

# Vuk'uzenzele

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**Avoid becoming a human trafficking victim**

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**Lucky leads flourishing gaming business**

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## SA rolls up sleeves to recover from COVID-19



**“This is a plan through which all of us as South Africans should work together to build a new economy.”**

in the economy, securing our energy supply, and freeing up digital infrastructure,” he added.

This plan directly responds to

and reliable energy supply within two years;

- Create and support over 800 000 work opportunities in the immediate term to respond to job losses;
- Unlock more than R1 trillion in infrastructure investment over the next four years;
- Reduce data costs for every South African and expand broadband access to low-income households;
- Reverse the decline of the local manufacturing sector and promote reindustrialisation through deeper levels of localisation and exports;
- Resuscitate vulnerable sectors such as tourism, which have been hard hit by the pandemic.

According to the modelling done by National Treasury, the implementation of this plan will raise growth to around three percent on average over the next 10 years.

### More Matshediso

**P**resident Cyril Ramaphosa recently announced government's Reconstruction and Recovery Plan to help South Africa recover from the devastating economic impact of the COVID-19

pandemic.

The announcement was made at a Joint Hybrid Sitting of Parliament.

The President says it is important to get people back into the jobs they lost during the Coronavirus (COVID-19) pandemic.

“We are determined to create more employment opportuni-

ties for those who were unemployed before the pandemic or who had given up looking for work,” the President says.

“This means unleashing the potential of our economy by, among others, implementing necessary reforms, removing regulatory barriers that increase costs and create inefficiencies

the immediate economic impact of COVID-19 by driving job creation and expanding support for vulnerable households.

“We aim to do this primarily through a major infrastructure programme and a large-scale employment stimulus, coupled with an intensive localisation drive and industrial expansion,” says President Ramaphosa.

According to the President, the interventions outlined in this plan will:

- Achieve sufficient, secure

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## Go tsosolosa ikonomi e e re tswelang mosola

**G**o thankgololwa ga Letsholo la Madi-tshegetso a go Tlhola Ditiro la Moporesidente mo bekeng e e fetileng ke sesupo se segolo mo dikgatong tsa rona tsa go samagana le botlhokatiro.

Re samagana le dipeeletso tse dikgolo tse di mosola tota tsa setšhaba tsa go beeletsa matlole mo bathong, mo puso e leng yona e tsayang dikgato tsa go kgontsha gore go nne le ditiro e bile gape e le yona e e tlholang ditiro. Letsholo la Maditshegetso a go Tlhola Ditiro la Moporesidente ka bogolo jwa lona ga le ise le ke le diragadiwe fa e sale, moo le tsenyeletsang dipeeletso tsa puso tsa bokane R100 bilione mo dingwageng di le tharo tse di tlang.

Re tla babalela le go tlhola ditiro tse di tlamelang ka matlole mmogo le matsholo a a tshegetsang ka fao batho ba iphedisang ka teng go kgontsha maphata a ditiro go itharabolgelwa ka bo ona mo leroborobong la mogare wa *corona*. E nngwe le e nngwe ya dikgato tseno e letetse fela go tsenngwa tirisong, e bile ke tse dingwe tsa dikgatotlaleletso mo ditsholofetsong tse di leng teng ga jaana.

Le fa tota a mangwe a matsholo a agelela mo godimo ga manaane a a leng teng ga jaana, letsholo la maditshegetso leno gape le na le dikgato tse dintšhwa tsa boitshimoleledi.

Seno se tsenyeletsa go tsepamisa mogopolo mo go seo re se bitsang 'go tlhola ditiro mo mererong ya loago'. Re dira tiro eno re tsaya gore go santse go na le namane e tona ya tiro e e santseng e tlhoka go diriwa go ka samagana le matsapa a mantsi a loago a re tobaneng le ona mo setšhabeng sa rona. Maitlhommo a seno ke go tshegetsa matsholo a mantsi a boitlhamedi, boitshimoleledi le a bokgoni jwa ditheo jo bo leng teng mo setšhabeng ka bophara go dira gore batho ba iponele ditiro tse di tswelang batho botlhe mosola. Tiro eno e samagana le mathata a mantsi a a farologaneng, go tsenyeletsa a go nna le tlamelo e e lekaneng ya dijo, go fedisa Tirisodikgoka e e Totileng

Batho ba Bong jo bo Rileng (GBV), go ntšhwafatsa mafelo a baipei mmogo le tse dingwe gape tse dintsi.

