

# Vuk'uzenzele

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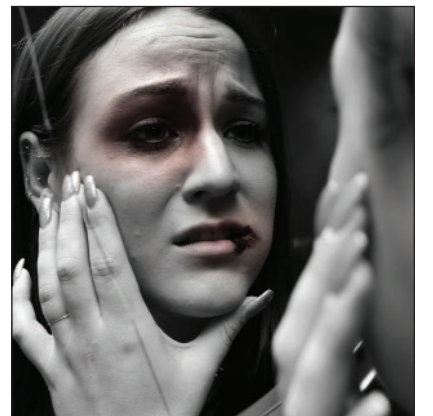
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| Diphallane 2018 Kgatišo 2

## Speak out against abuse



## Kwanele!!



**Standing  
together to  
fight femicide**

**Page 5**



**TCC a safe  
haven after  
trauma**


**Page 10**



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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## Invisible and withdrawn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 She wore all black and was quiet and withdrawn.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. ■

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# Tseba mehuta ye e fapanego ya tlaišo

**G**e eba o kamanong ya go tlaišega goba ngwana yo a lego ka fase ga hlokomelo ya gago a tlaišwa, o ka tšea magato a go itšhireletša goba go šireletša ngwana ka go ya dikgorotshekong goba go bega molato Tirelong ya Maphodisa a Afrika Borwa (SAPS).

Molao wa Dikgaruru tša Selegae o abela batšwasehlabele ba dikgaruru tša selegae tšhireletšo ya go dimodimo yeo molao o fanago ka yona.

Tlaišo e direga ka mekgwa ye e fapanego gomme go bohlokwa gore basadi ba

kwešiše mekgwa ye e fapanego ya tlaišo gore ba itšhireletše.

Dikgaruru tša selegae di direga ge motho a itemogela tše di latelago:

**Tlaišo ya go bethwa:** Go fa mohlala, ge o bethwa goba o tšhošetšwa ka go bethwa.

**Tlaišo ya thobalano:** Ge motšwasehlabele a katwa goba a gapeletšwa go phethagatša goba go lebelela ditiro tša thobalano tša go goboša.

**Tlaišo ya maikutlo, ya mantšu a bogale le ya mogo-polo:** Se se direga ge motho a itemogela thogako, a dirwa setshegišo, a bitšwa mainaina.

**Tlaišo ya mašelang:** Se se ka direga ge motšwasehlabele a thibelwa go itirela letseno.

**Matšhošetši:** Mohlala wa matšhošetši ke ge motšwasehlabele a amogela melaetša goba di-SMS tša go mo tšhošetša goba go baka poifo.

**Tlhomaro:** go fa mohlala, e ka ba go amogela megala ye e sa felego goba go dula o lebeletšwe gomme se se baka gore o be le poifo.

**Go šalašalwa morago:** se se diragala ge motho yo a go tlaišago a go šalašala morago goba a gapeletša go bolela le wena kgahlanong le thato ya gago.

**Go senya thoto:** mohlala ke

ge motho yo a go tlaišago a senya thoto ya gago ka boomonle le tumelo ya gago.

Mokgwa wo mongwe le wo mongwe wa go laola kudu goba wa tlaišo wo o ka tšhošetšago goba wa bea polokego, bophelo goba maemo a mabotse a gago kotsing, ke tlaišo.

Motho yo a go tlaišago e ka ba motho yo o nago le setswalle le yena ka madi, lenyalo goba kgodišo. Se se akaretša motho yo o nyalanego le yena, molekane yo o dulago le yena ka gae, batswadi bao ba go godišitšego goba ngwana yo a godišitšwego, motho yo o dulago le yena ka gae goba

leloko la lapa. Go akaretša motho yo o kilego wa ba le kamano goba yo a bego a go beeditše. ■

**Ge eba o a tlaišwa goba o belaela gore yo mongwe o a tlaišwa leletša:**

**Maphodisa go: 10111**

**Childline go:**

**0800 055555**

**Stop Women Abuse**

**Hotline go:**

**0800 150 150**

**Lifeline go:**

**0861 322 322 goba (021) 461 1111.**

**Tshedimošo ye e abilwe ke Kgoro ya Toka le Tlhabollo ya Molaotheo.**

# 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 Shakheda 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**

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## Poledišano e bohlokwa go kwešišeng ngwana wa gago

**BJALE KA GE BANA** e le batšwasehlabele ba bagolo ba dikgaruru mo Afrika Borwa, Vuk'uzenzele e kgopetše maele go Childline South Africa gore re kgone go kwešiša bana ba rena bokaone.

