



Rape Crisis Cape Town Trust

COUNSELLING AND ADVICE

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INFORMATION FOR FRIENDS, FAMILY & SUPPORTERS OF RAPE SURVIVORS (XHOSA)

Ngokomthetho umntu udlwengulwe, ukuba uthe wanyanzelwa ukuba alale nomnye umntu engakhange avume. Le nkcazelo ingentla ithetha ukuba xa umntu engakhange akulale olo ayilodlwengulo.

Xa sithetha "ngodlwengu" kule ncwadana siza kube sithetha nje ngaso nasiphi isenzo apho umntu ethe wanyanzelwa ukuba enze isenzo esifana nokulalana Ukudlwengula sisenzo esibubundlobongela, esothusayo nesinefuthe lokutshintsha ubomi bomntu esinokuthi senzeke nakubanina na. Ubudlwenu sisenzo sokubonisa amandla nokubonisa ukuba ngubani phetheyo, ukulalana ke ngoko kusetyenziswa njengesixhobo sokuphumeza oku kungentla

Ukudlwengula kuye kuqale emzimbeni, ngalo elixesha ibhinqa lizama ngako konke ukuba lizisindise . Emva kodlwengulo, liye liqale ke ibhinqa ukuzama ukuqonda ngokulehleleyo. Intsingiselo yokumehleleyo iqale ke ngoku ukukumzungula, kwaye ngeli xesha uzama ukubuyekeza ingqondo, umzimba kwakunye nesiqu sakhe kwimo yesiqhelo.

Intombazana okanye ibhinqa linokudlwengulwa ngumfana athandana naye, indoda yakhe, isizalwane, isihlobo , umntu amaziyo nje okanye umntu angamaziyo okanye igquba lamadoda Amakhwenkwe namadoda nawo ayadlwengulwa.

Ngokomzimba

Ukothuka, ukonzakala emzimbeni, ukuba nesiyezi, intloko eqaqambayo, ukungabinabithongo kwakunye nokungatyi ngendlela eyiyo.

Ukuziphatha

Ukulila ngaphezu kunesiqhelo, ukungakwazi , ukungakwazi ukuzinza, ukungabi namdla wakwenza nto, ukungafuni ukwakha ubuhlobo nabantu, ukungafuni ukuba wedwa, ukothuka lula, ukuvela ucapuke nayinto encinci, ukoyika ukulalana, ukungabinmdla wokuthandana, ukutshintsha indlela yokuziphatha, ukutya izinto ezifana nezinyobisi notywala okanye ukuvela nje enze ngathi udlwengulo zange lwenzeka.

Ngokwasengqondweni

Ukunxuba kwanokuyika, ukuziva unetyala, ukuziva ungenaxabiso, ukuphoxeka kwanentloni, Ihlazo, ukungazithembi, umsindo, ukuziva ulilolo ngathi akukho mntu oyiqondayo into ekwehleleyo, ukungabinathemba, ukudideka, ukulibala, inarhumeni, ukuziva ukonzulu umnye nokufuna ukuzibulala Zonke ezizinto zibaliweyo ngentla ziqhelekile kumntu odlwenulweyo, kwaye xa umntu odlwengulweyo ebonakalisa ezimpawu oko akuthethi ukuba "uyaphambana" Asinguye wonke umntu odlwengulweyo othi aziphathe ngoluhlobo. Xa umntu odlwengulweyo engabonakalisi zimpawu, oku akuthethi ukuba akadlwengulwanga. Ayikho indlela elungileyo nengalunganga yokuziphatha komntu odlwengulweyo.

INKOLO EZINGEYO NYANI MALUNGA NODLWENGULO

Uninzi lwethu lunenkolo ezingezizo malunga nodlwengulo. Ezi zinkolo nje. Kubalulekile ukuba siziveze ezinkolo sinazo malunga nodlwengulo.

Ezi nkolelo ziye zibe nefuthe:

- Yokongeza kwintlungu eze nodlwengulo kumntu othe walixhoba
- Ukumbuyisela umva endleleni esingisele ekuphileni
- Ukungamkhuthazi ukuba axelele abantu ngokumehleleyo okanye ukuyokumangala
- Ukuncedisa igqwetha lomangali ukuba lize namaqhinga okukhulula umdlwenguli aphume engenatyala, okanye ukunciphisa isigwebo ayakuthi asifumane
- Ukunika amagunya kwabanye abantu ukuba babone nje ngento engenamsebenzi
- Ukwenza ngoku ukuba ixhoba ibe lilo elizibona line tyala endaweni yomdlwenguli
- Ukuhlutha ixhoba inxaso kwakunye noncedo aludingayo ukuze abuyele kwimo yangaphambili kodlwengulo.

