

# uk'uzenzele



Niyethulelwa wuPhiko likaHulumeni Lwezokuxhumana kanye Nokuhlinzeka Ngolwazi (GCIS)

isiZulu/English

**UNcwaba 2015** 





Indiela yokukhula entsha ye-Afrika Ikhasi 12



Isizukulwane esingenayo i-HIV singaba khona

Ikhasi 13

# Umlimi wesifazane uvuna impumelelo



UThandeka Moseki wase-Stella eNyakatho Ntshonalanga uyaphumelela kwezolimo.

#### Albert Pule

iyanda inani labantu besifazane base-Ningizimu Afrika abasiza uhulumeni alwe nobubha futhi akhe imisebenzi ngokubandakanyeka kwabo kwezolimo

Phakathi neminyaka edlule, uhulumeni wakhe uhlelo oluhloselwe ukuhlomisa abantu besifazane kwezolimo ngoMnyango Wezolimo, Ezamahlathi Nezokudoba (i-DAFF). Phakathi kwalo kukhona iMiklomelo Kasomabhizinisi Wesifazane ngaphambilini eyayaziwa ngokuthi iMiklomelo Yomlimi Wesifazane.

Le miklomelo iklomelisa imizamo neqhaza elibanjwe abantu besifazane, abesifazane abasebasha nabesifazane abanokukhubazeka ezindabeni zokuvikeleka kokudla, ukwakha imisebenzi, ukukhula komnotho nokuqeda ububha kule mboni. Kusukela ekusungulweni kwalolu hlelo ngowe-1999, sekube nabalimi abangabesifazane abangaphezu kwezi-2 000 abaye babamba iqhaza emiklomelweni.

I-Vuk'uzenzele yaxhumana nomunye wabesifazane abadlondlobalayo emkhakheni wezolimo owadl'umhlanganiso eMklomelweni Kasomabhizinisi Wesifazane.

UThandeka Moseki wase-Stella eNyakatho Ntshonalanga usitshela ukuthi kuze kube manje uhambo lwakhe belungelula kodwa ngolwazi aluthole eminyakeni embalwa edlule, uyaqiniseka ukuthi izinto zizoba ngcono.

UMoseki waqokwa njengoMkhiqizi Oxosha Ikati Eziko Ophambili eMiklomelweni Kasomabhizinisi Wesifazane yesifundazwe.

Lesi sigaba esalabo abasafufusa kule mboni abaqhamuka nezindlela ezintsha zanamuhla zokuthuthukisa ukukhiqizwa kokudla, ukwakhiwa kwemisebenzi nokuthuthukiswa komnotho. UMoseki wathola umklomelo wemali engemarandi ayizi-75 000, indebe kanye nesitifiketi sokuhlonishwa.

Ngemva kokuba ephume phambili eNyakatho Ntshonalanga, waqhubeka wangenela umghudelwano wemiklomelo kazwelonke lapho aphinde wadla khona umhlanganiso

kuso lesi sigaba futhi wathola umklomelo wemali engamarandi ayizi-150 000, isitifiketi nendebe. Wathola nengqalasizinda enenani lemali engamarandi ayizi-500 000.

UMoseki waqala ukulima ngowezi-2011 ngemva kokuthenga iPulazi i-Grootverdriet 310 (e-Dirkiesrus) ngaphandle kwase-Stella. Ungumlimi oxubile, onemfuyo encane nenkulu futhi okhiqiza amaveji afana nesipinashi, utamatisi, upelepele oluhlaza, amazambane, iklabishi nezithelo ezisawolintshi.

UMoseki uthi wayengazi ukuthi uzoqhubeka kangaka ngomsebenzi wakhe wokulima ikakhulu ngoba wenza amaphutha amaningi

"Ngenze amaphutha amaningi, ngingazi ukuthi ngizotshala nini futhi ngizotshalani, ngihlanganisa namakhemikhali angafanele, kodwa manje ngazi kahle ukuthi ngenzani,"

esho emomotheka.

Imikhiqizo yakhe uyithengisa ezitolo zendawo, emiholweni, ezikoleni futhi anikele ngeminye ezinkulisa zasendaweni. UMoseki uqashe abantu abayisithupha epulazini elingamahektha angama-36. Leli pulazi linezimvu ezingama-52, amawundlu ayi-18 nezinkomo ezingama-25 futhi linomgongozo wamanzi okunisela nawokuphuzisa imfuyo

Nakuba edlondlobala, uMoseki uthi izingqinamba aye wabhekana nazo zihlanganisa ukuthola imali yokuqalisa, ukuthola abantu nezindawo azothengisa kuzo, nokubukelwa phansi ngabanye abalimi. Lezi ezinye zezingqinamba ababhekana nazo abalimi besifazane.

