

UHLELO LWAMI LOKUPHEPHA ODLAMENI LWASEKHAYA



the **doj & cd**

Department:
Justice and Constitutional Development
REPUBLIC OF SOUTH AFRICA



NATIONAL PROSECUTING AUTHORITY
South Africa



NHTL
National House of Traditional Leaders

OKUQUKETHWE

UHlelo lokuPhepha oluqondene nami.....	2
Luyini uHlelo lokuPhepha?.....	2
Kungani ngidinga uHlelo lokuPhepha?.....	2
Yiziphi izinto ezibalulekile okumele ngizibheke?.....	2
Engabe kunesidingo ukuba ngibukeze uHlelo lwami lokuPhepha?.....	2
Mina nokuphepha kwami.....	3
ISINYATHELO 1: Izidingo zami zokuphepha.....	3
ISINYATHELO 2: Ukuphepha uma ngilungisela ukushiya emzini esihlala kuwo.....	3
ISINYATHELO 3: Ukuphepha ngesikhathi sokuhlaselwa.....	8
ISINYATHELO 4: Ukuphepha ekhaya lami.....	9
ISINYATHELO 5: Ukuphepha ngomyalelo wokuvikela.....	9
ISINYATHELO 6: Ukuphepha endaweni yokusebenzela, esikoleni noma endaweni yomphakathi....	12
ISINYATHELO 7: ukuphepha kanye nokusebenzisa izidakamizwa nokuphuza	13
ISINYATHELO 8: Ukuphepha kanye nempilo yami yokomoya	14
ISINYATHELO 9: ucingo/ inombolo engakhokhelwa/ Izinombolo zomakhalekhukhwini okumele ngizazi.....	15

UHLELO LWAMI LOKUPHEPHA

Luyini uHlelo lokuPhepha?

UHlelo lokuPhepha lungisiza ukuba ngihlonze izinyathelo okumele ngizithathe ukwenyusa ukuphepha kwami nokomndeni wami odlameni lwaseMndenini.

Ngiyazi ukuthi udlame lwaseMndenini lwenzeka uma umhlukumezi wami enza nanoma yikuphi kulokhu kuhlukumeza okulandelayo:

- Ukuhlukunyezwa ngokomzimba, isib. uma ngishaywa noma ngisatshiswa;
- Ukuhlukunyezwa ngokocansi, isib. uma ngidlwengulwa noma ngiphoqwa ukuba ngenze noma ngibuke ukwenziwa kocansi; ;
- Ukuhlukunyezwa ngokomoya, ngamazwi nangokomqondo, isib. uma ngihlala ngithukwa, kuhlekiswa ngami noma ngibizwa ngamagama;
- Ukuhlukunyezwa ngokomnotho, isib. uma ngivinjelwa ukuthi ngithole umholo;
- Ukwesabisa, isib. uma ngithola ukwesatshiswa nemiyalezo ethusayo noma ama-'sms';
- Ukuhujwa, isib. uma ngihlala ngithola izingcingo noma ngihlala ngigadiwe ngendlela esabisayo;
- Ukulandela umuntu, isib. uma umhlukumezi ehlala engilandela noma ephoqa ukukhuluma nami noma ngingafuni;
- Ukulimaza impahla, uma umhlukumezi elimaza ngenhloso impahla yami ngaphandle kwemvume,
- Nanoma yikuphi okunye ukungilawula noma ukungihlukumeza.

Ngingabhala uhlu loHlelo lokuPhepha uma ngibona sengathi kungaba nanoma yiluphi uhlobo lokuhlukumezeka kokubalulwe ngenhla. Kungani ngidinga uHlelo lokuPhepha

Kungani Ngidinga uhlelo lokuphepha?

Ngidinga uHlelo lokuPhepha oluzongisiza ngigweme udlame olubhekiswe kimi, ngoba ngeke ngihlale ngazi ukuthi udlame luzokwenzeka nini. Yiziphi izinto ezibalulekile okumele ngizibheke uma ngenza uHlelo lokuPhepha?

Yiziphi izinto ezibalulekile okumele ngiziqikelele uma ngenza uhlelo lwami lokuphepha?

- Ngaphambi kokuba ngiphucule uHlelo lokuPhepha, kumele ngenze uhle lwazo zonke izinto ezingangiveza mina nomndeni wami nezingangibeka engozini manje noma esikhathini esizayo.
- OHlelweni lwami lokuphepha, kumele ngibhale izinyathelo engizozithatha ukuze ngenyuse ukuphepha kwami nokwabathandiweyo bami.
- Lezi zinyathelo kumele zibe lula futhi zisheshe ukuzenza ngendlela ephephile
- Kumele ngigcine uHlelo lokuPhepha endaweni lapho umhlukumezi angeke aluthole khona.
- Akudingekile ukuba ngibhale imininingwane yami oHlelweni lokuPhepha, uma kungenzeka lubonwe abanye abantu.

MINA NOKUPHEPHA KWAMI

Mina Nokuphepha Kwami			
Igama lomtakuli wami ophambili Nhlalano/ umuntu		Ucingo/ umakhalekhukhwini	
Isiteshi samaphoyisa esiseduzane		ucingol/ inombolo yocingo engakhokhelwa	
Usuku lokukhishwa		Izinsuku zokubukeza	

Ukuphepha kanye nezinto zami ngqo

Kubalulekile ukuthi ngibhale uhlu lwezidingo zami zokuphepha ekuhleleni kwami. [Ngezansi, bhala zonke izidingo zakho ngqo.]

ISINYATHELO 1: Izidingo zami zokuphepha		
Izidingo zami zokuphepha	Izidingo zami zokuphepha	Izidingo zami zokuphepha

Kungenzeka ngisebenzise ezinye noma zonke izinyathelo ezibekwe ngezansi, kuye ngokuthi zingena kanjani esimweni engibhekene naso. Kungenzeka ngongeze ezinye izinyathelo engingabona zibalulekile ukuze ngenyuse ukuphepha kwami.

