

HOW TO REPORT GENDER BASED VIOLENCE



IF YOU ARE EXPERIENCING ANY OF THESE:



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).



SEEK HELP NOW, CALL THE HELPLINE NUMBERS BELOW

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

To commit to the fight against Gender Based Violence, sign the pledge at <http://bit.ly/CCT-GBVPledge> or at your local library.



CITY OF CAPE TOWN
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Making progress possible. Together.

HOE OM GENDER GEBASEERDE GEWELD TE RAPPOORTEER



AS JY ENIGE VAN DIE VOLGENDE ERVAAR



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 daade onder dwang (bv. enigiemand, insluitende jou ou, meisie of intieme maat, wat jou dwing om seks met hulle te hê)



KRY DADELIK HULP: SKAKEL DIE HULPLYNE

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

Onderteken die verbintenis by <http://bit.ly/CCT-GBV-Pledge> of by jou plaaslike biblioteek om jouself tot die stryd teen gender-gebaseerde geweld te verbind.



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Maak vooruitgang moontlik. Tesame.

BUXELWA NJANI UBUNDLOBONGELA OBUSEKELWE KWISINI



UKUBA UHLANGABEZANA NENYE YEZI



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 zokunyanzelisa isondo (umzekelo, nabani na, kubandakanya isoka lakho, intombi othandana nayo okanye iqabane elukanyanzela ukuba wabelane nesondo nalo)



FUNA UNCEDO NGOKU, TSALELA IINOMBOLO ZONCEDO

IINOMBOLO ZONCEDO

UMbutho weSizwe weNdawo yokuHlala eKhuselekileyo eNtshona Koloni	084 307 9102 (iWhatsApp)
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 yeSafe Line	0800 035 553
Inombolo yoncedo 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

Ukuzibophelela kwidabi
lokulwa uBundlobongela
obuSekelwe kwiSini, sayina
isithembiso ku
<http://bit.ly/CCT-GBVPledge>
okanye kwithala leencwadi
lakho lasekuhlaleni.



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Senza inkqubela yenzeke. Sisonke.