

Vuk'uzenzele

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English/Sesotho

Mphalane 2019 Kgatiso 1



**Boys
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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Ho Iwantshana le mahloko a kelello

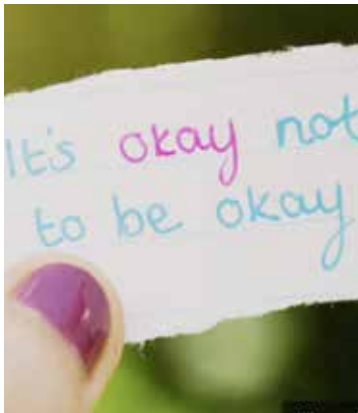
Allison Cooper

Metsotswaneng e meng le e meng e 40, motho e mong o lahlehelwa ke bophelo ba hae ka lebaka la ho ipolaya.

Letsatsi la Lefatshe la Kalafo ya Kelello, e leng ka la 10 Mphalane, le tlo kopanya lefatshe ho ntlafatsa kalafo ya batho ba mahloko a kelello lefatshe ka bophara. Sehlooho sa selemo sena ke ho qoba ho ipolaya.

Matsapa a entswe ka temoso ya sekgahla se se hodimo sa ho ipolaya lefatshe ho potoloha le seabo seo e mong le e mong wa rona a ka se bapalang ho thusa ho qoba ho ipolaya, mme hona ho qadile ka la 10 Loetse, ka Letsatsi la Lefatshe la ho Qoba ho Ipolaya, mme le tswella ho fihlela ho la 10 Mphalane.

Mokgatlo wa Lefatshe wa Bophelo bo Botle o kgothalletsa batho ho pota pota le lefatshe ho nka metsotswana e 40 ya ketsa-



halo ka la 10 Mphalane, ho ntshe-tsapele temoso ya bohlokwa ba ho ipolaya jwaloka bothata ba bophelo bo botle ba setjhaba lefatsheng ka bophara, ho ntlafatsa tsebo ya se ka etswang ho qoba ho ipolaya, ho fokotsa sekgobo se amangwang le ho ipolaya, le hore batho ba nang le bothata ba tsebe hore ha ba bang.

Kgwedi ya Temoso ya Mahloko a Kelello

Kgwedi ya Temoso ya Mahloko a Kelello, e tla elwa hloko le mona Aforika Borwa ka Mphalane, e

tlisa temoso ya mahloko a kelello le hore batho ba hulang ka thata ho tswa mahlokong ana ba ka fumana thuso jwang.

Ka lebaka la sekgobo sena se amangwang le mahloko a kelello, batho ba bangata ha ba batle thuso. Qetellong ditlamorao di ka ba tse bohloko.

Ho tloha ka Pherekong 2019, Mokgatlo wa Aforika Borwa wa Kgatello ya Maikutlo le Letshoho (SADAG) o amohetse mehala e 145 000 Ditsheng tsa bona tsa Mehala ya Thuso tse 22. Ho mehala ena e 41 800 e ne e le letse-ditsweng Suicide Crisis Line, moo batho ba hlokang thuso e potlakileng le ho thuswa ka mathata a ba nang le ona.

Molaodi wa Ditshebetso wa SADAG, Cassey Chambers o itse ke nomoro e bonahalang ya batho ba tlelwang ke maikutlo a ho ipolaya, letshoho, kगतello ya maikutlo le ho hloka tshepo, mme ba bona eka ha ho na kgetho enngwe. Boholo ba batho ba

letsang mehala ba ikutlwang ba batla ho ipolaya ke ba tobaneng le mathata a dikamano, mathata a ditjhelete le letshoho. “Empa ntlha e kgolo e ne e le kगतello ya maikutlo e sa popolwang le ho alashwa,” o buile jwalo Chambers.

Ho ya ka Lefapha la Bophelo bo Botle, batho ba bang ba tshwengwang ke kगतello ya maikutlo ba ba le matshwao a latelang;

- Ba ferekana bonyane dibeke tse pedi, letsatsi lohle, letsatsi le leng le le leng.
- Ba dula ba hlomohile pelo, ba nyahame kapa ba hate-llehile maikutlo.
- Ba hloka kgahleho ho diketsahalo tsohle tseo ba neng ba di thabela pele.
- Ba ba le matshwao a jwalo ka mokgathala le ho hloka bokgoni ba ho se tsepamise maikutlo.
- Ba ipona ba se na molemo kapa ho ipona molato.

