



Imfundiso yakho ingane mayelana Ukuphepha Ngokomzimba

Umzimba wami wenziwe kahle

Umzimba wami ungo WAMI!

Uthi bewazi?

- Ingane eyodwa (1) kwezinthathu (3) zizohlukunyezwa ngokocansi ngesikhathi ifika kweminyaka engu 18 yobudala
- Amaphesenti angama -50 alabo bantwana abahlukunyezwa zingane ezingaphanzikweminyaka engu-7
- Iningi lezingane lihlukunyezwa ngabantu abazaziyo futhi ababathembayo
- Izingane eziningi zihlukunyezwa ngokocansi yizingane ezindala kunazo

Ungayifundisa ingane yakho ukuthi iphephe kanjani nokuthi yenzeni uma ihlukunyezwa

Fundisa izingane zakho ngemizimba yazo

Ngicela ukhulume nami ngomzimba wami nokuphepha kusenesikhathi!



Umzimba wami ungoWAMI!



Fundisa ingane yakho:

Ukuthi imizimba yabo ikhethekile futhi ingeyabo ngokuphelele.

Fundisa ingane yakho:

Amagama ezitho zayo zabo
zomzimba isencane futhi uyifundise
amagama angempela.



Unesitho sangasese;
umfowenu une-penis



Fundisa ingane yakho:

Ezinye ingxenye
zemizimba yabo
ziyimfihlo.



Fundisa ingane yakho:

Mayelana "nokuthinta
okufanele nokungafanele".

**Nika izingane zakho
amandla ngolwazi
oluyilo olungavimba
ukuthi zibe yizisulu
zodlame noma
zokuhlukunyezwa!**

Fundisa izingane zakho
ukuthi zikubika kanjani
ukuhlukunyezwa



Fundisa ingane yakho:

Igama elithi 'izimfihlo' lingenza izinto zibe nzima enganeni yakho.

Ungakhetha ukusebenzisa 'Izindaba Zangaphakathi' okuwulwazi okufanele babelane ngalo nabantu ababathembayo.

Ukuze uthole ulwazi olungabiwa nanoma ubani, ungathi 'Izindaba Zangaphandle'.



uvalo
(uvalo)



udidekile



udiniwe
(uyakhala)



angikhululekile
(uxakekile)



unamahloni



udiniwe
(uyakhala)

Fundisa ingane yakho:

Uma bezizwa besa, bedidekile, bedabukile, bengakhululekile, benamahloni noma bethukuthele kufanele bakhulume numuntu osesadleni sabo sekuphepha (abantu ababathembayo).

Fundisa ingane yakho:

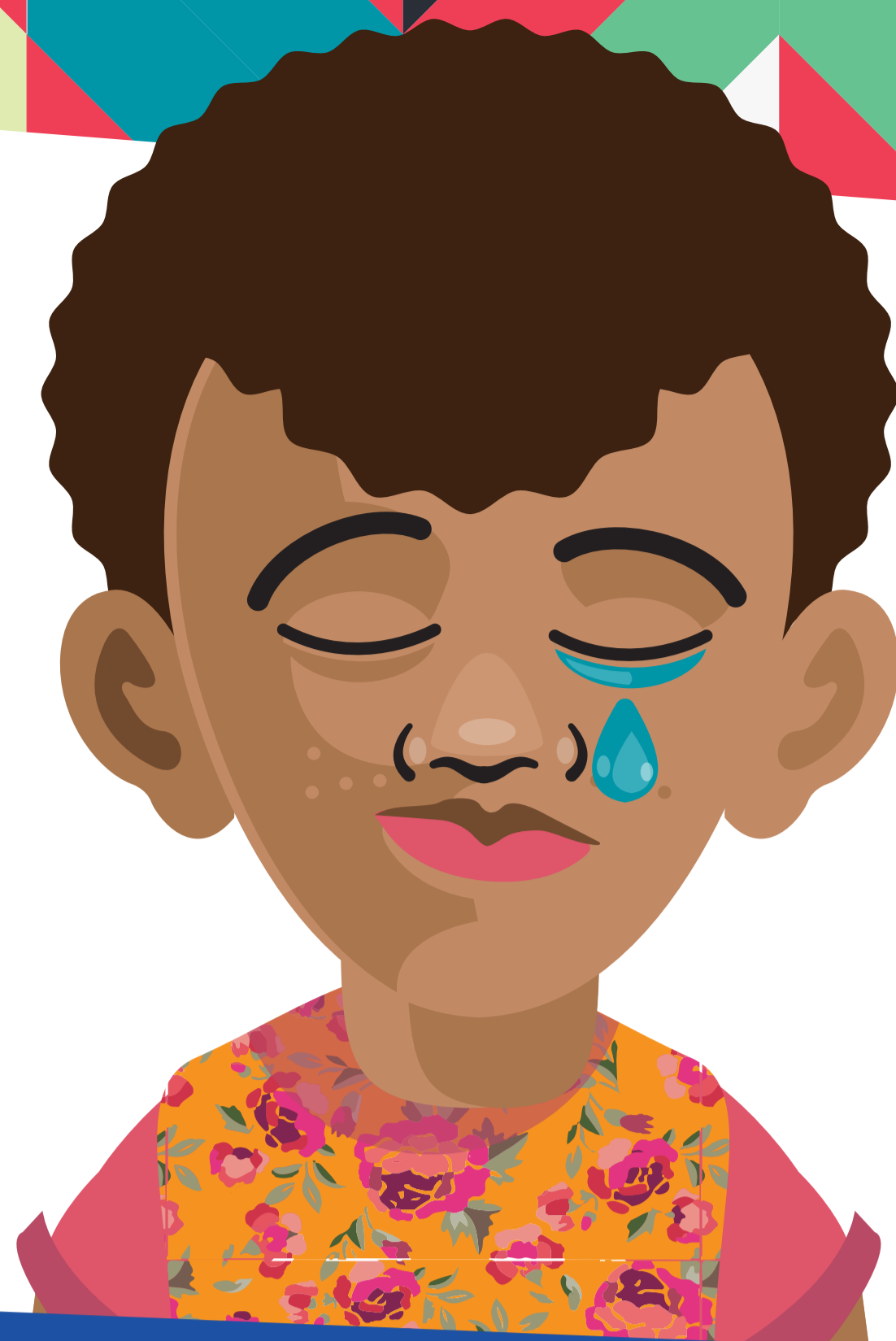
Akekho
okufanele
athathe
izithombe
zemizimba yabo
benqunu, ngisho
nabantu abazi.



Fundisa ingane yakho:

Fundisa ingane yakho ngezimfihlo
zomzimba nokuthi akufanele kanjani
besabe ukukhuluma ngomuntu
obatshela ukuthi kufanele bayigcine
iyimfihlo.





Kuthiwani uma ingane yami ingitshela ukuthi ihlukumeziwe?

1. Shesha ubike ukuhlukunyezwa
 - Iya esiteshini samaphoyisa esiseduzane,
 - Shayela u-1011 / 0800 428 428 noma,
 - Iya kuMnyango Wazenhloko wangakini noma,
 - Iya esikhungweni sakho se Thuthuzela Care Centre eseduzane
2. iKholwa ingane yakho
3. Yeseka futhi unakelele ingane yakho
4. Bhekana nokuhlukunyezwa
5. Yenza kabusha ukwethembana - yenza uhlelo lokuphepha lomndeneni
6. Thola usizo lokwelatshwa kwengani
7. Ibanethemba - izingane ziyalulama ngemva kokuhlukunyezwa

Ukuze ukhulume
nomeluleki,
ungashayela



YouThrive

safe

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Ukuthola imininingwane eminingi
nokuqeqeshwa mayelana
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