"Lezi zinselele zingifaka ugqozi futhi ngizozama ngokusemandleni ami ukuzikhandla futhi ngiphumelele. Izinselele ziyangakha zingenze umuntu ongcono futhi ngicabanga ukuthi kuhle ukuthi ngibhekana nazo manje ngisemusha kulo mkhakha."

Uthe uzosebenzisa le mali ingamarandi ayizi-500 000 ukuze alungise ipulazi lakhe.

"Le mali evela emnyangweni eyokusiza ithuthukise ingqalasizinda futhi yilokho kanye engizoyisebenzisela kona."

#### **UKWANDISA ULWAZI**

Selokhu adla umhlanganiso kule miklomelo, uMoseki ubezikhandla emsebenzini ethuthukisa ulwazi lwakhe. Wahamba wayokwenza izifundo zendlela yokuphathwa kwamachwane ezinkukhu futhi muva nje ubeyokwenza izifundo zokumaketha ezixhaswe ngumnyango.

"Lezi zifundo ziye zaba usizo ngoba ngifuna ukungena ebhizinisini lokuthengisa izinkukhu. Ingxenye yokumaketha yalezi zifundo ebengizifunda iye yangisiza nayo futhi ngiyafunda kuyo."

#### **IMPUMELELO**

Wathi ezinye zezithako zempumelelo yakhe kuze kube manje ukuzikhandla, ukuzinikela nokukhonjiswa indlela ngabalimi abangomakhelwane bakhe.

"Baye baba usizo kakhulu, nginezinombolo zokuxhumana zabo bonke futhi bathi ngingabafonela noma nini uma ngidinga usizo."

Futhi baye bamsiza ngempela. Ukhumbula indlela omunye umakhelwane wakhe amsiza ngayo ukuba akhethe amakhemikhali afanele amazambane.

Wathi abalimi kufanele bayeke ukuthembela kakhulu kuhulumeni futhi kufanele bazihlelele izinto futhi bazenzele.

"Ngeke sonke silindele ukuba uhulumeni asenzele izinto; nathi kumelwe sidlale indima yethu futhi sazi ukuthi uhulumeni akasikweleti lutho."

UMoseki wathi eminyakeni emihlanu ezayo, angathanda ukuthumela imikhiqizo yakhe emazweni angaphandle, lelo iphupho azimisele ukuzikhandla ukuze alifezekise.

"Asilandele izinyathelo zabaholi bethu abalwela inkululeko yethu. Seyisikhathi sethu sokuba silwele umnotho wethu futhi sakhe imisebenzi," usho enxusa.

Abalimi abazimisele njengoMoseki bangayisiza iNingizimu Afrika ibhekane nezinselele zobubha futhi bondle isizwe.

#### Maselaelo Seshotli

Ningizimu Afrika, inyanga kaNcwaba, akuyona nje inyanga evamile.

YiNyanga yaBesifazane njengoba umhla ziyi-9 kuNcwaba egujwa njengoSuku lwaBesifazane Kuzwelonke, futhi kuyiholidi. Kulo nyaka sizobe sesiqonde emgubhweni wama-60 weMashi yaBesifazane.

Mhla ziyi-9 kuNcwaba 1956, abesifazane abanesibindi abayizi-20 000 bamasha baya e-Union Buildings ePitoli beyolwela inkululeko yabo nokufaka isicelo esiphikisana nemithetho yamapasi ezweni. Le mithetho yayidinga ukuba abantu abansundu baphathe iphasiphothi yokuhamba ngaphakathi ezweni, eyayaziwa ngokuthi ipasi.

Ipasi lalisetshenziselwa ukuhlukaniswa abantu futhi lilawule ukuthutheleka kwabantu edolobheni ngeminyaka yobandlululo.

Imashi yayiqondiswa i-Federation of South

African Women (i-Fedsaw) eyayiholwa ngabesifazane abane: u-Lillian Ngoyi, u-Helen Joseph, u-Rahima Moosa no-Sophia Williams

Ingozi abazifaka kuyo laba besifazane iye yaholela ekutheni kube noshintsho nengubekelaphambili phakathi kwabesifazane namuhla.

