

UKUJONGANA NOBUDLOBONGELA BOSAPHO NGELIXESHA LE COVID-19

Iintsapho kunokwenzeka ziineenxinezelo ezininzi kwelixesha leCOVID-19. Iintsapho kusenokuba zivaleleke zonke emakhaya, abakwazi ukuphangela okanye banexhala lokuba bazo kusinda njani ngokwezemali. Amanye amalungu ekhaya basenoku ba basela utywal okanye basebenzisa iziyobisi ngokwe dlala abajongana noxinzelelo lwabo. Zonke ezizinto zingongeza kubudlobongela ngokwasemzimbeni, emoyeni okanye ngokwesondo ekhayeni ngakumbi ubudlobongela obujongiswe kuwe nabantwana. Ukutshixakala nomntu onobudlobongela ngexesha lokuba wedwa lunga beka wena nabantwana engozi-ni. Ukuphuma endlini ayilocebo kubafazi abaninzi. Nantsi ke iminyathelo ongayithatha ukuba ujongene nobudlobongela okanye isoyikiso sobudlobongela ekhayeni lakho.

Ibane cebo lokuzikhusela

Gcina ifowuni yakho itshajiwe kwaye ikuwe. Yazi ukuba iphi. Qiniseka inomoya.

Mazi umntu onokumtsalela umnxeba

Faka iinombolo zemeko ezingxamisekileyo ifownini yakho, umzekelo, amapolisa (inombolo: 10111 neye SAPS yokhuselelo lwabantwana 08 600 10111) okanye iinkampani yoomantshingilane, uncedo lwange xesha lonke ngokuhlukunyewa, iindawo zoobalekela ezenzelwe abafazi njalo njalo (bona iinombolo onozithinta ngasezantsi).

Xelela umntu

Qinisekisa ukuba ukhona umntu omxelelayo ukuba umlingane wakho angaba nobudlobongela kuwe. Umntu onomxelela ngumhlobo wakho, umntu ozalana naye okaye umakhelwane wakho. Xoxa nabo malunga nesicwangciso sokhuseleko.

Yibani nendlela yothetha eyikhowudi eyaziwa nguwe nabantwana bakho

kuphela

Yibane gama onolibiza okanye ulithumele ngoWhatsApp kumhlobo wakho okanye umezaukuba uthe wasebungozini ukuze kungafuneki uchaze isehlo sonke. Xoxisanani ukuba umntu othe wamthinta uzokwenza ntoni xa ethe wafuna lomagama ayikhowudi kuwe. Cingisisani ukuba akulande na? Akubizele amapolisa? Abaleke aye kumeza wakho, njalo njalo?

Gcina ibhegi yemeko engxamisekileyo

Gcina ezona ncwadi zibalulekileyo endaweni eyimfihlo ukuze uzithathe lula ukuba kunokweneka umke ngokungxama. Ezoncwaki zezi: i-ID, isetifiketi sokuzwala somntwana wakho okanye abantwana bakho kunye nemalana.

Fumana umyalelo wokhuselo ukuba unyanzelekile

Ukuba awukenzi njalo, fumana umyalelo wokhuselo. Iya kwisikhululo samapolisa okanye inkundla kamantyi ekufuphi. Kuzofumaneka ungcwalise iform ekuthiwa yiForm 2: Isicelo sokhuselo. Isicelo sokhuselo liphepha lasemthethweni elicukaca iindlela umxhaphazi kufuneka aziphathe ngayo nomthetho ekufuneka awuthobele: umzekelo, kufuneka ayeke ukukubetha, okanye kufuneka akuxhase ngemali, okanye kufuneka adlulise umpu wakhe emapoliseni, njalo njalo. Isicelo sokhuselo ayifani nokubeka ityala kumxhaphazi wakho. Kodwa ke ukuba akawuthobeli umthetho wesicelo khuselo, wena uchazele amapolisa, kuzonyanzeleka abanjwe umxhaphazi.

Ukuzikhathalela

Akululanga, kodwa kubaluleke kakhulu ukuzijonga. Oko kungakunceda ujongane ngcono kwaye udlule kakhuhle kweli xesha lokuzikhetha. Ukuzikhathalela asikuko ukuzingca. Yenza izinto ezincini, lala ngokwaneley, itya kakuhle, fumana ukuzilolonga ngazo zonke iintsuku, zibethise ngomoya ngokwaneleyo (oku kusalungile ukuba uyawu thobela umgama wentlalo nabanye abantu). Yenza izinto ezizo susa ingqondo yakho kwiinxinzelelo zakho: bukela imuvi ehlekisayo, dlala nabantwana bakho, dlala imidlalo yekhompuyutha, khrowusha, pheka, cula, yenza umsebenzi wendlu – noba yintoni enoku nceda.

Hlala umanyene nabanye abantu

Bachazele abanye abantu ngemvakalelo zakho. Ncokolela umntu omthembileyo – umhlobo, ilungu losapho lwakho, umeza okanye umntu okhonza naye. Ungakwazi noku nxumelana nomcebisi wakho. Abacebisi abaninzi baya fumaneka kwi intanethi nasefownini okanye kuWhatsApp ngelixesha yale ngxaki ye COVID19.

Ukugcina umgama phakathi kwakho nabanye abantu akuthethi into yokuba hlala wedwa.

Unelungelo loziva ukhuselekile.

Unako ukudlula kulento.

Jonga olunye ulwazi esize nalo olwenzelwe oomama ngojongana noxinzeleka umphefumlo, ixhala, ukuxhomekeka kwiziyobisi noku jonganga noxinzelelo leCOVID-19

linombolo: (Qhubeka uzama hleze babambekile)

- GBV Command Centre Call 0800 428 428; Send a “Please Call Me” by dialling *120*7867# SMS ‘help’ to 31531
- People Opposing Women Abuse (POWA) www.powa.co.za tel: 0800 029 999
- Lifeline’s Domestic Violence line 0800 150 150
- Tears Foundation www.tears.co.za tell dial *134*7355# or 010 590 5920
- Rape Crisis 021 447 9762 ; WhatsApp 083 222 5164
- South African Depression and Anxiety Group (SADAG) www.sadag.org – has many helplines 0800 21 22 23 or 0800 456 789 or 0800 20 5026 and others

For more info and helplines visit www.messagesformothers.co.za or www.pmhp.za.org