

Fight against Gender Based Violence



HELPLINE NUMBERS

National Shelter Movement Western Cape

084 307 9102 (WhatsApp)

GBV Command Centre

0800 428 428

LifeLine Domestic Violence Helpline

0800 150 150

AIDS Helpline

0800 012 322

National Counselling Line

0861 322 322

Childline South Africa

0800 055 555

South African Police Service

10111

Human Trafficking Helpline

0800 555 999

Department of Social Development

0800 220 250

Safe Line

0800 035 553

Child Victims of Sexual Abuse Helpline

0800 035 553

Gay and Lesbian Network Helpline

0860 333 331

Lesbian, Gay, Bi-sexual, Transgender
and Intersex Helpline

021 712 6699

Department of Community Safety Complaints Line

021 483 4332



CITY OF CAPE TOWN
ISIXEKO SASEKAPA
STAD KAAPSTAD

WHAT IS GENDER-BASED VIOLENCE?

Gender-based violence (GBV) is an umbrella term for any kind of discrimination or harmful behaviour directed against a person based on gender. It includes acts or threats of sexual, physical or psychological violence perpetrated because of someone's gender or sexual orientation. It is important to remember that both females and males can be victims of GBV.

WHAT IS GENDER?

Gender refers to roles and responsibilities assigned to men and women by society.

WHAT IS SEXUAL ORIENTATION?

Sexual orientation refers to the emotional, romantic or sexual attraction that a person feels towards another person. A person could be attracted to any sex or any person.

GBV IMPACTS ON EVERYBODY

GBV could occur between peers, partners in a relationship, family members, teachers and students or strangers. Young people are exposed to different types of violence in their relationships, homes, at school and in the community. According to the World Health Organisation (2002) violence by young people is one of the most visible forms of violence in society. The main victims and perpetrators of such violence, almost everywhere, are adolescents and young adults.

DIFFERENT FORMS OF GENDER-BASED VIOLENCE

Violence against women and girls

This is an act of violence aimed at women and girls and can happen within a romantic relationship, at home with parents or family members, in the community and among peers.

Violence between intimate partners

This is the most common form of GBV and includes physical, sexual and emotional abuse and controlling behaviour by a romantic partner. It can occur in any relationship.

Sexual violence

This is any form of forced sexual act including forcing sexual activities without someone's consent and permission, as well as unwanted verbal or physical conduct of a sexual nature. It includes rape (date rape, gang rape and marital rape), child sexual abuse, sexual harassment and human trafficking for sexual exploitation.

Domestic violence

Domestic violence refers to violence carried out by partners or family members, such as parents or family members abusing others physically, verbally, emotionally and sexually.

DIFFERENT TYPES OF ABUSE



PHYSICAL ABUSE

Punching, hitting, slapping, kicking, strangling or physically restraining someone against their will (for example anyone hitting or slapping you).



EMOTIONAL ABUSE

Belittling, insulting, false accusations, blaming, lack of trust, jealousy (for example anyone telling you that you are worthless).



VERBAL ABUSE

Shouting, swearing, using derogatory names, insults, embarrassing others (for example anyone, including parents, swearing at children).



SEXUAL ABUSE

Can involve rape or other forced sexual acts (for example anyone, including your boyfriend, girlfriend or partner forcing you to have sex with them).

THIS IS WHAT YOU CAN DO – TO STOP GENDER BASED VIOLENCE

- Show respect to everybody, including your peers, family and community members
- Speak to others in a respectful manner, avoid swearing and do not hurt someone else's feelings
- Do not bully your girlfriend, boyfriend or partner into doing something they don't want to do
- Allow your girlfriend, boyfriend or partner to have their own opinion
- Respect the decision of others
- Respect someone else's point of view
- Do not repeat bad behaviour
- Remember hitting or being rude to your peers is not a sign of power, but a sign of disrespect
- Respect people who are different

FINDING HELP

1. Inform your teacher or someone else you trust
2. Call the helpline number
3. Report the matter to your nearest SAPS
4. Prepare yourself to leave your abusive environment. Pack essential clothes and take your ID or birth certificate with you.
5. A social worker will interview you
6. You will be placed in a safe environment
7. You will receive ongoing counselling and support
8. Get a protection order free of charge from your nearest magistrate's court

Stryd teen gender geba- seerde geweld te verbind



HULPLYNNOMMERS

Nasionale Skuilingsbeweging: Wes-Kaap

084 307 9102 (WhatsApp)

