

UMHLAHLANDLELA  
WAKWA-UNICEF  
WOKULUNGISELELA  
IZIMO  
EZIPHUTHUMAYO

# Lo mhlahlandlela

Umhlahlandlela Wentsha Wokulungiselela Izimo Eziphuthumayo ubhalwe yizingane kanye nentsha yaseNingizimu Afrika. Kwenziwe uchungechunge lwemihlangano yokuqeqesha okwenziwa emaklasini e-intanethi kanye namaseshini ayephethwe intsha okuqasha izingane kanye nentsha eneminyaka ephakathi kweyi-13 kuya kwengama- 25. Iminikelo ebhalwe phansi eyathunyelwa intsha yasetshenziswa ukwakha uhlaka nesakhiwo salo Mhlahlandlela Wentsha Wokulungiselela Izimo Eziphuthumayo.



Umqondo womhlahlandlela wavela ngemva kokufunda kokwenzeke ngenkathi kubhekenwe neCOVID-19 kanye nezinye izimo ezibucayi ezifana nezibhelu zomphakathi nezikhukhula, okwaqhakambisa isidingo sokuqhubeka nokuhlomisa abantwana, intsha esakhula, nentsha esikhulile ukuze ilungele kangcono izimo eziphuthumayo futhi ibe ngabameli namanxusa oguquko.

Ababebambisene no-UNICEF ekusebenzeni kule projekthi kwakuyiziNhlelo Zentsha yeSouth African Institute of International Affairs (iYouth@SAIA).

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# Uhlu Lokuqukethwe

4

Isingeniso

6

Imiqondomagama  
Nezincazelo

11

Ukulungiselela  
Izimo  
Eziphuthumayo

12

Ukuhlonza  
ubungozi

17

Ukuhlonza izimpawu  
zokuxwayisa  
kusenesikhathi

18

Ukusungula  
uhlelo lwezimo  
eziphuthumayo

21

Ukuxhumana  
namathimba afanele  
kanye nokusungula  
izinhlelo zokuxwayisa  
kusenesikhathi

22

Ukuthola Izinkundla  
Zokwazisa  
Ezithembekile  
Nezinembayo

23

Ukuthuthukisa  
Amakhono Obuholi  
Nokusabela

25

Ukusabela Esimweni  
Eziphuthumayo

26

Ukubhekana  
nesimo  
esiphuthumayo

27

Ukusabela  
Okuqondene  
Naleso Simo  
Ezimweni  
Eziphuthumayo

30

Ukusiza abanye

30

Ukuxhumana  
ngesikhathi sezimo  
eziphuthumayo

32

Ukusimama  
Nokugwema Isimo  
Eziphuthumayo

33

Ukusimama  
ngemva kwesimo  
esiphuthumayo

35

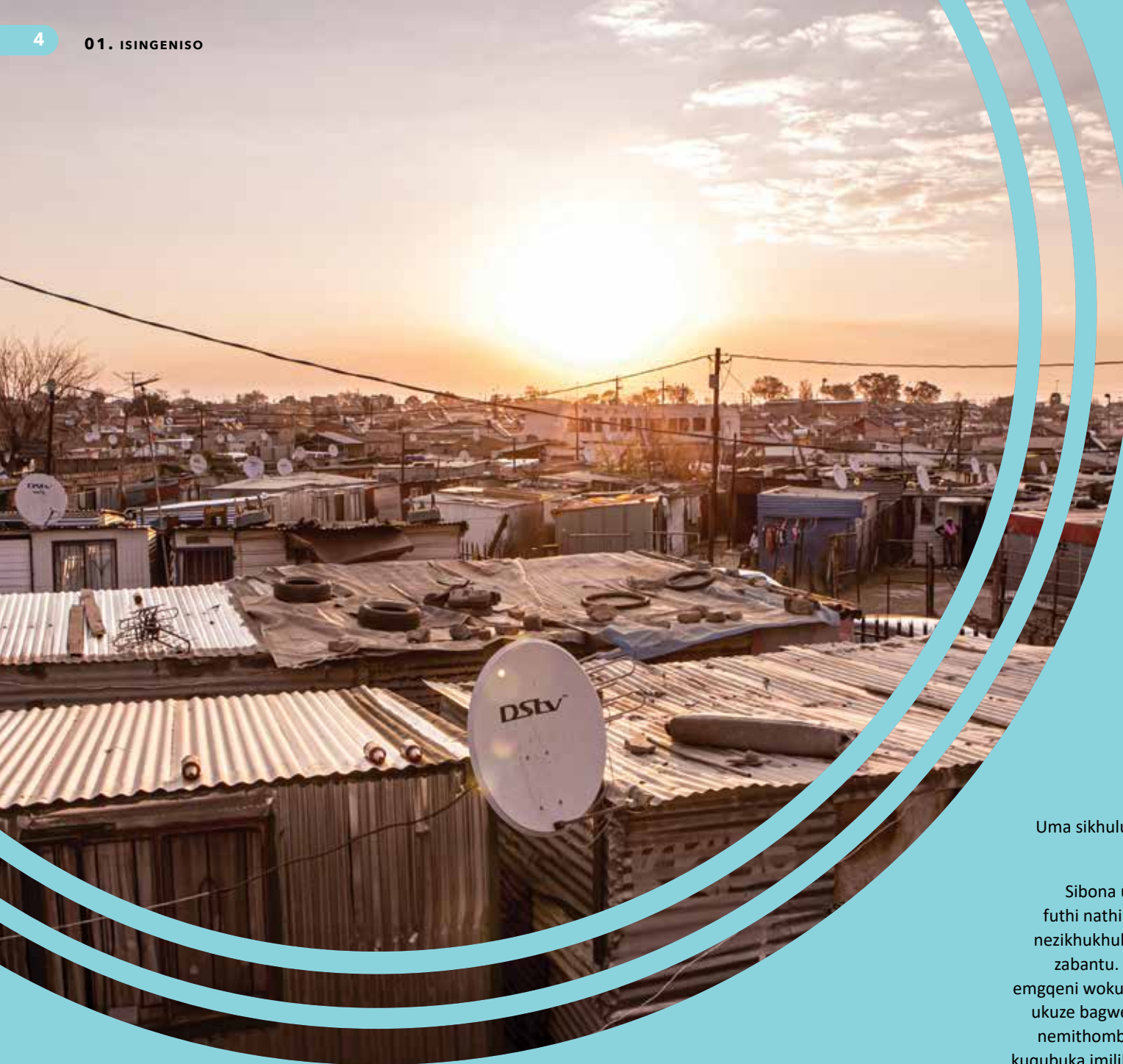
Ukusabela  
esimweni  
esiphuthumayo

38

Isiphetho







# 01

## Isingeniso

Uma sikhuluma iqiniso, noma kuphi lapho siqalaza ngakhona, kukhona uhlobo oluthile olukhona lwesimo esibucayi.

Sibona umthelela wokushintsha kwesimo sezulu emhlabeni wonke futhi nathi lapha eNingizimu Afrika sibhekene nakho lokho. Iziphepho nezikhukhula ezivamile nezinamandla zicekela phansi izindlu nezimpilo zabantu. Ukunswinywa amanzi sekuyinjwayelo, ubone abantu beme emgqeni wokuthola amanzi ngezikhathi zesomiso, bonga ithonsi nethonsi ukuze bagweme 'usuku olungenathonsi (day zero)' njengoba amadamu nemithombo egcina amanzi kusengozini yokuphelelwa amanzi. Sibona kuqubuka imililo, idala umonakalo ezitshalweni, ezindlwini nasempahleni.

Kunokungcola emifuleni yethu, olwandle kanye nasemizileni yamanzi, futhi iningi lethu alikwazi ukufinyelela ekuhlinzekweni kwezidingongqangi ezinjengamanzi okuphuza ahlanzekile.

# Isingeniso

Sisabhekene nemithelela kanye nemiphumela emibi ye-COVID-19. Sibonile indlela izibhelu nokubhikisha okuvamile maqondana nokutholakala kwezindlu, ukuhlinzekwa kwezidingo nokuphepha okungabebhetheka ngayo kungabe kusalawuleka. Siyalwazi udaba lodlame oluqhubekayo oluqondiswe kwabesifazane nasebantwaneni, kanti futhi siyabona ukuthi amazinga aphezulu okungalingani nokwentuleka kwemisebenzi, ikakhulukazi entsheni, anomthelela omubi kangakanani emphakathini.

*Ingcuphe yokuba sezimweni ezibucayi nasezimweni eziphuthumayo ikhona ngempela futhi yingakho sidinga ukuzilungiselela.*

Ngokuzihlomisa ngamakhono nolwazi, singazilungiselela kangcono ukuzivikela thina uqobo kanye nomphakathi wethu ezikhathini zenhlekelele nezezimo eziphuthumayo. Singasebenza nasekugwemeni noma ekunciphiseni umthelela walezo zinhlekelele kuqala. Singaba yingxenye yesixazululo.

Uma sizizwa sinikwe amandla futhi sinolwazi, siyaqala sithathe izinqumo ezingcono. Sicabanga kahle, ngobuchule obukhulu. Singaxazulula izinkinga kangcono, sixhumane ngempumelelo, futhi sise abantu ukuba basebenze ngokubambisana. Kuwo wonke umhlaba abantu abasha bathatha izinyathelo zokunciphisa ubungozi bezinhlekelele ezikoleni, emakhaya nasemiphakathini yangakubo. Balwela imiphakathi esimeme nekwazi ukumelana nezimo futhi babamba iqhaza ekuthathweni kwezinqumo njengezakhamuzi ezinokuzibandakanya.

*Sidinga ukwakha uhlelo lokuxhumana nabantu abasha abazibophezele, abakhuthazekile nabanolwazi, abakulungele ukuthatha izinyathelo emiphakathini yabo. Yingakho qho, sisungule lo mhlahlandlela.*

Lo mhlahlandlela unikeza isisekelo sokuthi kungabhekwa kanjani kangcono nezimo eziphuthumayo noma nezinhlekelele, nokuthi singasiza kanjani



ukwakha umphakathi okwazi ukumelana nezimo ukuze umphakathi wangakini usabele kangcono ezimweni ezibucayi. Lo mhlahlandlela unemininingwane ongayifunda bese ucabanga ngayo, kanti kukhona nemisebenzi ongayenza ngokuphendula imibuzo.

Kubalulekile ukuqaphela ukuthi lona akusiwona umhlahlandlela wabosizo lokuqala oluphuthumayo. Ukuze ube umuntu wosizo lokuqala oluphuthumayo, kudingeka uqeqeshwe ngokuphelele futhi ube nemishini esetshenziswayo. Lo mhlahlandlela umayelana nokulungiselela izimo eziphuthumayo, ukwakha umphakathi okwazi ukumelana nezimo, ukukusiza ukuba uqonde indlela yokulungiselela izimo esiphuthumayo, indlela yokuhlala uphephile, nokuthi ungasiza kanjani ukuba kugwemeke noma kunciphe umthelela wezimo ezibucayi ngenkathi zenzeka.

Lo mhlahlandlela wabhalwa ngokubambisana ngababambiqhaza abangabantu abasebasha (abaneminyaka eyi-13 kuya kwengama-25 ubudala) abavela ezindaweni zonke eNingizimu Afrika, ngokubamba uchungechunge lwemihlangano yokusebenza, imihlangano yochwepheshe, kanye namathimba abhalayo. Saxoxelana izindaba maqondana nezimo eziphuthumayo ezahlukahlukene esake sahlangebana nazo, futhi senza ucwaningo olunzulu ngokulungiselela izimo eziphuthumayo, ngakho-ke lo mhlahlandlela uncike ezigamekweni okuke kwahlangatshezwana nazo neminingwane ephuma ngqo kulabo abehlelwa yilezo zimo bukhoma.

## *Nazo-ke!*

Siyajabula ngempela ukuthi ukhethe ukubambisana nathi kulo mshikashika nokuthi uzibophezele ekubeni ngohamba phambili ekulungiseleleni izimo eziphuthumayo emphakathini wangakini. Sithemba ukuthi singasebenzisana ekuqinisekiseni ukuthi kuba khona isizukulwane sabantu abasha esikwazi ukumelana nezimo nesilungiselelwe.





# 02

## Izincazelo Nemiqondomagama

Kubalulekile ukuqala ekuqaleni kanye nokuqonda ukuthi asho ukuthini amanye amagama asemqoka ezimo eziphuthumayo, imiqondomagama kanye nezincazelo.

## Izincazelo

## Yini isimo esiphuthumayo?



Isimo esiphuthumayo siyisimo **esibucayi, esingalindelekile nesivame ukuba yingozi** esibeka ukuphila, impilo, impahla noma indawo engcupheni. Izimo eziphuthumayo zidinga ukuba kuthathwe isinyathelo esisheshayo ukuze kunciphe futhi kunqandwe umthelela wobungcuphe ongaba khona.

## Yiziphi izinhlobo zezimo eziphuthumayo ezikhona?

Izinhlobo zobungcuphe ezahlukahlukene ezingaholela ezimweni eziphuthumayo. Lo mhlahlandlela uzogxila kulokhu:



- **Esimweni sezulu nasesimweni sendawo:** Iziphapho ezinkulu, izikhukhula nesomiso, ukungcoliseka komoya, amanzi nomhlabathi.



- **Ekungqubuzaneni kanye nasezibhelwini:** Okudalwa ukukhugatheka nokuthukuthela kanye/noma okudidiyelwe kahle kumbe okuhleliwe.



- **Ezimweni ezibucayi zezempilo:** Ukuqubuka kwezifo ezithathelanayo namagciwane.

Zonke lezi zimo ezibucayi zingaba yingozi empilweni, ekuphileni nasesimweni sendawo. Zingenzeka ngokuzuma, kulandela isigameko esisodwa, noma zivele kancane ngokuhamba kwesikhathi, kodwa imiphumela yalokhu kokubili ingathatha iminyaka.

## Yini umehluko phakathi kwesimo esiphuthumayo nento embi eyenzekayo?

Abantu bangahlangabezana nezimo eziphuthumayo ngezindlela ezahlukahlukene. Kungenzeka ube nesimo esiphuthumayo esiqondene nawe ngqo, njengokuthi ilungu lomndeni limelwe yinhliziyi noma lishayiswe yimoto. Lokhu kuyathusa, kodwa kuqondene nawe ngqo ngokwemvelo - abantu abathintekayo nguwana, umndeni wakho nabanye ababandakanyeka ngqo. Ezinye izimo eziphuthumayo zibanzana ngokwemvelo, ziba nomthelela kubantu abaningi ngesikhathi esisodwa, kungaba ngisho nawumphakathi imbala, njengesomiso esikhulu noma izikhukhula. Zombili izinhlobo zezimo eziphuthumayo kunzima ukumelana nazo, kodwa lo mhlahlandlela ugxile ohlotsheni lwezimo eziphuthumayo ezithinta amathimba amaningi abantu ngesikhathi esisodwa.

## Yini edala ingozi?



Intlo edala ingozi kungaba **yinto noma inqubo** yemvelo noma edalwe ngabantu, **engabeka iqoqo labantu**, izinto zabo, kanye nendawo abakuyo engozini, uma bengathathi izinyathelo zokuphepha. Ezinye izinto ezingadala izingozi ngezemvelo, njengezikhukhula, isomiso nokuzamazama komhlaba, bese kuthi okunye kube ngokubangelwa ngabantu, njengokudala izingozi kwezizimbongi noma kwezobuchwepheshe (ukuqhuma, imililo, ukuchitheka kwamakhemikhali anobuthi). Izimpi nobuphekula nako kuyizingozi ezidalwa ngabantu.





