



A WITNESS

# VIDEO FOR CHANGE



GUIDE

## UKUQHUBA IZINGXOXO EZIPHEPHILE, NGEMPUMELELO KANYE NEZIMISO ZOKUZIPHATHA NAZO KWABASINDILE

### NGOKOCANSI KANYE NOBULILI OLUSEKELWE NOBUDLOVA

Lo mhlahlindlela uyingxenye yochungechunge lwe WITNESS - Video for Change ezilayela ukuthi wenza njani ukuqopha ngokuphepha, ngobulungiswa nangempumelelo. Isekelwe imikhuba yohlonzi eyasungula eminyakeni angamashumi amabili okulungiselela njalo nokusekela izishosovu zamalungelo oluntu emazweni angamashumi ayisi shiyagalo lunye yokusebenzisa umgungudo. Lo mhlahlindlela wenzelwe izishosovu zamalungelo oluntu, abameli, nabenzi bamabhayisikobho nabanye abaqopha nokuqhuba izingxoxo nabasinde udlame ngobulili abenza imibhalo ngamalungelo oluntu kanye nokumela. Unawo amacebo anga gqugquzela lokhu?

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UKUQHUBA IZINGXOXO EZIPHEPHILE, NGEMPUMELELO KANYE NEZIMISO

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# NGOKOCANSI KANYE NOBULILI OLUSEKELWE NOBUDLOVA

*Ingabe uhlala ifilimu oxoxa nomuntu owayehlukumezwa ngokocansi kanye nobulili olusekelwe nobudlova? Lolu hlobo lwengxoxo, kanye nayo yonke ehlobene nengxoxo yamalungelo oluntu ludinga ukucatshangelwa ngokukhethekile kanye nokuzilungiselela. Isimiso esiyisisekelo sokusebenzisa umgungudo ngamalungelo oluntu yikuthi makungabi nomonakalo, ngqo noma ngokungaqondile, koxoxa naye ekutholeni udaba lwabo. Njengomgomo, qinisekisa njalo ukuba ubheka ukuthi imibuzo nokuqhuba ngaphambi, phakathi nangemva kwengxoxo kuhlompheka isithunzi kanye namalungelo oluntu oxoxa naye. Lamathiphu alandelayo azokusiza kulokhu kuhlela.*

## MANA UCABANGE

Ngaphambi kokuqhubekisa ngengxoxo nowasinda udlame ngokocansi kanye nobulili olusekelwe nobudlova, ziphe isikhathi ukuba uqondisise ucabange umthelela loludlame lungaba nalo emuntwini. Udlame ngokocansi kanye nobulili olusekelwe nobudlova luthinta wonke umuntu: abesifazane, amadoda nezingane futhi kuyadabukisa abasindile. Imiphumela ngokocansi kanye nobulili olusekelwe nobudlova iyehluka muntu ngamuntu futhi kuyashiyana phezu kwesikhathi. Imiphumela evamile ihlanganisa (kodwa kungacini) ukulimala emzimbeni, ukugula kanye nengqondo: ukushaqeka nokukhathazeka nokucindezeleka no kugugula okulandela into embi phecelezi i post traumatic disorder.

Ngaphezu kwalokho, kunezinye izimo zengqondo nomphakathi, kanye nesimo

sokuphepha nezingozi zokuvikeleka, kuvimbela abasindile ekukhulumeni ngabahlangene lakho. Lapho uya kwabasinde ngokocansi kanye nobulili olusekelwe nobudlova bese ubacele bakwabele indaba zabo, kubalulekile ukuba uphathe a bahlangane nakho ngokuzwela kanye nesihawu. Hlanganisana ngozwelo noxoxa naye kwizinqumo ezenziwe mayelana nengxoxo njalo hlonipha iminikelo yabo nombono wakhe. Umgomo ukushiya oxoxa naye enomuzwa namandla okuba wabelane indaba yakhe nomuntu onesihawu. Ngakolunye uhlangothi, ungabaphuthuma noma ungabhekisisi isimo akiso ungamshiye azizwa kabusha ahlukunyezwa. Ngakho ke ngasosonke isikhathi cabangela oxoxa naye ma ulungiselela ingxoxo yakho nokuziphatha.



# NGAPHAMBI KOKUQALA, ZIBUZE

**KUNGANI?** Kungani ufuna ukusebenzisa ividiyo ukuze ibambe le ndaba? Ingabe ividiyo ifanelekile kakhulu?

**YINI?** Ziyini izingozi ezingasezehlale oxoxa naye, umphakathi loyo futhi nakuwe ngokusebenzisa ividiyo yakho?

**KANJANI?** Uzoyisebenzisa kanjani ingxoxo le?? Njengoba umthombo oyinhloko imibhalo ye imibiko, njengoba ubufakazi ngeqiniso ukubuyisana e-yekwatisa and Izingubo Ukunyakaza emithethweni izinguquko, izingubomgomo kanye ukuziphatha.

