

TEEN TALK

CAPE TOWN, SOUTH AFRICA



Inombolo yephepha lemibuzo:

Inkwenkwe/Intombi

Indawo yodliwano-ndlebe:

Isikolo/umbutho: Ibanga:

Umbuzi-mibuzo: Usuku:

Enkosi kakhulu ngokuthabatha ixesha lokuthetha nathi kwiminyaka emithathu ed-lulileyo. Singathanda ukwazi malunga nez-into ubuzenza ukususela ngoko.....

Njengakuqala, okuthethayo kuyimfihlelo. Lonto ithetha ukuba asizukwenza ingxelo sisebenzisa elona gama lakho.

Nceda ubhale igama lakho aph:

.....

Ngoku, cinga ngegama elahlukileyo esinokuthi silisebenzise xa sibhala ngoluphando. Ungakhetha naliphi na igama olifunayo!

.....

Unganengxaki ukuba siqhakamshelane nawe kaphinde? Nceda ubhale idilesi, kune nenombholo yakho yemfono-mfono ukuze siphinde siqhakamshelane nawe:

Idilesi:
.....
.....

Imfono-mfono:

Olu asilo vavanyo. Akukho mpendulo zilungileyo okanye ezingalunganga. Olu phando lwenzelwa ukuba luncede abantu abancinci eKapa. Enkosi ngokuthabatha ixesha lokunceda.



CAPE TOWN TEEN TALK

Nceda uthabathe ixesha ufunde oku uqhaphele ukuze uthathe isigqibo ngokuthabatha okanye ukungathabathi nxaxheba. Buza iqela labaphandi ukuba kukho into engacacanga okanye ukuba unemibuzo. Enkosi ngokufunda oku.

Lungantoni olu phando? Olu phando lumalunga nabantu abacinci/abatsha kune nendlela abaziva ngayo malunga nobomi babo. Urhulumente ufunu ukwazi kakhulu malunga nabo ukuze bacwangcise indlela zokunceda abantu abatsha/abancinci kune nezizalwane ng-cono.

Ndinyanzelekile ukuba ndithabathe inxaxheba? Hayi. Kuxhomekeke kuwe ukuba uyafuna okanye awufuni ukuthabatha inxaxheba. Ukuba awufuni, oko akuzukuchaphazela naluphi na uncedo onokuthi ulufumane nakubani na. Awusoze ubese ngxakini ukuba awufuni kuthabatha nxaxheba.

Ukuba ugqibe ekuben iuthabathe inxaxheba, ukhululekile ukuba uyeke nangaliphi na ixesha. Akufunekanga ukuba unlike isizathu. Kwakhona, oku akuzukuchaphazela uncedo okanye inkxaso oyifumanayo nakubani na.

Yintoni ekufuneka ndiyenzile? Ukuba ufunu ukuthabatha inxaxheba, uzakuqala utsikitye iphepha lesivumelwano [kwiphepha elilandelayo], kwaye uchithe ixesha elingange yure uthetha nomphandi nisenza nezinto ezithile.

Kwenzeka ntoni ukuba umbuzo uyandicaphukisa? Ungayeka nangaliphi na ixesha, kwaye akunyanzelekanga ukuba unlike isizathu. Ungaqhakamshelana neqela labaphandi nangaliphi na ixesha, kwaye ubaxelete ukuba ufunu impendulo zakho kwimibuzo ethile zitshatyalal-iswe, yinto leyo esinoyenza ngokukhawuleza. Ukuba kukho umntu ofuna ukuthetha naye malunga nento ethe yavela koku, ungaxeleta omnye wabaphandi okanye uqhakamshelane no Somaya Latief e Cape Town Child Welfare (021 638 3127).

Kutheni kufuneka ndithabathe inxaxheba koluphando? Kungasi nceda oku ukuba sazi kakhulu malunga nokunokuthi kunceda abantu abatsha/abancinci eMzantsi Afrika. Ozakuthi usixelete kona kuzakunceda ekupuhhliseni inkqubo karhulumente.

Kwenzeka ntoni ukuba ndinesikhala? Ukuba kukho into edibanisela nolu phando on-gayithandiyo, ungaphalaza ku Dr. Lucie Cluver eOxford University (lucie.cluver@socres.ox.ac.uk).

Ingaba into endiyithethayo izakugcinwa iyimfihlelo? Yonke into oyithethayo malunga nawe iyakugcinwa iyimfihlelo, kwaye soze ixelelwe nabani na. Zonke inkcukacha malunga nawe ziayakutshintshwa igama kune nedilesi ukwenzela into yokuba ungaziwa.

Kodwa ngexesha loluphando, kunokuvela into yokuba kukho izinto ezikuhluphayo kakhulu. Ukuba kunjalo, umbuzi-mibuzo uzakucacisela indlela ezithile zokufumana uncedo. Ukuba yinto emayelana nokhuseleko, singaqhakamshelana nequmrhu lentlalo-ntle. Konke oku ku-zakuthethwa nawe kuqala.

Kuzakwenzeka ntoni kwiziphumo zoluphando? Iziphumo zoluphando ziyakusetyenziswa ukuncedisa urhulumente kunye nabanye ekwenzeni imigaqo yabantu abatsha/ abancinci kunye nezizalwane ezikwimo ebufana neyakho.

Ngubani oququzelela kwaye aphonononge oluphando? Oluphando luququzelela yiDyunivesiti iOxford eNgilane, iSebe leSocial Development ePitoli kunye neCape Town Child Welfare.

