

# Vuk'uzenzele

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## Government moves against corruption



**Allison Cooper**

**P**resident Cyril Ramaphosa's promise to the nation to root out corruption relating to Coronavirus Disease (COVID-19) relief fund spending is being put

solidly into action, with various investigations underway and the suspension of numerous government officials.

The President established an anti-corruption centre, bringing together nine state law enforcement institutions, including the Special Investigat-

ing Unit (SIU), to investigate allegations of corruption in areas such as the distribution of food parcels, Unemployment Insurance Fund (UIF), social relief grants and the buying of medical supplies and personal protective equipment (PPE).

The President is determined that every instance of corrup-

tion will be thoroughly investigated, that those responsible for wrongdoing will be prosecuted and that all money should be recovered.

To ensure this, he signed a proclamation with the SIU to investigate any unlawful or improper conduct in the procurement of any goods, works

and services during or related to the national state of disaster in any state institution.

The President also asked Auditor General (AG) Kimi Makwetu to audit the key COVID-19 initiatives intro

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"JAANONG KE NAKO YA GORE RE DIRE MMOGO,  
GO TLOTIA NELSON MANDELA, GO AGA AFORIKA  
BORWA E NTSHWA, E E BOTOKA YA BOTLHE."

MOPORESIDENTE CYRIL RAMAPHOSA

#SendMe

RE GO AGELA BOKAMOSO JO BO BOTOKA  
RE ITHUTA GO TSWA MO DITIRONG TSA GA MADIBA



# Sireletsa basadi le bana ba rona

**N**gwaga o o fetile-leng, mo letsatsing la gompieno, diketekete tsas basadi, banna le bana di ne tsa gwantela kwa Palamenteng go ipelaetsa kgatlhanong le ditiragalo tsa dipetelole le dipolao tsa basadi le basetsanyana.

Mo nakong eo, naga ya rona e ne e santse e le mo kutlobotlhokong ya go bolawa ga Uyinene Mrwetyana, Leighandre Jegels, Jesse Hess mmogo le basadi ba bangwe ba le bantsi ba ba latlhegetsweng ke matshelo a bona ba bolawa ke banna ba ba setlhogo.

Badiraditshupetso bano botlhe ba ba neng ba dira ditshupetso ka mowa o o edileng, ba ba nang le maemo a a farologaneng mo setshabeng, ba ba potlana le ba bagolo, baithuti le basadi ba ba dirang, ba ne ba tshoeditse dipolakata tse di neng di kwadilwe melaetsa e e reng 'Enough is Enough' le e reng 'Am I next?'. Mo motsing oo badiraditshupetso ba ne ba fegetswe tota. Fa ke ne ke amogela tokomane ya ditlhokwa tsa bona tse di neng di tlhalositswe ka tlhamalalo, go ne tota go tlamaletse gore re tlhoka go tsaya dikgato ka ponyo ya leithlo le ka matlhagatlhaga.

Go ne go le botlhokwa mo go nna gore fa ke tsibogela ditlhokwa tsa bona ke se dire jalo ka go ba soloftsa leflefela le go dirisa mafoko a a sa reng sepe.

Mo matsatsing a le mmalwa morago ga seno, ke ne ka kopa Kopanotshwarraganlong ya Palamente, mo re neng ra tsibosa fa re tla tlhoka bokanaka R1.6 bilione ya Leanotiro la Tsibogelo ya Ditiragalo tsa Tshoganyetso e e tla dirisediwang go lwantshana le Tirisodikgoka e e Totileng Batho ba Bong jo Rileng le Dipolao tsa Basadi (GBVF).

Mo dikgwedding di le thataro tse di fetileg tsa go tsenngwatirisong, tiriso ya madi a puso mo mafapheng a puso a a farologaneng e ne ya retololwa go tshegetsa dikgato tsa tlhokomelo le tshegetso ya batswasetlhabelo, tsa matsholo a thibelaketegelo mmogo le matsholtemoso, go tlhabolola melao le dipholisi, go tsholetsa matlafatso ya basadi mo ikemela mo mererong

ya ikonomi, mmogo le go matlafatsa tsamaiso ya tirelo ya bosiamisi.