## Definisies

## Yini inhlekelele?



Okudala ingozi kuba yinhlekelele uma kudala **ukulahleka kwabantu, kwempahla, komnotho noma kwendawo**. Izinhlekelele ziphazamisa kakhulu ukusebenza komphakathi noma ukusebenza kohlelo lomphakathi futhi zingadalwa yizingozi zemvelo noma ezidalwe ngabantu. Abantu bavame ukukhuluma 'ngezinhlekelele zemvelo', kodwa empeleni ziyizingozi zemvelo ezibanga izinhlekelele emiphakathini. Uyawubona umehluko?

Inhlekelele yenzeka lapho lezi zimo ezintathu ezilandelayo zenzeka ngesikhathi esisodwa:

- Kwenzeka into edala ingozi, engokwemvelo noma edalwe ngabantu.
- Lento ibangela umonakalo omkhulu, ikakhulukazi uma zingekho izinyathelo ezithathiwe zokukugwema lokhu.
- Lesi sigameko sinomthelela omubi kakhulu kubantu abahlala ezindaweni ezisengcupheni.

## Yini ukusabela esimweni esiphuthumayo?



Ukusabela esimweni esiphuthumayo **ngokusabela okuhlelekile esigamekweni esingalindelekile noma esiyingozi**. Inhloso yokusabela ezimweni eziphuthumayo ukusindisa izimpilo kanye nokunciphisa noma ukwehlisa umthelela wesigameko kubantu noma endaweni. Ukusabela ezimweni eziphuthumayo kuyingxenye ebalulekile yokuphepha nokuvikeleka kanti futhi isikhathi sokusabela sibalulekile - uma abantu besabela ngokushesha, mncane umthelela wenhlekelele ongaba khona.

## OKUBALULEKILE:

Lo mhlahlandlela AKUHLOSIWE ngawo ukukulungiselela ukuba ube ngumuntu wosizo lokuqala oluphuthumayo. Kunalokho, lo mhlahlandlela kuhloswe ngawo ukusiza ukuba uqonde ukuthi yini okufanele uyenze njengesakhamuzi ngokujwayelekile uma uhlangabezana nesimo esiphuthumayo.



## Yini ukuba sengcupheni?



Ukuba sengcupheni **ukungakwazi ukuvimba ingozi noma ukubhekana nesimo uma kuvela inhlekelele**. Isibonelo, abantu abahlala ezindaweni ezingamathafa basengcupheni yezikhukhula kakhulu kunabantu abahlala endaweni ephakeme. Ukuba sengcupheni kuncike ezintweni eziningana, njengeminyaka yabantu nesimo sempilo, isimo sendawo nesimo sezinhlelo zamanzi ahambayo, kanye nezingabunjalo lesimo sezakhiwo zendawo kanye nendawo ezikuyo maqondana nanoma yibuphi ubungozi. Imindeni enezinsiza ezimbalwa ngokuvamile ihlala ezindaweni ezisengcupheni enkulu ngoba ayikwazi ukukhokhela izindawo eziphephile ezivame ukubiza kakhulu. Yilokhu esikubiza ngokuthi **ukuba sengcupheni ngokomnotho**. Ngokufanayo, indlu yamapulangwe ayivamile ukuwa uma kunokuzamazama komhlaba, kodwa ingase ibe sengcupheni enkulu uma kuba nomlilo noma isiphepho esikhulu. Yilokhu esikubiza ngokuthi **ukuba sengcupheni ngokoqobo**.

## Yini umuntu wosizo lokuqala oluphuthumayo?



Umuntu wosizo lokuqala oluphuthumayo ngulowo **oqeqeshelwe lokho**, njengephoyisa, udokotela wezokwelapha noma umcishimlilo, **onomsebenzi wokuba umuntu ofika kuqala endaweni okunesimo esiphuthumayo kuyo**. Umuntu wosizo lokuqala oluphuthumayo uqeqeshwe ngokukhethekile nokwenza azi ukuthi yini okufanele yenziwe ezimweni ezihlukahlukene, okuvame ukuba ukuqeqeshwa kwezokwelapha.

## Yini ubungozi?



Ubungozi **ngamathuba okuthi ingozi iphenduke inhlekelele**. Ubungcuphe kanye nezinto ezidalwa izingozi akuyona ingozi uma kubhekwa ngokuhlukana, kodwa uma kuhlanguka, kuba yingozi, noma ngamanye amazwi, kunamathuba amaningi okuba kwenzeka inhlekelele. Okudala izingozi kungancishiswa noma kulawulwe. Uma siqaphela indlela esinakekela ngayo indawo, futhi uma sazi ubuthakathaka bethu nobungcuphe balokho okungadala izingozi kuthina, singathatha izinyathelo zokuqinisekisa ukuthi lobo bungozi abuphenduki izinhlekelele. Ukuhlola ubungozi nobungcuphe kuyingxenye ebalulekile yomsebenzi wokulungiselela izimo eziphuthumayo. Singacabangela ukuthi ubungozi nobungcuphe kungahlanguka kanjani, ukuze sikwazi ukuvumelanisa izimo futhi sinciphise umthelela wobungozi ongaba khona.

## Kuyini ukukwazi ukumelana nezimo zenhlo?



Ukukwazi ukumelana nezimo zenhlo **ngukukwazi kohlelo lomphakathi ukumelana, ukubekezelela, ukusabela nokusindisa ezinhlekeleleni**. Ukumelana nezimo zenhlo kugxile ezimweni ezisiza abantu ukuba bakwazi ukumelana nokungaboni ngaso linye uma kuba khona, noma ukuvumelanisa nezinguquko uma kwenzeka okuthile. Into ebalulekile ekumelaneni nezimo zenhlo ngokusebenzisa ukuxhumana okukhona emiphakathini phakathi kwamaqoqo, imiphakathi kanye nokuxhunywana nabo ukuze kumelwane, kulawulwe futhi kusizwe abantu ezimweni eziphuthumayo. Ukukwazi ukumelana nezimo kungabhekwa ngezindlela ezintathu: 1) ikhono lokubhekana nesimo; 2) ikhono lokuvumelanisa; 3) ikhono lokuguqula. Izinxoxo eziningi mayelana nokukwazi ukumelana nezimo zibandakanya ukwakha amandla okuba umsebenzi uqhubeke, futhi yikona lokho lo mhlahlandlela ohlose ukukwenza - **ukwakha amandla okuba kube khona abakwazi ukusabela ngezikhathi zezimo eziphuthumayo**.



## Izinhlobo zezimo eziphuthumayo

## ISOMISO



**Isomiso** senzeka uma isifunda noma indawo ithola imvula encane kunokwejwayelekile nenganciphisa ukugeleza komfula, ilimaze izitshalo futhi iphazamise ukuhlinzekwa kwamanzi.

Kunezinhlobo ezine zesomiso:

- Isomiso sezulu** - yilapho inani lezimvula endaweni ethile lingaphansi kwesilinganiso.
- Isomiso sokushoda kwamanzi emadamini** - yilapho ukuncipha kwemvula kuphazamisa ukufinyelela kwamanzi emadamini.
- Isomiso kwezolimo** - yilapho izitshalo ziphazamiseka ngenxa yezingazi zesomiso.
- Isomiso kwezomnotho** - yilapho isidingo samanzi singaphezu kwalawo atholakalayo.

Eminyakeni eyishumi edlule iNingizimu Afrika ibhekane nezomiso ezinkulu, ikakhulukazi ezifundeni zaseMpumalanga naseNtshonalanga Kapa.

## ISIBONELO:

**Isomiso saseKapa, Ngo-2015 - 2018**

Ngemva kweminyaka emithathu libe nemvula engaphansi kwesilinganiso esijwayelekile, iKapa labhekana nesomiso esikhulu esaholela ekutheni kome amadamu, nokwathikameza ukuhlinzekwa kwamanzi edolobheni laseKapa. Ngemva kontswinyo lamanzi nokumenyenzelwa kabanzi ukuba kongiwe amanzi, iDolobha lakwazi ukugwema 'uSuku Olungenathonsi' - usuku okwakuzovalwa ngalo ompompi. Isomiso saseKapa sasiwumphumela wokuguquka kwesimo sezulu owathikameza umkhuba ojwayelekile wesimo sezulu, ukuhlela kabi kanye nokungakwazi ukulinganisa izilinganiso zezulu ezincike ebufakazini.

## IZIKHUKHULA



**Izikhukhula** ziyizingozi zemvelo ezibangelwa ukuphuphuma kwamanzi amaningi emhlabathini owomile ngenxa yemvula enkulu. Kunezinhlobo ezintathu ezivamile zezikhukhula:

- Izikhukhula ezinamandla** ezidalwa imvula esheshayo nenkulu kakhulu esikhathini esifushane (ngokuvamile ngamahora ayi-6). Izikhukhula ezinamandla zandisa amazinga amanzi emifuleni, emihosheni nasemiseleni.
- Izikhukhula zomfula** senzeka uma imvula enkulu idala ukuthi usebe lomfula luphuphume.
- Izikhukhula zolwandle** zidalwa ukukhuphuka kwezinga lolwandle okubangelwa amagagasi aphakeme, ukukhuphuka kwezipepho, noma amatsunami.

Izikhukhula eziyingozi zivame ukuba khona kakhulu eNingizimu Afrika. INingizimu Afrika isike yabhekana nezikhukhula ezinkulu ezingaphezu kwama-77 phakathi kowe-1980 nowe-2010, kanye nezinye eziningi ngemva kwalokho.

## ISIBONELO:

**Umfula iHennops, Izikhukhula zaseTshwane, Ngo-2019 nango-2022**

UMfula iHennops eTshwane waqhonyelwa usebe ngenxa yezimvula ezinkulu. Lezi zikhukhula zathikameza izimpilo zabantu abangaphezu kwesigidi esisodwa ababehlala eduze nomfula. Zombili lezi zigameko zezikhukhula zaholela emonakakweni wengxenywe enkulu yengqalasizinda nezomnotho, ngenkathi imigwaqo, izakhiwo nezindlu zimbozeka.

**Izikhukhula ZaKwaZulu-Natali, Ngo-Ephreli 2022**

Ngo-Ephreli 2022, imvula enkulu kakhulu yaholela ezikhukhuleni ezacekela phansi kakhulu KwaZulu-Natali, kwafa abantu abangama-448 (kubandakanya izingane zesikole ezingama-57), yashiya abantu abangaphezu kwezi-40,000 bengenazindawo zokuhlala, futhi yacekela phansi izindlu ezingaphezu kwezi-12,000, izikole ezingama-600 kanti futhi lokho kwaholela ekuphazamisekeni kokuhlinzekwa kwamanzi, ezokuthutha kanye nemisebenzi yansuku zonke. Nakuba ukuguquka kwesimo sezulu okuholela emvuleni enkulu kubhekwa njengembangela enqala, izindlu ezingakhekile kahle ezindaweni ezingahlelekile ngokusemthethweni, ingqalasizinda esigugile kanye nolwazi oluncane mayelana nokuthi kubhekwana kanjani nezikhukhula emiphakathini esengcupheni kwenza umonakalo waba mubi kakhulu.

## IMILILO YEQUBULA



**Imililo** idalwa uphethiloli, izimo zezulu noma okuthungelekayo njengombani, izinqamu zikagwayi ezisavutha, noma ukushiswa kwezakhiwo. Imililo ingaqala emakhaya ngengozi noma ngenxa yokunganaki kwabantu, njengamaphutha kagesi ezintweni ezisebenza ngogesi, amakhandlela avuthayo, okokufudumeza endlini, amafutha avuthayo phezu kwesitofu, noma imililo yokosa evulekile engabhekiwe.

**Imililo yamadlelo** wuhlobo lwemililo edaleka ngokwemvelo, njengokushaya kombani, noma ngenxa yokwenziwa ngabantu, njengemililo yasemakhempini. Le mililo ivame ezwimeni ezinokoma okukhulu, njengezikhathi zesomiso nangezikhathi ezinomoya omkhulu kakhulu.

**Imililo yequbula** ijwayelekile eNingizimu Afrika, idala umonakalo ezindaweni zokuhlala zemvelo, empahleni, ezitshalweni, kanye nakwizingabunjalo lomoya okungabangela izinkinga zokuphefumula kanti futhi kungaholela nasekulahlekeni kwempilo.

## ISIBONELO:

**Umlilo owaqubuka eTable Mountain, eKapa, 2021**

Umlilo wequbula owaqubuka eTable Mountain ngo-Ephreli 2021 wasabalala ezingxenyeni zeNational Park ngaseNyuvesi yaseCape Town (e-UCT). Lo mlilo wacekela phansi ikhempasi ye-UCT engasenhla, lapho kwacekeleka phansi khona uMtapo Wolwazi Wekhetelo kanye nezakhiwo zomlando, ezinjengeMostert's Mill. Abafundi kwakudingeka ukuba baphume ezindaweni zokuhlala nenyuvesi yathi ukumiswa okwesikhashana. Nakuba imbangelo yomlilo ingazange iqinisekise, izici ezinjengomoya, izitshalo ezomile, nesimo sezulu esishisayo kakhulu zaphawulwa njengezinto ezaba nomthelela ekusabalaliseni umlilo.

**Izinhlobo zezimo eziphuthumayo**  
**IZIPHEPHO EZIBUCAYI**



**Iziphepho ezibucayi**, njengokuduma kwezulu, ziyizimo zezulu ezishaya kanzima isikhashana ezihambisana nombani, ukuduma, amafu awugqinsi, imvula enkulu noma isichotho, nemimoya enamandla.

Imibani yokuduma kwezulu ingayiqala imililo, ilimaze imishini kagesi futhi ibulale nabantu ngogesi kanye nemfuyo. Imimoya enamandla edalwa yiziphepho ingabhidliza izindlu, igingqo izimoto, isiphule izihlahla futhi iphephule izigxobo.

Izindawo eziseNingizimu ne-Afrika ziba nalokhu kuduma kwezulu kakhulu uma kuyihlobo. Lezi ziphepho zithikameza kakhulu izindlu esezindaweni zokuhlala ezingahlelekile ngokusemthethweni, ezivame ukwakhiwa ngempahla eshibhile ezindaweni ezisemathubeni amakhulu okuba senhlekeleleni.

**ISIBONELO:**

**Iziphepho zase-Mpumalanga Kapa, 2021**

NgoDisemba 2021, iziphepho ezinkulu zahlasela idolobha laseMthatha, esifundazweni sase-Mpumalanga Kapa. Kwafa abantu abayisithupha, abangaphezu kwama-27 balala ezibhedlela, amakhulu ngamakhulu abantu asala enganamakhaya. Kwabhidlika izindlu ezingaphezu kweziyi-1,000, kwathikamezeka abantu abayi-8810. Ngaphezu kokubhidlika kwezindlu nezakhiwo, iziphepho zaba nomthelela ezimpilweni zabantu, emanzini kanye nasezinhlalweni zamanzi ahambayo, ekutholakaleni kokudla kanye nasekuphileni kahle kwabantu, kwashiya abantu bebhekene nemiphumela ethelelanayo ebandakanya usizi lokuhlukumezeka, ukucindezeleka kwengqondo, kanye nokungatholakali ngokwanele kwempahla esetshenziselwa inhlanzeko nokudla.

**IZIMO EZIPHUTHUMAYO ZEZEPILO**



**Izimo eziphuthumayo zezempilo** ngokuvamile zenzeka ngenxa yomashayabhuqe noma ubhubhane.

Omachayabhuqe yizifo ezithathelanayo ezisabalala emphakathini, ebantwini noma esifundeni, futhi zingaba nemiphumela emibi yezempilo. Izibonelo zomashayabhuqe yikholera, izimungumungwane nomalaleveva.

Izifo ezingomashayabhuqe noma ukugula ezisabalalayo zingene eqoqweni elikhulu labantu, okuvame ukuba ngokuthi sisuka kumuntu oyedwa siya komunye kudabule amazwe namazwekazi. Izifo ezingomashayabhuqe zinamandla okubulala izigidi zabantu, futhi ziphazamise imiphakathi neminotsho.