Ukuba kukho okunye ofuna ukwazi qhakamshelana no: Somaya Latief okanye Dr Lucie Cluver Cape Town Child Welfare, Lower Klipfontein Road, Gatesville, Athlone, South Africa 8000
Email: lucie.cluver@socres.ox.ac.uk

Enkosi ngokufunda eliphepha. Ukuba wanelisekile yinto yonke, ungagcwalisa ibhokisini:



Ndiyafuna ukuthabatha inxaxheba?

Bonakalisa
ngokwenza
umkrwelo:

1. Ndiyafundile kwaye ndakuqonda okubhalwe kwiphepha lenkcukacha zoluphando kwaye ndanethuba lokubuza imibuzo.
2. Ndiyayiqonda into yokuba ndizikhethele ukuthabatha inxaxheba kwaye ndikhululekile ukuyeka nangaliphi na ixesha, ngaphandle kokunika izizathu. Oko akuzukutshintsha kwankxaso endiyifumanayo okanye uncedo endilifumanayo.
3. Ndiyavuma ukuba nantoni na endiyithethileyo kudliwano-ndlebe ingasetyenziswa, ngaphandle kokunika igama lam, xa kubonakaliswa uphando. Ndiyavuma ukuthath inkxaxheba koluphando.

Igama lomthabathi nxaxheba

Tyikitya

Utyikityo



Cape Town Child Welfare

Igama lomphandi

Usuku



Department of Social
Development



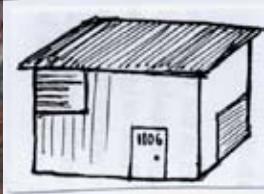
University of Oxford

Ikhaya lam kunye

Indlu eyenziwe ngesintu

Nceda wenze isangqa kuleyo ifana nekhaya lakho:

Umkhukhu okwisiza sawo



Indlu eyenziwe ngezitena
okanye yesamente

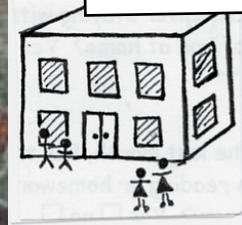


Umkhukhu osemva
eyadini

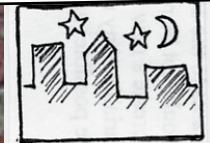


Eziflethini

Ikhaya labantwana
okanye indawo
yabantwana
basesitratweni



Uhlala esitalatweni



Enye (chaza?
.....)

Abantu abajongene nabantu

Ukhona umntu ohlala nawe okujongayo?
..... Ewe Hayi

Nceda uzobe lo mntu okanye
ubhale amagama abo apha.



Badala kangakanani?

Ingaba lomntu uyi:

-Umnakwethu
-Utata omncinci
-Umakhulu
-Udadewethu
-Umama ondigcinayo
-Utatomkhulu
-Akukho mntu
-Utato ondigcinayo

-Umalume
-Ummelwane/ umhlobo wosapho
-Utata okuzalayo
-Umakazi
-Umama otshate notata
-Umama okuzalayo
-Unontlalontle/umntu okukhathaleleyo
-Olunye (.....)

Usuku lam

Kusuku oluphakathi evekini,
zingaphi iyure ozichithayo:

Ulele?

Esikolweni?

Udlala?

Usenza umsebenzi wesikolo
wasekhaya?

Usebenzela imali?

Uncedisa ekhaya?



Abantu endihlala nabo

Mangaphi amagumbi ekhayeni lakho, afana negumbi lokuhlamba, ikhitshi kunye namanye amagumbi? Wazobe apha ezantsi.

- 1) Ngubani olala kwigumba ngalinye? 2) Bhala indlela enihlobene ngayo, 3) Ukuba bangamakhwenkwe okanye amantombazana kwaye 4) Uchaze ukuba bangakanani!

- 5) Ngoku, ungabonakalisa ngomkrwelo ecaleni komntu ohlala ekhaya osebenzayo?



Bhala phantsi ecaleni kwabo okokuba ingaba ngumsebenzi ogheleki-leyo (intsuku zonke), umsebenzi wamaxesha athile (intsuku ezithile ngeveki) okanye umsebenzi wamaxesha athile (ngexesha lokuvuna, kumsebenzi wokwakha)

Into endiyicingayo nendiyivayo...

Le mibuzo ifuna ukuva indlela ethi uzive ukhathazekile kwakunye nez-inye iingxaki njengoko uninzi lwabantu lubanjalo kumaxesha athile obo-mi babo. Le mibuzo inikwe iinkcazel ozithe zabekwa ngokwamaqela. Nceda mamela kwiqela ngalinye ngobunono, emva koko ukhethe inkcazel ibenye kwiqela ngalinye eyichaza ncocohayi indlela obe uziva ngayo kwiiveki EZINE EZIDLULILEYO ukuza kutsho namhlanje. Phawula kwib-hokisi emelene nenkcazel oyikhethayo...

..... Akukho mntu undithanda ngenene
..... Andiqinisekanga ukuba ukhona nawuphina umntu ondithandayo
..... Ndiqinisekile ukuba ukhona umntu ondithandayo

..... Ndinabahlobo abaninzi
..... Ndinabo abahlobo kodwa ndinqwenela ukuba nabanye
..... Andinabo abahlobo

..... Ndiyazicaphukela
..... Andizithandi
..... Ndiyazithanda

..... Izinto ziyandikhathaza lonke ixesha
..... Izinto ziyandikhathaza amaxesha amaninzi
..... Izinto ziyandikhathaza kanye emva kwexesha

..... Ndiziva ingathi ndingalila yonke imihla
..... Ndiziva ingathi ndingalila intsuku ezininzi
..... Ndiziva ingathi ndingalila kanye emva kwexesha

..... Ndijongeka kakuhle
..... Zikhona izinto ezimbi kwinkangeleko yam
..... Ndijongeka mbi

..... Akukho nto yakhe yandihambela kakuhle.
..... Andiqinisekanga ukuba izinto ziza kundihambela kakuhle
..... Izinto ziza kundihambela kakuhle

..... Phantse zonke izinto ndizenza kakuhle
..... Izinto ezininzi ndizenza kakuhle
..... Yonke into ndiyenza ngokungalunganga

..... Andiziva ndililolo
..... Ndiziva ndililolo amaxesha amaninzi
..... Ndiziva ndililolo onke amaxesha

..... Ndikhathazeka kanye kwixeshana
..... Ndikhathazeka amaxesha amaninzi
..... Ndikhathazeka amaxesha onke

Kwinyanga edlulileyo ukhe wa:

Unqwenele ukuba noba ubufile?
Ufune ukuzilimaza?
Ucinge ngokuzibulala?
Ucinge ngendalela zokuzibulala?
Ukuzama ukuzibulala?

