayo ngabo, abantu abaninzi badla ngokothuka kakhulu, bangaphenduli ngendlela eyakhayayo xa bexelelwa ngalo. Phambi kokuba uxelele umntu ngento eyenzekileyo, cinga ukuba kutheni ufuna bayazi lento. Ucinga ukuba bazakuthini xa bekuphendula? Abantu bayazoyika izinto abangazaziyo nabanga ziqondiyo. Yamkela ukuba abanye abantu abazokukusizela, zilungiselele. Ukuthetha ngayo iyakuhlala iyindlela ebalulekileyo yokuqhubeka. Xelela abo ucinga bazakumamela. Xa umntu ekumamele mbulele ngakumbi ukuba ngumntu onondeleyo kuwe. Khumbula ukuba usapho lwakho nabakuthandayo, nabo bayakwazi ukuziva benetyala kuba bengakwazi ukukunceda yaye lento ingabachaphazela indlela abaphendula ngayo.

Thatha ixesha lokuphumla: Njengokuba sele ufundile, umzimba wakho unendlela yawo yokuphendula ububi obenzeka kuwe. Zinike ithuba lokuphila, susa omnye umthwalo. Ukuba le ibiyingozi yemoto ingelodlwengulo, ubuzakuthatha izinto kancinci uvumele amathambo akho aphile. Nasekuphileni komoya wakho kukwanjalo. Khathalela izinto ekufuneka uzenzile ezinye uziyekele ixesha elizayo.

Njengokuba usiya usomelela, qalisa ukuthatha umthwalo kwakhona, kodwa zikhathalele kuqala. Zama ungenzi zigqibo zizakutshintsha ubomi bakho kwakamsinyane.

Bhala Phantsi: Indlela encedayo nekhuselekileyo yokukhulula ukubambeka, umsindo kwakunye nokudideka kukubhala. Nje ngokuba uqhubeka emva kobunzima uzakubona ukuba izinto ziya ziba ngcono. Gcina incwadana apho ozakuthi ubhale indlela yakho eya empilweni.

Umsindo: Uzakufumanisa ukuphela umsindo wakho kubantu abakufutshane nawe. Ungavumeli ukuzibeka kwakho ityala emva kwalento kukuhlise umoya. Xa uzibona cela uxolo njengabanye abantu, uqhubeka. Sukusebenzisa udlwengulo nje ngecwecwe lokuhlukumeza abanye abantu. Indlela esebenzayo ukukhupha umsindo kukuhlala usebenza. Baleka, Hamba-hamba, cheba ingca enza nje yonke into enokusebenzisa. Enye indlela yokunceda kukuthetha ngomsindo owuvayo uzame uqonde ukuba lomsindo ubhekise kubani yaye kutheni kunjalo.

Ukusebenzisa utywala: Utywala neziyobisi zingakwenza ulibale okomzuzwana. Ukuwa kwakho xa sele buphelile utywala emzimbeni, akusoze kukwegqithe ukunyuka kwakho onokufumana emva koko. Kungoko

kuthiwa kungcono into xa into uyoyika uyijonge apha emehlweni ukuze uyoyise. Xa usebenzisa utywala neziyobisi akusoze uzijonge izoyiko zakho nobomi obubobo. Uqgithile kudlwengulo sukuzenzela ubuhlungu.

Uthethwano: Ungazibeki ityala ngoba nabo bangakuwe basiva ubunzima ngenxa yokuhlaselwa kwakho. Ukuba uzibona ungathethi ngodlwengulo lwakho kuba ufuna ukubakhusela kobobuhlungu, funa uncedo. Tsalela enye inombolo ezinceda ngodlwengulo okanye uye kwiziko lakwa Rape Crisis elikufutshane nawe. Uzakufumanisa xa uthetha nomntu ongamaziyo, uyakwazi ukuthetha izinto ungenalo olwaloyiko lokuba uzakubavisa ubuhlungu. Funa uncedo kumntu oqeqeshelwe ukunceda abantu ngodlwengulo. Akunyanzelekanga ukuba uqhubeka wedwa nje ngodlwengulo.

Hlala uphilile: Into yokugqibela engqondweni yakho, kukuzigcina usemandleni. Kodwa eyona nto ibalulekileyo kukuzigcina uphilile. Engqondweni ininzi into ozama-zamana nayo. Umthwalo wokudlwengulwa ungalala kakubi ngomzimba wakho. Ukungabinamdlala wokutya nakulala zizinto eziqhelekileyo kumaxhoba. Kukongezeleka kobunzima odlula kubo ude uphelelwe nangamandla okuqhubeka. Thatha amachiza aya

Udlwengulo Lwamadoda

empilweni ukuba awukwazi kutya cela ugqirha wakho akubhalele amachiza anokunceda ulale ukuba kunyanzelekile. Kubalulekile wazi ukuba la machiza awuzokuwasebenzisa okoko, zama ezinye indlela zokwenza ulale. Zama ufunde okanye uhamba-hambe yonke nje into ezakusebenzela.