Njengoba kwanda ukuvakashela amazwe omhlaba wonke, ukuthuthukiswa kwamadolobha, izinguquko ekusetshenzisweni komhlaba, nokuxhashazwa okukhulu kwendawo yemvelo, izimo eziphuthumayo zezempilo sekwandile futhi sekusabalala kakhudlwana.

**ISIBONELO:**

**Izimungumungwane**

Ngasekupheleni kowe-2022, ukuqubuka kwesimungumungwane kwaqala esifundazweni saseLimpopo ikakhulukazi ezinganeni ezineminyaka ephakathi kwemi-5 kuya kweyi-9 ubudala. Ngasekuqaleni kowe-2023, isimungumungwane sase sisabalalele nakwezinye izifundazwe ezinhlanu, kwaqinisekiswa ukutheleleka kubantu abangaphezu kwe-130. Ingingi lalaba bantu ababethelelekile babengomile.

**I-HIV/AIDS**

I-Ningizimu Afrika ihamba phambili ngobhubhane lweHIV — Ama-20% abo bonke abantu abaphila neHIV baseNingizimu Afrika, kanti ama-20% abatheleleka ngeHIV ngokusha nawo ulapha. Izwe liphinde libhekane nomthwalo omkhulu weSifo Sofuba (iTB), okubandakanya neTB engazweli emithini eminingi, okukhulisa izinga lobhubhane lweHIV. Cishe abantu abayizigidi eziyi-8.2 njengamanje baphila negciwane leHIV.

**IZIBHELU ZOMPHAKATHI**



**Izibhelu zomphakathi** zingenzeka nganoma yisiphi isikhathi futhi maningi amathuba okuthi izinto ezinjengobuphofu kanye nokungasebenzi kuholele ekukhungathekeni nasekuthukutheleleni iziphathimandla noma amanye amaqoqo emphakathini. Izibhelu zomphakathi zingaqhutshwa ngokuthula, ngokumasha, kodwa futhi zingaba nokuphazamisa nobudlova, njengemibhikiso, iziteleka nokubhiyoza.

Le mibhikisho ingasetshenziswa kalula ngamaqembu ahlukahlukene futhi ingabangela ukuphazamiseka ekuhlinzekweni kwezidingo, njengasekutholeni izithuthi zomphakathi kanti futhi ingaholela ekufeni, ekucekelweni phansi kwempahla, ekulimaleni noma ekuboshweni ngamaphoyisa ezama ukulawula izibhelu.

**ISIBONELO:**

**Izibhelu Zomphakathi, NgoJulayi 2021**

NgoJulayi 2021, iNingizimu Afrika yabhekana nesigameko sobudlova obabubandakanya ukuphanga, ukulwela ukudla, ukumosheka wempahla, futhi okubuhlungu kakhulu, kwaba ngokufa kwamakhulu abantu. Ukudicileleka phansi ngokushesha kwesimo kwagqamisa ukuthi ukulawulwa komthetho kungacekeleka phansi ngokushesha kangakanani. Izinto ezinomthelela kulokhu zibandakanya ubuphofu kanye nokungasebenzi okubangele ukukhungatheka, kanye nokungakwazi kwalabo ababhekelele ezokuphepha ukulawula ngokushesha udlame.

**OKUBALULEKILE**

**Kubalulekile ukuqonda ukuthi ubongozi buvame ukuxhumana nokulekelelana ekuqiniseni obunye.**



Isibonelo, izikhukhula ziyingozi yemvelo ngokusempeleni, kodwa kungaholela ekusakazekeni kwezifo ezithathelana ngamanzi, okuholela esimweni esiphuthumayo sezempilo. Ngokufanayo, ukungcola komoya, okuyingozi yamakhemikhali, kungalimaza izicubu zokuphefumula futhi kubange intukuthelo emiphakathini engaholela kwizibhelu zomphakathi. Izimo eziphuthumayo azenzeki njalo ngokuzimela futhi zingabangelana kwesinye nesinye ngezindlela ezihlukahlukene.



# 03

## Ukulungiselela Izimo Eziphuthumayo

Uma sicabanga ngezinhlekelele, sivame ukucabanga ngaleso sigameko esenzekile ngqo - ukubambeka ezikhukhuleni noma ukuvaleleka ezibhelwini - hhayi izigameko eziholele kulokho.

Enye yezindlela ezingcono kakhulu zokubhekana nezinhlekelele 'ukulungiselela izimo eziphuthumayo', okuqondiswe ezinyathelweni zokugwema ongazithatha ukuze unciphise imiphumela yenhlekelele emndenini wakho, emphakathini nasempilweni. Ukulungiselela kungasiza ukunciphisa ukukhathazeka, ukwesaba, ukudideka nokulahlekelwa.

Injongo ngokulungiselela yilena:

- Ngukunciphisa umthelela ongalwa yinhlekelele uma ivela,
- Ngukuqonda ngokufanele ukwenze ngesikhathi senhlekelele, kanye
- Nokusungula uhlelo olusebenzisa kahle izinsiza nesikhathi, lunciphise inani lomzamo odingekayo ukuze kugcineke wena nomphakathi wangakini niphephile.

Ngukuqinisekisa ukuthi konke ukuzilungiselela izimo eziphuthumayo kufanele kuqondane ngqo nesimo sakho, futhi kumele kuhlelwe ngendlela eqondene nawe ngqo. Ngukusebenzisa le ngxenye yomhlahlandlela ukuze ubone izinyathelo mayelana nokuthi ungazilungiselela kanjani.

### 3.1 Ukuhlonza Ubungozi

Ingxenye ebalulekile yokulungiselela nokulawula inhlekelele ukuhlonza ubungozi ongaba kubona kanye nobungcuphe kusanekhathi.

Ukuhlonza ubungozi kubheka izinto ezibangela izinhlekelele, nobungozi obungase bube khona obungenza lezi zinhlekelele zibe zimbi kakhulu. Uhlelo lokuhlola ubukhona bobungozi luhlonza, luhlale, futhi luzame ukuqonda ubungozi obungaba yinhlekelele, kanti futhi lubalulekile ekubunciphiseni.

Ungase uthole ukuthi indawo yangakini isinalo vele uhlelo lokuhlola ubukhona bobungozi oluqondene nayo. Zama ukuthintana nekansela lesigceme okuso ucele ukuthi likubonise umbiko wohlelo lokuhlola kobukhona kobungozi, noma uthole ukuthi lingakwazi yini ukuhlalanganisa iqembu lababambiqhaza elizokwenza lowo msebenzi. Noma yikuphi, kuhlale kuwumqondo omuhle ukuxhumana nommeleli kahulumeni wendawo yangakini ukuze uthole ukuthi yini eyenziwe nokuthi yini esadinga ukwenziwa.

**Awazi ukuthi ngubani ikhansela lendawo yangakini?**  
**Bheka ku-[www.elections.org.za](http://www.elections.org.za) ukuze uthole.**

Uma nithanda, wena nenye intsha endaweni yangakini ningazihlelela ngokwenu ubukhona bobungozi ngohlelo lwenu olungajulile kakhulu. Ningakuzama lokhu nasezingeni lesikole. Uma kuhlolwa kobukhona bobungozi, ezinye zezinto ezibaluleke kakhulu okufanele uzicabange futhi uziquonde yilezi:

- **Okungadala ingozi:** izinto ezingadala umonakalo, njengezikhukhula, isiphapho, umlilo, noma izibhelu zomphakathi
- **Ukuba sengcupheni:** ukuthi usengcupheni kangakanani yalokhu okungadala ingozi
- **Ukuba sengozini:** ukuthi wena nabanye abantu noma izinto ezithile nisengozini engakanani



## Ukuhlola ubungozi engingaba kubona



IMIBUZO  
ENGUMHLAHLANDLELE



IZIMPENDULO ZAMI

Hlobo luni lwesimo sezulu ohlala ngaphansi kwaso? Ngabe kuyashisa, komile, kuyabanda, kuyana, noma kunezinye izimo zesimo sezulu?

Hlobo luni lwendawo ohlala kuyo? Ngabe zikhona izindawo ezibukeka sengathi zisengcupheni yezingozini ezihlobene nesimo sezulu, njengezindawo ezingaba nezikhukhula, imimango enyukelayo engaba sengcupheni yokuguguleka komhlaba, izindawo ezigugulekile.

Ngabe zikhona izindawo ezibukeka sengathi azikho engcupheni yezingozini ezihlobene nesimo sezulu, ezingaba yizindawo eziphephile zokuhlala?

Ngabe zikhona ezinye izingozini ezingahlobene nezesimo sezulu endaweni, njengezokungcoliseka kwemvelo?

Ngabe zikhona izindawo ezivamise ukuba namanzi ami ndawonye noma lapho amanzi azinze khona?

Ngabe umphakathi wangakini uke waba nezimo eziphuthumayo noma izinhlekelele esikhathini esedlule? Yiziphi lezo zimo, yini eyenzeka, futhi bangaki abantu abathinteka?

OKUNGADALA INGOZI



## 3.1 Ukuhlonza Ubungozi

## Ukuhlola ubungozi engingaba kubona



## IMIBUZO ENGUMHLAHLANDLELA



## IZIMPENDULO ZAMI

Hlobo luni lwesakhiwo oluhlolayo? Ngabe yisakhiwo esiphephile, sakhiwe ngani, isakhiwo siphephe kangakanani?

Manganani amathuba okufinyelela 'kwizinsizakalo zempilo' ezifana nalezi:

Abantu bawusebenzisa kanjani umhlaba okuzungezile? Ngabe usebenza njengendawo ehlala abantu noma esadolobha elinezindlu nezitolo, kumbe njengendawo esemaphandleni enezindawo ezingamapulazi nendawo evulekile?

Yiluphi uhlobo lwezakhiwo eninazo emphakathini wangakini, izinto ezinjengalezi:

Hlobo luni lokuxhumana komphakathi okukhona noma oyingxenywe yako? Ngabe ninalo uhlelo lokugada indawo emphakathini wangakini, iqoqo eligada umphakathi, iqembu lezenkolo, nanoma yiluphi olunye uhlobo lwezikhungo zenhlalo noma zomphakathi oyingxenywe yazo noma abanye abayingxenywe yazo?

Ukuhlinzekwa kwamanzi

Amanzi okuthutha imfucuza nenhlanzeko

Ukulawuleka kwamanzi ezitamkoko

Okwezamandla

Ukuthuthwa kukadoti

Ezokuthutha

Inxanxathela yemigwaqo

Ezokuxhumana

Izikhungo zemfundo

Izikhungo zezempilo

Izakhiwo zikahulumeni wendawo

Izakhiwo zezenkolo/amahholo omphakathi

Izikhungo zokufuduka

Ezinye izingqalasizinda noma izakhiwo zomphakathi

## 3.1 Ukuhlonza Ubungozi

## Ukuhlola ubungozi engingaba kubona



## IMIBUZO ENGUMHLAHLANDLELELA



## IZIMPENDULO ZAMI

Uma ucabanga, ngabe usengozini yokuba senhlekeleleni noma esimweni esiphuthumayo? Uma kunjalo, kungaba yini? Cabanga ngosekuke kwenzeka noma ulwazi onalo ngokomlando ukuze udlinze ngalokhu.

Kukhona ukuxhumana okuqinile nabathile abakusingathile? Ngabe bakhona abantu ongabashayela ucingo, amaqembu ahlukahlukene oyingxenywe yawo?

Yiluphi ulwazi onalo mayelana nokusindisa enhlekeleleni? Ngabe uyakwazi ukushintsha kalula lokho okudingayo ngokunye noma lokho vele sekuyinto enzima?

Ngabe kukhona abantu asebekhulile, izingane ezincane, noma abantu abakhubazekile ohlala nabo?

**Sebenzisa iminingwane oyinikile ngenhla ukuhlonza okulandelayo:**

Izinkinga nezinto ezinyinkinga emphakathini wami yilezi:

Ukukhathazeka kwami okukhulu ngalokhu yilokhu:

Ukuze sisize kulokhu noma sikulungiselele kangcono, mina/thina sidinga ukwenza lokhu:









### 3.2. Ukuhlonza izimpawu zokuxwayisa kusekahle

*Uma usubazi ubungozi ongaba kubona nobungcuphe, ungenza okuthile okubaluleke ngempela: ukuqapha.*



Izinhlekelele eziningi azivele nje zizenzekele kungonakele lutho. Ngokuvamile kunohlobo lokulekana oluba khona, lapho izinto ziqala ukushintsha kancane kuze kufinyelele lapho zibhamuka khona. Yingakho kudingeka sibheke izimpawu zokuqala ezixwayisa ngokuthi kungenzeka kube nenhlekelele esendleleni.

#### YILUPHI UPHAWU OLUYISIXWAYISO SOKUQALA?

zimpawu zezixwayiso zokuqala yizimpawu zokuqala nezimpawu eziphakamisa ukuthi kukhona okungalungile. Indlela engcono kakhulu yokuhlonza izimpawu zezixwayiso zokuqala ukuthi ujoyelane futhi ube nolwazi mayelana nendawo ekuzungezile.



Yithakasele indawo yangakini, qaphela ukuthi imvula iza nini, isikhathi eside kangakanani nokuthi inkulu kangakanani, izitshalo zikhula kuphi, umhlabathi unjani, nokuthi umfula ugeleza kuphi. Langazelela ukwazi ukuthi umhlaba ngokwemvelo kanye nomphakathi kusebenza kanjani, abantu bahambaphi khona futhi bayaphi, ukuthi izinhlelo zokuthutha amanzi noma udoti zihamba kanjani. Ukwazi kahle ngendawo ekuzungezile kuzokusiza ukuthi uqaphele ukuthi izinto ziqala nini ukushintsha – futhi lokhu kubalulekile ekulungiseleleni izimo eziphuthumayo.

Kunezimpawu eziningi eziqondile zezixwayiso zokuqala zezinhlobo ezahlukene zezingozu. Isibonelo, kunezindlela zokulinganisa amazanga omfula ukuqapha izikhukhula, noma lapho zomile ngenxa yesomiso. Uma usubuhlolile ubungozi futhi wabona ukuthi iyiphi ingozi ehambisana kakhulu nendawo yangakini, thola ukuthi yiziphi izimpawu zesixwayiso zaleyo ngozi bese uqala ukuziqapha emphakathini wakho.

#### Yiba nguSHAMPENI WENDAWO

Ukunakekela indawo yangakini kunganciphisa ubungozi nobungcuphe. Lwela ukugcina umphakathi wangakini uhlanzekile – udoti ungavimba amanzi izitamkoko futhi ungcolise imifula, okungaba umthelela omubi kakhulu ezikhukhuleni.

Sungula ikilabhu yesikole noma yomphakathi engasekela ukuqoqwa kukadoti, ukusetshenziswa kabusha kukadoti ukwakha eminye imikhijizo kanye nokuqapha izinhlelo zokuthuthwa kwendle ezikoleni.

Thola ikhithi okuthiwa yi-‘**SASS encane**’ ozoqapha ngayo isimo semifudlana nemifula yendawo yangakini. Bandakanya umphakathi wakho, isikole, noma umndeni nabangane bese unikeza imininingwane ebalulekile ku-SASS encane nakwiziphathimandla zendawo ukugqogquzela ukuba kwenziwe okuthile.

Bheka okunye lapha: <https://minisass.org/en/>



### 3.3. Ukusungula Uhlelo Lwakho Lwezimo Eziphuthumayo

*Ukuze ubhekane nenhlekelele, kubalulekile ukusungula uhlelo lwezimo eziphuthumayo, oluchaza izinyathelo nemisebenzi enqala nokufanele uyenze uma ubhekene nenhlekelele.*

Uma usuyiqonda imigomo yokuhlelela izimo eziphuthumayo, ungaqala usungule olwakho uhlelo lwezimo eziphuthumayo.