ISINYATHELO 2: UKUPHEPHA UMA NGIZILUNGISELELA UKUHAMBA ENDAWENI ESIHLALA KUYO	
Uma ngihlala nomhlukumezi ekhaya kubalulekile ukuba ngibe neSu lokweQa eliyongisiza ukuba ngibaleke kuleyo ndawo ngokushesha nangokuphepha. Kumele ngiphinde ngiqinisekise ukuthi umhlukumezi akalazi isu lami nokuthi ngingeqa ngiye kuphi. Ekwenzeni leli su, kungenzeka ngisebenzise ezinye zalezi ziphakamiso:	
2.1.	Kumele ngibe nesikhwama sokweQa esincane nesiphatheka kalula, bese ngisigcina endaweni ephephile engingakwazi ukufinyelela kuyo kalula uma sidingeka.
2.2.	Kumele ngipakishe iSikhwama sokweqa esinazo zonke izinto engizozidinga uma sengishiya umuzi esihlala kuwo sonke.
2.3.	Uma sengigugile noma ngingumuntu okhubazekile kumele ngiphinde ngithole impempe noma enye into engasheshe ihlabe umkhosi.

MINA NOKUPHEPHA KWAMI

ISINYATHELO 2: UKUPHEPHA UMA NGIZILUNGISELELA UKUHAMBA ENDAWENI ESIHLALA KUYO

UHLE LWEZINTO OKUMELE NGIZITHATHE UMA NGIPHUMA ENDAWENI ESIHLALA KUYO

Uma ngingquma ukushiya umuzi esihlala kuwo, kumele ngihambe nezinto ezithile ezibalulekile.
Kumele ngizilungise lezi zinto, ngizibeke endaweni engingakwazi ukuzithatha ngokushesha zonke.
[Yenza uhlu lwezinto ezibalulekile, bese uyathikha lapho kufanele khona.]

2.4.	Izinto	Ikhona esikhwameni sami sokweqa		
	UKUZHLELELA	Yebo	Cha	N/A
	Umazisi/ izincwadi zokushayela/ iphasiphothi			
	Imvume yokubhaca/ yokusebenza			
	Ikhophi egxiviziwe yoMyalelo wokuVikeleka nanoma yimuphi nje uMyalelo weNkantolo			
	Imithi yokwelapha/ incwadi enohlu lwemithi/ amarekhodi okwelashwa / ikhadi le-Medical Aid, elasesibhedlela noma elasemtholampilo			
	Okhiye abasikiwe, isib. zendlu, imoto, indawo yokubalekela, eHhovisi, ukuphepha, njll			
	Imali yekhumbi/ yebhasi/ ithikithi lesitimela noma imali yokuqasha imoto			
	Amakhadi emali/ asebhange isib. amakhadi asemshinini wemali, amakhredithi khadi, amakhadi okonga, ikhadi/ibhuku lamasheke, njll			
	Impesheni yokuguga/ ikhadi lesibonelelo sokukhubazeka noma sengane			
	Ikhadi locingo lomphakathi/ isimu khadi yomunye umakhalekhukhwini/ Inombolo yocingo ehlala ekhukhwini & incwajana yezinombolo zocingo			
	Isitifiketi sokuzalwa/ somshado/ sedivosi noma incwadi yesivumelwano somshado ohlukanisa amafa			
	Umswalense/ ibhondi/ izivumelwano zokugashiselana/ iTayitela & ezinye izincwadi ezihlobene nalokho			
	Izincwadi eziqondene nebhizinisi noma nomsebenzi			
	Izimpahla zokugqoka ezibalulekile			
	Okunye:			

MINA NOKUPHEPHA KWAMI

	Izimpahla	Ikhona esikhwameni sami sokweqa					
	UKUHLELELA IZINGANE ZAMI/ABANCIKE KIMI	Yebo	Cha	N/A			
	Inyurfoma yesikole, izincwadi, imibiko & nezinye izinto ezifana nalezo						
	Amathoyizi athandwa yizingane						
	Izimpahla ezibalulekile zokugqoka						
	Izitifiketi zokuzalwa/zokufukamela izingane & okunye okuhlobene nalokho						
	Izitifiketi zokuzalwa/zokufukamela izingane & okunye okuhlobene nalokho						
	Okunye:						
2.5.	Uma kunesidingo, ngingaba nezingubo ezongeziwe noma ezihlala kwamngani, umuntu ongakusiza noma iNhlangoano ukugwema ukubaleka						
	Amagama aphelele omuntu/ INhlangoano	Ucingo/umakhalekhukhwini					
2.6.	Ngiyovakashela iziNhlangoano noma ochwepheshe abahlinzeka imisbenzi kwabayizilulu zodlame lwasekhaya, kanti ngosizo lwabo, nquma ukuthi yimiphi imisebenzi.						
2.7.	Ngiyovakashela izindawo ezihlalisa abantu ukuze ngifake isicelo sendawo yokuhlala engingayisebenzisa uma sengiphume endaweni esihlala kuyo sonke. Ngiyophinde ngibuze ukuthi basebenza kanjani bese ngikhethe lokho okuhambelana nezidingo zami.						
	Amagama aphelele omuntu INhlangoano	Ucingo/umakhalekhukhwini	Imisebenzi engizoyidinga				

