



Student Affairs

Yintoni ukuXhatshazwa ngokweSini (GBV)?

Zininzi iinkcazo ezahlukeneyo ze-GBV; nangona kunjalo, inkcazo eyamkelekileyo kwihlabathi jikelele "bubundlobongela obujoliswe emntwini ngokusekelwe kwisini sakhe sebhayoloji OKANYE isini" (Ott, 2017). I-GBV ibandakanya naluphi na uhlobo lokuziphatha kunye nempatho-gadalala ebangela:

- uloyiko
- ukwenzakala emzimbeni
- ukwenzakala ngokweemvakalelo
- umntu enze izinto ngokuchasene nentando yakhe
- ukufa

Ukuxhatshazwa ngokwesini (Gender-based violence) (GBV) kukwabandakanya izenzo zokuxhaphaza ezenziwa kwabasetyhini, amadoda, amakhwenkwe okanye amantombazana, ngenxa yezithethe zasekuhlaleni malunga neendima kunye nokuziphatha okulindelekileyo kumntu wesini ngasinye. Iqheleke ukwenzeka kulwalamano. Nangona amadoda namakhwenkwe nawo eba ngamaxhoba okuphathwa gadalala kunye nokuxhatshazwa ngokwesini, abasetyhini kunye naman-tombazana basoloko bechaphazeleka ngenxa yokungalingani kwamandla kunye nendawo ekwinqanaba eliphantsi lentlalo abalunikwa luluntu. Ezi zinto zidla ngokuphumela kucalucalulo nasekuvinjweni kwabo amathuba kwiinkalo ezahlukeneyo zobomi.

- Amaqela asengozini ngakumbi aquka:
- abasetyhini kunye namantombazana
- abantwana
- abantu abadala
- abantu abakhubazekileyo
- amabhinqa athandanayo (lesbian), amadoda athandanayo (gay), amadoda/ abafazi abathandana nesini esahkukileyo kwanesini esinye (bisexual), umntu otshintshe isini (trans), abangaqondakali/ abafuna ukubuzwa (queer/questioning), umbolombin/onazo zombini izimo zesini(intersex), abantu abangenamdlala wokuba neentlobano zesini (axesual) (LGBTQA+) (Nkonyane, 2019)

Iindlela okubonakaliswa ngayo ukuxhatshazwa ngokwesini (GBV)

I-GBV ingenzeka ngeendlela ezininzi ezahlukeneyo. Ezi zezona ndlela zixhaphakileyo:

Ngokwasemzimbeni

Ukubetha, ukuqhwaba, ukubetha ngamanqindi, ukukhaba Ukutshisa Ukukrwitsha Ukonakalisa impahla yomntu Ukwala ukhathalelo lwezonyango kunye/okanye ukulawula amachiza Ukunyanzela iqabane ekusebenziseni kakubi iziyobisi Ukusetyenziswa kwezixhobo ezilimazayo

Ngokwemvakalelo

Ukubizwa ngamagama, ukuthukwa Ukutyhola iqabane ngayo yonke into Isikhwele (umona) esigqithisileyo Ukoyikiswa Ukuhlaziswa Ukubangela iintloni/ ukuhlaza Ukuzikhetha kwabanye Ukulawula into eyenziwa liqabane kunye nalapho iqabane liya khona ukulandela

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

Ukuxhatshazwa ngokwesini

Iindlela ekubonakaliswa ngayo ukuxhatshazwa ngokwesini

I-GBV ingenzeka ngeendlela ezininzi ezahlukeneyo. Ezi zezona ndlela zixhaphakileyo:

Ngokwesondo

- Ukunyanzela iqabane ukuba labelane ngesondo nabanye abantu (ukurhweba ngabantu)
- Ukufuna ukwabelana ngesondo xa ixhoba lingekho zingqondweni ngokupheleleyo okanye loyika ukuthi hayi
- Ukwenzakalisa iqabane ngokwasemzimbeni ngexesha lokwabelana ngesondo
- Ukunyanzela iqabane ukuba labelane ngesondo ngaphandle kokhuseleko / ukonakaliswa koqingo-nzala

Ngokobugcisa

- Ukugqokeza kwi-imeyile yeqabane kunye neeahawunti zobuqu
- Ukusebenzisa izixhobo zokulandelela kwiselula yeqabane ukubeka iliso indawo, iifowuni kunye nemiyalezo yalo.
- Ukubeka iliso kunxibelelwano ngokusebenzisa imidiya yoluntu
- Ukufuna ukwazi iinkcukacha ezizimfihlo (passwords) yeqabane

