



Student Affairs

Tirisodikgoka e e Ikaegileng ka Bong (GBV) ke eng

Go na le ditlhaloso tse dintsi tse di farologaneng tsa GBV; fela, tlhaloso e e amogelwang ka kakaretso ke "tirisodikgoka e e lebiswang kwa mothong go ya ka bong jwa gagwe gongwe boitshupo jwa gagwe jwa bong" (Ott 2017). GBV e akaretsa mofuta ofe wa maitsholo le tshotlakako e e bakang:

- letshogo
- kgobalo mo mmeleng
- kgobalo mo maikutlong
- gore motho a dire dilo tse a sa batleng go di dira loso

Gape tirisodikgoka e e ikaegileng ka bong (GBV) e akaretsa ditiragatso tsa tirisodikgoka e e dirwang kgatshanong le basadi, banna, basimane gongwe basetsana, ka ntlha ya ditlwaelo tsa loago malebana le seabe le maitsholo a a solofetsweng mo go bona go ya ka

bong. Gantsi e diragala mo dikamanong. Le fa banna le basimane ba itemogela tshotlakako le tirisodikgoka, gantsi basadi le basetsana ke bone ba amegang ka ntlha ya go tlhoka tekatekano ya maatla le maemo a a kwa tlase a loago a ba a neetsweng ke setšhaba. Dintlha tseno gantsi di lebiswa kwa go tlaolweng le gore ba timiwe ditšhono mo dikarolong tse di farologaneng tsa botshelo.

- Ditlhopha tse tota di leng mo matshosetsing di akaretsa:
- basadi le basetsana
- bana
- batho ba ba godileng
- batho ba ba tshelang ka bogole
- basadi ba ba ba ratanang le basadi ba bangwe, banna ba ba ratanang le banna ba bangwe, batho ba ba ratanang le basadi le banna, batho ba ba sa itshupeng ka bong jwa tsalo, batho ba ba ba ipotsang ka bong jwa bona, batho ba ba tsetsweng ka bong jo bo sa tlhalosegeng, batho ba ba sa eletseng thobalano (LGBTQA+) (Nkonyane 2019)

Mefuta ya GBV

GBV e ka diragala ka ditsela tse dintsi tse di farologaneng. Tseno ke ditsela tse di tlwaelegileng thata:

Mo mmeleng

Go betsa, go betsa ka seatla, go betsa ka difeisi, go raga, go fisa Go beta

Go senya dithoto tsa motho

Go ganala motho tlhokomelo ya kalafi le/gongwe go laola melemo Go pateletsa molekane go dirisa diritibatsi botlhaswa Tiriso ya dibetsa

Mo maikutlong

Go sotla ka maina, go tlhapaola

Go latofaletsa molekane sengwe le sengwe Lefufa le le tseletseng

Go tshosetsa Go tlabisa ditlhong Go sotla Go tlaola

Go laola se molekane a se dirang le gore molekane o ya kae

Go sala metsamao morago

Mo maikutlong

Go sotla ka maina, go tlhapaola

Go latofaletsa molekane sengwe le

Tirisodikgoka e e Ikaegileng ka Bong

Matshwao a tsiboso a GBV

Ano ke matshwao a a tlwaelegileng a GBV, bogolo segolo mo dikamanong. Fela, lenane ga le khutle, gonne mofuta mengwe ya GBV e iphitlhile mme mengwe ga e na matshwao a a bonalang.

- Lefufa le le tseletseng
- Go batla go laola motho
- Go fetofetoga
- Go nna bosilo
- Go sotla dipologolo
- Go sotla ka puo
- Maitsholo a go laola go go tseletseng
- Ditumelo tsa bogologolo ka seabe sa basadi le banna mo dikamanong
- Thobalano e e patelediwang gongwe go se kgathalele gore molekane ga a batle go robalana
- Go kgoreletsa mekgwa ya go thibela kimo gongwe go gana go dirisa mekgwa e go dumelanweng ka yona
- Go latofaletsa motswasetlhabelo sengwe le sengwe se se sa siamang se se diragalang
- Go kgoreletsa gongwe go thibela motswasetlhabelo go kgona go dira gongwe go tseena sekolo
- Go laola ditšhelete tsotlhe
- Go sotlakaka ditokololo tse dingwe tsa lelapa, bana gongwe dipologotswana
- Go latofatsa motswasetlhabelo gore o ne a bontsha go kgathegela ba bangwe gongwe gore o ratana le mongwe
- Go laola gore motswasetlhabelo o apara eng gongwe o itshwara jang
- Go nyenyefatsa motswasetlhabelo, e ka nna mo se phiring gongwe mo phatlhalatseng
- Go tsenya motswasetlhabelo matlho gongwe go mo sotla fa pele ga ba bangwe
- Go thhorontsha motswasetlhabelo kwa tirong (NCADV, 2018)

Tlhalosa isago.