MINA NOKUPHEPHA KWAMI

2.8.	<p>Kumele ngikhethe indawo engingabalekela kuyo okulula ukuba ngifinyelele kuyo futhi angayazi umhlukumezi. Uma ngiwumuntu osegugile noma okhubazekile, kungenzeka ngidinge umuntu ozongiphelezela ngiye endaweni yami yokubalekela.</p> <p>Kumele ngikhethe ubusuku bokuya endaweni yami yokubalekela okungafinyeleleka kuyo kalula nangokuphepha. (bheka ikhasi elilandelayo)</p>		
	Ukukhetha ukubaleka okokuqala & IMininingwane yokuXhumana	Ukukhetha ukubaleka okokuqala & IMininingwane yokuXhumana	Indawo yami yokubalekela ebusuku & IMininingwane yokuXhumana
2.9.	<p>Kumele ngazise umuntu ongibalekiso endaweni yokubalekela ukuthi kungenzeka ngifike ngingashilo. Uma kwenzeka, kumele ngihlele naye ukuthi ngiyofinyelela kanjani endaweni, isib. ngazi ukuthi okhiye bendlu bagcinwe kuphi.</p>		
	Ngiyofinyelela kanjani ebalekeni kokuqala?	Ngiyofinyelela kanjani ekubalekeni kwesibili?	Ngiyofinyelela kanjani endaweni yami yokubalekela ebusuku?
2.10.	<p>Kumele ngicele okungenani abantu ababili abangitakulayo ukuba bathola usizo oludingekayo njalo uma kuba nokuhlukumezeka isib. uma bezwa imisindo engaqondakali iqhamuka endaweni lapho kuvame ukuba nokuhlukumezeka khona, noma uma bethola isexwayiso esivela kimi.</p>		
2.11.	<p>Kumele ngifundise izingane zami nabanye abantu engibethembayo endaweni engihlala kuyo ukuthi usizo lutholakala kanjani ngokushesha ngaphambi noma ngesikhathi sokuhlaselwa isib. ngokushayela amaphoyisa noma ukuhombisa ngophawu umuntu ongitakulayo / iNhlango.</p>		
	Igama lomuntu/ iNhlango	Inombollo yokuxhumana	Uhlobo losizo oludingekayo/ olulindelekile
	Amaphoyisa aseduzane	10111 1112	Ukuba afike ngokushesha futhi abophe umhlukumezi.
	I-ambulensi		

MINA NOKUPHEPHA KWAMI

2.12.	Kumele ngingqume ngekhodi eyimfihlo, igama noma uphawu engiyokusebenzisa ukukhombisa umuntu ongitakulayo uma ngidinga usizo olusheshayo. [Lokhu uyisho le khodi kubantu abakutakulayo. Ukugwema ukudideka, uyelulekwa ukuba usebenzise ikhodi EYODWA kubo bonke.]		
	Ikhodi ewumushwana	Ikhodi ewuphawu	Ikhodi eyigama
	Sizilolonga ngaleyo ndlela.	Thumela i-sms engabhalwe lutho noma ufone bese uvala ucingo, ushaye impempe ka-3, njll	Memeza uthi 'BPI', umuntu okutalukayo angakuthatha ngokuthi "Biza amaphoyisa!"
2.13.	Kumele ngihlonze endaweni engihlala kuyo noma kwenye indawo lapho kuvame ukuba nodlame khona nezindawo ezinobungcuphe obukhulu nobuncane, kanjalo nendlela elula nephephile yokubaleka. Kumele ngibheke ukuthi ngiyofinyelela kanjani endaweni enengcuphe encane kanye nasendleleni yokubaleka ngaphandle kokwenza umhlukumezi abone engikuzamayo.		
	Izindawo ezinobungcuphe obukhulu	Izindawo ezinobungcuphe obuncane	Indlela elula nePhephile yokuBaleka
2.14.	Kumele ngihlonze endaweni engihlala kuyo noma kwenye indawo lapho kuvame ukuba nodlame khona nezindawo ezinobungcuphe obukhulu nobuncane, kanjalo nendlela elula nephephile yokubaleka. Kumele ngibheke ukuthi ngiyofinyelela kanjani endaweni enengcuphe encane kanye nasendleleni yokubaleka ngaphandle kokwenza umhlukumezi abone engikuzamayo.		
2.15.	Uma sengigugile/ noma ngingumuntu okhubazekile ohlukunyezelwa imali yesibonelelo, ngiyothola izindlela zokuvikela imali yami ekuntshontshweni kanye nasekugqekizeni isib. ngigcine ikhadi lokukhipha imali endaweni ephephile, engaziwa wumhlukumezi wami, ngishintshe inombolo yami eyimfihlo yokukhipha imali, nginike omunye umuntu engimthembayo ikhadi lokukhipha imali ukuze ligcinwe ngokuphepha lingahlali nenombolo yami eyimfihlo njll [yisho oyokwenza ukuvimbela lokhu kuhlukunyezwa ukuba kulokhu kuqubeka nokwenzeka.]		
2.16.	Uma umhlukumezi ekwazi ukufinyelela ocingweni lwami, kumele ngicele abantu abangitakulayo bavale ukuba izinombolo zabo ukuthi zingaveli ebusweni bocingo lwami uma bengifonela ngokushya inombolo engu- #31#, bese belandelisa ngenombolo yami. Kumele ngenze okufanayo. Igama elithi "imfihlo" liyovela ebusweni bocingo lomuntu ofonelwayo.		
2.17.	Uma kungaphephile ukusebenzisa ucingo lwami ngingasebenzisa ucingo lomphakathi isimu khadi eyimfihlo noma umakhalekhukhwini, noma enye indlela ephephile nesheshayo yokuthintana nabantu abangitakulayo.		
2.18.	Ukunciphisa ingozi engangehlela kumele ngiqinisekise ukuthi ngisusa lezi zinto kuwo wonke amakamelo ezingasetshenziswa wumhlukumezi ukungilimaza ngesikhathi engihlasela, isib. isikele, izinto zokufaka imimese, izinto zokuhlobisa eziyingozi, njll		

MINA NOKUPHEPHA KWAMI

2.19.	<p>Ngaphambi kokuba ngihambe, kumele ngithole izindlela zokwenza imali ukuqinisekisa ukuzimela ngokwezimali, isib. [hlonza okuthandayo nokungamakhono akho, bese unquma ozokwenza ukuze uhole imali.]</p> <ul style="list-style-type: none"> • Thola umsebenzi noma uqale ibhizinisi elincane, • Ngicele imali kubantu abathile noma ucele usizo lwezimali kuma- ejensi athile isib. i-National Youth Development Agency. • Ukuvula i-akhawunti yokonga nesikhungo sezimali, isib. iBhange, iPosi, njll. • ukufaka isicelo soMyalelo wokuNdlwa eNkantolo yeMantshi eseduzane ukuze ngondliwe mina kanye/noma izingane ezisencane, • Uma ngifaka isicelo soMyalelo wokuVikeleka wkuhlukumezi, ngisangacela iMantshi ukuba ifake umumo owongeziwe oyalela umhlukumezi ukuba akhokhe imali njalo ngesondlo sami kanye/noma nezingane, NOMA • Ukuwenza enye into ezongisiza ngizimele ngokwezimali. <p>[Yisho leyo nto].</p>
2.20.	<p>Kumele ngihlale ngizikhumbuzi iSu lami lokweQa ukubona ukuthi kuzophepha ukusebenza uma kuyisikhathi sokweqa. Kumele ngihlale ngibukeza lokhu nomeluleki wami, abantu abangitakulayo, noma omunye umuntu oqondene ukuqinisekisa lingihlinzeka ngokuphepha okusezingeni eliphezulu ngaso sonke isikhathi.</p>

