

Vuk'uzenzele

**JOBS
INSIDE:**

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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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Websites: www.gcis.gov.za

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E-mail: vukuzenzele@gcis.gov.za

Tel: (+27) 12 473 0353

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Invisible and withdrawn Athena on the other hand fell into a goth phase. She wore all black and was quiet and withdrawn.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

Yati tinhlobo tekuhlukunyetwa letihlukene

Uma ngabe ukubudlelwano lapho uhlukunyetwa khona noma umntfwana lonakekelwa nguwe uyahlukunyetwa, ungatsatsa tinyatselo tekutivikela noma uvikele lomntfwana ngekutsi uye enkhantolo noma ubike loludzaba Embutfweni Wemaphoyisa aseNingizimu Afrika (i-SAPS).

Umtsetfo Wekuhlukunyetwa Emakhaya uniketa labo labahlukunyetwako emakhaya kuvikeleka lokundlulele lokungentiwa ngekusebentisa umtsetfo.

Kuhlukunyetwa kwenteka ngetindlela letihlukene kantsi kubalulekile kutsi bomake bavisise letinhlobo

letihlukene tekuhlukunyetwa kute bativikele.

Kuhlukunyetwa emakhaya kwenteka ngalesikhatsi umuntfu abuketana naloku:

Ukushaywa: Sibonelo, uma ngabe ushaywa noma wetfusa ngeludlame.

Kuhlukunyetwa ngetemacansi: Uma ngabe lolohlukunyetwa adlwenguliwe noma acindzetelwe kutsi ente tento letiphatselene nemacansi noma abukele tento tetemacansi letihlambalatako.

Kuhlukunyetwa emoyeni, ngenlomo noma ngekwegc-ndvo: Loku kwenteka uma ngabe umuntfu uhlala adzelelwa njalo, entiwe ative amncane noma abitwe ngemagama lahlambalatako.

Kuhlukunyetwa ngekwe-mnotfo: Loku kwenteka uma ngabe ungavunyelwa kwekutsi utentele imali yakho.

Kwetfuswa: Sibonelo sekwetfuswa kungalesikhatsi lolohlukunyetwako atfola imilayeto noma ema-SMS lamsabisako nalatfusako.

Kuhlukunyetwa: sibonelo kungaba ngendlela yekutfo tincingo njalo njalo noma ulandzelelwa njalo kuba nalakubukako kantsi loku kuku-bangele kutsi wesabe.

Kulandzelelwa: kwenteka ngalesikhatsi lona lokuhlukunyetwako aloku akulandzela noma afune kukhuluma nawa ngenkhani ungatsandzi kukhuluma naye.

Kulimala kwemphahla: sibo-

nelo, uma ngabe lona lokuhlukunyetwako alimata imphahla yakho ngamabomu ngaphandle kwemvume yakho.

Noma ngabe ngutiphi tento tekulawula noma tekuhlukunyetwako letingabangela kungaphephi, naletilimata imphilo noma inhlalakahle yakho.

Lomuntfu lokuhlukunyetwako kungaba ngunoma ngubani lonebudlelwano naye ekhaya losihlobo sengati, emshadweni noma umuntfu lokukhulisile longasuye umtali wakho. Loku kufaka ekhatsi umlingani wakho, lohlalisana naye, umuntfu lokukhulisile longasuye umtali wakho noma umntfwana lomkhulisile longasuye umtali wakhe, lohlala naye endlini noma lilunga lemndeni. Kunga-

hle kube ngumuntfu lowake watsandzana naye noma lebewutsembisene naye ngemshado. **V**

Uma ngabe uyahlukunyetwa noma usola kwekutsi kukhona lohlukunyetwako shayela:
Emaphoyisa ku:
 10111
I-Childline ku:
 0800 055 555
I-Stop Women Abuse Hotline ku:
 0800 150 150
I-Lifeline ku:
 0861 322 322 noma ku: (021) 461 1111.
Lolwatiso luniketwe beLitiko Letebulungiswa Nektutfukiswa Kwemtfosisekelo.