Ngokwemali

- Ukwenzakaliswa emzimbeni okanye ukwenzakala okunokuthi kumthintele umntu ukuba angayi emsebenzini
- Ukuhlukunyezwa kweqabane emsebenzini
- Ukulawula ii-asethi zemali kunye nokubeka iqabane ngempumelelo kwisibonelelo
- Ukonakalisa amanqaku ekhredithi yeqabane

Unyango emva kokuhlaselwa/kokonzakaliswa ngokwesondo

Emva kokuba umntu ehlaselwe/enzakalisiwe ngokwesondo, kubalulekile ukufumana unyango. I-POST-EXPOSURE PRO-PHYLAXIS (PEP) lunyango olunikwa amaxhoba ohlaselo ngokwesondo ukunciphisa ingozi yokosulelwa yi-HIV. Ukuba umntu ohlaselwe ngokwesondo kwaye isimo se-HIV somhlaseli asaziwa, ixhoba liphathwa ngokungathi umhlaseli/abahlaseli bane-HIV+. Oku kuya kuqinisekisa ukuba onke amanyathelo okhuseleko athathiwe ukunciphisa amathuba okuba i-HIV idluliselwe kwixhoba lohlaselo ngokwesondo. Nabani na okhe wahlaselwa/walinyazwa ngokwesondo kufuneka afumane i-PEP. Oku kuquka abasetyhini, amadoda nabantwana, amakhwenkwe namantombazana, abanika ingxelo kwiinyure ezingama-72 kwaye abanayo i-HIV.

Ukufumana i-PEP kunezi ngenelo zilandelayo: **Ndingayifumana phi i-PEP?**

- Ukuthintelwa kwezifo ezosulela ngokwabelana ngesondo (sexually transmitted infections) (STI), kuquka neHIV
- Uthintelo lokukhulelwa okungafunwayo ngenxa yodlwengulo
- Uthintelo ekufumaneni iHepatitis B
- Ukuthunyelwa kwindawo yokhathalelo ngokwasengqondweni

Uya kwenziwa uvavanyo lwe-HIV ze ufumane ulwazi kunye neengcebiso malunga nokuba luthetha ntoni na uvavanyo. Uya kunikwa iingcebiso nasemva kokuba ufumene iziphumo zovavanyo lwe-HIV. Iziphumo zakho zinokufumaneka kwisithuba semizuzu engama-30 emva kokwenza iimvavanyo OKANYE unokucelwa ukuba ubuye uzokuthatha iziphumo zakho, apho uya kunikwa ipakethe yechiza lokuqalisa ukuliselele leentsuku ezintathu.

Ukuba ngaba uvavanyo luthi unayo, iyeza liya kumiswa. Uya kwaziswa malunga nemibutho kunye nabantu abanokukunceda ukuba uphile kakuhle kwaye kubekwe iliso imeko yakho. Ukuba ngaba uvavanyo luthi awunayo, uya kunikwa ithuba lokugqiba amachiza onyango owanikiweyo. Ukuba ucinga ukuba akuyi kwenzeka ukuba ubuye emva kotyelelo lokuqala, thetha nogqirha umxelele ukuba akunike onke amachiza amiselweyo apheleleyo.

Loluphi unyango olunikwayo?

Unyango lunokuba ziipilisi kubantu abadala kunye nesiraphu kubantwana. Eli chiza kufuneka liselwe ngomlomo njengokwemigaqo emiselweyo, kabini okanye kathathu ngosuku. Kufuneka lithathwe nini ichiza? Kufuneka lithathwe ngokukhawuleza, KODWA malithathwe kwisithuba seeyure ezingama-72 (iintsuku ezi-3) zohlaselo. Amayeza kufuneka athathwe kangangeentsuku ezingama-28.

Kutheni kuyimfuneko ukuthatha ichiza iintsuku ezingama-28?

Kukunciphisa umngcipheko wokuba ne-HIV, kuyacetyiswa ukuba uthathe iyeza iintsuku ezingama-28. Uya kuba nolunye uvavanyo lwe-HIV emva kweveki ezintandathu, iinyanga ezintathu kwaye kwakhona emva kweenyanga ezintandathu emva kodlwengulo/uhlaselo ngokwesondo. Kubaluleke kakhulu ukuba uzifumane iziphumo zovavanyo lwakho lwe-HIV ukuze wazi isimo sakho se-HIV.

Ngaba ichiza lineziphumo ebezingalindelekanga?

Kusenokubakho iziphumo ebezingalindelekanga, ezinje ngentloko ebuhlungu, ukudinwa, irhashalala, utyatyazo nescaphucaphu, nto leyo enyangekayo. KUBALULEKILE kakhulu ukuba ungaphoswa nangomnye umlinganiselo wechiza, nokuba iziphumo ebezingalindelekanga ziyenzeka.



