

Vuk'uzenzele

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Diphalane 2019 Kgatiso 1



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promise to
be men of
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Plans to protect women and children

President Cyril Ramaphosa has announced an emergency plan to deal with the violence against women and children in the country.

Addressing a Joint Sitting of the National Assembly and National Council of Provinces recently, the President said the plan strengthens existing measures and introduces new interventions in five principal areas.

These areas include;

- How to prevent gender-based violence
- Strengthening the criminal justice system
- Steps that need to be taken to enhance the legal and policy framework
- What can be done to ensure adequate care, support and healing for victims of violence
- Measures to improve the

economic power of women in South Africa.

"This emergency action plan

will be driven by an Interim Steering Committee located in the Presidency and co-chaired

by government and civil society organisations.

"The Steering Committee will coordinate rapid response at national level. The plan will be implemented over the next six months," the President said.

He called for the Joint Sitting to focus the attention of elected public representatives and the nation at large on the crisis of Gender-Based Violence and Femicide (GBVF).

"To enhance the safety of women, we are going to, as a matter of urgency, make the necessary amendments to our laws and policies to ensure that perpetrators of GBV are brought to book. We will make substantial additional funding available for a comprehensive package of interventions to make an immediate and lasting difference.

"Cabinet has resolved to direct R1.1 billion in additional funding in this financial year to the comprehensive response to GBV. It is government's intention that the funds appropriated for this programme will be raised from within the current budget allocation and will not require additional borrowing," the President said.

Prevention measures

Government will launch a mass media campaign that will target communities, public spaces, workplaces, higher education institutions and schools, as well as recreational spaces.

"As part of this campaign, we are going to provide gender sensitivity training to law-enforcement officials, prosecutors, magistrates and policy makers – and ensure that

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Go tobana mo matlhong le malwetse a tthaloganyo

Allison Cooper

Metsotswana mengwe le mengwe e le 40, mongwe o latlhegela ke botshelo ka go ipolaya. Letsatsi la Lefatshe la go Keteka Temoso ya Malwetse a Tlhaloganyo, ka la bo 10 Diphalane, le kopanya batho mo lefatsheng go thusana go tokafatsa boitekanelo jwa batho ba ba tshelang ka malwetse a tthaloganyo go ralala le lefatshe ka bophara.

Moono wa monongwaga o re: "Re Thibelaketegelo ya Batho ba ba Ipolayang."

Matsapa a go lemosa baagi ka dikgetse tse dintsi tse di leng teng tsa go ipolaya mo lefatsheng mmogo le seabe seo mongwe le mongwe wa rona a ka nnang le sona go thusa go thibela ditiragalo tseno a simolotswe go diriwa ka la bo 10 Lwetse, ka Letsatsi la Lefatshe la go Keteka Temoso ya go Thibela Ditiragalo tsa go Ipolaya, mme a tswelela jalo go fitlha ka la bo 10 Diphalane.

Mokgatlho wa Boitekanelo jwa

Lefatshe (WHO) o rotloetsa batho go ralala le lefatshe go tsaya metsotswana e le 40 mme ba tsee dikgato tsa go lemosa batho ka botlhokwa jwa go dira gore kgang ya gore batho ba ipolaye e nne mo magetleng a maokelo a puso mo lefatsheng ka bophara ka la bo 10 Diphalane; go oketsa kitso ka ga se se ka diriwang go thibela ditiragalo tsa go ipolaya; go foka-tsa mamodula o o bapisiwang le go ipolaya; le go itsise bao le bona ba leng mo kgarakgatsegong ya maikutlo gore o lela le bona.

Kgwedi ya Bosetšhaba ya Ditemoso tsa Malwetse a Tlhaloganyo

Kgwedi ya Bosetšhaba ya Ditemoso tsa Malwetse a Tlhaloganyo, eo e ketekiwang gape le ka gwedi ya Diphalane mo nageng ya Aforika Borwa, e tlisa temoso ka malwetse a a leng teng a mantsi a tthaloganyo le gore batho ba ba tshwerweng ke malwetse ano ba ka thusega jang.