Namuhla, uMthetho-sisekelo uyabaqaphela abesifazane njengezakhamuzi ezilinganayo nezinye, ezinamalungelo nezinebopho ezifa-

UHulumeni waseNingizimu Afrika usenze intuthuko ekuhlomiseni abesifazane kwezepolitiki, emphakathini nakwezemfundo.

Siyizwe asihalaliseli nje kuphela abesifazane baseNingizimu Afrika abaqopha umlando nabangamaqhawe, kodwa sihalalisela nabesifazane besizukulwane sanamuhla abangahleli phansi, kodwa abavula amathuba bewavulela abesifazane abasha besikhathi esizayo ukuze baqhubeke nomzabalazo wokuhlomisa, ukukhulula nokufundisa abanye.

Muva nje, iNingizimu Afrika isingathe iNgqungquthela Yama-25 Yobumbano Lwase-Afrika (i-AU) lapho oNgqongqoshe be-AU abaBhekelele Izindaba Zobulili Nabesifazane babamba Umhlangano Wesibili we-AU Wezinga Eliphezulu Omayelana Nokulingana Ngokobulili Nokuhlonyiswa Kwabesifazane.

Umphumela womhlangano owawunesihloko esithi "Yenzani Kwenzeke Ngokufakwa Kwabesifazane Ngokwezimali Embonini Yamabhizinisi Ezolimo", kwaba ukumenyezelwa nokunxusa kokuthathwa kwesinyathelo mayelana nokubandakanywa ngokwezimali kwabesifazana embonini yamabhizinisi

Lo mhlangano wanxusa, phakathi kokunye, ukuqaliswa kwelungelo labesifazane lokuthola, ukulawula, ukuba abanikazi nokuzuza emithonjeni yezimali, kuhlanganise nemfundo yokukwazi ukufinyelela izinqubo zikahulumeni zokuthengwa kwempahla, ukuthuthukiswa kolwazi namakhono, ubuchwepheshe bokusungula izinto nokubusebenzisa, ukuze kuthuthukiswe ukuhlonyiswa ngokomnotho kwabesifazane emabhizinisini ezolimo

IVuk'uzenzele iMAHHALA

### **EZOKUPHEPHA NOKUVIKELEKA**

# **I-Operation Fiela** ineghaza ekutheni kube nokuthula nokuhleleka

#### Bathandwa Mbola

Operation Fiela ilondoloza ukuthula nokuhleleka ezweni, kuyilapho futhi iqinisekisa ukuthi bonke abantu abaphila eNingizimu Afrika bangakwazi ukubamba iqhaza ngokukhululeka ezindabeni ezithinta umnotho nokuphilisana nabanye abantu.

Ngemva kokuqubuka kodlame ngoMbasa, ezinye zezimbangela ezahlonzwa kwakuwukungabonakali kwamaphoyisa endaweni kanye nombono wokungabikho kokuhleleka. I-Operation Fiela yaqaliswa ngoMbasa futhi kuthe kuphela uNhlangulana kwase kuboshwe abantu abayizi-3 914.

Laba bahlanganisa abantu abavela kwamanye amazwe abayi-1 650 ababoshelwa ukungabi nawo amaphepha okuba kuleli kanye nezakhamuzi zaseNingizimu Afrika eziyizi-2 264 ezaboshelwa ubugebengu obuhlukahlukene.

Lobu bugebengu babuhlanganisa ukushushunjiswa kwabantu, ukutholakala neziqhumane, ukutholakala nezidakamizwa, ukubulala, ukubamba inkunzi, ukudlwengula kanye nokutholakala nezibhamu ezingekho emthethweni, ukugqekeza, nokweba.

Etshela abezindaba ngomsebenzi we-Operation Fiela muva nje, uNgqongqoshe wehhovisi likaMongameli obhekelele Ukuhlela, Ukuqapha Nokuhlola, u-Jeff Radebe, nongusihlalo we-Komiti LoNgqongqoshe (i-IMC) Lezokufuduka, wathi ukholelwa ukuthi uhulumeni uphumelele ekwenzeni imiphakathi eyayinodlame ngoMbasa izinze.

#### **UMTHETHO NOKUHLELEKA**

"Nge-Operation Fiela sibuyisa imiphakathi yethu ukuze abantu bakwazi ukuhlala ngokuthula. Sakha umthetho nokuhleleka.