## BHEKA UKUTHI INGXOXO NABASINDILE ZISETSHENZISWE KANJANI UKUDALA USHINTSHO

*Ingxoxo nabasinde ngokocansi kanye nobulili olusekelwe nobudlova yindlela enamandla ukuletha ushintsho, ivumela abasindileyo ukukhuluma ngokubehleleyo nalabo abasezingeni lokudala umahluko. Ungakaqali, kubalulekile ukuthi ubheke amavidiyo abasinda ngokocansi kanye nobulili olusekelwe nobudlova besisho okubehleleyo ukuze wazi okusematheni, kanye nezindlela nemibono yokusebenzisa amavidiyo ngalendaba. Bheka amavidiyo alandelayo enziwa ngababesebenzelana neWITNESS nababefundela ukuze ubone imizekelisoyokuba amavidiyo ingxoxo angasebenza njani ukukhalaza ngoshintsho kumalungelo abantu.*



### Amazwi ethu abalulekile:

Abesifazane beCongo Baphoqa  
Ukulunga Nokwethembeka



**Sizwe:** Abesifazane Ababhekane  
Nodlame Lokwezombusazwe  
Bakhuluma



**Asisathuli:** Abesifazane  
beNorthern Uganda Baphoqa  
Usekelo Kwinhlalakahle



### Ufanele wazi ngami:

Amalungelo cha Udlame  
Kuzisebenzi Zemacansini  
EMacedonia

## IMIBUZO NGENGOZI NOKUPHEPHA

### ZIYINI IZINKOMBA ZEZINGOZI EZAZIWAYO?

Ividiyo ingaletsha izingozi ezintsha njalo ezingajwayelekile kulabo abathintekayo ekudaleni futhi kuba khona ngokuvamile izingozi ezinkulu kwabasindile ngokocansi kanye nobulili olusekelwe nobudlova. Qhuba ukuhlolwa kwabantu abangehlelwa izingozi kungaba wena, oxoxa naye, umphakathi wabo nabanye abathintekayo futhi bonoxhasa kule phrojekthi. Izingozi zingahlanganisa: izingozi kubantu (ezifana nodlame, ukuboshwa, avalelwe),

izingozi nemishini (ezisongela ngekhamera, imishini, amahhovisi nezakhiwo zoshishini) kanye nezingozi ezokuphepha sedijithali (ezisongela idatha, amafayela, amavidiyo, ucingo nezokuxhumana). Bona **lana** ukuze uthole amathiphu okudala uhlelo ngezokuphepha. Ukuze wazi okunengi nngokuvikeleka ngokomzimba nedijithali, bona **iFront Line Defenders**.



### INGABE NGIYADINGA UKUCASHISA LO ENGIXOXA NAYE?

Okokuqala, buza oxoxa naye uma lokhu kudingeka. Uma kunjalo, abelana naye izindlela ongacashisa ngayo ukuthi ungubani ngenkathi uqopha, efana nokuqopha unendwangu bungaqondakali ubuso bakhe, engekho esithombeni, omelene iwindi noma kusukangemuva. Gwema ukuqopha ubuso boxoxa naye, noma qopha izandla zabo kuphela. Ubuso bungafakwa bunyakaza ku YouTube noma nge software yokuhlela, okungaba nako kuhlanekezele amazwi.

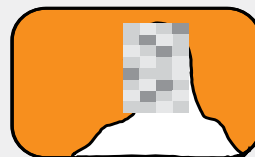
Uma wenza ingxoxo evala ukuthi ungubani, yeluleka oxoxa naye ukuze angakhulumi izindawo, abantu, izinhlangano noma yini enye engasetshenziswa ukuthola ukuthi ungubani. Yakha uhlelo lokuvikela amavidiyo futhi lokugcina imishini, imihlangano kanye nezokuxhumana umuntu waphandle ekutholeni ukuthi ngubani oxoxa naye.



ISITHUNZI



THATHA IZANDLA ZODWA



BLUR IN EDIT

### YINI ENYE NGOLOHLOLWAKO OKUMELE IHLALE IYIMFIHLO

Buza olohlolwako lwakho indawo ephephile yokuxoxa. Ubukhona bakho mabungakhanyi ningakaqali, phakathi nasekugcineni kokuthatha imfanekiso ukuvikela imibuzo engase iveze

umsebenzi wakho noma olohlolwako lwakho. Yenza amalungiselelo ohambo oluphephile olwakho nolohlolwako umanisiya njalo lapho nenzela ingxoxo.

### IKUPHI INDAWO EPHEPHILE YOKWENZELA INGXOXO?

Buza oxoxa naye ukuthi ingxoxo ingenzelwa kuphi okuphephile. ubukhona bakho abungabonakali ukuqopha kungakaqali, phakathi, nasekugcineni ukuvikela imibuzo engaveza iphroject yakho noma

oxoxa naye, Lungiselela uhambo oluphephile olwakho noxoxa naye nisiya futhi nijika la okwenzelwa ingxoxo.

