



Student Affairs

Ngabe yini udlame ngokobulili i-Gender-Based Violence (GBV)?

Kukhona izincazelo ezehlukene ze-GBV; kodwa incazelo eyemukeleke kuwo wonke umhlaba wukuthi: “udlame oluqondiswe kumuntu ngenxa yobulili bakhe NOMA ngenxa yobulili azibandakanya nabo” (Ott, 2017). I-GBV ibandakanya noma yiyiphi indlela yokuziphatha kanye

- nokuhlukumeza okubangela:
- ukwesaba
- ukulimaza umzimba
- ukulimaza ngokwemizwa
- ukuphoqelela umuntu ukwenza into angayifuni
- ukufa

Udlame ngokobulili (GBV) lubuye lubandakanye izenzo zodlame ezenziwa kwabesimame, amadoda, abafana noma amantombazane, ngenxa yezinjwayelo zabantu ngendima elindeleke

kubulili obuthize Luvame ukwenzeka kubudlelwane Ngisho noma amanye amadoda nabafana babuye bahlangabezane nokuhlukunyezwa nodlame, abesimame namantombazane yibo kakhulu abahlupheka kakhulu ngenxa yokungalingani ngamandla kanye nesimo esiphansi abanikezwa sona yisizwe. Lezi zinto zivame ukuba nomphumela wokubandlululwa ngokuncintshwa amathuba emikhakheni ehlukeneyo.

Udlame ngokobulili

Izimpawu ezixwayisa nge-GBV

Lezi zimpawu ezivamile nezibonakaliso ze-GBV ezibonakala kakhulu kubudlelwane Kodwa, uhla lude kakhulu, ngoba ezinye izinhlobo ze-GBV azikho obala kahle kanti ezinye izimpawu azibonakali.

- Isikhwele eseqile
- Ukuphatha umuntu njengomnikazi wakhe
- Ukungaqondakali ozokwenza
- Ukuba nolaka
- Ukuhlukumeza imfuyo
- Ukuhlukumeza ngamagama
- Ukulawula ukuziphatha komuntu kakhulu
- Ukuba nezinkolelo zakudala ngendima yabesimame nabesilisa ebudlelwani
- Ukuphoqelela umuntu ukuya ocansini nokungaboneleli ukungazimiseli komlingani wakho ukuya ocansini
- Ukucikelaphansi izindlela zokuvimbela inzalo kanye nokwala ukuhlonipha izivumelwano ezenziwe
- Ukusola umuntu oyixhoba ngakho konke okubi okwenzekayo
- Ukucikelaphansi noma ukuvimbela umuntu ukuya emsebenzini noma esikoleni
- Ukulawula zonke izinto zezimali
- Ukuhlukumeza amanye amalunga omndeni, izingane, noma imfuyo
- Ukusola umuntu ukuthi uthandana nabanye abantu
- Ukulawula into okumele igqokwe ngumlingani nokuthi kumele aziphathe kanjani
- Ukuhlaza umuntu, ngasese noma phakathi kwabanye abantu
- Ukuhlaza noma ukunyaza umuntu phambi kwabanye abantu
- Ukukhathaza umuntu emsebenzini (NCADV, 2018)

- Amaqembu akwisimo esibucayi, abandakanya alande layo:
- abesimame kanye namantombazane
- izingane
- abantu asebekhulile
- abantu abakhubazekile
- lesbian, gay, bisexual, trans, queer/questioning, intersex, asexual (LGBTQA+) people (Nkonyane, 2019)

Izinhlobo ze-GBV

I-GBV ingenzeka ngezindlela ezehlukene. Lezi zindlela ezivame kakhulu:

Ngokomzimba

Ukushaya, ukumukluzwa ngezimpama, ukungqubuza ngezingqindi, ukukhahlela, kushisa
Ukuklinya
Ukulimaza impahla yomuntu
Ukwalela umuntu unakekelo lwempilo kanye/noma ukulawula imithi yakhe, ukuphoqelela umlingani ukuthi asebenzise izidakamizwa
Ukusebenzisa izikhali

Ngokwemizwa

Ukubiza umuntu ngamagama amabi, ukumethuka
Ukusola umlingani ngayo yonke into. Ukuba nesikhwele ngokweqile
Ukusabisa, Ukuhlaza, Ukuhlambalaza, Ukukhipha umuntu inyumbazane
Ukulawula okwenziwa ngumlingani, nokuthi uyaphi kanye nokumlandelela