GBV-bevelsentrum

0800 428 428

LifeLine-hulplyn vir huishoudelike geweld

0800 150 150

Vigs-hulplyn

0800 012 322

Nasionale Beradingslyn

0861 322 322

Childline Suid-Afrika

0800 055 555

Suid-Afrikaanse Polisie diens

10111

Mensehandel-hulplyn

0800 555 999

Departement van Maatskaplike Ontwikkeling

0800 220 250

Safe Line

0800 035 553

Hulplyn vir kinderslagoffers van seksuele mishandeling

0800 035 553

Gay & Lesbian Network-hulplyn

0860 333 331

LGBTI-hulplyn

021 712 6699

Klagtelyn: Departement van Gemeenskapsveiligheid

021 483 4332



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WAT IS GENDER GEBASEERDE GEWELD?

Gender-gebaseerde geweld (GBV) is 'n oorkoepelende term vir enige tipe diskriminasie of skadelike gedrag teenoor persone op grond van hul gender. Dit sluit dreigemente in of dade van seksuele, fisieke of sielkundige geweld wat weens iemand se gender of seksuele oriëntasie gepleeg is. Dit is belangrik om te onthou dat vroue en mans albei slagoffers van GBV kan wees.

WAT IS GENDER?

Gender verwys na rolle en verantwoordelikhede wat deur die samelewing aan mans en vroue toegewys is.

WAT IS SEKSUELE ORIËNTASIE?

Seksuele oriëntasie verwys na die emosionele, romantiese of seksuele aantrekking wat een persoon vir 'n ander voel. 'n Persoon kan tot enige geslag of enige persoon aangetrokke voel.

GBV AFFEKTEER ALMAL

GBV kan tussen vriende, intieme maats in 'n verhouding, gesinslede, onderwysers en leerders, of vreemde delinge plaasvind. Jongmense word aan verskillende tipes geweld in hul verhoudings, by die huis, by die skool en in die gemeenskap blootgestel. Volgens die Wêreldgesondheidsorganisasie (2002) is geweld deur jongmense een van die sigbaarste vorms van geweld in die samelewing. Die hoofsaaklike slagoffers en plegers van sulke geweld is, byna in alle gevalle, jeugdiges en jong volwassenes.

VERSKILLENDE VORMS VAN GENDER-GEBASEERDE GEWELD

Geweld teen vroue en meisies

Dit is daad van geweld teen vroue en meisies, en kan in 'n romantiese verhouding, by die huis tussen ouers en gesinslede, in die gemeenskap en tussen vriende plaasvind.

Geweld tussen intieme maats

Dit is die algemeenste vorm van GBV en sluit fisieke, seksuele en emosionele mishandeling in, sowel as dominerende gedrag deur 'n romantiese maat. Dit kan in enige verhouding plaasvind.

Seksuele geweld

Dit is enige vorm van 'n seksuele daad onder dwang, wat insluit om seksuele aktiwiteite sonder iemand se instemming en toestemming af te dwing, sowel as ongevaagde verbale uitlatings of fisieke gedrag van 'n seksuele aard. Dit sluit verkragting (afpraakverkragting, bendeverkragting en verkragting binne die huwelik), seksuele kindermishandeling, seksuele teistering en mensehandel vir seksuele uitbuiting in.

Huishoudelike geweld

Huishoudelike geweld verwys na geweld soos gepleeg deur intieme maats of gesinslede, soos ouers of gesinslede wat ander in die huis fisiek, verbaal, emosioneel en seksueel mishandel.

VERSKILLENDE SOORTE MISHANDELING



FISIEKE MISHANDELING

Om iemand te slaan, te klap, te skop, te wurg of teen hul sin vas te hou (bv. enigiemand anders wat jou slaan of klap).



EMOSIONELE MISHANDELING

Om iemand te verkleineer, te beledig, vals te beskuldig of te blameer, 'n gebrek aan vertroue, jaloesie (bv. enigiemand wat sê dat jy niks werd is nie).



VERBALE MISHANDELING

Om iemand te verskree, te vloek, skeldname te gebruik, te beledig of ander te verneder (bv. enigiemand, insluitende ouers, wat kinders vloek).



SEKSUELE MISHANDELING

Kan verkragting behels of ander seksuele daad onder dwang (bv. enigiemand, insluitende jou ou, meisie of intieme maat, wat jou dwing om seks met hulle te hê).

WAT KAN JY DOEN OM GENDER-GEBASEERDE GEWELD STOP TE SIT?