# NGAPHAMBI KWELANGA LENGXOXO

## CWANINGA FUTHI UBENOMQONDO

Qinisekisa ukuthi udinga ifilimu yalezi zingxoxo na. Uma zikhona izingxoxo , bheka kakade ukuthi ungakwazi ukucela imvume yokuzisebenzisa (kwinhlanganiso osebenzelana nazo nabanye), ukuze ukwazi ukugwema ukuhlukumza oxoxa nabo ngokuphelele. Yenza uhlelo olucacile ukuthi uzokwenzani ngalengxoxo uma isiphelele. Uma ngokocansi kanye nobulili olusekelwe nobudlova kuyinto entsha kuwe, qhuba ucwaningo kanye ngokukukhuluma nezinhlangano ezisebenza ngokocansi kanye nobulili olusekelwe nobudlova ukuze wazi kabanzi ngalesi sihloko.

## THOLA UMAZI UMUNTU OZOXOXO NAYE

Lapho kukhona, thembela umsebenzi okhona nobudlelwane kwabantu oxoxa nabo, inhlanganiso oyethembayo, abahlinzeka ngemisebenzi noma nezinye imbimbi. Funda okuningi ngozoxoxa naye kusengaphambilini.

## LUNGISELELA UMUNTU OZOXOXO NAYE

Uma uhlangana naye lozoxoxa naye, mabele imininingwane mayelana nomsebenzi wakho: imigomo yayo, inqubo, izisusa kanye namaqembu osebenza nawo ukuze athole isikhathi sokuhlola uma futhi kanjani azahlanganyela kumsebenzi wakho. Qinisekisa ukuthi oxoxa naye uyakuvisisa ukuthi kuyinto yokuzithandela akuna kukhokhelwa kuyokwenzeka. Khuthaza ozoxoxa naye ukuba abuze imibuzo. Yazisa oxoxa naye ngezingozi angahlangana nazo.

## YAKHA UKWETHEMBEKA

Chitha isikhathi esiningi nozoxoxa naye ngaphambi kwengxoxo yenu. Ubuhlobo ozoba nabo nozoxoxa naye kuzonivumela ukuthi nibe nengxoxo engcono, ehlelekile. Ingabe uye waxoxa ngabhikane nakho ngaphambilini? Yini abayithandile noma abayizondile mayelana nenqubo yakhona? Phana oxoxa naye amandlangokummema ukuthi enze izinqumo mayelana nengxoxo yakhe.

## BUMBA IMIBUZO

Bumba uhlu lwemibuzo uyihlele ngokulandelana kwayo phambi kosuku lwengxoxo.

## KHETHA INDAWO EPHEPHILE YOKWENZELA INGXOXO

Qinisekisa ukuba uthola indawo ethulile, ephephile njalo inikeza ubumfihlo ukwenzela ingxoxo yakho. Buza ozoxoxa naye lapho azezwa kangcono.

## THOLA ONGAXOXO NAYE

Okungcono kakhulu, ukuba babe babili abantu abaqhuba ingxoxo- omunye aqophe imishini kanye omunye abuze imibuzo. Uma kukhonakala, nikela koxoxa naye akhethe phakathi kowesilisa nowesifazane ukuba yimuphi angakhululeka ukuxoxa naye futhi anethezeke uma enza ingxoxo.

# NGAPHAMBI KWELANGA LENGXOXO

## THOLA INDLELA ZOSEKELO

Buza uma ekhona noma ngubani oxoxa naye angathanda ukuba abekhona ngesikhathi sengxoxo ukusekelwa ngokomzwelo. Uma kukhonakala, thola imininingwane kameluleki oqeqeshiwe noma ummeli ngokodlame locansi ukuthi angakhuluma noxoxa naye emva kwengxoxo.

## BEKA ISIKHATHI SENGXOXO

Vumela ozoxoxa ukuba akhethe isikhathi esimlungelayo. Ubuze futhi ukuba akhona yini amalungiselelo (afana nokunakekela izingane). Linganisela isikhathi kusengaphambili futhi unamathele kuso. Iningi lezengxoxo livame ukuthatha amahora ambalwa ukuqhuba futhi kufanele nivumele isikhathi sokuba nengxoxo emva kwengxoxo. Buza uma kukhona othile abangamfuni ngesikhathi sengxoxo, ngakho uma kwenzeka lowo muntu afike uzokwazi ukuhlela kabutsha.

## BUTHANISA FUTHI LUNGISELELA IMISHINI YAKHO KUSENGAPHAMBILI

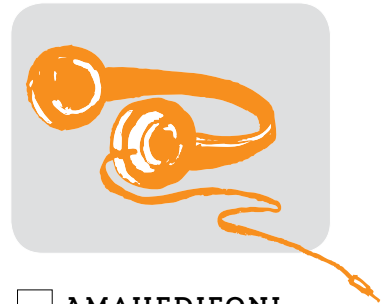
Ngaphambi kosuku lwengxoxo, gcwalisa futhi ulungiselele yonke imishini yakho. Kusiye ngokuthi unani osebenza ngayo, lokhu kuhlenganisa: amabhethri agcweleyo, ikhamera inezilungiselelo zesikhathi eziqondile, imayikhrofoni, amahedifoni, amamemori khadi amanye, usiba nephepha lolwazi ezibalulekile kanye netripod yokumisa ikhamera ingawi. Qinisekisa yonke imishini wenu iyasebenza.