Ka ntlha ya mamodula yo a tshwantshanngwang le malwetse

a tthaloganyo, batho ba le bantsi ga ba na kgatlhelego ya go itshwenya ka go batlana le thuso. Mme kwa bokhutlhong seno se ka nna le matsapa a a seng kana ka sepe.

Go tloga ka Ferikgong 2019, Setlhophla sa Aforika Borwa sa Kgatelelo ya Maikutlo le Letshogo (SADAG) se amogetse megala e feta e le 145 000 go tswa kwa ditikwikwikweng tsa yona tsa Megala di le 22. Mo go yona, e le 41 800 e ne e le e e tswang mo Mogaleng wa Mathata a go Ipolaya moo batho ba ba neng ba letsitse ba neng ba kopa go thusiwa ka mathata a ba iphitlhelang ba le ka fa gare ga ona le go batla thuso ka bonako.

Mokaedi wa Ditiro tsa SADAG Cassey Chambers a re bontsi jwa batho ba ba akanyang ka go ipolaya ba na le letshogo le le seng kana ka sepe, ba na le kgatelelo ya maikutlo e bile ga ba sa na tshepo mo botshelong mme o fitlhele ba ikutlwa e kete ga go sa na sepe se sengwe se ba ka se dirang. Bontsi jwa batho ba ba re letseditse ba ne ba le ka fa gare ga mathata a maratano, mathata

a ditšhelete le go roromisa ke letshogo. " Fela lebaka le legolo la seno ke kgatelelo ya maikutlo e e iseng e lemogiwe le go ka alafiwa," Chambers o tthalositse jalo.

Go ya ka Lefapha la Boitekanelo, batho ba bangwe ba ba tshwerweng ke malwetse a tthaloganyo ba itemogela matshwao a a latelang;

- Ba tlhafelwa ke botshelo sebaka sa dibeke di ka nna pedi, letsatsi lotlhe le lengwe le le lengwe.
- Ba ikutlwa ba tlhoafetse, mowa wa bona o wele kgotsa ba gateletswe ke maikutlo.
- Ba latlhegelwa ke kgatlhegelo mo dilong tseo ba neng ba itumelela tsone.
- Ba ikutlwa ba lapile le go retelwa ke go tlhwaya tsebe.
- Ba ikutlwa e kete ga ba mosola kgotsa ba itshola le go ikotlhaya.
- Ba ka iphitlhela gape ba nagana ka go ipolaya.