Mme ga jaanong re fa gare mo dikatong tsa rona tsa go fetola molao mo go lwantshaneng le GBVF.

Go Melaotlhomo e e botlhokwa e le meraro e e amanang le Tirisodikgoka e e Totileng Batho ba Bong jo bo Rileng (GBVF) e e rometsweng kwa Palamenteng mo malobeng. Ka go tsenya tirisong Melaotlhomo eno, re tla bo re diragatsa seo re se soloftatseng badi-raditshupetso ba mo mogwantong wa mo ngwageng o o fetileg mmogo le basadi botlhe ba naga ya rona.

Melaotlhomo e meraro eno e e kwalolotsweng sešwa maitlhomo a yona ke go thiba diphatlha tse di leng teng ga jaana tse di kgontshang ditlhoktsebe tsa bosenyi jono go tshabela go atlholwa ka tshwanelo mmogo le go dira gore ditshwanelo tsa basadi le bana ba ka fa nageng ya rona di nne le mosola.

Melaotlhomo eno, fa go setse go feditswe ka yona go ka sekasekiwa, e tla thusa gore basadi mo nageng ya rona ba boelwe ke tshepo gore tota molao o teng e bile o a ba sireletsa.

Ya ntla Molaotlhomo ono o tla kwalola sešwa Molao wa Bosenyi (Ditlolo tsa Molao wa Thobalano le

Melato ya Mothale ono) Molao o o Kwalolotsweng Sešwa. Ona o tlhagisa dikgato tse dingwe tse dintshwa tse di tsewang e le ditlolomolao tsa go bogisa ka thobalano, o atolosa melato eno go tsenyeletsa le e e diriwang le mo bathong bao le amanang ka tshika, mmogo le go atolosa maikarabelo a go bula dikgetse tsa thobalano go tsenyeletsa go letlelela le batho ba ba belaelang fa bana ba bogisiwa ka ditiragalo tsa thobalano.

O atolosa tiro ya Rejisetara ya Naga ya Batho ba go Fithetsweng ba le Molated mo Ditatofatsong tsa Thobalano (NRSO) gore mo go yona go kwalwe dintlha tsa botlhe ba go fitlhetsweng ba le molato mo ditatofatsong tsa thobalano. Go fitlheng mo motsing ono, dintlha tse di neng di tlhagisiwa mo rejisetareng eno e ntse e le fela tsa batho bao go fitlhetsweng ba le molato mo ditatofatsong tsa thobalano tseo di amang bana kgotsa batho ba ba



le dikopo tsa dibaile, dikgotlatshekelo di tshwanetse go sekaseka mabaka a le mantsinyana. Ona a akaretsa dipegelo tsa pele go lebiwa kwa kgotlatshekelo mabapi le kgonagalo ya go golola molatofadiwa ka beile, ditiragalo tsa go tshosetsa motswasetlhabelo ka tirisodikgoka, mmogo le maikutlo a motswasetlhabelo fa go tla mo pabale-segong ya gagwe.

Fa go tla mo go reboleng parola, mongongoregi kgotsa wa losika la moswi yo e leng motswasetlhabelo o tshwanetse go nna teng jaaka kemedi mo botong e e rebolang parola.

Ka ntla ya ditiragalo tse di kwa godimo tsa ka fa nageng tsa tirisodikgoka mo bathong ba ba ratanang, re gagamaditse dikarolo tsa Molao wa Thibelo ya Tirisodikgoka Magareng ga Batho ba ba Leng mo Kgolaganong ya Lorato.

Tirisodikgoka magareng ga batho ba ba leng mo kgolaganong ya lorato jaanong e tlhalosiwa gore jaanong e tsenyeletsa le batho ba ba tshepisaneng lenyalo, ba ba ntshangan, ba ba leng mo manyalong a setso, le ba ba ratanang kgotsa ba ba leng mo kgolaganong ya lerato le le tukang malakabe, ba ba utlwanang kgotsa ba utlwanetse tsa thobalano go sa kgathalesege gore ke sebaka se se kanakang ba le mo kgolaganong eno. Molaotlhomo ono gape o tlhalo gape le gore 'tirisodikgoka magareng ga batho ba ba leng mo kgolaganong ya lorato' e tsenyeletsa gape le batho ba ba tsofetseng bao ba bogisiwang ke ditokololo tsa malapa.