ISINYATHELO  
**1** Qala ngomndeni wakho

Indlela enhle yokusungula uhlelo lokuhlelela izimo eziphuthumayo ngokuhlela nomndeni wakho uqobo, ngakho-ke cabanga ngokuthi uhlala kuphi nokuthi uhlala nobani.

Bheka okukuzungezile. Yibuphi okungadala izingozi okuseduze nekhaya lakho? Ngabe kukhona okungenziwa ngcono endlini yakho ukuze iphephe kakhudlwana? Ngabe zikhona izindawo endlini yakho noma emphakathini wangakini ezingase ziphephe kakhudlwana uma kwenzeka kuba nengozi? Bakuphi abantu abaseduze nezikhungo ezingakusiza, njengesikole, isiteshi sezicimamilo, indawo yokukhonzela, isiteshi samaphoyisa, isibhedlela/isikhungo sezempilo noma inhlango yendawo? Sebenzisa imininingwane etholakale ekuhlolweni kobungozi kanye nakwibalazwe lobungozi ukukusiza ekunikizeni umhlahlandlela.

ISINYATHELO  
**2** Hlonza Indawo Yakho Ephephile

Okubaluleke kakhulu ukuthi uhlale uphephile, kanti futhi ukuze wenze lokhu udinga ukuhlonza 'indawo ephephile' ongayo kuyo uma kuba nesidingo.

**Iyiphi indawo ephephile?** Indawo ephephile yindawo ongayo kuyo othembayo ukuthi ngeke usabhekane nokulimala uma ukuyona. Kuyilapho futhi ungafinyelela khona kwizinsiza eziyisisekelo ezinjengendawo yokukhosela, ukudla, amanzi, ugesi noma ukuxhumana. Yazi ukuthi izindawo eziphephile zikuphi - zingaba sekhaya, ekhaya lomngane noma lelungu lomndeni, esikoleni, noma esikhungweni somphakathi.

Kubalulekile ukukhuluma nabanikazi baleyo ndawo futhi ubazise ukuthi yindawo ephephile kuwe. Banike uhlelo lwakho lwezimo eziphuthumayo - uma abantu bekwazi lokho okudingayo, futhi bekwazi ukuthi isimo sakho sinjani, kuyabasiza ukuba bakulungele kangcono ukukusiza uma isikhathi sifika.

Uma usutholile indawo yakho ephephile, yazi ukuthi ungayo kanjani lapho usuka ezindaweni ezihlukahlukene (ekhaya, esikoleni), futhi ucacise imizila ehlukile uma kwenzeka umuntu evimbeka. Ungaphinde ugcinde lezi zindawo ezinsizeni zamabalazwe kudivayisi yakho okwazi ukuhamba nayo.

Nansi eminye imigomo ongacabanga ngayo:  
**Izimisizokuhlelela izimo eziphuthumayo**

1. Ukuhlelela izimo eziphuthumayo kuhambisana nobungozi obutholakele. Uhlelo lwakho kufanele luncike ohlelweni lokuhlola ubukhona bobungozi.
2. Ukuhlelela izimo eziphuthumayo kunciphisa okungenzeka okungaziwa. Ukuhlelela kwandisa ukuqonda kwakho ngobungozi, ubungcuphe, kanye nezindlela zokubhekana nesimo esiphuthumayo ezindaweni zomphakathi, ezakhiweni, kwezomnotho, nezendalo.
3. Kuyasetshenziswa uma kuhlelelwa izimo eziphuthumayo futhi kufaka wonke umuntu. Ukuhlelela kubandakanya ukubonisana nokuzibandakanya nanoma ubani othintekayo kulolo hlelo.
4. Ukuhlelela izimo eziphuthumayo kungubuhlakani. Ukuhlelela kuthuthukisa izinhloso ezihlelwe ngobuhlakani, ubudlelwano, kanye nokuxhumana.
5. Ukuhlelela izimo eziphuthumayo kuqondiswe ezizazululweni. Ukuhlelela kusiza ekusunguleni izindlela ezilawula kangcono ubungozi nemiphumela.
6. Ukuhlelela izimo eziphuthumayo kulandela inqubo ethile. Ukufunda esinyathelweni ngasinye kuzokusiza ukuthi uhlele izinyathelo ezilandelayo.
7. Ukuhlelela izimo eziphuthumayo kwenzeka ukwazi ukulungisa noma ukushintsha uma kudingeka. Ukuhlelela kusungula izinhloso ezihlinzeka isisekelo esingakha ngazo izixazululo ezivumelana nezimo.
8. Ukuhlelela izimo eziphuthumayo kuwumthwalo ohlanganyelwayo. Zonke izinhlelo zezimo eziphuthumayo zisebenza kangcono uma kunabantu abaningi ababambe iqhaza.



### 3.3. Ukusungula Uhlelo Lwakho Lwezimo Eziphuthumayo

ISINYATHELO

3

#### Yakha Uhlu Lwakho Lokuxhunywana Nabo Ngezimo Eziphuthumayo

Khumbula, awuyena umuntu wosizo lokuqala oluphuthumayo, ngakho uma kuba nesimo esiphuthumayo, udinga ukushayela othile ucingo ukuze uzitholele usizo futhi uthole indawo ephephile, noma uxwayise, uvikele, kumbe usize abanye abantu uma uphephile. Udinga ukwazi ukuthi kufanele uxhumane nobani futhi kubaluleke kakhulu ukuthi ube nezinombolo zocingo kanye neminingwane yokuxhumana eduze.

Uma usesimweni esiphuthumayo, yazisa othile – shayela abazali noma abanakekeli bakho ucingo! Qiniseka ukuthi uyazazi izinombolo zabo ngenhliziyo, futhi ungacabangi ukuthi uzokwazi ukubheka noma yiziphi izinombolo ocingweni lwakho. Hlanganisa uhlu lwabambalwa abangathintwa bezimo eziphuthumayo, bese ukhumbula lezi zinombolo uma kwenzeka ucingo lwakho lungasebenzi.

Kukhona nezinombolo ezibalulekile zikazwelonke okudingeka uzazi. Kuya ngohlobo lwezimo eziphuthumayo, kuzodingeka uxhumane nabantu abahlukene, ngakho-ke cabanga ngezinguzi nokuthi kungadingeka uxhumane nobani.

#### ZINOMBOLO ZOKUXHUMANA EZIMWENI EZIPHUTHUMAYO ZEZINGA LIKAZWELONKE

Abasabela ezimweni eziphuthumayo ezingeni likazwelonke **10111**

I-ambulensi **10177**

*Ukushayela izimo eziphuthumayo ngomakhalekhukhwini Chofoza u-112 kunoma iyiphi ifoni engumakhalekhukhwini eNingizimu Afrika ukuze uxhunyaniswe nesikhungo sabahlinzeki bezokuxhumana sezingcingo zosizo oluphuthumayo. Obamba ucingo ube esekufaka kwabohlelo lwezimo eziphuthumayo (amaphoyisa, i-ambulensi, izicimamlilo, amaphoyisa omgwaqo, abokusindisa olwandle).* **112**

Isikhungo Sikazwelonke Sokulawulwa Kwezinhlekelele **012 848 4602**



eNingizimu Afrika, iziteshi zethu zomlilo zendawo zidlala indima ebaluleke kakhulu ekusabeleni ezimweni eziphuthumayo futhi ziwumthombo onqala emiphakathini yethu. Thintana nomnyango wezokucinywa kwemililo endaweni yangakini ubacele iseluleko – bangase bakwazi ukukusiza ngemininingwane ebalulekile yokuxhumana, izinsiza ezahlukahlukene, ngisho nangezinye izinhlobo ezihlukahlukene zokuqeqeshwa. Kubalulekile ukwakha ubudlelwano nabezimo eziphuthumayo endaweni yangakini, ngakho zethule, thola ukuthi yiziphi izinsiza ezitholakalayo, futhi ubazise ukuthi uzimisele ukuhlale ukulungele ukuvela kwezinhlekelele.

Imiphakathi eminingi eNingizimu Afrika inamaqoqo ekuwona ezinkundla zokuxhumana anikezana kuyo imininingwane mayelana nezinombolo ezibalulekile endaweni. Zama ukujoyina la maqoqo ukuze uqinisekise ukuthi unayo yonke imininingwane yokuxhumana ebukeyiwe endaweni yangakini. Yenza ucwaningo mayelana nokuthi yimaphi amasevisi atholakalayo endaweni yangakini, bese usebenzisa lolu hlu ukukusiza uqale.

#### Uhlu Lwami Lokuxhumana

USIZO	INOMBOLO YOKUXHUMANA
<b>Izingcingo Zosizo Ezingeni Likazwelonke</b>	
Abasabela ezimweni eziphuthumayo ezingeni likazwelonke	10111
I-ambulensi	10177
Inombolo engasetshenziswa kumakhalekhukhwini ezimweni eziphuthumayo	112
<b>Umphakathi Wangakithi</b>	
I-ambulensi/isibhedlela/udokotela	
Amaphoyisa	
Umnyango Wezicimamlilo	
Izinsiza Zamanzi Nokuthuthwa Kwendle	
Ukugadwa Komphakathi/Iqoqo Lomphakathi	
<b>Imininingwane Yokuxhumana Nomndeni</b>	
Ongathintwa 1: Igama:	Ongathintwa 2: Igama:
Ucingo:	Ucingo:
Ikheli:	Ikheli:
<b>Ongathintwa Esimweni Esiphuthumayo Ongaphandle Kwedolobha</b>	
Ongathintwa 1: Igama:	Ongathintwa 1: Igama:
Ucingo:	Ucingo:
Ikheli:	Ikheli:







### 3.4. Ukuxhumana Namathimba Afanele Kanye Nokusungula Izinhlelo Zokuxwayisa Kusenesikhathi

*Kubalulekile ukuba nohlelo lwakho oluqondene nezimo eziphuthumayo, kodwa kubalulekile ukukhumbula ukuthi uyingxenye yomphakathi futhi kukhona abanye abantu abazothikamezeka uma kunesimo esiphuthumayo.*

Kuwumqondo omuhle ukuthola ukuthi yiluphi uhlobo lwezinhlangano zomphakathi ezikhona endaweni, amaqembu, noma izikhungo ezihlelekile ezizibandakanyayo ekulungiseleleni nasekusabeleni ezimweni eziphuthumayo.

Kunezinhlobo eziningi zokuxhumana komphakathi, zingase zihlanganise:

- Amakilabhu omphakathi noma amaqembu entsha
- Amaqembu ezakhamuzi zendawo
- Izinhlangano zezenkolo
- Ama-NGO noma amaqoqo omphakathi
- Izinhlangano zosizo

Yenza ucwaningo mayelana nomphakathi ohlala kuwo, thola ukuthi yimaphi amaqembu abhalisile, yini ayenzayo nokuthi asebenza kanjani. Ungase uthole okuthile okuthanda ngempela futhi lokhu kungaba enye indlela yokubandakanyeka emsebenzini wezenhlalo nomphakathi. Ukuxhumana namaqoqo ahluahlukene nezinkundla zokuxhumana kuyindlela ebalulekile yokwakha izinhlelo zezixwayiso zokuqala ukusiza abantu baxhumane mayelana nalokho, balungiselele futhi baphendule ezimweni eziphuthumayo ezahlukahlukene.

#### YINI UHLELO LWESIXWAYISO SOKUQALA?



Uhlelo lokuxwayisa kusenesikhathi yindlela yokunikeza abantu ulwazi olufanele, olunembayo ngesikhathi, ngendlela ehlelekile, ebavumela ukuba benze izinqumo eziphusile futhi bathathe izinyathelo.

#### Kunezinto ezine eziyisisekelo zokusungula uhlelo lokuxwayisa kusenesikhathi:



##### Ulwazi ngobungozi

ukwakha ukuqonda kwabantu ngobungozi, okudala izingozi nobungcuphe



##### Ukuqapha

ukulandelela lezo zingozi nokuhlola ukuthi zishintsha kanjani ngokuhamba kwesikhathi



##### Amandla okusabela

ukusiza abantu banciphise ubungozi uma bebona ukuthi kungenzeka kube nenkinga



##### Ukudlulisa imiyalezo yokuxwayisa

ukuxhumana nabantu ngezikhathi zezimo eziphuthumayo, ubanikeze imiyalezo engenziwa mayelana nendlela yokuphendula

Kungase kube namaqoqo omphakathi, amaqoqo ezimo eziphuthumayo, amaqoqo ezokuvikeleka, noma amanye amathimba afanele asevele enohlelo lokuxwayisa kusenesikhathi. Lokhu kuvame ukusebenza ezinkundleni zokuxhumana futhi kuwusizo ikakhulukazi ngezikhathi zezimo eziphuthumayo. Yenza ucwaningo futhi uthole ukuthi yiziphi izinhlelo ezikhona emphakathini wangakini nokuthi yimaphi amaqoqo noma izinkundla zokuxhumana ongazijoyina.

#### Uma kungekho zinhlelo ezixwayisa kusenesikhathi endaweni yangakini, ungasiza ukukusungula lokhu. Nazi ezinye izinto okudingeka uzenze:

- Hlonza iqembu labantu abangase bakujabulele noma bahlomule ngokuba yingxenye yohlelo lokuxwayisa kusenesikhathi.
- Thola ukuthi iyiphi inkundla yokuxhumana esebenza kahle kakhulu kubo (uWhatsApp, uFacebook, i-imeyili, njll).
- Sungula iqembu bese umema abantu ukuba bajoyine.
- Nikeza imininingwane (bhaka ingxenye emayelana nokuqinisekisa imininingwane) ukusiza abantu bazi kakhudlwana ngobungozi abangaba kubo nobungcuphe.
- Khuthaza abantu ukuba baxoxe eqoqweni futhi baveze abakubonayo, ikakhulukazi mayelana nanoma yiziphi izinguquko abangazibona noma abahlangabezana nazo endaweni abakuyo. Gcina iqembu ligxilile futhi lihlinzeka kuphela noma ligququzela imininingwane enembayo, okungathenjela kuyo, nengaqinisekiswa.
- Thuthukisa iqembu lakho libe ngumthombo othembekile wolwazi.
- Nikeza imininingwane, efaka nomhlahlandlela oqondene nendawo ethile, njengendawo okuhlanganwa kuyo njengomphakathi noma indlela umkhondo olandelwayo uma kunenhlekelele.

### 3.5. Ukuthola Izinkundla Zokwazisa Ezithembekile Nezinembayo

*Kubaluleke kakhulu ukuba nolwazi okungathenjelwa kulo mayelana nokuthi kwenzekani futhi njengengxenywe yokuzilungiselela kwakho, udinga ukuthola ukuthi yimiphi leyo migudu yolwazi okungathenjelwa kuyo.*

Noma ubani angasabalalisa imininingwane ezinkundleni zokuxhumana, futhi ngezinye izikhathi kunzima ukwazi ukuthi yikuphi okuyiqiniso nokungelona. Lokhu kuyinkinga ikakhulukazi ngesikhathi sezimo eziphuthumayo lapho ulwazi olungalungile lungaba yingozi - lungaphakamisa imimoya, lubangele ukwesaba nokuxhamazela, ludukise abantu noma ludale ukudideka, futhi luholele ekulimaleni emzimbeni.

