

periods for hope

**INCWADANA
YEMFUNDO**

SINGOBANI?

IPeriods for Hope ngumbutho ongenzi nzuzo ojolise ekujonganeni nemicimbi yokuya exesheni kunye nobundlobongela obusekwe kwisini. Injongo yethu kukufundisa malunga nezokwabelana ngesondo kunye nokuzala kunye nokuxhobisa amantombazana nabafazi abancinci ukuba babe zii-arhente zemizimba yabo.

YINTONI LE?

Senze le ncwadana njengendlela yokukunceda xa usexesheni ngelixesha lo bhubhani. Incwadana leyo, kufanele ukuba uyifumene nekiti enokuphinda isetyenziswe kwakhona. Le kiti yogutyulo yenzelwe kwaye yaveliswa ekuhlaleni ukuze ibesisisombululo esizinzileyo kumjikelezo wakho. Sinethemba lokuba uzakonwabela ukuyisebenzisa le minyaka mithathu izayo.

SIFUMANE KWI-INTANETHI



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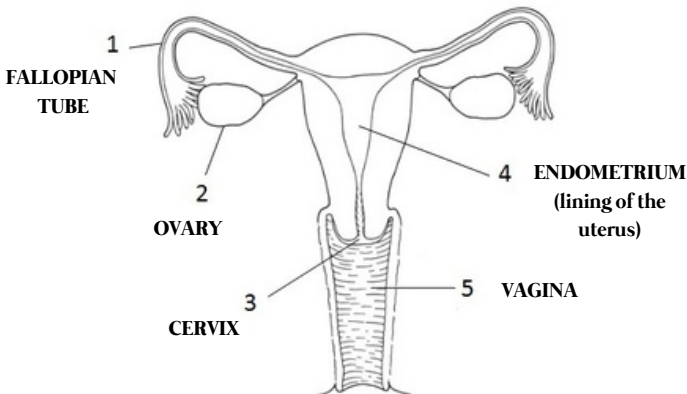
SEXESHENI

Yintoni ukuba sexesheni?

Ngexesha lokufikisa, amantombazana aqala ukuvelisa amaqanda kwii-ovari, kwaye amadoda aqala ukuvelisa isidoda ematyhalarheni. Inwele ziqalisa ukukhula kwindawo ezifihlakeleyo kunye naphantsi kwamakhwapha, kwaye amantombazane aqalisa ukukhula amabele. Amadoda anomgangatho ophezulu we testosterone, lo gama abasetyhini enenqanaba eliphezulu leeprogesterone kunye ne-estrogen. Abasetyhini baqala ukufumana imijikelezo yanyanga zonke ngenxa yokutshintsha kwenqanaba lehomoni. Le mijikelo yenyanga yaziwa ngokuba yimijikelezo yokuya exesheni kwaye iba nexesha lokuphuma kwegazi okwaziwa ngokuba kukuya exesheni.

Umjikelo wokuya exesheni unamanqanaba amane awahlukeneyo:

1. Iqanda liya kuqala ukukhula kwi-ovary. I-lining yesibekeko, ebizwa ngokuba yi-endometrium, iya kuqala ukuba lukhuni.
2. I-ovary iya kuthi emva koko ikhuphe iqanda kwi-fallopian tube. I-endometrium iya kuqhubeka ikhula ukuze ilungiselele ukukhulelwa
3. Iqanda lihamba liye esibekekweni, kwaye ukuba alichumiswanga, i-endometrium iya kuqala ukwaphula kwaye yahlukane
4. I-endometrium ke iyaphalazwa kwilungu lobufazi njengegazi, izicubu kunye nomkhunyu. Eli 'lixesha', lesigaba ngumjikelo apho uphuma khona igazi, kwaye uhlala kwesisigaba kangange ntsuku ezi-2 ukuya kwezi-7



Xa abasetyhni besexesheni, kuyinto eqhelekileyo ukuziva:

- Ukuqaqanjelwa sisisu
- Ukuziva ingathi uzogabha okanye utyhafile
- Amabele abuhlungu kwaye aqinileyo
- Intloko ebuhlungu kunye nokudinwa
- Umqolo obuhlungu
- Ukungaziva kamnandi
- Utshintsho ngokwasemphefumleni nasengqondweni enje ngokudakumba, ukudikwa okanye umsindo. Oku kungenxa yokutshintsha kwamahomoni.

