



## Student Affairs

### Yini budlova lobucondziswe kubulili lobutsite (i-GBV)?

Tinyenti tinchazelo lethlukene te-GBV; nanome kunjalo, inchazelo leyemukeleka kakhulu emhlabeni wonkhehe nguletsi "budlova lobucondziswe kumuntfu ngenca yebulili bendalo yakhe yebudvuna nome yebusikati NOME yebulili lateyamisa nabo yena" (Ott, 2017). I-GBV ifaka ekhatsi nome ngabe nguluphi luhlobo lwekutiphatsae kanye nekuchaphata lokubanga:

- kwesaba
- kulimata umtimba
- kulimata ngekwemoya
- umuntfu lowenta tintfo kubantfu ngaphandle kwemvume yabo
- kufa

Budlova lobucondziswe kubulili lobutsite (i-GBV) iphindze ifake ekhatsi tento tebudlova lobucondziswe kuboake, emadvodzeni, ebananeni nome emantfombataneni, ngenca yetindlelakwenta tetenhlobo letimayelana netindzaima kanye nekutiphatsa lokulindzelekile kwalobo nalobo bulili. Imvamisa kwenteka ebudlelwaneni. Nanome emadvodza nebanana nabo bayabukana nekuhlukunyetwa nebudlova, bomake nemantfombatana kubatsintsa kakhulu ngenca yekungalingani kwemandla kanye nesimo setenhlobo sabo lesiphasi labanikwa sona ngummango. Lamaphuzu aholala ekutseni kube nekubandlululeka futsi bacatjelwe eatfuba emikhakheni leyehlukene yemphilo.

- Emacembu lahlaseleka lula kufaka ekhatsi:
- bomake nemantfombatana
- bantfwana
- bantfu labadzala
- bantfu labaphila nekuhubateka
- bantfu labangema-lesbian, ema-gay, ema-bisexual,
- ema-trans, ema-queer/labangacondzakali bulili,
- ema-intersex, ema-asexual (ema-LGBTQA+) (Nkonyane, 2019)

### Tinhlobo te-GBV

I-GBV ingenteka ngetindlela letinengi letehlukene. Tinhlobo letetayelekile nguleti:

#### Yesimomtimba

Kushaya, kunchakaya ngemphama, kushaya ngesibhakela, kukhahlela kushisa  
Kwekhama  
Kulimata imphahla yakho  
Kwencabela kutsi anakekelwe ngekwetekwelashwa kanye/ nome kulawula kwelashwa Kucindzetela umlingani kutsi ase-bentise tidzakamiva  
Kusebentisa tilimato

#### Yesimomoya

Kubita ngemagama, kwetfukwa  
Kusola umlingani ngako konkhe Umona lomkhulu  
Kwesabisa  
Kuhlazisa  
Kwehlisa sitfunti  
Kuhlaliswa wedwa  
Kulawula loko umlingani lakwentako kanye nalapho aya khona Kumnyonyobela

## Budlova Lobucondziswe Kubulili Lobutsite

### Timpawu te-GBV letisecwayiso

Leti timpawu netinkhomba letetayelekile te-GBV, ikakhulu ebudlelwaneni. Nanome kunjalo, luhlu lwato alupheli, njengaloku letinye tinhlobo te-GBV atibonakali nekutsi letinye tingeke vele tibe netimpawu letibonakalako.

- Umona lomkhulu
- Kufuna kutsi kube kwakho
- Kungacombeleki
- Umoya lomubi
- Kuba nelunya etilwaneni
- Kuhlukumeta ngekuhuluma
- Kutiphatsa lokulawulako kakhulu
- Tinkholelo takudzala letimayelana netindzima letidlalwa bomake nabobabe ebudlelwaneni
- Kufuna emacansi ngemandla nome kunganaki kutsi umlingani wakhe akawafuni emacansi
- Kwentela phasi tindlela tekulawula kutala nome kungafuni kuhlonipha tindlela tekulawula kutala lokuvunyelenwe ngato
- Kusola lowo lohlukumetekile ngako konkhe lokwetekako
- Kwentela phasi nome kuvimbela lohlukumetekako kutsi asebente nome aye esikolweni
- Kulawula tonkhe timali
- Kuhlukumeta lamanye emalunga emndeni, bantfwana nome silwane sendlini
- Kusola lohlukumetekako ngekutsi udlala ngelutsandvo nalabanye nome uyagwadla
- Kulawula loko lohlukumetekako lakugcokako nekutsi utiphatsa njani
- Kwehlisa sitfunti lohlukumetekako, kungaba ngasense nome embikwebantfu
- Kugcagcalisa nome kwehliswa sitfunti kwalohlukumetekako ngembikwalabanye bantfu
- Kugcagcalisa lohlukumetekako emsebentini (NCADV, 2018)