Sesijwayele ukuzwa igama elithi “fake news” (izindaba ezingamanga), kodwa lisho ukuthini? Izindaba ezingamanga yilezo ezinininingwane yokuzakhela ngamabomu, eshintshiwe noma ebekwe ngendlela okungesiyona futhi engenamaqiniso noma mithombo eqinisekisiwe. Uma ukholelwa ezindabeni ezingamanga, kungase kukwenze uphendule noma uziphathe ngendlela ethile kanti lokhu kungase kube nomthelela endleleni abanye abantu abaphendula noma abaziphatha ngayo nabo. Izindaba ezingamanga kungenzeka zibe nezindawo ezingamaqiniso kanti futhi ngokuvamile kunzima ukwazi ukuthi kukhona yini okuliqiniso noma cha, ikakhulukazi ngezikhathi zezimo eziphuthumayo lapho imimoya iphezulu.

Kubaluleke kakhulu ukuthi ulandele izindaba ezithembekile izinkundla zokuxhumana ezithembekile, kanye nezinkundla zolwazi ezithembekile nokuthi uqaphele kakhulu kokubili okuqukethwe okufundayo, kanye nokuqukethwe okusabalalisayo.

Amazwi nemicabango yethu kunomthelela kulabo abasizungezile futhi sifuna ukwakha ubunye nokuqonda ngaso sonke isikhathi. Thatha isikhashana futhi UCABANGE ngaphambi kokuba usabalalise!



#### Wazi kanjani ukuthi imininingwane iyiqiniso noma cha?

##### Cabanga ngomthombo

Le mininingwane ivela kuphi? Ibhulogi yendawo noma iphosti yomuntu kuFacebook kungenzeka kunganembi njengomthombo wezindaba. Umthombo walolo daba uhambisana naziphi izinto empilweni? Yiziphi izinhloso ongaba nazo?

##### Thola imithombo esekelayo

Ungathembeli kucezu olulodwa lolwazi ngaphambi kokuba ukholelwe okuthile noma uthathe isinyathelo. Bathini abanye abantu ngaleso simo? Uma ufunda okuningi emithonjeni ehluhlukene, uzokwazi ukuqonda isimo ngokugcwele.

##### Hlola usuku

Qiniseka ukuthi imininingwane ngefanele futhi ihambisana nesikhathi. Abantu bangase baphanyeke izithombe ezivela ezindaweni ezahlukahlukene ngezikhathi ezahlukahlukene, ngakho-ke kudingeka uqinisekise ukuthi imininingwane eyethuliwe iyiqiniso.

##### Hlola ukuchema kwakho

Ungachemi: Ngabe ukuchema kwakho kungaba nomthelela endleleni ohumsha ngayo umbhalo? Ziphonsele inselele ngokufunda imithombo ongavamile ukuyifunda ukuqinisekisa ukuthi uthola isithombe esigcwele.

##### Hlola amaqiniso

Imithombo yezindaba okungathenjelwa kuyo ngokuvamile ifaka nedatha nezibalo. Cabanga ngokuthi imininingwane ithunyelwa kanjani nokuthi yini efakwayo.

Ukuzijwayeza umkhuba wokufunda noma ukusabalalisa imininingwane engethenjwa yindlela enhle yokulungiselela isimo esiphuthumayo - hhayi ngokuthi uzoba nolwazi olungcono kuphela maqondana nobuqiniso besimo, uzophinde ube ngumthombo wolwazi kwabanye abantu.

Ukwakha ubudlelwano, ungasebenzisa indlela **YOKUCABANGA** yokusabalalisa okuqukethwe. Khuthaza abantu ukuthi bathole izixazululo, bathathe isinyathelo, ukuze bathole izimpendulo ezinhle nezifaka konke ezinseleleni okubhekenwe nazo.

##### Hlola izingabunjalo

Imithombo yezindaba okungathenjelwa kuyo ivame ukusebenzisa ulimi olusemthethweni, olungachemile, yethula amaqiniso futhi inikeze imininingwane ngendlela ehleliwe namaphutha ambalwa opelomagama, uma ekhona. Hlola izingabunjalo lemininingwane.

##### Hlola ukuthi izithombe ezangempela yini

Izithombe zingaba nomthelela endleleni esiziphatha ngayo nesiphendula ngayo kodwa kulula ukushintsha isimo noma ukuganga ngendlela izithombe ebezibukeka ngayo. Izimpawu ezinokuba khona uma kukhona ukuganga ngesithombe okube khona zihlanganisa ukusonteka (lapho imigqa eqondile ivela sengathi inokugwegwa), kanye nezithunzi ezingajwayelekile, unqenqema olumazombezombe, noma izigcawu ezibukeka 'ziqotho kakhulu'. Isithombe ngokwaso kungenzeka kube ngesangempela, kodwa kungenzeka ukuthi sithathwe kwenye indawo. Ungasebenzisa amathuluzi afana no-Google's Reverse Image Search" ukuze uhlole ukuthi isithombe sivela kuphi nokuthi sishintshiwe yini.

##### Hlola ividiyo

Cabanga ngokuthi i-akhawunti yevidiyo ingathenjwa kangakanani nokuthi imininingwane ivela kuphi. Ungakhohlwa ukuthi amawebhusayithi ezinkundla zokuxhumana asebenzisa ama-algorithm ukuze asinikeze izindaba. Uma uchofoza iphosti eyodwa noma ividiyo uzobona ukuthi emva kwalokho uqala ukuthola izincomo zezindaba ezicishe zifane. Abaningi bethu abazibuzi ukuthi okuqukethwe kuvela kuphi nokuthi kusemthethweni yini. Kuqaphele lokho okubukayo, kubheke sakukhlaziya, kwesinye isikhathi uvele ukuvale.

##### Qikelela uma udlulisela phambili amaphosti

Cabanga kabili ngaphambi kokuphanyeka futhi uqiniseke ukuthi ububhekile ubuqiniso bemininingwane oyifakile ngaphambi kokuba uyisabalalisele kwabanye.



### 3.6. Ukuthuthukisa Amakhono Obuholi Nokusabela

*Konke esikushilo mayelana nokuthi singazilungiselela kanjani izimo eziphuthumayo kuqondene nawe ukukhombisa ikhono lobuholi – kufanele uthathe isinyathelo sokuhlola ubungozi, uxhumane nababambiqhaza abahlukahlukene, uqale ukuqapha okungadala izingozi okuhlukahlukene, noma ukubandakanya abanye abantu. Lokhu kumayelana nokuba yinxusa lokulungiselela izimo eziphuthumayo emphakathini wangakini.*

Lokhu kungase kuzwakale kunzima kodwa nazi izinto ezimbalwa okufanele uzikhumbule:



#### Thola ukuthi uzoqala kuphi

**Ekulungiseleleni izimo eziphuthumayo, akekho ongakwenza konke, kodwa wonke umuntu angenza okuthile.** Mhlawumbe unganentshisekelo ekuhloleni ubungozi, noma ekuqapheni, noma ekuxhumaneni, noma ekusebenzeni nabantu, kodwa ngisho ngabe yikuphi, kubalulekile ukuthola ukuthi uzoqala kuphi Uma usukutholile lokho, sebenzisa ubuciko bakho namakhono ukuxhumana nabanye bese uthatha isinyathelo esihle.



#### Yiba ngowakhayo, hhayi umphazamisi

**Isithako esibaluleke kakhulu ekwakheni umphakathi okwazi ukumelana nezimo ngokusebenza ndawonye.** Abaholi abahle basiza abantu ukuba basebenze ndawonye. Bakha kulokho osekuvele kukhona, kungakhathaliseki ukuthi yizinhlelo noma yizikhungo, futhi basiza abantu ukuba babe negalelo embonweni omkhulu woshintsho oluhle. Sidinga ukuhlonza ukuthi yini eyenziwa yizinhlangano noma amaqoqo ezimo eziphuthumayo, ukuze singaphindi noma siphazamise lowo msebenzi, sithathe isikhathi esiyigugu nezinsiza emsebenzini obalulekile nemisebenzi esenziwa vele.



#### Thatha isinyathelo

**Ukulungiselela kudinga ukuthi uthathe isinyathelo, uqale umkhankaso wokuba kuqalwe okuthile noma kuqhutshekwe nalokho obese kuqaliwe.** Uma uqaphela ukuthi udoti noma ukungcola kudala ingozi esikoleni sakho, thatha isinyathelo sokuqoqa ozakwenu, ngemvume nokusekelwa ngothisha, ukubhekana nalokhu. Izenzo ezincane zabantu ngabanye zenza umehluko omkhulu, ngakho-ke ngokuzayo uma ubona inkinga, ungalindi ukubizwa. Phakamisa isandla sakho, uxhumane nabanye, futhi wenze.

## Izinkalankala Endlini

*Izikhukhula eThekwini*

**Ngu-Esamie Lydia Msabala**

“Cabanga isimo lapho wena nomndeni wakho nizithola nibhukuda nezinkalankala ngaphakathi endlini.

Konke kwaqala ngoMsombuluko ziyi-13 kuJuni 2022. Ngangisesikoleni kuduma futhi lina kakhulu kangango-kuthi uthishanhloko wathi masigoduke. Kwakudingeka ngihambe ngezinyawo – amatekisi ayengasebenzi ngoba imigwaqo yayigcwele izikhukhula. Ngesikhathi ngifika, saqala savimba zonke izingxenye zendlu lapho kungangena khona amanzi, njengokufaka amathawula ngaphansi kweminyango nanxazonke emafasiteleni. Ubusuku baqhubeka ngaphandle kwezinkinga sahamba saya kolala. Kodwa asikwazanga ukulala kahle. Saqhubeka silokhu sizwa umsindo wesiphepho, imvula ishaya phansi, saze sangabe sisakwazi ukuziba. Ngehora lesi-2 ekuseni umsindo wamanzi wawumkhulu kakhulu kangangokuthi sabona ukuthi kumele senze okuthile, sachitha ubusuku bonke sizama ukuvikela indlu ezikhukhuleni.

Ngokuphazima kweso, imvula yaqala yangena ngophahla emakhoneni ezindonga. Kuthe kusenjalo, kwabe kungena amanye amanzi ngomnyango. Sithe singanakile, kwabe sekugcwele izinkalankala nezinye izilwane ezincane zintanta emanzini endlini. Amanzi ayengena ngokushesha ngabona umabonakude, i-microwave, kanye nefriji kumuka namanzi. Sonke sasishaqekile sigcwele ukusaba – sasingenayo ngisho nekhithi yezinto zosizo lokuqala futhi akekho owayazi ukuthi kuzokwenzekani. Sabona ukuthi kufanele siphume. Sazama ukuphuma kodwa kwakumnyama kung-abonakali kahle kanti futhi uthango lwakamakhelwane lwase lugugulekele egcekeni lethu ngakho kwaba nzima ukuphuma. Sakwazi ukuthatha izingane ezincane, omazisi bethu kanye nomakhalekhukhwini, sagijima.

Ngangicabanga ukuthi loluya suku kwakuwusuku lwethu lokugcina eMhlabeni. Umama wami washayela umfowabo omdala wathi akeze azosihlenga ngoba sasidinga indawo yokukhosela futhi sasingenayo enye indawo esasingaya kuyo. Ngosuku olulandelayo kwakungekho manzi ahambayo endaweni yonke ngoba wonke amapayipi ayevim-bekile. Kwathatha amasonto ngamasonto ukuthi amanzi aphinde abe khona futhi, kwadingeka ukuthi sithinte ikhansela lethu lendawo ukuze sithole usizo. Kwakudingeka nokuthi siphinde sakhe kabusha izingxenye zendlu yethu, sisuse udaka namanzi, sizame ukuthola lokho okulahlekile sibone ukuthi yikuphi okudinga ukwakhiwa kabusha. Umphakathi wethu nomakhelwane basiza kakhulu. Kwakungekho ukusekelwa okuvela kuhulumeni ngakho sasebenza ndawonye esikhundleni salokho, sasizana ukuze sakhe kabusha. Sizamile ukusebenzisa izinto ezinamandla, zezingabunjalo, ukuze lokhu kungaphinde kwenzeke futhi.

Lolu kwakuwusuku olwesabekayo, kodwa ngafunda ukuthi kubalulekile ukulungiselela inhlekelele, njengokuba neKhithi Yosizo Lokuqala noma izinombolo zokuxhumana zabantu ababhekana nalezi zinhlobo zezimo eziphuthumayo. Manje sengikulungele kangcono futhi ngiyazi ukuthi kufanele ngenzenjani uma izikhukhula zingabuya futhi.





# 04

## Ukusabela esimweni esiphuthumayo

Ngisho ngabe uzilungiselele kangakanani nokuthi wenze okungakanani ukugwema isimo esiphuthumayo, uma sihlasela kuvame ukuba isimo sibe bucayi, njengoba wazi izinto zivele zibheke phezulu.

Ungadlala indima ebalulekile ekusizeni umphakathi noma iqembu lakho ukuba lisabele kangcono.



## 4.1. Ukubhekana nesimo esiphuthumayo

Ngisho ngabe ubhekene nanoma yisiphi isimo esiphuthumayo, kunezinto ezimbalwa okudingeka uzenze.

ISINYATHELO

1

### Yehlisa umoya

Ukuba sesimweni esiphuthumayo kungaba yisikhathi esesabekayo nescindezelayo engqondweni. Enye yezinto ezibaluleke kakhulu okufanele uzikhumbule: **ungaxhamazeli!** Ukuxhamazela kungadala ukwesaba nokudideka futhi kuvame ukwenza isimo sibe sibi kakhulu. Ngisho ngabe ukusiphi isimo, zama ukubeka umoya phansi ngayo yonke indlela.

- Phefumulela phezulu bese uzama ukwehlisa umoya.
- Qala ukucabanga kahle. Zama ukuvimba umsindo noma ezinye iziphazamiso, uzizwe ukwazi ukulawula isimo.
- Khumbula ukuthi ukulungele lokhu futhi uyakwazi ukubhekana nalesi simo ngokugcwele.
- Cabanga ngokujulile ngesimo okuso futhi uzilungiselele ukuthatha isinyathelo.

- *heka isimo obhekene naso uhlole ukuthi yini okudingeka uyenze.*
- *Kwenzakalani?*
- *Iyiphi indlela engcono kakhulu yokuphendula?*
- *Yini okudingeka uyazi?*

ISINYATHELO

2

### Zivikele

Into ebaluleke kakhulu ongayenza ukuzama ukuzivikela wena kanye nalabo abaseduze nawe ekulimaleni. Khumbula: awuyena umuntu wosizo lokuqala oluphuthumayo. Ungazami ukuba yiqhawe.

- Thola indawo lapho ungekho khona engozini eseduze.
- Kuya ngokuthi ubhekene nahlobo luni lwesimo esiphuthumayo, yenza izinto eziyisisekelo ukuze ungalimali.
- Uyakwazi ukufika endaweni yakho ephephile? Uyasidinga isikhwama sakho sokuhamba?

ISINYATHELO

3

### Xhumana nabosizo bezimo eziphuthumayo

Uma sewazi ukuthi uphephile, xhumana nabosizo lwezimo eziphuthumayo ngokushesha ngokungenzeka. Sebenzisa uhlu lwabangathintwa esimweni esiphuthumayo olulungisile futhi uqiniseke ukuthi abantu abangasiza bayasazi isimo.

Uma isimo esiphuthumayo sesizokwenzeka noma sisanda kwenzeka:

- Thintana nabantu abafanele abasabela ezimweni eziphuthumayo ukuze ubazise ngalokho okwenzekayo.
- Thumela umyalezo ngezinhlelo zakho ezisunguliwe zokuxwayisa kusenesikhathi noma ngamaqoqo okuxhumana bese wazisa abanye abantu ukuthi kwenzekani.
- Nikeza imininingwane ecacile, enembayo esiza abantu ukuba bathathe isinyathelo futhi bathole izixazululo. Imininingwane ebalulekile ingabandakanya:

- *Indawo okuyona ngqo*
- *Kwenzakalani?*
- *Bangaki abantu abathintekile*
- *Indlela abantu ababhekana ngayo nesimo nalokho okudingayo*

Sebenzisa konke okusekulungiseleleni okwenzile, futhi ukusebenziselele ukuthi ucabange kahle, ngomoya ozolile, nangokuhlaziya ukuthi yini engaba ngokusabela okungcono. Okokuqala nokubaluleke kakhulu ngokuthi udinga ukuhlala uphephile, ngakho-ke qiniseka ukuthi uyasuka esimweni esiyingozi ngokushesha ngokunokwenzeka.