Abantwana
abaninzi kunye
nabancinci
bazifumanisa
benomva ndendwa
okanye
bexhalabile
ngamaxesha
athile. Nceda
uxele ukuba
yeypipi kwezi
zinto eyinyani:



Ndiyakhathazeka (ndiziva) amaxesha amaninzi.	ewe	hayi
Ndicinga ukuba abanye abantu abayithandi indlela endenza ngayo izinto.	ewe	hayi
Ndicinga ukuba abanye abantu abayithandi indlela endenza ngayo izinto.	ewe	hayi
Ndiyaxhalaba ngezinto abanye abantu abazicingayo ngam.	ewe	hayi
Ndiziva ndindedwa noxa ndikunye nabanye abantu.	ewe	hayi
Ngamanye amaxesha ndiziva ndinesisu umzekelo xa ndikhathazekile.	ewe	hayi
Ndidinwa kakhulu.	ewe	hayi
Ndibanexhala ngento ezakwenzeka.	ewe	hayi
Abanye abantwana bonwabile kunam.	ewe	hayi
Ndicinga ukuba umntu uzakundixeleta xa ndingenzi izinto ngendalela.	ewe	hayi
Ndivuka ndisoyika ngamanye amaxesha.	ewe	hayi
Ndinovalo.	ewe	hayi
Abantu abaninzi abekho ngakwicala lam.	ewe	hayi
Ndiyaxhalaba xa kusenzeka into embi kum.	ewe	hayi

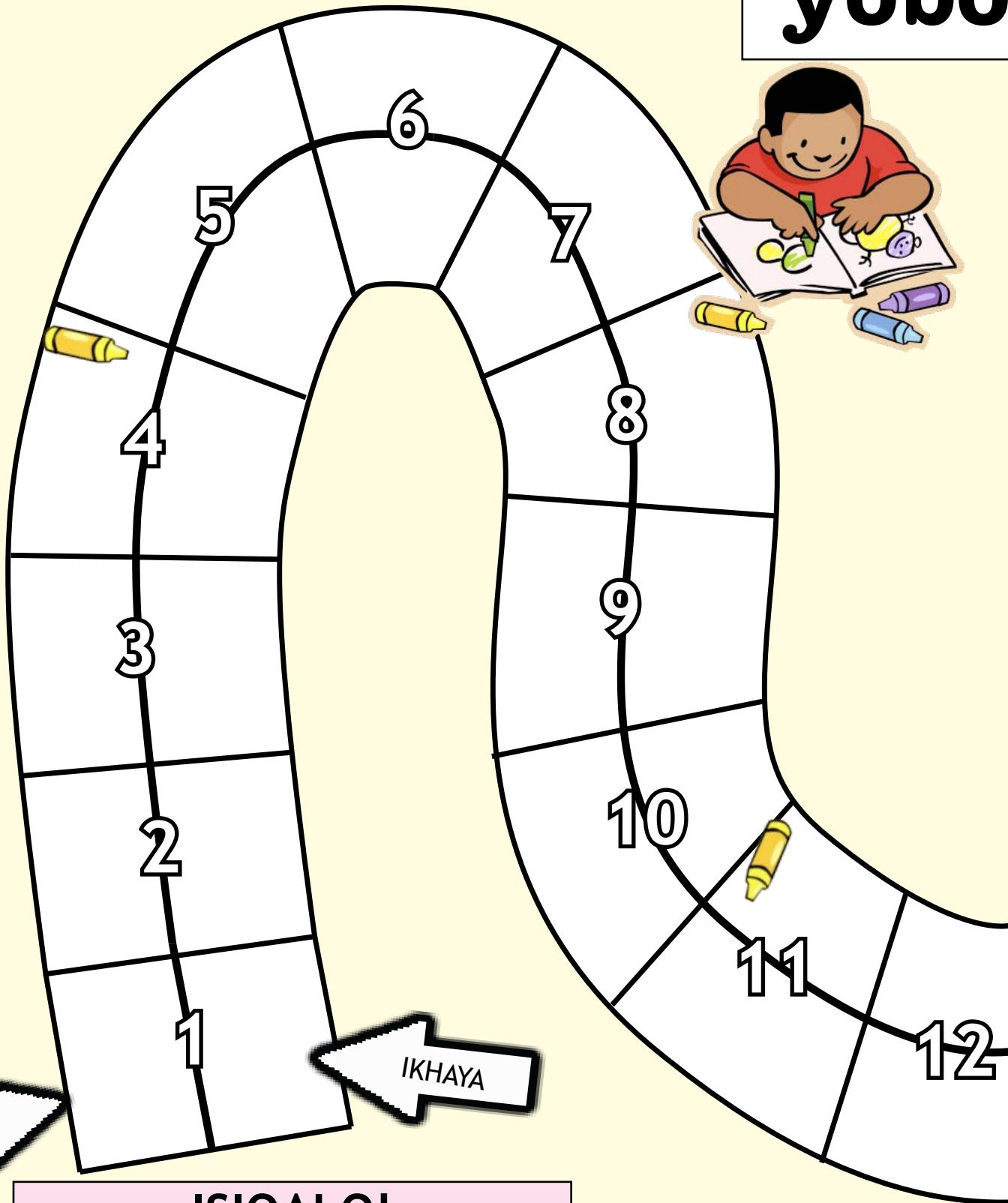
Kwabamnandi kakhulu ukuncokola nawe ngo 2005/2006, kodwa ngoku ngu2009! Ibinjani leminyaka mithathu idlulileyo? Ingaba kukho into ethe yenzeka onokuthanda ukuyithetha Nathi? Ungayibhala ngokwakho, okanye usixeletele sikwazi ukukubhalela.