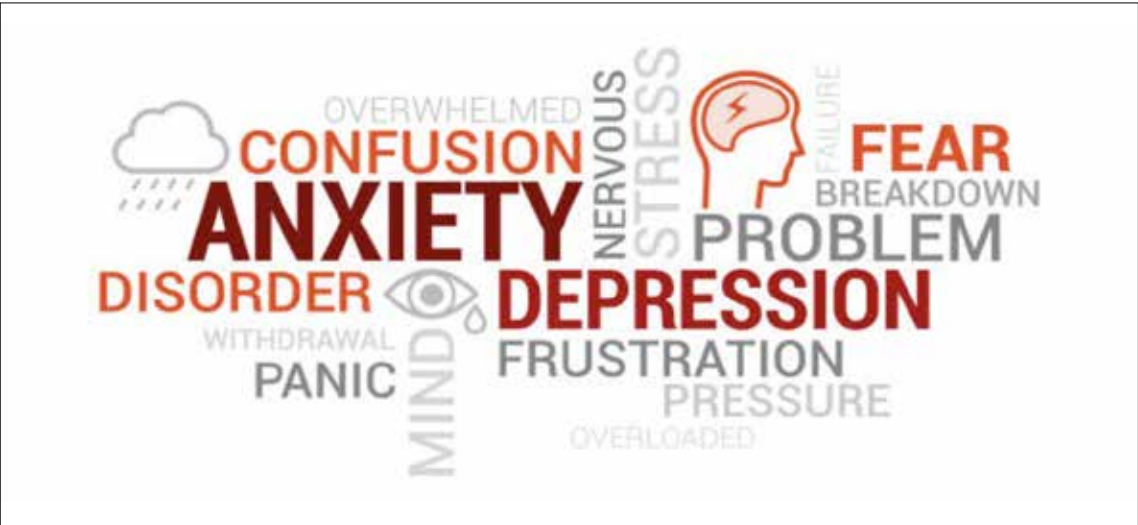
Lefapha la Boitekanelo le

nopotse gape gore go le gantsi batho ba ba nang le letshogo le le feteletseng ba iphitlhela ba na le ketsaetsego e e seng kana ka sepe mme ba retelwa le ke go e laola, ba balabala go feta tekano ka mathata a a farologaneng e ka nna a boitekanelo le a kwa lapeng mmogo le mathata a madi, a sekolo le a kwa tirong. Seno se tlisa dingalo mo mmeleng le mo tthaloganyong, mesifa e simolole go opa le go se ikhutse mmogo le go lapa ka pejana le go felafela pelo, o iphitlhelwa o palelwa ke go tlhwaya tsebe le go tlhoka boroko.

Malwetse a Tlhaloganyo a ka alafiwa. Go bona tshedimosetso ka botlalo, etela tleliniki, sepetlele kgotsa bookelo jo bo gauifi. O ka letsetsa gape le Mogala wa Mathata a go Ipolaya wa SADAG mo go 0800 567 567, wa letsetsa Mogala wa bona wa Malwetse a Tlhaloganyo mo go 011 234 4837, kgotsa mogala wa LifeLine mo go: 0861 322 322.

GBV can cause mental instability

THE DEVASTATING EFFECTS OF Gender-Based Violence can cause women to experience various mental health disorders.



Allison Cooper

Many people who access services at psychiatric hospitals have in one way or another been impacted or affected by Gender-Based Violence (GBV). This is according to Clinical Psychologist Robyn Travers, who works at the Department of Health's Tara The H. Moross Hospital in Johannesburg.

Travers confirmed that GBV can lead to women experiencing various psycho-social, economic and societal stressors. "The psychological impact of GBV can contribute towards adult victims experiencing depression, anxiety-related disorders, post-traumatic stress disorder and substance-use disorders. Additionally, feelings of shame, anger, hopelessness and helplessness and suicidal urges may be prominent," she said.

Each women's psychology is different and they may experience different symptoms and mental health conditions. "It is very difficult to predict which women are more likely to experience which mental health conditions, as this depends on a range of factors such as genetic vulnerabilities, family and community-based support structures, emotional intelligence and resilience. "It is also important to keep in mind that trauma is experi-

enced differently by individuals and that the process of working through the trauma is specific to the individual," said Travers.

Not all women who experience GBV are likely to develop substance-use disorders. "Others, who may already be reliant on substance-use, may increase the frequency and intensity of substance use."

Help is at hand

Travers said women who have been victims can access mental health services at any of the community-based clinics where individual and group-based interventions are offered. "At times, assistance may also take the form of psychiatric medication to assist in alleviating the initial symptoms. This could potentially be followed by a combination of medication and psychological intervention," said Travers.

"It is important that families adopt a non-judgemental and compassionate stance

The Department of Social Development's emergency Gender-Based Violence Command Centre can be contacted at 0800 428 428, or by sending a 'please call me' to *120*7867#. In addition, a Skype helpline is available for people with hearing impairments - add 'HELPME GBV' to your Skype contacts. People with disabilities can also SMS 'HELP' to 31531.

towards their loved ones or friends during their healing process," she added. Travers explained that emotional and practical support is of the utmost importance during this period.