Qaphela: Funda kwicandelo Lophuliso uzakufumana amanye amacebo okuphila. Angafundwa ngamadoda kwakunye namabhinqa.

Amacebo Okuzikhusela Ekudlwengulweni



Abantu bacinga ukuba amaxesha amaninzi xa abantu bedlwengulwa oku kwenziwa ngabantu esingabaziyo okanye abakude namakhaya ethu. Akusoloko kunjalo. Ngamaxesha ukudlwengulwa kwenzeka ekhaya. kuzenziwa ngamadoda esiwaziyo. Nangona sinika amacebo apha anokukucenda uzikhusele, umntu ngamnye kufuneka enze kulungele loo meko azifumana ekuyo. Into encede omnye umntu isenokungamlungeli omnye. Akukho mpendulo ilungileyo nengalunganga. Kumatyala amaninzi amanye amaxhoba ngenxa yokoyika bazifumana "beqinile", bengakwazi nokushukuma, kwaye akufunekanga ukuba bazisole ngoku. Ukufunda ngendlela yokuzikhusela liceba elihle, ukuze ukwazi ukuphendulela xa uthe wahlaselwa xa uziva usengxakini.

Amanye amacebo anokukunceda uzikhusele ungadlwengulwa

1. Xa ungekho sekhaya:

- AlwaZama ukuhamba ngokuzithemba ngokungathi uyazazi apho uya khona bajonge nabantu abakufutshane nawe nabaza ngakuwe.
- Zama ukunxiba izihlangu ezingaphakamanga
- Zama ukuhamba nabantu okanye nezihlobo
- Hambela kude namagquba amadoda
- Qaphela xa uhambo ngezithuthi zikawonke-wonke, zama ukuhamba nabantu obaziyo okanye qondisisa ukuba awukhwelanga wedwa eteksini, ehasini okanye kuloliwe

- Ukuba awuyithandi indlela umntu akujonge ngayo, okanye indlela athetha ngayo nawe okanye indlela athetha ngayo, mxelela ukuba makayeke. Xelela nokuba ngubani na omnye ngoko.
- Ukuba uhamba nabantu, jonga ukuba ngubani na okugalela into yokusela ukwenzela ukuba bangafaki iipilisi ezizakulalisa. Qonda kangangoko phambi kokuba usele kakhulu. Ngoba ungazifumana ubuthathaka xa usele okanye usebenzise iziyobisi.
- Musa ukuvuma ukugodusa ngumntu ongamazayo nokuba ngumntu owaziwayo ngabahlobo bakho.
- Phemelela ibhunga lendawo ohlala kuyo ukuba ifakele izibane ezitalatweni kwanezithuthi zikawonke-wonke.
- Ukuba uziva ingathi kukho umntu okulandelayo, nyusa isantya ukhawuleze ukuba unyanzelekile ngena kumzi okufutshane.
- Ukuba ucinga ukuba usengxakini, khala kakhulu. Abahlaseli abaninzi bayoyikiswa ngumntu okhalayo. Phula nokuba yintoni ukutsala abantu bazokuva.
- Ukuba ukwisinyusi khalisa intsimbi, ucofe amanani eminye imigangatho, ukhawuleze uphume.
- Zikhona izinto onokuziphatha ukuzikhusela njesitsitsi sepepile, izitshixo okanye impempe kodwa qondisisa ukuba uyakwazi ukuzisebenzisa.

2. Xa usekhaya :

- Khumbula ukutshixa amacango ngalo lonke ixesha nasemini. (Amasango entsimbi nawo alungile).

- Zama ukuba nawo lamacango entsimbi kuzo zonke iifestile.
- Ebusuku vala iikhethini ukuze abantu bangaboni ngaphakathi.
- Zama ukuba nendlela apho abamelwane bayazi xa usengakini.
- Fuyainja.
- Musa ukubeka igama lakho kwibhokisi yakho yeposi okanye kwiincandwi yoluhlu lweenombolo zemfono-mfono, kodwa lifihle ngokuthi ubhalise ifani kuphela umzekelo, Dlamini S.F.
- Musa ukulivula ucango ngaphambili kokuba uqonde ukuba uyamazi umntu ongaphandle.
- Zama ngamaxesha onke ukumcela umntu ukuba akubonise isazisi phambi kokuba angene ekhayeni lakho.
- Ukuba lomntu uye wangena ngenkani, yenza ingathi awukho wedwa endlini ngokuthi ukhwaze okanye uthethe.
- Ukuba uyakwazi, shiya izibane ezithile zivutha ngaphakathi endlini.
- Xa ubuya ekhaya izitshixo zakho zilungise phambi kokuba ufike emnyango. Ukuba ucinga kukho umntu okujongileyo, musa ukuzama ukungena endlwini yakho. Yiya ebamelwaneni. Khumbula ukuba ungasisebenzisa nesiingxobo sakho, okanye isihlangu njengezixhobo ukuzikhusela.
- Ukuba unayo imfono-imfono, gcina le nombolo yamapolisa 10111 kufutshane.
- Ukuba umntu ohlala uzakuwe ngendlela ongayiqhelanga, mxelele kwangoko. Nokuba sesithi lo mntu ayikho.