Ukulandela kwesasikuthethile

1: Eyasekhaya, bhala endleleni:

- Likhaya likabani obuhlala kulo?
- Ngubani umntu ebekujongana nawe kakhulu?
- Kwakutheni izinto zitshintshe?

Indlela y yobo



ISIQALO!

Ndazalwa (usuku).....

Phi?

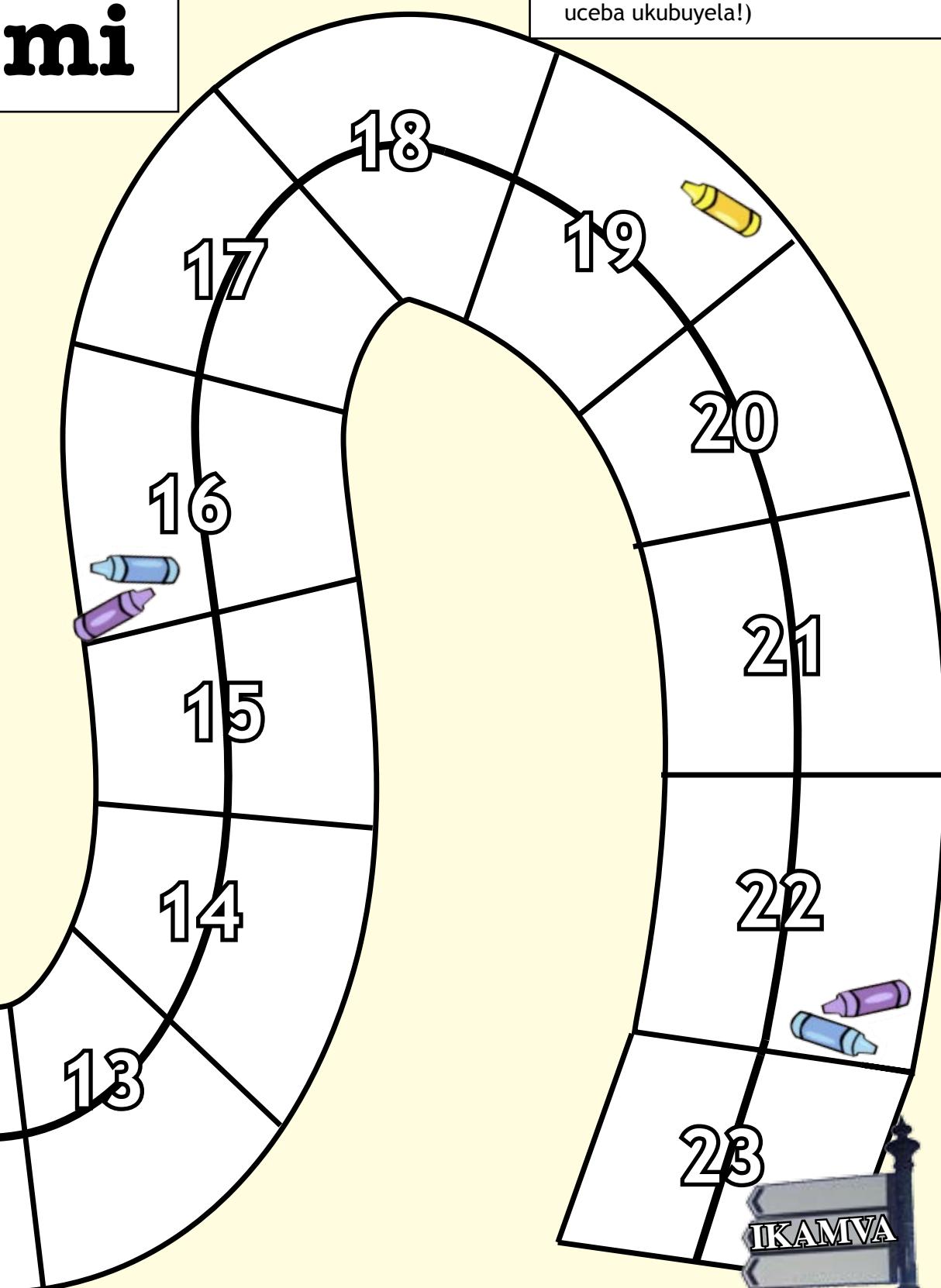
Ukhuliswe ngubani?

vam

mi

2: Eyasesikolweni, bhala endleleni:

- Ukweliphi ibanga ngoku
- Athini amagama esikolo sakho
- Ikhona iminyaka oyiphindileyo kwaye bekutheni
- Uyeke nini esikolweni kwaye bekutheni? (kwakhona ingaba uceba ukubuyela!)



3: Igama lesikolo sam yi:

- sihlawula imali yesikolo
- abanye abantwana bayayihlawula imali yesikolo kodwa mna andibhataliswa
- isikolo ekungahlawulwayo kuso
- andikwazi kubhatala imali yesikolo yilonto ndinetyala esikolweni

Le yimisebenzi abathi abantwana bayenze xa bencedisa emakhaya. Ukwenza rhoqo kanganani oku kwinyanga edlulileyo, kwaye uthatha ixesha elingakanani.