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**

Kukhulumisana kubalulekile kute wati umntfwanakho

NJENGOBE BANTFWANA kungibo labatsintseka kakhulu kuludlame eNingizimu Afrika, i-Vuk'uzenzele icele be-Childline South Africa kutsi babanike imibono yekutsi ungamati njani umntfwanakho kancono.

Akusilula kukhulisana umntfwana, kodwa lusito loluncane loluvela kubosolwati lungaba lusito lolukhulu ekucinisekiseni kwekutsi wenta ngendlela lekahle longakhona ngayo.

Ngekusho kwe-Childline South Africa, inhlango lengatfoli inzuzo levikela bantfwana kuto tonkhe tihlobo teludlame kantsi yenta kube nendlela yekunakwa kwemalungelo ebantfwana eNingizimu Afrika. Batali kufanele bakhulume kahle nebantfwana.

Ungabatsetsisi; khuluma nabo ngenhlonipho; bavumele bakhutse; ababe yince nye yekutsatfwa kwetincumo; bafundzise lokukahle nalokungasikahle; bese uyabakhutsate kutsi basho indlela labativa ngayo.

Ningakwenta loku ngekubamba imihlangano ye-

mndeni njalo njalo, lapho wonkhe umntfu atawukhuluma abuye alalele. Kukhuluma yindlela lekahle yekufundzisa bantfwana kantsi ungakhutsata kutiphatsa kahle ngekutsi uvele ubachazele tintfo. I-Childline South Africa yecwayisa batali kutsi balalelisise nekutsi babe nesineke, njengoba kungenteka kutsi bantfwana bangakwati kusho indlela labativa ngayo nalebacabanga ngayo.

Bantfwana badzinga kwati kutsi yini leyamukelekile nalengakamukeleki

Cinisekisa kutsi bayati kutsi kungani kudzingeka umtsetfo nekutsi kutawuba nemiphumela uma ngabe bawuphula. Hlala wenta ngendlela lefanako kantsi uyifeze lemiphumela. Ngalesikhatsi bantfwana baya ngekukhula,

bakhutsate kutsi bacocisane ngalemitsetfo bese uyabacela kutsi basite ngekuncuma lemiphumela.

Babonge njalo bantfwana uma bente kahle

Ngekubatjela kwekutsi utitsandza kangakanani letintfo letihle labatentako, tento letimbi tingahle titiphelele. Kungeta, bonga umsebenti lomuhle kancono kunekubajezisa. Ngalesikhatsi batali labanyenti babonga bantfwana ngetinto tebantfwana tekudlala nemaswidi, kubonga lokuhle kuba kubanga, kumamatseka nekukhombisa inshisekelo kubo.

Kwakha kutetsemba

Kubalulekile kutsi usite umntfwanakho ekwakheni indlela yekutetsemba. Ungabasita bantfwana bakho



ngekutsi ubabonge ngekutsi bazame kusita nekusebentisa imicabango yabo, kulhakanipha nekudlala nabo; kubakhutsata kutsi bakhulume; ubente bative bakhetsekile nekutsi ubatjele kutsi babaluleke kangakanani; futsi utsembeke, kute kutsi batsembele kuwe.

Kutiphatsa lokunebungoti akukamukeleki

Akukaze kwamukeleke kulimata bantfwana. Tento tekubalimata tifaka ekhatsi kumemeta, kubatfuka, kubasabisa nekubenta bative babancane. Kutfuka embi kwebantfwana noma kubatfuka kungabenta bative ban-

gakaphephi futsi basatjiswa.

Bantfwana labanenkinga tsite, njengesifo lesibenta bafune kunakwa, i-Attention Deficit Disorder noma lesibenta bahlakaniphe ngalokundlulele, i-Attention Deficit and Hyperactivity Disorder, lokungabangela kwekutsi kufanele badle kudla lokutsite baphindze futsi badzinge kwelashwa ngemitsi.

Uma ngabe umtali noma umnakekeli akakwati kwekutsi angatilawula njani tento temntfwana wakhe noma angamsita njani lonetidzingo letikhetsekile, angashayela i-Childline ku: 0800 055 555 akhulume nemluleki kute atfole tecwayiso. **U**