



Ditaba tse amanang le Baithuti

Diketso tsa dikgoka tse hlekefetsang ho ya ka bong ke eng (GBV)?

GBV e na le ditlhaloso tse ngata tse fapaneng; le ha ho le jwalo, tlhaloso e amohelang haholo lefatsheng ka bophara ke "diketso tsa dikgoka tse etswang mothong ho itshetlehlwe ka bong ba tlhaho KAPA bong boo maikutlo a motho a ikamahanyang le bona" (Ott, 2017). GBV e kenyeletsa boitshwaro ba mofuta ofe kapa ofe le tlhekefetso e bakang:

- tshabo
- ho utlwisa mmele bohloko
- ho ama maikutlo habohloko
- ho etsisa motho dintho a sa batle
- ho hloka-hala

Diketso tsa dikgoka tse hlekefetsang ho ya ka bong (GBV) di kenyeletsa le diketso tsa dikgoka tse etswang bathong ba basadi, ba banna, baneng ba bashemane kapa ba banana, ka lebaka la melao e laolang boitshwaro setjhabeng e buang ka dikarolo tse bapalwang le boitshwaro bo lebelletsweng mothong wa bong bo bong le bo bong. Hangata di etsahala dikamanong tsa lerato. Le ha banna le bashemane le bona ba hlekefetswa le ho etswa diketso tsa dikgoka, basadi le banana ba ameha haholo ka lebaka la ho se lekalekane ka matla le maemo a tlase ao ba a fuwang setjhabeng. Mabaka ana hangata a tswala kgethollo le ho etsa hore ba hanelwe menyetla makaleng a fapaneng a bophelo.

- Dihlopha tse kotsing haholo di kenyeletsa:
- basadi le banana
- bana
- maqheku
- batho ba phelang le boqhwalala
- lesbiene, gay, bisexual, trans, motho ya kgahlwang ke batho ba bong kaofela/ya ipatlang, intersex, asexual (LGBTQA+) people (Nkonyane, 2019)

Mefuta ya GBV

GBV e ka etsahala ka mefuta e mengata e fapaneng. Ena ke mefuta e tlwaelehileng haholo:

Ho utlwiswa bohloko mmeleng

Ho otlala, ho otlala ka tlelapa, ho otlala ka difeise, ho raha, ho tjhesa Ho kgama
Ho senya thepa ya motho
Ho hana tlhokomelo ya bongaka le/kapa ho laola tshebediso ya meriana Ho susumetsa molekane ho sebedisa dithethefatsi Tshebediso ya dibetsa

Ho ama maikutlo a motho

Ho bitsa motho ka mabitso, ho hlapaola
Ho bona molekane phoso ka ntho e nngwe le e nngwe Ho ba le mona o fetang tekano
Ho tshosetsa, Ho hlabisa motho dihlong Ho tlosa motho bathong
Ho laola se etswang ke molekane le hore o ya hokae Ho latella molekane sephiring

Diketso tsa dikgoka tse hlekefetsang ho ya ka Bong

Matshwao a Ho hlokomedisa ka GBV

Ana ke matshwao a tlwaelehileng a GBV, ao boholo ba oona a leng kamanong ya tsa lerato. Le ha ho le jwalo, lenane la matshwao ana ha le felle, ka ha mefuta e meng ya GBV ha e a totobala mme e meng e ka nna ya se be le matshwao a bonahalang.