Ingaba ikhona into enjengo kopha okungalawulekiyo? Ukuchaphazeleka okungaqhelekanga kwesibeleko sisifo seempawu ezinokubandakanya: ukungabikho sexesheni; amaxesha angaqhelekanga; ukopha kubufazi phakathi kwemijikelezo; ukopha okunzima okuhlala ngaphezulu kweentsuku ezisibhozo. Ukuba uziva unezi mpawu, kuluvo olulungileyo ukufuna ingcebiso kwiingcaphephe.

Izizathu zokuba namaxesha angaqhelekanga:

- Uxinzelelo kunye nokutya okungakonelisiyo
- Ukusetyenziswa kwamayeza athile (kubandakanya ukucwangcisa)
- Iminyaka emibini yokuqala emva kokuba amantombazana nabafazi beqale amanqanaba abo
- Ngexesha lokukhulelwa
- Ngexesha lokuncancisa rhoqo
- Ukuyeka ukuya exesheni

Yintoni iPMS?

I-PMS ibhekisa 'kwi-Premenstrual Syndrome' kwaye ineempawu eziqhelekileyo zomzimba nezeemvakalelo ozivileyo ezikhokelela exesheni. Ezi mpawu zahlukile kumntu wonke kwaye zinokutshintsha kwakhona ebomini.

Iimpawu zinokubandakanya:

- Ukudumba okanye ubuthathaka bamabele
- Intloko okanye umqolo obuhlungu
- Ukuqhinwa okanye ukuhambisa
- Ukuqanjelwa kunye ukuqaqanjelwa sisisu
- Ukudikwa
- Ukuziva udiniwe
- Iingxaki zokulala
- Iminqweno okanye iinguqu kumdlu wokutya

**Ubusazi?
I-PMS yinto
eqhelekileyo
nangaphezulu
kwe-90% yabasetyhini
ababanayo.**

ULAWULO XA USEXESHENI

Kubalulekile ukuba ukwazi ukulawula ixesha lakho ngokufanelekileyo. Oku kukhusela naluphi na usuleleko kwaye kwenza ukuba umjikelo wokuya exesheni ube lula ukumelana nawo qho ngenyanga.

Ubusazi? Phakathi kwe-20 ukuya kwi-40 ml yegazi kuya kulahleka ngexesha lomjikelo ngamnye (malunga namacephe amathathu).

Abahlobo kunye noSapho

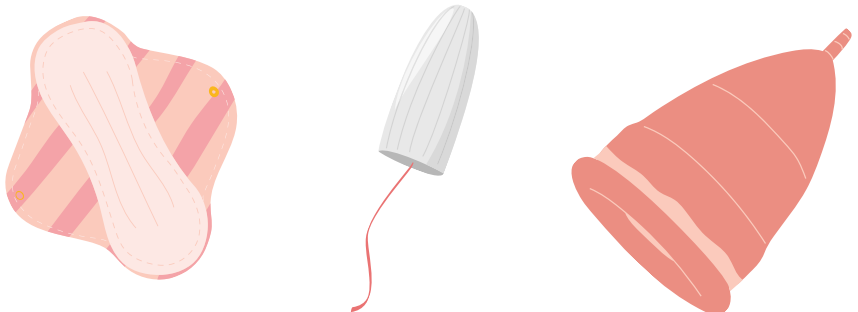
Ungaziva usoyika okokuqala xa ufumana ixesha lakho, ke kubalulekile ukuba ufumane isikhokelo kunye nenkxaso kumalungu osapho lwakho. Zama ukuya kwilungu losapho okanye umhlobo omthembayo xa uqala ukufumana ixesha lakho okanye nangaliphi na ixesha emva koko.

limveliso zococeko (Sanitary Products)

Ukuzikhethela kukhuseleko lococeko sisigqibo esenzelwe wena esisekelwe kwinto ocinga ukuba yamkelekile kwaye yeyiphi eyona nto ikusebenzelayo.