## 4.2. Ukusabela Okuqondene Naleso Simo Ezimweni Eziphuthumayo

Ngokohlobo ngalunye lwenhlekelele kunezinyathelo ezithile okudingeka uzithathe. Zijwayelanise nalezi zenzo kusenesikhathi ukuze kuthi esimweni esiphuthumayo, usuvele uyazi ukuthi kufanele wenzeni. Sebenzisa leli thebula njengenkomba futhi uqiniseke ukuthi uyaqonda kahle ukuthi yiziphi izinyathelo okungafuneka ukuthi uzithathe kodwa futhi wenze ucwaningo olwengeziwe oluhambisana nenhlekelele okungenzeka ukuthi ubhekene nayo.



### IZIKHUKHULA

#### UMA IZIKHUKHULA ZISEDUZE:

- Khipha izinto ezisebenza ngogesi emapulakini.
- Cima ugesi kuphela uma izikhukhula zingakaqali futhi uqinisekise ukuthi indawo ezungeze iphaneli kagesi yomile.
- Beka ifenisha nezinto ezibalulekile phezu kwezinye izinto zingabi phansi.
- Vala izitamkoko ezihambisa amanzi ezingaphansi bese uvala namapayipi axhumene nezindlu zangasese.
- Uma izikhukhula seziqalile vele:
  - *Uma ungakawuvali ugesi, ungazami ukwenza lokho uma amanzi esengene endlini yakho.*
  - *Ungangeni endaweni egcwele amanzi okungenzeka ukuthi inezintambo ezivulekile noma izinto ezisebenza ngogesi.*

#### NGEMVA KWEZIKHUKHULA:

- Ungabuyeli ekhaya iziphathimandla zize zisho ukuthi sekuphephile.
- Uma isigubhu sikagesi esikhulu singazange sicinywe ngaphambi kwezikhukhula, ungangeni futhi endlini yakho kuze kube ngukuthi uchwepheshe osebenza ngogesi useshilo ukuthi kuphephile.
- Uqaphele kakhulu ngenkathi ubuyela endlini yakho ngemva kwezikhukhula.



### UBHUBHANE LWEZEMPILO

- Lalela iminingwane esemthethweni evela eziphathimandleni zezempilo ezifanele nezihlonishwayo futhi uthathe izinyathelo ezifanele zokuphepha maqondana naleyo nselele ethize yezempilo obhekene nayo. Imithombo ethembekile ingabandakanya imihlahlandela evela kwa-WHO kanye noMnyango Wezempilo.
- Qiniseka ukuthi unokudla okuphephile kanye nemithombo yamanzi – kungase kudingeke ukuthi ubilise amanzi noma uwashe ukudla ngokucophelela ukuze unqande ukudluliselwa kwesifo.
- Zijwayeze ukuhlanzeka okuhle, ugeze izandla zakho njalo futhi uzigcine uhlanzekile.
- Qaphela izimpawu zakho zokugula. Mboza umlomo nekhala uma ukhwehlela.
- Uma ungazizwa kahle, thungatha izeluleko zokwelashwa.



### UKUDUMA NOKUBANIKA

#### UMA UNGAPHAKATHI:

- Cisha futhi ukhumule imisakazo, amathelevishini, nezinto ezisebenza ngogesi. Sebenzisa umsakazo osebenza ngamabhethiri noma womoya ukuze ulalele izexwayiso zesimo sezulu nemiyalelo evela kuziphathimandla.
- Gwema ukusebenzisa ifoni exhunye ngentambo futhi uhlale kude nezinto ezidonsa ugesi.
- Uma kunesichotho, hlala kude namafasitela, iminyango yengilazi, namawindi asophahleni lwendlu.

#### UMA UNGAPHANDLE:

- Thola indawo yokukhosela ephaphile ngokushesha, isakhiwo esinamapayipi nezintambo singaba ngcono.
- Uma ushayela, paka imoto yakho kude nezihlahla noma nolayini bakagesi.
- Uma usemanzini, iya ngasosebeni ngokushesha bese uthola indawo yokukhosela ephaphile.

## 4.2. Ukusabela Okuqondene Naleso Simo Ezimweni Eziphuthumayo



### IZIBHELU ZOMPHAKATHI

- Hlala ngaphakathi kude neminyango namafasitela.
- Vikela indawo yakho (iminyango, izinto zakho kanye namadokhumenti abalulekile).
- Qaphela futhi ugade izigameko ezenzekayo.
- Ungazibandakanyi ekuxabaneni ngomlomo noma siqu. Uma ubhekene nomuntu siqu, hlala uthule futhi uzame ukungaphakamisi izwi lakho noma ukubhebhethekisa isimo.



### IZIPHEPHO EZIBUCAYI

- Uma kungenzeka, indawo yokukhosela esakhiweni uhlale ngaphakathi.
- Qapha okushiwo emsakazweni, kuthelevishini kanye naku-intanethi ukuze uzwe izexwayiso zesimo sezulu kanye nemiyalelo evela kuziphathimandla.
- Uma unesikhathi, vikela izinto ezingase ziphephuke noma zidabuke, njengefenisha yangaphandle.
- Hlala kude namafasitela, iminyango nezindawo zezimbawula.
- Uma ushayela, paka imoto yakho kude nezihlahla noma olayini bagesi.



### ISOMISO/INKINGA YAMANZI

- Bheka lonke unswinyo lamanzi bese ulandela noma yimiphi imihlahlandlela enikezwa yiziphathimandla ezifanele
- Zijwayeze ukulondoloza amanzi ngaphakathi nangaphandle kwendlu yakho
- Lungisa ompompi abaphukile noma abavuzayo
- Gwema ukushaya indlu yangasese kungenasidingo
- Geza ngesisefo isikhathi esifushane kunokungena ebhavini
- Thatha amanzi esisefo (amanzi angwevu) uwasebenzise ukunisela izitshalo
- Gwema ukushiya umpompi wamanzi uphuma amanzi uma uxubha amazinyo akho noma ugeza ubuso bakho



### IMILILO YEQUBULA

- Lungela ukuphuma noma nini. Uma utshelwe ukuthi phuma, thatha ikhithi yakho yezimo eziphuthumayo noma isikhwama sakho sokuhamba uhambe nakho.
- Qapha okushiwo umsakazweni, kumabonakude noma ku-intanethi ukuze uthole imininingwane yakamuva ngomlilo, imigwaqo okungenzeka ukuthi ivaliwe kanye nemiyalelo evela kuziphathimandla.

#### UMA UNESIKHATHI:

- Vala wonke amafasitela neminyango.
- Susa izinto ezithungelekayo ezifana namakhethini alula nefenisha kude namafasitela.
- Khanyisa amalambu ngaphakathi nangaphandle endlini ukuze kubonakale.
- Cisha isilinda yegesi noma igesi yemvelo.
- Susa zonke izinto ezithungelekayo uzuyise ngaphandle kude nendlu, kuhlangukane nezinkuni, isilinda yegesi, izinto zokosa noma ifenisha yasengadini.
- Mboza izikhiphamoya, amafasitela, nezinye izindawo ezivulekile zendlu ngetheyiphu enamathelayo kanye/noma ngezingcezu zamapulangwe ayizicaba.
- Paka imoto yakho ibheke phambili uyisuse endleleni engena ngayo ekhaya. Gcina amafasitela avaliwe futhi ufake izinto eziyigugu nekhithi yakho yezimo eziphuthumayo emotweni.

#### UMYALELO WOKUPHUMA

Uma kuthiwa phuma:

- Landela imiyalelo evela kuziphathimandla.
- Thatha ikhithi yakho yezimo eziphuthumayo, uhlelo, imithi, isikhwama semali, umazisi, kanye nomakhalekhukhwini.
- Vala amanzi, ugesi negesi uma uyalelwe ukuthi wenze kanjalo.
- Yazisa othintana naye ongaphandle kwedolobha bese ushiya inothi ngaphakathi esho ukuthi uhambe nini nokuthi uyephi (uma isikhathi sivuma).
- Khiya indlu yakho.
- Sebenzisa imizila ecacisiwe futhi unake imininingwane yokulwa kwemigwaqo. Hlala kude nanoma yimiphi imizila ehlonzwe ngokuthi "imizila yokusabela enhlekeleleni" eyenzelwe abosizo oluphuthumayo kuphela.
- Ungaweli endaweni enezikhukhula ngezinyawo noma ngemoto. Uma imoto yakho ima emanzini akhuphuka ngokushesha, ishiye.
- Bhalisa nesikhungo sokwamukela abantu sendawo mathupha noma ngocingo.
- Ungabuyeli endlini iziphathimandla zize zisho ukuthi sekuphephile.



## 4.2. Ukusabela Okuqondene Naleso Simo Ezimweni Eziphuthumayo

### UKUSEKELA ABOSIZO LOKUQALA OLUPHUTHUMAYO

Enye yezinto ezibaluleke kakhulu ongazenza esimweni esiphuthumayo ukusekela abosizo oluphuthumayo abasebenza endaweni yangakini ngokunikeza ulwazi lwendawo. Kunezindlela eziningana ongakwenza ngazo lokhu, njengalezi:



- Ukuyalela noma ukuqondisa abosizo oluphuthumayo ezindaweni: Kweminye imiphakathi, kungaba nzima ukuzulazula emigwaqweni futhi ungasiza ngokuyalela abosizo lokuqala oluphuthumayo lapho okudingeka baye khona. Ngokuhlala uxhumana namathimba asabelayo, ungakwazi ukuwasekela ngezindlela ezihlukahlukene. Yingakho kubalulekile ukusungula ubudlelwano namathimba asabelayo asendaweni yangakini, njengeziteshi zezicimamlilo, ukuze ube umholi osemusha othembekile nokhonziwe emphakathini.
- Ukunikeza ulwazi olucacile nolunembayo: Ukunikeza imininingwane ngomonakalo wezindlu, abantu abalimele, noma abadinga usizo oluvela esimweni esiphuthumayo kungasiza ekusekeleni umuntu wosizo oluphuthumayo nokunciphisa umthelela emiphakathini ehlangabezana nezingozi.

**Khumbula:** umthetho wokuqala ukuzigcina uphephile.

Uma uke waziswa usongelwa, ungakhululekile, noma ucelwa ukuba wenze okuthile ongacabangi ukuthi kulungile, xhumana neziphathimandla zendawo yangakini uzitshale ngalokho okwenzekayo. Njengomuntu osemusha, unelungelo lokuphathwa ngendlela efanele ngesikhathi sezimo eziphuthumayo ngakho kubalulekile ukuthi usukume usho okuthile uma ucabanga ukuthi kukhona okungalungile.



### 4.3. Ukusiza abanye

*Uma sewazi ukuthi uphephile, ungaqala ukusiza labo abaseduze kwakho ngezindlela eziningana.*

#### Banike ngemininingwane

- Sebenzisa izinhlelo zakho zokuxwayisa kusanekhathi kanye nezinkundla zokuxhumana zomphakathi ukuze ukunikeza imininingwane enembayo newusizo.
- Khumbula ukunikeza imininingwane eyakha ukubambisana nokuqonda engagquzuzeli noma ibhebhethekise isimo.
- Siza ukuyalela abantu ukuthi ngobani okungaxhunywana nabo ababalulekile noma eminye imininingwane abangayidinga.

#### Volontiya emaqoqweni omphakathi

- Abantu bavame ukuzama ukusiza ngokunikeza ukudla namanzi kubantu bosizo lokuqala oluphuthumayo noma kubantu abathintekile, ukuhlela amatafula okubhalisa, noma ukusabalalisa izingubo nokudla.
- Xhumana namaqoqo akho omphakathi noma izikhungo zomphakathi futhi uvolontiyi - abantu bazodinga usizo lwakho futhi ukuvolontiya kungaba usizo oluhle emphakathini wakho.

#### Yiba nozwelo futhi wakhe ubumbano

- Abantu abaningi bazobe besaba futhi bethukile futhi bengazilungiselelele njengawe, kungenzeka ukuthi abanalo uhlobo olufanayo lokuxhumana lokusingathana nabaye, noma kungenzeka ukuthi balahlekelwe izimpahla zabo noma abathandiweyo babo.
- Kungenzeka ungakwazi ukuxazulula izinkinga zabantu, kodwa ungadlala indima ebalulekile ekuboniseni isihe, uzwelo, nokuqonda.
- Indlela esiphatha ngayo abantu ngokuvamile ibaluleke kakhulu kunalokho esikwenzayo, ngakho-ke kubalulekile ukuziphatha ngomusa, ukuba usizo, nokubonisa isihe.
- Ungasiza ukuhlanganisa abantu futhi ukhuthaze abanye ukuba benze okufanayo.

### 4.4. Ukuxhumana ngesikhathi sezimo eziphuthumayo

*Ukwazi ukuxhumana nomndeni, abangane nabosizo oluphuthumayo ngesikhathi sezimo eziphuthumayo kubalulekile.*

Kodwa, khumbula ukuthi amadivayisi okuxhumana nsuku zonke kungenzeka angasebenzi kahle ngesikhathi sezimo eziphuthumayo, ngakho nawa amanye amacebiso abalulekile okuxhumana ngalesi sikhathi:

- Uma kungenzeka, sebenzisa imigudu angasebenzisi izwi njengemiyalezo ebhaliwe, i-imeyili, noma izinkundla zokuxhumana njengoba zona zisebenzisa umkhawulokudonsa omncane kunezokuxhumana ngezwi futhi zingasebenza ngisho nalapho isevisi yocingo iphazamisekile.
- Uma kufanele usebenzise ucingo, gcina ingxoxo yakho imfushane futhi udlulise imininingwane ebalulekile kuphela. Ukugcina izingxoxo zakho zimfushane kusiza nasekongeni amandla ebhethiri likakhalemakukhwini wakho.
- Uma ungakwazi ukuqedela ingxoxo ocingweni, linda imizuzwana eyi-10 ngaphambi kokuba uphinde uzame ukushaya futhi ukuze unciphise ukuxineka kwenethiwekhi.
- Gcina amabhethiri ayizipele, ishaja, nezinto ezifana nesilondolozamandla sebhethiri sedivayisi yakho okuhambeka naso ekhithini yakho yezimo eziphuthumayo. Cabanga ngokuthola ishaja yocingo esebenzisa amandla elanga, okokukhanyisa, noma ishaja yokushaya emotweni kukhithi yakho.
- Gcina imininingwane yothintana nabo ibukeziwe ocingweni lwakho, ku-imeyili nakweminye imigudu. Khumbula ukugcina izinombolo zezimo eziphuthumayo ukuze zihlale ziseduze.

### Amanye amathiphu maqondana namafoni anobuchule

- Londoloza izindawo zakho eziphephile zemihlangano ezinhlelweni zebalazwe zefoni yakho.
- Londoloza Silahle lakho ngokunciphisa ukukhanya kwesikrini nokuvala izinhlelo ongazisebenzisi.
- Ukuze unciphise ukuxineka kwenethiwekhi masinya ngemva kwesimo esiphuthumayo, gwema ukusebenzisa idivayisi yakho okuhambekayo nayo ukusakaza amavidiyo, ukudawuniloda ezokuzijabulisa, noma ukudlala imidlalo yamavidiyo.