Bangongoregi ba tla kgona go dirako ya lekwalo la semolao la go thibela motho yo a go bogisang go se tlhole a go atumela ba dira jalo ka inthanete.

Fa thiba diphatlha tse di kgontshang ditlhoktsebe go fitlha ditiro tsa bona tse di leswe tsa go gesela baokapelo ba bona, go tla tlhomia sefalana se se golagantsweng sa makwalo ano otlhe a a robotsweng kgatlhanong le setlhoktsebe.

Dikarolo tse di kwalolotsweng sešwa tse di rwesa gape le Lefapha la Tlhabololo ya Loago, Lefapha la Thuto ya Motheo, Lefapha la Thuto

e Kgolwane mmogo le Lefapha la Boitekanelo maikarabelo a go tlamelabatswasetlha ka ditirelo tsa mothale o o rileng foo di tlhogegang mmogo le go ba romela kwa ditheong tse di tlhokomelang batswasetlhabelo mmogo le kwa maokelong.

Mabaka a motshotshisi a ka ganang go tshotshisa setlhokotsebe ka ona fa se dirile melato go ya ka dikarolo tse di kwalolotsweng sešwa tsa Molao ono kgotsa a go busetsa morago kgetse fa e tsamaelana le go gobatsa motho mo mmeleng kgotsa a amana le tiriso ya sebetsa go tshosetsa mongongoregi a fokoditswe.

Mo go tse dingwe tsa dikarolo tse di kwalolotsweng sešwa tse di botlhokwa thata mo Molaong ono, ke karolo e e reng fa go na le motho yo a nang le kitso, a dumela kgotsa a belaela gore go na le ngwana, motho yo a tshelang ka bogolofadi kgotsa motho yo a tsofetseng yo a bogisiwang ka pogiso ya tirisodikgoka magareng ga batho ba ba leng mo kgolaganong ya lorato mme a nna kgang eno ka marago a sa begele motlhankedi wa loago kgotsa Tirelo ya Sepodisi sa Aforika Borwa (SAPS) motho yoo a ka tlhaodisiwa kgotsa a tswalelwka kwa kgolegelong.

Go fela jalo le ka lepodi si SAPS le le sa ikamanyeng le maikarabelo a lona a Molao ono ka maitsholo ao a tla tsewa e le a a sa amogelegeng mme a ka begiwa kwa Lephateng la Mokwaledi wa Baagi Mabapi le Ditirelo tsa Sepodisi.

Molao ke konokono e go ka ikanngwang yona fa go tla mo tshireletsong ya baagi, bogolo jang bao ba leng mo tlalelong. Fa o dirisiwa ka manontlholtlo le ka go se tseye letlhakore, ke modiredi yo o boikanyego wa bosiamisi.

Basadi ba naga ya Aforika Borwa ba nkgetswa ke dikgato tse di yang di boa tse di sa diragatseng e nngwe ya ditshwanelo tse di botlhokwa go gaisa – go tshela mo kgololesegong ntle le go boifa sepe.

Puso e re leng mo go yona eno mmogo le badirisanimmogo ba yona e tla tswela basadi ba naga ya Aforika Borwa molemo. Ga re kitla re ba sula-fatsa.

# Woza Matrics e thankgolotswe

**MAITLHOMO A LETSHOLO LA WOZA MATRICS** ke go thusa baithuti botlhe ba Mophato wa bo 12 gore ba kgone go falola ditlhathlhabo tsa bona tsa bokhutlo jwa ngwaga.



## Dale Hes

**B**arutwana ba Materiki ba monongwaga ba tobane le dikgwethlo tse di seng kana ka sepe ka ntlha ya mogare wa corona (COVID-19).

Lefapha la Thuto ya Motheo le netefaditse gore go bulwa sešwa ga dikolo ka tsela e e babalese-gileng ke sengwe sa tse dingwe tse di leng kwa selthoeng, mmogo le go tshegetsa barutwana ka matsholo a a farologaneng go ba thusa gore ba atlego mo go konosetseng dithuto tsa bona tsa monongwaga.