Mefuta ya GBV

GBV e ka diragala ka ditsela tse dintsi tse di farologaneng. Tseno ke ditsela tse di tlwaelegileng thata:

Ka thobalano

- Go pateletsa molekane go robalana le batho ba bangwe (go gweba ka batho)
- Go tswelela ka tiragatso ya thobalano mme motswasetlhabelo a le mo maibing gongwe a tshaba go ka re nnyaa
- Go utlwa molekane botlhoko mo mmeleng ka nako ya thobalano
- Go pateletsa molekane go robalana kwa ntle ga tshireletso / go kgoreletsa thibela kimo

Ka thekenoloji

- Go tselelela emeile le diakhaonto tsa molekane
- Go dirisa didiriswa tsa tshalo morago mo sefounung ya molekane go bona gore o kae, megala e a e amogelang le melaetsa
- Go baya leitlho dikgokagano ka tshaeletsanoloagong
- Go batla go itse dikhunolamoraba tsa molekane

Ka ditšhelete

- Go utlwa botlhoko mo mmeleng gongwe go gobatsa go go thibelang motho yoo go ya tirong
- Go tshwenya molekane kwa tirong
- Go laola dithoto tsa ditšhelete le gore molekane a fiwe tšhelete fela
- Go senya maduo a molekane a go ka bona sekoloto

Kalafi morago ga tllhaselo ya thobalano

Morago ga gore motho a tllhaselwe ka thobalano, go botlhokwa go bona kalafi. Kalafi ya THIBELO YA MORAGO GA KAMANO (PEP) e e newang batswasetlhabelo ba tllhaselo ya thobalano go fokotsa matshosetsi a go tsenwa ke HIV. Fa mongwe a tllhasetswe ka thobalano mme seemo sa HIV sa motlhasedi se sa itsiwe, motswasetlhabelo o alafiwa jaaka e kete mo(ba)tllhasedi o ne a le HIV+. Seno se tlaa netefatsa gore go tsewa dikgato tsothle tse di kgonegang tsa tshireletso go fokotsa kgonagalo ya gore motswasetlhabelo wa tllhaselo ya thobalano a fetelwe ke HIV. Mongwe le mongwe yo o tllhasetsweng ka thobalano o tshwanetse go amogela PEP. Seno se akaretsa basadi, banna le bana, basimane le basetsana, ba ba itlhaagang mo sebakeng sa diura tse 72 mme ba se na HIV.

Go amogela PEP go na le melemo e e latelang:

- Thibelo ya malwetsi a a fetisiwang ka thobalano (STI), go akarediwa HIV
- Thibelo ya boimana jo bo sa batliweng ka ntlha ya petelelo
- Thibelo ya go tsenwa ke Hepatitis B
- Go fetisediwa kwa tlhokomelong ya tllhaloganyoloa go

Go newa kalafi efe?

Kalafi e mo sebopegong sa dipilisi tsa bagolo le molemo o o nowang wa bana. Kalafi eno e tshwanetse go nowa ka molomo jaaka e rebotswe, gabedi gongwe gararo ka letsatsi. Kalafi e tshwanetse go tsewa leng?

E tshwanetse go tsewa ka bonako jo bo kgonegang, FELA e tshwanetse go tsewa mo pakeng ya diura tse 72 (malatsi a le 3) morago ga tllhaselo. Kalafi eno e tshwanetse go tsewa sebaka sa malatsi a le 28.

A kalafi eno e na le diphelelo tse di sa siamang?

Go ka nna le diphelelo tse di sa siamang, go tshwana le go opiwa ke tlhogo, letsapa, boswata mo mmeleng, go tsholola le go feroga sebete, tse di ka alafiwang. Go botlhokwa THATA gore o se ke wa tldisa le fa e ele tekanyetsomolemo e le nngwe, tota le fa go na le diphelelelo tse di sa siamang.

Nka bona kae PEP?

O tlaa dira teko ya HIV mme o bone tshedimosetso le kgakololo malebana le gore teko e kaya eng. O tlaa gakololwa gape morago ga go amogelwa dipholo tsa diteko tsa HIV. Dipholo tsa gago di tlaa nna gona metsotso e le 30 morago ga go dira diteko GONGWE o tlaa kopiwa go boela dipholo tsa gago, moo o tlaa newang pakana ya tshimololo ya malatsi a le mararo ya molemo, gore o simolole go o nwa.

Fa o fitlhelwa o na le mogare, molemo o tlaa emisiwa. O tlaa itsisewe ka ditheo le batho ba ba ka go thusang go tshela sentle le ka ga gore seemo sa gago se nne se beilwe leitlho. Fa o fitlhelwa o se na mogare, o tlaa amogela kalafi e nngwe e e setseng. Fa o akanya gore go ka se ke ga kgonega gore o boele gape morago ga leeto la ntlha, bolelela ngaka gore e go neye kalafi yotlhe.

Goreng go le botlhokwa go nwa kalafi malatsi a le 28?

Go fokotsa matshosetsi a go tsenwa ke HIV, motho o gakololwa gore a nwe kalafi malatsi a le 28. O tlaa dira teko e nngwe ya HIV morago ga dibeke tse thataro, dikgwedi tse tharo le morago ga dikgwedi tse thataro morago ga petelelo/tllhaselo ya thobalano. Go botlhokwa thata gore o bone dipholo tsa teko ya gago ya HIV gore o kgone go itse seemos a gago sa HIV.



