

# Vuk'uzenzele



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## Speak out against abuse



# Kwanele!!



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together to  
fight femicide**

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haven after  
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# Rape survivors find their voice

**MOTHER AND DAUGHTER** Karmilla Pillay-Siokos (44) and Athena Evangeline Siokos (17) have both been raped. Their journeys of healing and hope are an inspiration to others

**K**armilla was raped at 18, while Athena fell victim to her rapist at age 12.

"It is difficult to describe the impact of something as traumatic as rape. I have always been a fighter and martial arts was one of my favourite sports. "Being raped by 'a friend', in a situation where I couldn't fight back, was a huge knock to my self-confidence. It took a long time for me to realise that it was not my fault.

"The initial impact was fear, shame and guilt. When I found my voice, I was inspired to change the way we socialise our children and create awareness around the issues of victim blaming and our attitudes towards female sexuality," said Karmilla.

## Invisible and withdrawn

Athena on the other hand fell into a goth phase. She wore all black and was quiet and withdrawn. "I made myself invisible so that no one would pay attention to me and single me out. I sometimes still



do this, but my biggest step towards healing was dyeing my hair bright purple. It took two years to speak about my experience," she said.

The first time Karmilla said 'I was raped' was in an argument with her mother, who

didn't like the way she was living her life. After trying therapy, which didn't work, Karmilla moved out. Soon after, she met her husband and the next stage of her recovery began. "He respected me and was the first man I talked to

about the rape. Later, pregnancy and childbirth had a profound impact on my attitude towards sex. It became a physical expression of love and was extremely healing."

## Finding her voice

Karmilla got involved with Slutwalk Johannesburg and did her first Slutwalk in 2011.

SlutWalk is a protest march calling for an end to rape culture, including victim blaming and shaming of sexual assault victims. "I finally let go of the guilt and shame and felt completely healed. I vowed to do everything I can to offer this freedom to other survivors."

Both women stress that everyone's healing journey is different. "Some days I can get up on a stage and tell everyone, but on other days dropping my pen is enough to make me want to cry. Rape is an intimate violation that affects us on so many levels," said Athena.

## But there is hope

"As clichéd as it sounds, it

does get better. First, you feel like you're falling into a bottomless pit and you will never see the light. You have to let it all in, don't fight it. Wave after

**"Rape is an intimate violation that affects us on so many levels."**

wave will try to drown you, but you will learn to swim. "You may never get all the way out of the water, but every new coping mechanism and the people we let ourselves trust will take us closer to the shore," she added.

Karmilla attributes The TEARS Foundation, a Non-Profit organisation which assists and provides a support network for survivors of rape, as playing a key role in her healing. ■

## Neem kennis van verskillende soorte mishandeling

**A**s jy in 'n verhouding is waarin jy mishandel word of as 'n kind wat in jou sorg is mishandel word, kan jy stappe neem om jouself of die kind te beskerm deur 'n hof te nader of die saak by die Suid-Afrikaanse Polisie aan te meld.

Die Wet op Huishoudelike Geweld verleen aan slagoffers van huishoudelike geweld die maksimum beskerming wat die regsstelsel kan voorsien.

Mishandeling kan verskillende vorms aanneem en dit is belangrik vir vroue om die verskillende soorte mishandeling te verstaan om hulself te

beskerm.

Huishoudelike geweld vind plaas wanneer 'n persoon onderwerp word aan:

**Fisiese mishandeling:** Byvoorbeeld wanneer jy aangerand word of met geweld gedreig word.

**Seksuele mishandeling:** Wanneer 'n slagoffer verkrag word of gedwing word om vernederende seksuele dade uit te voer of te aanskou.

**Emosionele, verbale en sielkundige mishandeling:** Dit vind plaas wanneer 'n persoon onderwerp word aan voortdurende beledigings, verkleining of gedurig uitgeskel word.

**Ekonomiese mishandeling:** Dit kan byvoorbeeld gebeur

wanneer 'n slagoffer daarvan weerhou word om 'n inkomste te verdien.

**Intimidasie:** 'n Voorbeeld van intimidasie is wanneer 'n slagoffer dreigende of angswekkende boodskappe ontvang, byvoorbeeld deur SMS'e.

**Teistering:** Dit kan gebeur wanneer die slagoffer voortdurende telefoonoproep kry of gedurig dopgehou word op 'n manier wat die slagoffer bang of bedreig laat voel.

**Bekruipery:** Dit is wanneer jou mishandelaar jou gedurig agtervolg of daarop aandring om met jou te praat teen jou wil.

**Beskadiging van eiendom:**

'n Voorbeeld is wanneer jou mishandelaar opsetlik jou eiendom beskadig sonder jou toestemming.

Enige ander beherende of mishandelende gedrag wat jou veiligheid, gesondheid of welsyn bedreig is onaanvaarbaar.

Die persoon wat jou mishandel kan enigiemand wees met wie jy 'n huishoudelike verhouding het, hetsy 'n bloedverwantskap, 'n huwelik of deur aanneming. Dit sluit jou huweliksmat, lewensmaat, aanneemouer of -kind, huismaat of 'n familielid in. Dit kan ook iemand wees met wie jy 'n verhouding gehad het, of iemand aan wie jy verloof was. ■

**As jy mishandel word of vermoed dat iemand mishandel word, kan jy een van die volgende nommers skakel:**  
**Die polisie: 10111**  
**Childline (Kinderhulplyn): 0800 055 555**  
**Stop Vrouemishandeling-hulplyn: 0800 150 150**  
**Lifeline: 0861 322 322 of 021 461 1111.**  
**Hierdie inligting is deur die Departement van Justisie en Grondwetlike Ontwikkeling voorsien.**



# Child abuse, recognise the signs

Allison Cooper

If you suspect a child is being abused—you have a legal obligation to report it to the South African Police Services' Family Violence, Child Protection and Sexual Offences Unit.