Olunye ukhetho lwezinto ezisetyenziswa ngamantombazana nabafazi xa besexesheni lubandakanya:

- Izinto zendalo (njengodongwe okanye amagqabi)
- Imicu yelaphu
- Itampons
- lipads ezilahlwayo
- likhaphu zokuya exesheni okanye iziponji zokuya exesheni
- likiti zococeko zePeriods for Hope



Ucoceko

Ucoceko yinto ebalulekileyo kulawulo lokuya exesheni.

Qinisekisa ukwenza oku kulandelayo xa ulawula ixesha lakho:

- Hlamba amalungu esini ngamanzi acocekileyo yonke imihla
- Zisule ubeke ilaphu elicocekileyo elomileyo kwimpahla yakho yangaphantsi
- Gcina amalaphu angasetyenziswanga kunye nee-pads zicocekile (zisongele kwi-tishu okanye uzifake eplastikini) oza kuzisebenzisa kamva
- Zilungiselele: Hlala unamalaphu owagcinileyo ukuze xa uthe wasexesheni phakathi kwemini okanye usesikolweni.
- Khumbula: Xa usexesheni, unokwenza yonke into oqhele ukuyenza kubandakanya,
- iishawa zemihla ngemihla okanye ukuhlamba, ukuzivocavoca nokudlala imidlalo,
- imisebenzi yemihla ngemihla, ukusebenza kunye nokuhamba isikelo

Ubuzazi? Bubuxoki ukuba abantu basetyhini kunye namantombazana abakwazi kuhlamba okanye ukubhukuda xa besexesheni. Ukuba uyafikelela kwezi, i-tampons, iikomityi kunye neziponji zikulungele ukulawula isimo xa usexesheni ngelixa ubhukudayo.

Ukuphila ngokwasemzimbeni

Kubalulekile ukuba uqiniseke ukuba ukhathalela umzimba wakho xa usexesheni. Ukuba kunokwenzeka, qiniseka ukuba utya ngokusempilweni kwaye ulala kakuhle. Ukuba uva iintlungu xa usexesheni, zama ukunciphisa ezo ntlungu ngokwenza oku kulandelayo:

- Ukubeka ibhotile yamanzi ashushu kumazantsi esisu
- Ukuhlamba ngokufudumeleyo okanye ukusela isiselo eshushu
- Ukuhamba, ukuzolula kunye nokuzilolonga
- Ukurabha amazantsi esisu
- Ukutya ukutya okuphezulu kwi-magnesium kunye ne-iron kubalulekile ukunciphisa iintlungu kwaye kuthintela ukusilela kwe-iron

Ubuzazi? Ngamanye amaxesha iintlungu okanye isisu esixineneyo xa usexesheni (ezikwabizwa ngokuba yiDysmenorrhea) ezibuhlungu kakhulu zinokubonisa ingxaki. Ukuba uva iintlungu ezenzeka ngaphambili kumjikelo wakho kwaye zihlala ixesha elide kunesisiqhelo, kunokunyanzeleka ukuba ufune unyango.

IKITI ZOCOCEKO ZEPHI

Ezi zixhobo zenzelwe ukuba ziphinde zisebenziseke kwaye kuye kwaqinisekiswa ukuba ziluncedo ngenxa yokuba ziyagcinakala kune-pads eziqhelekileyo. Ilaphu elithile elifunxayo lisetyenzisiwe ukuze ukwazi ukuphinda uzihlambe (ngokufanayo nendlela ohlamba ngayo impahla yangaphantsi). Kukho nendawo apho ukwaziyo ukufaka imicu (liners). Oku kufana ne-pads. Ezi-pads zihlala iminyaka emithathu.

