

Vuk'uzenzele



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Speak out against abuse



Kwanele!!



**Standing
together to
fight femicide**

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haven after
trauma**

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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

Karmilla 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Invisible and withdrawn Athena on the other hand fell into a goth phase. She wore all black and was quiet and withdrawn.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. ▣

Tseba mefuta e fapaneng ya tthekefetso

Haeba o le dikamanong tse nang le tthekefetso kapa ngwana ya tlasa tlhokomelo ya hao a hlekefetswa, o ka nka dikgato tsa ho itshireletsa kapa ho tshireletsa ngwana ka ho ikopantsha le makgotla a dinyewe kapa ho tlaleha taba eo Tshebeletsong ya Sepolesa sa Aforika Borwa (SAPS).

Molao wa Dikgoka tsa ka Lapeng o nehela mahlatšipa a dikgoka tsa ka lapeng tshireletso e feletseng eo molao o ka nehelang ka yona.

Tthekefetso e etsahala ka mekgwa e fapaneng mme

ho bohlokwa haholo hore basadi ba utlwisise mefuta e fapaneng ya tthekefetso ho itshireletsa.

Dikgoka tsa ka lapeng di etsahala ha motho a iphumana a le tlasa:

Tthekefetso ka mmele: ho etsa mohlala, ha o otlwa kapa ho tshoswa ka dikgoka.

Tthekefetso ka motabo: Ha lehlatsipa le betwa kapa le qobelwa ho etsa kapa ho shebella diketso tsa thobalano tse tlontlolang.

Tthekefetso ka maikutlo, mantwe le kelello: Ena e etsahala ha motho a le tlasa tlhapaolo, ho tshewwa ka ena le ho bitswa ka mabitso kgafetsa.

Tthekefetso ka ditjhelete: Ena e ka etsahala ha lehlatsipa le thibelwa ho iphumanela lekeno.

Tshoso: Mohlala wa tshoso ke ha lehlatsipa le fumantshwa melaetsa ka di-SMS tse tshosang.

Ho hlekahleka: ho etsa mohlala e ka ba ka mokgwa wa ho fumana mehala ya fonofono ka phethaphetho kapa ho dula o shejuwe ka mehla mme sena se baka hore o dule o tshohile.

Seheletsa: e etsahala ha mohlekefetsi wa hao a o sala morao kapa a qobella ho bua le wena le ha o sa batle.

Tshenyoy thepa: molahla ke ha mohlekefetsi wa hao a

senya thepa ya hao ka maimkemisetso ntle le tumello ya hao.

Maitshwaro a mang le a mang a taolo kapa a tthekefetso kapa a tshosetsang bophelo ba hao a ka bakang kotsi tshireletsehong, bophelong bo botle kapa paballehong ya hao ke tthekefetso.

Motho ya hlekefetsang e ka ba mang kapa mang eo o nang le dikamano tsa ka lapeng le yena e kaba ka madi, lenyalo kapa eo o mofuweng ka molao. Sena se kenyetsa mohatsao, molekane eo o phelang le yena ka lapeng, motswadi kapa ngwana eo o mo fuweng ka molao, motho eo le arolelanang bodulo le

yena kapa setho sa lelapa. E ka boela e le motho eo o nang o ena le dikamano tsa lerato le yena kapa eo a nang a o tshepisitse lenyalo. ▣

Sepolesa ho: 1011
Childline ho:
0800 055 555
Stop Women Abuse
Hotline ho:
0800 150 150
Lifeline ho:
0861 322 322 kapa
(021) 461 1111.
Tlhahisoleseding
ena e nehelanwe
ke Lefapha la Toka
le Ntshetsopele 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 Shaleda 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. **V**

Molemong wa ho tseba ngwana wa hao betere dipuisano di bohlokwa haholo

JWALE KA HA BANA e le mahlatsipa a maholo a dikgoka mona Afrika Borwa, *Vuk'uzenzele* ile ya botsa Childline South Africa ka dikeletso tse itseng tse ka thusang hore o tsebe ngwana wa hao betere.

