

Vuk'uzenzele

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INSIDE!**

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Speak out against abuse



Kwanele!!



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Invisible and withdrawn Athena on the other hand fell into a goth phase. She wore all black and was quiet and withdrawn.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

Itse mefuta e e farologaneng ya tshotlakako

Fa o le mo kamanong e e renang tshotlakako kgotsa fa ngwana yo o leng ka fa tlase ga tlhokomelo ya gago a sotliwa, o ka tsaya dikgato tsa go itshireletsa kgotsa tsa go sireletsa ngwana yoo ka go ya kwa kgotlhatshkelo kgotsa kwa Tirelong ya Sepodisi sa Aforika Borwa (SAPS).

Molao o o Kgatlanong le Tirisodikgoka kwa Malapeng o neela batswasetlhabelo ba tirisodikgoka tsa kwa malapeng tshireletso e e feletseng ka fao molao o ka kgonang.

Tshotlakako e diragala ka ditsela di le dintsi tse di farologaneng mme go botlhokwa gore basadi ba itse le go tlhologanya mefuta e e

farologaneng gore ba kgone go itshireletsa.

Tirisodikgoka kwa malapeng e diragala fa motho a iphitlhela a:

Sotlakakiwa ka dikgoka: sekao fa o otlwa kgotsa o tshosedwa ka go otlwa.

Sotlakakiwa ka thobalano: fa motswasetlhabelo a betelwa kgotsa a gapelediwa go dira ditiro tsa thobalano kgotsa go bogela ditiro tsa thobalano tse di ba tlhabisang ditlhong.

Sotlakakiwa ka maikutlo, mafoko le mogopolo: Seno se diragala fa motho a iphitlhela a rogakiwa ka gale, a nyefodiwa kgotsa a bidiwa ka maina a a seng monate.

Sotlakakiwa ka madi: Seno se diragala fa motswasetlhabelo

a thibelwa go iponela letseno la gagwe.

Tshosedwa: Sekao sa matshosetsi ke fa motswasetlhabelo a amogela melaetsa kgotsa melaetsakhutswe e e tshosang le eo e nang le matshosetsi.

Kgarietswa: Sekao, e ka nna ka mofuta wa go amogela melaetsa kgotsa go phela o lebelwe kwa o ya teng nako le nako mme seno se tlhola gore o nne o tshogile.

Salwa morago: Seno se diragala fa motho yo a go sotlang a go sala morago ka dinako tsofhe kgotsa a gapeletsa go bua le wena le fa o gana.

Senyetswa dithoto: Sekao ke fa motho yo a go sotlang a senya dithoto tsa gago ka

bomo e se ka thato ya gago.

Maitsholo a mangwe le mangwe a a go laolang le a a go sotlang kgotsa a a go tshosetsang e bile a a go utlwisang botlhoko mo moweng, a tshosetsa boitekanelo jwa gago le pabalesego ya gago ke tshotlakako.

Motho yo a go sotlakakang e ka nna mongwe le mongwe yo o nang le kamano le ene ka madi, lenyalo kgotsa tsetlthokomedi ya semolao. Se se akaretsa mogatse, molekane yo nnang le ene motsadi kgotsa ngwana yo a leng ka fa tlase ga tlhokomelo ya gago semolao, motho yo o nnisang le ene ka fa ntlong kgotsa leloko la ka fa gae. E ka nna gape motho mongwe

yo o kileng wa nna le kamano le ene kgotsa yo o kileng wa nna le ene mo kamanong ya go tshepisa lenyalo. ■

Fa o sotlakakiwa kgotsa fa o belaela gore mongwe o a sotlakakiwa letsetsa:

Mapodisi mo go: 10111

Childline mo go: 08000 55 555

Stop Women Abuse Hotline: mo go 0800 150 150

Lifeline mo go: 0861 322 322 kgotsa (021) 461 1111

Tshedimosetso eno e rebotswe ke Lefapha la Bosiamisi le Tlhabololo ya Molamotheo.

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. **V**

Go buisana go botlhokwa mo go tthaloganyeng ngwana wa gago

JAAGA BANA e le batswasetlhabelo ba bagolo ba tirisodikgoka mo nageng ya Aforika Borwa, Vuk'uzenzele e kopile maele mo go ba mogala wa Childline South Africa go re tthaba botlhale gore re tthaloganye bana ba rona botoka.