3. Ezindleleni

- Xa uqhuba imoto, qinisekisa ukuba amacango ango atshixiwe.
- Musa ukunceda abantu ongabaziyo endleleni.
- Kulungile ukuba ungangeni ezimotweni zabantu ongabaziyo. Ukuba umqhubi uyema akubuze indlela, yima qelele.

Ukuba usendaweni apho unyanzelekile ukuba mawucele ukukhweliswa emotweni:

- Khumbula ukuba ukucela ukukhweliswa kuyingozi kakhulu kwaye akufuneka ukwenze oko ngaphandle kokuba ayikho enye indlela.
- Uzame ungaceli ukukhweliswa kwiindawo ezingabantu okanye xa uhamba wedwa.
- Kusoloko kungcono ukucela ukukhweliswa ngabanye abantu basetyhini okanye abantu abasebekhulile okanye iintsapho.
- Phambi kokuba buza umqhubi ukuba ubheka ngaphi phambi ukuba uchaze ukuba uyaphi wena.
- Musa ukuvuma ukukhweliswa ngumntu otshintsha ndlela yakhe ngenxa yokuba esiva apho wena ufuna ukuya khona.
- Gcina isandla sakho elucangweni ukuze ukuba nantoni na eyenzekayo uvele uphume.

Ukuba uhlaselwe:

- Zama ukusuka kulowo ukuhlaselayo.
- Ngamanye amaxesha ungazama

Amacebo Okuzikhusela Ekudlwengulweni

ukuthetha nomhlaseli wakho ukuzama ukumtshintsha ingqondo.

- Zama ukumluma, ukukhaba, ukutsala iinwele zakhe usebenzise nayiphi na indlela yokulwa ukuzikhusela ngoba naye angazama ukulwa nawe xa usenza oko. Kodwa ukungalwi kulungile xa uzibona ukuba kunganzakalisa kakhulu.
- Khumbula amalungu omzimba anobuthathaka njengamehlo, iindlebe, incanca, amasende njalo njalo.

Iindlela amadoda angakuthintela njani ukudlwengulwa:

Lumkela ulwimi lwakho. Amazwi anamandla xa ethethwa ngabantu abasemagunyeni. Sihlala kumaxesha apho ukubizwa kwabantu ngamagama amabi kuqhelekile, amagama anjengokuthi intombazana sisifebe, lihule njalo njalo. Ukuthetha ngoluhlobo kwenza ukuba abantu basetyhini bajongelwe phantsi. Xa abantu bebajongela phantsi abantu basetyhini kulula ukuba bangahlonitshwa, angahoywa amalungelo abo.

Thetha. Ubundlobongela ngokulalana kuhambiselana nokungathethisani. Uhlobo ekunzima ngayo ukuthetha ngokukhulekileyo ngezokulalana kunyusa ukwenzeka kokudlwengulwa. Ngokufunda uhlobo olulungileyo lokuthetha ngezokulalana – ngokuthi uchaze ngokucacileyo oko ukufunayo, umamele umlingane wakho

Zivakalise. Mhlawumbi awusoze ubone udlwengulo lusenzeka kodwa uzakuva kwaye ubone izimvo zabantu ezisingela phantsi abantu ababhinqileyo kwanamadoda athandana namanye amadoda kwaye eziphakamisa udlwengulo. Xa umhlobo wakho osenyongweni eqhula, yitsho ukuba akuhlekisi. Xa ufunda inqaku eligxeka lo mntu osinde ekudlwenguleni ngokuthi ahlaselwe, bhalela umphathi-ntloko walo ncwadi. Xa kubekwa imithetho efinyeza imithetho yabantu ababhinqileyo, xeleda abezepolitiki ukuba awusoze ubaxhase. Yenza nantoni na ukuba ungathuli.

Xhasa abo basindileyo kudlwengulo.

Udlwengulo alusoze lubonwe njengesenzo esiqatha ade wonke umntu ayazi ukuba yinto eyenza qho. Emzantsi Afrika ngo-2009 kwakukho amatyala odlwengulo ayi-71500 axeliweyo emapoliseni. Uphando luqikelela ukuba ngomnye kuphela kubasindileyo abayi -9 abaluxelayo udlwengulo. Ngokufunda ukuxhasa abantu abasindileyo ngobuthathaka, amadoda anganceda abantu ababhinqileyo kwanamanye amadoda bazive bekhuselekile ngakumbi ukuba bathethe ngokuphandle ngodlwengulo ukuze ilizwe lwazi ukuba udlwengulo yingxaki enkulu.

