

# Vuk'uzenzele

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Nhlangula 2019 Nkandziyiso 1



**Boys  
promise to  
be men of  
honour**

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**New sexual  
offences  
court in  
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## Plans to protect women and children

**P**resident 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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# Ku jamelana na rihanyu ra miehleketo

Allison Cooper

Tisekondi ta 40 tin'wana na tin'wana, munhu u lahlekeriwa hi vutomi bya yena hikwalaho ka ku tidlaya.

Siku ra Rihanyu ra Vuvabyi bya Miehleketo ra Misava, hi 10 Nhlangula, ri vona misava yi vumba vun'we ku antswisa rihanyu ra miehleketo emisaveni hinkwayo. Nkongomelo wa lembe leri i ku sivela ku tidlaya.

Matshalatshala yo tlakusa vulemukisi hi mpimo wa ku tidlaya wa le henhla emisaveni hinkwayo na xiave lexi un'wana na un'wana wa hina nga xi tlangaka ku pfuna ku swi sivela swi sungurile hi 10 Ndzhati hi nkarhi wa Siku ro Sivela ku Tidlaya ra Misava kuyafika 10 Nhlangula.

Nhlangano wa Rihanyu wa Misava wu le ku khutazeni vanhu emisaveni hinkwayo ku tirhisa 40 wa tisekondi ku teka magoza hi 10 Nhlangula yo antswisa vulemukisi hi nkoka



wa ku tidlaya tanihi xiphiko xa rihanyu xa mani na mani emisaveni hinkwayo; ku antswisa vutivi bya leswi swi nga endlwaka ku sivela ku tidlaya; ku hunguta nhlekulo lowu fambelanisiwaka na ku tidlaya; na ku endla leswa-ku vanhu lava tikeriwaka va swi tiva leswaku a va voxo.

**N'hweti ya Vulemukisi bya Rihanyu ra Miehleketo**

N'hweti ya Vulemukisi bya Rihanyu ra Miehleketo, leyi na yona yi xiyiwaka eAfrika-Dzonga hi Nhlangula, yi tumbuluxa vulemukisi hi mayelana na swiyimo swa rihanyu ra miehleketo leswo tala na hilaha vanhu lava

xanisekaka hi vuvabyi lebyi va nga pfuniwaka hakona.

Hikwalaho ka nhlekulo lowu fambelanisiwaka na vuvabyi bya rihanyu ra miehleketo, vanhu vo tala a va fikeleli ku kuma ku pfuniwa. Mbuyelo wa kona wu nga va khombo lerikulu.

Kusuka hi Sunguti 2019, Ntla-wa wa Ntshikelelamiehleketo na Nchavo wa Afrika-Dzonga (SADAG) wu kumile kutlula 145 000 wa tiqingho eka Tisen-thara ta wona ta Tiqingho ta Mpfuno ta 22. Eka leti, 41 800 a ti ri Riqingho ra Mpfuno wa ku Tidlaya, laha vanhu va lavaka mphalalo wa nkitsinkitsi na mpfuno wa xihatla.

Mulawuri wa Matirhelo wa SADAG Cassey Chambers u vule leswaku nhlayo yo khomeka ya vanhu lava ehleketaka ku tidlaya va na nchavo, ntshikelelamiehleketo na ku pfumala ntshembo naswona va vona ongeti a ku na ndlela yin'wana. Vo tala va vabi va tiqingho lava a va titwa va lava ku tidlaya a va langutanile na

swiphiko swa vuxaka, swiphiko swa timali na ku vaviseka emoyeni. “Kambe xivangelokulu a ku ri ntshikelelamiehleketo lowu nga fembiwangiki naswona wu nga tshunguriwangiki,” ku vula Chambers.

Hi ku ya hi Ndzawulo ya Rihanyu, vanhu lava nga na ntshikelelamiehleketo va na swikombe-to leswi landzeleka:

- Va vona maxangu hi mpimohansi wa mavhiki mambirhi, siku hinkwaro, siku rin'wana na rin'wana.
- Va titwa va tsanile, moya wa vona wu ri ehansi na ku va va tshikelelekile emiehleketweni.
- Va helela hi ku navela ka hinkwayo ya migingiriko leyi a va tiphina hi yona ekusunguleni.
- Nkarhalo na ku tsandzeka ku kongomisa miehleketo.
- Va titwa va nga pfuni nchumu kumbe ku tivona nandzu.
- Va nga tlhela va va na mie-

hleketo yo tidlaya.