ISINYATHELO 3: UKUPHEPHA NGESIKHATHI SOKUHLASELWA Ukuze ngikhuphule ukuphepha kwami ngesikhathi sokuhlaselwa ngingenza okunye noma konke lokhu okuphakanyiswa lapha:

3.1.	<p>Kumele ngihlale ngizikhumbuzi iSu lami lokweQa ukubona ukuthi kuzophepha ukusebenza uma kuyisikhathi sokweqa. Kumele ngihlale ngibukeza lokhu nomeluleki wami, abantu abangitakulayo, noma omunye umuntu oqondene ukuqinisekisa lingihlinzeka ngokuphepha okusezingeni eliphezulu ngaso sonke isikhathi.</p>
3.2.	<p>Ngibonwa noma ngingabonwa wumhlukumezi, kumele ngisheshe ngazise abantu abangitakulayo ngokuhlaselwa. Ngingasebenzisa uphawu oluyimfihlo noma ngithathe esinye isinyathelo esisheshayo, esiphephile nesilungile ngaleso sikhathi.</p>
3.3.	<p>Uma sekuyisikhathi sokweqa, kumele ngisebenzise indlela eseshayo ukweqa.</p>
3.4.	<p>Kumele ngisheshe ngithathe iSikhwama sami sokweQa nezinye izinto ezilula engihlele ukuhamba nazo, bese ngiyeqa uma sekuphephile ukwenza njalo.</p>
3.5.	<p>Uma isimo sisibi kakhulu futhi kuyingozi kakhulu ukweqa noma ukuqaphelisa a bantu, kumele ngenze noma yini engenzeka ukuzivikela ngize ngisuke engozini. Kumele ngihlale ngikubekile emqondweni ukuthi ihlezi ikhona indlela yokuphuma kuzo zonke izimo.</p>
3.6.	<p>Kumele ngazise abantu basendaweni engibalekela kuyo ukuthi ngiyeza noma ngibacele ukuba bangihlinzeke ngosizo engiludingayo ukuqinisekisa ukuthi ngifika khona ngokushesha nangokuphepha.</p>
3.7.	<p>Uma sengisendaweni ephephile, kodwa ngibe nokulimala ngesikhathi sokuhlaselwa kumele ngisheshe ngibize abosizo lokwelapha (okungukuthi ngibize i-ambulensi) noma ngibize amaphoyisa ukuze angiyise kudokotela.</p>
3.8.	<p>Uma kunokwenzeka, ngisangacela umngani wami noma omunye umuntu ukuba athathe izithombe zokulimala kwami ngenhloso yokuzisebenzisa enkantolo.</p>
3.9.	<p>Kumele ngigcine impahla yokugqoka noma into elinyazwe ngesikhathi sokuhlaselwa njengoba kungaba yingxeny yobufakazi obubalulekile enkantolo.</p>
3.10.	<p>Uma ngihlukunyezwe ngokocansi ngesikhathi sokuhlaselwa, akumele ngigeze/ngilahle nanoma iziphi izimpahla zokugqoka engangizigqokile, kungenjalo ngizobe ngiwasha ubufakazi obubalulekile ukuze kwenziwe ulibofuzo.</p>

MINA NOKUPHEPHA KWAMI

ISINYATHELO 4: UKUPHEPHA EKHAYA LAMI

Ngeke kuhlezi kugwemeka ukuba khona kwesigameko sodlame endaweni okuhlalwa kuyo nomhlukumezi. Noma ngisangakwazi ukuthatha ezinye noma zonke izindlela zokuphepha ukugwema noma ukunciphisa ukulimala kwami:

4.1.	Uma umhlukumezi enokhiye bokungena endaweni yami yokuhlala, ngingashintsha okhiye bomnyango kanye nesango ngokushesha kakhulu. Ngingaphinde ngicele inkantolo ukuba imyalele ukuba bauiyise bonke okhiye basendaweni yami yokuhlala nokumvimbela ukuba abe nabasikile.
4.2.	Ngingaphucula uhlelo lokuphepha ekhaya lami, isib. Ngokufaka i-alamu, ukufaka izinsimbi zokuvimba emawindini nasemnyango noma ukufaka okhiye abongeziwe noma okuvimba ukungena kukakhiye, lapho kudingeka khona.
4.3.	Uma nginekamelo okungelami ngedwa, ngingalala nomuntu owaziyo ngokuhlukunyezwa kwami ukugwema ukuba ngibe nedwa nomhlukumezi, isib. U-udadewethu, umngani noma omunye engimethembayo.
4.4.	Uma nginekamelo okungelami ngedwa, ngingalala nomuntu owaziyo ngokuhlukunyezwa kwami ukugwema ukuba ngibe nedwa nomhlukumezi, isib. U-udadewethu, umngani noma omunye engimethembayo.
4.5.	Kumele ngifundise izingane zami, onginakekelayo, ongisizayo noma yinoma yimuphi umuntu engihlala naye ngokumele bakwenze uma umhlukumezi engena endaweni yami yokuhlala nakunoma iyiphi enye indawo echaziwe ngaphandle kwemvume yami noma ngokuphambana noMyalelo wokuVikeleka. [Bhala uhlu lwezinto ozobafundisa zona ukuba bazenze isib. ukufonela amaphoyisa 10111.]
4.6.	Kumele ngifundise izingane zami, abagada izingane emini/uthisha wasenkulisa ngokumele bakwenze uma umhlukumezi ethumba noma ezama ukuzithumba (okungukuthi ezithatha ngenkani) ngaphandle kwemvume yami. [Bhala uhlu lwezinto ozobafundisa zona]