Inkolelo:

- Umntu obhinqileyo ophilileyo unako ukulwa azikhusele ekudlwengulwenixa efuna.
- Xa ibhinqa liye laya endlini kunye nendoda lonto ithetha ukuba ebefuna ukulalana.
- Amabhinqa anxiba impahla eziveza amalungu omzimba azibizelwa ukudlwengulwa.
- Amabhinqa adlwengulwayo ngangakwaziyo ukuziphatha.
- Ukuba ibhinqa liye laphuzana nendoda yaze yambhantsa kananjalo, lityala lakhe xa indoda iye yamnyanzela ukuba balale.
- Xa ibhinqa lisithi hayi lithetha ukuba ewe.
- Ibhinqa liyazibizela ukudlwengulwa xa lisiya kwindawo ezifana nevenkile zotywala nendawo ezinobundlobongela.
- Amabhinqa ayabathanda abantu abawaphatha kakubi
- "Indoda yoqobo" iyanyanzelisa nokuba ibhinqa selisithi hayi.
- Indoda xa ivukelwe ayinakwazi ukuzibamba.
- Xa abantu ababini beye bavumelana ukulalana, ukuba ibhinqa linyanzelwe ngokulalana emva koko, oku ayilodlwengulo
- Ukuba uye wadlwengula ngumntu oyindoda abedlala naye kuqala, uzibizele
- Amadoda adlwengula ukuba edinga isondo...

Xa unceda umntu odlwenguleyo, kubalulekile ukuba uqinisekise ukuba ingaba uyakholelwa na kwezi nkolelo kusini na. Uninzi lwethu lukhuliswe ngezi nkolelo. Ukuze uqondisise kakuhle ukuba yintoni le yehlele ibhinqa, kufuneka ukuba uzame ukuzihlola malunga nezinkolelo. Xa kengoku uye wakwenza oku uyakuqala kengoku uqonde ukuba umhlobo wakho/ intombi/inkosikazi/isithandwa sakhe iziva njani na.

Khumbula, udlwengulo asilotyala lebhinqa, lityala lesidlwengu.-ngoko sukubeka ityala ibhinqa, BEKA ISIDLWENGU ITYALA

UNGANCEDA NJANI:

Udlwengulo ngamava abuhlungu kakhulu yiyo lento abantu abafuna ukunika uncedo beye bafune ukwenza into ebonakalayo ukuze basuse intlungu kodlwengulweyo. Oku kwenziwa kukuba kubuhlungu kakhulu ukubukela umntu esezintlungwini. Ngamanye amaxesha lomntu onika uncedo sukube efuna ngamandla ukuba ibhinqa liphile kangangokuba liye lifune ukufihla eyona ndlela liziva ngayo malunga nodlwengulo ukuze onika uncedo azive ngcono.

Ngentlaha akunzimanga ukunqanda ukuba k oku ungenzeki, ezi zilandelayo ziquka ezinye zezinto onokuzenza ukunqanda oku:

YENZA OKU:

Myeke athethe kangangoko efuna KWAYE MMAMELE. Zama **UKUYIQONDA IMEKO AKUYO. MYEKE AZENZELE IZIGQIBO**- usandula ukuba kwimeko apho aye wahluthwa ilungelo lokukwazi ukuzenzela izigqibo. Xa ethe waqala ukuzenzela izigqibo, uzakuqala kengoku azive enako ukuthathela kuye ubomi bakhe. Nokuba ucinga ukuba isigqibo asithathileyo asisiso esilungileyo, sukumnyanzela ukuba enze lento ifunwa nguwe okanye ocinga ukuba umele ayenze. Endaweni yoko mkhuthaze ukuba athathele kuye yonke into malunga nobomi bakhe

Mnike ixesha. Akazukuvele aphile nje ngemini enye. Amaxesha amaninzi onika uncedo uye azive engenamonde wokumlinda athathe ixesha lakhe ukuba aphile kwakhona, kodwa khumbula ukuba nguye ozaziyo ukuba udinga ixesha elingakanani.

Mxelele ukuba wena uziva njani. Sukuzifihla ukuba uziva njani na malunga nokudlwengulwa kwakhe, mhlawumbi xa enokwazi ukuba wena uyamqonda ukuba yena uziva njani, oku kungamnceda. Usenokubalisela izinto ezinokukothusa, zikoyikise okanye zikwenze intliziyo ebuhlungu, **mxelele ukuba akukhonto imbi** kulendlela aziva ngayo, nokuba ucinga ukuba mhlawumbi ungakhathazeka. Zama ukuba ungoyikiswa yindlela oziva ngayo, ngoba xa uziqonda wena siqu indlela oziva ngayo uzakutsho umqonde ngcono naye. **Tsalela umnxeba kwa Rape** okanye omnye umbutho onika uncedo ukuba unexhala okanye awuqinisekanga ukuba umele ukwenza ntoni okanye mhlawumbi wena siqu ufuna ukuthetha nomntu onkukuxhasa.

MUSA:

Sukugqiba ngaye- uyakusuke angakuthembi.

Sukumenza ukuba ngoku anceda wena. Nakubeni kubalulekile ukuba ayazi ukuba uziva njani wena, sukumbeka kwindawo apho ngoku kufuneka ukuba ibe nguye onceda wena, kunika asebenzise onke amandla anawo ukuziphilisa yena kwakamsinyane.

Sukumyalela ukuba makalibale. Okanye uthi hayi noko ayikho nto enkulu.

Sukuhamba uxelela abantu. Ngaphandle kokuba ukunikile imvume

SUKUMBEKA ITYALA