Ditlamorago tsa GBV

Ditlamorago tse di ka nnang gona tse di amang tsa mefuta eno ya GBV di akaretsa:

- go lwala
- manokonoko a tlhologanyo, mmele le maikutlo
- boimana jo bo sa batliweng
- malwetsi a a fetisiwang ka thobalano, go akarediwa tshwaet so ya HIV
- go ipolaya
- kgatelelo e e tseneletseng ya maikutlo
- go sa itshepe
- loso
- go diega ga dithuto tsa gago
- go tswa mo sekolong

O ka ya kae go bona thuso

Bafalodi/batswasetlhabelo gantsi ga ba bue ka tiragalo ka ntlha ya mabaka a le mantsi, go akarediwa go ipona molato, go tshaba go kgobiwa, go se ikanye bothati, le matshosetsi/go tshaba go ntshiwa setlhabelo gape. Ditiragatso tsa GBV di baka go tshabisiwa ditlhong le go latofadiwa, sekgobo sa loago, gape le go kgaphelwa thoko ke balelapa la mofalodi/motswasetlhabelo le baagi. Sekgobo le go kgaphelwa thoko go ka tsenelela thata fa mofalodi/motswasetlhabelo a bua gongwe a bega tiragalo.

Fa o ka nna motswasetlhabelo wa GBV, go botlhokwa gore o batle le go amogela thuso. O ka ikgolaganya le ditirelo tse di latelang:

- Mogala wa thuso wa Stop Gender Violence: 0800 150 150 gongwe SMS: 32074 gongwe WhatsApp: 084 922 8808
- National crisis number: 086 132 2322
- Bega go ikgatholosiwa gongwe GBV mo ngwaneng: 0861 4 CHILD (24453)
- SAPS: 08600 10111
- Childline: 08000 55 555
- Bega GBV ya bana le basadi kwa Lefapheng la Tlhabololo ya Loago kwa 0800 220 250.
- Mogala wa thuso wa Lifeline wa diura tse 24: 021 461 1111

Dipholisi le Melao mo Aforikaborwa go sireletsa seriti sa Ditshwanelo tsa Botho

Palamente ya Aforikaborwa e fetisitse melao go sireletsa ditshwanelo tsa batho kgatlanong le GBV. Buisa go le gontsi ka melao eno gore o itse ditshwanelo tsa gago. Melao eno ke:

- Molao wa Tirisodikgoka ya mo Malapeng wa 1998
- Molao wa Bana wa 2005
- Molao wa Tlhokomelo/kotlo wa 1998
- Molao wa Tsweletso ya Tekatekano le Thibelo ya Tlhao lo ka go Gobelega wa 2000
- Molao wa Bosenyi (Molao wa Ditlolomolao tsa Thobalano le Merero e e Amanang)
- Molao wa Paakanyo wa 2007 (Palamente ya Rephaboloki ya Aforikaborwa, 2018)

Dipholisi tsa Unisa

Unisa e tswelletse go sekaseka pholisi ya yona ya Tlhorontsho ka Thobalano. Pholisi eno e tlaa akaretsa badiri, baithuti le baeti. Dipholisi tse dingwe tse di maleba ke:

- Molao wa Kgalemo wa Baithuti
- Pholisi ya Dipharologano

Merero ya Baithuti ya Unisa

Re tlamela baithuti ka ditirelo tse di latelang tsa tshegetso, tse di tsholwang khupamarama:

- Ditirelo tsa Kgakololo/go thoba maikutlo le go Fetisa tsa motho a le mongwe
- Ditirelo tsa Kgakololo/go thoba maikutlo tsa Setlhopha
- Ditirelo tsa Kgakololo/go thoba maikutlo tsa Balelapa le Balekane
- Ditirelo tsa Tshegetso tsa Kgolagano le Baagi
- Ditsereganyo tsa Temoso le Maatlafatso
- Ditirelo tsa Boitekanelo le Itekanelo ya Baithuti, Tshegetso ya Thuto ya Bankane le polatefomo ya kgolagano ya Loago
- Tsweetswee latela Facebook ya rona mo: Unisa Student
- Dipatlisiso mo lephateng la GBV

Metswedi

The National Coalition Against Domestic Violence (NCADV). (2018). Signs of Abuse. Retrieved from: <https://ncadv.org/signs-of-abuse>

Nkonyane, B. (2019). What is gender-based violence? University of Pretoria. Retrieved from: <https://www.up.ac.za/speakoutup/article/2390196/what-is-gender-based-violence>

Ott, M. (2017). Series: What Does That Mean? Gender-based Violence. Women for Women. Retrieved from: <https://www.womenforwomen.org/blogs/series-what-does-mean-gender-based-violence>.

Women Against Abuse. (2019). Types of abuse. Retrieved from: <https://www.womenagainstabuse.org/education-resources/learn-about-abuse/types-of-domestic-violence>