Impembelelo ye-GBV

Iimpembelelo ezinobungozi ezinokuthi zibekho zezi ntlobo ze-GBV ziquka:

- Iimpembelelo ezinobungozi ezinokuthi zibekho zezi ntlobo ze-GBV ziquka:
- impilo enkenenkene
- ukwenzakala ngokwasengqondweni, ngokwasemzimbeni nangokweemvakalelo
- ukukhulelwa okungafunwayo
- izifo ezosulela ngokwabelana ngesondo, kuquka usulelo lwe-HIV
- ukuzibulala
- ukudakumba
- ukuzijongela phantsi
- ukufa
- ukulibaziseka kwezemfundo kwizifundo zakho
- ukuyeka isikolo

Apho unokufumana uncedo

Abasindileyo/amaxhoba awadli ngokuthetha ngeseshlo ngenxa yezizathu ezininzi, eziquka ukuzibeka ityala, ukoyika, ukungathembi abasemagunyeni, kunye nomngcipheko/ukoyika wokuba lixhoba kwakhona. Izenzo ze-GBV zivusa ihlazo kunye nokutyhola, ukubekwa ibala ekuhlaleni, kwaye kaninzi ukungamkelwa ngosindileyo /lusapho lwexhoba kunye noluntu. Ukubekwa ibala kunye nokungamkelwa kunokuba nzima ngakumbi xa osindileyo/ixhoba lithetha okanye lixela isiganeko.

Ukuba ulixhoba le-GBV, kubalulekile ukuba ufune kwaye ufumane uncedo. Ungafikelela kwezi nkonzo zilandelayo:

- Ukutsalela umnxeba kwinqanaba ye Stop Gender Violence: 0800 150 150 okanye uThumele Umyalezo Omfutshane (SMS): 32074 okanye uWhatsApp: 084 922 8808
- Inombolo yeNtlekele kaZwelonke (National crisis number): 086 132 2322
- Ingxelo yokungahoywa (Report neglect) okanye GBV yomntwana (GBV of a child): 0861 4 CHILD (24453)
- INkonzo yePolisa oMzantsi Afrika (SAPS): 08600 10111
- Childline: 08000 55 555
- Xela nayiphi na i-GBV yabantwana nabasetyhini kwiSebe loPhuhliso loLuntu kwi 0800 220 250.
- Inombolo esebenza iyure ezingama-24-ntsuku zonke (LifeLine) inombolo yomnxeba wentlekele (crisis helpline): 021 461 1111

Imigaqo-nkqubo neMithetho yokukhusela izidima zamaLungelo oLuntu eMzantsi Afrika

IPalamente yaseMzantsi Afrika iye yawisa imithetho yokukhusela amalungelo abantu ngokunxamnye ne-GBV. Funda ngakumbi ngale mithetho ukuze wazi amalungelo akho. Le mithetho yile: UMthetho ka 1998 wokuXhatshazwa eKhaya (domestic violence)

- UMthetho ka2005 waBantwana (The Children's Act of 2005)
- UMthetho ka1998 weSondlo (The Maintenance Act of 1998)
- Umthetho ka2000 oKhuthaza ukuLingana nokuThintelwa kocalucalulo olungafanelekanga (The Promotion of Equity and Prevention of Unfair Discrimination Act of 2000)
- UMthetho woLwaphulo-mthetho (uMthetho woLwaphulo-mthetho ngokweSondo kunye neMiba eNxulumeneyo)
- UMthetho woLungiso ka-2007
- (IPalamente yeRiphabliki yoMzantsi Afrika, 2018)

Imigaqo-nkqubo yase-Unisa

I-Unisa ikwiphulo lokuhlaziya umgaqo-nkqubo wabo wokunyeliswa ngokwesondo (Sexual Harassment). Lo mgaqo-nkqubo uya kubandakanya abasebenzi, abafundi kunye neendwendwe. Eminye imigaqo-nkqubo efanelekileyo yile:

- Ikhawudi yoLuleko lwaBafundi
- Umgaqo-nkqubo weyaNtlukwano

Unisa Student Affairs

Sibonelela ngezi nkonzo zilandelayo zenkxaso kubafundi, eziyimfihlo engqongqo

- Iinkonzo zeeNgcebiso zeQela
- Iinkonzo zeeNgcebiso kuSapho kunye namaqabane
- Iinkonzo zeNkxaso Zongenelelo loLuntu
- Ukuqonda kunye neendlela zokuXhobisa
- Iinkonzo zeMpilo kunye neMpilo yaBafundi, iNkxaso yokuFundisana koNtanga kunye neqonga lonxibelelwano loluntu
- Nceda ulandele uFacebook wethu ku: Unisa Student
- Uphando kwi-GBV

Metswedi

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