## Ukuphila Nezibhelu Zomphakathi eRustenburg

### NguKeaoleboga Motlhankane

“ Ngingumhlali edolobheni laseRustenburg, idolobha elincane lezimayini esifundazweni saseNorth West. Indlu yami iseMeriting, idolobha elingaphandle nje kweRustenburg ngemizuzu emihlanu ukusuka eMayini I-Impala Platinum. Abantu abaningi eMeriting basebenza emayini kanti ngoFebhuwari 2014 kwaba nesiteleka ngoba abezimayini babefuna ukuba imiholo yabo inyuke.

Ekuqaleni, kwaqala ngokuba kudembeselwe ekusebenzeni futhi konke kwakuzolile, kodwa lokhu akuzange kube njalo isikhathi eside. Abantu baba nolaka okwakulokhu kuqhubeka, base beqala ukufaka ingcindezi kwabanye ukuba bajoyine siteleka, ngisho noma bengafuni. Masinyane abantu baqala ukubhikisha, ngokuvamile kwakuhambisana nodlame, futhi lokhu kwaqhubeka izinyanga ezinhlanu ezazilandela. Kwafa abantu, kwathi abaningi babo bashaywa balimala. Lesi siteleka saholela ekutheni kube nezinxushunxushu nosizi lokuhlukumezeka kubantu abaningi.

Bobabili abazali bami baqashwa babesebenza e-Impala Platinum Mine kanti futhi ngenxa yokuthi babengakwazi ukuya emsebenzini ngesikhathi sesiteleka, umthombo wethu wemali engenayo wawunswinyekile. Umama wayesanda kuzala udadewethu omncane ngesikhathi kuqala isiteleka. Ukuze babhekane nokulahlekelwa kwabo imali engenayo, abazali bami baqala bathatha emalini yami yokuya ekolishi. Saba nenhlanhla ngoba sasilondoloze imali kodwa iningi labantu basezimayini basesigabeni esimaphakathi sezinga lenhlalo noma abaphila ngaphansi komugqa wobuphofu. Isiteleka sadala ukuthi abantu abaningi bangene ezikweletini futhi kwathikamezeka abantu abangaphezu kwezi-30 000. Isiteleka saphinde sathinta izingane ngezindlela esasingazilindele. Kwakukhona izingane ekilasini lami ezingakwazanga ukuza esikoleni ngoba abazali bazo babengenayo imali yokuthenga izinto zokubhala, imali yamatekisi, yemifaniswano yesikole noma izicathulo. Kwakunzima ngempela kuwo wonke umuntu.

Kulesi sikhathi esinzima, umthombo wethu owawuhamba phambili wokuxhumana kwakuyizinkundla zokuxhumana. Nsuku zonke besingena emaqoqweni ahluahlukene, sibheke ukuthi isimo sinjani ngalolo suku, siphephe kangakanani endaweni nokuthi yini okufanele siyazi. Kwakubalulekile ngempela ukuxhumana ngale ndlela ngoba kwasigcina sinolwazi futhi sixhumene. Siphinde sasebenzisa imithombo yezindaba ukuze sihlale sinolwazi lwakamuva, sithola ukuthi isimo sesinjani maqondana nokuzazulula isiteleka, okuyilokho okwagcina kwenzekile.

Ngifunde okuningi ngenkathi sibhekene nalokhu. Ngaqala ukuqonda ukuthi izibhelu zomphakathi zingawuthikameza kanjani umphakathi wethu, ngisho nabantu abangabandakanyeki nhlobo. Ngafunda indlela yokuzivikela, ngisebenzisa izinkundla zokuxhumana ukuze ngithole imininingwane futhi ngihlale ngiphephile ezinsukwini ezinzima. Ngaphinde ngafunda ngokubaluleka kwenqubomgomo nokuthi kubaluleke kangakanani ukuba abantu bazi amalungelo abo nezibophezelo abanazo. Ngangingakaze ngicabange ngempela ngalokhu ngaphambilini, indlela imithetho ezweni lethu enemithelela ngayo ekusebenzeni kwethu emazingeni aphantsi, kodwa manje sengazi kangcono. Ukuze sivimbele lolu hlobo lwezibhelu, sidinga ngempela ukubhekana nezinkinga zokulethwa kwezidingo emphakathini wethu, engicabanga ukuthi bekungasiza ekugwemeni lezi zibhelu zomphakathi ukuba zenzeke kwasekuqaleni.







# 05

Ukusimama  
Nokugwema Isimo  
Esiphuthumayo

## 5.1 Ukusimama Ngemva Kwesimo Esiphuthumayo

*Ukudlula ezimweni eziphuthumayo zanoma yiluphi uhlobo kungaba kubi kakhulu futhi imithelela enayo nesalayo kubantu ihlukile kuwo wonke umuntu.*

Ukwazi ukuthi ungasakala kanjani inqubo yokutakula kungenza umehluko omkhulu endleleni ongashesha ngayo ukwakha kabusha impilo yakho ubuyele esimweni esijwayelekile.

### 01 Ukubuyela esimweni kulandela inqubo ethile

Kubalulekile ukukhumbula ukuthi ukusimama enhlekeleleni kuvame ukuba yinto eqhubeka isikhashanyana ithathe isikhathi. Ukukhathazeka kwakho kokuqala kufanele kube yimpilo nokuphepha komndenani wakho. Udinga ukucabanga ngokuphepha ezingakhona futhi uqaphe impilo nenhlalakahle yomndenani wakho. Inqubo yokulungisa nokubuyisela impilo yakho esimweni ngemva kwesimo esiphuthumayo noma inhlekelele ayilula futhi ithatha isikhathi, ukuvumelanisa nezimo nokubekezela.

**Izibonelo zokubuyisela izinto esimweni zifaka lokhu:**



Ukususa udoti nemfucuzo



Ukuxhumana nezikhulu zendawo yangakini noma inkampani yomshwalense



Ukuthola amadokhumenti amasha uma elahlekile noma eshabalele



Ukuthola indlu entsha



Ukuthola usizo lwezempilo yengqondo



#### OKUBALULEKILE

Thola ukuthi umphakathi wangakini uzoyichoma kuphi imininingwane yosizo nokusimama ngemva kwesimo esiphuthumayo.

### 02 Izinkinga Zokuphepha

Ngisho ngabe ubhekene nanoma isiphi isimo, kudingeka ukuthi wazi ukuthi yiziphi izinkinga zokuphepha ezidalwe yinhlekelele. Lezi ezinye zezinto okufanele uzinake:

- Qaphela imigwaqo egugulekile, izakhiwo ezinokungcola, amanzi anokungcola, ukuvuza kwegesi, ingilazi ephukile, izintambo zikagesi ezilimele kanye nezindawo ezishelelayo.
- Hamba ngokucophelela ngaphandle kwezakhiwo futhi ubheke olayini bagesi abalengayo, amagesi avuzayo kanye nomonakalo wesakhiwo. Uma unokungabaza mayelana nokuphepha, xhumana nommeleli womphakathi noma umhloli.
- Qaphela izilwane, ikakhulukazi izinyoka ezinobuthi. Sebenzisa induku ukuze uhlukanise imfucumfucu.

Uma ubona noma yini engadala ingozi, njengokuchitheka kwamakhemikhali, olayini bagesi abahamba phansi, imigwaqo egugulekile, imfucuzo ephuma intuthu, noma izilwane ezifile, yazisa iziphathimandla zendawo ngalokhu ngokushesha.

### 03 Ukungena ekhaya noma endlini yakho futhi

Uma kuye kwadingeka ukuthi uphume ekhaya lakho noma endlini yakho, awukwazi ukubuyela uze wazi ukuthi kuphephile ukwenza kanjalo. Ngezinye izikhathi kungase kudingeke ulinde iziphathimandla ukuthi zikwazise ukuthi kuphephile, njengasesimweni somlilo noma sezikhukhula, nangezinye izikhathi kungadingeka uhlole namanye amalungu omphakathi, njengesikhathi sodlame. Ngisho ngabe isimo sinjani, qaphela kakhulu ngaso sonke isikhathi.

### 04 Ungangeni ekhaya lakho noma endlini uma:

- Noma iyiphi ingxenye yesakhiwo iwile
- Isakhiwo singekho esisekelweni saso
- Amanzi ezikhukhula esasesakhiweni
- Isigubhu sikagesi besingacishiwe ngaphambi kwezikhukhula

Ukubuyela endlini kungaba inselele ngokomzimba nangokwengqondo. Cophelela futhi uqaphele. Ungase ulangazelele ukubona indlu lakho noma impahla yakho, kodwa ungabuyeli endlini ngaphambi kokuba izikhulu zendawo zithi kuphephile ukwenza kanjalo.

Kuya ngokuthi uhlala kuphi nokuthi isimo sakho sinjani, kungase kubaluleke futhi ukubika noma yimuphi umonakalo. Yazisa izikhulu zendawo yangakini nganoma yimuphi umonakalo ongase ube nawo, nokuthi yiluphi usizo olusheshayo ongaludinga. Izinhlangozi zendawo ngokuvamile ziyizindlela ezingcono kakhulu zezidingo ezisheshayo ezifana nokudla nendawo yokukhosela, ngakho-ke xhumana nezinkundla zokuxhumana zomphakathi nezikhungo ukuze uthole usizo.

## 05 Yakha umphakathi

Enye yezingxenywe ezibaluleke kakhulu zokusimama ezinhlekeleleni ukwakha umphakathi. Wonke umuntu ushaqekile, abanye abantu kungenzeka ukuthi baye balahlekelwa noma balimala, futhi ungadlala indima ebalulekile ekusizeni abantu bazizwe beyingxenywe yomphakathi, ukuthi ababodwa.

Ukuba nomuzwa wokuba yingxenywe yomphakathi nabantu ongancika kubo kuyingxenywe ebalulekile yokusimama. Thintana nomakhelwane nabangane bakho ukuze uthole ukuthi ningasizana kanjani. Volontiya eqoqweni lomphakathi lendawo yangakini, inhlango yezenkolo, noma ithimba elisabela ezinhlekeleleni, ubone ukuthi ungasiza kanjani. Lokhu kungaba yinto ongayenza ngamakilabhu esikoleni sakho noma enyuvesi noma emiphakathini. Ucwango lukhombisa ukuthi imiphakathi enobudlelwano obuqinile iyashesha ukuthola usizo, ngakho-ke siza ukwakha uhlobo lomphakathi ofuna ukuba yingxenywe yawo.

## 06 Impilo Yengqondo

Izinhlekelele ziyizigameko ezidala usizi lokuhlukumezeka futhi zingathikameza abantu ngezindlela eziningi. Ngezinye izikhathi siba nemimoya ephakeme khona lapho kodwa kwesinye isikhathi iphakama ngemva kwezinsuku, amasonto, izinyanga noma iminyaka. Imizwa yokucindezeleka ingqondo, ukukhathazeka nokudabuka ijwayelekile, kodwa abanye abantu bangaba nokucindezeleka okukhulu futhi kungase kudingwe usizo.

**Ziqaphele wena nabathandekayo bakho ubheke izimpawu zokucindezeleka, ezingafaka kuzo:**



Ubunzima bokulala



Ukubhavamuka okuhambisana nemizwa



Ixhala



Ingcindezi noma izinkinga zomzimba ezingachazeki

Uma kuvela noma yiziphi zalezi zimpawu, qiniseka ukuthi ukhuluma ngazo futhi ufune iseluleko esivela kochwepheshe. Izikhungo eziningi zomphakathi, ama-NGO, izinhlango yezenkolo, namakhempasi amanyuvesi ahlinzeka uhlobo oluthile losizo lokwelulekwa, ngakho uma udinga usizo, bathinte. Khumbula ukuthi awuwedwa kulesi sikhathi esinzima futhi abantu bakhona ukuze bakusekele.

**Nalu uhlu lwezinye izinsiza ezingaba wusizo kuwe:**

### Ukuxhumanela Ukusingathana

ISIKHUNGO	XHUMANA NALABA	
<b>Ucingo Lwezimo Ezibucayi Kuzwelonke (Inombolo Yokusindisa) National Crisis Line (LifeLine)</b>	0861 435 722	<a href="https://www.aasouthafrica.org.za/">https://www.aasouthafrica.org.za/</a>
<b>Ithimba Lezokhwantala Nexhala eNingizimu Afrika (South African Depression and Anxiety Group)</b>	0800 456 789	<a href="http://www.sadag.org">www.sadag.org</a>
<b>Ucingo Losizo Lwabantwana (Childline)</b>	0800 05 55 55	
<b>Ucingo Lwezimo Eziphuthumayo Zabantwana Mpumalanga (Child emergency line)</b>	0800 123 321	





## 5.2 Ukugwema izimo eziphuthumayo

# Ukuhlola Uhlelo Lwami Lokuphendula Esimweni Esiphuthumayo

Ungadlala futhi indima ebalulekile futhi ekusizeni ukugwema izinhlekelele, ukufunda ezinhlekeleleni okungenzeka ukuthi beziqondene nawe noma ngokuthatha izinyathelo zokugwema.

### Hlola uhlelo lwakho lokuphendula ezimweni eziphuthumayo

Ngemva kwesimo esiphuthumayo, thatha isikhathi sokuhlola uhlelo lwakho lokuphendula. Uma ucabanga kakhulu ngokwenzekile, nokuthi kuhambe kanjani, yilapho uzokulungela khona ukubhekana nenhlekelele elandelayo. Lokhu kungaba yinto ofuna ukuyenza nomndeni wakho, esikoleni noma ekilabhini noma enhlanganweni yezehlalakahle okuyona. Nansi eminye yemibuzo ongazibuza yona noma ubuze ithimba lakho:

### UKUCABANGA NGOKWENZEKILE

Ukucabanga ngokwenzekile yindlela ebalulekile yokuthuthukisa izinhlelo zokusabela uma kunenhlekelele, ngakho-ke cabanga kabanzi ngalokho ohlangabezane nakho. Kungase kube wusizo futhi ukubhala phansi okukwehlele. Ukuxoxa izindaba kuyindlela enhle yokucubungula imininingwane futhi lokhu kungakusiza ukuthi ucabange ngobhekane nakho, futhi kukusize ukuthi wakhe uhlelo oluqinile lwesikhathi esizayo.



#### IMIBUZO



#### IMPENDULO



#### UKUCABANGELA NGOKWENZA KANGCONO

Uhlelo lwakho lusebenze ngokuphelele?		
Ukwazile ukuthola indawo ephephile? Ngabe le ndawo ephephile ikusebenzele?		
Isikhwama sakho sokuhamba sibile wusizo? Kube khona okudingile noma okufundile?		
Ukwazile ukuxhumana neziphathimandla ezifanele? Ukuthole kunjani lokhu futhi yini ongayishintsha noma ongayenza ngcono?		
Ukwazile ukuxhumana nokumele bathintwe esimweni esiphuthumayo? Labo abathintiwe bakusekelile, kukhona ongakushintsha?		
Zikhona izinto zohlelo lwakho ezisebenze kahle ngempela?		
Zikhona izinto zohlelo lwakho ezingazange zisebenze kahle?		
Ngabe kukhona okungadala izingozi ezintsha noma ubungcuphe okudingeka ukwazi manje? Uzokufaka kanjani lokhu ohlelweni lwakho olusha?		
Sikhona isinyathelo sokulandelela ongasithatha ukuze uthuthukise ukuphepha kwekhaya lakho, isikole noma umphakathi wakho jikelele?		

