

# UKHUSELEKO LWAKHO. AMALUNGELO AKHO. INKXASO YAKHO.

Ukuba ulixhoba lobundlobongela obusekelwe kwisini kunye nokubulawa kwabasetyhini, olu xwebhu lunokukunceda ukukukhokelela **kwi-SAFETY.**

Indlela yokudlulisela iSithili yeGarden Route yoBundlobongela obuSekelwe kwiSini kunye nokuBulawa kwabasetyhini.



# YINTONI UBUNDLOBONGELA OBUSEKELWE KWISINI NOKUBULALA KWABASETYHINI?

Ubundlobongela obusekelwe kwisini kunye nokubulawa kwabasesityhini sisenzo esonakalisa okanye esilimaza omnye umntu ngokusebenzisa amandla nolawulo. Kukho iintlobo ezininzi ze-GBV, ezifana:



**Ubundlobongela bomzimba**



**Ubundlobongela besondo**



**Ubundlobongela beemvakalelo nezengqondo**



**Ukuxhatshazwa ngokwemali**

Nangona imeko nganye yahlukile kwaye ingasebenza kwimeko yakho. Amanyathelo angezantsi enzelwe ukukunceda ucinge ngamanyathelo aphambi, ngexesha okanye emva kokuba uxhatshaziwe.

**Lungela:** Yiba neenombolo zoncendo olungxamisekileyo.

**Nxibelelana:** Ngaba unaye umntu omthembayo kwaye onokumfowunela ukuze akunike inkxaso? Bazise ukuba ungadinga uncedo ngeli xesha. Ukuba abakhululekanga koku, qhagamshelana nabanye. Cima umyalezo ukuba umxhaphazi ungena rhoqo okanye unokufikelela kwifowuni yakho.

**Uphawu loncedo:** Yenza igama lekhawudi nomntu/iqela olithembayo, ukuze bazi xa ufuna uncedo. Ukuba unabantwana abadala ngokwaneleyo ukuba baqonde, xoxa nabo ngeli cebo.

**Ukucwangcisa ukuhamba:** Pakisha ibhegi. Izinto oza kuzipakisha ziquka amaxwebhu akho (i-ID, ipasipoti, izatifikethi zokuzalwa zabantwana, isatifikethi somtshato, umyalelo wokhuseleko, njl.njl.), amayeza, ifowuni eseleyo ukuba unayo, imali/ amakhadi ebhanki, impahla eyongezelelweyo, izinto zokuhlamba, amathoyizi amancinci abantwana, kunye nayo nayiphi na enye into ebalulekileyo kuwe.

**Ngokomthetho:** Qinisekisa ukuba uneekopi okanye uthathe iifoto kwifowuni yakho zamaxwebhu abalulekileyo ukuba awukwazi ukuwafumana ngaphambi kokuba uhambe. Oku kuquka umyalelo wokhuseleko ukuba unayo.

**Ukuhamba:** Yazi kwangaphambili apho ufuna ukuya khona. Oku kusenokuba kwindlu yomhlobo okanye yelungu losapho (kodwa, bazise kwangaphambili, ukuba kunokwenzeka), indawo yokukhosela, isibhedlele okanye isikhululo samapolisa. Amapolisa angakuthumela kwindawo yokukhosela. Ukuba awukwazi ukuhamba wedwa, nceda unxibelelane nayo nayiphi na inombolo yoncedo edweliswe kolu xwebhu ukuze ufumane uncedo.

**Ukuhlala ukhuselekile:** Faka isicelo somyalelo wokhuseleko ukuba awunawo. Iindawo zokukhosela zinokukunceda. IiNkundla zooMantyi nazo zihlala zivuliwe ngeli xesha

# AMANYATHELO EKUFUNEKA UWALANDELE XA UJONGENE NOKUXHATSHAZWA



## INYATHELO 1

Ungasixela eso siganeko kwiNkonzo yamaPolisa aseMzantsi Afrika, okanye kumboneleli weenkonzo ofana neSebe loKuphuhlisa iNtlanlo yoLuntu.



## INYATHELO 2

Ungafikelela kwinkxaso/iinkonzo, kubaboneleli beenkonzo abangasentla okanye abadweliswe kweli phetshana.



## INYATHELO 3

Unokukhetha ukuxela ityala kwiNkonzo yamaPolisa aseMzantsi Afrika, apho kuya kuvulwa khona idokethi.



## INYATHELO 4

Unokukhetha ukufaka isicelo soMyalelo woKhuselo kwinkundla ekufutshane apho uhlala okanye usebenza khona.



## INYATHELO 5

Ono ntlalontle bayafumaneka ukukunceda kwinkqubo yokuphiliswa kwaye baqinisekise ukuba uhlala ukhuselekile.



## 6

Ungafikelela kwiinkonzo zokhathalelo emva konyango okanye uqhagamshelane namaqela enkxaso.

**Indlelaye yengingqi ye Garden Route yokudlulisela amaxhoba obundlobongela obusekelwe kwisini kunye nokubulawa kwabasetyhini**

# Aboqhagamshelwano abanokunceda

## INDAWO KAMASIPALA + IDILESI

## IINKCUKACHA ZOQHAKAMSHELO

### George

*York Park Building, Ground Floor, c/o York & St. John Streets, George.*

**044 814 1920**

### Kannaland

*Ladismith Thusong Centre, 34 Van Riebeeck Street, Ladismith.*

**044 814 1920**

### Hessequa

*6 Van Riebeeck Street, Riversdale.*

**028 713 4147**

### Mossel Bay

*Shared Services Building, 24 Marsh Street, Mossel Bay.*

**044 813 1900**

*Thusong Service Centre, 108 Adriaans Avenue, Kwanonqaba, Mossel Bay.*

**044 813 1900**

### Oudtshoorn

*Seppie Greeff Building, Voortrekker Road & No 3, 12th Avenue, Bongolethu, Oudtshoorn.*

**044 814 2131**

### Knysna

*Denmar Building, Main Road, Knysna*

**044 814 1660**

### Bitou

*Simunye Thusong Centre, 1 Xipula Street, Kwanokuthula, Plettenberg Bay*

**023 814 2132**

**Inkonzo yaMapolisa oMzantsi Afrika.**

**10111**

**Iinkonzo ze-DSD, kuquka neNkonzo yokuHlala**

**Toll-Free 0800 220 250**

**Iziko loLawulo loBundlobongela obuSekelwe kwisini**

**Toll-Free 0800 428 428**

**Ingxaki Yokusetyenziswa Kwezinyobisi**

**[www.heretohelp.co.za](http://www.heretohelp.co.za) to find a registered facility.**