Seno se tla tlaletsa matsapa a lekala la puso, e leng seo se tla kgontshang kgolo e kgolo mmogo le seabe mo loagong go tsenyeletsa le dikgato tse dintšhwa tsa tirisanommogo le bannaleseabe ba ba farologaneng mo loagong.

Letsholo la maditshegetso leno le tsenyeletsa le leano la naga le lentšhwa le ka lona go tla thapiwang barutabana le bathusi ba barutabana mo dikolong. Kwa dikolong go tswelletswe ka go thapa batho bano, go bulela ditšhono tse dinšhwa mo nageng eno ka bophara.

Tirelopuso ga se fela ya batho ba ba senang bokgoni. Go na gape le ditiro tse di batlang batho ba ba alogileng, mo ditirong tsa booking, tsa dialogane tsa dithuto tsa saense, tsa badiri ba ditiro tsa diatla mmogo le ditiro tse dingwe gape tse dintsi.

Letsholo la maditshegetso leno le tla tshegetsa gape le ditiro mo makaleng a a ntseng a le mo ketsaetsegong a leroborobo leno le sa a direlang molemo le e seng. Go tla tshegediwa badiredi ba mafelo a thuto ya bomapimpana (ECD), bogolosegolo basadi ba ba ithapileng mo mafelong ano.

Balemirui ba ba potlana ba feta ba le 74 000 le bona ba tla neelwa madithuso a go ba thusa ka tlhagiso ya ditsweletswa tsa bona.

Re le naga re tlhoka gore ba ditirelo tsa botsweretshi le setso ba tsosolose mewa ya rona – mme letsholo leno la maditshegetso le tlamela ka matlole go thusa lekala leno gore le boele le ikemele ka maoto a lona a mabedi, go tsenyeletsa le go tshegetsa tlhagiso ya mananeo a dijithale mmogo le go atolosa mabentlele a a rekisang dilwana mo diraleng tsa inthanete.

Seno se tla kgontsha badiragatsi gore ba itlwaetse maemo a mantšhwa mo marakeng ao a tlisitsweng ke leroborobo leno mo go rona rotlhe mmogo le go ithopela ditšhono tse dintšhwa tsa kgolo ya ikonomi.

Mobuladikgoro yo o botlhokwa thata mo go tlholeng ditiro, yo leroborobo leno le dirileng gore a nne botlhokwa le go gaisa, ke kgokelelo ya

inthanete. Gore re fedise go tlhoka tekatekano mo go fitheleleng didirisiwa tsa dijithale, letsholo la maditshegetso leno le tla tlamela malapa a a ipone-lang merokotso e mentye ka porotebente e e rekegang e e nang le lebelo le le kwa godimo ka go dirisa mekgwa ya boitshimoleledi ya go duelela karolo nngwe ya dituelelo tsa dikgokagano tsa inthanete mmogo le go atolosa WiFi e e sa duelelweng e e dirisiwang ke baagi mo setšhabeng.

Jaaka naga ya rona e itharabolgelwa mo matsading a leroborobo la mogare wa *corona*, ga re na ketsaetsego epe fa go tla mo bogolong jwa tiro e re tobaneng le yona.

Re tshwanetse go tlhola itharabolgelogo ya ikonomi ya ka bonako e bile e tsenyeletsa botlhe. Re tshwanetse go tlholela batho ba borona ba bantsi ditiro. Re tlhoka gape le go boela sekeng fa go tla mo kabelong ya ditirelo tsa motheo mmogo le mo kabelong ya mafaratlhathla a setšhaba a a botlhokwa, fa go tla mo go samaganeng le dikgwetlho mo loagong mmogo le mo go tlhabololeng makešene le metse ya selegae.

Tirelopuso ke sedirisiwa se se ka dirisiwang go samagana le tsotlhe tse di fa godimo: ka go tlhola ditiro tse dintsi mo nakong e khutshwane fa mo letlhakoreng le lengwe dimaraka di itharabolgelwa, mmogo le go tlhola ditlhokwa tsa loago.