## 5.2 Ukugwema izimo eziphuthumayo **Yazisa Abathathi-Zinqumo futhi Uzibandakanye Ekushintsheni Inqubomgomo**

*Ngemva kwenhlekelele, ungase ubone kunezinguquko ezinkulu okudingeka zenzeke emphakathini wakho ukuze ubasize bahlale belungele izinhlekelele. Uma uke waba senhlekeleleni yezikhukhula noma yesiphapho, ukwenza nje isibonelo, ungabona ukuthi kudingeka izinhlelo ezingcono zamanzi ahambayo nezohlelo lwezitamkoko. Uma ubandakanyeka emlilweni, ungase udinge izindawo okutholakala kuzo amanzi noma ukufinyelela kwizidingongqangi. Uma ubandakanyeka ezinxukhuxushwini, ungase udinge ezinye izinhlelo zomphakathi noma zokusingathana.*

Ukuhlonza lezi zinhlobo zezinguquko yilokho esikubiza ngokuthi ushintsho oluhlelekile, futhi ungalala indima ebalulekile ekugquzeleni lezi zinguquko ngokuzibandakanya ezinqubweni zenqubomgomo nezokuthatha izinqumo. Ushintsho oluhle nolusebenzayo lungenzeka uma sibhekana nezinkambiso zethu zokuziphatha, zamasiko noma zomphakathi, kanye nezinqubomgomo, imithetho nezinhlelo zethu. Iningi lethu likuthola kulula ukuzama ukufaka umthelela kubantu ukuba bashintshe indlela abaziphatha ngayo, njengokusebenzisa amanzi amancane ngesikhathi sesomiso, noma ukushintsha izinkambiso zethu zamasiko, njengokwazisa amanzi,

kodwa singase singaboni ukuthi ngempela singashintsha imithetho noma izinqubomgomo, njengokugquzela ukuthuthukiswa kwengqalasizinda ukuze sigweme ukuvuza kwamanzi noma amapayipi aqhumayo.

Ngisho ngabe uneminyaka yobudala emingaki, izwi lakho libalulekile. Ukuba yingxenye yentando yeningi kungaphezu kokuvota nje, futhi wena kanye nesikole sakho, ikilabhu noma inhlangano yakho, ningabheka izindlela zokuba yingxenye yezinqubo zokuzibandakanya emphakathini.

### **Nazi ezinye izindlela ongazibandakanya ngazo ezinqubweni zokuthatha izinqumo futhi wandise izwi labantu abasha endaweni yangakini:**

- **Thola ulwazi mayelana nezinqubo zokuthatha izinqumo bese uyazibandakanya.** Imiphakathi eminingi manje inama-akhawunti ezinkundla zokuxhumana noma amaqoqo athumelana imiyalezo ukuze axoxe ngezinkinga zomphakathi futhi azisane ukuthi imihlangano kamasipala yasendaweni izoba nini. Ungajoyina la maqoqo, uzakhele indlela yokuxhumana, futhi izwi lakho lizwakale ngokuya emihlanganweni yendawo nekhansela lesigceme sakho kanye nabanye abaholi nezakhamuzi. Kungabonakala kungajabulisi kodwa imihlangano yomphakathi, yezigceme noma kamasipala ivame ukuholela ekutheni kuthathwe izinqumo ezibalulekile ngendawo yangakini. Hlanganisa abangane bakho, isikole noma inhlangano yakho bese uya ukulungele ukuphakamisa izinkinga ezithinta wena noma enye intsha endaweni.
- **Bheka imibhalo yezinqubomgomo.** Qala ngeziNhlelo Zokuthuthukiswa Ezididiyelwa ngumasipala (ama-IDPs) noma imibhalo kazwelonke efananokuthetho Wokuphathwa Kwezinhlekelele WaseNingizimu Afrika noma uHlaka Lukazwelonke Lokuphathwa Kwezinhlekelele. Kungezwakala kunzima kodwa qala ngesifinyezo esinqala noma useshe amagama asemqoka ukuze ubheke izindawo noma izihloko ozithanda kakhulu. Izinqubomgomo zibaluleke kakhulu ekuhloleni ezingeni ledolobha noma likamasipala, futhi ngokuvamile ziyisisekelo sezingxoxo emihlanganweni yendawo. Cabanga ngokufunda umbhalo wenqubomgomo njengoba wenza umsebenzi wasekhaya – uma ufunda kakhudlwana futhi uya emihlanganweni yababambiqhaza, uzoqonda kangcono. Kuyasiza ukusebenza namaqoqo, ngakho-ke xoxa nabangane bakho ofunda nabo noma amalungu eqembu ukuze ubone ukuthi yimiphi imibhalo ehambisanayo nawe.
- **Ukuphawula ngezinqubomgomo ezikhona noma ezintsha.** Veza umbono wakho kwizinqubomgomo uhulumeni asebenza kuzo. Wena kanye nesikole sakho noma inhlangano yakho ningaphawula ngezinqubomgomo ukuqinisekisa ukuthi izwi lenu liyezwakala. Ungaphawula ngokujwayelekile, ubeke ukuphawula okuqondene nezigaba ezibalulekile, noma wengeze kumbe wenze izinguquko emishweni ethile noma ezingxenye zombhalo.

Abenzi bezinqubomgomo abanengi bazimisele ukuzwa kubantu abasha, ngakho ungesabi ukungena endaweni futhi uhlale etafuleni. Ukuze uthole ulwazi oluthe xaxa mayelana nokuthi ungabandakanyeka kanjani ekubhalweni wenqubomgomo nasekugquzeleni ushintsho, bheka umhlahlandlela wentsha obizwa ngokuthi [yi-UNICEF Youth Advocacy Guide](#).



## 5.2 Ukugwema izimo eziphuthumayo

## Yakha Umphakathi Ukwaziyo Ukumelana Nezimo

Enye yezinto ezibaluleke kakhulu ongazenza ukuthuthukisa ukukwazi komphakathi wakho ukumelana nezimo isikhathi eside ukuze ubhekane kangcono nezinhlekelele. Lena inqubo ende kodwa kubalulekile ukuqala.

01

**Siza abanye ukuba basungule izinhlelo zokubhekana nezimo eziphuthumayo**

Ungasiza umndeni wakho, abangane, noma abantu ofunda nabo ukuba basungule izinhlelo zabo, usebenzisa lo mhlahlandlela ukuze ubasize kule nqubo.



02

**Qhuba amaseshini okuqwashisa ukuthuthukisa ukuqonda izinhlekelele**

Kuningi ongakwenza ukuze wabelane ngolwazi futhi usize ekuqwashiseni umphakathini wangakini. Ungaqala umkhankaso esikoleni noma ekhempasini ukhulume ngezinhlekelele futhi unikeze imibono yokubhekana nazo, noma ubambe umhlangano emphakathini wangakini ukhulume ngokubaluleka kokuba nezinhlelo zezimo eziphuthumayo noma ukuthatha izinyathelo ezihleliwe. Ungabhala imibhalo ongayisabalalisa emphakathini wakho ezisiza ekwakheni ukuqonda nokuqwashisa, noma ubhale imibhalo emayelana nokwake kwakwehlela, noma ukhulume emsakazweni. Bheka izindlela ezihlukahlukene ongasiza ngazo ukwazisa umphakathi wakho ngezinhlekelele, ukuthi yini abangayenza ukuzigwema, nokuthi yini okudingeka bayenze ngezikhathi zezimo eziphuthumayo.

03

**Zibandakanye ekuqapheni ubungozi benhlekelele**

Qapha izimo zemvelo ezizungeze umphakathi wakho futhi unake kakhulu izimpawu zesixwayiso zokuqala. Ungaqala umkhankaso wesikole noma wekhempasi ukuze uqaphe izindawo ezihlukahlukene zomphakathi wakho, izinkundla zesikole noma zekhempasi yasenyuvesi, uqale iqembu lenkundla yezokuxhumana ukuze wabe imininingwane mayelana nezingozi ezingaba khona, noma uzibandakanye ezinhlelweni ezisemthethweni zokulawula izinhlekelele ukuze usize ukuqapha izindawo ezihlukahlukene.

04

**Thuthukisa izinhlelo zokuxwayisa kusenesikhathi**

Manje kufanele uqaphele ukuthi yiziphi izinhlelo zokuxwayisa kusenesikhathi ezitholalalayo futhi kungenzeka ukuthi usuhlonze izindlela ezahlukene ezingenziwa ngcono. Kungenjalo, kungenzeka ukuthi awunazo izinhlelo zokuxwayisa kusenesikhathi futhi manje uyaqonda ukuthi kungani lokhu kubalulekile. Cabanga ngezindlela ezahlukene ongasiza ngazo ukwenza lezi zinhlelo kufinyeleleke kuzo kakhudlwana, kube nezihambisana nesimo, nezisebenza ngempumelelo.

05

**Thuthukisa ubuciko bakho namakhono**

Enye yezindlela ezingcono kakhulu zokwakha imiphakathi ekwazi ukumelana nezimo ngokuthuthukisa ubuciko namakhono akho futhi kufanele ubheke amathuba ahlukahlukene okukwenza lokhu. Uma wake waba nenhlekelele, cabanga ngalokho okwakwenzekela - kukhona owawufisa ngabe wawukwazi noma akhona amakhono owawufisa ngabe wawunawo? Uma ukuthanda ukuba umuntu wosizo lokuqala oluphuthumayo, kukhona ukuqeqeshwa okusemthethweni ongakwenza, ngakho-ke bheka abakwa [Rescue South Africa](#) ukuze uthole ukuthi yini ekhona, noma ubuze esiteshini sezicimamlilo sendawo yangakini ukuthi yiziphi izifundo ezimfushane ezikhona emphakathini wangakini.

06

**Volontiya emaqoqweni omphakathi wendawo noma ezikhungweni**

Ukuvolontiya kuyindlela enhle yokwakha ukwesekwa nomphakathi okwazi ukumelana nezimo. Volontiya ku-NGO yasendaweni noma enhlanganweni yezenkolo futhi ubone ukuthi amakhono akho ahlukile angaba kanjani usizo kwabanye.







# 06

ISIPHETHO

*Lo mhlahlandlela ugcwele izinto okudingeka uzicabange futhi uzenze. Kulula ukuzizwa uxakwe yikho konke okudingeka kwenziwe kodwa khumbula izinto ezimbili ezibalulekile.*

01

**Okokuqala, awuwedwa.** Akudingeki ukuthi ubhekane nazo zonke lezi zinkinga wedwa noma zonke ngesikhathi esisodwa. Uyingxenye yabantu abahlukahlukene abanokuxhumana ngokubanzi futhi abantu bakhona ukuze bakusekele. Umsebenzi wakho obaluleke kakhulu ukuqala ube nalezi zingxoxo ngokukhuluma nabangane bakho, umndeni, nabantu abasezinkundleni zakho zokuxhumana, nokuqaphela ukubaluleka kokulungiselela futhi ukulungele ukusabela ezimweni eziphuthumayo ezihlukahlukene.

02

**Okwesibili, lokhu kusayisiqalo nje.** Ukulungela isimo esiphuthumayo noma ukulungiselela inhlekelele kulandela inqubo kanti futhi kuthatha isikhathi. Sithemba ukuthi uzoyisebenzisa imininingwane ekulo mhlahlandlela ukuze uqale leyo nqubo, ukuze usize wena nomphakathi wangakini nicabange ngendlela ehlukile ngezinhlekelele nokuthi yini eningayenza ukuze nizilungele kangcono.

Ekugcineni, **esizama ukukufeza ukusungula imiphakathi eqinile nekwaziyo ukumelana nezimo, ekwazi ukubhekana nokuvumelanisa noma yisiphi isimo ezithola ikuso.** Lokhu kudinga ulwazi, amakhono kanye nemininingwane efanele. Sithemba ukuthi yikona lokho lo mhlahlandlela okunike kona.

Sithemba ukuthi uzowusebenzisa lo mhlahlandlela ukuze ube ngumgqunguzeli wokulungiselela izimo eziphuthumayo emphakathini wangakini futhi nokuthi uzosijoyina emkhankasweni wethu wokwakha isizukulwane sabantu abasha esikwazi ukumelana nezimo nesizilungiselele kakhudlwana.



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*Ababambisene nabakwa-UNICEF South Africa ekuqaliseni ukusebenza kwezinhlelo bahlela imihlangano yokucobelelana, baqoqa, futhi bahlaziya imibono yentsha abayithola base behlanganisa lo mhlahlandlela.*

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Sithanda ukubalula ngokukhethekile uKristel Fourie ovela kwa-African Centre for Disaster Studies eNyuvesi yaseNorth West kanye no-Ian Scher ovela kwa-Rescue South Africa.

- Ikhasi lokuqala:** ©[UNICEFSouthAfrica/Guercia](#) - ULungelo Matangira, wase-UNICEF South Africa, ukhuluma nomfundi owasuswa endaweni ngenxa yezikhukhula eMolweni, KwaZulu-Natal
- Ikhasi 4:** [@UNICEFSouthAfrica/Schermbrucker](#) - Kuthule cwaka e-Ivory ePark, ilanga liyoshona, ngesikhathi sobhubhane lweCOVID-19 ngo-Agasti 2020.
- Ikhasi 6:** ©[UNICEFSouthAfrica/Guercia](#) - Abahlali bendawo bahamba phezu kwamagade nemfucuzo yezibi edalwe izikhukhula endaweni yaseMolweni, kwaZulu-Natal ngo-Apreli 2022.
- Ikhasi 11:** [@UNICEFSouthAfrica/Guercia](#) - Selimathunzi eSipingo, KwaZulu-Natal, njengoba indawo isibuyela esimweni esijwayelekile emuva kwezikhukhula zango-Apreli 2022.
- Ikhasi 25:** [@UNICEFSouthAfrica/Guercia](#) - Owesifazane owasuswa endaweni yakhe, uphumule nomntwana wakhe ehholweni lomphakathi eMolweni, KwaZulu Natal, emuva kwezikhukhula ezabulala abantu ngo-Apreli 2022.
- Ikhasi 32:** [@UNICEFSouthAfrica/Schermbrucker](#) - USebabatso (ngakwesokudla) nomngane wakhe omkhulu, uBianca, bahamba duzane nemizi yakubo e-Ivory Park, eGauteng, ngesikhathi sobhubhane lweCovid-19.
- Ikhasi 38:** [@UNICEFSouthAfrica/Guercia](#) - ULungelo Sogoni uphetha indodana yakhe u-Enkosi Sogoni, ukhomba lapho amanzi ayegcina khona ngesikhathi sezikhukhula ezabulala abantu eSipingo, KwaZulu-Natal.
- Ikhasi 39:** [@UNICEFSouthAfrica/Mansfield](#) - Intsha yamavolontiya kanye nabasebenzi bakwa-UNICEF, basiza ukulungisa ilokishi lase-Alex, emuva kophango oludumile langoJulayi 2021.

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U-UNICEF usebenza kwezinye zezindawo ezinzima kakhulu emhlabeni, ukuze afinyelele ezinganeni ezihlupheke kakhulu emhlabeni. Kuwo wonke amazwe nezindawo ezingaphezu kwe-190, sisebenzela yonke ingane, yonke indawo, ukwakhela wonke umuntu izwe elingcono.



## Mayelana neYouth@SAIIA

I-South African Institute of International Affairs (iSAIIA) ingumthombo ozimele wobuhlakani obuqondene nenqubomgomo yezemiphakathi othuthukisa i-Afrika elawulwa kahle, enokuthula, enokusimama, nehlanganyela nemiphakathi yezinga lomhlaba wonke jikelele. Ngezinhlalo zeYouth@SAIIA iSikhungo sifuna ukunikeza abantu abasha inkundla yokuzibandakanya ezingqinambeni ezinkulu intsha ebhekene nazo esikhathini sanamuhla. Esikhathini esingaphezu kweshuminyaka, iYouth@SAIIA ibilokhu isebenzela ukugqogquzela nokuthuthukisa izingane nentsha (eneminyaka eyi-13 kuya kwengama-25) ekuzo zonke izindawo eziseNingizimu Afrika kanye nesifunda ukuze ibe izakhamuzi ezikhuthalele ukuzibandakanya ezinhlelweni zomphakathi futhi ihlanganyele ngempumelelo ezinqubweni zokwenza izinqumo ezithinta impilo yayo.