Go go bonolo go godiša ngwana, eupša thušo ye nnyane go tšwa ditsebing e tla go tšwela mohola go netefatša gore o dira bojohle bja gago.

Go ya ka Childline South Africa, mokgatlo wa go se dire letseno wo o šireletšago bana dikgarurung ka moka tša go fapana le go hloma setlwaedi sa ditokelo tša bana mo Afrika Borwa, batswadi ba swanetše go boledišana le bana gabotse.

O se ke wa ba kgadimola; bolela le bona ka hlopho; ba fe dikgetho; ba akaretše morerong wa go tšea sephetho; ba rute phapano magareng a se sebe le se se lokilego; gammogo le go ba hlohleletša gore ba tšweletše maikutlo a bona.

O ka dira se ka go swara dikopano tša selapa kgafetšakgafetša, fao ka

moka le tla boledišanago le go theeletšana. Go bolela ke mokgwa wo mokaonekaone wa go ruta bana gomme o ka hlohleletša maitshwaro a makaone ka go no ba hlalošetša dilo. Mokgatlo wa Thušo ya Bana o eletša batswadi gore ba theeletše ka šedi le go se fele pelo ka ge bana ba ka no se tsebe gore ba hlaloše bjang maikutlo a bona.

**Bana ba swanetše go tseba gore ke eng seo se amogelegago le seo se sa amogelegego**

Netefatša gore ba a tseba gore goreng melao e hlokega le gore go tla ba le ditlamorago ge e robilwe. Gata ka mošito wo tee ka mehla gomme o phethagatše ditlamorago. Ge bana ba le gare ba gola, ba hlohleletše go seka-seka melao ye gomme le bona ba thuše go hlatha ditlamorago. **Tumiša maitshwaro**



**a mabotse ka mehla baneng**

Ka go ba botša ka fao o ratago tše dibotse tšeo ba di dirago, maitshwaro a mabe a ka hwelela. Go feta fao, moputso o šoma bokaone go feta kotlo.

Le ge batswadi ba lebogiša bana ka dibapadiši le malekere, ditebogo tše kaonekaone ke go gokara, myemyelo le go bontšha kgahlego go bona.

**Go godiša boitshepo**

Go bohlokwa gore o thuše bana go godiša boitshepo bja bona. O ka thuša bana ba gago ka go ba reteletša ge ba

leka go thuša le go diriša boikgopolelo bja bona, bohlale le boithalokelo; o ba hlohleletše go bolela; o ba dire ba ikwe ba kgethegile le go ba botša gore ba kgethegile; gammogo le go botege, gore ba kgone go go tshepa.

**Maitshwaro a makgwakgwa ga a amogelege**

Go tloga go sa amogelege go kwešiša bana bohloko. Maitshwaro a makgwagwa a akaretša go ba hlabela lešata, go ba rogaka, go ba tšhošetša le go ba nyefola.

Go rogana pele ga bana goba

go ba roga go ka dira gore ba ikwe ba se ba šireletšega le go tšhoga.

Bana ba boima goba ba "go tshwenya" ba ka ba le bothata a Maitshwaro (ADD) goba AD le HD tšeo go ka hlokegago gore ba latele lenaneo le itšego la phepo le go nyaka thušo ya dihlare.

Ge motswadi goba moledi a sa tsebe go laola maitshwaro a ngwana goba dinyakwa tša go ikgetha tša ngwana, a ka leletša Childline go: 08000 55 555 gomme a boledišane le moeletši gore a hwetše maele. **U**