Gantsi go a tle go dirisiwe seka sa go dirisa lenaane la ditiro tsa puso jaaka naga ya Amerika e ne ya dira morago ga gore e itemogele Phutlhamo ya Muruo mo dingwageng tsa bo 1930. Eno e ne e se fela kgato ya letsholo la maditshegetso, e ne gape e le kgato ya go tsholetsa go nna le seabe mo loagong ga batho botlhe.

Go na le dikao di le dintsinana tsa boitshimoleledi fa go tla mo manaaneng a ditiro tsa puso mo dinageng tse di tlhabologang, go tsenyeletsa naga ya India, ya Ethiopia mmogo le e re leng mo go yona eno ya Aforika Borwa. Manaane ano a beeletsa ka tolamo mo diikonoming tsa ka fa nageng, mo di tswelang mosola pele mafelo a go nngang batho ba ba humanegileng mo go ona, a tshegetsa dikgwebopotlana tsa ka fa nageng mmogo le go tsena mo ikonoming e e

bulegileng go tloga fano.

A tshegetsa gape le go nna le seabe mo mererong ya loago le eo e tsenyeletsang batho botlhe, e leng seo se kgontshang baagi go fetola matshelo a bona jaaka ba tsaya ditiro tse dingwe tse dintšhwa. Ka go dira jalo a nna le seabe mo go refosaneng maemo mo maemong ka bobedi a ka fa nageng le a mo setšhabeng ka kakaretso.

Dipeeletso tse di lolameng tsa puso tse di tshegetsang ditiro le go tlhola ditšhono tsa ikonomi tse di nang le boleng mo loagong di na le mosola o mogolo go gaisa wa go samaganana le matsapa a botlhokatiro.

Di a tsibogela, ka ntlha ya gore di dirisa metswedi ya puso go samagana le ditlhokwa tsa baagi, e ka tswa e le mabapi le go somarela tlhago, go tlhagisa dijo tse di sa tlhaeleng, go bula mafelo a mangwe gape a ECD, kgotsa e ka tswa e le mabapi le go aga ditsela tse dingwe gape tse di botoka tse di fithelesegang.

Di tliša kgatelepele gonne di dira gore batho ba ba humanegileng ba iponele tlhokomelo ya loago le go itirela megolo ka ntlha ya fa ba sa kgone go ka bona ditiro.

Ke dipeeletso tsa mo isagong gonne di tshegetsa mogopolo o mogolo wa itharabolgelogo ya ikonomi ka go dira gore ka ponyo ya leitho batho ba borona ba bone ditiro tsa go tokafatsa mafaratlhathla a rona a naga le a mebasepala.

Ka ditharabololo tse di tliši-wang ke letsholo leno la maditshegetso, re tlholela batho ba ba senang ditiro ditiro, fa ka fa letlhakoreng le lengwe baagi botlhe ba tla bona mosola wa go ya go ile mo go seno.

Fela jaaka lenaane la ditiro tsa puso mo lefatsheng ka bophara, letsholo leno la maditshegetso a ditiro le tshegetsa le go thusana le seabe se se botlhokwa se makala a poraefete a nang le sona mo go tlholeng ditiro. Kgato eno e a kgarametsana ka ntlha ya gore fa itharabolgelogo ya ikonomi e ntse e gola, ditiro tsa puso le tsona di tla fokotsega.

Fela maitemogelo le bokgoni jo bajalefa bano ba Letsholo la Maditshegetso a go Tlhola Ditiro la Moporesidente ba tla bong ba iponetse one a tla ba thusa mo go iponeleng ditiro tsa semmuso.

Maitemogelo a ba iponetseng ona gape a ka ba tswela mosola mo go itlhameleng dikgwebo.

Bannaleseabe ba tla tokafatsa bokgoni jwa bona gore ba kgone go itshimololela dikgwebo tsa bona, mmogo le go dirisa mogolo o o sa kgaotseng o ba tla bong ba o amogela go tswa mo ditirong tsa puso go itshimololela ditiro tse di tla ba tlisetsang letseno.

Ke tswelsetse go totobatsa ka tolamo gore matsapa a a tliši-tsweng ke COVID-19 re

tshwanetse go a bona gape jaaka tšhono ya go aga sešwa sentle.

