

Vuk'uzenzele



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English/isiXhosa

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Invisible and withdrawn Athena on the other hand fell into a goth phase. She wore all black and was quiet and withdrawn.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

Zazi iindlela ngeendlela zokuxhatshazwa

Okokuba uphatheke kakubi eluthandweni okanye umntwana ophantsi kwakho uphethwe kakubi, ungawathatha amanyathelo okuzikhusela okanye okukhusela umntwana ngokuya ezinkundleni zamatyala okanye ngokuya kuxela le meko kuMbutho wamaPolisa aseMzantsi Afrika (i-SAPS).

UMthetho wobundlobongela baseKhaya unika amaxhoba obundlobongela basekhaya olona khuseleko luliqilima olunokunikwa ngumthetho.

Ukuphathwa kakubi kuzibonakalisa ngeendlela ngeendlela kwaye kubalulekile okokuba abantu aba-

bhinqileyo bazazi iintlobo ngeentlobo zokuphathwa kakubi ukuze bakwazi ukuzikhusela.

Ubundlobongela basekhaya benzeka xa umntu ephantsi kwezi meko zilandelayo:

Ukuphathwa kakubi ngokwasemzimbeni: umzekelo, xa ubethwa okanye ugrogriswa ngobundlobongela.

Ukuphathwa kakubi ngokwesondo: Xa ixhoba lidlwengulwa okanye linyanzelwa ukwenza okanye ukubukela izenzo zesondo ezilithoba isidima.

Ukuphathwa kakubi ngokwasemphefumleni, ngengethanga ngokwasengqondweni: Oku kwenzeka xa umntu esoloko ethukwa, ephoxwa okanye esenyeliswa.

Ukuphathwa kakubi ngokwezozoqoqosho: Le nto ingenzeka xa ixhoba lithintelwa ukwamkela umvuzo.

Isoyikiso: Umzekelo wesoyikiso kuxa ixhoba lifumana ii-SMS okanye imiyalezo esongelayo neyoyikisayo.

Ukuxhatshazwa: umzekelo kukusoloko utsalelwa umnxeba okanye ukusoloko ujongiwe, nto leyo ekwenza woyike.

Ukuchwechwelelwa: kwenzeka xa lowo ukuphethwe kakubi esoloko ekulandela okanye ekunyanzela okokuba uthethe naye noxa ungafuni.

Ukonakalisa iimpahla: umzekelo, xa lowo ukuphethwe kakubi esonakalisa impahla yakho ngabom ngaphandle kwemvume yakho.

Nasiphi na esinye isenzo sokulawula ngenkani okanye esenza ukuphatheka kakubi esinokukwenza uzive ungasikhuselanga, senzakalise impi- lo yakho okanye ubomi bakho sisenzo sokuphatha kakubi.

Umntu okuphatha kakubi inganguye nabani na ozalana naye ngegazi, ngomtshato okanye okukhulise njengomzali wakho. Oku kuquka umlingane wakho otshate naye, umasihlalisane, umzali owamkele umntwana ngengowakhe okanye umntwana owamkele umzali njengowakhe, umntu enihlala kunye okanye ilungu losapho. Okanye ingaphinda ibe ngumntu obusakuthandana naye okanye obusakungejana naye. **V**

Okokuba uphethwe kakubi okanye ukrokrela okokuba ubani uphethwe kakubi tsalela umnxeba kwezi nombolo:
Amapolisa kule nombolo: 10111

AbakwaChildline ku:
0800 055 555

I-Stop Women Abuse Hotline ku:
0800 150 150

AbakwaLifeline ku:
0861 322 322 okanye ku: (021) 461 1111.

Ezi nkcukacha zikhutshwe liSebe lezoBulungisa noPhuhliso loMgaqo-siseko.

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**

Ukuthetha kubaluleke kakhulu ekwazini umntwana wakho

NJENGOKUBA ABANTWANA ingawonawona maxhoba obundlobongela eMzantsi Afrika, intatheli ka-Vuk'uzenzele icele abakwaChildline South Africa okokuba bakhe bacebise ngeendlela zokwazi umntwana ngcono.