	Zintsku ezin-gaphi evekini?	Oku kukuthatha ixesha elingakanani?
1. Ndihlambela abantu impahla		
2. Ndithenga ukutya		
3. Ndihlalisa umntu xa egula		
4. Ukujongana nomntu ogulayo okokuba elungileyo na		
5. Usa abantwana bakokweni esikolweni		
6. Ugadana nabatwana bakokwenu		
7. Ukhumbuza umntu ngokutya amayeza		
8. Uphekela usapho		
9. Utyisa umntu ogulayo		
10. Ucoca ikhaya		
11. Usa umntu ogulayo ekliniki		
12. Uthathela umntu amayeza ekliniki		
13. Uyokukha amanzi		
14. Ukwenza umsebenzi kuba ufunu ukwamkelela usapho imali		
15. Ukulungiselela umntu ogulayo umandlalo		
16. Ukuhlamba impahla zomandlalo xa umntu egula		
17. Ukunakekela umntwa wako wenu omncinci		
18. Ukonga umntu ogulayo (uhlobo olunjani?.....)		
19. Ukunika umntu ogulayo amayeza		

Ukuncedisa

Ngamaxesha athile siyakhumbula esikolweni kancinci, ngamaxesha athile kakhulu! Ngenxa yezizathu ngezizathu. Khumbula ukuba oku kuyimfihlelo. Kulo nyaka, mangaphi amaxesha apha uthe wakuphosa ukuya esikolweni ngaphezu kweveki?

Kwakutheni?
.....
.....
.....
.....

Ungazoba apha kula maxesha ukusukela kwiveki ephelileyo:
 1) Zeziphi intsuku oziphosileyo kwaye bekutheni?
 2) Xa ubufike emva kwexesha/ wahamba phambi kwexesha kwaye bekutheni?
 3) Xa uye wayeka izifundo ezithile kwaye bekutheni?
 4) Xa ungawenzi umsebenzi wesikolo-wasekhaya kwaye kutheni?

UMvulo	
Lwesibini	
Lwesithathu	
Lwesine	
Lwesihlanu	

Abanye abantwana kunye nabantu abancinci balungile. Bayakwazi nokuba bangabi nanhliziyo kwabanye. Cinga ngendlela izinto ebezikuhambelo ngayo kwyangya ezintandathu ezidlulileyo. Kungaba luncedo ukuba ungaphendula yonke imibuzo nokuba awuqinisekanga okanye uyifumanisa inokusa!

	ayiyonyani	awuqinisekanga	yinyani
Ndisoloko ndindodwa. Ndibandedwa ukuze ndigcine loo nto kum			
INdinomhlobo wenene omnye okanye ngaphezulu			
Abanye abantu abalingana nam bayandithanda			
Abanye abantwana okanye abancinci bayandichukela okanye bandinyhukule			
Ndiqhuba kakuhle nabantu abakhulu kunabo balingana nam			

ABANYE ABANTWANA KUNYE NAM



Ngoku sifuna ukwazi ngonyaka ophelileyo. Kulonyaka abanye abantwana ...

	Nakanye	kanye	kanye-kathathu	kane okanye ngaphezulu
Bandibiza ngamagama okanye bandithuka				
Bazama ukundifaka enkathazweni netshomi zam				
Bathatha into ngaphandle kwemvume okanye baba izinto kum				
Bahlekisa ngam ngenxa yezizathu wezithile				
Bandenza ndizive ndingakhululekanga ngokuthi basondele okanye bandibambe				
Bandibetha ngenqindi, bandikhaba okanye bandibethe				
Bandivisa ubuhlungu ngedlela ethile emzimbeni				
Ndazama ukophula okanye ukumosha into yam				
Wala ukuthetha nam okanye wenza abantu bangathethi nam				

Izinto ebezinzima kum



Apha kukho uBantu noLindiwe, basixeleta ngezinto ezithi zifunyanwe ngabantwana abaninzi apha eKapa. Ungasixeleta ukuba ezi zinto ziye zenzeke nakuwe ngokunjalo?

Usapho luka Buntu lunengxabano ezininzi. Ngamanye amaxesha abantu abadala bayangxolisana ngamanye amaxesha kuyaliwa.

Kuleveki iphelileyo, zingaphi iintsuku ebekukho iingxabano nabantu abadala bengxolisana ekhayeni lakho?

Zingaphi iintsuku apha bekukhe kwakhona iingxabano nabantu abadala bebethana ekhayeni lakho?

Uziva ukhuselekile xa ukokweni?EweHayi

Ukuba uziva ungakhuselekanga, kutheni?

..... Woyika abophuli-mthetho

..... Woyika abantu abagcina abantwana

..... Woyika ukuba wedwa

..... Woyika ngenxa yesinye isizathu

(Sithini isizathu?

Ubuntu ukhuthuziwe kwaye kwabiwa izinto zakhe.

Kulonyaka, kukangaphi apha uthe wanezinto ezibiweyo?

Kunyaka odlulileyo, umntu okugcinayo ukwenze rhoqo kangakanani...

	Ngeveki	Ngenyanga	Kancinci
Usebenzisa uswazi, ibhanti okanye izinto eziqinileyo xa endibetha?			
Undibetha ngempama, ngenqindi okanye akubethele ukuba uve ubuhlungu?			
Athi uza kusiwa kwenye indawo okanye ugxothe endlini?			
Athi uzavusa iziporho okanye imimoya emdaka, or abantu ababethayo?			
Akuthuke ngokukubiza ukuba usisibhanxa, uyongena, okanye amanye amagama?			