- Ho ba mona ho feta tekano
- Ho batla ho laola bophelo ba motho e mong
- Ho fetofetoha ho sa lebellwa
- Ho nkwa ke maikutlo hampe
- Ho tshwara diphoofolo ka sehloho
- Tlhekefetse ka mantswa
- Tlwaelo ya ho laola batho ho feta tekano
- Ditumelo tsa mehlang ya kgale tsa dikarolo tse bapalwang ke basadi le banna dikamanong tsa lerato
- Thobalano e qobellwang kapa ho se nahanele maikutlo a molekane a ho se batle ho etsa thobalano
- Ho thibela motho ka boomo ho sebedisa dithibelapelehi kapa ho hanela ho sebedisa mekgwa eo ho dumellanweng ka yona
- Ho tshwaya lehlatsipa phoso ka ntho efe kapa efe e etsahalang
- Ho thibela lehlatsipa ka boomo hore le kgone ho ya mosebetsing kapa sekolong
- Ho laola ditaba tsa ditjhelete kaofela
- Tlhekefetso ya ditho tse ding, bana kapa diruuwa tsa lelapa
- Diqoso tsa hore lehlatsipa le eka batho ba bang kapa le a ratana
- Ho laola hore lehlatsipa le apara eng le hore le etsa dintho/itshwara jwang
- Ho nyenyefatsa lehlatsipa, sephiring kapa hara batho
- Ho hlabisa lehlatsipa dihlong ka pela batho ba bang
- Ho hlekefetsa lehlatsipa mosebetsing (NCADV, 2018)

Hlalosa se lokelang ho etsahala hosane.

Mefuta ya GBV

GBV e ka etsahala ka mefuta e mengata e fapaneng. Ena ke mefuta e haholo:

E amanang le thobalano

- Ho qobella molekane ho etsa thobalano le batho ba bang (ho rekisa batho)
- Ho etsa thobalano le lehlatsipa le sa hlahohelwa ka botlalo kapa le tshaba ho hana
- Ho utlwisa molekane bohloko mmeleng nakong ya thobalano
- Ho qobella molekane ho etsa thobalano ntle le tshireletso / ho sitisa tshireletso ya dithibelapelehi mmeleng

E amanang le theknoloji

- Ho kena imeiling le diakhaonteng tsa molekane ka bolotsana
- Ho sebedisa disebediswa tsa ho beha metsamao, mehalo le melaetsa ya molekane leihlo selefounung ya hae, a sa tsebe
- Ho beha dipuisano leihlo ka social media
- Ho batla ho tseba dipassword tsa molekane

E amanang le ditjhelete

- Ho utlwisa motho bohloko kapa ho mo ntsha kotsi mmeleng, e tla etsa hore a se kgone ho ya mosebetsing
- Ho hlekefetsa molekane mosebetsing wa hae
- Ho laola diasete tsa ditjhelete le ho abela molekane ho ya ka melawana e behetsweng
- Ho senya lebitso la molekane hore a hlolehe ho fumantshwa dithuso tsa ditjhelete

Kalafo ka mora ho sotlwa ka thobalano

Ka mora hoba motho a sotlwe ka thobalano, ho bohlokwa hore a fumane kalafo ya bongaka. POST- PROPHYLAXIS (PEP) ke kalafo e fuwang batho ba sotlilweng ka thobalano ho fokotsa kotsi ya hore ba be le HIV. Haeba motho a sotlilwe ka thobalano mme boemo ba motho ya mo hlasetseng bo sa tsejwe, motho ya tswang tshotlehong o alafshwa jwalo ka ha eka ba/mohlase-di o HIV+. Hona ho tla netefatsa hore dithibelo kaofela tse ka hlokehlang di a sebediswa ho fokotsa dikotsi tsa ho fetisetsa HIV mothong ya tswang tshotlehong ya thobalano. Motho ofe kapa ofe ya sotlilweng ka thobalano o lokela ho fumana PEP. Batho bana ba kenyeletsa basadi, banna le bana, bashemane le banana ka bobedi, ba tlalehang dihoreng tse 72 mme ba le HIV nekethifi.

Ho fumana PEP ho na le melemo e latelang:

- Ho thibela ditshwaetso tse fetiswang ka thobalano (STI), tse kenyeletsang HIV
- Ho thibela ho ima ho sa batlweng ho etsahalang ka lebaka la ho betwa
- Ho thibela ho ba le Hepatitis B
- Ho romelwa moo motho a ka fumantshwang tlhokomelo e amang kelello le boitshwaro ba motho setjhabeng

Ho fanwa ka kalafo efe?