ISINYATHELO 5: UKUPHEPHA NGOMYALELO WOKUVIKELEKA

Ngiyazi ukuthi umthetho uyangivumela ukuba ngithole uMyalelo wokuVikeleka kumhlukumezi. Uma nginganquma ukuthola lo Myalelo, kumele ngithathe izinyathelo ezithile ukuqinisekisa ukuthi uyaphuma. Kubalulekile futhi ukuba ngithathe izinyathelo ezithile ukuqinisekisa ukuthi uMyalelo wokuVikeleka uqaliswa ukusebenza ngokusemthethweni, uma kwenzeka umhlukumezi ewephula noma ewushaya indiva Okulandelayo yizinyathelo engingazithatha:

5.1.	Kumele ngifune lonke ulwazi olumayelana nohlelo lokufaka isicelo soMyalelo wokuVikeleka ovela kuMshushisi, uMabhalane weNkantololo, oPhikweni loDlame lwaseKhaya, aMaphoyisa, uSonhlalakahle, uMeluleki wezomoya, uMholi weNdabuko noma yimuphi omunye umhlinzeki wemisebenzi. Kumele ngazi ukuthi uMyalelo wokuVikeleka ngingawuthola kuphi nakanjani nokuthi uyongivikeleka kanjani. Umthetho uphoqa ukuthi kumele ngithole ulwazi ngolimi engilugqondayo.
5.2.	Uma ngisemincane ngeminyaka (okungukuthi ngaphansi kweminyaka eyi-18), umthetho uyangivumela ukuba ngifake isicelo soMyalelo wokuVikeleka kumhlukumezi, ngosizo noma ngaphandle kosizo lomzali wami noma ongigadile.
5.3.	Uma ngingakwazi ukuba ngizifakele isicelo soMyalelo wokuVikeleka ngenxa yokwesaba, ukhwantalala noma ukugula ngingagunyaza nanoma yimuphi umuntu ngokubhala phansi onentshisekelo ngenhlalakahle yami ukuba angifakele lesi sicelo. Lo muntu angaba yisihlobo engisethembayo, umeluleki wezomoya, usonhlalakahle, iphoyisa, udokotela, umqashi/induna, uthisha njll.
5.4.	Uma kunesidingo, ngingacela lokhu eMantshini: <ul style="list-style-type: none"> • ukuba ingalivezi ikheli lalapho ngihlala khona uma ikhipha lo myalelo, noma • ukuba ingavumele umhlukumezi ukuba angene lapho ngihlala khona noma lapho sihlala khona sonke 'Indawo lapho sihlala khona sonke' ichaza indlu noma indawo engihlala kuyo nomhlukumezi.