Akululanga ukukhulisa umntwana, kodwa uncedo oluncinane lweengcali lunganceda kakhulu ekuqinisekiseni okokuba wenza konke okunokwenza.

NgokwabakwaChildline South Africa, umbutho ongasenzeli nzuzo okhusele abantwana kuzo zonke izenzo zobundlobongela nokhuthaza ukuhlonitshwa kwamalungelo abantwana eMzantsi Afrika, abazali mabathethe ngendlela eyakhayo nabantwana.

Musa ukubangxolisa: thetha nabo ngembeko; benze bazikhethethe; babandakanye xa kuthathwa izigqibo; bafundise okuhle kokubi; kwaye bakhuthaze ukuba bazivakalise izimvo zabo.

Oku ungakwenza ngokubamba iintlanganisano zosapho rhoqo, apho wonke umntu athi athethe

kwaye aphulaphule. Ukuthetha yeyona ndlela ingcono kakhulu yokufundisa abantwana, kwaye ungabakhuthaza okokuba baziphathe kakuhle ngokuthi nje ubachazele izinto. Umbutho iChildline ucebisa abazali okokuba baphulaphule ngononophelo kwaye babe nomonde, kuba abantwana basenokungakwazi ukuthetha into abayicingayo okanye abanemvakalelo yayo.

Abantwana kufuneka bayazi into eyamkelekileyo nengamkelekanga

Qinisekisa okokuba bayazi ukuba kutheni imithetho ifuneka nokokuba ukuba bayayaphula kuza kubakho iziphumo. Kufuneka usoloko ungagungqi kwaye ezo ziphumo uzinyanzelise. Ngokuya bekhula abantwana, bakhuthaze okokuba

bayixoxe le mithetho kwaye benze bancedise ekumiseleni iziphumo.

Soloko ubancoma abantwana ngokuziphatha kakuhle

Ngokubaxelela indlela ozithanda ngayo izinto ezintle abazenzayo, ukuziphatha kakubi kungathi shwaka. Ngaphezu koko, imivuzo ingcono kunezohlwayo. Noxa abazali abaninzi bevuza abantwana ngezinto zokudlala okanye iilekese, eyonayona mivuzo kukwanga, uncumo nokubonisa ukuba nomdla kubo.

Ukwakha ukuzithemba

Kubalulekile okokuba umncede umntwana wakho azithembe. Abantwana bakho ungabanceda ngokubancoma kuba bezame ukunceda no-



kusebenzisa ingqondo yabo, ngobukrelekrele nokuthanda ukudlala; ubakhuthaze ukuba bathethe, bazive bebalulekile nokubaxelela okokuba babalulekile; nawe kufuneka uthembeke ukuze nabo bakuthembe.

Ukuba ngqwabalala akulunganga

Akwamkeleki ukuba ngqwabalala ebantwaneni. Ukuziphatha okwenzakalisayo kuquka ukungxolisa, ukuthuka, ukubasongela nokubenza bazive bengeyonto. Ukuthuka phambi kwabantwana okanye ukubathuka kungabenza bazive benexhala kwaye besengozini.

Abantwana abanengxaki yokusokolisa basenokuba nesifo esithile, esifana nengxakanga xaka yokusilela kwenyameko, i-Attention Deficit Disorder, okanye i-Attention Deficit and Hyperactivity Disorder. Zonke ezi zinto zinokufuna kutyiwe ukutya okuthile noncedo ngamayeza.

Okokuba umzali okanye umgcini-mntwana akakwazi ukulawula indlela aziphatha ngayo umntwana wakhe, okanye akakwazi ukumnceda ngeemfuno zakhe ezizodwa, angatsalela umnxeba kwabakwaChildline kule nombolo: 08 000 55 555 athethe nomcebisi afune amacebo. **U**