Ikiti nganye yococeko inezi zinto zilandelayo:

- ibhegi evalekayo (yokuhlamba okanye ukubeka izinto ezisetyenzisiweyo)
- li-liners ezintandathu kunye ne-shield ezimbini
- Isixhobo esilandela umjikelo wokuba sexesheni kunye nemiyalelo



SHIELD



LINERS



IKITI ZOCOCEKO



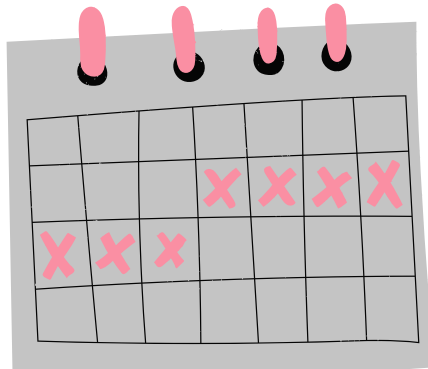
IBHEGI

UKULANDELA UMJIKELO WOKUBA SEXESHENI

Kwikiti yakho sifake isixhobo esilandela umjikelelo wokuba sexesheni. Kubalulekile ukulandela ukubasexesheni kwakho ukuze ukwazi ukuba kwenzeka ntoni phakathi komjikelezo wakho kwaye nokuze ukwazi ukuqikelela ixesha lakho elizayo.

Apha ngezantsi kucaciswa indlela yokulandela ixesha lakho:

- Qala ngokumakisha usuku oqala ngalo ukuba sexesheni kunye nogaqiba ngalo.
- Xa usexesheni kufuneka ubhale phantsi ubonisa u[S] kwaye ubhale kwi khalenda yakho ukuba ukopha kwakho ku:
 - Kuncici kakhulu [O]
 - Kungamandla [+]
 - Kuqhelekile [X]
- Ukufumanisa "ubude" bomjikelelo wakho, qala ukubala ngosuku lokuqala ukopha (okubizwa ngokuba ngumjikelelo womhla woku-1) kude kube ngumhla wokuqala wexesha lakho elilandelayo.
- Umjikelelo wokuya exesheni uba malunga neentsuku ezingama-28, kodwa oku kuyehluka phakathi kwabafazi namantombazana.
- Gcina incwadi yokubhala yokurekhoda naziphi na iimvakalelo kunye neempawu (ezinjengeentloko ebuhlungu kunye nomqolo) onokuba nazo xa usexesheni okanye umjikelelo. Faka kwakhona umyinge wosuku lwakho (lulungile, lubi okanye lumndilili).



INGXAKI ZESINI

Emva kokuba sifundile malunga nokuya exesheni kunye nokuqonda iimpawu zebhayoloji malunga nokuba ngumfazi, ngoku sizokuqala ukujonga isini kunye nokwabelana ngesondo.

Ubusazi? 'Isondo' ibhekisa kwiimpawu zemvelo zokuba ngumntu obhinqileyo okanye oyindoda. 'Isini' sibhekisele kwindima nakwiimpawu ezinikwe abantu ngabantu ngokwesini sabo.

Iindima zesini

Njengoko kuchaziwe apha ngasentla, 'isini' sisakhiwo sentlalo esithetha ukuba ezi ndima zisekwe kwinkcubeko kunye neenkolelo zentlalo. Ezinye zezindima zisenokubonakala ngathi zinxibelelanisa neyantlukwano ngokwebhayoloji, enjengomama okhathalela abantwana, kodwa azi njalo.

Iindima zesini zinokuba nefuthe elibonakalayo kumantombazana nakumabhinqa, ngakumbi xa esiya exesheni. Ingakhokelela kukhutshelwa ngaphandle kwabasetyhini kunye namantombazana kumathuba ezentlalo, anje ngemfundo kunye nengqesho.

Oku kunokubangela umthwalo ongalinganiyo woxanduva olufana nomsebenzi wasekhaya. Izinto ezinjengobundlobongela obusekwe kwisini (GBV) zikwanxulunyaniswa nendima yesini.



Yintoni ubundlobongela obusekwe kwisini?