Kukhona iindlela ezingalunganga zokubamba uBantu noLindiwe. Ingaba kukhona umntu owakhe wakubamba ngindlela apha uzive ungonwabanga?

Ingaba kukhona umntu owathi wakwenza nantoni na kumalungu akho esini okanye kumalungu abo esini obungafuni ukuyenza?

Ubuntu wahlaselwa kwaye wabethwa xa wayephumile. Wakhe wabethwa okanye wahlaselwa ngaphandle?
.....

Ubuntu wabona umntu ebumelwaneni edutyulwa. Ulindiwe wabona umntu ohlatywayo ngobunye ubusuku.

Wakhe wabona umntu odutyulwayo?

Okanye ohlatywayo?

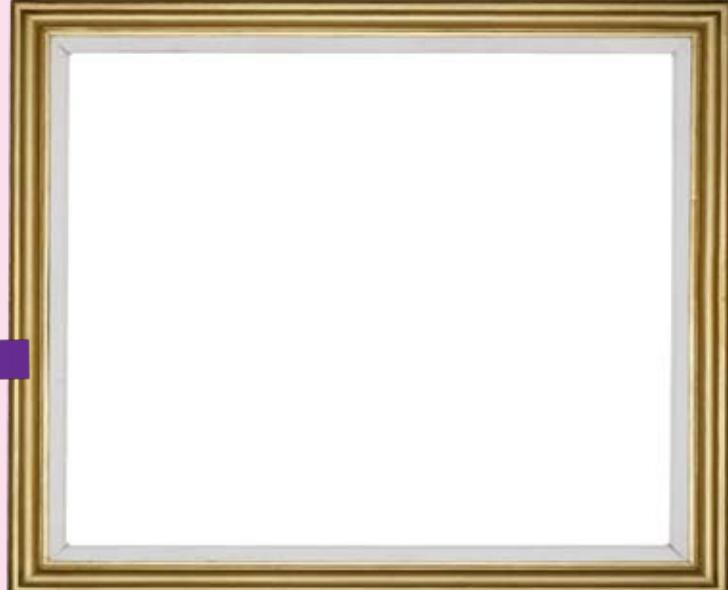
Ingaba kukhona enye into ekhe yehla esingakhange siyichaze etha yakoyikisa?

.....
.....
.....
.....
.....

Umama kaBuntu no Lindiwe wasweleka kwiminyaka embalwa edlulileyo. Babenomfo wabo omncinci owaswelekayo.

Ingaba unomntu okufutshane nawe owaswelekayo? Ungasixeleta ukuba yayingobani? (ungabhala, okanye ubazobe okanye usebenzise izincamatelisi)

Ungaphindela emva kwi-
foto yendlu yakho kwaye
urhangqelete lowo ugulayo?



Umama kaBuntu no Lindiwe babegula ixesha elide phambi kokuba asweleke. Utata wabo akaphil-
anga ngalomzuzu. Bekunzima kubo. Ungatsho ukuba bukangakanani ubunyani bezizinto kuwe?

Kuba omnye wosapho uyagula okanye uswelekile...

	Azange	Ngamanye amaxesha	Amaxesha onke
Bendikhe ndanxwalwa			
Bendikhe ndaphathwa kakubi			
Abantu bakhe bahleba ngam			
Ndiyakhathala ngokungakhathalelw			
Abazali abangandifuniyo phakathi kwabantwana babo			
Ndiyakubaleka ukwenza abatsha			
Ndiziva ndahlukile kwaye ndindodwa			
Ukuba abantu bayazi, abandibambi			
Ukuba abantu bayazi, bayandoyika			
Ukuba abantu bayazi, bacinga ukuba ndingumntu ombi			

Ingaba lento iyakukhathaza? Azange Kancinci Kakhulu

ULindiwe no Buntu basoloko bengenakutya kwaneleyo emakwabo.

Zingaphi iintsuku kuleveki apho ubungenakutya kwaneley?

Zingaphi intsuku apho wathi walala khona ulambile?



Uziva njani nge...?

Abantwana abaninzi bahamba kwizinto ezibuhlungu okanye ezoikisayo, Singathanda ukwazi ngazo nokuba waziva njani ngazo. Ingathi kanti zisanda kwehla okanye zehla kwixesha elidluleyo, kodwa zisakukhathaza. Zingaba kuluhlu esikubuze kulo, okanye enye into.

Ungasixeleta ukuba yeypipi into eyakukhathaza kakhulu okanye yakoyikisa eyakhe yakwehlela?

.....
.....
.....
.....

Ngoku kumbuzo ngamnye, ungabonakalisa ngokubhala kwibhokisi ukubonakalisa ukuba uzuve ngalendlela, “azange”, “amaxesha athile”, “amaxesha amaninzi” okanye “amaxesha onke” kwinyanga edlulileyo:

	Hayi nakanye	nagmaxe- sha athile	ngamaxesha amaninzi	ngamaxesha onke
 Ingaba unamaphupa amabi nawoyikisayo ngento eyenzekayo?	○	●	●●	●●●
 Uyakhathazeka xa ucinga ngokwenzekayo?				
 Uyaphinda - phinda ukusinga ngokwenzekayo?				
 Uneengcinga okanye umfanekiso - ngqondweni ekufikelayo ngento eyenzekayo, noxa ungafuni?				
Unexhala lokuba lo nto ingenzeka kwakhona?				
Uyazama ukungacingi ngokwenzekayo?				
Uyaziphepha okanye awuzibandakanyi nezinto ezithi zikukhumbuze ngento eyenzekayo?				
Unengxaki yokukhumbula izinto ezithile ezibalulekileyo ngento eyenzekayo?				
Wenza izinto ngokulinganisa ngendlela esenzeka ngayo isiganeko eso?				
 Uva ngathi lo nto iyenzeka kwakhona noxa ingenzeki?				