"This can include listening to the victim's story, feelings and experiences; creating a safe physical environment; and accompanying the victim to the hospital, police station and legal aid clinic."

Megolo ya loago e thusa dimilione tsa batho

MADI A PUSO e a duelelang batho kgwedi le kgwedi a thusa baagi ba Aforika Borwa bao bontsi jwa bona bo leng mo tlalelong.



Silusapho Nyanda

Go netefatsa gore baa-gi ba Aforika Borwa bogolosegolo bao ba leng mo tlalelong ba thusa, puso e duelela megolo ya loago e feta dimillion di le 17 kgwedi nngwe le nngwe.

Megolo ya loago e bua ka madi a a duelelwang baagi ba maAforika Borwa bao ba leng dikobo dikhutshwane.

Tsamaiso ya megolo ya loago e laolwa ke setheo sa puso se se bidiwang Setheo sa Tshireletso ya Loago sa Aforika Borwa (SASSA), seo se neng sa tlhamiwa gore se abelane ka ditirelo tsa tlhokomelo ya loago go fokotsa lehuma.

Go na le megolo ya loago e le mentsinyana e e ka thusang batho go ya ka ditlhokwa tsa bona. Go na le madi a puso a a tlhokomelang bagodi, a gape a bidiwang mogolo wa batsofe; go na le madi a puso a a thusang batsadi go tlhokomela ngwana; go na le madi a puso a a thusang batsadi kgotsa batho bao e seng batsadi ba madi ba ngwana go tlhokomela ngwana yo a tshelang ka bogolofadi; go na le madi a puso a a thusang batho bao ba tlhokometseng batho ba ba golang megolo ya loago; go na le madi a puso a

a thusang bagale ba sesole ba ba rotseng tiro; go na le madi a puso a a thusang batho ba ba tlhokomelang bana ba dikhutsana; mmogo le madi a puso a a thusang batho ba ba nang le bogolofadi.



Madi a puso a a thusang batho ba ba nang le bogolofadi

Madi a puso a a thusang batho ba ba nang le bogolofadi ke bokane R1 780. Badiradikopo ba tshwanetse go obamela dikarolo tse di rileng gore ba nne le matshwanedi a go a amogela.

Fa e le gore o na le bogolofadi mo mmeleng kgotsa mo tlhaloganyong jo bo go kgoreletsang go ya tirong sebaka sa dikgwedi di le thataro kgotsa go feta, o ka dira kopo ya madi a puso a a thusang batho ba ba nang le bogolofadi.

Fa o dira kopo, o tshwanetse go tlatse foromo ya kopo ya

madi a puso a a thusang batho ba ba nang le bogolofadi kwa dikantorong tsa SASSA tse di gaufi nao mme o di tlaetse fa pele ga motlhankedi wa SASSA.

Mo godimo ga foromo eno, o tla tshwanelwa gape ke go tlatse le afidafiti ya foromo ya SASSA fa pele ga Mokomišennara wa Boikanyiso yo e seng motlhankedi wa SASSA.

Puso gape e tla tlhoka le lekwalo la boikanyiso le le kwadilweng ke motho yo a nang le maemo mo motseng le le pakang leina le dingwaga tsa modirakopo.

O tla tshwanela gape ke go tshegetsatsa kopo ya gago ka lekwalo la bopaki jwa dithoto tse o nang le tsona – go akaretse le boleng jwa ntlo nngwe le nngwe e o nang le yona mo masepaleng, bopaki jwa setlammo sa poraefete se se tshotseng madi a gago a go rola tiro, ditokomane tsa gago tsa Letlhole la go Kgaolwa kwa Tirong (UIF), lekwalonetefaleto le le pakang gore o tebetse kwa tirong go tswa kwa mothaping yo a nang a go thapile fa e le gore o ne o dira, mmogo le khophi ya lekwalo le le pakang gore dithoto di tla nna mo diatleng tsa mang, fa e le gore mookapelo wa gago o sa tswa go tlhokafala mo pakeng e e sa feteng dingwaga di le tlhano tse di fetileng,

mmogo le diakhaonto tsa ntlha le tsa bofelo tsa go nwela le go phatlhaladiwa ga dithoto tse o neng o na le tsona.