Kalafo e ka mofuta wa dipidisi tsa batho ba baholo le sirapa ya bana. Moriana ona o lokela ho nowa ka molomo jwalo ka ha ho laetswe, makgetlo a mabedi kapa a mararo ka letsatsi. Moriana o lokela ho nowa neng? O lokela ho nowa hanghang, EMPA o tlameha ho nowa dihoreng tse 72 (matsatsi a 3) tsa tshotlo. Moriana o tlameha ho nowa matsatsi a 28.

Na moriana o na le ditlamorao?

Ho ka ba le ditlamorao, tse jwalo ka ho opelwa ke hlooho, mokgathala, lekgopo la letlalo, ho sebetswa ke diphetho tsa teko ya hao ya HIV hore o tsebe boemo ba mala le ho feroha dibete, e leng ditlamorao tse alafehang. Ho bohlokwa HA-HOLO hore o se fete tekanyetso e le nngwe ya moriana, le ha ditlamorao di ba teng.

Nka fumana PEP hokae?

O tla etswa teko ya HIV le ho fumana lesedi le ho thojwa maikutlo ka diphetho tsa teko. O tla thojwa le maikutlo ka mora hoba o fumane diphetho tsa diteko tsa HIV. Diphetho tsa hao di ka fumaneha metsotsong e 30 ka mora ho ba o etse diteko KAPA o ka kotjwa hore o kgutle ho tla fumantshwa diphetho tsa hao, moo o tla fuwa pakana e qalang ya meriana eo o lokelang ho e nwa matsatsi a mararo, hore o qale ho e nwa. Haeba teko ya hao e le phosethifi, moriana o tla kgaotswa. O tla tsebiswa ka mekgatlo le batho ba ka o thusang hore o be le tshepo le ho tshepa bokgoni ba hao ba ho tobana le boemo boo o leng ho bona le hore bo behwe leihlo. Haeba teko ya hao e le nekethifi, o tla fumana kalafo ya hao kaofela. Haeba o nahana hore o ke ke wa kgona ho kgutla ka mora ketelo ya hao ya pele, bolella ngaka hore e o fe moralo o felletseng wa kalafo wa moriana wa disaekele tse ngata.

Hobaneng ho hlokeha hore o nke moriana matsatsi a 28?

Ho fokotsa kotsi ya ho ba HIV phosethifi, o eletswa ho nwa moriana matsatsi a 28. O tla etswa diteko tse ding tsa HIV ka mora dibeke tse tshelletseng, dikgwedi tse tharo le tse ding hape ka mora dikgwedi tse tshelletseng ka mora peto/ho sotlwa ka thobalano. Ho bohlokwa haholo hore o tsebe hao ba HIV.



Kameho ya GBV

Kgonahalo ya dikameho tse kotsi tsa mefuta ena ya GBV e kenyeletsa:

- ho kula
- ho utlwiswa bohloko haholo kelellong, mmeleng le maikutlong
- ho ima ho sa batlweng
- ditshwaetso tse fetiswang ka thobalano, tse kenyeletsang tshwaetso ya HIV
- ho ipolaya
- ho sithabela maikutlo
- ho hloka tshepo ka seo o leng sona le seo o kgonang ho etsa
- ho hloka hloka
- Ditiehisano tse etsahalang thutong tse amang dithuto tsa hao
- ho tlohela dithuto hare

Moo o ka yang ho fumantshwa thuso

Batho ba sotlilweng/mahlatsipa ka kakaretso ha a bue ka ketsahalo tlasa mabaka a mangata, a kenyeletsang ho ipona phoso, ho tshaba ho iphetetsa, ho se tshepe balaodi, le kotsi/ho tshaba ho hlekefetswa hape. Diketso tsa GBV di etsa hore motho a ikutlwele bohloko le ho ipona phoso, ho ba le sekgobo ka lebaka la maikutlo a batho ba phelang le motho ya sotlilweng/lehlatsipa, le ho hlanohelwa ke ba lelapa le baahi. Sekgobo le ho hlanohelwa ho ka ba hobe haholo ha motho ya sotlilweng/lehlatsipa le bua ka ketsahalo kapa le e tlaleha.