Udlame ngokobulili

Izinhlobo ze-GBV

I-GBV ingenzeka ngezindlela ezehlukene. Lezi zindlela ezivame kakhulu:

Ngokocansi

- Ukuphoqelela umlingani ukwenza ucansi nabanye abantu (human trafficking)
- Ukwenza ucansi nomuntu lapho engekho ezingqondweni ngokuphelele noma esaba ukwala
- Ukulimaza umlingani emzimbeni ngesikhathi socansi
- Ukuphoqelela umlingani ukwenza ucansi olungavikelekile/ ukucikelaphansi izindlela zakhe zokuvimbela inzalo

Ngokwetheknoloji

- Ukungena ngaphandle kwemvume kwi-email yomlingani kanye nama-akhawunti akhe (hacking)
- Ukusebenzisa idivayisi yokulandelela i-cellphone yomlingani ukumonitharisha lapha aya khona, izingcingo zakhe kanye nemilayezo yakhe
- Ukumonitharisha akwenzayo nge-social media
- Ukuphoqelela ukuthi akunikeze ama-password akhe

Ngokwezimali

- Ukulimaza umuntu ngendlela ezomvimbela ukuthi aye emsebenzini Ukukhathaza umuntu emsebenzini
- Ukulawula impahla yezezimali yomlingani kanye nokufakela umuntu kwi-alawensi
- Ukulimaza irekhodi lomlingani ngokwezikweledu

Ukwelashwa ngemuva kokuhlaselwa ngokocansi

Ngemuva kokuba umuntu ehlaselwe ngokocansi, kubalulekile ukuthi athole ukwelashwa ngemithi POST-EXPOSURE PROPHY-LAXIS (PEP) yi- treatment enikezwa abahlaselwe ngokocansi ukuphungula ingozi yokungenwa yi-HIV. Uma umuntu ehlaselwe ngokocansi, kanti isimo somhlaseli se-HIV singaziwa, umuntu ohlaselwe unikezwa imithi njengokuthi umuntu omhlasele une-HIV+. Lokhu kuzoqinisekisa ukuthi kwenziwa yonke imizamo yokucophelela ukuphungulwa amathuba okungenwa komuntu yi-HIV ngesikhathi sokuhlaselwa ngokocansi. Noma ngubani ohlaselwe ngokocansi kumele athole i-PEP. Lokhu kubandakanya abesimame, amadoda nezingane, abafana namantombazane ababika ngokuhlaselwa kungakapheli amahora angu 72 nakhona bengenayo i-HIV.

Ukuthola i-PEP kunezinto ezilandelayo ezisizayo:

- Ukuvimbela ukungenwa yizifo zocansi (STI) ezibandakan-ya i-HIV
- Ukuvimbela ukukhulelwa okungafunwa okubangelwe ukudlengulwa
- Ukuvimbela ukungenwa yi-Hepatitis B
- Ukuthunyelwa kunakekelo lwe-psychosocial

Yini i-treatment enikezwayo?

I-treatment inikezwa ngenhlobo yamaphilisi kubantu abadala kanti isiraphu ezinganeni. Umuthi uthathwa ngomlomo njengoba kubekiwe, kabili noma kathathu ngosuku.

Ngabe kumele uthathwe nini umuthi? Kumele uphuzwe ngokushesha KODWA kungakapheli isikha-thi samahora angu 72 (izinsuku ezingu 3) ngemuva kohlaselo. Umuthi kumele uphuzwe izinsuku ezingu 28.

Ngabe umuthi unemiphumela yaseceleni engemihle?

Kungenze kube nemiphumela yaseceleni engemihle, efana nokuphathwa yikhanda, ukukhathala, ukuqubuka kwesikhumba, ukuhanjiswa yisisu, ukucanuzelwa yinhliziyi, konke lokhu kuyelapheka. Kubaleke KAKHULU ukungaphuthi ukuphuza umuthi owodwa, ngisho noma kunemiphumela yaseceleni engemihle.

Ngabe ngingayithola kuphi i-PEP?

