

# 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  
trauma**

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E-mail: [vukuzenzele@gcis.gov.za](mailto:vukuzenzele@gcis.gov.za)

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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

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**Invisible and withdrawn** Athena on the other hand fell into a goth phase. She wore all black and was quiet and withdrawn.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

## Yazi Imihlobo Ehlukahlukeneko Yokuthoriswa

**N**angabe uthandana nomuntu okuthorisako namkha umntwana omtjhejako uyathloriswa, ungathatha amagadango wokuzivikela namkha wokuvikela umntwana ngokuya emakhotho namkha ubike indaba leyo eButhweni lamaPholisa weSewula Afrika (bakwa-SAPS).

UmThetho wezemiGuruguru yangeKhaya unikelabongazimbi bomguruguru wangekhaya ivikeleko elikhulu umthetho ongakwazi ukunikela ngalo.

Ukuthloriswa kwenzeka ngeendlela ezinengi begodu kuqakatheke khulu bona abomma bayazi imihlobo ehlukehlukeneko yoku-

tlhoriswa ukwenzela bona bazivikele.

Umguruguru wangekhaya wenzeka lokha umuntu nakangaphasi kobujamobu:

**Ukuthloriswa ngokubetjhwa:** Isibonelo, lokha nawubetjhwako namkha uthuselwa ngomguruguru.

**Ukuthloriswa ngokomseme:** Kwenzeka lokha ungazimbi nakakatwako namkha akatelelwa ukwenza namkha ukubukela izenzo ezihlubayezako zomseme.

**Ukuthloriswa ngokommoya, ngamagama, nangokomkhubulo:** Lokhu kwenzeka lokha umuntu nakaphila ngaphasi kokuthukwa mihla namalanga, namkha abizwe ngamagama amthunazako.

**Ukuthloriswa ngokomnotho:**

Lokhu kwenzeka nangabe umuntu uyakhandelwa bona azingenisele imali namkha asebenze.

**Ukuthuselwa:** Isibonelo soku- thuselwa kulokha ungazimbi nakafumana imilayezo emthuselako namkha emesabisako.

**Ukukhahlumeza:** isibonelo, kungenzeka ngendlela yokuthola umrhala ngokuphindaphindiweko namkha ngokuhlala ugadiwe la uya khona okubangela uhlale wethukiwe.

**Ukulandela umuntu ngemva:** Kwenzeka lokha umuntu okuthlorisako ahlala akulandela namkha afune ukukhuluma naye ngaphandle kwemvumo yakho.

**Ukwephulelwa ipahla:** Isibonelo salokhu kulokha umuntu

okuthlorisako nakephula ipahlakho ngabomu ngaphandle kwemvumo yakho.

Esinye nesinye isenzo sokulawulwa namkha soku- tlhoriswa esibanga ubungozi nesiqokamisa ukuphepha kwakho, epilweni namkha kezehlalakhule yakho, kuku- tlhoriswa.

Umuntu okuthlorisako kungaba ngomunye nomunye umuntu ohlobene naye ngeengazi, otjhade naye namkha omthethe wahlala naye. Lokhu kufaka hlangana umuntu otjhade naye, umuntu ohlalisana naye, umuntu omthethe wazohlala naye ombelethi namkha omntwana, ilunga lomndeni namkha mumuntu ohlala naye ngendlini. Begodu kungaba mumu-

ntu owakhe wathandana naye namkha owakhe wamthembisa ukumtjhada. **U**

**Nangabe uyathloriswa namkha usola bona ukhona umuntu othloriswako dosela:**  
Amapholisa ku: 10111  
Iziko le- *Childline* ku:  
0800 055 555  
Ihlangano ye-Stop Women Abuse Hotline ku:  
0800 150 150  
Ihlangano ye-Lifeline ku:  
0861 322 322 namkha ku:  
021 461 1111  
Ilwazeli lithunye- lwe mNyango wezoBulungiswa nokuThuthukiswa komThethosisekelo.



# 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**

## Ukukhulumisana Kuqakatheke Khulu Ekwazini Umntwanakho

**NJENOMBANA ABENTWANA** babongazimbi abacaphazelwa khulu mguruguru eSewula Afrika, i-Vuk'uzenzele ikhombela bona iziko le-Childline South Africa linikele ababelethi iinluleko zokwazi ngcono umntwanakho.