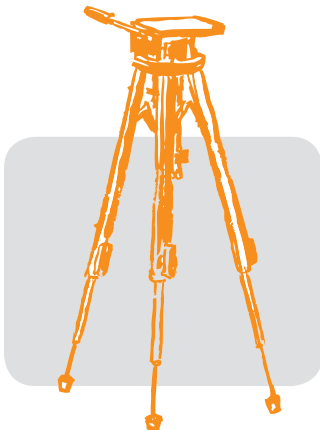
☐ IMAYIKHROFONI



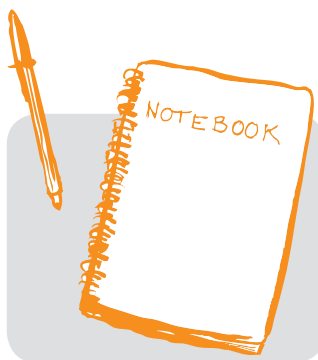
☐ AMAMEMORI KHADI ASECELENI



☐ AMAHEDIFONI



☐ ITRIPODI



☐ IPENI NEPHEPHA

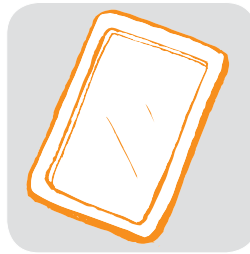


☐ AMABHETRI ASECELENI

## LUNGISELELA INDLELA YOKUDUDUZA OXOXO NAYE



☐ TISSUES



☐ MIRROR



☐ SNACKS



☐ WATER

### UKUSEBENZA NOMHUMUSHI/NOMTOLIKI?

Uma wena naloyo oxoxa naye nikhuluma ulwimi oluhlukile, thola unotoliki ofanelekile futhi omethembayo. Buza izinhlanganiso ezisebenza nabasinde ngokocansi kanye nobulili olusekelwe nobudlova noma omunye umlingani ongase ancome umuntu ofanelekayo ozoba ngunotolika. Ngaphambi kwelanga lengxoxo, qinisekisa ukuthi uhlangana nomhumushi ukuze nivumelane ngemibuzo yengxoxo, kanti noma yiwaphi amazwi okanye amagama afanele ukusetshenziswa kanye nokukhathazeka ngendlela zokuvikeleka ezisebenzayo. Khumbula ozoxoxa naye, ungase udinga ukuthola unotolika

ofanelekayo futhi omethembayo. Khumbula ukuthi kungenzeka oxoxa naye ukhululekile nomhumushi wobulili obuthize.

Ngosuku lwengxoxo, kubalulekile unotolika wakho angakhulumi phezu koxoxa naye. Cela unotolika alindele imizuzwana emihlanu emva oxoxa naye eqeda ukukhuluma phambi kokuhumusha njalo ucele oxoxa naye alinde imizuzwana emihlanu emva umhumushi ahumusha ngaphambi kokuqhubeka. Lokhu kuzosiza lula inqubo nokuhlelwa.

## UKULUNGISELELA IMIBUZO YENGXOXO

*Ukulungiselela kusengaphambilini komhla lwemibuzo isinyathelo esibalulekile sokuqhuba ingxoxo eyimpumelelo. Lokhu kubalulekile ikakhulukazi uma uxoxa nabasinde ngokocansi kanye nobulili olusekelwe nobudlova - ufuna ukuba uzilungiselele ngosuku lwengxoxo ukugwema ukuchitha isikhathi sakho noma ukwenza oxoxa naye aphinde indaba yakhe ngokungadingekile. Zinike isikhathi sokusombulula imibuzo kusengaphambilini. Lokho kuzodala ingxoxo ephumelelayo ngenhlonipho nesithunzi nenduduzo kuloyo oxoxa naye. Uma sulohlu lwakho lwemibuzo, ibeke ngokulandelana ukuthi inkulumiswano ihleleke futhi yabelana naye loyo ozoxoxa naye kusengaphambili kosuku lwengxoxo.*



# OKUBALULEKE UKUBA UKUKHUMBULE LAPHO UTHUTHUKISA IMIBUZO

## YAKHA IMIBUTO EVULEKILE

Gwema ukuthi wakhe imibuzo engaphendulwa ngo 'yebo' noma 'cha' kuphela. Indlela enhle yokuninisekisa impendulo ephilelele koxoxa naye ukubuza imibuzo eqala njengale:

- Sicela uchaze ohlangane nakho.
- Ungangitshela mayelana ...?
- Chaza ukuthi yini okwakushiwo ...