Fa e le gore o mo botshabelo, o tshwanetse go setlegela ka phomete e e bontshang maemo a gago a botshabelo mmogo le lekwaloitshupo la gago le le nang le dinomorotshupo di le 13.

Mo godimo ga lona, gore o nne le matshwanedi a go a amogela:

- O tshwanetse wa bo o le moagi wa naga ya Aforika Borwa kgotsa baagi bao e seng maAforika Borwa mme ba neilwe tetla ya go nnela ruri mo nageng kgotsa motho yo a tshabetseng ka fa nageng ya Aforika Borwa ka nako e o tse-nyang kopo eno.
- O tshwanetse wa bo o le magareng ga dingwaga di le 18 le 59.
- O tshwanetse wa bo o se ka fa tlase ga tlhokomelo ya setheo sengwe le sengwe sa puso.
- O tshwanetse wa bo o na le Lekwaloitshupo la naga ya Aforika Borwa.
- O tshwanetse wa bo o sa gole madi a a fetang R78 120 fa e le gore o nna o le esi kgotsa R156 240 fa e le gore o nyetse.
- O tshwanetse wa bo o se na dithoto tse di nang le boleng jo bo fetang R1 115 400 fa e le gore o nna o le esi kgotsa R2 230 800 fa e le gore o nyetse.
- Otshwanetsegobonanga-ka gore e go tlhatlhobe mme ngaka eo e tla bo e le e puso e e dirisang go tlhatlhoba maemo a gago a bogolofadi.
- O tshwanetse go tla le direkoto tsotlhe tsa boitekanelo mmogo le dipegelo tsa tlhatlhobo fa o tla go dira kopo le fa o tla ngakeng.

Madi a puso a a tlhokomelang bagodi

Madi ano a puso a diretswe go tlhokomela bagodi. Madi a puso a a tlhokomelang bagodi a duelelwa batho ba ba nang le dingwaga di le 60 le go feta.

Bao ba a amogelang ba tshwanetse:

- Go bo ba sena letseno le le fetang R78 120 fa e le gore o nna o le esi kgotsa R156 240 fa e le gore o nyetswe, mmogo le
- Go bo ba se na dithoto tse di nang le boleng jo bo fetang R1 115 400 fa e le gore o nna o le esi kgotsa R2 230 800 fa e le gore o nyetse.

Bao ba amogelang ba tla bona madi a le kanaka R1 780 ka kgwedi mme bao ba fetang dingwaga di le 75 bona ba tla amogela madi a le kanaka R1 800

SASSA e duelela batho ba ba amogelang megolo ka madi a seatleng ka matsatsi a a rileng le kwa mafelong a a rileng a e duelang kwa go ona. E duela gape ka go tsenyetsa baamogedi madi mo akhaontong ya bona ya banka kgotsa ya banka ya poso kgotsa ka go ba duelelela kwa mafelong a a jaaka a tlhokomelo ya batho ba ba godileng. ①

Tshedimisetso eno o e tlisediwa ke ba SASSA.

Go bona tshedimisetso ka botlalo mabapi le Megolo ya Loago ikgolaganye le SASSA ka go letsetsa 012 406 4805 kgotsa o etele webesaete ya: www.sassa.gov.za.

A o ne o itse?

Lekwalodikgang la Vuk'uzenzele le tla phasalatsa motseletsele wa diathikele tse di buang ka megolo ya loago e e farologaneng ka ntlha ya fa kgwedi eno e le Kgwedi ya Ditirelo tsa Tlhabololo ya Loago.