Ukunikela ngexesha lakho kwanemali

Qhakamshelana okanye unikele neziko elusebenzela ukunqanda

ubundlobongela olwenziwa kubantu ababhinqileyo. Iisenta zakwa-Rape Crisis, ii-arhente zobudlobongela basekhaya kwanamaqela achasene nodlwengulo labantu abangamadoda zijonge kwiminikelo ukuze zichume kwaye basoloko befuna oononibe ukuba babancedise ngomsebenzi.

Thetha nabantu ababhinqileyo.

Ngendlela ukudlwengulwa okuyikhathaza ngayo impilo yabo yemihla ngemihla; ngohlobo abafuna ukuxhaswa ngayo ukuba bakhe badlwengulwa; ukuba bacinga ukuba amadoda engenza ntoni ukunqanda ubudlobongela besini. Ukuba uzimisele ukumamela ungafunda lukhulu kubantu ababhinqileyo ngeempembelelo zodlwengulo nendlela esingaluphelisa ngayo.

Thetha namadoda Ngendlela oziva ngayo xa ubonakala nje ngomdlwenguli, ngento yokuba 10-20 % amadoda onke azakuhlukunyezwa embomini babo, ukuba banabo abantu ababaziyo abakhe badlwengulwa. Funda ukuba uhlukumezo luwachaphazela njani amadoda yaye angenza nto ukunqanda oko.

Zabalaza. Misa elakho iqembu lamadoda ajongene nkqo nokuqanda uhlukumezo. Amaqembu alwa udlwengulo emadodeni aya ngokukhula ekuhlaleni ngakumbi ezikholeji nakwiyinivesithi. Ukuba unalo

ixesha yaye ekhuthazekili, yindlela entle leyo yokwenza umehluko kumphakathi wakho. Sebenzela ukuphelisa ezinye iintlobo zocinezelo Udlwengulo yenye yomphumela wokubandlulula – ngokwebala, ngokwesini, nangokwenkolo yakho. Ngokuthetha ngaphandle ngezinkolo nezizenzo zixhasa abanye abantu njengaba phezulu kunabanye bangavumeli abanye ubuntu babo, uxhasa wonke umntu ngokulinganayo.

Wonke umntu onolwazi ukuba uhlukumezo lwenzekile emntwaneni okanye kumntu okhubazeke ngengqondo umele akuxele oko emapoliseni. Ukungakwenzi oko akukho semthethweni yaye umntu othe wabanjwa ekwenza uyakuvallelwa isithuba seminyaka emihlanu. Ukuba uyakurhanela oku nokuba loluphi uhlobo locinizelelo, uyanzeliswa ngumthetho ukuxele kwipolisa, unontla-lontle okanye iqela elisebenza ngokuhlukunyezwa kwabantwana.

Ukungakwenzi oku kujongwa njengolwaphulo-mthetho yaye ungabanjwa okanye ubhataliswe.



Ukuhlukunyezwa
Kwabantwana
kwakunye nabo bakhubazeke ngengqondo

Ukuhlukunyezwa Kwabantwana

kwakunye nabo bakhubazeke ngengqondo

Wonke ubani onolwazi ngokuhlukunyezwa okwenziwa ngasemntwaneni okanye kwabo bakhubazeke ngengqondo, bamele bakuxelele oku emapoliseni. Ukuba awukwenzi oku, unetyala ngokomthetho yaye umntu obanjwe esenza oko angavalelwa iminyaka- 5 entolongweni. Ukuba ucingela kukho uhlukumezo oluthile, unyanzeliswa ngumthethoxelelele ipolisa, unantlalontle okanye iqembu elijongene nokuhlukunyezwa kwabantwana. Ukungayenzi lento kujongeka nje ngolophulo-mthetho yaye ungabanjwa okanye uhlawuliswe.

Amantombazana, amakhwenkwe nabafazana bayadlwengula ngootata babo bomtshato omtsha, ngabalingane boomama babo, ootata babo kwanoootatomkhulu babo. Ngamanye amaxesha utata uyenza ngokuphinda-phindeneyo entombini yakhe kude kudlule iminyaka emininzi. Ngamanye amaxesha uyakufumanisa ukuba umama wakhe umntwana uyayazi ukuba oku kuyaqhubeka kodwa azive enganamandla okunceda umntwana wakhe kuba esoyika indoda izakuya entolongweni, iphulu-kane nomsebenzi kuze usapho lungabinamondli. Ukuba ukwimeko enjalo, jonga uluhlu lwenombolo onokuzitsalela emva kule ncwadi. Amantombazana amaninzi namakhwenkwe nabanye

Umbulo: ukulalana kwabantu ababini ababonwa njengezizalwane ngokomthetho umzabazali okanye umakhulu nototamkhulu nabantwana; oomalume nabatshana; abakhuluwa nodade; abazali abatsha bomtshato nabantwana abatsha bomtshato

Ukuphathwa Kakubi koMntwana ngoKwesini: ukusetyenziswa komntwana

abantu abakhubazeke ngengqondo, baye bahlukunyezwe iminyaka emininzi ngabantu abangotata abazalana nabo, ngaphandle nje kotata babo, ommelwane okanye amadoda abawathembileyo ekuhlaleni.

