



Student Affairs

Xana i ncini ku xanisa munhu hi swa rimbewu ku nga Gender-Based Violence (GBV)?

Ku na tihlamuselo tiningi ta GBV; kambe hakanyingi leti ti amukelekaku eka misava hinkwayo i madzolonga lama ya kongomisiweke eka munhu hikokwalaho ka rimbewu ra yena KUMBE leri a tifambelananisaku na rona ku nga "violence that is directed at an individual based on his or her biological sex OR gender identity" (Ott, 2017). GBV yi katsa muxaka wihi na wihi wa matikhomelo na ku xanisa munhu leswi vangelaku:

- ku chava
- ku vavisa miri wa munhu
- ku xanisa hi swa ntlhaveko
- ku sindzisa munhu ku endla leswi a nga swi laviku
- rifu

Ku xanisa hi swa rimbewu ku nga gender-based violence (GBV) swi tlhela swi katsa swiendlo swa madzolonga lama ya endliwaku eka vavasati, vavanuna, vafana kumbe vanhwanyana, hikokwalaho ka ti-norm ta ku hanyisana ka vanhu hi tindzima na matikhomelo lama ya rindzeriweke eka vanhu va rimbewu. Swi tala ku endlela eka vuxakelani Hambiloko vavanuna na vafana va va ku na ku xanisiwa na madzolonga, vavasati na vanhwanyana hi vona va khumbekaku ngopfu hikokwalaho ka matimba yo ka ya nga ringanani na xiyimo xa le hansi lexi va nyiketiwaka xona hi sosayati. Swilo leswi swi tala ku va na vuyelo bya xihlawuhlawu na ku tsoniwa tiophochuniti eka swiyenge swo tala swa vutomi.

- Mitlawa leyi nga le ka xiyimo xa vunghozi
- i vavasati na vanhwanyana
- vana
- vanhu vo dyuhala
- vanhu lava hanyaka na vulamari
- lesbian, gay, bisexual, trans, queer/questioning, intersex, asexual (LGBTQA+) people (Nkonyane, 2019)

Tinxaka ta GBV

GBV yi nga endleka hi tindlela to hambana Leti hi leti ti nga tala ngopfu:

Emirini

Ku ba, ku phakata, ku bukutela, ku raha, ku hisa
Ku tlimba

Ku onha nhundzu ya munhu
Ku alela ku ongoriwa ka munhu/ku lawula mirhi ya yena, ku sindzisa munhu hi swidzidziharis
Ku tirhisa matlhari

Mintlhaveko

Ku vita munhu hi marito yo biha, ku rhukana munhu
Ku sola phatnara eka hinkwaswo, na ku va na rivondzo ro tlula mpimo
Ku chavisa, ku Xumbadza, ku
Tsongahata, Ku tshamisa munhu yexe
Ku lawula leswi phatnara a swi endlaku na laha a yaka kona na ku n'wi salasala endzhaku

Madzolonga ya rimbewu

Tisayini ta ku kombisa GBV

Tisayini leti i ta ntolovelo na swikombiso swa GBV ngopfu ngopfu eka vuxakelani Kambe, nongonoko lowu a wu helelangi, hikuva tinxaka tin'wana ta GBV a ti le rivaleni, kasi tin'wana a ti vi tisayini to vonaka.

- Rivondzo lerikulu
- Ku endla munhu n'winyi wa yena ngopfu
- Ku ka u nga tiveki leswi u nga ta swi endla
- Ku helahela mbili
- Ku va na tihanyi eka swifuwo
- Ku rhukana
- Ku lawula matikhomelo ya munhu swinene ku tlula mpimo
- Swikholelwa swa hava swa khale hi ndzima ya vavasati na vavanuna eka vuxakelani
- Ku sindzisa munhu hi swa masangu na loko munhu a nga lavi ku endla swa masangu
- Ku sivela munhu ku tirhisa tindlela to sivela ku veleka kumbe ku ala ku xixima tindlela leti ku nga twananiwa hi tona
- Ku sola mhamba no veka munhu milandzu hi swilo leswi onhakaku
- Ku onhela munhu vuswikoti bya ku tirha kumbe ku ya exikolweni
- Ku lawula hinkwaswo swa timali
- Ku xanisa swirho swin'wana swa ndyangu, vana, kumbe swifuwo
- Ku sola mhamba no hembela munhu leswo u na van'wana a rhandzanaka na vona
- Ku lawula leswi munhu a swi ambalaku na leswo u fanele ku tikhomisa ku yini
- Ku tsongahata munhu exihundleni kumbe exikarhi ka vanhu van'wana
- Ku xumbadza no tsongahata munhu emahlweni ka vanhu van'wana
- Harassment of the victim at work (NCADV, 2018)

Madzolonga ya rimbewu

Tinxaka ta GBV

GBV yi nga endleka hi tindlela to hambana Leti hi leti ti nga tala ngopfu:

Hi swa masangu

- Ku sindzisa phatnara ku endla swa masangu na vanhu van'wana (human trafficking)
- Ku sindzisa swa masangu loko munhu a nga hanyanyangi kahle kumbe a chava ku ala
- Ku vavisa munhu emirini hi nkarhi wa swa masangu
- Ku sindzisa phatnara ku endla swa masangu handle ka swisirheleri/ku onha ku tisivela ka yena mbeleko

Hi swa theknoloji

- Ku nghena hi nswirhi eka imeyili ya munhu na tiakhawunti ta yena (hacking)
- Ku tirhisa divhayisi yo landzelela munhu eka selfowuni ya yena ku monithara leswo u le kwihhi, ku n'wi belela riqingho mikarhi hinkwayo no siya mahungu eka riqingho ra yena
- Ku monithara munhu leswo u endla yini eka swa social media
- Ku sindzisa phatnara ku ku nyika password ya yena

Hi swa timali

- Ku vavisa miri wa munhu kumbe ku n'wi sivela leswo a nga koti ku ya entirhweni
- Ku harasa phatnara entirhweni
- Ku lawula nhundzu ya swa timali na ku hoxela phatnara eka alawensi
- Ku vavisa xikoro xa swikweleti swa phatnara wa wena

Ku ongoriwa endzhaku ka ku vavisiwa hi swa masangu

Endzhaku ka loko munhu a vavisiwile hi swa masangu, i swa nkoka ku kuma ku ongoriwa hi swa mirhi POST-EXPOSURE PRO-PHYLAXIS (PEP) i ku nyikiwa mirhi ya ku sivela munhu loyi a nga hlaseriwa hi swa masangu leswo a nga kumi HIV. Loko munhu a hlaseriwe hi swa masangu, na swona xiyimo xa muhleseri hi HIV xi nga tiveki, munhu loyi a nga hlaseriwa u nyiketwa mirhi ku fana na loko muhleseri a ri na HIV+. Leswi swi ta tiyisa leswo ku endliwa vuxiyaxiyi ku hunguta chanshi ya leswo munhu a ngheniwa hi HIV endzhaku ka ku hlaseriwa hi swa masangu. Munhu wun'wana na wun'wana loyi a nga hlaseriwa hi swa masangu u fanele ku kuma PEP. Leswi swi katsa vavasati, vavanuna, vana, vafana na vanhwanyana, lava va vikaku ku hlaseriwa eka tiawara ta 72 ti nga si hela na swona lava va nga ri ku na HIV.

Ku kuma PEP swi pfuna hi tindlela leti landzelaku:

- Thibelo ya malwetsi a a fetisiwang ka thobalano (STI), go akarediwa HIV
- Thibelo ya boimana jo bo sa batliweng ka ntlha ya petelelo
- Thibelo ya go tsenwa ke Hepatitis B
- Go fetisediwa kwa tlhokomelong ya tlhologanyoloago

Xana hi byihi vuongori lebyi nyikiwaka?

Ku ongoriwa swi endliwa hi ndlela ya maphilisi eka vanhu lavakulu kasi swihlangi swi nyiketwa sirapu. Mirhi wu fanele ku nwiwa hi nomu tanihilaha ku lerisiwaka hi kona, kambirhi kumbe ka nharhu hi siku.

Xana murhi wu nwiwa rini?

Wu fanele ku nwiwa hi xihatla hilaha swi kotekaku hi kona KAMBE wu fanele ku nwiwa ku nga si hela tiawara ta 72 (masiku ya 3 endzhaku ko hlaseriwa. Murhi wu fanele ku nwiwa nkarhi wa masiku ya 28

Xana murhi wu na switandzhaku swo biha?

Ku nga ha va na switandzhaku swo biha swo fana no pandziwa hi nhloko, ku karhala, swirhumbanarhumbana edzobenyeni, ku fambisiwa hi ndzeni, ku siringeka timbilu, hinkwaswo leswi swa ongoleka. I swa nkoka SWINENE leswo u nga rivali/ku tshika ku nwa dosi yin'we ya murhi hambiloko ku ri na switandzhaku swo biha.

Xana ndzi nga kuma kwihhi PEP?

U ta endliwa xikambelo xa HIV no kuma vutivi na counselling hi leswo xana nkambelo wu vula yini. U ta tlhela u kuma na switsundzuxo (counselling) endzhaku ka ku kuma vuyelo bya xikambelo xa HIV. Vuyelo byi nga ha kumeka endzhaku ka timinete ta 30 endzhaku ka ku endla xikambelo KUMBE u nga komberiwa ku vuya u ta kuma vuyelo bya wena, laha u nga ta nyiketwa kona starter pack xa masiku manharhu xa murhi, kutani u sungula ku yi nwa.

Loko u kumeka u ri positive, murhi wu ta yimisiwa. U ta tivisiwa hi minhlangano na vanhu lava va nga ku pfunaku ku hanya kahle hambu loko u ri positive, na ku ri u nga xi monithara njhani xiyimo xa wena. Loko u kumeka u nga ngheniwangi u ri negative, u ta nyiketwa mirhi ya wena hinkwayo. Loko u ehleketa leswo swi ta tika ku vuya endzhaku ka riendzo ro sungula, kombela dokodela ku ku nyika mirhi hinkwayo.