Sifuna ukwakha indawo eyamukela bonke abantu abahlala eNingizimu Afrika ukuze babambe iqhaza ngokukhululeka ezindabeni zomnotho nezokuphilisana nabanye abantu," kusho uNgqongqoshe uRadebe, owesekwa nga-



I-Operation Fiela iyasiza ekwenzeni iNingizimu Afrika ibe lilizwe eliphephile ongaphila kulona ngokudala umthetho nokuhleleka.

banye ongqongqoshe abangamalungu e-IMC.

Laba babehlanganisa uNgqongqoshe Wezamaphoyisa uNkosinathi Nhleko, uNgqongqoshe Wezokuthuthukiswa Komphakathi uBathabile Dlamini, uNgqongqoshe Wezempilo u-Aaron Motsoaledi noNgqongqoshe Wokwengamela Ngokubambisana Nezendabuko u-Pravin Gordhan.

Lo mkhankaso, oholwa Ngumbutho Wamaphoyisa aseNingizimu Afrika (i-SAPS) futhi osekelwa iminyango yezemigwaqo yesifundazwe neyomasipala kanye nayo yonke iminyango engamalungu e-IMC njengoMbutho Wezokuvikela Kazwelonke WaseNingizimu Afrika noMnyango Wezasekhaya, uye wathungatha futhi wabamba izephulamthetho ezindaweni eziningana kulo lonke leli njengase-Mayfair, e-Alexandra, e-Hillbrow nase-Sunnyside, phakathi kwezinye.

Echaza kabanzi umsebenzi walo mkhankaso, uNgqongqoshe uRadebe wathi kwasungulwa izikhungo zalo mkhankaso futhi kwakhishwa abasebenzi bokugcinwa komthetho nezinto zokusebenza ubusuku nemini.

"Uphiko lwethu lwezobunhloli lwacelwa nokuba luphenye izakhiwo nezindawo ezaziwayo ukuthi zithandwa yizigebengu."

Kwabekwa nohlelo lokulawula izinhlekelele esifundeni kanye nesikhungo sezingcingo esisebenza ubusuku nemini.

Mayelana nokubuyiselwa kwabantu bakwamanye amazwe emiphakathini ababebaleke kuyo ngesikhathi sodlame, i-IMC yathi le nqubo yokubabuyisela seyisesigabeni esiphambili kakhulu.

#### **SUKUMA SAKHE**

I-Operation Sukuma Sakhe nayo iye yangena yagamanxa ngokubuyiselwa kwabantu bakwamanye amazwe emiphakathini ababehlala

I-Operation Sukuma Sakhe igqugquzela ukuhlangana kukahulumeni nemiphakathi. Yaqaliswa KwaZulu-Natali.

Mayelana nabantu abavela kwamanye amazwe ababephume emiphakathini ababehlala kuyo, uNgqongqoshe uRadebe wathi abantu abavela kwamanye amazwe abayizi-5 645 babephindiselwe emazweni akubo ngokuzithandela.

Laba bahlanganisa abaseMalawi abangaphezu kwezi-3 000, abase-Mozambique abangama-682, abaseZimbabwe abayi-1 240 nabaseTanzania abayi-17.

Izinhlangano zomphakathi eziningana ziye zasola i-Operation Fiela ngokuthi isophe abantu abavela kwamanye amazwe futhi zacela ukuba icatshangelwe kabusha indaba yayo.

Kodwa-ke, uNgqongqoshe uNhleko wagcizelela ukuthi yayingasophile izakhamuzi ezigcina umthetho noma abantu abavela kwamanye amazwe abagcina umthetho.

UNgqongqoshe uMotsoaledi naye wayenombono ofanayo, ethi imikhankaso ehlukene engaphakathi nengaphandle kwe-Operation Fiela eyenziwa ngumnyango isiza imiphakathi.

"Senza imikhankaso ehlukene njenge-Operation Fiela emnyangweni wethu. Akuyona into ehlukile noma entsha."

Wawuchitha nombono wokuthi abantu abavela kwamanye amazwe abaphathwa ngendlela efanayo nabakuleli ezikhungweni zezempilo zomphakathi.

"Isizathu esenza ukuba sibe nenani eliphezulu labantu abathatha amakhambi okudambisa isandulelangculazi (i-ARV) ukuthi selapha wonke umuntu kungakhathaliseki ukuthi uphumaphi... ngaphandle kwezifo ezinjengokufakelwa izinso eziyizimo ezikhethekile."

UNgqongqoshe uDlamini yena wathi Umnyango ufunde izifundo eziningi kulo mkhankaso.

