

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

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Invisible and withdrawn Athena on the other hand fell into a goth phase. She wore all black and was quiet and withdrawn.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 wave will try to drown you, but you will learn to swim.

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

"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**

Kha vha divhe tshaka dzo fhambanaho dza u tambudzwa

Arali vha kha vhushaka vhune vha tambudzwa kana nwana ane vha khou muhogomela a tshi khou tambudzwa, vha nga dzhia liga vha tsiredza vhone vhaṅe kana nwana nga u kwamana na vha kotho kana vha vhiga mafhungo kha vha Tshumelo ya Mapholisa vha Afrika Tshimembe.

Mulayo wa Khakhathi dza Muṅani u netshedza zwipondwa tsiredzo yo fhelelaho ine mulayo wa nga i swikela. U tambudzwa hu bvelela nga nḡila dzo fhambanaho nahone ndi zwa ndeme uri vhafumakadzi vha pfesese tshaka dza u tambudzwa uri vha kone u ḡitsiredza.

Khakhathi dza muṅani dzi bvelela musu muthu a nga fhasi ha:

U tambudzwa muvhili: sa tsumbo, musu vha tshi rwiwa kana u shushedzwa nga dzikhakhathi.

U tambudzwa lwa vhudzekani: Musu tshipondwa tshi tshi tshipiwa kana u kombetshedzwa u ita kana u vhona zwiito zwa vhudzekani zwi shonisaho

U tambudzwa lwa muhumbulo, u amba, kana zwipfi: Izwi zwi bvelela musu muthu e fhasi ha u dzulela u semiwa, u kolelwa kana u vhidzwa nga madzina a si avhuḡi.

U tambudzwa lwa ikonomi: Izwi zwi bvelela musu tshipondwa tshi tshi thivhelwa u wana

malamba.

Tshutshedzo: Tsumbo ya u shushedzwa ndi musu tshipondwa tshi tshi ḡanganedza milaedza kana SMS dzi no ofhisa.

U tovholo: sa tsumbo hu nga vha nga nḡila ya u wana luḡingo tshifhinga tshoḡhe kana vha tshi dzulela u salwa murahu izwi zwa ita uri vha pfe vha na nyofho.

U sala muthu murahu: izwi zwi bvelela musu mutambudzi wavho a tshi sokou dzulela u vha sala murahu kana a kombetshedza u amba na vhone nga nḡa ha thendelo yavho.

Tshinyadzo ya thundu: sa tsumbo, musu mutambudzi wavho a tshi tshinyadza thundu yavho

o tou ḡiimisela hu songo vha na thendelo yavho.

Zwiito zwiḡwe na zwiḡwe zwa u tambudzwa kana ndango i songo teaho zwine zwa nga vhanga u vhaiswa ha tsiredzo, mutakalo kana vuvha havho ndi u tambudzwa.

Muthu ane a khou vha tambudzwa a nga vha muḡwe na muḡwe ane vha vha na vhushaka muṅani nae hu nga vha nga malofha, mbingano kana u unḡa. Izwi zwi katela mufarisi wavho, muthu ane vha tshila nae, muḡḡi kana nḡwana, muraḡo wa muṅa kana muthu ane vha tou dzulisana nae. Hu nga ḡi vha muthu we vha ḡowela u ḡibvisa nae kana

we vha fhulufhedzisana nae. **V**

Arali vha tshi khou tambudzwa kana vha tshi khou vhona u nga hu na muḡwe muthu ane a khou tambudzwa kha vha founele:

Mapholisani kha:
10111

Childline kha:
0800 055555

Stop Women Abuse Hotline kha:
0800 150 150

Lifeline kha:
0861 322 322 kana
021 461 1111.

Mafhungo aya o netshedzwa nga vha Muhasho wa Vhulamukanyi na Mveledziso ya Ndayotewa.

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**

Vhudavhidzani ndi ha ndeme kha u divha n'wana wavho

SA I ZWI VHANA VHA VHONE zwiipondwa zwi hulusa zwa dzikhakhathi Afrika Tshipembe, vha Vuk'uzenzele vho humbela vha Childline South Africa uri vha fhe dzinwe tsivhudzo dza u divha n'wana wau khwiṅe.