MINA NOKUPHEPHA KWAMI

5.5.	Uma sengivele ngithole uMyalelo wokuVikela okhishelwe umhlukumezi, ngingafaka isicelo sokuchitshiyelwa kwalowo Myalelo ukuze ufake izivimbelo ezibalulwe ngenhla noma nanoma yisiphi isivimbelo kulezi ezilandelayo: (bheka ikhasi elilandelayo)																								
	<table><tr><th>Ezinye izivimbelo, imibandela & izibopho</th><th>Yebo, Ngiyayidinga</th><th>Cha, angiyidingi</th></tr><tr><td>Ukumisa umhlukumezi ukuthi angene kunoma iyiphi ingxenye yendawo okuhlalwa kuyo, isib. ikamelo elikhulu noma elinye ikamelo endlini.</td><td></td><td></td></tr><tr><td>Ukuyalela umhlukumezi ukuba elekelele ekukhokheni irenti noma imali yendlu engihlala kuyo noma esihlala kuyo.</td><td></td><td></td></tr><tr><td>Ukuvimbela umhlukumezi ukuba angene lapho ngisebenza khona/ isikole.</td><td></td><td></td></tr><tr><td>Ukwenqabela umhlukumezi ukuba afinyelele ezinganeni zethu, Ukongeza isimo eMyalelweni wokuVikeleka ukuba iphoyisa lingiphelezele ngiye endlini esihlala kuyo ukuyolanda izimpahla zami.</td><td></td><td></td></tr><tr><td>Ukuchaza ukuthi ikheli lami elisha lendawo yokuhlala lingafakwa eMyalelweni wokuVikeleka ukuze kuvinjelwe umhlukumezi ukuba azi lapho ngihlala khona.</td><td></td><td></td></tr><tr><td>Ukuthatha nanoma yisiphi isibhamu noma isikhali esiyingozi esikumhlukumezi.</td><td></td><td></td></tr><tr><td>Kuyosiza izingane zethu ukwenza njalo, njll.</td><td></td><td></td></tr></table>	Ezinye izivimbelo, imibandela & izibopho	Yebo, Ngiyayidinga	Cha, angiyidingi	Ukumisa umhlukumezi ukuthi angene kunoma iyiphi ingxenye yendawo okuhlalwa kuyo, isib. ikamelo elikhulu noma elinye ikamelo endlini.			Ukuyalela umhlukumezi ukuba elekelele ekukhokheni irenti noma imali yendlu engihlala kuyo noma esihlala kuyo.			Ukuvimbela umhlukumezi ukuba angene lapho ngisebenza khona/ isikole.			Ukwenqabela umhlukumezi ukuba afinyelele ezinganeni zethu, Ukongeza isimo eMyalelweni wokuVikeleka ukuba iphoyisa lingiphelezele ngiye endlini esihlala kuyo ukuyolanda izimpahla zami.			Ukuchaza ukuthi ikheli lami elisha lendawo yokuhlala lingafakwa eMyalelweni wokuVikeleka ukuze kuvinjelwe umhlukumezi ukuba azi lapho ngihlala khona.			Ukuthatha nanoma yisiphi isibhamu noma isikhali esiyingozi esikumhlukumezi.			Kuyosiza izingane zethu ukwenza njalo, njll.		
Ezinye izivimbelo, imibandela & izibopho	Yebo, Ngiyayidinga	Cha, angiyidingi																							
Ukumisa umhlukumezi ukuthi angene kunoma iyiphi ingxenye yendawo okuhlalwa kuyo, isib. ikamelo elikhulu noma elinye ikamelo endlini.																									
Ukuyalela umhlukumezi ukuba elekelele ekukhokheni irenti noma imali yendlu engihlala kuyo noma esihlala kuyo.																									
Ukuvimbela umhlukumezi ukuba angene lapho ngisebenza khona/ isikole.																									
Ukwenqabela umhlukumezi ukuba afinyelele ezinganeni zethu, Ukongeza isimo eMyalelweni wokuVikeleka ukuba iphoyisa lingiphelezele ngiye endlini esihlala kuyo ukuyolanda izimpahla zami.																									
Ukuchaza ukuthi ikheli lami elisha lendawo yokuhlala lingafakwa eMyalelweni wokuVikeleka ukuze kuvinjelwe umhlukumezi ukuba azi lapho ngihlala khona.																									
Ukuthatha nanoma yisiphi isibhamu noma isikhali esiyingozi esikumhlukumezi.																									
Kuyosiza izingane zethu ukwenza njalo, njll.																									
5.6.	Umhlukumezi wenza icala noma ephula uMyalelo weSikhashana owakhishelwa yena.																								
5.7.	<p>Uma umhlukumezi ephula uMyalelo wokuVikeleka (noma lowo Myalelo owesikhashana noma ungujuqu), kumele ngithathe izinyathelo ezilandelayo ukuba uMyalelo uqalise ukusebenza ngokomthetho kanye neGunya lokuBopha elinikwe amaphoyisa:</p> <p>ISINYATHELO 1: Kumele ngisheshe ngibike lokho kwephula esiteshini samaphoyisa aseduzane noma ngazise umuntu ongitakulayo noma yimuphi omunye umuntu engimethembayo ukuba anginike usizo.</p> <p>ISINYATHELO 2: Kumele nginike amaphoyisa uMyalelo wokuVikeleka ogxiviziwe kanye neGunya lokuBopha elilengisiwe. Uma lezi zincwadi zingekho kimi ngingacela amaphoyisa ukuba athintane nanoma yimuphi umuntu noma isiteshi samaphoyisa esinalawo makhophi, noma uma kungenzeka ngicele amaphoyisa angiyise endaweni lapho ngizibeke khona.</p> <p>ISINYATHELO 3: Amaphoyisa anganginika ifomu elingunombolo 101 ukuba ngilicwalise, noma angisize ngibhale i-afidavithi eyejwayelekile echaza ukuthi umyalelo wokuvikeleka wephulwa kanjani wumhlukumezi. Akumele ngigodolele amaphoyisa noma yiluphi ulwazi olubalulekile mayelana naleli cala.</p> <p>ISINYATHELO 4: Kumele ngihlinzeke amaphoyisa ngamagama agcwele abantu abazibonele noma abantu abanolwazi ngaleli cala</p>																								

MINA NOKUPHEPHA KWAMI

5.8.	<p>Amaphoyisa angaphinde angihlinzeke ngosizo olulandelayo:</p> <ul style="list-style-type: none"> • Angiphezelele ukuyolanda izinto zami ezibalulekile endaweni yami yokuhlala noma kwenye indawo, • Angiyise endlini ephephile noma indawo yokubalekela, uma kungaba yingozi ukuqhubeka, • Ukususa noma yisiphi isibhamu esikumhlukumezi, uma lesi sibhamu sasetshenziswa noma kwesatshiswa ukuba sisetshenziswe ukuphula uMyalelo wokuVikeleka, • Angiyise kwadokotela uma kunesidingo, • Anike ukweseka okudingekayo ezinganeni zami noma kwabancike kimi, njll 																		
5.9.	<p>Ngaphandle kwamaphoyisa, ngingaxhumana nalo muntu olandelayo, iNhlango noma umnyango kahulumeni ngosizo oludingekayo</p> <table border="1"> <thead> <tr> <th data-bbox="218 370 714 417">Who/ What to contact?</th><th data-bbox="721 370 1390 417">At what number(s)?</th></tr> </thead> <tbody> <tr> <td data-bbox="218 422 714 490">iNhlalokhovi yaBashushisa uMphakathi kuZwelonke/ iHhovi eliseduze loMshushisi oPhezulu</td><td data-bbox="721 422 1390 490">012- 845 6000</td></tr> <tr> <td data-bbox="218 495 714 536">Ihhovi eliseduze leMantshi</td><td data-bbox="721 495 1390 536"></td></tr> <tr> <td data-bbox="218 541 714 583">iNkundla yokuSebenza kwamaphoyisa eMphakathini</td><td data-bbox="721 541 1390 583"></td></tr> <tr> <td data-bbox="218 588 714 650">iNhlango engaNcikle kuHulumeni (NGO) / INhlango eseMphakathini (CBO)</td><td data-bbox="721 588 1390 650"></td></tr> <tr> <td data-bbox="218 655 714 697">noma iyiphi iNhlango yoMphakathi</td><td data-bbox="721 655 1390 697"></td></tr> <tr> <td data-bbox="218 702 714 754">Umeluleki wami wezomoya/ usonhlalakahle/ ummeli/ umeluleki womthetho, njll</td><td data-bbox="721 702 1390 754"></td></tr> <tr> <td data-bbox="218 759 714 800">Ihhovi loPhiko loMqondisi eliZimele leZikhalazo</td><td data-bbox="721 759 1390 800"></td></tr> <tr> <td data-bbox="218 806 714 847">Nanoma yimuphi omunye umuntu/ INhlango</td><td data-bbox="721 806 1390 847"></td></tr> </tbody> </table>	Who/ What to contact?	At what number(s)?	iNhlalokhovi yaBashushisa uMphakathi kuZwelonke/ iHhovi eliseduze loMshushisi oPhezulu	012- 845 6000	Ihhovi eliseduze leMantshi		iNkundla yokuSebenza kwamaphoyisa eMphakathini		iNhlango engaNcikle kuHulumeni (NGO) / INhlango eseMphakathini (CBO)		noma iyiphi iNhlango yoMphakathi		Umeluleki wami wezomoya/ usonhlalakahle/ ummeli/ umeluleki womthetho, njll		Ihhovi loPhiko loMqondisi eliZimele leZikhalazo		Nanoma yimuphi omunye umuntu/ INhlango	
Who/ What to contact?	At what number(s)?																		
iNhlalokhovi yaBashushisa uMphakathi kuZwelonke/ iHhovi eliseduze loMshushisi oPhezulu	012- 845 6000																		
Ihhovi eliseduze leMantshi																			
iNkundla yokuSebenza kwamaphoyisa eMphakathini																			
iNhlango engaNcikle kuHulumeni (NGO) / INhlango eseMphakathini (CBO)																			
noma iyiphi iNhlango yoMphakathi																			
Umeluleki wami wezomoya/ usonhlalakahle/ ummeli/ umeluleki womthetho, njll																			
Ihhovi loPhiko loMqondisi eliZimele leZikhalazo																			
Nanoma yimuphi omunye umuntu/ INhlango																			
5.10.	<p>Uma leli cala lingaya enkantolo, ngiyazi ukuthi nginesibopho sokunika ubufakazi enkantolo kuHulumeni. Kumele ngibambisane nomshushisi kuze kube icala lami liyaphothulwa. Ukwehluleka ukwenza lokho kungaholela ekuthini umhlukumezi atholakale engenacala.</p>																		