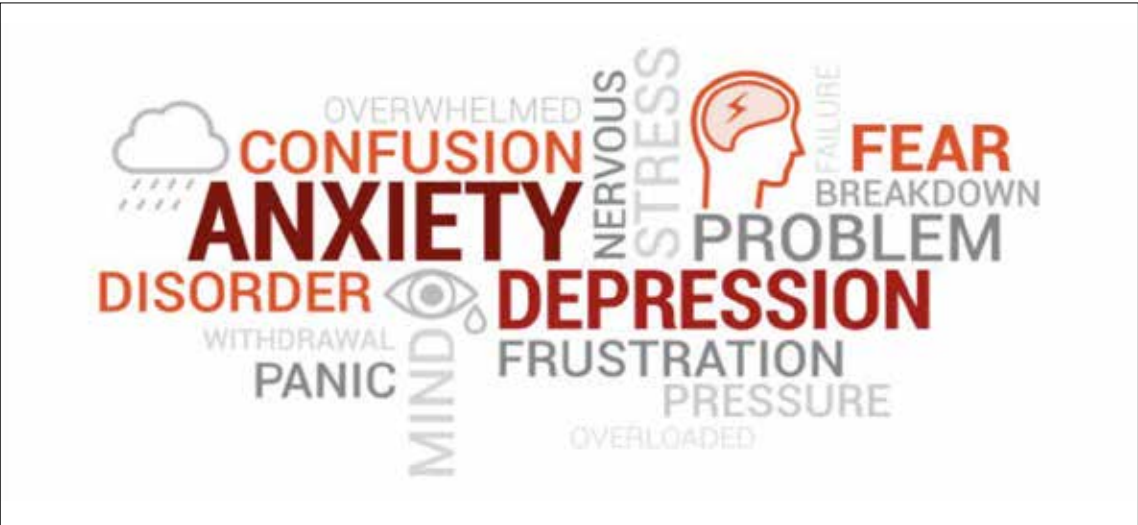
- Hape ba ka ba le menahano ya ho ipolaya.

Lefapha la Bophelo bo Botle hape le hlakisitse hore batho ba nang le pherekano ya letshoho ka kakaretso ba na le bothata ba ho hlolwa ke ho kgatha-tseha haholo ka mathata a fapa-fapaneng ho tloha ho a bophelo bo botle ho isa ho a malapa le a ditjhelete, a sekolo le a mose-betsi. Hona ho tliša ditletlebo tsa mmele le tsa kelello, ho tloha ho kगतello ya mesifa le ho hloka phomolo, ho isa ho ho kgatha-la ha bobebe le ho teneha, ho bakang bothata ba ho tsepamisa maikutlo le ho hloka boroko. **V**

Pherekano ya kelello e ka alashwa. Ha o batla ho tseba haholwanyane, eya tlilining ya hao e haufinyana, sepetlele kapa ho moabi wa tlhokomelo ya bophelo bo botle. O ka letsetsa hape ho SADAG Suicide Crisis Line ho 0800 567 567, kapa mohaleng wa bona wa Mental Health Line ho 011 234 4837, kapa wa letsetsa LifeLine ho 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.” **V**

Dikerante tsa setjhaba di thusa dimiliyone tsa batho

TEFO YA KGWEDI le kgwedi ho tswa ho mmuso e fana ka tshireletso ya bohlokwa ya tjhelete ho batho ba Aforika Borwa ba tsielehileng haholo.



Silusapho Nyanda

Ho netefatsa hore baahi ba Aforika Borwa ba tsielehileng ba sirellehile, mmuso o lefa dikerante tsa setjhaba tse fetang tse 17 million kgwedi le kgwedi.

Kerante ya setjhaba e bolela letlwele la mmuso le lefang maAforika Borwa a thatafallwang ke bophelo. Tsamaiso ya dikerante tsa mmuso e matsohong a mokgatlo wa mmuso o bitswang Lekgotla la Aforika Borwa la Tshireletso ya Setjhaba (SASSA), le tseletsweng ho fana ka ditshebele-tso tsa tshireletso ya setjhaba ho fokotsa bofumanehi.

Ho na le dikerante tse mmalwa tse fumanehang, ho itshetlehile ho ditlhoko tsa batho ba etsang dikopo. Tsena ke dikerante tsa batho ba baholo, tse bitswang hape e le penshene ya maqheku; kerante ya tshehetso ya bana; kerante ya tlhokomelo ya bana; kerante ya ho thusa bakeng sa batho ba

phelang ka kerante ya setjhaba empa ba hloka hape batho ba ba hlokomelang; kerante ya mekaubere ya ntwana; kerante ya bana ba siilweng le batswadi ba bang le ya diqhwalana.