Mo nakong e tshwana le e, e e aparetsweng ke mathata a gana go fela, re tla bo re sa itirele molemo go dira ditsholofetso tse re itseng gore di ka se kgonagale ka go dira gore batho ba nne le tsholofelo mo go rona, mme re bo re retelelwa ke go diragatsa jaaka re solofeditse. Ke ka ntlha ya seo re dirileng gore tharabololo ya tshegetso ya tiro nngwe le nngwe e tlamelwe ka matlole ka botlalo, mme go nne le leano le le tlhamaletseng la tiragatso.

Letsholo la maditshegetso a ditiro ga se maikano a a loleya a re sa itseng gore a tswa kae a lebile kae a a tla diragadiwang mo isagong, fela le ka ga ditiro tse di tlhamiwa jaanong mo re leng teng jaana mo motsing o re leng mo go ona.

Letsholo la maditshegetso leno le nnile teng go latela dikgato tse di telele tse di tseneletseng tsa go bontshana le mafapha a naga, a porofense le a dimasepala tse dikgolo gore di tlhole ka bonako manaane a ditiro a a ka tlhagisiwang kgotsa a tlhatlosiwa mo pakeng ya dikgwedi di le thataro.

Mafapha a a tshwanetseng go goga manaane ano kwa pele a ne a sekasekiwa ka tsenelelo go bona fa a na le bokgoni jwa go ka diragatsa tiro eno.

Mo lenaaneng le lengwe le le lengwe le le welang mo letsholong la maditshegetso leno, ditšhono tsa teng di tla phasaladiwa ka botlalo mme dikgato tsa go thapa batho e tla nna tse di sa tseeng letlhakore, tse di buletsweng batho botlhe e bile di sena lehunelo.

Dipeelo tse re ipeetseng tsone ke tsa nnete, di a kgwanthisi-sega e bile di a kgonega, e bile re ithutile mo diphosong tsa mo malobeng le go tswa mo ditirong tsa boditšhabatšhaba tsa go dira tiro sentle.

Batho ba rona ba eme sejaro e bile ba ikemiseditse go dira.

Maikemisetsa ano a mantsi a tshwanetse go solwa mosola, mme bokgoni jwa rona botlhe bo tshwanetse bo re tswela mosola mo go age sešwa naga ya rona fa re itharabolgelwa mo mogareng wa *corona*.

Letsholo la Maditshegetso a go Tlhola Ditiro la Moporesidente le neelana ka phimolakeledi mo malapeng a a itshoketseng mariga a matelele a a boima ka mogolo o o neng o ngotlilwe thata, mmogo le mo baaging ba ba ntseng ba sena ditiro sebaka sa dingwaga di sena palo.

Tiro ya nnete e e nang le seriti ke tshwanelo e motho mang le mang a nang nayo. Ke selo sa ntlha mo kgolong ya ikonomi le mo tsetsepelong ya loago.

Ka go dira gore tshwanelo eno e diragadiwe, Letsholo la Maditshegetso a go Tlhola Ditiro la Moporesidente le nna le seabe mo go ageng setšhaba se se nang le mosola e le ruri.



# Tila go nna motswase-tlhabelo wa go utswiwa

Silusapho Nyanda

Jaaka palo ya dikgetse tse di begiwang tsa batho ba ba utswiwang e tlhatloga, go botlhokwa gore o tsaye dikgato gore o babalesege.

Go tila go nna motswa-setlhabelo wa go utswiwa o tshwanetse go kgaotsa go tsamaya o le esi, go tsamaya bosigo kgotsa go tsamaya mo mebileng e go senang batho mo go yona.

Go botlhokwa thata gore o ele tlhoko se se diragalang mo tikologong e o leng mo go yona ka dinako tsotlhe.

Go nna kelotlhoko go tla go thusa gore o kgone go bona sengwe le sengwe se se diragalang se se belae-tsang.

Fa o ka lemoga gore go na le motho kgotsa sejanaga se se go setseng morago, fere-sella mo go tletseng batho mme o letsetse sepodisi mogala kgotsa o letsetse motho mongwe le mongwe yo o mo tshepang mogala



ka bonako.