Le lengwe la matsholo ano ke lenaane la Woza Matrics, le le thankgolotseng ka la bo 01 Lwetse 2020 ka tirisanommogo le badirisanimmogo ba le bantsinyana ba kgaso mmogo le baitseanape ba thuto.

Jaaka karolo ya lenaane leno, go gasiwa dirutwana di le thataro tse di botlhokwa tsa materiki mo dikanaleng tsa SABC, DSTV le Openview (Channel 122) letsatsi le letsatsi sebaka sa dibeke di le 12 go tloga ka ura ya borobedi mo mosong go fitlha ka ura ya bo lesome mo mosong e bo e tshameka gape go tloga ka ura ya bongwe mo motshegareng go fitlha ka ura ya boraro mo motshegareng go thusa barutwana go se salele morago. Maitlhomo a lona ke go

thusa barutwana gore ba kgone go ka ipaakanyetsa ditlhathlhabo tsa bona tsa bofelo jwa ngwaga.

Serala seno gape se na le mananeo a dirutwa a a diragalang ka ona motsotso oo, moo barutwana ba ka kgonang go botsa barutwana dipotso mo ba sa tlhalo-ganyeng. Go na gape le dikele-

tso mabapi le tseo barutwana ba tshwanetseng go di tlhokomela mo ditlhathlhabong tsa bona.

Woza Matrics e a itse gore le fa tota e le barutwana botlhe ba ba reteletseng ke go tsena sekolo ka tshwanelo, barutwana ba Mophato wa bo 12 ke bona ba ba amegileng bobe go gaisa, ka ntlha ya fa dipholo tsa bona di le botlhokwa thata mo go ba kgontsheng go ka bona ditiro le mo go amogelweng kwa yunibesiti.

Tona ya Thuto ya Motheo Mme Angie Motshekga a re lenaane leno le botlhokwa thata bogolojang ka ntlha ya fa dithuto di kgoreleditswe ke COVID-19.

"Materiki ka gale o na le ka fao o gatelelang maikutlo ka teng, fela ngwaga wa 2020 one o tlide ka kgatelelo ya maikutlo e e neng e sa solo felwa. Ke rata go ka akgola bathuti botlhe ba Mophato wa bo 12 mmogo le ba malapa a bona ka go ikatlapela le go nna le maikemisetso jaaka ba dirile. Go totobetse jaanong gore baithuti ba tlhoka tshegetso e nngwe le e nngwe e ba ka e neelwang mme re tla tswelela go ba neela

yona. Go setse fela dikgwedi di le mmalwanyana gore ngwaga o ye bokhutlong mme lenaane la Woza Matrics le tla neela barutwana tshegetso e ba e tlhokang gore ba kgone go ipaakanyetsa ditlhathlhabo tsa bofelo jwa ngwaga," o tlhalositse jalo.

Lenaane leno ke motshwana-nosi gonno le totile baithuti ba Mophato wa bo 12 ka bontsi ka fa nageng bao ka gale ba senang inthanete le didiriswa tsa di-jithale tse di dirisang inthanete.

Dikgaso tseno di tla kgona go bogelwa ke baithuti ka bontsi ba le dimilione di le 1.2 ba ba tla bong ba kwala ditlhathlhabo tsa bona tsa Materiki mo kgwedding ya Ngwanaitseele. Lekgotla la Thuto la Ditona le ikuetsi mo baithuting le mo batsading botlhe go sola serala seno mosola.

Mokaedikhuduthamagam-golo (CEO) wa Lekgotlakgaso la Aforika Borwa (SABC) Madoda Mxakwe a re lekgotlakgaso le motlotlo go nna le seabe mo letsholong leno. "Re motlotlo go bo re le yo mongwe wa batshame-kakarolo ba ba botlhokwa mo go babaleleng ngwaga wa Materiki wa 2020. Re le tirelokgaso ya puso, go mo magetleng a rona go netefatsa gore mananeo a tire-lokgaso a tsenyeletsa manaaane a thuto a le mantsintsi, bogolo jang mo motsing ono o a tlhokagalang e le ruri."