Kerante ya Bohole

Kerante e fumanwang ke batho ba phelang ka boqhwalana ke R1 780. Baetsadikopo ba lokela ho fihlella keraetheriya e itseng ho ka etsa kopo.

Ha o na le boqhwalana ba mmele kapa ba kelello mme bo o etsa hore o se ke wa kgona ho sebetsa bakeng sa nako ya dikgwedi tse tshetletseng kapa ho feta, o ka etsa kopo ya kerante ya boqhwalana.

Ha o etsa kopo o lokela ho tlatsa foromo ya kopo ya kerante ya diqhwalana ofising tse hau fi le wena tsa SASSA o na le ofisiri ya SASSA pela hao.

Hodima mona o lokela ho tlatsa bopaki foromong ya tlwaelo ya SASSA ka pela Mokomishenara wa Boikano eo e seng moofisiri wa SASSA.

Mmuso o hloka hape setatemente sa kano se saennweng ke motho ya tsebisahalang ya ka netefatsang mabitso a mokopi le dilemo tsa hae.

Hape a fane ka bopaki ba dithoto – ho kenyetsetsa boleng ba masepala ho ntlo eo o nang le yona, bopaki ba penshene ya poraefete, tokomane ya Letlwele la Inshoreense ya Batho ba sa Sebetseng, setifikeiti sa ho tlohela mosebetsi ho tswa ho ramosebetsi wa hao wa pele, haeba o ne o sebetsa, mme haeba molekane wa hao a hloka hese nakong ya dilemo tse hlano tse fetileng, khophi ya 'wili' mmoho le diakhaonte tsa pele le tsa ho qetela tsa thekiso le kabo ya

dithoto tsa hao.

Haeba o le mophaphathehi, o lokela ho fana ka maemo a phemiti ya hao ya bophaphathehi le dinomoro tse 13 tsa lengolo la boitsebiso la hao la bophaphathehi.

Ho feta mona, hore o be le bokgoni o lokela ho ba:

- Moahi wa Aforika Borwa kapa moahi wa motjhaotjhele kapa mophaphathehi mme o phela ka hara Aforika Borwa ka nako ya ho etsa kopo.
- O be pakeng tsa dilemo tse 18 le tse 59 ka boholo.
- O sa hlokomelwa setsheng sefe kapa sefe sa mmuso.
- O na le buka ya boitsebiso ya Aforika Borwa,
- O sa kgole tjhelete e fetang R78 120 o le mong kapa R156 240 ha le nyalane.
- O se na dithoto tse fetang boleng ba R1 115 400 o le mong kapa R2 230 800 ha le

nyalane.

- O lokela ho hlalohjwa ke ngaka e hlwailweng ke mmuso ho hlaloba boqhwalana ba hao.
- O tlise direkoto tsohle tsa dingaka le diraporoto ha o etsa kopo le ha o etsa hlaloba ya boqhwalana.

Kerante ya Maqheku

Kerante ena e etseditswe ho thusa maqheku. Kerante ya boqheku e lefella batho ba dilemo tse 60 kapa ho feta.

Baamohedi ba lokela ho:

- Se kgole tjhelete e fetang R78 120 o le mong kapa R156 240 ha le nyalane, le
- Ho ba le dithoto tse sa feteng boleng ba R1 115 400 o le mong kapa R2 230 800 ha le nyalane.

Moamohedi o amohela R1 780 ka kgwedi mme ba dilemo tse 75 ba amohela R1 800.

SASSA e lefa kerante ho baamohedi ka tsela ya kheshe ka matsatsi a itseng sebakeng se itseng sa tefo. Hape e leshwa ka dipositi ya elektронiki akhountong ya banka kapa Postbank kapa ditsheng tse jwalo ka mahae a maqheku.

Lesedi lena le nehlanwe ke SASSA.

Ha o batla ho tseba haholwanyane mabapi le dikerante tsa setjhaba, ikgokahanye le Sassa ho 012 400 2000 kapa e ya ho www.sassa.gov.za.

Na o ne o tseba?

Lesedinyana la Vuk'uzenzele le tla hatisa diathekele tse mmalwa mabapi le mefuta e itseng ya dikerante kgwedeng ena e leng Kgwedi ya Ntshetsopele ya Setjhaba.