"Failure to do so is a criminal offence," said Teddy Bear Foundation director, Dr Shiheda Omar.

The foundation provides holistic, integrated and comprehensive services to victims of child abuse and their families.

"Abuse has to be reported, even if it's just a suspicion, as long as you are acting in good faith. If the allegation is unfounded, the person reporting the matter will not be subjected to any legal recourse according to a precedent set by law," Dr Omar explained.

According to the World Health Organisation, there are various forms of child abuse, including physical, sexual, emotional or

psychological, neglect and exploitation.

If you suspect that a child is being abused, there are signs to look for. One of the most common signs of physical abuse is injuries that a child struggles to explain, such as

**"If a child tells you that they are being abused, empathise with the child's pain and trauma and remain supportive."**

bruises, burns or bite marks. Children who are physically abused might also flinch or back away when people raise their voices or move towards them too quickly.

Signs of emotional abuse can include apathy; depression; hostility or stress; lack



of concentration; eating disorders; headaches, nausea and abdominal pains; and suicide attempts.

Sexual abuse is the most difficult form of abuse to deal with. When a child discloses sexual abuse, it is very important that it be taken seriously and handled with sensitivity. Expressions of horror, disbelief or blame can be just as damaging to a

child as the act itself.

"The rule of thumb is never to look at child abuse in isolation, but rather in context. Look for a cluster of symptoms," said Dr Omar.

She explained that the overarching signs are sudden changes in behaviour. A quiet child, for example, may suddenly become unruly and disruptive and display signs of aggression.

"If a child tells you that they are being abused, empathise with the child's pain and trauma and remain supportive. Do not overreact and badger a child with many questions. Rather move at their pace, explain the processes that will be followed and the people that may become involved," Dr Omar said. **U**

## Kommunikasie is die sleutel tot kennis van jou kind

**KINDERS** is die hoofslagoffers van geweld in Suid-Afrika. Vuk'uzenzele het Childline South Africa (Suid-Afrika se Kinderhulplyn) gevra vir 'n paar wenke om jou kind beter te leer ken.

It is nie maklik om kinders groot te maak nie, maar met 'n bietjie hulp van kenners, kan jy seker maak dat jy dit na die beste van jou vermoë doen.

Volgens Childline South Africa, 'n nie-winsgewende organisasie wat kinders teen alle vorms van geweld beskerm en 'n kultuur van kinderregte in Suid-Afrika skep, moet ouers op 'n positiewe manier met hul kinders kommunikeer.

Moenie op hulle skree nie; praat respekvol met hulle; gee vir hulle keuses; betrek hulle by die besluitnemingsproses; leer hulle wat die verskil is tussen reg en verkeerd; en moedig hulle aan om hul gevoelens uit te druk.

Jy kan dit doen deur gereelde gesinsvergaderings te hou waartydens almal

praat en luister. Om met jou kinders te praat is die beste manier om hulle te leer en jy kan goeie gedrag aanmoedig deur dinge bloot met hulle te bespreek. Childline raai ouers aan om met aandag te luister en geduldig te wees omdat kinders nie altyd weet hoe om te sê wat hulle dink of voel nie.

### Kinders moet weet wat is aanvaarbaar en onaanvaarbaar

Maak seker dat jou kinders weet hoekom reëls nodig is en dat daar gevolge sal wees as hulle die reëls oortree. Wees altyd konsekwent en pas hierdie gevolge toe. Wanneer kinders ouer word, moedig hulle aan om die reëls te bespreek en laat hulle toe om te help besluit wat die gevolge moet wees as hulle die reëls oortree.



### Prys jou kinders altyd vir goeie gedrag

Deur vir jou kinders te vertel dat jy van die goeie dinge hou wat hulle doen, kan slegte gedrag verdwyn, want belonging het beter resultate as straf. Baie ouers beloon hulle kinders met speelgoed of lekkernye, maar die beste beloning is om liefde te betoon deur drukkies of 'n glimlag en om te wys jy stel belang in hulle.

### Bou van 'n goeie selfbeeld

Dit is deurslaggewend dat jy jou kind moet help om

'n goeie selfbeeld te bou. Jy kan kinders help deur hulle te prys as hulle hulp aanbied of wanneer hulle hul verbeelding gebruik; prys ook hulle intelligensie en spelerigheid; moedig hulle aan om te praat, laat hulle spesiaal voel en laat hulle weet dat hulle spesiaal is. Wees ook betroubaar sodat hulle weet hulle kan altyd op jou staatmaak.

### Skadelike gedrag is onaanvaarbaar

Dit is nooit aanvaarbaar om kinders skade aan te doen nie. Skadelike optrede sluit in om vir hulle te skree, te vloek, te dreig en te verkleiner. Om

voor 'n kind of vir 'n kind te vloek en te skel, kan hulle onseker en bedreig laat voel.

Moeilike of 'spesiale' kinders kan dalk spesifieke probleme hê, soos aandagafleibaarheidsversteuring of aandagafleibaarheid- en hiperkatiwiteitsversteuring, wat kan beteken dat hulle 'n spesifieke dieet moet volg of bystand nodig het om hul medikasie gereeld te neem.

As 'n ouer of oppasser nie weet hoe om 'n kind se gedrag of spesiale behoeftes te hanteer nie, kan hulle Childline skakel by: 0800 055 555 en vra om met 'n voorligter te praat. **U**