## BUZA NGOKUZIPHATHA

Gwema ngokuqondile noma okungaqondile ukusolisa osindile ngokumehlele noma ube nombono wokuthi ubengavimba, agweme noma amelane nesigameko esimenzakalele. Gwema ulimi olucasulayo, oluhlaza noma oluletha amahloni. Ungabuzi ngamabomu imibuzo ehlose ukuvusa imizwa ethile koxoxa naye noma ukuveza okuthile abakhetha ukukugcina

ngasese. Emibuzweni yakho nangendlela owenza ngayo, gwema ukugcizelela imibono engalungile ngokocansi kanye nobulili olusekelwe nobudlova, efana nokuthi abasindile yibo ababangela okwenzeka kubo, noma ukuthi ngokocansi kanye nobulili olusekelwe nobudlova kuyenzeka noma kanjani.

## IMIBUZO ENGAFANELEKILE



- Ingabe ubugqokeni ngobusuku mhla wadlwengulwa?
- Kungani ubuhamba wedwa unganaye othile ohamba naye?
- Kwenzeka kanjani ukuthi awazi ngubani owakudlwengula?

## IMIBUZO EFANELE



- Ngitshele ngezenzakalo ezaholela ukuhlaselela?
- Wenzani wena emva kokuhlaselwa?
- Ngabe yini amathemba onawo ngekusasa?

## KHETHA NGOKUQAPHELA NANGOBUBELE AMAZWI AKHO

Amazwi owasebenzisayo abalulekile. Qinisekisa - 'ukudlwengula' akusilo 'ucansi'. Kodwa qaphela abanye okuxoxwa nabo bangase bangasebenzisi igama elithi 'ukudlwengula' njengoba kungenzeka behluleke ukukhuluma ntonfo tofo nangokukhululeka ngodlame ngokocansi. Sebenzisana kanyenoxoxa

naye ukunquma indlela enhle, futhi ukubiyela nolimi oluzasebenza. Ngokwesibonelo, ingabe uba ukubona ukuthi uyini, okabe isisulu noma osindile okanye zombili, noma yena enze isinqumo sakhe ukuba uyini? Noma anquma yini, mnikeze inhlonipho kungxoxo yenu nakuvidiyo yakho sokugcina.



# UKUBEKA NGOSUKU LWENGXOXO

## **SIZA OXOXO NAYE AHLALISEKE, (AKHULULEKE/ANETHEZEKE)**

Vumela isikhathi sokuphuza ikhofi noma itiye yokusiza oxoxa naye akhululeke futhi axoxe nezinye izihloko kusengaphambili. Qinisekisa ukuthi wonke umuntu endlini wethulwa komunye. Kubuketa inchubo noxoxa naye bese unquma uma kukhona umbuzo noma sihloko icishiwe kwemingcele-ngaphambi uqale ingxoxo.

## **LUNGISELELA UKUHLABA AMAKHEFU**

Qinisekisa ukuthi oxoxa naye uyavisisa ukuthi uyakhona ukuyeka ingxoxo noma yinini, ingabe okwesikhathi esincane noma unomphela.

## **QAPHELA ISIKHATHI**

Qinisekisa noxoxa naye ngesikhathi anaso futhi ugweme nokuya ngaphezu kwesikhathi.

## **LUNGISELELA UKUZWA OKULOHLONZI**

Cisha izinto ezinomsindo kwindawo yengxoxo (kuhlanganise wonke amafoni ekamelweni, amafeni, umabonakude, amafriji kanye nemisakazo). Sebenzisa amahedifoni ukuhlola umsindo futhi uqinisekise imayikhrofoni yakho ivuliwe uma uyisebenzisa. Uma usebenzisa imayikhrofoni yokunamathela emzimbeni, cela imvume koxoxa naye ko ngaphambi wenza kanjalo, noma umqondise ukuba akhone ukuzenzele yena.

## **CABANGA NGOKUKHANYA**

Ngaphandle uma kuthiwa wena uzama ukufihla oxoxa naye ngamabomu Ukuthi ungubani, qinisekisa ukuthi umthombo wokukhanya ungemva kwekhamera.

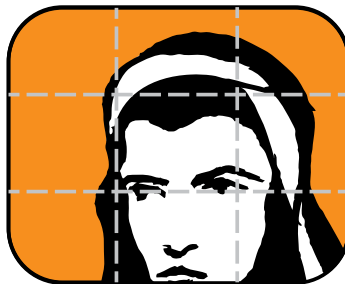
# UKUBEKA NGOSUKU LWENGXOXO

## LUNGISELELA UKUTHATA IVIDIYO

Sebenzisa itripod noma indawo entamile ukuze ubambe ikhamera ingaguquki noma itatazele. Uma ungaqondi ukfihla ukuthi oxoxa naye ungubani, biyela amehlo ingxenye yesibili yawo phezulu phezulu sesimweni bese qinisekisa ukuthi babhekene nokukhuluma esikhaleni esingenalutho kwifremu. Shiya njalo isikhala ku shot ngezansi emlonyeni woxoxa naye nasesilelwini nganoma yiwuphi okudingekayo umbhalo (efana nezincazelo). Kungaze kwangcono ukuba ushiye ingxenye emabunzini kuno kuba ushiye isilevu.