Ubundlobongela obusekwe kwisini (GBV) bubhekisa kubundlobongela ngokwasengqondweni, ngokwasemphefumleni, ngokweemvakalelo, ngokwesondo okanye ubundlobongela ngokwezoqoqosho obenziwa kukungalingani ngokwesini eluntwini. Yenzeka ngenxa yeembono eziqondwayo zeendima zesini, imilinganiselo kunye nolindelo.

Kukho iindlela ezahlukeneyo ze-GBV:

- Ubundlobongela obenziwa kwabasetyhini kunye namantombazana (VAWG)
 - Ubundlobongela obujolise ngqo kwabasetyhini nakumantombazana.
- Ubundlobongela kubantu be-LGBTQI
 - Ubundlobongela bujolise kubantu abathandana besisini esinye, kubantu abaguqule izini zabo kunye nabantu abathandana kumacala omabini ezini
- Ubundlobongela beqabane (IPV)
 - Ubundlobongela ngokwasemzimbeni, ngokweemvakalelo nangokwesondo liqabane lakho
- Ubundlobongela basekhaya (DV)
 - Ubundlobongela ngokwasemzimbeni, ngokweemvakalelo nangokwesondo okwenziwa lilungu losapho. Obu bundlobongela bunokuba kukuhlaselwa ngokwesondo, ukunyanzelwa kunye nokuxhatshazwa ngokwesondo.
- Ubundlobongela obuphathalele kwezesondo (SV)
 - Izenzo ezahlukeneyo zesondo ezingafunwayo okanye ezinyanzelwayo komnye umntu. Oku kunokubandakanya ukudlwengulwa, ukuhlukunyezwa ngokwesondo, ukuxhatshazwa ngokwesondo okanye ukurhwetyiswa ngesondo.



Igalelo le-GBV

Ubundlobongela obusekelwe kwisini buyayonakalisa impilo yexhoba - okuthetha ukuba kubakho iziphumo ezibonakalayo, ekuziphatheni nasengqondweni.



Iziphumo ze-GBV zibandakanya:

Okokwenyama

- Intsholongwane kaGawulayo kunye / okanye izifo ezosulelayo ngokwesondo
- Ukukhulelwa okungafunwayo
- Ukuphuma kwesisu
- Ukwenzakala kunye / okanye ukufa



Ekuziphatheni

- Ukuzithemba okuphantsi, ihlazo kunye nokuzibeka ityala
- Ukusetyenziswa gwenxa kwezinyobisi
- Ukuphila ngokoyika
- Iinjongo zokuzibulala



Ngokwasengqondweni

- Ukuphazamiseka koxinzelelo emva koxinzelelo, unxunguphalo kunye nokudakumba
- Ukothuka nokoyika
- Uxinzelelo olunzima

Ubusazi? 'I-Trauma' ibhekisa ekuvezweni kweziganeko ezohlukeneyo nezoyikisayo ezininzi.

UKUHLUKUNYEZWA NGOKWESONDO

Kukuthini ukuhlukunyezwa ngokwesondo?

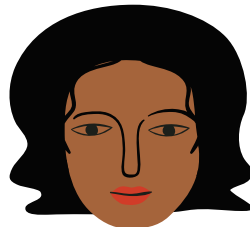
Ukuphathwa gadalala ngokwesondo yindlela 'yobundlobongela obusekwe kwisini' kwaye kuchazwa njengokuziphathwa okungafunekiyo ngokwesondo ngomnye umntu okwenzakalisayo engqondweni nasempilweni.

Imizekelo yokuxhatshazwa ngokwesondo:

- Ukwenza izindululo zesondo, ezinje, "kunganjani sthandwa?"
- Ukusasaza amahlebezi anje, "angayenza nabani na".
- Ukuthumela imiyalezo engacelwanga ngesondo okanye imifanekiso kwiselula
- Ukuleqana nokuvalala amabhinqa kunye namantombazana ukuze uwabambe uwaphuze, unyuse nelokhwe zabo.
- Ukuqhubela phambili ngokwesondo okungafunekiyo.

Sikuchaza njani ukuhlukunyezwa ngokwesondo?