Ukuhlukunyezwa kumphazamisa njani umntwana:

Zininzi iindlela ezinokuthi ziphazamise umntwana xa ethe wahlukunyezwa njengoko amadoda nabantu batyhini baphazamiseka ngalo xa bethe badlwengulwa. Iziphumo emntwaneni zixhomekeka kwizinto ezithile njengokuba umntwana uneminyaka emingaphi kwanokuqonda kwakhe ukuba yintoni eyenzekileyo kuye. Ezinye izinto zezi:

- *Ulwalamano phakathi kwalowo wenza ububi nomntwana kwanokuba umntwana ebemthembe kangakanani na.*
- *Oku kuhlukumeza kuthathe ixesha elingakanani na.*
- *Ukubangaba umdlwenguli lowo uzithobe njani na ulwalano lomntwana nabanye abantu, umzekelo, ngokuthetha*

kwizenzo zokulalana okanye ukuzanelisa okwenziwa ngumntu omdala okanye umntwana omdalana

Abasesichangeni sengozi: Abo badala bakhubazeke ngengqondo ukuze bangakwazi ukunika ubungqina ngokwasemthethweni.

ezifana, "Ungamxeleli umama, akandithandi ngokwaneleyo kungoko ndisenza oku nawe."

- *Nokuba abantu abasondeleyo emntwaneni bazakuphendula njani xa udlwengulo luthe lavela*

Ziyohluka iindlela ezithi umntwana aphazamiseke ngayo kodwa zingaquka oku kulandelayo:

- *Abantwana abancinane baye babenamaphupha amabi, bangalali kakuhle kwaye bazichamele xa belele.*
- *Isimilo naso singatshintsha xa umntwana ethethe walalwa okanye umsindo nokungakwazi ukuzibamba.*
- *Umntwana angabonakala engazithandi, ezigxeka kwaye edanile.*
- *Anganazo nezifo kwilungu lakhe langaphantsi okanye ukunzakala.*
- *Abantwana abahamba isikolo bangabonakala bengasahoyi ngokwesiqhelo boyike ukuba phakathi kwabantu.*
- *Abantwana bangabonakala bedakumbile.*
- *Abantu abatsha bangonoliyo ko ukwalamana nabantu abalingana nabo okanye ukuba nabalingane.*
- *Bangabonakala bedakumbile, okanye befuna ukuzibulala okanye ukuzilimaza ngabom.*

Ukuba umntwana uthetha ngokuxhalaba ngezinto ezidibene nokulalana nakweliphi ilungu losapho okanye utitshala, kubalulekile ukuba oku kulandelelwe. Unganceda ngokuthi ukhusele abantwana kudlwengulo

nombulo ngokubafundisa ukuba bangaluvumeli naluphi na uhlobo lokuphatha-phathwa neentetho ezilumezayo kubo kwanokuthetha ngoku khulelikileyo nakuwuphi na umntu abamthembileyo ukuba oku kuthe kwenzeka. Ukuba umntwana uthe wakuxelela ngokudlwengula, mthebe kwaye umxhase.

Abantu abadala ababelwengulwe bengabantwana bangafumana ubunzima obuthile xa sele bebadala. Ngamanye amaxesha oku kungachaphazile ubomi bakho kude kubenzima ukuchana ukuba okukudlwengulwa kukuchukumise kanjani na. Kodwa kubalulekile ukuba uzame ukuqonda ukuba umonakala uphi na:

- *Xa ungazixabisi kwaye uziva ungenamandla*
- *Ukufumana ubunzima ekukhathaleleni wena, abanye abantu kwanabantwana bakho*
- *Ukungabinamandla ngobomi*
- *Ukuziva ingathi awufanelekanga*
- *Ufumana kunzima ukuthetha ngendlela oziva ngayo*
- *Ukuziva udakumbile, ukuba namaphupha amabi kwanoku-phaphazela*
- *Ukungawuva umzimba wakho*
- *Ukutya ngaphezu kwesiqhelo nokusebenzisa iziyobisi notywala*
- *Ukungawumameli umzimba wakho xa usiva ubuhlungu, udiniwe okanye xa ulambile njalo njalo*
- *Ukungawuthandi umzimba wakho*
- *Ukuzivisa ubuhlungu ngabom*

- Ukufumana ubunzima ukuthemba abantu okanye ukwalamana nabanye abantu
- Ukuxhalaba ukuba ubudlelwane nabantu abuzukulunga
- Ukoyika ukuba abantu bazakungcatsha okanye bazokwenzalisa
- Ukungakwazi ukusondeza abantu xa uhambisana nabo
- Ungaba ulindele abantu bakushiye?
- Ungaba uyakwazi ukuthi hayi ebantwini?
- Ingaba ucinga ukuba xa uziva ufuna ukulalana nomntu uba nentloni?
- Ukusebenzisa ukulalana njengendlela yokwanelisa abanye
- Ukungafuni ukulalana okanye ukulalana nabantu abaninzi
- Ukufumana kunzima ukuthetha ngokulalana
- Ukuba nembali yokuhambisana nabantu abakuphatha kakubi
- Ukuvukelwa zingcinga zokulalana ezinobudlobongela
- Ukwenza konke okusemandleni kwakho ukuqinisekisa ukuba ulawula konke okudibene nokulalana