Xana hikokwalaho ka yini u fanele ku nwa mirhi masiku ya 28?

Ku hunguta ngozhi yo ngheniwa hi HIV, i swa nkoka leswo u nwa mirhi masiku ya 28. U ta tlhela u kamberiwela HIV nakambe eka mavhiki ya ntsevu, eka tin'hweti tinharhu nakambe endzhaku ka tin'hweti ta ntsevu endzhaku ka ku pfinyiwa/ku hlaseriwa hi swa masangu. I swa nkoka eka wena leswo u kuma vuyelo bya xikambelo xa HIV xa wena leswo u ta tiva xiyimo xa wena xa HIV.



Switandzhaku swa GBV

Switandzhaku swo vaviseka hi tinxaka leti ta GBV swi katsa: rihanyu ro tsotsomba

- ku khunguvanyeka hi swa byongo, emirini na mintlhavoko
- ku kuma khwiri u nga tiyimiselangi
- mavabyi ya swa masangu, yo katsa ku ngheniwa hi HIV
- ku tisunga
- ku tshikileleka hi swa ngqhondo
- ku tivonela ehansi
- rifu
- ku hlwela eka swa tidyondzo ta wena
- ku tshika tidyondzo

U nga ya kwihi ku kuma ku pfuneka

Lava nga endliwa timhamba/va nga hlaseriwa a va tali ku vulavula hi xiendleko hikokwalaho ka swivangelo swinyingi, leswi katsaka ku tisola, ku chava ku holoveriwa/hlaseriwa, ku ka u nga ri na ntshembo eka vavulawuri, na nghozi/ku chava ku tlhela u endliwa mhamba nakambe. Swiendlo swa GBV swi tisa mianakanyo ya ku twa tingana na ku soriwa, social stigma, hakanyingi na ku ariwa ka munhu loyi a nga hlaseriwa/mhamba eka ndyangu kumbe xichava. Stigma na ku ariwa swi nga va swo tika swinene eka muhlaseriwa/mhamba ku vulavula hi swona kumbe ku vika hi swona kumbe ku vika xiendleko

Loko u va vkhithimi ya GBV, i swa nkoka leswo u lavana no pfuniwa no kuma ku pfuniwa. U nga ha ya eka minhlngano leyi landzaku.

- Stop Gender Violence helpline: 0800 150 150 kumbe SMS: 32074 kumbe WhatsApp: 084 922 8808
- National crisis number: 086 132 2322
- Ku vika loko n'wana a ngakhomiwi kahle kumbe GBV: 0861 4 CHILD (24453)
- SAPS: 08600 10111
- Childline: 08000 55 555
- Vika GBV leyi endliwaka eka vana na vavasati eka va Ndzawulo ya Nhluvuko wa Vanhu e 0800 220 250.
- LifeLine 24-hour crisis helpline: 021 461 1111

Tipholisi na Milawu eAfrika Dzonga ku sirhelela xindzhuti xa Timfanelo ta Vumunhu

Palamende ya Afrika Dzonga yi pasisile milawu ku sirhelela timfanelo ta vanhu eka GBV. Hlaya hi milawu leyi ku tiva timfanelo ta wena. Milawu leyi i ya:

- The Domestic Violence Act of 1998 (Nawu wa madzolongaya ya le makaya)
- The Children's Act of 2005 (Nawu wa Vana)
- The Maintenance Act of 1998 (Nawu wa nhlayiso)
- The Promotion of Equity and Prevention of Unfair Discrimination Act of 2000 (Nawu wo tlakusa ndzinganano no sivela xihlawuhlawu xo biha)
- The Criminal Law (Sexual Offences and Related Matters Act)
- Amendment Act of 2007
- (Palamende ya Ribhabliki ya Afrika Dzonga, 2018)

Tipholisi ta Unisa

Unisa yi le ka prosese ya ku pfuxeta pholisi ya ku karhatiwa hi swa masangu. Pholisi yi ta katsa xitafu, machudeni na vayeni. Tin'wana tipholisi to fanela hi leti:

- The Student Disciplinary code
- The Diversity policy

Unisa Student Affairs

Hi nyiketa hi vutirheli bya nseketelo lebyi landzelaku eka machudeni, leswi swi endliwaka hi ndlela ya xihundla swinene:

- Individual Counselling and Referral Services
- Group Counselling Services
- Family and Partners Counselling Services
- Community Engagement Support Services
- Awareness and Empowerment Interventions
- Student Health and Wellness Services, Peer Education Support and Social network platform
- Hi komela u landzela Facebook ya hina hi Unisa Student
- Research in the field of GBV

Metswedi

The National Coalition Against Domestic Violence (NCADV). (2018). Signs of Abuse. Retrieved from: <https://ncadv.org/signs-of-abuse>

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