- Betoon respek teenoor almal, insluitende jou vriende, gesin en lede van die gemeenskap. Praat op 'n beleefde manier met ander mense.
- Moenie vloek nie en moenie iemand se gevoelens seermaak nie.
- Moenie jou meisie, ou of intieme maat boelie om iets te doen wat hul nie wil nie.
- Laat jou meisie, ou of intieme maat toe om 'n eie mening te hê.
- Respekteer die besluite van ander mense.
- Respekteer iemand anders se siening.
- Moenie slegte gedrag herhaal nie.
- Onthou dat om ongeskik teenoor jou vriende te wees of hulle te slaan nie 'n teken van gesag is nie, maar eerder dui op 'n gebrek aan respek.
- Respekteer mense wat anders is.

WAAR KAN JY HULP KRY?

1. Vertel vir jou onderwyser of iemand anders wat jy vertrou.
2. Skakel die hulplynnummer.
3. Rapporteer die saak by jou naaste polisiekantoor.
4. Maak gereed om die plek waar jy mishandel word te verlaat. Pak die nodigste klere in en neem jou ID of geboortesertifikaat saam.
5. 'n Maatskaplike werker sal met jou 'n onderhoud voer.
6. Jy sal in 'n veilige plek geplaas word.
7. Jy sal voortdurende berading en ondersteuning ontvang.
8. Kry 'n beskermingsbevel gratis by jou naaste landdroshof.

Lokulwa uBundlobongela obuSekelwe kwiSini



IINOMBOLO ZONCEDO

UMbutho weSizwe weNdawo yokuHlala eKhuselekileyo eNtshona Koloni

084 307 9102 (WhatsApp)

IZiko Lolawulo leGBV

0800 428 428

Inombolo yoncedo yeLifeLine Domestic Violence

0800 150 150

INombolo yoncedo kaGawulayo

0800 012 322

EyeSizwe engeengecebiso iNational Counselling Line

0861 322 322

EngezaBantwana iChildline South Africa

0800 055 555

AmaPolisa oMzantsi Afrika

10111

Inombolo yeHuman Trafficking

0800 555 999

ISEbe loPhuhliso Loluntu

0800 220 250

Inombolo yokhuseleko iSafe Line

0800 035 553

Inombolo yoncendo yaBantwana abangaMaxhoba okuXhatshazwa ngeSondo

0800 035 553

Inombolo yoncedo yeGay and Lesbian Network

0860 333 331

Inombolo yoncedo yeLesbian, Gay, Bi-sexual, Transgender and Intersex

021 712 6699

Inombolo yeziKhalazo zeSebe loKhuseleko Loluntu

021 483 4332



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YINTONI UBUNDLOBONGELA OBUSEKELWE KWISINI?

UBundlobongela obusekelwe kwisini (GBV) ligama elisisambulela kulo naluphi na uhlobo lokucalucalulwa okanye isimilo esiyingozi esijolise kumntu ngokubheki-sele kwisini. Ibandakanya izenzo okanye izoyikiso zobundlobongela obuphathelele kwezesondo, ngok-wasemzimbeni okanye ngokwasengqondweni obenziwa ngenxa yesini somntu okanye inkanuko yesini. Kubalulekile ukuba ukhumble ukuba amadoda nabasetyhini banokuba ngamaxhoba eGBV.

YINTONI ISINI?

Isini sibhekisa kwindima kunye noxanduva olunikezwa amadoda kunye namabhinqa luluntu.

YINTONI ISINI OWABELANA NASO NGESONDO?

Isini owabelana naso ngesondo kubhekisa kwinkano yemvakalelo, yothando okanye yesondo umntu aziva ngayo komnye umntu. Umntu unokutsalwa kuso nasiphi na isini okanye nawuphi na umntu.

IGBV ICHAPHAZELA WONKE UMNTU

IGBV inokwenzeka phakathi koontanga, amaqabane kubudlelwane, amalungu osapho, ootitshala kunye nabafundi okanye abantu ongabaziyo. Abantu abatsha babona iintlobo ezahlukeneyo zobundlobongela kubudlelwane babo, emakhaya, esikolweni nasekuhlaleni. NgokweWorld Health Organisation (ngo 2002) ubundlobongela obenziwa ngabantu abatsha lolune lolona hlobo lobundlobongela lubonakalayo eluntwini. Abona bantu bangamakhoba kunye nabenzi bobundlobongela, phantse kuyo yonke indawo, ngabakwixabiso lokufukisa kunye nolutsha.

IINDIDI EZAHLUKENEYO ZOBUNDLOBONGELA OBUSEKELWE KWISINI

Ubundlobongela obenziwa kwabasetyhini namantombazana

Esi sizenzo sobundlobongela esijolise kwabasetyhini kunye nakumantombazana kwaye sinokwenzeka kubudlelwane bezothando, ekhaya ngabazali okanye amalungu osapho, ekuhlaleni naphakathi koontanga.