UKUSONDEZA UMFANEKISO  
PHAKATHI OKUQONDILEYO



UKUSONDEZA UMFANEKISO  
UKUNGAQONDILE



UKUSONDEZA UMFANEKISO  
OKUQONDILEYO

## QOPHA IKHAMERA KWIANGLE NE EYE-LINE (ISIQONDA SAMEHLO)

Qinisekisa ukuthi ilens lekhamera liqondane kanye namehlo oxoxa naye. Ungathathi ividiyo ngenhla, njengoba kungenza oxoxa naye abukeke emncane noma abuthaka. Qinisekisa amehlo omntu oxoxa naye abheke nje eceleni kwekhamera (ohlangothini olunesikhala sokukhuluma) futhi ukuba angathi ngqo ebuka ikhamera.

## BONISA OXOKA NAYE ISITHOMBE SAKHE

Uma usubeke kahle ikhamera, bonisa oxoxa naye isithombe sakhe kukhamera noma esibukweni ukuze uqiniseke ukuthi uyanethezeka yena ngendlela ebonakala ngayo.

## THOLA IMVUME ENOLWAZI

# IMVUME ENOLWAZI

Ukuthola imvume yomntu oxoxa naye kubalulekile ngaphambi kokuqhubeka nalengxoxo. Ukuvuma wazi isivumelwano ukuba uthwebule koxoxa naye futhi angakwazi kuphela kuhlinzekwe emva aqonde ividiyo izosetshenziswa kanjani nokuthi izobukwa ngobani. Buza oxoxa naye ukuthi yini ingozi kuye (kungenzeka ukuthi ividiyo ibhekwe umhlukumezi kumbe umphakathi) ngokunjalo nabelane ngamasu ukunciphisa izingozi (okufana nokufihla ungubani ngenkathi uqopha, ngalesikhatii uhlele noma usebenzisa igama elingasilakhe). Kubalulekile kucace kakhulukazi ukuthi uma le video iya online, ubani angakwazi ukubona manje noma esikhathini esizayo - kanye ukufinyelela ividiyo kiyakhula ngokusebenzisa imithombo yezokuxhumana. Uma isigameko kuhlobene ecaleni lobugebengu, la'mavidiyo angafunwa ngezomthetho (subpoenaed) - ngako ke hlola nabasebenzi bezomthetho uma lokhu kunjalo na.

Ungakwazi ukugcina imvume ephepheni noma kwi-ikhamera. Imvume kanye nengxoxo esiqophiwe kwikhamera ivumela ukuba yona lomvume kanye nakho konke obuhambelana nokuvikeleka okubalulekile kube ndawonye. Ukugcina imvume kwikhamera, landela iziqondiso ezilandelayo.

Qala nengxoxo engekho kwikhamera ukusungula ukuthi oxoxa naye uyakuvisisa inhloso yephrojekthi kanye nemiphumela, ividiyo izosetshenziswa kanjani bese kwabelwane, ngubani engase babona nokuthi nabo bayinxenye yeqhaza ngokuzithandela bengaphoqakalanga. Chaza ukuba unelungelo oxoxa naye ukuphendula imvume yakhe esikhathini esizayo, kodwa iqiniso ukuthi kuyobanzima ukususa konke okhusasazekile kwi inthanethi.

## MANJE VULA IKHAMERA BESE UBUZA:

- 1. Sicela usho igama lakho kanye usuku kanye nendawo yale'ngxoxo
- 2. Ingabe wena uqonde esikwenzayo? Sicela uchaze ngawakho amazwi.
- 3. Uyazi okungenzeka bayibuke bone ividiyo futhi lizokwabiwa kanjani?
- 4. Singabonisa ubuso bakho bese sisebenzisa igama lakho langempela futhi izwi kule vidiyo? Kukhona yini nezinye izithibelo ekusebenziseni nokwabelana lingxoxo ukuthi siding ukuqaphela?
- 5. Bewazi yini ukuthi ungakwazi ukunqaba ukuphendula noma yimuphi umbuzo bese umise ukuyeka ukuqopha inqubo noma kunini, ukuze ubuze imibuzo, uthathe ikhefu noma ukumisa unomphela?
- 6. Ingabe uyapha imvume yokuthi ingxoxo yakho isetshenziswayo ngale ndlela?

# USUKU LENGXOXO: UKUQHUBA INGXOXO

## **QOPHA IMVUME ENOLWAZI**

Qopha imvume yoxoxa naye kwikhamera ngemva kokuthola imvume enolwazi.

## **QALISA INGXOXO**

Usebenzisa uhlu lwakho lwembuzo njengesiqondiso qalisa ingxoxo. Lalela oxoxa naye akushoyo bese ulungise imibuzo yakho nokulandelana kwayo ngendlela efanele.