	Hayi nakanye	nagmaxesha athile	ngamaxe- sha amaninzi	ngamaxe- sha onke
Uva ngathi kunzima ukuba uvakalelwé, va udangele emphefumlweni?				
Uzigcina uxakekile usenza izinto ukuze ungacingi ngento eyenzekayo?				
Uva iintshukumo zomzimba xa kukho into ekukhumbuza ngokwenzekayo (umzekelo: usuke ubile ungcangcazele, intliziyo ibethe nagamandla, uphelelwé ngumphefumlo, isisu sibebuhlungo?)				
 Uba nengxaki yokulala okanye uyaphuthelwa?				
Uba nengxaki yokumamela ngenyameko - umzekelo: ukumamela izifundo, kuba ungakwazi ukuzikisa ukucinga?				
Uva ngathi kufuneka usuloko uphaphamile /ugadile ukuba kunokwenzeká?				
Uba phaku-phaku okanye wothuka msinya?				
Uba nomsindo okanye ucaphuka lula?				
 Uba nomsindo okanye ucaphukiswe ngabantu ebantwini ngaphandle kwesizathu?				
Uba nomsindo kakhulu ebantwini kangangoba ungambetha okanye umenzakalise umntu?				
Ingaba kukho nto ithile onokucinga ngayo ekwenza ukuba kubenzima uku?				
 Ingaba uziva kunzima ukonwabela ukwenza izinto?				
Ingaba ukhe uziwe kunzima ukonwaba?				
Ingaba uziva uwedwa nokuba uhleli nabanye abantu?				
Uziva kakubi okanye unesazela - ukuba okwenzekileyo bekuyi mpazamo yakho?				
Ingaba uyazichamela okanye imondlalo ngempazamo?				
Uziva ingathi owiqiqi okanye ingathi awubhadlanga kangangokuba umke ezingqondweni zakho kwaye ungacingi?				

Nceda uphendule le mibuzo malunga
nezinto ezithi zenzeke ekhaya-krwela
kweyona mpendulo:

	Azange	Phantse kwenzeaka	Ngamanye amaxesha	Rhoqo	Oko
Umntu okugcinayo uthi wenze into kakuhle					
Umntu okugcinayo ukoyikisa ngokukohlwaya kodwa angakwenzi oko					
Uyaphuma ngaphandle kokubeka ixesha lokuba sekhaya					
Uthetha nomntu okugcinayo ekubeni angakohlwayi emveni kokuba wenze into engalunganga					
Uhlala ngaphandle ebusuku kuggithe ixesha ebekumele ukuba usekhaya					
Umntu okugcinayo uyakuncoma xa wenze into kakuhle					
Umntu okugcinayo uyakuncoma xa uziphethe kakuhle					
Umntu okugcinayo akazi ukuba abahlobo bakho ngobani					
Umntu okugcinayo ukukhupha kwangoko xa ekohlwayile					
Umntu okugcinayo ukuxelela ukuba bayayithanda xa uncedisa apha endlwini					

Izinto zasekhaya

Ufumana inkxaso enjani kubantu abasebomini bakho?

	Lomntu ngumntu osebomini bam ewe / hayi	Lomntu uyandinceda xa ndinengxaki zam andiyithandi kwaphela / nje / kakhulu	Lomntu uyandinceda xa ndifuna imali kunye nez-inye izinto andiyithandi kwaphela / nje / kakhulu	Ndiyonwaba nalomntu andiyithandi kwaphela / nje / kakhulu
Umntu okukhath-aleleyo				
usisi wakho okanye ubhuti				
utishala				
inqununu okanye isekela nqununu				
iqela labahlobo benene				
abanye abantu (sixelele ngobani)				

Ingaba ufumana ukutya okulingana nokwabanye abantwana kokwenu?
..... Kakhulu
..... Okulinganayo
..... Kancinci



Ingaba umntu okugcinayo wayekhe wathetha nawe malunga nozakuhlala nawe xa bengenakukwazi ukuhlala nawe?
..... Ewe Hayi

Ukuba bakuxelele ngubani lomntu?
.....

IPHEPHA ELIYIMFIHLELO, ELIXELA ISIGULO

Inombolo yephepha lemibuzo:

Ngubani umntu onokumnceda ukumjonga kakhulu?

Baneminyaka emingaphi?

Bagule kangakanani?

Kulenyanga igqithileyo, ingaba impilo yalomntu

Ibintle kakhulu Ibintle Ibiphakathi Ibimbi Ibimbi kakhulu

Ingaba lomntu ebonwabile kulenyanga iphelileyo?

Ebonwabe kakhulu Ebonwabile Ebephakathi Ebengonwabanga Ebengon-wabanga kakhulu Ebenomsindo

Kukangakanani kulenyaanga iphelileyo lomntu engaziva kakuhle?

Azange Iveki enye liveki ezimbini liveki ezintathu Inyanga yonke

Xa abantu bengaphilanga, bafumana kunzima ukwenza izinto zangemini.Ungacinga ngezinto lomntu afumanisa kunzima ukuzenza?

	Akunzimanga	Kunzima kancinci	Kunzima kakhulu	Akawazi ukuyenza
Ukuphatha impahla zevenkile				
Ukunyuka intaba				
Ukugoba okanye ukuguqa				
Ukuhamba umgama omde/km				
Ukuhamba umgama ongange mitha ezilikhulu				
Ukuhlamba okanye ukunxiba				
Ukuvuka ebhedini				

Ungatsho ukuba lomntu ebegula yintoni?