Eyona nto ibaluleke kakhulu ekuchazeni ngokuhlukunyezwa ngesondo yindlela yokuziphatha eyenza ukuba ixhoba lizive ngayo. Ukuba isenzo sokwabelana ngesondo senza ukuba ixhoba lizive lingonwabanga kwaye lisoyika, loo nto inokuba lityala lokuxhaphaza ngokwesondo. Injongo yokuxhatshazwa ngokwesondo kulapho umntu omnye ehlala ehlukumeza esebenzisa amandla akhe komnye. Oku kwenziwa ukwenza ixhoba lizive lihlazisiwe, loyikisiwe kwaye lisongelwa. Yiyo lo nto kubalulekile ukuba abantu bazive bekhuselekile kubudlelwane babo kwaye bakwazi ukubeka imida xa bengafuni ukwenza izinto ezithile.



UBUDLELWANE OBUHLONIPHAYO

Buyintoni ubudlelwane obusempilweni?

Ubudlelwane obusempilweni bume ngemigaqo emithathu esisiseko; inkululeko, uthando kunye nentlonipho.

Inkululeko

Ubudlelwane obusempilweni buvumela bonke abantu ukuba babone usapho kunye nabahlobo babo, baphume nabanye abantu, bazenzele izigqibo, balandele ezabo iinkolelo, inkolo okanye iindlela abenza ngayo kwaye babe ngabo.

Uthando

Uthando olusempilweni aluhlukumezi. Luvumela aba bantu babini ukuba banxibelelane ngentlonipho nangokunyaniseka kwaye abantu ababini baziva bekhuselekile kubudlelwane. Abantu abakubudlelwane obusempilweni banemida kwaye banokuthi 'HAYI' kwizinto abangafuni kuzenza, ezinjengokwabelana ngesondo okanye imisebenzi eyingozi.

Intlonipho

Ubudlelwane obusempilweni buba nesiseko sokuhlonipha apho abantu ababini banokumamela izimvo kunye nezimvo zomnye nomnye, banokubhiyozela impumelelo, abanamona, bangathukani okanye bahlukumezane kwaye abalawulani okanye bagqathane. Kubalulekile ukuba uqaphele ukuba

bonke ubudlelwane bunokudiban namaxesha anzima kwaye sinokungavumelani kwaye sizive singonwabanga kubudlelwane obungahlukumeziyo. Oku kwenza ukuba kube nzima ukuqonda into eqhelekileyo kwaye engahlukumeziyo.



Impawu zesilumkiso kubudlelwane obuhlukumezayo:

- Uzama ukukulawula
- Ukufaka ingcinezelo
- Ukwenzakalisa ngenjongo
- Ubonakalisa umona ogqithisileyo
- Uzama ukudodobalisa
- Uyakusongela

Omnye umba obalulekileyo wobudlelwane obusempilweni ngumbono 'wemvume'.

Yintoni imvume?

Imvume sisivumelwano esivumelana ngokusekwe kumnqweno owabelana ngawo ngezinto zesondo. Kukudibana okungapheliyo komlomo okubandakanya ukunyaniseka, intlonipho kunye nokuthembana. Kubalulekile ukuba uqaphele: imvume ayinxulumene namandla okanye ukunyanzela omnye umntu ukuba athi 'ewe' kwizinto zesondo. Zimbini izinto ezinxulumene nemvume:

Ibukeka njani imvume:

- Ukunxibelelana ngamaxesha onke nokujonga ukuba iqabane likhululekile na.
- Ukuhlonipha xa iqabane lisithi "hayi" okanye "mhlawumbi".
- Ukungafaki izimvo okanye ukwenza izinto ngendlela enomsindo yokunyanzela umntu ukuba athi "ewe".