Go go bonolo go godisa ngwana fela fa o na le thusonyana gotswa kwa baitseanapeng dilo di nna bobebe go netefatsa gore o dira tsothle tse di leng mo diatleng tsa gago.

Go ya ka mogala wa Childline South Africa, mogala yo e leng wa mokgatlo yo o sa direng letseno yo o sireletsang bana mo mefuteng yotlhe ya tirisodikgoka le tshotlakako le go tswelletsa pele ditshwanelo tsa bana, batsadi ba tshwanetse go buisana sentle le bana ba bona.

O seke wa ba omana; buisana le bona ka tlhompho; ba letle go itlhophela; dira gore ba tseye karolo mo go tseyeng ditshwetso; ba rute se se siameng le se se sa siamang; mme gape o ba rotloetse go ntsha se se mo mafatlheng a bona.

O ka dira seno ka go tshwara dikopano tsa kgafetsa le balelapa moo mongwe le mongwe a kgonang go ntsha se se mo mafatlheng a bona le go reetsana. Go buisana ke tsela e e botlhokwa ya go ruta bana mme o ka ba rotloetsa gore ba nne le maitsholo a mantle ka go ba fatlhosa fa e keteng ba latlhega gone. Ba mogala wa Childline South Africa ba eletsatsadi go reetsa ka tlhoafalo le go nna pelotelele gonne ka dinako dingwe bana ba reteletse ke go ntsha se se mo mafatlheng a bona.

Bana ba tshwanetse go itse se se siameng le se se sa siamang

Netefatsa gore ba itse sentle gore goreng go na le melao le gore fa ba ka tlola melao eno go tla nna le ditlamorago. O seke

wa tsamaya o fetolana le melao eno fa o ba kgalema mme o netefatse fa o sa etsaetsege fa go tla mo go diragatseng ditlamorago tsa melao eno. Fa bana ba gago ba ntse ba gola, nna fatshe le bona mme le atlhaatlhe mmogo melao eno le gore ba latlhele tlhwarelegong tebang le ka fao ditlamorago tsa melao eno di ka rulaganngwang ka gone.

Tlotlomatsa bana kagale fa ba itshotse sentle

Ka go nna o ntse o ba akgola fa ba dirile sentle kgotsa fa ba itshotse sentle, maitsholo a bona a a sa siamang a ka feletsatsadi a nyeletse. Mo godimo ga seno, meputso e dira botoka go gaisa kotlhao. Le fa batsadi ba le bantsi ba le boga bana ba bona ka ditshamekise kgotsa dimonamone, meputso e e gaisang yotlhe ke go ba atla,

menyebo le go ba bontsha fa o na le kgatlhego mo go bona.

Go dira gore ba nne le boitshepo

Go botlhokwa e le ruri gore o thuse ngwana wa gago gore a itshepe. O ka thusa bana ba gago ka go ba tlotlomatsa fa ba leka go thusa le fa ba dirisa dikakanyetso tsa bona, botlhale jwa bona le fa ba itshamekela; go ba rotloetsa go ntsha se se mo mafatlheng a bona; go ba dira gore ba ikutlwe ba le botlhokwa le go ba bolelele gore ba botlhokwa; mmogo le go nna motsadi yo a tshepagalang gore ba kgone go go tshepa.

Maitsholo a a sa siamang le go kgalema ka tsela e e sa siamang ga go a amogelesega

Go utlwa bana botlhoko ga go a amogelesega le e seng.

Maitsholo a a sa siamang a akaretsa go ba omana, go ba rogakana, go ba tshosetsa le go ba nyenyefatsa. Go rogakana fa pele ga bana mmogo le go ba rogaka go tla dira gore ba ikutlwe ba le mo kotsing e bile ba tshogile.

Bana ba ba nang le matsapa kgotsa ba ba "sokodisang" ba ka nna le mathata a a rileng a a jaaka a go reteletse ke go reetsa fa morutabana a ruta le a go nna matlhagatlhaga pheleteletsa a a tswileng mo taolong mme o fitlhele ba tlhoka phepo e e rileng ya dijo le go nwa melemo.

Fa motsadi kgotsa motlhokomedi wa ngwana a sa kgone go laola maitsholo a ngwana wa gagwe kgotsa ditlhokwa tsa gagwe tse di kgethegileng a ka letsetsa mogala wa Childline mo go: 08000 55 555 go bona maele go tswa mo go baeletsi. **V**