Ukuba uthengilexsha ufunda konke oku waziva ukhumbula into eyakho yenzeka kuwe, thetha nomntu omthembileyo uzokuncedakala



Amanye Amanqaku Anokuxoxwa

IThetha nabanye abantu ababhinqileyo - usapho lwakho, abamelwane, izihlobo, amanye amabhinqa asebenza nawe okanye okhonza nabo - ngodlwengulo. Zibandakanye neqela okanye umbutho woomama okanye uqale owakho. Ukuba sewulilungu lombutho woomama, bacele ukuba bathethe ngodlwengulo. Ukuba iqela elo liyinxenye lombutho omkhulu (njengombutho wezopolitiko, umanyano, istokfela okanye umbutho wabafundi) cela iqela elo ukuba uthathe udlwengulo ngokundilisekileyo. Mininzi imiba okucinga ngayo. Ezinye ziveziwe kule ncwadana. Nawe mhlawumbi unganayo eyakho imibuzo kwaneengcinga ofuna ukuthetha ngazo.

Nantsi eminye imibuzo onokucinga ngayo:

- Kutheni amadoda amaninzi ecinga ukuba ukudlwengula yinto yokuhlekisa, nento ebona ukuba bajongeke ingathi banamandla?
- Kutheni sifundisa amakhwenkwe ukuba baberhabaxa kwaye babenobungonyama kodwa sifundisa amantombazana ukuba athambe kwaye awafihle amandla awo.
- Kutheni le nto singathethi ngokulalana?
- Yintoni oomama nootata abanokuyenza ukukhulisa amakhwenkwe awahloniphayo amantombazana?

- Singabakhulisela njani abantu ababhinqileyo?
- Singawakhusela njani amakhaya ethu, izitalato zethu kwanendawo esisebenza kuzo?
- Abantu ababhinqileyo namadoda bangamanyana njani ukulwa udlwengulo?
- Singabenza njani abakhokeli bethu ukuba baxhase eliphulo?

Izikhhalazo nezikhewu ezikhoyo uluncedweni labantu

Umthetho wezikhwebekiso ngokwesondo usemtsha kakhulu. Ukuze amaxhoba odlwengulo ancedakale, kufuneka siwuqwalasele ukuba ulandelwa kakuhle ngamapolisa, ezibhedlele kwakunye nasezinkundleni. Ukuba ke amalungelo khange ahlonelwe okanye akhange ufumane uncedo ubulifuna nolulilo, ungasifaka isikhhalazo.

U- Rape Crisis uncedisa ukujongana nezikhewu uluncedweni loluntu - **ukuba useTshona Koloni** yaye ufunuu ukwenza isikhhalazo ngamapolisa, isibhedlele okanye inkundla yiza kuthi sikuncede.

Tsalela icandelo lethu kulenombolo - 0214471467 uzakulifumana uncedo apho.

Amanye Amanqaku Anokuxoxwa

Indlela zokufaka isikhalazo

Izikhhalazo ngamapolisa

Ukuba ufuna ukukhalaza ngepolisa elithile okanye ngoncedo olufumeneyo emapoliseni, qala ubhalele uKhomishina wesosikhululo salomapolisa. Bhala phansti yonke into eyenzekileyo kwisikhalazo sakho ezinje ngsuku,, ixesha, amagama kwakunye nendawo. Ukuba awufumani mpendulo apho, ungazama ukudibana noMphathiswa wecandelo laseKapa.

Ukuba umba wakho awukancedwa, ungazama ukudibana **neCandelo**

Elizimeleyo Lezikhalazo (<http://www.icd.gov.za/>).

Eli licandelo likarhulumente elenzelwe ukuphanda ezikhhalazo ngakumalungu esemapoliseni. Eli candela lisebena ngezehlo ezenzeke phambi konyaka ka 1997 kuAprili nezo zenzeka phambi konyaka zaxelwayo ngaphandle ukuba zixhumisa amehlo kakhulu.

Izikhhalazo ngezibhedlele

Ukuba unesikhalazo ngesibhedlele esithile, bhalela umphathi weso sibhedlele utsho uchaze igama lakho nezinye izinto nayo yonke

into eyenzekileyo, amagama abantu ababandakalayo kulomba kangokuba ukhumbula. Ukuba lombha uwukancedwa bhalela umphathi omkhulu kwicandelo lezibhedlele okanye uMtshutshisi woluntu.

