

Vuk'uzenzele



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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

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Invisible and withdrawn Athena on the other hand fell into a goth phase. She wore all black and was quiet and withdrawn.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

Tiva tinxaka to hambanahambana ta ku Xanisiwa

Loko u ri eka vuxaka byo xanisiwa kumbe n'wana loyi a nga mavokweni ya wena a ri ku xanisiweni, u nga teka magoza yo tihlayisa kumbe yo hlayisa n'wana wa wena hi ku ya ehubyeni ya nawu kumbe u mangala mhaka leyi eka Vukorhokerhi bya Maphorisa ya Afrika-Dzonga.

Nawu wa mixaniso ya le Mindyangwini wu nyika vawutwisiwakuvava va mixaniso ya le mindyangwini vuhlayiseki bya xiyimo xa le henhla lebyi nawu wu nga kotaka ku byi nyika.

Mihlaselo yi humelela hi tindlela to hambanahambana naswona i swa nkoka leswaku vavasati va twisisa

tinxaka to hambanahambana ta mixaniso leswaku va kota ku tihlayisa.

Madzolonga ya le mindyangwini ya humelela loko munhu a hoxiwa eka:

Mixaniso ya le mirini: xikombiso, loko u himeteriwa kumbe ku chavisiwa hi madzolonga.

Mixaniso ya le masangwini: Loko mutwisiwakuvava a pfinyiwa kumbe a sindzisiwa ku endla kumbe ku hlalela mitirho ya le masangwini leyi khomisaka tingana.

Mixaniso yo vavisiwa emoyeni hi marito na le miehlekweni: Leswi swi humelela loko munhu a rhuketeriwa hi tihlambhaleti nga heriki, ku hlekiwa kumbe ku vitaniwa hi mavito.

Ku xanisiwa hi xiikhonomi:

Leswi swi nga humelela loko mutwisiwakuvava a aleriwa kuhola muholo.

Ku chavisiwa: Xikombiso xa ku chavisiwa hiloko mutwisiwakuvava a kuma mahungu kumbe tiSMS to chavisa.

Ku xanisiwa: Leswi swi nga teka xivumbeko xa ku kuma tiqingho hi ku vuyelela kumbe ku tshama u rhiyiwile tihlo leswi ku vangelaka ku chava.

Ku sariwa endzaku: Leswi swi humelela loko muhleseri wa wena a ku landzelela kumbe a sindzisa ku vulavula na wena hambiloko u nga swi tsakeli.

Ku onhiwa ka nhundzu: Xikombiso, loko muxanisi wa wena a onha nhundzu ya wena hi mavomu handle ka pfumelelo wa wena.

Mahanyelo yan'wana na yan'wana yo hlasela kumbe lawa ya tisaka ku vaviseka kumbe ku chavisiwa eka vuhlayiseki, rihanyo kumbe eka vutomi i mihlaselo.

Loyi a ku xanisiwa ku nga va mani na mani loyi u nga na vuxaka bya ngati, vukati kumbe a nga ri wa ngati kambe u nga na byona na yena hi tindlela ta xinawu. Leswi swi katsa muhlekekisani wa wena, murhandziwa wa wena loyi u tshamaka na yena, mutswari loyi a nga ku lela kumbe n'wana loyi a nga riki wa ngati kambe loyi u nga na vuxaka na yena hi tindlela ta xinawu, munghana wa le ndlwini kumbe xirho xa ndyangu. Ku nga ha va un'wana loyi u rhandzaneke na yena

kumbe loyi a mi tshembhisanile ku tekana. ■

Loko u ri eku xanisiweni kumbe u hleketelela leswaku un'wana munhu u le ku xanisiweni, bela riqingho eka:
Maphorisa eka: 10111
Childline eka: 0800 055555
Riqingho ra Mahala ro Herisa Mihlaselo ya Vamanana eka: 0800 150 150
Lifeline eka: 0861 322 322 kumbe 021 461 1111.
Mahungu lawa mi tiseriwile wona hi Ndzawulo ya Vululami na Nhluvukiso wa Vumbiwa.

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**



Ku vulavula i xintshuxo xo tiva n'wana wa wena

VANA HI VONA vatwisiwakuvava swinene eka madzolonga eAfrika-Dzonga, Vuk'uzenzele yi burisana na Childline South Africa hi switsundzuxo swa ku kota ku tiva n'wana wa wena ku antswa.