## Re arbaba dipotso tsa gago

Ke dirutwa dife tse di tla rutiwang?

- Maths
- Geography
- Life Sciences
- Physical Sciences
- Accounting
- Maths Literacy.

Goreng go tlhophilwe dinako tse di belweng ka barutwana ba tla bo ba le kwa sekolong?

- Dinako tsa go ya sekolong ga di tshwane mo dikgaolong le mo diporofenseng tse di farologaneng ka ntlha ya maemo a go obamela melawana e e iletsgang go atumelana.
- Barutwana ba Materiki ka bontsi ba tla bo ba le kwa magaeng a bona fa mananeo ano a gasiwa.
- Palo ya barutwana ba le mmalwanyana fela le bona ba kwadise-ditswe go rutiwa ba le kwa magaeng a bona.
- Kgaso e kgolo e tla boelediwa morago ga ura ya bone maitseboa mo kanaleng ya Openview le go tshamekiwa mo go DSTV Catch-Up.

Goreng go rutiwa fela barutwana ba Materiki?

- Barutwana ba Materiki ke bona ba leng ka fa tlase ga kgatelelo e e seng kana ka sepe ka ba tshwanetse go batlana gape le diphatlhata fa ba sena go konosetsa dithuto tsa bona.
- Barutwana ba Materiki ke bona ba kgoreletsengileng thata mo dithutong tsa bona fa e sale go tloga ka kgwedi ya Mopitlw 2020 ka ntlha ya gore kharikhulamo ya bona ga e a ke ya ngotliwa go tshwana le tse dingwe.
- Barutwana ba Materiki ke bona ba saletseng morago go gaisa mo dithutong tsa kharikhulamo ya bona.

Nka fitlhela lenaneothulaganyo la mananeokgaso ano fa kae?

Lenaneothulaganyo la mananeokgaso ano le teng mo mananeothulaganyong a thelebišene mmogo le mo webesaeteng ya Woza Matrics ya wozametrics.co.za. Mananeokgaso a a ipoletsang le one a teng foo.

A go na le tshegetso e e neelwang batsadi le barutabana?

Ee e teng. Lenaneothulaganyo la mananeokgaso le tla bo le na le mananeo a go eletsa batsadi ka ditsela tse ba ka tshegetsang bana ba bona ba ba dirang Materiki. Mananeo a mangwe a tla tlhaba barutabana botlhale mme serala sa Lefapha la Thuto ya Motheo sa go Golagana le Barutabana sa WhatsApp se tla dirisiwa go romela melaetsa e e botlhokwa kwa barutabaneng.

A go na le se se tla diriwang go samagana le kgatelelo ya mai-kutlo e barutwana ba Materiki ba leng mo go yona ga jaana?

Ee se teng. Go tla diriwa mananeo a le mmalwa a a tla tsepamisang mogopoloo mo go tlhabeng barutwana botlhale gore ba tshele ka itekanelo jang, ba mekamekane jang le kgatelelo mo maikutlong mmogo le go etsaetsegaa.

Go bona tshedimosetso ka botlalo, etela webesaete ya Woza Matrics mo go wozametrics.co.za kgotsa o romele imeile mo go info@wozametrics.co.za

# Tshegetso ya Dikgotlatshekelo mo Batswasetlhabelong ba Ditiragalo tsa GBV



## More Matshediso

**F**a e le gore o a boga ka ntlha ya Tirisodikgoka e e Totileng Batho ba Bong jo bo Rileng (GBV) mme o tlhoka tshegetso ya dikgotlatshekelo, Bothati jwa Bosekisi jwa Bosetshaba (NPA) bo na le ditirelo tse di itlhophileng tse bo ka go tswang thuso ka tsona.

Lenaane la Ipaakanyetso ya go ya Kgotlatshekelo la Ke Bona Lesedi le teng mo Dikgotlatshekelong tse di Samaganang le Ditolomolao tsa Thobalano le mo dikgotlatshekelong tse dingwe gape tse di samaganang le ditiragalo tsa GBV. Ke Bona Lesedi ke tlhaloso ya Setswana e e tlhalosang gore ke a sedimogelwa.