Imvume ayibonakali ngoluhlobo:

- Ukucina ukuba iimpahla ezithile okanye ukudlala ngothando kunika imvume;
- Ukunika imvume phantsi kwempembelelo yotywala okanye iziyobisi;
- Ukunika imvume kuba umntu ephantsi kocinezelelo



UKUFUNA UNCEDO

Njengoko bekutshiwo ngaphambili, ukhlukunyezwa ngokwesondo kunye nezinye iindlela ze-GBV zinempembelelo eyonakalisayo kwixhoba. Ngenxa yoku, kubalulekile ukuba uyazi ukuba mawenze ntoni xa kunokwenzeka ukuba uzibone ukulengxaki okanye umntu omkhathaleleyo ekuyo. Kubalulekile ukukhumbula ukuba akukho ndlela 'ilungileyo yokujongana nokuxhatshazwa ngokwesondo kuba imeko nganye yahlukile.

Ukuba uyakhlukunyezwa:

MUSA UKUZIBEK 'ITYALA

Ukuba uyahlukunyezwa, ungaze uzibeke ityala nokuba uthini umhlukumezi. Ngaphantsi kwayo nayiphi na imeko, akho nabani na ovumelekileyo ukuba ahlukumeze ngokwesini omnye umntu- akukho semthethweni kwaye ayisoze ibe yimpazamo yexhoba.

XELA

Nangona ukuxela ukuxhatshazwa ngokwesondo kunokubangela uzive unoloyiko kwaye ukhathazekile, kusoloko kukuhle ukuxela ukuxhatshazwa ngokwesondo kumntu okhulileyo omthembileyo. Ukuba umntu akakukholelwa ekuqaleni, kuya kufuneka uye komnye umntu. Kwiimeko ezininzi, kungcono ukuba uxelele umntu kwamsinyane ngoba ngaphandle koko ukuxhatshazwa ngokwesondo kunokuba mandundu.

GCINA IREKHODI

Gcina ingxelo yazo zonke iziganeko ezenzeke kuwe kwijenali. Gcina nayiphi na imifanekiso ekhubekisayo, izicatshulwa, njl njl. Ukuze ubenobungqina bokuba uhlukunyeziwe ngokwesondo.

FUNA UNYANGO

Kuhlala kubalulekile ukufuna uncedo lwezonyango ngoko nangoko emva kweshelelo esenzekileyo, ingakumbi ukuba kubandakanya udlwengulo. Oku kungenxa yokuba udlwengulo lunokufuna inkathalelo yonyango ngokubhekisele kuvavanyo lomzimba. Kwiimeko zeziganeko eziphindaphindiweyo okanye iziganeko ezizodwa, kubalulekile ukuba xa sele uchazile ingxelo yeziganeko, ufune uncedo ngokwengqondo kwaye udibane nengcaphephe. Oku kungenxa yokuba ukuhlukunyezwa ngokwesondo kunokuchaphazela nengqondo yakho.

Ukuba umntu omaziyo uyahlukunyezwa:

MAMELA KWAYE UKHOLELWE

Mamela into ethethwa ngumhlobo wakho kwaye ungazami ukumphazamisa. Bayeke bathethe ngokwabo. Babonise ukuba umamele ngokudibana ngamehlo kunye nokumana unqwala intloko. Zama ukungabuzi imibuzo emininzi, kuba oku kunokwenza kubonakale ngathi uyathandabuza. Umhlobo wakho kufuneka abone ukuba usecaleni lakhe kwaye uyamxhasa.

QINISEKISA

Xelela umhlobo wakho ukuba oko akuvayo kulungile. Bazise ucinga ukuba iimvakalelo zabo ziyinyani kwaye ziqhelekile, ngokuphindaphinda igama lovakalelo abalisebenzisileyo (umz. 'Kulungile ukuba uziva usoyika'). Vuma into yokuba unemvakalelo ngayo, kodwa zama ukugxila kumhlobo wakho.

MUSA UKUBEKA ITYALA

Kuluntu lwethu, kuyinto eqhelekileyo ukuba amaxhoba agxekwe ngenxa yamava obundlobongela. Zama ukungabuzi imibuzo enje ngo 'Kutheni uye apho?' 'Kwaye kutheni uhambe nabo' kuba inokwenza umhlobo wakho acinge ukuba unoxanduva lwento eyenzekileyo kuye..