"Kungcono ngoba iminyango kahulumeni isebenza ngokubambisana," esho.

Waphawula ukuthi esikhathini esingaphambili izakhamuzi zazicele uhulumeni ukuba angenele futhi aqinise isandla ezigebengwini.

"Manje uma sesithatha isinyathelo, sesiyagxekwa," esho, enezela ukuthi uhulumeni uzothatha isinyathelo esifanayo kubo bonke abephula umthetho, noma ngabe abaseNingizimu Afrika noma ngabe bavela kwamanye amazwe.

## Nqanda imiyalezo yocansi ethunyelwa ngomakhalekhukhwini nokuchukuluzwa nge-intanethi

#### \*Samona Naidu

zobuchwepheshe nokukhula kwezinkundla zokuxhumana ngezobuchwepheshe njenge-Facebook, i-MXit, i-WhatsApp, imiyalezo esheshayo ethunyelwa ngomakhalekhukhwini, imiyalezo, amavidiyo ne-YouTube kuye kwashintsha indlela izingane ezixhumana ngayo nalokho ezixhumana ngakho.

Ngalezi zinkundla, izingane zixhumana nontanga bazo abavela ezingxenye ezihlukene zezwe nezomhlaba. Nakuba lezi zinkundla zokuxhumana zivulela izingane amathuba amasha, kukhona ububi nezingozi ezithile. Baningi manje abantu abasebenzisa lezi zinkundla ukuze benze ubugebengu, basizakale ngalabo abazisebenzisayo abanganake lutho futhi babaxhaphaze. Le misebenzi yobugebengu yaziwa kangcono ngokuthi ukuchukuluza nge-intanethi, ukuthumela imiyalezo yocansi ngomakhalekhukhwini kanye nokusongela omunye usebenzisa izinkundla zokuxhumana.

UMnyango Wezobulungiswa Nokuhlunyeliswa Kwezimilo muva nje usingathe abafundi abangama-500 abavela ezikoleni zaseFreyistata ukuze ubafundise ngokuchukuluza okwenzeka ku-intanethi nokuthunyelwa kwemiyalezo yocansi ngomakhalekhukhwini kanye nemiphumela yakho engokomthetho. Abafundi bafundiswa ngezinsizakalo zezobulungiswa ezikhona kulabo okwenziwe kubo lezi zenzo zokubachukuluza nge-ntanethi nokubathumelela imiyalezo yocansi ngomakhalekhukhwini, njengokuthola umyalo wokuvikelwa yinkantolo kumuntu owenza lobo bugebengu. Umyalo wokuvikelwa usiza wena njengesisulu ukuba unqande ukuhlukunyezwa. Umuntu owenza ngokuphikisana nomyalo wenkantolo angase abekwe icala.

ULerato Morutle, umfundi owayekhona kulo mhlangano, wathi wafunda ukuthi ukuchukuluzwa nge-intanethi nokuthumela imiyalezo yocansi ngomakhalekhukhwini kuyicala futhi kufanele kubikwe.

"Njengabafundi, kufanele sisebenzise i-intanethi ukwenza

Omunye umfundi, uTseki Mpolokeng, wathi omakhalekhukhwini akufanele basetshenziselwe ukuthumela noma yini ephathelene nocansi.

ucwaningo ngemisebenzi yethu yesikole, hhayi okunye,"

"Bengingazi ukuthi ukubukisa abanye noma ukubathumelela amavidiyo nezithombe eziphathelene nocansi engazithunyelelwa ngomunye ngomakhalekhukhwini, kwenza ukuthi nami ngibe necala lokuthumela imiyalezo yocansi nokuchukuluza nge-intanethi," esho.

UMphathi Wenkantolo Yezingane, u-Pritima Osman, weluleka ngokuthi kungcono ukungaziphenduli lezi zinhlobo zemiyalezo ngomakhalekhukhwini noma ngezinkundla zokuxhumana ngezobuchwepheshe.