MINA NOKUPHEPHA KWAMI

ISINYATHELO 6: UKUPHEPHA ENDAWENI YOKUSEBENZA, ISIKOLE NOMA EMPHAKATHINI

Uma sengisendaweni yokusebenzela, isikole noma emphakathini, ngingenza okunye noma konke lokhu ukulandela izindlela ezilandelayo ukuze kukhushulwe ukuphepha kwami:

6.1.	Uma uMyalelo wokuVikela uvimbela umhlukumezi ukuba angangeni endaweni engisebenzela kuyo noma yinoma iyiphi ingxenye ecacisiwe, kumele ngihlinzeke unogada omkhulu/umqashi wami/induna/istshuwadi sabasebenzi nanoma yimuphi umuntu onekhophi egxiviziwe yoMyalelo wokuVikela, kanjalo nesithombe esisha somhlukumezi uma kunesidingo.
6.2.	Uma ngiwumfundi, kumele ngihlinzeke unogada omkhulu wesikole/ uthishanhloko/ nanoma yimuphi omunye umuntu ngekhophi egxiviziwe yoMyalelo wokuVikela, evimbela umhlukumezi ukuba angene esikoleni noma kwenye indawo eshiwo. Uma kunesidingo, kumele ngifake nesithombe esisha somhlukumezi kulo Myalelo.
6.3.	Uma ngihamba noma ngisuka lapho ngisebenza khona noma esikoleni, ngingacela umngani noma omunye umuntu engimthembayo ukuba angiphelezele ngiye emotweni yami/ebhasini/esteshini samatekisini. Kumele ngibe okungenani naBangani bokuphepha aba-3 engingakwazi ukuncika kubona kulokhu
6.4.	Uma ngisebenzisa ezokuthutha zomphakathi/ezomuntu ngamunye, ngingathatha izinyathelo ezilandelayo ukwenyusa ukuphepha kwami:
6.5.	Uma umhlukumezi azi izikhathi engiya ngazo kothenga, ngingasebenzisa izindawo ezehlukene, izinsuku ezehlukene zokuyothenga noma ukuhlala ngiyothenga nomuntu engimthembayo. Ngingaphinde ngithathe izinyathelo ezilandelayo ukwenyusa ukuphepha kwami uma ngisendaweni yomphakathi:



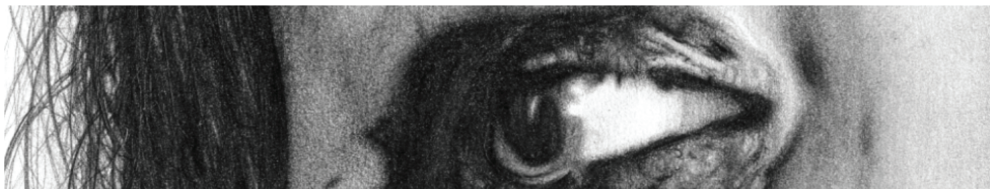
MINA NOKUPHEPHA KWAMI

ISINYATHELO 7: UKUPHEPHA KANYE NOKUSEBENZISA IZIDAKAMIZWA NOKUPHUZA

Ngiyaphuza noma ngisebenzisa izidakamizwa kanti ngiyazi ukuthi ukusebenzisa lezi zinto kunganciphisa ukukwazi kwami ukwenza izinto ngokushesha noma ngokuhlakanipha ukuzivikela nalabo abancike kimi uma kuba nokuhlaselwa.

Kodwa ngingathatha lezi zinyathelo ezilandelayo ukwenyusa ukuphepha kwami:

7.1.	Ngiphuza utshwala kanye/noma izidakamizwa ezingkho emthethweni ukuze ngikhohlwe ngokuhlukunyezwa kwami. Ngiyazi ukuthi ukuba nezikamizwa ezingkho emthethweni kuyicala elibi. Futhi ngiyazi ukuthi kungenzeka ngingakwazi ukumelana nokuphuza noma ukusebenzisa izidakamizwa kwami ngingedwa. Ngakho-ke kumele ngifune usizo kwabaqeqeshiwe noma iziNhlango:										
	<table> <tr> <th data-bbox="215 282 658 334">Igama lomuntu noma iNhlango</th><th data-bbox="658 282 1389 334">IMininingwane yokuXhumana</th></tr> <tr> <td data-bbox="215 334 658 417">I-South African National Council on Alcoholism & Drug Dependence (SANCA)</td><td data-bbox="658 334 1389 417">011- 781 6410 012- 542 1121</td></tr> <tr> <td data-bbox="215 417 658 469">i-Alcoholics Anonymous (AA)</td><td data-bbox="658 417 1389 469">012- 542 1121</td></tr> <tr> <td data-bbox="215 469 658 521">uHlelo lokuFundisa eMsebenzini</td><td data-bbox="658 469 1389 521"></td></tr> <tr> <td data-bbox="215 521 658 572">Okunye</td><td data-bbox="658 521 1389 572"></td></tr> </table>	Igama lomuntu noma iNhlango	IMininingwane yokuXhumana	I-South African National Council on Alcoholism & Drug Dependence (SANCA)	011- 781 6410 012- 542 1121	i-Alcoholics Anonymous (AA)	012- 542 1121	uHlelo lokuFundisa eMsebenzini		Okunye	
Igama lomuntu noma iNhlango	IMininingwane yokuXhumana										
I-South African National Council on Alcoholism & Drug Dependence (SANCA)	011- 781 6410 012- 542 1121										
i-Alcoholics Anonymous (AA)	012- 542 1121										
uHlelo lokuFundisa eMsebenzini											
Okunye											
7.2.	Ngesikhathi ngisalwa nokusebenzisa utshwala noma izidakamizwa ezingkho emthethweni, ngingathatha lezi zindlela zokuzivikela:										
7.3.	Uma ngisebenzisa izidakamizwa ezisemthethweni ukulwisana nokhwantalala, ixhala, ingcindezi nanoma yisiphi-ke esinye isizathu, ngiyocela udokotela wami asho ezinye izindlela zokubhekana nesimo ezingakhuphula ukuphepha kwami. Ngingaphinde ngijoyine iqembu lokweseka, ijimu eseduze noma ngibambe iqhaza kunoma yini enye ewuhlelo olwelaphayo.										

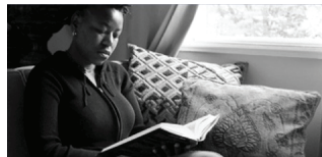


MINA NOKUPHEPHA KWAMI

ISINYATHELO 8: UKUPHEPHA NEMPILO EMOYENI

Ngiyazi ukuthi lokhu kusebenzisa ngokungendlela sekube nomthelela empilweni yami yomoya. Ngilahlekelwe yisibindi, ithemba kanye nokuzethemba. Ukuze ngibuyisele impilo yami yomoya kanye nokugwema izinselelo ezinzima zomoya, Ngingenza okunye okulandelayo: [Thikha lapho kungena khona]

8.1.	Uma ngiphatheke kabi noma nginokhwantalala , ngingenza lokhu:				
	Ukuhamba ngezinyawo/ ukushayela		Ukuya esontweni/ ukuthandaza/ ukucula		ukuPheka ukudla ongakaze ukupheke nokuthandayo
	Ukubhukuda/ ukwenza imidlalo		ukuFunda incwadi emnandi		ukuGeza
	Ukusebenza engadini/ ukulima		ukuVolontiya emsebenzini womphakathi		ukuWasha imoto/ buka umabonakude
8.2.	<p>Uma ngiphatheke kabi noma nginokhwantalala :</p> <ul style="list-style-type: none"> • Ngingakhuluma nomuntu onginakekelayo nohlala engeseka isib. umeluleki wezomoya, udokotela wengqondo, umholi wezenkolo/ umfundisi, umholi weqembu lokweseka/ ilungu • Ngingakhuluma name qobo ngisho izinto ezinhle, isib. 'Ngidlule ezintweni!'; 'Ngiwumzali omuhle!'; 'Ngimuhle futhi ngiyathandeka!'; 'Ngizuze izintol!'; 'Nginosizo!'; 'Nginempume lelo!'; 'Ngihlakaniphile!'; 'Ngiyahlinzeka!'; 'Nginamandla!'; • Ngingazindla noma ngicabange ngento eyodwa ekhethekile ezokwenza ngizizwe kangcono, • Ngingenza eminye imisebenzi engangenza ngizizwe kahle futhi nginamandla 				



MINA NOKUPHEPHA KWAMI

ISINYATHELO 9: UCINGO/ INOMBOLO YAMAHHALA/ IZINOMBOLO ZOMAKHALEKHUKHWINI OKUMELE NGIZAZI [Faka zonke izinombolo ezibalulekile lapha]

9.1.	Umuntu/ indawo	Izinombolo ezingakhokhelwaNo.	Inombolo yocingo.	Inombolo kamakhalekhukhwini
	Isiteshi samaphoyisa/ iNkundla yokuGada uMphakathi	10111; 1112		
	Ummeli/ Umeluleki wezomthetho			
	I-ambulensi/ Abasiza abalimele			
	Isibhedlela esiseduze/ uMtholampilo/ udokotela ozimele noma owomndeni			
	IZinhlango ezeseke eMpilweni, isib. i-SANCA			
	I-Childline	0800 555 555		
	i-Stop Gender Violence Helpline	0800 150 150		
	i-National Counselling Line (LifeLine)		0861 322 322	
	AmaKomidi ezitaladi / Abagada izindawo okuhlalwa kuzo / oMakhelwane			
	uMeluleki womoya/ Udokotela wengqondo			
	aBaholi beNdabuko			
	umfundisi/ umholi wezokholo			
	umsebenzi/ umqashi/ iNdunar/ Umuntu ophephisayo/ umngani			

Ukuze uthole olunye ulwazi, thintana:

ABezokushushiswa koMphakathi kuZwelonke
Private Bag X752, Pretoria 0001
Ucingo 012 845 6000
www.npa.gov.za

UPhiko loMqondisi oMkhulu: ukuPhuculwa kwaMalungelo aBantu aBantekenteke
UMnyango wezoBulungiswa kanye nokuThuthukiswa koMphakathi
Private Bag X81, Pretoria 0001
Ucingo 012 315 1670
www.doj.gov.za
SOCA Unit

INdlu kaZelonke yaBaholi beNdabuko
Private Bag X804, Pretoria 0001
Ucingo 012 395 4640
www.nhtl.gov.za