# Budlovu Lobucondziswe Kubulili Lobutsite

## Tinhlobo te-GBV

I-GBV ingenteka ngetindlela letinengi letehlukene. Tindlela letetayelekile nguleti:

### Yetemacansi

- Kucindzetela umlingani kutsi alale nalabanye bantfu (kushushumbisa bantfu)
- Kufuna kulala nalohlukumetekako angakaphaphami ngalokuphelele nome esaba kutsi cha
- Kulimata umlingani ngekwesimomtimba ngesikhatsi nilalana
- Kucindzetela umlingani kutsi nilalane ngaphandle kwekusebentisa sivikelo/kwentela phasi kulawula imbeleko

### Yetebuchwepheshe

- Kugebenga i-imeyili yemlingani nema-akhawunti akhe
- Kusebentisa tisetjentiswa tekulandzelela kumakhalekhikhini wemlingani kwelusa kutsi ukuphi, kushaya tincingo nemilayeto
- Kwelusa kuchumana kwakhe etinkhundleni tekuchumana
- Kufuna ngenkhani kwati emaphasiwedi emlingani

### Yetetimali

- Kulimata emtimbeni nome kulimata lokutawuvimbela lowo muntfu kutsi angayi emsebentini
- Kugcagcalalisa umlingani asemsebentini
- Kulawula timphahla tetetimali kanye nekwenza ngemphumelelo kutsi umlingani atfole sibonelelomali
- Konakalisa ligama lelihle lekredithi lemlingani

## Kwelashwa ngemuva kwekuhlaselwa ngekwemacansi

Ngemuva kwekutsi umuntfu ahlaselwe ngekwemacansi, kubalulekile kutsi atfole kwelashwa ngekwemitsi. I-POST-EXPOSURE PROPHYLAXIS (i-PEP) kwelashwa lokunikwa kulabahlukumete ngekwemacansi kute kuncishiswe bungoti bekungenwa yi-HIV. Nangabe umuntfu ahlaselwe ngekwemacansi kantsi nesimo semhlaseli se-HIV asatiwa, lolohlaselwe welashwa shengatsi um/bahlaseli beba-HIV+. Loku kutawucinisekisa kutsi tonkhe tecwayiso letingabakhona tiyentiwa kute kuncishiswe emafuba ekutsi lohlaseleke ngekwemacansi asuleleke nge-HIV. Nanome ngubani lohlaseleke ngekwemacansi kufanele kutsi atfole i-PEP. Loku kufaka ekhatsi bomake, bobabe nebantfwana, bafana nemantfombatana, labbabike lesehlakalo kungakapheli ema-awa lange-72 kwentekile futsi bete i-HIV.

### Kutfole i-PEP kunaletinzuzo letilandzelako:

- Kuvikeleka ekusulelekeni ngelufu lolwendluliseleka ngekwemacansi (i-STI), lokufaka ekhatsi i-HIV
- Kuvikeleka ekukhulelweni lokungafuneki ngenca yekugagadlwa
- Kuvikeleka kutsi wesuleleke nge-Hepatitis B
- Kwendluliselwa kubeluleki betengcondvo

### Ngingayitfole kuphi i-PEP?

Utawuhlolwa i-HIV bese utfole lwatiso nekwelulekwa kutsi lokuhlolwa kusho kutsini. Utawuphindza futsi welulekwe Nge-muva kwekutfole imiphumela yekuhlolwa i-HIV. Imiphumela yakho ingatfolakala kungakapheli imizuzu lenge-30 ngemuva kwekuhlolwa NOME ungacelwa kutsi uphindze buye utewulandza imiphumela yakho, lapho utawuniketwa khona umgodla wemutsi wemalanga lamatsatfu, kute ucale uwunatse. Nangabe uhlolwe watfolakala kutsi une-HIV, lomutsi utawumi-swa. Utawutjelwa ngetinhlangano nangebantfu labangakusita kutsi uphile kahle kanye nangekutsi simo sakho seluswe. Nangabe uhlolwe watfolakala kutsi ute i-HIV, utayitfole yonkhe lemitsi yekwelashwa. Nangabe ucabanga kutsi ngeke ukhone kutsi ubuye futsi Ngemuva kwakuta kwakho kwekucala, tjela dokotela kutsi akunike wonkhe lomutsi lophelele.

### Ngukuphi kwelashwa lokunikwako?

Kalafa 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 dipheho 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.

### Kungani kudzingekile kutsi unatse umutsi emalanga lange-28?

Kunciphisa bungoti bekwesuleleka nge-HIV, uyelulekwa kutsi lomutsi uwunatse emalanga lange-28. Utawuphindza futsi uhlolwe i-HIV Ngemuva kwemaviki lasitfupha, kwetinyanga letisitfupha uphindze futsi ngemuva kwetinyanga letisitfupha ngemuva kwekugagadlwa/kwekuhlaseleke ngekwemacansi. Kubaluleke kakhulu kutsi utfole imiphumela yakho yeluhlolo lwe-HIV kute wati simo sakho se-HIV.