Ubundlobongela phakathi kwamaqabane asenyongweni

Le yeyona ndlela ixhaphakileyo yeGBV kwaye ibandakanya ukuxhatshazwa ngokwasemzimbeni, ngokwesondo kunye nangokwemvakalelo kunye nokuphatywa okulalwulayo liqabane othandana nalo. Inokwenzeka kubo nabuphi na ubudlelwano.

Ubundlobongela obuphathelele kwezesondo

Olu lulo naluphi na uhlobo lwesenzo sokunyanzela ngokwesondo kubandakanya ukunyanzela isondo ngaphandle kwemvume yomntu kunye nelungelo, kwakunye nentetho engevumelekanga okanye ukuphatha umzimba ngendlela engesondo. Oku kubandakanya ukudlwengulwa (ukudlwengulwa kwidate, ukudlwengulwa liqela labantu kunye nokudlwengulwa emtshatweni), ukuxhatshazwa kwabantwana ngesondo, ukuxhatshazwa ngesondo kunye nokuthutyelelwa kwabantu ukuze baxhatshazwe ngesondo.

Ubundlobongela basekhaya

Ubundlobongela basekhaya buthetha ubundlobongela obenziwa ngamaqabane okanye ngamalungu osapho, anje ngabazali okanye amalungu osapho axhaphaza abanye ngokwasemzimbeni, ngamazwi, ngokwemvakalelo kunye nangesondo.

IINDIDI EZAHLUKENEYO ZOKUXHATSHAZWA



UKUXHATSHAZWA NGOKWASEMZIMBENI

ukubetha ngamanqindi, ukubetha, ukuqhwaba, ukukrwitsha, ukuthintela umntu ngaphandle kwemvume yakhe (umzekelo nabani na okubethayo okanye okuqhwabayo).



UKUXHATSHAZWA NGOKWASEMOYENI

ukuthoba isidima, ukuthuka, ukutyhola ngobuxoki, ukugxeka, ukungathembi, umona (umzekelo, nabani na okuxelela ukuba awuxabisekanga).



UKUXHATSHAZWA NGAMAZWI

ukushawuta, ukuthuka, ukusebenzisa amagama agxekayo, izithuko, ukuphoxa abanye (umzekelo, nabani na, kubandanya abazali, ukuthuka abantwana).



UKUXHATSHAZWA NGESONDO

kunokubandakanya ukudlwengulwa okanye ezinye indlela zokunyanzela isondo (umzekelo, nabani na, kubandakanya isoka lakho, intombi othandana nayo okanye iqabane elukanyanzela ukuba wabelane nesondo nalo).

NAKU ONOKUKWENZA – UKUNQANDA UBUNDLOBONGELA OBUSEKELWE KWISINI

- Bonakalisa intlonipho kuye wonke umntu, kubandakanya oontanga bakho, usapho kunye nabahlali
- Thetha nabanye ngendlela enentlonipho, musa ukuthuka kwaye ungonzakalisi imvakalelo zomnye umntu
- Musa ukuxhaphaza intombi othandana nayo, isoka, okanye iqabane lakho ekwenzeni into ebangafuniyo ukuyenza
- Vumela intombi othandana nayo, isoka okanye iqabane lakho ukuba babe noluvo lwabo
- Hlonipha isigqibo sabanye
- Hlonipha izimvo zomnye umntu
- Musa ukuphinda isimilo esibi
- Khumbula ukuba ukubetha okanye ukuba krawda
- koontanga bakho asililo uphawu lokuba namandla, koko kubonisa ukungabi nantlonelo
- Hlonipha abantu abahlukileyo

UKUFUMANA UNCEDO

1. Yazisa utitshala okanye omnye umntu omthembileyo
2. Tsalela umnxeba inombolo yoncedo
3. Xela lo mba kuSAPS okufutshane nawe
4. Zilungiselele ukushiya indawo yakho ekuxhaphazayo. Pakisha iimpahla ezifanelekileyo ukuze uthathe iID okanye isiqinisekiso sakho sokuzalwa
5. Unontlalontle uza kudlana indlebe nawe
6. Uya kubekwa kwindawo ekhuselekileyo
7. Uya kufumana ingcebiso nenkxaso ngokuqhubekayo
8. Fumana umyalelo wenkundla wokhuseleko ngaphandle kwentlawulo kwinkundla ekufuphi kuwe.