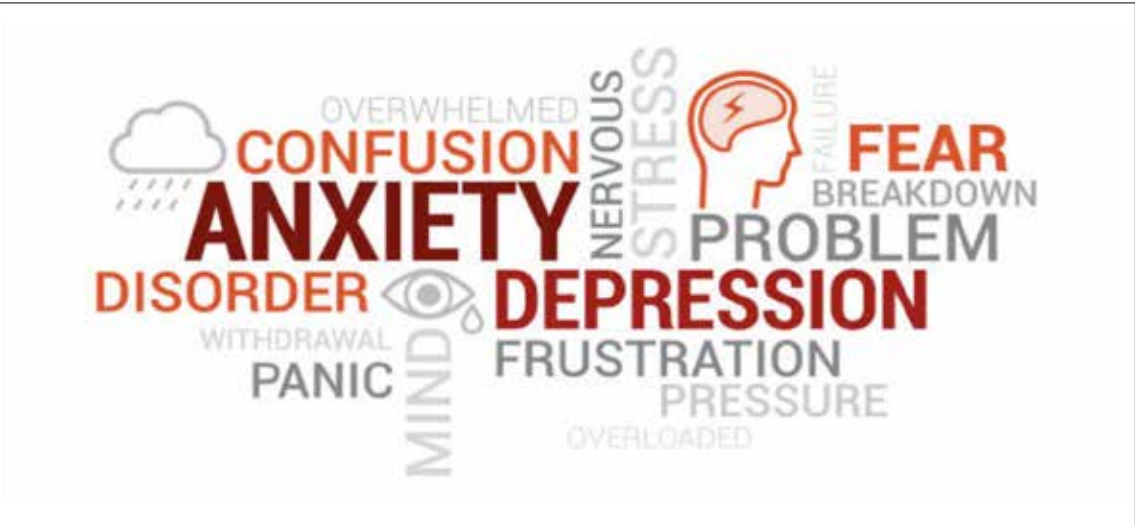
Ndzawulo ya Rihanyu yi tlhele yi kombisa leswaku vanhu lava va nga na vuvabyi bya nchavo lowu tekiwaka wu khumba mani na mani swa tika ku va lawula, va vilela kutlula mpimo hi mayelana na timhaka to hambanambana kusuka eka swiphiko swa rihanyu na swa mindyangu kufika eka timali, swikolo na mitirho.

Leswi swi vanga swivilelo swa le mirini na le miehleketweni, kusuka eka nkoeko wa misiha na nkatshamiseko kufika eka ku karhala hi ku olova na ximbiwambilwana, ku va na nkongomiso wa miehleketo wa xiyimo xa le hansi na ku heleriwa hi vurhongo.

Vuvabyi bya ntshikelelo wa rihanyu ra miehleketo byi nga tshunguriwa. Ku kuma vuxokoxoko byo tala, yana etlilini ya le kusuhisuihi na wena, exibedhlele kumbe eka munyiki wa nhlayiso wa swa rihanyu. U nga tlhela u bela riqingho eka Riqingho ra Nkitsinkitsi wo Tidlaya ra SADAG eka: 0800 567 567, Riqingho ra Rihanyu ra Miehleketo eka: 011 234 4837, kumbe Riqingho ra Vutomi eka: 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.”



# Mudende wu nyika xipfuno xa vutomi eka timiliyoni ta vanhu

**HAKELO YA N'HWETI** na n'hweti kusuka eka mfumo yi nyika xisirhelelo xa vuhlayiseki ra nkoka eka vanhu lava nga sirhelelekangiki vo tala eAfrika-Dzonga.



## Silusapho Nyanda

**K**u tiyisisa leswaku vaakatiko lava nga sirhelelekangiki swinene va Afrika-Dzonga va sirheleriwele, mfumo wu holela kutlula 17 wa timiliyoni ta mudende n'hweti yin'wana na yin'wana.

Mudende swi vula mali leyi nyikiwaka hi mfumo leyi holeriwaka maAfrika-Dzonga lava va tikeriwaka ku tihanyisa. Mafambiselo ya mudende ya endliwa hi vandla leri nga ehansi ka vun'wini bya mfumo ku nga Ejensi ya Timali ta Nhlayiso wa Vaaki ya Afrika-Dzonga (SASSA), leyi yi tumbuluxeriweke ku phakela vukorhokeri bya timali ta nhlayiso wa vaaki ku hunguta vusweti.

Ku na midende yo talanya-na leyi kumekaka, hi ku ya hi swidingo swa vaendli va swikombelo. Leyi yi katsa midende ya vadyuhari; mudende wa vana; mudende wa lava tshembelaka eka munhu un'wana ku kuma nhlayiso; mudende-eka-mpfuneto wa vanhu lava va hanyaka hi mudende kambe va lavaka

munhu un'wana ku va hlayisa; mudende wa khale ka masocha ya nyimpi; mudende wa vana lava wundliwaka; na mudende wa vutsoniwa.



## Mudende wa vutsoniwa

Mudende lowu wu kumiwaka hi vanhu lava nga na vutsoniwa i R1 780. Vaendli va swikombelo va fanele ku fikelela swipimelo swo karhi ku kota ku fikelela.