Batswasetlhabelo ba GBV ba ka

romela dikopo tsa bona kwa go NPA go ba tswa thuso. Motshotshisimogolo wa puso kgotsa molaodi wa dithulaganyo tsa kgotlatshekelo o tla thapa motlhankedi yo o maleba wa dithulaganyo tsa kgotlatshekelo go go tswa thuso.

"Tirelo eno ga e soloftse dipeelo dipe mo kgetseng nngwe le nngwe e e tlhatlweng e bile maitemogelo a motho yo mongwe le yo mongwe a tshwana ka nosi. Le fa go le jalo, e thusa go matlafatsa le go tsosolosa seriti sa motswasetlhabelo," ga rialo tsiboso e e tswang kwa go NPA.

Go na le bathhankedi ba dithulaganyo tsa kgotlatshekelo ba le 161 mo dikgotlatshekelong tse di farologaneng go ralala le naga.

Tirelo eno ke e nngwe ya matshollo a a tsentsweng tirisong ke puso go samaganale leroborobo la GBV.

Go ya ka tshedimosetso ya NPA, motlhankedi wa dithulaganyo tsa kgotlatshekelo yo a direlang kgotlatshekelo eo go tla sekewang kwa go yona o tla ikgolaganya le mongongoregi, motswasetlhabelo, motho yo a falotseng mo dinaleng tsa phage kgotsa pak.

Motlhankedi wa dithulaganyo tsa kgotlatshekelo o tla nna a tshegeditse mongongoregi ka dinako tsotlhe kwa kgotlatshekelo go fitlha tsheko e ya bokhutlong. Go dirisiwa mekgwa le didirisiwa tse di itlhophileng go bontsha ka namana motswasetlhabelo gore selelo sa gagwe se sekegetswe tsebe, o a sirelediwa e bile o neelwa tloto.

Bangongoregi ba ka dirisa puo tsa bona mme e bile motlhankedi wa dithulaganyo tsa kgotlatshekelo o tla netefatsa gore motswasetlhabelo o romelwa kwa ngakeng ya go thoba maikutlo go ba thusa go ba wetsa matshwafo le go ba alafa.

Basadi le bana ba bantsi ba ba bogisitsweng ka ditiragalo tsa GBV, go naya motlhala, ba ba kileng ba beteletwa, ba na le ketsaetseg fa go tla mo go emeng fa pele ga batho ba sa ba itse kwa kgotlatshekelo gore ba tlhalose ka botlalo seo se ba diragaletseng. Ditirelo tseno di tla ba thusa gore ba lokologe.

O ka ikgolaganya le Molaodi/Motsamaisi wa Dithulaganyo tsa Kgotlatshekelo mo porofenseng ya gaeno ka go lets mogala kgotsa go romela imeile o dirisa dintla tse di fa tlae:

- **Kapa Bothhaba (Grahamstown)** – Pumla Nomfemele-041 502 5443 – [Pnomfemele@justice.gov.za](mailto:Pnomfemele@justice.gov.za)
- **Kapa Bothhaba (Mthatha)** – Sindisiwe Buthelezi – 047 501 2646 – [Sbuthelezi@npa.gov.za](mailto:Sbuthelezi@npa.gov.za)
- **Foreisetata** – Ena Liebenberg – 051 410 6029 – [Eliebenberg@npa.gov.za](mailto:Eliebenberg@npa.gov.za)
- **Gauteng (Johannesburg)** – Asewa Fundi – 011 220 4085 – [Afundi@npa.gov.za](mailto:Afundi@npa.gov.za)
- **Gauteng (Pretoria)** – Esther Kabini – 012 351 6713 – [Ekabini@npa.gov.za](mailto:Ekabini@npa.gov.za)
- **Kwa-Zulu Natal** – Roelien Wiesner – 033 3928712 – [Rwiesner@npa.gov.za](mailto:Rwiesner@npa.gov.za)
- **Limpopo** – Reneilwe Mashamaite – 015 483 0302 – [Rmashamaite@justice.gov.za](mailto:Rmashamaite@justice.gov.za)
- **Kapa Bokone** – Henley Nathan Sass – 054 337 5375 – [HSass@justice.gov.za](mailto:HSass@justice.gov.za)
- **Bokone Bophirima** – Mmanotshe Seletisha – 012 700 9000 – [Mseletisha@justice.gov.za](mailto:Mseletisha@justice.gov.za)
- **Kapa Bophirima** – Gary Titus – 021 487 7287/021 421 7287 – [Gvtitus@npa.gov.za](mailto:Gvtitus@npa.gov.za)
- **Kantorokgolo ya NPA** – Karen Tewson – 012 845 6399/012 812 6399 – [Ktewson@npa.gov.za](mailto:Ktewson@npa.gov.za)