Izikhhalazo ngasenkundleni

Ukuba ufuna ukukhalaza ngoMtshutshisi, ungathetha okanye ubhalele umphathiswa omkhulu wabaThutshisi apho ityala lkhona. Ukuba lento ayisebenzi ungabhalela umphathiswa omkhulu wephondo.

Ukuba awuqiniseki ngesikhalazo sakho, tsalela uMtshutshisi Woluntu akucebise.

Umtshutshisi woluntu

ThUMtshutshisi Woluntu ingakuphandela nokuba ngubani na ongawenziyo umsebenzi wakhe. Ukuquka wonke umntu osesebenzini ochaphazela thina. Imphatho - mbi yexhoba lodlwengulo esibhedlele sikaRhulumente okanye ukuziphatha kakubi kwamapolisa lukwalapha. Ukuba awuqinisekanga ukuba uMtshutshisi Woluntu

Nazi inombolo zelicandelo:

I-OFISI	IDILESI YEPOSI	IMFONOMFONO	I-FAX
National Office Gauteng	P/Bag X 941, Pretoria, 0001	012 392 0400	012 320 3116/7
Cape Town Western Cape	P/Bag X 43, Bellville, 7530	021 941 4800	021 949 3196
Durban KwaZulu-Natal	P/Bag X 54303, Durban, 4000	031 310 1300	031 305 8214
Johannesburg Gauteng	P/Bag X 25, Johannesburg, 2000	011 220 1500	011 333 2705
Polokwane Limpopo Province	P/Bag X 9525, Polokwane, 0700	015 291 9800	015 295 3409
Nelspruit Mpumalanga	P/Bag X 11325, Nelspruit, 1200	013 754 1000	013 752 2602
Bisho Eastern Cape	P/Bag X 7491, King Williams Town, 5600	043 706 6500	043 706 6526
Mafikeng North West Province	P/Bag X 2017, Mafikeng, 2745	018 397 2500	018 381 1495
Bloemfontein Free State	P/Bag X 20708, Bloemfontein, 9300	051 406 6800	051 430 8852
Kimberley Northern Cape	P/Bag X 6105, Kimberley, 8301	053 807 5100	053 832 5615

<http://www.icd.gov.za/contact/index.html>

Nazi inombolo zelicandelo:

I-OFISI	IDILESI YEPOSI	IMFONOMFONO	I-FAX
National Office Gauteng	P/Bag X 941, Pretoria, 0001	012 366 7000	012 362 3473
Eastern Cape	P O Box 1400, Bisho, 5605	040 635	
Free State	P O Box 383, Bloemfontein, 9300	051 448 6172 051 448 6185	051 448 6070
Gauteng	P O Box 32738, Braamfontein, 2017	011 339 3737 011 339 2047	011 333 2705
KwaZulu-Natal	P O Box 4267, Durban, 4000	031 307 5300 031 307 5250 031 307 5251	031 307 2424
Limpopo	P O Box 4533, Polokwane, 0700	015 295 5712 015 295 5699 015 295 5956	015 295 2870
Mpumalanga	P O Box 3373, Nelspruit, 1200	013 752 8543	013 752 7883
Northern Cape	P O Box 1505, Kimberley, 8300	053 831 7766 053 831 8325381/2	018 381 1495
North West	P O Box 512, Mafikeng, 2745	018 381 1060/1/2	018 381 2066
Western Cape	P O Box 712, Cape Town, 8000	021 423 8644	021 423 8708

uyakusiphanda isikhalazo sakho, bhalela kwiofisi yoMtshutshisi Woluntu. Abantu abasebenza apho bazakumamela into oyithethayo bazame ukukunceda okanye bakuxelele ukuba yiya phi uzokufumana uncedo olulilo. Inombolo yabo yamahala ithi 0800 11 20 40.

Umtshutshisi woluntu angaphanda ngantoni?

- Uhlukumezo lwamandla, ubukrwada nezinye intobo zokungaziphthi kakuhle
- Ukulibazisa okungenasizathu okanye okungaqondakaliyo
- Ukuphathwa kokubi kwamalungelo abantu
- Nokungaphathwa kakuhle komthetho.

Uluhlu Lwamagama

Ukukhupha isisu: ukuphelisa ukuba nzima

Ummangalelwa: lo mntu urhanelwa kwanommangalelwe ukuba wenze ityala

Udlwengulo ngumntu omqhelileyo: udlwengulo olwenziwa ngumntu osele elazi ixhoba nangoluphi na uhlobo phambi kokuba amdlwengule

AIDS Ugawulayo: isifo esinganyangekiyo esifumaneka ngokulalana

Orhanelwa ngokudlwengula: igama elisetyenziswa ziintatheli xa kuthethwa ngomntu orhanelwa ngokuba ungumdlwenguli, phambi kokuba isenzo sixoxiwe enkundleni kwaye lo mntu ufunyenwe enetyala

