



Student Affairs

Iyini inturhu eqaliswe kubuLili (I-GBV)?

Kuneenhlathululo ezinengi ezihlukeneko ze-GBV; yeke, ihlathululo eyamukelwa ephasini mazombe ngile ethi "iyinturhu eqaliswe emuntwini ngokwakhe emayelana nobulili bakhe ngokwebhayoloji NAMKHA ukuzazi ubulili" (Ott, 2017). I-GBV ifaka hlangana enye nenye indlela yesimilo nokutlhorisa okubangela:

- ukwesaba
- ukulimaza umzimba
- ukulimaza imizwa
- umuntu owenziswa izinto angazifuniko
- ukuhlongakala

Inturhu eqaliswe ebantwini bobulili (i-GBV) okhanye godu ifaka hlangana inturhu eqaliswe kibomma, abesana nabantazana, okubangelwa mimikghwa yehlalakuhle emphakathini emayelana neendima kanye nemikghwa yokuziphatha mayelana nobulili ngabunye. Esikhathini esinengi kwenzeka abantu nabasebudlelwaneni. Nalokha abobaba nabesana nabo vane babandakanyeke ekutlhorisweni nenturhwini, abomma nabantazana bona bathinteka kanengi ngesimanga sokungalingani ngamandla nangokuba sebujameni obuphasi kwezehlalakuhle okubangelwa mphakathi. Amatshwayo la esikhathini esinengi agcina abangele ukubandlululwa nokobana abommaba badinywe amathuba emikhakheni ehlukeneko yepilo

- linqhema ezingadlelezelwa
- abomma nabantazana
- abantwana
- abantu abadala
- abantu abaphila nokhubazeka
- Amalesbhiyeni, igeyi, abonobulili obubili, ama-trans, ama-queer/ama-questioning, abantu aba-ama-intersex, ama-asexual (ama-LGBTQA+) (Nkonyane, 2019)

Iindlela ze-GBV

I-GBV ingenzeka ngeendlela ezihlukeneko. Lezi ziindlela ezi-jayelekileko:

Ngokomzimba

Ukubethwa, ukusawulwa ngepama, ukubethwa ngamaguduva, ukurarhwa
Ukutjhiswa
Ukukghanywa
Ukona ipahla okungeyakho
Ukwala itlhogomelo lezamaphilo begodu/nanyana ukulawula iinhlala
Ukukatelela umlingani ekutheni asebenzise iindakamizwa
Ukusebenzisa iinkhali

Ngokwemizwa

ukubizwa ngamaganyana angazisiko, ukuthukwa
Ukubeka yoke imilandu kumlingani
Umona ongamandla
Ukuthuselwa/ukusatjiswa
Ukuphathiswa iinhloni Ukululazwa
Ukuba wedwa
Ukulawula lokho umlingani akwenzako nokobana uyakuphi akayi kuphi
Ukulandelelwa
Kiyoyoke indawo

Inturhu eqaliswe kubuLili

Amatshwayo akuyelelisa nge-GBV

Lamatshwayo ajayelekileko neentjengiso ze-GBV, khulukhulu ebudlelwaneni. Yeke, irhelo linezinto ezinengi, ngombana ezinye iindlela ze-GBV zisithekile begodu ezinye kungenzeka zingabi nawo amatshwayo abonakalako.

- Umona omkhulu
- Ukufuna into ibe ngeyakho wedwa
- Ukungazwisiseki
- Ihliziyo embi
- Ukuba nolunya eenlwaneni
- Ukuthukana
- Ukulawula okunamandla
- Iinkolelo zakade mayelana neendima zabomma nabobaba ebudlelwaneni
- Ukukatelelwa ukuya emsemeni namkha ukungakhathali bona umlingani uyafuna ukuya emsemeni
- Ukoniwa kweendlela zokulawula imbeleko namkha ukungafuni ukuhlonipha iindlela ezikhona okuvunyelanwe ngazo
- Ukubeka ungazimbi umlandu ngazo zoke izinto ezimbi ezenzakalako
- Ukoniwa namkha ukuliya ikghono likangazimbi lokusebenza namkha lokuya esikolweni
- Ukulawula zoke iimali
- Ukutlhorisa amanye amalunga womndeni, abantwana namkha iimfuyosithandwa
- Izwa ngobatjho yokobana ungazimbi ugijima nabanye namkha uyathandana
- Ukulawula indlela ungazimbi ekufanele ambathe ngayo nokobana kufanele aziphathe njani
- Ukwehlisa isithunzi sakangazimbi, kungaba ngasese namkha tjhatjhalazi emphakathini
- Ukuphathisa ungazimbi iinhloni namkha ukumehlisa isithunzi phambi kwabanye
- Ukutlhoriswa kwakangazimbi emsebenzini (NCADV, 2018)

Inturhu eqaliswe kubuLili

Iindlela ze-GBV

I-GBV ingenzeka ngeendlela ezinengi ezihlukeneko. Lezi kuziindlela ezijayeke khulu:

Ngokomseme

- Ukukatelela umlingani ukobana aye emsemeni nabanye abantu (ukukhukhuthisa abantu)
- Ukufuna imisebenzi yomseme lokha ungazimbi nakangarhabi ukubuyela esigeni kuhle namkha nakasaba ukuthi awa
- Ukulimaza umlingani ngokomzimba lokha naniye emsemeni
- Ukukatelela umlingani ukobana aye emsemeni ngaphandle kokuzivikela / ukona ilawulo lokubeletha

Ngokwethekhnoloji

- Ukungena ngaphakathi kwama-imeyili womlingani namakhawundakhe
- ukusebenzisa iinsetjenziswa zokuhlola amaliledinini womlingani ukobana uqale indawo akuyo, imitato ayenzako kanye nemilayezo ayithumelako
- Ukugala akwenzako eenkundleni zokuthintana
- Ukufuna ukwazi amaphasiwedi womlingani

Ngokweemali

- Ukubangela ukulimala emzimbeni namkha ukukhubala okuzakwenza umuntu angayi emsebenzini
- Ukuthorisa umlingani endaweni asebenza kiyo
- Ukulawula iimali nepahla nokwenza bona umlingani akunikele isibonelelo
- Ukona ikhredithi yomlingani yokubhadala kuhle

Ukwelatjhwa ngemva kokulinyazwa ngokomseme

Ngemva kobana umuntu alinyazwe ngokomseme, kuqakathekile ukobana alatjhe ngemitjhoga. I-POST-EXPOSURE PRO-PHYLAXIS (I-PEP) kumtjhoga onikelwa abasinde ekulinyazweni ngokomseme ukobana behlise ingozi yokungangenwa yi-HIV. Nangabe omunye umuntu ulinyazwe ngokomseme begodu ubujamo baloyo omsahleleko abaziwa, osindileko unikelwa imitjhoga kube sengathi omsahleleko beka-HIV+. Lokhu kuzakwenza isiqiniseko sokobana zoke iindlela zokuphepha ziyayeelwa ukuphungula amathuba wokobana i-HIV idluliselwe kosinde ekulinyazweni ngokomseme. Omunye nomunye umuntu olinyazwe ngokomseme kufanele athole i-PEP. Lokhu kufaka hlanguana abomma, abobaba nabantwana, abesana nabantazana, ababika kungakapheli ama-iri ama-72 begodu aba-HIV negethivu.

Ukuthola i-PEP inemiphumela emihle elandelako:

- Ukukhandela ukutshwayeleka ngamalwele athelelwanako wezomseme (ama-STI), kufakwe hlanguana ne-HIV
- Ukukhandela ukuba sidisi okungafunekiko okuba khona ngesimanga sokukatwa
- Ukukhandela ukungenwa yi-Hepatitis B
- Ukudluliswa ukobana uthole ithogomelo lomkhumbulo

Ngiwuphi umtjhoga onikelwako?

Imitjhoga iba mapilisi ebantwini abadala bese abantwana kube yisirabhu. Umtjhoga lo kufanele uselwe ngomlomo njen-gombana kuquntiwe, amalanga amabili ukuya kwamathathu ngelanga. Kufanele iselwe nini imitjhoga? Kufanele iselwe msinya, KODWANA kufanele iselwe hlanguana nama-iri ama-72 (amalanga ama-3) wokulinyazwa. Umtjhoga kufanele uselwe isikhathi esingangamalanga ama-28.

Ingabe umtjhoga unemiphumela yangeqadi?

Iye khona ingaba khona imiphumela yangeqadi, efana nokuphathwa yihloko, ukudinywa, amathuthuva esikhunjani, ukuthulula nokuzizwa ufuna ukuhlanza, okuyinto engaphathani kuhle. Kuqakatheke KHULU ukobana ungeqisi nalinye idosi lomtjhoga, nalokha nangabe imiphumela yengeqadi iba khona.

Ngingayithola kuphi i-PEP?

Uzakuhlolwa i-HIV bese uthola ilwazi nokuthotjwa umkhumbulo ngokobana wazi bona ukuhlolwa kutjho ukuthini. Uzakuthotjwa godu nomkhumbulo ngokuthi ukuhlolwa kutjho ukuthini. Uzakuthotjwa godu umkhumbulo ngemuva kobana uthole imiphumela yokuhlolwa i-HIV. Imiphumelakho ingatholakala hlanguana nemizuzu ema-30 ngemva kobana uhlolwe NAMKHA ungakhonjelwa ukobana ubuye uzokuthatha imiphumelakho, lapha uzakunikelwa khona istathaphekhi samalanga amathathu somtjhoga, ukuze uthome ukuwusela. Nangabe utholakale uphosethivu, umtjhoga uzakuliswa. Uzakutjelwa ngeenhlanguano namkha abantu abazakusiza ukobana uphile kuhle begodu nangokuthi ubutjheja njani ubujamo bakho. Nangabe utholakale unegethivu, uzakuthola yoke imitjhoga. Nangabe ucabanga bona angeze usakghona ukubuya ngemva kwevakatjho lokuthoma, tjela udorhoderi akunikele yoke imitjhoga.

