

Vuk'uzenzele



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Invisible and withdrawn Athena on the other hand fell into a goth phase. She wore all black and was quiet and withdrawn.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

Yazi izinhlobo ezahlukene zokuhlukunyezwa

Uma usebudlelwani obuhlukumezayo noma uma ingane oyinakekelayo ihlukunyezwa, ungathatha izinyathelo zokuzivikela noma zokuvikela ingane ngokuya ezinkantolo noma ngokubika lolu daba Embuthweni Waphoyisa aseNingizimu Afrika (i-SAPS).

Umthetho Obhekelele Udlame Lwasekhaya uzivikela ngokugcwele izisulu zodlame lwasekhaya.

Ukuhlukumeza kwenzeka ngezindlela ezahlukene futhi kubalulekile ukuthi abantu besifazane bazi izindlela ezahlukene zokuhlukumeza ukuze bazivikele.

Udlame lwasekhaya lwezeka uma umuntu ehlelwa yilokhu:

Ukushaywa: Isibonelo, uma ushaywa noma wesatshiswa ngodlame.

Ukuhlukunyezwa ngokocansi: Uma isisulu sidlwe ngulwa noma siphogwa ukuthi senze noma sibukele okuphathelene nocansi okwehlisa isithunzi.

Ukuhlukumeza ngokomphfumulo, ngamazwi kanye nangokomqondo: Lokhu kwenzeka uma umuntu ehlele ethukwa, ejivazwa noma ebizwa ngamagama ajivazayo.

Ukuhlukumeza ngokuphathelene nomnotho: Lokhu kungenzeka uma isisulu sivi-

njelwa ukuthi sithole iholo.

Ukwesabisa: Isibonelo sokwesabisa yilapho isisulu sithola imilayezo noma ama-SMS asesabisayo futhi ethusayo.

Ukukhathazwa: Kungaba isibonelo ngokuthi uhlale ushayelwa ucingo noma uma uhlale ugadiwe futhi lokhu kukwenza ukuthi wesabe.

Ukulandelwa: Kwenzeka uma umhlukumezi ehlala ekulandela noma ephoqa ukukhuluma nawe ungafuni.

Ukulinyazwa kwempahla: Isibonelo, uma ohlukumezayo elimaza impahla yakho ngamabomu ngaphandle kwemvume yakho.

Noma eyiphi enye indlela yokuziphatha ngokulawula

noma ngokuhlukumeza engabangela ukulimaza ngokuphathelene nokuphepha, impilo noma ukuphila kahle kungukuhlukumeza.

Umuntu okuhlukumezayo kungaba yinoma ubani onobudlelwane noma ohlobene naye ngokwegazi, oshade naye noma umuntu okukhulisile ongakuzali/ingane oyikhulisile ungayizali. Lokhu kuhlangukisa oshade naye, umlingani ohlala naye kodwa ongashadile naye, umzali okukhulisayo ongakuzali noma ingane oyikhulisayo ungayizali, ohlala naye endlini noma ilungu lomndeni. Kungaba futhi umuntu owawuthandana naye noma

owawethembisene naye umshado. **■**

Uma uhlukunyezwa noma usola ukuthi kukhona ohlukunyezwayo shayela ucingo: Amaphoyisa ku: 10111 U-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. Le mininingwane ihlinzekwe Umnyango 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**

Ukuxoxisana kusemqoka ekutheni wazi ingane yakho

NJENGOBE IZINGANE ziyizisulu ezinkulu ngokuphathelene nodlame eNingizimu Afrika, i-Vuk'uzenzele icele amacebo okwazi ingane yakho kangcono ku-Childline South Africa.

Akulula ukukhulisa ingane, kodwa usizo oluncane oluvela kongoti lungasiza kakhulu ekutheni wenze okungcono ongakwazi ukukwenza.

U-Childline South Africa, inhlango engenzi nzuzo evikela izingane kuzo zonke izinhlobo zodlame futhi ekhuthaza ukuhlonishwa kwamalungelo ezingane eNingizimu Afrika, uthi abazali kumele baxoxisane ngokwakhayo nezingane.

Ningazithethisi; khulumani nazo ngenhlonipho; zivumeleni zizikhethela, zibandakanyeni ezinhlweni zokuthathwa kwezinqumo; zifundiseni ngokuphathelene nokufanele kanye nokungafanele; bese nizigugquzele ukuthi zisho ukuthi zizizwa kanjani.

Ningakwenza lokhu ngokubamba imihlanga-

no yomndeni njalo, lapho kukhuluma futhi kulalela khona wonke umuntu. Ukukhuluma kuyindlela engcono kakhulu yokufundisa izingane futhi ungakhuthaza ukuziphatha kahle ngokuvele nje uzichazele izinto. U-Childline South Africa ucebisa abazali ukuthi balalelisise futhi babe nesineke, ngenxa yokuthi kungenzeka izingane zingakwazi ukusho ukuthi zicabangani noma ukuthi zizizwa kanjani.

Izingane zidinga ukwazi ukuthi yini eyemukelekile kanye nengemukelekile

Qinisekisa ukuthi ziyazi ukuthi kungani kudingeka imithetho nokuthi uzojeziswa uma uyephula. Ungaguquki kulokho okwenzayo bese usebenzisa lokhu kujezisa. Ngesikhathi izingane zikhuluma,

zigugquzele ukuthi zidingide le mithetho futhi zisize ukuthi zihlonze imiphumela.

Ncoma izingane ngaso sonke isikhathi uma ziziphathe kahle

Ngokuzitshela ukuthi uzithanda kanjani izinto ezinhle ezizenzayo, zingayeka ukungaziphathi kahle. Ukengeza kulokho, ukuklomelisa kusebenza kangcono kunokujezisa. Nanoma abazali abaningi beklomelisa izingane ngezinto zezingane zokudlala noma ngamaswidi, ukuklomelisa okungcono ukwanga, ukumamatheka kanye nokukhombisa ukuthi unendaba nazo.

Ukwakha ukuzethemba

Kubalulekile ukuthi usize ukwakha ukuzethemba kwe-



ngane yakho. Ungasiza izingane zakho ngokuzincoma ngokuzama ukusiza kanye nangokusebenzisa lokho ezikucabangayo, ubuhlakani kanye nokudlala kwazo; zigugquzele ukuthi zikhulume; zenze zizizwe zikhethekile; futhi nawe wethembeka, ukuze zikwazi ukuthembela kuwe.

Indlela yokuziphatha elimazayo ayemukelekile

Akwemukelekile nanini ukulimaza izingane. Indlela yokuziphatha elimazayo ihlanganisa ukuzimemeza, ukuzithuka ngenhlamba, ukuzesabisa kanye nokuzijivaza. Ukuthuka inhlamba phambi

kwezingane noma ukuthuka izingane ngenhlamba kungenzeka kuzenze zizizwe zingavikelekile futhi zisengozini.

Izingane ezinenkinga noma 'ezihluphayo' kungenzeka zibe nenkinga ethile, efana ne-Attention Deficit Disorder noma i-Attention Deficit and Hyperactivity Disorder engadinga ukuthi zidle ukudla okuthile futhi zidinge ukusizwa ngomuthi.

Uma umzali noma onakekela ingane engazi ukuthi angayiqeqesha kanjani ingane yakhe noma angayisiza kanjani ngezidingo zayo ezikhethekile angathinta u-Childline ku: 0800 055 555 bese exoxisana nowelulekayo ukuze amcebise. **U**