## **HLALA ETHULE**

Hlala ngokuphelele uthule ngenkathi oxoxa naye ekhuluma - ungasho 'yebo' noma 'Mmm-hmmm' Sebenzisa imphawu ezifana nokumbheka emehlweni kanye nokuvuma ngekhanda ukukhombisa ukuthi ulalele. Qinisekisa nobani omunye okhona uhlala phansi abambe umthetho.

## **UNGATHATHEKI NGAMAWALA NGESIKHATHI UPHENYA**

Ngentshiseko lalela oxoxa naye futhi nangozwelo. Musa ukukhombisa ukushaqeka uma esho indaba zakhe. Uma ubonisa ukushaqeka wena, uyokwenza oxoxa naye angahlaliseki.

## **YIBA NESINEKE**

Kuthatha isikhathi ukuba izindaba ziphume. Qaphela ukuthi indaba singase ibonakale ukuba ibe 'nezikhala' - kuvamile ukuba imininingwane ilahleke uma usesimweni esibuhluhgu esifana ngokocansi kanye nobulili olusekelwe nobudlova. Uma ube nomuzwa wokuthi imininingwane ebalulekile entulekayo, buyela emuva kukho - kodwa ungaphoqeli oxoxa naye uma engafisi ukukhuluma.

## **HLONIPHA OXOXO NAYE**

Khumbuza oxoxa naye ukuba uma ekhathala noma angakhululekanga unemvume yokumisa ingxoxo. Hlaba ikhefu elincane ngemva kwezikhathi ezinzima koxoxa naye. Uma oxoxa naye asuke akhale kudingeka ukuba umise lengxoxo, umnikeze isikhathi kanye nesikhala ukuba azilungise futhi umnike ukhetho lokuqhubeka ngesinye isikhathi uma kudingeka.

## **GCINA IKHAMERA INGANYAKAZI**

Ungalokothi ukunyakazisa ikhamera noma ulungise engele ngenkathi oxoxa naye ekhuluma. Uma ufuna ukusondela eduze, linda aze aqede ukwenza impendulo yakhe (ngaphambi kokubuzwa umbuzo olandelako) ukuhambisa ikhamera.

## **QOPHA NGOKUFANELEKILE**

Ngaphandle kwalapho uhlela ukusebenzisa lokhu njengobufakazi, musa ukuqopha amanxeba oxoxa naye, nezibazi noma ukulimala. Lokhu kungenza oxoxa naye azizwe kabusha ngokuhlukunyezwa. Musa ukucela imininingwane ongayidingi futhi uqophe kuphela okudingekayo.

## **QOPHA IZITHOMBE EZINOMFUTHO**

Qiniseka ukuthi uqopha izithombe ezinomfutho futhi ezipha oxoxa naye amandla. futhi izithombe ezibonisa ukuthi ungubani njengoba umuntu, efana naleyo esenza into azijabulele.

# UKUQHUBA INGXOXO EZINGAHLELIWE

*Uma uqhuba ingxoxo nowasinda iSGBV kufanelekile ukuthi uhlele, ucwaninge kanye ulungiselele wena nozaxoxa naye kahle ngaphambi kosuku lwengxoxo. Nokho, uma ithuba lengxoxo obungaluhlelanga livuka, - isibonelo uma uhlangana nomuntu ofuna ukwabelana indaba yabo kodwa ngeke abe nethuba*

*lokuthi umbone futhi - ngeke ubekwazi ukuthatha zonke izinyathelo ezikule mhlahlandlela. Kulesi isimo, nazi izakhi ezibalulekile ukuze ukhumbule ukuqhuba izingxoxo evele xaxa ngokuphepha, ngokuphumelela futhi ngokufanelekile.*

## UKUSINDA, UKUPHEPHA KANYE NEMVUME ENOLWAZI

Qinisekisa ukuthi oxoxa naye uyaqondisisa ukuthi ungubani nokuba ividiyo yakho izasetshenziswa kanjani njalo ngubani ozoyibuka. Uma izakuya online, qinisekisa uyazi ukuthi noma ngubani angase ayibone lengxoxo yabo. Ikakhulukazi, oxoxa naye kumele azi uma levidiyo isisesidlangalaleni kungase kwenze ibonakale emphakathini wakhe noma owamdlwangulayo ingabe nje abanye abangafuna

ukuziphindisela. Buza ozoxoxa naye izingozi ezingamehlela ukuze anqume ukuba uyathanda ukuqhubeka futhi nokuba angadinga ukucashisa ukuthi ungubani (bona Indlela Zokucashisa Ungubani ekhasini 3). Thola Imvume yozoxoxa naye kwikhamera ngokumcela abe ngamazwi akhe inhloso yengxoxo le, njalo anikeza nendlela angathanda ukwaziwa ngayo phambi kwekhamera.

## INDAWO YOKUQOPHA

Funa indawo engemata ubuze oxoxa naye lapho azizwa khona ephephile. Qinisekisa ukuthi akekho

umuntu oseduzane ukuze kuvikelwe ubumfihlo baloyo oxoxa naye.