## Umtselela we-GBV

- Imitselela leyingoti lengabakhona yaletinhlobo te-GBV ifaka ekhatsi:
- imphilo legulako
- kuhlukubeteka ngekwengcondvo, ngekwesimomtimba kanye nangekwemoya
- kukhulelwa lokungakadzingeki
- kwesuleleka ngetifo temacansi, lokufaka ekhatsi lufo lwe-HIV
- kutibulala
- kucindzeteleka kakhulu emoyeni
- kutikhobosa
- kufa
- kubambeteleka ngekwemfundvo etifundweni takho
- kushiya phasi sikolo ungakasicedzi

## Ungalutfole kuphi lusito

Bomaphunyuka/bomakhombose imvamisa abakhulumi ngalesehlakalo ngenca yesizatfu letinyenti, lokufaka ekhatsi kutisola bona, kwesaba imphindziselu, kungetsembi labasemagunyeni, kanye nebungoti/kwesaba kuhlukunyetwa. Tento te-GBV tivusa kuhlaziswa nekusolwa, luphawumbi lwetenhlobo, kanye nekungemukelwa kwemndeni wamakhombose/wamaphunyuka nemmango esikhatsini lesinyenti. Luphawumbi lwetenhlobo nekwaliwa kungaba kubi kakhulu nangabe makhombose/maphunyuka akhuluma nome abika ngalesehlakalo.

## Nangabe uke waba ngumakhombose we-GBV, kubalulekile kutsi ufune Lusito futsi ulutfole. Ungatsintsa letindzawo telusito letilandzelako:

- Inombolo ye-Stop Gender Violence: 0800 150 150 or SMS: 32074 nome ku: WhatsApp: 084 922 8808
- Inombolo Yavelonkhe yesimo lesibucayi: 086 132 2322
- Inombolo Yekubika Kungakwa kwemntfwana nome i-GBV kumntfwana: 0861 4 CHILD (24453)
- I-SAPS: 08600 10111
- Inombolo Yebantfwana: 08000 55 555
- Bika nome ngabe nguyiphi i-GBV leyentiwa ebantfwaneni nakubomake eLitikweni Letekutfufukisa Tenhlalo ku: 0800 220 250.
- Inombolo yesimo lesibucayi yaka-LifeLine 24-hour ku: 021 461 1111

## Tinchubomgomo neMitsetfo yaseNingizimu Afrika yekuvikela tifunti teMalungelo Elunfu

Iphalamende yaseNingizimu Afrika iphasise imitsetfo yekuvikela emalungelo alowo nalowo muntfu ku-GBV. Fundza kabanti mayelana nalemitsetfo kute wati emalungelo akho. Lemitsetfo ngulena lelandzelako:

- Umtsetfo Wetebudlova Basekhaya wanga-1998
- Umtsetfo Wetebantfwana wanga-2005
- Umtsetfo Wetesondlo wanga-1998
- Umtsetfo Wekuvikela Kubandlululwa Ngalokungafeli Nekugcugcutela Kulingana Discrimination wanga-2000
- Umtsetfo Wekuchibela Umtsetfo Wetebugebengu (Bemacala Etemacansi Netindzaba Letiphatselene Naloko) wanga-2007
- Iphalamende yaseRiphabhlikhi yaseNingizimu, 2018)

## Tinchubomgomo tase-Unisa

I-Unisa isematasatasa nenchubo yekubuyeketa inchubomgomo yayo yeteKugcatcalatai Ngekwemacansi. Lenchubomgomo itawufaka ekhatsi tisebenti, titjudeni nebavakashi. Letinye tinchubomgomo letifanele nguleti:

- Inchubo Yetekucondzisa Tigwegwe Tebafundzi
- Inchubomgomo Yekwehlukahlukana (The Diversity policy)

## Tindzaba Tetitjudeni tase-Unisa

Siniketa titjudeni letinsita tekubasekela letilandzelako, letinebungasense kakhulu:

- Tinsita Tekwelulela Lowo Nalowo Netekwendluliselwa
- Tinsita Tekwelulekwa Ngwelicembu
- Tinsita Tekweluleka Umndeni Nebalingani
- Tinsita Tekwesekela Kucocisana Kwemmango
- Kucaphela Nekutfufukisa Tekungenelela
- Tinsita Temphilo Yetitjudeni Netenhlalakahle, Inkhundla yenethiwekhi Yekwesekela Ngekwemfundvo Nangekwenhlobo
- Ucelwa kutsi usilandzele kufeyisibhuku yetfu ku: Unisa Student
- Lucwaningo kumkhakha we-GBV

## Direferense

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