Kubayini kuqakathekile ukobana ngisele imitjhoga amalanga ama-28?

Ukobana wehlise ingozi yokungaba HIV phosethivu, yeke kuqakathekile ukobana usele imitjhoga amalanga ama-28. Uzakuhlolwa godu i-HIV ngemuva kweemveke ezisithandathu, iinyanga ezintathu bese godu ngemuva kweenyanga ezisithandathu ngemva kobana ukatiwe/ulinyazwe ngokomseme. Kuqakatheke khulu ukobana ufune imiphumela yokuhlolwa i-HIV kwakho ukuze wazi ubujamo bakho be-HIV.



Amandla we-GBV

Amandla alimazako weendlelezi ze-GBV afaka hlangana:

- ukungabi nepilo ehle
- Ithroma yangokomkhumbulo, yomzimba neyemizwa yokuthatheka
- ukuba sidisi okungafunekiko
- amathelelwano adluliswa ngokomseme, kufakwe hlangana ukutshwayelwa nge-HIV
- ukuzibulala
- ukugandeleleka ngokomkhumbulo
- ukuzinyaza
- ukuhlongakala
- ukuliyeka eemfundweni zakho
- ukulisa isikolo

Lapha ungathola isizo khona

Abasindileko/abongazimbi ngokujayekileko abakhulumi ngesehlakalo ngokweenzathu ezinengi, kufakwe hlangana ukuzibeka umlandu, ukusaba ukuzibuyiselela, ukungathembi abaphetheko, begodu ingozi/ ukusaba ukwenziwa ungazimbi ngobutjha godu, izenzo ze-GBV zivuselela namkha zikhumbuzana ukuphathiswa iinhloni nokubekwa umlandu, ukubekwa amabala emphakathini, begodu esikhathini esinengi ukungasafunwa mndeni waloyo osindileko namkha mndeni wakangazimbi kunye nomphakathi. Ukubekwa amabala nokungasafunwa kungaba ngamandla khulukhulu lokha osindileko/ungazimbi nakakhuluma ngakho namkha nakabika ngesehlakalo.

Nangabe ungungazimbi we-GBV, kuqakathekile ukobana ufune begodu uthole isizo. Ungatjingga kilemisebenzi elandelako:

- Stop Gender Violence helpline: 0800 150 150 namkha i-SMS: 32074 namkha i-WhatsApp: 084 922 8808
- Inomboro yemiraro yelizwe: 086 132 2322
- Ukubika ukungathogonyelwa namkha inturhu i-GBV eqaliswe emntwaneni: 0861 mayelana nomntwana (24453)
- I-SAPS: 08600 10111
- Umtato wabantwana i-Childline: 08000 55 555
- Bika enye nenye i-GBV eyenzeka ebantwaneni nakibomma emNyangweni oThuthukisa zeHlalakuhle i-Department of Social Development kilenomboro 0800 220 250.
- LifeLine 24-hour crisis helpline: 021 461 1111

Imigomo nemiThetho eSewula Afrika ukuvikela iinthunzi zeLungelo lobuNtu

IPalamende yeSewula Afrika iphase imithetho ukuvikela amalungelo womuntu ngamunye ngamunye mayelana nokulwisana ne-GBV. Funda khudlwana ngemithetho le ukobana wazi amalungelwakho. Imithetho le nginasi:

- The Domestic Violence Act of 1998
- The Children's Act of 2005
- The Maintenance Act of 1998
- The Promotion of Equity and Prevention of Unfair Discrimination Act of 2000
- The Criminal Law (Sexual Offences and Related Matters Act)
- Amendment Act of 2007 (Parliament of the Republic of South Africa, 2018)

Iindaba zabaFundi be-Unisa

I-Unisa isekambisweni yokubuyekeza umgomayo wokuTI-horiswa ngokoMseme. Umgomo lo uzakufaka abasebenzi, abafundi kunye neemvakatjhi. Eminye imigomo ekhambisana nayo nginasi:

- Ikhawudu yokujezisa umFundi
- Umgomo wokuhlukahlukana

Imigomo ye-Unisa

Sinikela ngemisebenzi elandelako esekelako kubafundi, eyenziwe yaba yifihlo:

- Imisebenzi yokusEkela ngokomKhumbulo nokuDlulisela engcenge
- Imisebenzi yokusEkela isiQhema ngokomKhumbulo
- Imisebenzi yokusEkela umNdeni nabaLingani
- Imisebenzi esEkela ukuBandakanyeka komPhakathi
- Ilemuko nokusiza ekunikeleni amandla
- Ipilo yomFundi nemiSebenzi yoKondleka kuhle, ukusEkela ukuFundisana nabaNgani nekundla yeThungelelwano leHlalakuhle
- Sibawa ulandele i-Facebook yethu ku: Unisa Student
- Irhubhululo emkhakheni we-GBV

Amareferensi

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