Azwo ngo leluwa u alusa n'wana, fhedzi thuso nyana i bva-ho kha vhaqivhi i a thusa vhukuma u vhone uri vhone vha ite zwa khwiṅe zwine vha nga kona.

U ya nga vha Childline South Africa, dzangano li sa shumeli malamba line la tsireledza vhana kha masia othe a dzikhakhathi la dovha la bveledza mvelele dza pfanelo dza vhana Afrika Tshipembe, vhabebe vha tea u davhidzana zwavhuḍi na vhana.

Vha songo vha halifhela; kha vha ambe navho nga thonifho; kha vha ite uri vha kone u nanga zwine vha zwi funa; kha vha vha dzhenise kha maitele a u dzhia tsheo; kha vha vha funze uri zwavhuḍi ndi zwifhio na zwaure zwi si zwavhuḍi ndi zwifhio; vha vha tshuwedze

u bvisela vhuḍipfi havho khagala.

Izwi vha nga zwi ita nga u dzulela u fara miḡangano ya muḡa, hune muḡwe na muḡwe a amba na u the-tshelesa. U amba ndi ndila yavhuḍi ya u funza vhana nahone vha nga tshuwedza maitele mavhuya nga u tou tshutshedza zwavhuḍi zwithu khavho. Vha Childline vha tsivhudza vhabebe uri vha thetshesele zwavhuḍi na u sa fhela mbilu, sa i zwi vhana vha si nga si kone u divha uri vha amba hani zwine vha zwi humbula kana zwine vha zwi pfa.

Vhana vha tea u divha uri zwine zwa tshanganedzea ndi zwifhio na zwi sa tshanganedzei ndi zwifhio

Kha vha vhone uri vha a divha uri ndi ngani milayo

i tshi tshoḍea na zwaure hu a vha na masiandaitwa arali ya vunḍiwa. Kha vha dzule vho fara na u ombedzela masiandaitwa haya. Musi vhana vha tshi khou aluwa, kha vha vha tshuwedze u amba nga ha milayo heyi nahone vha ite uri vha thuse u wanulusa masiandaitwa.

Kha vha dzulele u khoḍa vhana musu vha na vhuḍifari havhuḍi

Nga u vha vhudza uri vha zwi funa hani zwithu zwavhuḍi zwine vha ita, zwiito zwi si zwavhuḍi zwi nga ngalangala. Nḡha ha izwo, u pfufha zwi shuma khwiṅe u fhirisa tshigwevho. Musi vhabebe vhanzhi vha tshi pfufha vha nga zwiitambiswa kana zwimunemune, pfufho ya khwiṅe ndi u kuvhatedza, u mwemwela na u sumbedza u vha takalela.



U fhaḡa vhuḍifhulufheli

Ndi zwa ndeme u thusa n'wana wavho u fhaḡa vhuḍifari hawe. Vha nga thusa vhana vhavho nga u vha khoḍa nge vha lingedza u thusa na u shumisa vhukoni havho, vhuḡali na u tambatamba; u vha tshuwedza u amba; u vha ita uri vha pfe vhe vha tshipentshela; na uri vha a fhulufhedzea, uri vha kone u ditika nga vhone.

Zwiito zwa u vhaisa a zwi tshanganedzei

A zwi tshanganedzei na luthihi u vhaisa vhana. Zwiito zwa u vhaisa zwi katela u hamba, u sema, u tshuwisa na u vha shonisa. U semana phanḡa ha kana hu na vhana zwi ita uri

vha pfa vha songo tsireledzea na u tshuwa.

Vhana vha no konḡelwa nga zwikene kana vha no tshoḍa thikhedzo nkene vha nga vha na thaidzo inwevho, i ngaho sa U sa tokomelwa zwavhuḍi kana U sa dzudza-nyela zwavhuḍi na U sa kona u langa Vhupfiwa havho (*Hyperactivity Disorder*) zwine zwa nga tshoḍa uri vha tevhele maḡele makene na u wana thuso ya dzilafho.

Arali mubebe kana vhaḡogomeli vha vha vha sa divhi u langa maitele a n'wana wavho kana tshoḍa dzi no tshoḍa thikhedzo nkene, vha nga founela Childline kha: 0800 055 555 vha amba na mueletshedzi vha wana tsivhudzo. **U**