Ha o ka ba lehlatsipa la GBV, ho bohlokwa hore o batle le ho fumana thuso. O ka buisana le batho ba ditshebetso tse latelang:

- Mohala wa tshehetso wa ditlaleho tsa Ho fedisa Diketso tsa dikgoka tse hlekefetsang ho ya ka bong: 0800 150 150 kapa SMS: 32074 kapa WhatsApp: 084 922 8808
- Nomoro ya bothata bo aparetseng naha: 086 132 2322
- Tlaleha ho se hlokomelwe kapa GBV e etswang ngwaneng : 0861 4 CHILD (24453)
- SAPS: 08600 10111
- Mohala wa thuso ya bana ba kotsing: 08000 55 555
- Tlaleha ketso efe kapa efe ya GBV e etswang baneng le basading Lefapheng la Ntshetsopele ya Setjhaba nomorong ya 0800 220 250.
- Mohala wa tshehetso ya ho kgonahala ho tswella ka bophelo wa ditlaleho tsa bothata bo itseng o ka letsetswang dihora tse 24: 021 461 1111

Maano le Melao ya Aforika Borwa ya ho sireletsa Tokelo ya seriti sa Botho dignities

Palamente ya Aforika Borwa e tijaetse melao ya ho sireletsa ditiokelo tsa batho kgahalano le GBV monwana. Bala lesedi le fetang lena ka melao ena hore o tsebe ditokelo tsa hao. Melao ena ke:

- Molao wa 1998 wa Diketso tsa Dikgoka Malapeng (The Domestic Violence Act of 1998)
- Molao wa 2005 wa Bana (The Children's Act of 2005)
- Molao wa 1998 wa Tlhokomelo le Kgodiso ya Bana/ Molekane (The Maintenance Act of 1998)
- Molao wa 2000 wa Kgothalletso ya Ho fana ka Menyetla ka ho lekana le Thibelo ya Kgetholo e bontshang Leeme (The Promotion of Equity and Prevention of Unfair Discrimination Act of 2000)
- Molao wa Diketso tsa Bosenyi (Molao wa Ditlolo tsa Molao tse amanang le Diketso tsa Thobalano le Ditaba tse amanang le tsona (The Criminal Law (Sexual Offences and Related Matters Act)
- Molao wa 2007 wa Diphetolo tsa molaotheo, molao, bili, jj (Amendment Act of 2007) (Palamente ya Riphaboliki ya Aforika Borwa, 2018)

Maano a Unisa

Unisa e tshebetsong ya ho boeletsana leano la yona la Tlhekafetso ka Thobalano. Leano lena le tla kenyeletsa basebetsi, baithuti le baeti. Maano a mang a amehang ke:

- Molao wa Dikgalemo tsa Baithuti
- Leano la kananelo ya Diphapano Bathon (The Diversity policy)

Ditaba tse amanang le Baithuti Unisa

Re fa baithuti ditshebetso tse latelang tsa tshehetso, tse tsa-maiswang ka sephiri se sehloho:

- Ho thoba Maikutlo a motho ka mong le Ditshebetso tsa Ho mo romela moo a tla fumantshwa tlhokomelo e loketseng
- Ditshebetso tsa Ho thoba maikutlo a Sehlopha sa batho
- Ditshebetso tsa Ho thoba maikutlo a ba Lelapa le Balekane
- Ditshebetso tsa Tshehetso ya Tshebedisano le dihlopha tsa Baahi
- Meralo ya ntlafatso ya Temoso le Matlafatso
- Ditshebetso tsa Boemo ba Maphelo a Baithuti, Tshehetso ya Lesedi leo batho ba leng mokgahlelong o le mong wa thuto ba fanang lona le polatefomo ya Inthanete eo ho kopanwang ka yona
- Latela Feisebuku ya rona ho: Unisa Student
- Patlisiso lekaleng la GBV

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