A swi olovi ku kurisa n'wana, kambe hi ku pfuniwa hi vativi swi na xiave ku tiyisisa leswaku u endla switsanana leswi u nga swi kotaka.

Hi ku ya hi Childline South Africa, ku nga nhlangano lowu nga riki wa mfumo lowu sirhelelaka vana eka tinxaka hinkwato ta madzolonga ni ku tumbuluxa ntolovelo wo xixima timfanelo ta vana eAfrika-Dzonga, vatswari va fanele ku vulavula na vana va vona hi ndlela leyi amukelekaka.

U nga va kariheli; vulavula na vona hi ndlela yo xixima; va nyiki xivandlanene xa ku nhlawula; a va ve na xiave loko ku tekiwa swiboho; va dyondzisi leswi swinene na leswo biha: naswona va hlohloteri ku vulavula hi

matitwelo ya vona.

U nga endla hinkwaswo leswi hi ku khoma tihlengletano ta nkarhi na nkarhi laha un'wana na un'wana a nyikiwaka nkarhi wo vulavulaka ni ku yingisela. Ku vulavula i ndlela yo antswa ya ku dyondzisa vana naswona u nga kondletela mahanyelo lamanene hi ku va hlamusela xiyimo xa swilo. Childline yi tsundzuxa vatswari ku yingisela hi vurhon'wana ni ku lehisa timbilu, hikuva swa humelela leswaku vana va nga tivi hilaha va nga vulaka leswi va swi ehleketaka kumbe matitwele ya vona.

Vana va fanele ku tiva timhaka leti amukelekaka na leti ti nga amukelekiki

Tiyisisa leswaku vana va tiva

leswaku hikokwalaho ka yini milawu yi laveka naswona ku ta va ni switandzhaku swo karhi loko milawu leyi yi tshoviwa. Yima hi rito rin'we hi mikarhi hinkwayo u tiyisisa ku humelerisa switandzhaku leswi. Loko vana va ri karhi vakula, va hlohloteli ku bula hi milawu leyi u tlhela u va pfuna ku lemuka switandzhaku swa yona.

Ndhundhuzela vana eka mahanyelo lamanene

Loko u va hlamusela hilaha u rhandzaka swilo leswinene leswi va swi endlaka, mahanyelo ya vona lawa yo biha ya nga nyamalala. Ku khensa eka leswinene swi tlula nxupulo. Hambileswi vatswari lava vo tala va tirhisaka tithoyi na swiwitsi tanihi tinyiko, tinyiko to antswa i ku vukarha vana,

n'wayitelo na ku va komba leswaku wa va tsakela.

Ku aka vutitshembhi

I swa nkoka ku pfuna n'wana wa wena a aka vutitshembhi. U nga pfuna n'wana wa wena hi ku n'wi ndhundhuzela loko a ringeta ku pfuna ni ku tirhisa mianakanyo ya yena, vutlharhi ni ku titlangela; u va hlohlotela ku vulavula ta le timbilwini ta vona; u va endla leswaku va titwa va ri vanhu va nkoka, ni ku va byela leswaku i vanhu va nkoka; ni ku tshembheka, leswaku va ta ku tekela enhlokweni.

Mahanyelo yo vavisa lawa ya nga amukelekiki

A swi amukeleki ku vavisa vana. Mahanyelo yo vavisa vana ya katsa ku va karihela, ku rhuketela, ku va chavisa ni

ku va yisa ehansi. Ku rhuketela emahlweni ka vana swi nga endla leswaku va titwa va nga sirhelelekangi na ku chava.

Vana lava nga ni ku karhateka kumbe lava vo 'hlawuleka' va nga va na xiphiko xo karhi, ku fana na Vuvabyi byo Tsandzeka ku Yingisela Nkarhi wo Leha, kumbe Vuvabyi byo Tsandzeka ku Yingisela na Vuvabyi byo Tsakela Etlhelo leswi swi nga lavaka leswaku va landzelela swakudya swo hlawuleka ni ku lava ku pfuniwa hi vutshunguri.

Loko mutswari kumbe muhlayisi a nga lava ku tiva hilaha a nga lawulaka hakona mahanyelo ya n'wana wa yena kumbe swilaveko swo hlawuleka, a va tihlanganisa na Childline eka: 0800 055 555 ku vulavula na mutsundzuxi hi xikongomelo xo kuma switsundzuxo. **U**