"Uma umuntu othile ekusongela, abelana nabanye ngezinto eziphathelene nawe futhi usabela ukuphepha kwakho, tshela umuntu omdala noma amaphoyisa ngokushesha." Uma ukuchukuluzwa nge-intanethi kwenzeka esikoleni

noma enyuvesi, lowo muntu kumelwe abikwe kuthisha. Abazali kumelwe babheke lezi zimpawu ezilandelayo ezithinta imizwelo, imfundo nokuxhumana nabanye kulabo abahlukunyezwayo:

- Izimpawu ezingokomzwelo: Ingane yakho iphenduka unkom'idla yodwa noma ibe namahloni, ibonise izimpawu zokucindezeleka, ingafuni lutho noma icasulwe ubala, yesabe noma ikhathazeke kakhulu, futhi ibonise izimpawu zokuziphatha okunobudlova.
- Izimpawu eziphathelene nemfundo: Ingane yakho ayifuni ukuya esikoleni, ingena enkingeni esikoleni, iyalova esikoleni, ayisasithandi isikole futhi amamaki
- Izimpawu eziphathelene nokuxhumana nabanye: Ingane yakho isimane nje yayeka ukusebenzisa ikhompyutha, ishintsha indlela yokudla noma yokulala futhi iphupha kabi, ayisafuni ukubamba ighaza emisebenzini ethile eyayiyijabulela, iyazilimaza, izama noma isongela ngokuthi izozibulala, futhi isivele yashintsha abangane.

#### Ingane yakho nayo kungenzeka ukuthi ichukuluza abanye ku-intanethi. Nazi izimpawu okufanele uzibheke:

- Ingane iyayeka ukusebenzisa ikhompyutha noma iyicishe uma kukhona umuntu oseduze. Ingane ibonakala yethuka noma igxume lapho isebe-
- nzisa ikhompyutha noma umakhalekhukhwini.
- Ingane ichitha isikhathi esiningi kakhulu kukhompyutha, futhi iyacasuka noma ithukuthele lapho ibekelwe umngcele noma iphucwa amalungelo okusebenzisa umakhalekhukhwini noma ikhompyutha.

\* U-Samona Naidu usebenzela uMnyango Wezobulungiswa Nokuhlunyeliswa Kwezimilo.

#### **KUYINI UKUCHUKULUZWA NGE-INTANETHI?**

Ukuchukuluzwa nge-intanethi (i-cyber bullying) ukuhlukunyezwa okwenzeka ngokusebenzisa izinto zobuchwepheshe be-elekthronikhi njengomakhalekhukhwini, amakhompyutha noma amathebhulethi kwisizindalwazi sezinkundla zokuxhumana ngobuchwepheshe, ngemiyalezo noma ngemiyalezo esheshayo noma ngezingxoxo. Kuba yimiyalezo emibi noma elimazayo, ephoxayo noma izithombe, amavidiyo noma ama-imeyili ocansi anikezwa abanye noma afakwe kulezi zinkundla futhi alimaze abanye.

#### YINI UKUTHUNYELWA IMIYALEZO YOCANSI **NGOMAKHALEKHUKHWINI?**

Imiyalezo yocansi (i-*sexting*) yilapho izithombe noma amavidiyo abantu abanqunu noma abacishe babe nqunu nemiyalezo esikisela ucansi kuthunyelwa ngomakhalekhukhwini ngemiyalezo noma ngezingxoxo. Lezi zinhlobo zemiyalezo zingase zifakwe esigabeni sezithombe zocansi zezingane ikakhulukazi lapho kubandakanyeke izingane.

#### **DLALA INDIMA YAKHO UKUZE UNQANDE UKUCHUKULUZWA NGE-INTANETHI NOKUTHUNYELWA KWEMIYALEZO YOCANSI NGOMAKHALEKHUKHWINI**

- Abazali banxuswa ukuba badlale indima ethile futhi baqaphele uhlobo lwezobuchwepheshe nezinkundla zokuxhumana ngobuchwepheshe ezisetshenziswa yizingane zabo futhi baqaphe uhlobo lwalokho ezikucobelelana nabanye kulezi zinkundla.
- Masinqande ukuchukuluzwa nge-intanethi nokuthunyelwa kwemiyalezo yocansi ngomakhalekhukhwini! Bika noma ubani osolwa ngokuba umgqugquzeli wokuchukuluza nge-intanethi nokuthumela imiyalezo yocansi ngomakhalekhukhwini kulezi zinombolo ezingezansi.

#### LAPHO UNGAFUNA KHONA USIZO NOMA UBIKE NGOKUCHUKULUZWA NGE-INTANETHI NOMA **NGOKUTHUNYELWA WEMIYALEZO YOCANSI NGOMAKHALEKHUKHWINI?**

- Shayela kule nombolo Yosizo Lwezingane: 080 005 5555
- Shayela i-Lifeline kule nombolo: 011 728 1347
  - Bika icala Kumbutho Wamaphoyisa aseNingizimu Afrika kule nombolo:
- 086 001 0111