Uzothola uhlolo lwe-HIV ebese uthola ulwazi ne-counselling ngokuthi uhlolo lusho ukuthini. Uzobuye uthole ne-counselling ngemuva kokuthola imiphumela yohlolo lwe-HIV. Imiphumela yakho ingabakhona kungakapheli imizuzu engu 30 ngemuva kohlobo NOMA ungacelwa ukuthi ubuye uzolanda imiphume-la, lapho ozonikezwa khona i-starter pack sezinsuku ezintathu zomuthi, ukuze uqale ukuphuza umuthi. Uma utholakala une-HIV, umuthi uzomiswa. Uzokwaziisa ngezinhlangano kanye nabantu abangakusiza ukuphila impilo enhle noma une-HIV kanye nokuthi isimo sakho sizoqaphelwa kanjani. Uma ungenayo i-HIV, uzothola yonke eminye imithi yokukwelapha. Uma ucabanga ukuthi kuzoba nzima ukuthi ubuye ngemuva kohambo lokuqala, cela udokotela ukukunika yonke imithi.

Kungani kufanele uphuze imithi izinsuku ezingu 28?

Ukuphungula ingozi yokungenwa yi-HIV, welulekwa ukuthi uphuze imithi izinsuku ezingu 28. Uzobuye uzothola olunye uhlolo lwe-HIV ngemuva kwamaviki ayisithupha, izinyanga ezintathu kanti futhi ngemuva kwezinyanga eziyisithupha selokhu wadlengulwa/wahlaselwa ngokocansi. Kubaluleke kakhulu ukuthi uthole imiphumela yohlolo lwe-HIV ukuze wazi isimo sakho mayelana ne-HIV.



Umphumela we-GBV

Umphumela omubi ongabakhona ngezinhlobo ze-GBV ubandakanya:

- ukuba nempilo engenhle
- ukuthikamezeka ngokwengqondo, emzimbeni nangokwemizwa
- ukukhulelwa ungazimisele
- ukuthola izifo zocansi, ezibandakanya ukungenwa yi-HIV
- ukuzibulala
- ukuxineka emoyeni
- ukuzibukela phansi
- ukufa
- ukubambezeleka ezifundweni zakho
- ukuyeka ukufunda

Nginya kuphi ukuthola usizo

Abantu abahlaselwe/amaxhoba bavamise ukuthi bangakhulumi ngesehlakalo ngenxa yezizathu eziningi, ezibandakanya ukuzisola, ukusaba ukuhlukunyezwa, ukungathembi abomthetho, kanye nengozi/ukwesaba ukuthi uzohlukunyezwa futhi. Izenzo ze-GBV zivusa imizwa yamahloni nokusolwa, ukukhishwa inyumbazane, kanye nokwaliwa komuntu ohlukunyeziwe/ixhoba, ngabomndeni kanye nomphakathi. Ukukhishwa inyumbazane kanye nokwaliwa kungabanzima kakhulu kumuntu ohlaselwe/ixhoba ukuthi likhulume ngakho noma ukubika ngesehlakalo.

Uma uba yixhoba le-GBV, kubalulekile ukuthi ufune ukusekelwa futhi uthole ukusekelwa. Ungaya kwabasizayo abalandelayo:

- I-Stop Gender-Based Violence helpline 0800 150 150 noma i SMS: 32074 noma i WhatsApp: 084 922 8808
- National crisis number: 086 132 2322
- Bika ukuphathwa budedengu kwezingane noma i-GBV yengane: 0861 4 CHILD (24453)
- SAPS: 08600 10111
- Childline: 08000 55 555
- Bika noma yiyiphi i-GBV eyenziwa ezinganeni kanye nabesimame kwaboMnyango weNtuthuko Yabantu ku 0800 220 250.
- LifeLine 24-hour crisis helpline: 021 461 1111

Imigomo kanye Nemithetho eNingizimu Afrika ukuvikela isithunzi samaLungelo Obuntu

Iphalamende yeNingizimu Afrika iphasise imithetho ukuvikela amalungelo abantu kwi-GBV. Funda ngale mithetho ukuze wazi amalungelo akho. Le mithetho yilena:

- The Domestic Violence Act of 1998 (Umthetho Wodlame Lwasemakhaya)
- The Children's Act of 2005 (Umthetho Wezingane)
- The Maintenance Act of 1998 (Umthetho wonakekelo)
- The Promotion of Equity and Prevention of Unfair Discrimination Act of 2000 (Umthetho wokuqhubela phambili Ukulingana kanye Nokuvimbela Ubandlululo Olungalungile)
- The Criminal Law (Sexual Offences and Related Matters Act)
- Amendment Act of 2007
- Iphalamende yeRiphabhuliki YaseNingizimu Afrika ka 2018)

Unisa Student Affairs

Sihlinzeka ngosekelo olulandelayo kubafundi, kanti futhi lokhu kwenziwa ngendlela eyimfihlo kakhulu:

- 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

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