Ha ho bonolo ho hodisa ngwana, empa thusonyana e tswang ditsebing e ka thusa haholo ho netefatsa hore o etsa bohohlehohle ba hao.

Ho ya ka Childline South Africa ya Afrika Borwa, mokgatlo o sa etseng phahello o tshireletsang bana ho mekgwa yohle ya dikgoka le ho theha setho sa ditokelo tsa bana Afrika Borwa, batswadi ba tlameha ho bua le bana hantle.

O seke wa ba omanya; bua le bona ka hlomphe; ba fe kgetho; ba kenyeletse dipuisanong tsa ho nka diqeto; ba rute tse ntle ho tse mpe; mme o ba kgothaletse ho hlahisa maikutlo a bona.

O ka etsa sena ka ho tshwara dikopano tsa lelapa kgafetsa, moo motho e mong le e mong a buang le ho mamela. Ho bua ke mokgwa o hantle wa ho ruta bana mme o ka kgothaletsa boitshwaro bo botle ka ho ba hlalosa dintho ha bobebe feela. Childline South Africa e eletsa batswadi hore ba mamele ka kelohlolo mme ba be le mamello, ka ha bana ba kanna ba se kgone ho bua ka menahano kapa maikutlo a bona.

Bana ba hloka ho tseba se amohelehileng le se sa amohelehang

Etsa bonnete ba hore ba a tseba hore hobaneng ha melao

e hlokeha le hore ho tla ba le ditlamorao haeba ba e tlola.

O se fetole kgalemo ya hao ka mehla le ho hatella ditlamorao tsena. Ha bana ba ntse ba hola, ba kgothaletse ho buisana ka melao ena mme o ba dumelle hore ba thuse ho hlwaya ditlamorao.

Theholetsa maitshwaro a matle a bana ka mehla

Ka ho ba tsebisa hore o rata ha kakang dintho tse ntle tseo ba di etsang, maitshwaro a mabe a ka nna a nyamela. Hodima moo, meputso e sebetse hantle ho feta kotlo. Le ha feela batswadi ba bangata ba putsa bana ka dibapadiswa kapa dimpopong, meputso e hantle ke ho ba aka, ho bososela

le ho bontsha thahaselo eo o nang le yona ho bona.

Ho etsa hore ba be le boitshepo

Ho bohlokwa haholo hore o thuse ngwana wa hao hore a itshepe. O ka thusa bana ba hao ka ho ba theholetsa mabapi le ho leka ho thusa le ho sebedisa menahano, bohlale le boswasi ba bona; ho ba kgothaletsa ho bua; ho etsa hore ba ikutlwe ba ikgethile, le ho tshepaha, hore ba tle ba kgone ho o tshepa.

Maitshwaro a sa lokang ha a amoheleha

Ho lematsa bana ha ho a amohelela ho hang. Maitshwaro a sa lokang a kenyeletsa ho ba hweletsa, ho ba rohaka, ho ba

tshosa, le ho ba etsa ba ipone e se letho. Ho rohakana ka pela bana le ho rohaka bana ho ka etsa hore ba ikutlwe ba le kotsing kapa ba tshohile.

Bana ba sokodisang kapa ba 'ikgethileng' ba ka nna ba e ba le bothata bo itseng, jwalo ka Bohloko ba ho se kgone ho Tsepamisa maikutlo ka Tshwanelo kapa Bohloko ba Phetheletso ya Boitshwaro bo ka hlohang hore ba latele mofuta wa dijo o itseng le ho hloka thuso ya meriana.

Haeba motswadi kapa mohlokomedi a sa tsebe ho laola boitshwaro ba ngwana wa hae kapa ditlhoko tsa hae tse ikgethileng, a ka letsetsa Childline ho: 0800 055 555 mme ba buisana le moeletsi ho fumana dikeletso. **V**