Loko u ri na vutsoniwa bya le mirini kumbe bya le miehleketsweni, lebyi endlaka leswaku u nga koti ku tirha ku ringana tsevu wa tin'hweti kumbe kutlula, u nga endla xikombelo xa mudende wa vutsoniwa.

Loko u endla xikombelo, u fanele ku tata fomo ya xikombelo xa mudende wa vutsoniwa ehofisini ya SASSA ya le kusuhisuihi na

wena ku ri na muofisiri wa SASSA. Hi ku engetela, u fanele ku tata afidavhiti eka fomo ya SASSA leyi tirhisiwaka ku ri na Muhlambanyisi loyi a nga riki ofixiyali ya SASSA.

Mfumo wu tlhela wu lava xitatemente lexi hlambanyiweke lexi sayiniweke hi munhu wo tshembeka loyi a nga tiyisaka mavito na malembe ya muendli wa xikombelo.

Tlhela u nyika vumbhoni bya tinhundzu – ku katsa na nkoka wa masipala wa nhundzu yihi kumbe yihi leyi nga ehansi ka vun'wini bya wena tanihilaha swi hlahluviweke hakona hi masipala, vumbhoni bya mudende wa le xihundleni, dokumente ya Nkwama wa Ndzindzakhombo wa Vupfumalantirho, xitifikhethi xo tshunxiwa entirhweni kusuka eka muthori wa wena wa khale loko kuri leswaku a wu tirha, naswona, loko muringani wa wena a lovile eka malembe ya ntlhanu lama hundzeke, khopi ya papila ro ava ndzhaka ya tiakhawunti ta ku herisiwa ka na ku hangalasiwa ka ndzhaka.

Loko u ri mubaleki, u fanele ku famba na papila ra mpfumelelo wo tshama etikweni

leri, na pasi ra vubaleki ra tidijiti ta 13.

Ku engetela eka swilaveko leswi, u fanele:

- Ku va muakatiko wa Afrika-Dzonga kumbe mutshami wa nkarhi hinkwawo kumbe mubaleki na ku va u tshama eAfrika-Dzonga hi nkarhi wo endla xikombelo,
- Ku va u ri exikarhi ka 18 na 59 hi vukhale,
- Ku va u nga ri eku hlayisiweni eka nhlangano wa mfumo,
- Ku va u ri na pasi ra Afrika-Dzonga,
- Ku va u nga holi kutlula R78 120 loko u nga ri na vukati kumbe R156 240 loko u ri na vukati,
- Ku nga vi na tinhundzu ta nkoka wo tlula R1 115 400 loko u nga ri na vukati kumbe R2 230 800 loko u ri na vukati,
- Ku endla xikambelo xa vutshunguri laha dokodela loyi a thoriweke hi mfumo a nga ta hlahluva vukulu bya vutsoniwa bya wena, na
- Ku ta na tirhekodo na swiviko swa vutshu-

nguri swa nkarhi lowu nga hundza swihi kumbe swihi loko u endla xikombelo na loko nhlaluvu wu endliwa.

## Mudende wa vadyuhari

Mudende lowu wu tumbuluxeriwele ku pfuna vadyuhari. Mudende lowu wu holeriwa vanhu lava va nga na malembe ya 60 kumbe kutlula.

### Vaamukeri va fanele:

- Ku nga holi kutlula R78 120 loko va nga ri na vukati kumbe R156 240 loko va ri na vukati, naswona
- Ku nga vi na tinhundzu ta nkoka wo tlula R1 115 400 loko va nga ri na vukati kumbe R2 230 800 loko va ri na vukati.
- Va kuma R1 780 hi n'hweti naswona lava va nga na malembe yo tlula 75 hi vukhale va kuma R1 800.

SASSA yi holela vaamukeri mudende lowu hi mali yinene hi masiku yo karhi eka tindhawu to holela eka tona to karhi. Yi tlhela yi holela hi dipoziti ya xiekitironiki eka akhawunti ya bangi kumbe ya bangi ya Poso kumbe eka mihlangano yo fana na makaya ya vadyuhari. ①

*Vuxokoxoko lebyi byi humesiwile hi Ejensi ya Timali ta Nhlayiso wa Vaaki ya Afrika-Dzonga (SASSA).*

**Ku kuma vuxokoxoko byo tala yi mayelana na mudende, tihlanganise na SASSA eka 012 400 2000 kumbe u ya eka [www.sassa.gov.za](http://www.sassa.gov.za).**

## XANA A WU SWI TIVA?

**Phephahungu ra Vuk'uzenzele ri ta kandziyisa ntlhandlamano wa tiatikili hi mixaka yo hambanahambana ya midende ku fambisana na N'hweti ya Nhluvukiso wa Vaaki.**