Dinomoro tse dingwe gape tsa kgolagano tse di botlhokwa tse o tshwanetseng go nna le tsona:

- **Ditirelo tsa Tshoganyetso tsa SAPS:** 10111.
- **Tikwatikwe ya Taolo ya GBV:** 0800 428 428 kgotsa tobetsa \*120\*7867# mo mogaleng o mongwe le o mongwe.
- **Mogala wa Batho ba ba Tshelang ka Bogolofadi:** Romela lefoko le le reng 'help' ka SMS mo go 31531.
- **Mogala wa Thuso wa Basadi ba ba Bogisiwang:** 0800 150 150.
- **Mogala wa Merero ya Tlhokomelo ya Bana wa Aforika Borwa:** 0800 055 555.
- **Mogala wa go Bega Bosenyi wa SAPS:** 0860 10111 kgotsa romela SMS mo go 32211.
- **Mogala wa Ditirelo tsa go Bega Ditiragalo tse di Amanang le GBVF (SAPS):** 0800 333 177 / [complaintsnodalpoint@saps.gov.za](mailto:complaintsnodalpoint@saps.gov.za)
- **Mogala wa Thuso Mabapi le go Ketikiwa kwa Lapeng:** 0800 150 150.
- **Mogala wa Thuso Mabapi le Merero ya AIDS:** 0800 012 322.

# How to deal with divorce

## More Matshediso

**D**ivorce can be a painful separation of two people who were once married and loved each other at a certain point in their lives.

This is according to Ntwagae Shuping, a social worker supervisor at Bophelong Psychiatric Hospital in North West.

He further defines the concept of divorce as the death of marriage and says it impacts on the people who are close to the couple, especially if the two people were committed to each other.

Shuping says there are various challenges that married people face in their union

and sometimes they choose to divorce instead of working things out.

### “Divorce is not just the relational separation of the couple.

**It has emotional, mental, spiritual, financial and physical impacts on those involved. They also fear the unknown.”**

**He says the following issues could lead to divorce:**

- Spouses having different belief systems, which re-

sults in conflict.

- Interfering or over-involved in-laws.
- The inability to conceive children.
- Different approaches or opinions to disciplining children.
- Infidelity or having children out of wedlock.
- Improper use of money.
- Unhealthy sexual relationship between the couple.
- Domestic violence.

“Divorce is not just the relational separation of the couple. It has emotional, mental, spiritual, financial and physical impacts on those involved. They also fear the unknown,” Shuping adds.

Sometimes, once a divorce

has been finalised, the divorcees experience challenges that include fighting for custody of the children, depression and the loss of assets.

### Advice for managing divorce

As a professional who sometimes provides counselling to people who have been affected by divorce, Shuping has a few tips for those who find it hard to accept the reality of being divorced.

- If you have done your best to salvage your marriage, honestly, let go.
- Speak to the people who you trust and who value you, such as your support system.

• Renew your strength and try to start a new life after divorce.

• If you think you are the cause of the divorce, ask for forgiveness and forgive yourself too.

• Allow yourself to go through all the stages of loss.

• Guard against harbouring a grudge against your ex-partner. This grudge will slow down your healing. harbouring a grudge will destroy future relationships if you want to remarry.

• Leave the door open for reconciliation.

While getting a divorce ends a chapter in your life – and you will feel a range of emotions, from anger and loss to frustration and possibly relief – he says it is important to remember that it also signals a new beginning.