## UKUHLELA NOMSINDO

Suka lapho okunomsindo yasemuva uma kukhonakala . Sondela eduze koxoxa naye ukuze uzwe akushoyo, bese usebenzisa umbhobho wezwi uma unayo. Qopha oxoxa naye kusukela emahlombe wabo kuya phezulu kwekhanda, ugcine ikhamera

inganyakazi usebenzisa itripod noma indawo ecambaleleyo. Yazisa loyo oxoxa naye ukuba abheke kancane kuhlangothi olunye hayi nqo kwikhamera emqondile.

## BUZA IMIBUZO EVULEKILE

Gwema ukubuza imibuzo engaphendulwa ngo 'yebo' noma 'cha' kodwa esikhundleni buza imibuzo eqala ngokuthi: 'yini', 'kanjani', 'tshela mina' neminye ephenyayo. Mhloniphe ayeke uma kudingeka. Thula

uthu tu ngenkathi oxoxa naye akhuluma. Qinisekisa ukuthi oxoxa nayenguye onezwi lokugcina - mbuze ngenhlonipho ukuthi yini enye ngathanda ukuyisho.

## KAMUVA

Nikanani futhi nabelane ngamakheli kanye nezindlela zokuxhumana ukuze nikwazi ukuxhumane emva kwengxoxo.

# EMUVA KWENGXOXO

## THOLA IMIZWA YALOYO OXOXO NAYE

Buza oxoxa naye indlela azwa ngayo mayelana lengxoxo nangendlela inqubo yengxoxo ibinjani kuye-yini esebenzile njalo yini engazange. Thola ukusikisela kuye kwendlela inqubo kwakungase ibe ngcono ngekusasa.

## PHINDELA KWIZINYATHELO ZENGOZI ENGEHLA NEZOKUPHEPHA

Buza oxoxa naye uma kukhona noma yiphi ingxenye yempendulo yakhe abona kufanelekile ukuthi ungayisebenzisi ngoba ingamfaka engozini noma ezinye nje izizathu futhi uhloniphe isinqumo sakhe uma kunjalo.

## CACISA IZINYATHELO EZILANDELAYO

Xoxisanani ngezinyathelo ezilandelayo mayelana nokuxhumana, inqubo, okulindelwe kanye ukuzibandakanya kwakhe. Noma yiziphi izimiso ezibekiwe, qinisekisa ukuthi uyazilandela.

## IZINDLELA ZOKUSEKELA OXOXO NAYE

Tshela oxoxa naye ukuthi imizwa enzima kumbe izinkumbulo kungaye kuvele ngemva kwengxoxo yenu futhi mkhuthaze ukufinyelela abantu abethembayo noma abeluleki ukuze athole usekelo. Mnike imininingwane yomeluleki noma ummeli wodlame ngokocansi uma kunokwenzeka.

## IZINDLELA ZOKUSEKELA UMABUZA NEQEMBU

Ukuzwa izindaba zokuhlukumezeka kungaba inselele, futhi kungenza umphumela wokwethuka. Funda mayelana nokwethuka njalo uqaphele izimpawu. Ukuze uthole olunye ulwazi, hlola Le Amaqhinga Amasha Enkulompendulwano ku [Being Well and Staying Safe](#) neminye imithombo ehambisana nayo.



## YABELA IVIDIYO YOKUGCINA

Lapho kungenzeka khona, abelana ividiyo yokugcina loxoxa naye ukuze ayibheke ukuthi yonkento iqinisekile njalo akulangozi eningasuke zimvelele.

## HLALA UXHUMENE

Hlala uxhumana ngasosonke isikhathi noxoxa naye ukwabelana izibuyekezo nenqubekela phambili - izindawo ezibonisa levidiyo, indlela ababukeli bayamukela ngayo inokuthi ividiyo nendaba yabo idala luphi ushinsho noma inkulumo.

## LONDOLOZA

Londoloza ngokuphephile amavidiyo akho, kanye namarekhodi acacile mayelana nokuphepha nemvume. Bheka umhlahlandlela [Activists' Guide to Archiving Video](#) ukuze ufunde okuningi.



# VIDEO FOR CHANGE



## UNOTHANDO LOKWANDISA LOKHU OKUFINDILE?

HLOLA LEZI NAMINYE IMITHOMBO  
YOKUFUNDISA YEWITNESS



IZIQONDISO ZEMISEBENZI EMIHLE  
YOKUQOPHA



ISINGENISO SOKULWELA NGOKUQOPHA



UKUSEBENZISA UMFANEKISO KAMABON-  
AKUDE WOSHINTSHO



AMAQHINGA LEZINDLELA ZOKUQOPHA



AMAQHINGA OKUFIHLA UMAZISI



AMAVIDIYO EZIFUNDO ZOKWENZAKALAYO

Sibonga bonke abalingani bethu abangazange balandisa okwenzeka, nokufunda nathi ukuze sidale izimpawu zokwakha njengalezi, futhi nabo bonke abantu ababephikisana bebukisisa lo mthombo futhi kuhlinzekwe umbiko.