BUZA

Ukuba uziva ungeloncedo, buza umhlobo wakho ukuba loluphi uhlobo loncedo abalulindeleyo kuwe.

Abakulindelanga ukuba usombulule ingxaki, kwaye sele uncede nje ngokumamela. Ukubuza kuya kunceda umhlobo wakho ukuba acinge malunga nento azakuyenza emva koko.

UKUGCINWA KWEMFIHLO

Kubalulekile ukuba umhlobo wakho akuthembele kwaye uvakale ngathi bayalilawula ibali. Ukuba ucinga omnye umntu kufuneka azi (umz. Umntu omthembileyo okanye amapolisa), qala ucele umhlobo wakho imvume yokuxoxa ngale nto nomntu wesithathu.

FUMANA UNCEDO

Thetha nomhlobo wakho malunga nokuba kunceda ntoni ukumisa ubundlobongela (ukuba kusekho), okanye ngento abaziva beyifuna. Khuthaza umhlobo wakho ukuba axelele umntu omdala omthembileyo onokuthi enze into ngaloo nto, njengesalamane, umcebisi wesikolo okanye amapolisa.

BHALA NGOKUBA SEXESHENI KWAKHO

Ungasisebenzisa esi sithuba ukubhala malunga nokuba sexesheni kwakho, njengeempawu okanye iimvakalelo onazo ngexesha lomjikelezo wakho.

A large grid of small dots for writing, covering the majority of the page below the text. The dots are arranged in a regular, repeating pattern.

IINGCINGA ZOVUYO

Bhala naziphi na iingcinga ezingathandekiyo onazo ngawe kwaye uphinde uzibhale kwakhona ngendlela eyakhayo.



UPHONONONGO

Nceda usazise ukuba ubukhe wasebenzisa ikiti yakho kwezi veki zine zidlulileyo- singathanda ukufumana impendulo! Funda le mibuzo ingezantsi uze usithumele iSMS okanye iWhatsapp enempendulo zakho kule nombolo: 071 0144 337. Enkosi!

1. Mingaphi iminyaka yakho?
2. Zeziphi iimveliso zococeko oqhele ukuzisebenzisa xa usexesheni?
3. Ngaba usebenzise ikiti yococeko oyinikezwe yiPeriods for Hope?

EWE/HAYI

4. Kumgangatho we-1 ukuya ku-5, zifunxa kangakanani ezi zixhobo zococeko?

Azifunxi - 1 2 3 4 5 - Zifunxa kakhulu

5. Kumgangatho we-1 ukuya ku-5, kulula kangakanani ukuhlamba izixhobo zococeko?

Akululanga - 1 2 3 4 5 - Kulula kakhulu

6. Kumgangatho we-1 ukuya ku-5, ingaba zikwenza ukhululeke ezi zixhobo?

Zikhulukile - 1 2 3 4 5 - Azikhululekanga

7. Yeyiphi eyona nto uyithandayo ngekiti yococeko yethu?

8. Yintoni esinokuyiphucula?

9. Ingaba ikiti zococeko ezisuka kwi-Periods for Hope ziyakunceda xa usexesheni?

EWE/HAYI

10. Kumngangatho we -1 - 5, ibe luncedo kangakanani le ncwadana?

Ibingeloncedo - 1 2 3 4 5 - Ibiluncedo kakhulu

11. Ungayisebenzisa le ncwadi kwixesha elizayo?



IMITHOMBO YOLWAZI

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- White Ribbon Australia. Understanding The Issue.
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IZIXHOBO ONOKUZISEBENZISA:

- Childline South Africa
Toll-free helpline: 0800 055 555
Website: www.childline.org.za
- Sonke Gender Justice (Whistleblower)
Tel: 0800 333 059
SMS: 33490
Email: sonke@whistleblowing.co.za
- The Trauma Centre
Tel: 021 465 7373
Email: info@trauma.co.za
- Rape Crisis
Tel: 021 684 1180
Email: info@rapecrisis.org.za
- 1000 Women 1 Voice
Tel: 071 776 4851
Email: info@1000women.co.za
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