Akusilula ukukhulisa umntwana, kwaphela isizo elincani elivela kibosolwazi lingenza kukhulu ekuqinisekiseni bona umbelethi wenza okuhle ngendlela angakghona ngayo.

Ngokuya kweziko le-Childline South Africa, ekuyihlangano engasebenzeli inzuzo nevikela abentwana kiyo yoke imihlobo yomguruguru nekhuthaza ukuhlonitjha kwamalungelo wabentwana eSewula Afrika, ithi ababelethi kufuze bakhulume kuhle nabentwababo begodu nangendlela ebakhako.

Ningabaphakamiseli ilizwi; khulumani nabo ngehlonipho; yenzani bona bazikhethele lokho abakwenyulako; bandakanyeni nakuthathwa iinqunto; bafundise bona bakwazi ukuhlukanisa okuhle kokumbi; begodu nibakuthaze bona baveze tthatjhal-

zi imizwa yabo ngesimo namkha ngendaba ethileko.

Ungakwenza lokhuningokubamba imihlangano yaqobe yomndeni, lapho khona omunye nomunye anethuba lokukhuluma bekalalele imibono yabanye. Ukukhuluma kuligadango elihle lokufundisa abentwana begodu ngahlanye uzabe ukhuthaza nokuziphatha kuhle nawubahlathululela izinto. Iziko le-Childline South Africa liyelelisa ababelethi bona balalele ngokuqophelela begodu babe nesineke, ngombana abentwana kesinye isikhathi abazi bona bangakutjho njani lokhu ebakucabangako namkha abakuzwa ngaphakathi kwabo.

**Kuyafuneka bona abentwana Bazi Bona Khuyini Okuvumelekile Nokungakavumeleki**

Qinisekisa bona bayezwisisa bona kubayini kubekwa imithetho begodu nokuthi kuba nemiphumela emimbi nangabe ayilandelwa ngefanelo. Hlala ujame egameni linye begodu ujezise nakutlhogekako. Njengoba abentwana bakhula, bakhuthaze bona bakhulume ngemithetho leyo begodu bacoce bebavumelane ngaleziindlela zokujezisa.

**Bakwakwazele Abentwana Qobe Nabaziphethe Kuhle**

Ngokuthi ubatjele bona uzithanda kangangani izinto ezihle abazenzako, izenzo zokuziphatha kumbi kwabo ziya nokuphela. Ukungezelela kilokho, banikele umtlomelo nabenze umsebenzi omuhle kunokuthi kuphume phambili igadango lokubajezisa nabonileko. Kanengi ababelethi abanengi batlomelelisa abentwana ngokubathengela izinto zokudlala namaswidi,

umtlomelo omuhle kungaba kubasingatha, uhleke namkha umomothetheke / ubobothetheke nabo begodu ubabonise bona uyakuthabela abakwenzako.

**Benze Bazithembe**

Kuqakatheke khulu bona usize umntwanakho bona azithembe. Ungamsiza ngokumkwakwazela lokha nakalinga ukukusiza kokuthileko begodu nalokha nabasebenzisa imikhumbulo yabo, nokuhlakanipha kwabo kunye nokudlala kwabo; ubakuthaze bona bakhulume; ubenze bazizwe bakhethekile, begodu bewubathaze bona bakhethekile; uthembeke kibo, ukwenzela bona nabo bazokwazi ukuthembela kuwe.

**Ukuziphatha Okunobungozi Akwamukeleki**

Akukamukeleki ukuphatha abentwana kumbi. Ukuziphatha

ngendlela enobungozi kufaka phakathi ukuphakamisela abentwana ilizwi, ukubathuka nokubenza bazizwe bangasililitho. Ukuthukana phambi kwabantwana namkha ukubathuka kubenza bazizwe bangakavikeleki begodu bahlalele evalweni.

Abentwana abanobulwele boku-ba litshwenyo bangaba nemiraro ehlukahlukene njenge-Attention Deficit Disorder namkha i-Attention Deficit and Hyperactivity Disorder ezifuna bona balandele indlela ethileko yokudla begodu bafuna nesizo lezamaphilo.

Nangabe umbelethi namkha umuntu otjheja umntwana abakwazi ukuphatha abantwana namkha ukusiza labo abaneendingo ezikhethekileko, bangadosela ku-Childline, enomborweni ethi: 0800 055 555 bakhulume nomyelelisi mayelana nokuthola isiyeleliso. **U**