Batho ba ba utswang batho ba bangwe ba dirisa tsholofetso ya tiro jaaka sedirisiwa sa go utswa batswasetlhabelo mme ba ikgolaganya le motho yo a bonagalang e ka nna motswasetlhabelo go mo solofetsa tiro kgotsa tšhono

ya mothale yo o rileng. Tiro eno ya go utswa batho e ka diragala gongwe le gongwe – tota le mo mafaratlhatlheng a ditlhaeletsano, kwa sekolong, kwa marekelong le fa pele ga lefelo leo o nnang kwa go lona.

Netefatsa gore o dira dipatlisiso tse di tseeneletseng

ka batho ba ba batlang go go thapa pele o ka ya go kopana le bona. O ka dira seno ka go batlisisa gore a setlamo seo se teng ka boammaruri ka go se tlhola mo go Companies and Intellectual Property Commission (CIPC).

O tlhoka gape le go laela mongwe yo o mo tshepang fa o ya dikopanong tsa go senka tiro mme o mo kope le gore a go letsetse morago ga sebaka se se rileng. Fa go kgonega, o kope mongwe go go felegetsa.

Itlhokomele fa o dirisa mafaratlhatlha a ditlhaeletsano, bogolosegolo fa motho yo o sa mo itseng a batla go go thusa ka go go naya madi, go go naya lefelo la bodulo kgotsa tiro ka ntlha ya sengwe se o se phasaladitseng mo mafaratlhatlheng ano.

Fa e le gore o a ikentsha mme o ya go kopana le motho yo o sa mo itseng, kopana le motho yoo mo lefelong leo go nang le batho mo go lona mme o

bolelele mongwe yo o mo tshepang gore o tswetse kae.

Fa o ikentsha le bana, netefatsa gore ba tsamaela gaufi le wena le gore ga ba tikele mo o sa kgoneng go ba bona teng.

Ga o a tshwanela go roma ngwana go sena motho yo mogolo yo o tshepagalang yo a mo tlhomileng leitlho.

Itlwaetse go nna o tlhola bana ba gago gangwe le gape, gore o kgone go itse gore ba kwa kae ka dinako tsotlhe.

*\*Tshedimosetso eno o e tlisediwa ke ba Lefapha la Bosiamisi le Tlhabololo ya Molaotseo.*

**Fa o batla go bona tshedimosetso ka botlalo mabapi le ditiragalo tsa go utswiwa ga batho ikgolaganye le Mogala wa Tshoganyetso wa National Human Trafficking mo go: 0800 222 777. Go bula kgetse mabapi le ditiragalo tsa go utswiwa ga batho ikgolaganye le sepodisi mo go: 10111.**

## Healing childhood trauma

**A NON-GOVERNMENTAL** organisation is working hard to help young children deal with past hurts and trauma in the Western Cape

Silusapho Nyanda

The Community Keepers non-governmental organisation (NGO) is addressing child abuse by providing 28 schools in the Western Cape with trauma counselling services.

The NGO has counsellors and social workers permanently located at schools in Cape Town and the Cape Winelands. The team of professionals assist pupils who have been victims of violence



at home or their local communities.

The NGO's Chief Executive Officer Gerri Taning says

they treat pupils with different traumatic experiences through group and individual sessions.

"We work in disadvantaged communities where violence is prevalent. We help children who have experienced adverse childhood experiences such as abuse, loss, poverty and other challenges that are faced by children," says Taning.

One of the key topics the NGO seeks to address during sessions with the pupils is the belief that 'men don't cry'. The organisation aims to teach young boys to be in tune with their feelings and emotions. This will encourage young boys to talk about their feelings and experiences.

Taning says that trauma can cause behavioural problems in children.

"When there is a cycle of traumatic experiences that builds up it often affects children negatively. A quiet child will start lashing out and engaging in risky behaviour. A child that was outgoing suddenly becomes withdrawn. Some pupils go from the brightest students to not being able to keep up with their peers."

He says that trauma can be dealt with, but it requires proactive teaching of children before the cycle is repeated.

**Schools looking to partner with Community Keepers can call 072 781 5535 or email [info@community-keepers.org](mailto:info@community-keepers.org).**