Ukudlwengulwa ngemva: ukudlwengulwa ngemva

Umva: isithuba okanye umngxunya ophakathi kwempundu

Ukuvukelwa: ukuvuka ngokwesini okanye ukubatywa

Ukuzenzekela: into eyenzeka ngokwayo ungacinganga okanye ngabom

Ibheyile: Imali inikwa uRhulumente njengedipozithi ukuqinisekisa ukuba ummangalelwa uyakuvela enkundleni ngexesha letyala

Ingxoxo yebheyile: inkqubo yasenkundleni ehlalewayo ukuze kuthathwe isigqibo sokube umntu omangalelweyo akhutshwe ngebheyile kwaye kube imali ekuzakufuneka eyikhuphile

Isimangalo: ukuxela ulwaphulo-mthetho olwenziweyo ukuze amapolisa akwazi ukuqala uphando oluzakuxhasa izinto

ezikhoyo kwaye baqokelele ubungqina obuzakuxhasa ezo zinto zikhoyo

Ukuphathwa Kakubi koMntwana ngoKwesini: ukusetyenziswa komntwana kwizenzo zokulalana okanye ukuzanelisa okwenziwa ngumntu omdala okanye umntwana omdalana

I-Closed circuit television (CCTV): Isistim equka isithathamfanekiso, izimameli kwanesibonisi sikamabonakude esenza ukuba ingqina likwazi ukunika ubungqina balo likwelinye igumbi elisecaleni kwenkundla

ISenta Yenkonzo Zabahlali: indawo yokwamkela yesikhululo samapolisa apho umntu aye khona xa eyokubeka isimangalo (kuqala yayibizwa ngokuba yi-Oifisi yokuMangala)

Imvume: ukuvumela, ukunika umvume, ukuthi ewe

Umcebisi: umntu oqeqeshelwe ukuba akunike inkxaso namava ngeenkxaso zakho, ezokuhlala nezasengqondweni

Ukudlwengulwa ngumntu ophuma naye: ukudlwengulwa komntu obhinqileyo ngumntu oyindoda aphuma naye

Ukudakumba: ukuziva lusizi kakhulu, ukungabinathemba kwaye ungelangel kwaye ngamaxesho amaninzi okuuhambelana ziimpawu zomzimba.

Ugrirha otyandayo wesithili: kudala lo yayikade ingugqirha owayeqashwe liSebe lezoBulungisa. Abagqirha ngoku baqashwe licandelo leenkonzo zasenkundleni kwisebe lezempilo kwaye babizwa ngokuba zii-Clinical Forensic Practitioner.

Uluhlu Lwamagama

Ukukhupha: xa incindi jobudoda iphuma kwincanca

Ukubatywa: xa incanca imilie, iqinile, oku kudla mgokwenzeka xa umntu evukelwe

Ubungqina: izinto (amaphepha, iintetho, iimpahla, iincindi zomzimba) ezivezwa enkundleni ngokuzama ukubonisa ukuba ityala lenzekile okanye alenzekanga

Into: into eyaziwayo ukuba ikhona, ukuba yenze okanye iyinyaniso

Yasenkundleni: igama elisetyenziswa xa kuthethwa ngeenkundla zomthetho kwanokufunyanwa kwamatyala

Ubugqirha basenkundleni: ulwazi lobugqirha olusetyenziswa ekuphandweni kolwaphulo-mthetho kwanasezinkundleni zomthetho

Udlwengulo liqela: ukudlwengulwa ngabantu ababini okanye abangaphezulu

Ukuthandana kwabantu besini esifanayo: umntu othanda nabantu besini esifana nesakhe, ingaba ngumntu oyindoda okanye umntu obhinqileyo

Ukulimaza umzimba: ukwenzakalisa ngokunobungozi

Ukubanetyala: 1. Ukuziva ingathi wenze into engalunganga okanye 2. Xa uthe wafunyanwa unetyala wakuba waphule umthetho

I-HIV - i-Humana immunodeficiency virus: intsholongwane eyenza i-AIDS

Ukuba nesiphumo esiyilandulayo i-HIV: ungabinanyo intsholongwane eyenza i-AIDS

Ukuba nesiphumo esiyivumayo i-HIV: ukuba nentsholongwane eyenza i-AIDS

Ukuthanda abantu besini esifana nesakho: ukuziva unomtsalane kubantu abasini sifana nesakho

Ukuthambekela kubantu abasini singafaniyo nesakho: ukuziva unomtsalane kubantu abasini singafaniyo nesakho

Umbulo: ukulalana kwabantu ababini ababonwa njengezizalwane ngokomthetho umzabazali okanye umakhulu nototamkhulu nabantwana; oomalume nabatshana; abakhuluwa noodade; abazali abatsha bomtshato nabantwana abatsha bomtshato

Ukulimaza ngendlela engenasidima: - iintlobo zokulalana ngaphandle kwemvume ezingekakanakana ngumthetho waseMzantsi Afrika

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*Inguqulelo: English neAfrikaans
ziyafumaneka kwi-ofisi zakwa Rape Crisis.*



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