.....
.....

- Ingaba wehlile ngokomzimba wade wabhitya?
- Ingaba uneswekile?
- Ingaba bebenenye yezi; ebe phatshile, okanye iinwele zitshintshe umbala, okanye iinyawo zidumbile, okanye eziva esitsha ezinyaweni, okanye ulusu lwakhe belomile?
- Ingaba banengxaki zomphefumlo?
- Ingaba amehlo abo ebetyheli,kwaye ebenomkhuhlane? Okanye ukurhawuzelelwa?
- Ingaba babenamadyunguza okanye amaqhakuva emzimbeni?
- Ingaba banobushushu begazi obuphezulu?
- Ingaba banezilonda emzimbeni?
- Ingaba banezilonda zangaphakathi okanye amabala amhlophe emlonyeni, okanye abawkazi ukuginya ukutya?
- Ingaba basela utywala kakhulu?
- Ingaba banesifo somhlaza? Uphi lomhlaza?
- Ingaba banengxaki yokuphefumla, okanye eyokukhohlela ngaphezu kwentsuku ezimbini enefiva?
- Ingaba babekhe babanesifo sephepha kuleminyaka imihlanu iphelileyo?
- Ingaba banesifo samathambo?
- Ingaba bathakathiwe?
- Ingaba bebenotyatyazo okanye isisu esihambisayo kangangentsuku7 ezimbini?
- Ingaba baneNtsholongwane kaGawulayo?
- Ingaba ikhona enye into esingayibuzanga (Banantoni)?

IPHEPHA ELIYIMFIHLELO, ELIXELA ISIGULO

Inombolo yephepha lemibuzo:

Siyabulela ngokuba usincedile kulento. Le mibuzo isemfhlakalweni-izakufaka kwisingxobo esivaliweyo. Nceda ungabhalu igama lakho kweliphepha.

Ingaba lomntu ebesisihlobo kanjani?

Ebeneminyaka emingaphi ngoku ebesweleka?

Uyayazi ukuba yenzeke kanjani?

- Ingozi yemoto
- Isigulo- uyasazi esiphi?
- Wahlaselwa
- Enye into (ungasixeleta?))

Bagule ixesha elingakanani?

Singakubuza malinga nezinye impawu zesigulo ebenaso phambi koku sweleka?

- Ingaba behla ngokomzimba wade wabhitya?
- Bebeneswekile
- Ingaba bakhe banazo ezi zinto: aphatshe, okanye kutshintshe umbala wenwele, okanye adumbe inyawo, okanye ave kutshisa inyawo, okanye ome isikhumba?
- Ingaba bakhe bane ngxaki emphefumlweni?
- Ingaba amehlo abo ayethyeli, kwaye benomkhuhlane? Okanye ukurhawuzelela?
- Ingaba babenebhanti (shingles) okanye ikrashalala esikhumbeni sabo?
- Ingaba bebenengxaki yokunyukelwa yiswekile?
- Ingaba izilonda emzimbeni?
- Ingaba bebenamaghakuva elwimini okanye izinto ezimhlophe emlonyeni, okanye ingxaki xa beginya ukutya?
- Bebesela utywala kakhulu?
- Ingaba bebenesifo somhlaza? Besikweyiphi indawo esisifo somHlaza?
- Ingaba bebenengxaki xa bephefumla, okanye bakhohlele ngaphezu kwentsuku ezimbini benomkhuhlane?
- Ingaba bebenesifo sephepha (TB) kwiminyaka emihlanu edlulileyo?
- Ingaba bebenesifo samathambo?
- Ingaba bebenesifo sorhudo okanye isisu esihambisayo ngaphezu kwentsuku ezimbini?
- Ingaba bebenantoni Ntsholongwane kaGawulayo?
- Ingaba ikhona into ebebenayo esingayibuzanga? (bebenantoni?))

Ungathanda ukuzoba okanye ubhalele abazali bakho into ethile?

IPHEPHA ELIYIMFIHLELO EKAPA

Inombolo yephepha lemibuzo:

Siyabulela ngokuba usincedile kulento. Le mibuzo isemfhlakalweni-izakufaka kwisingxobo esivaliweyo. Nceda ungabhaligama lakho kweliphepha.

Siyazi ukuba ukwabelana ngesondo kungathetha izinto ezinintsi. Amantombazana angalala nabafana, amantombazana namantombazana, okanye amakhwenkwe namakhwenkwe. Abanye babo sekhe babelana ngesondo ngasemva (ezimpundu). Xa sisithi bakhe babelana ngesondo, sibhekisa nakweyiphi na yezo zinto!

Inagaba wakhe wabelana ngesondo? Ewe Hayi

Ukuba impendulo yakho ngu “Hayi” sukuligcwalisa eliphepha. Gqithela kwiphepha elilandelayo!

1

Uqale unangaphi ukwabelana ngesondo?
Bhala phantsi iminyaka:

2

Bangaphi abantu othe wabelana nabo
ngesondo kunyaka odlulileyo?

3

Kwababantu bakulonyaka udlulileyo, bhala phantsi ukuba babebangaphi ababe:
..... elona qabane lakho, okanye umyen/umfazi?
..... umntu ongelona qabane lakho, kodwa usabelana naye ngesondo rhoqo?
..... iqabane nje - umsekelo: umntu ovalala naye ubusuku obunye?
..... Umntu owamhlwulayo uze wabelane naye ngesondo?

4

Ingaba umntu okhe wabelana naye ngesondo ebemdala ngaphezu kweminyaka elishumi kunawe? Ewe Hayi

6

Ingaba wakhe wabelana ngesondo unxilile/
uphantsi kwempembelelo zotywala?
..... Ewe Hayi

Ukuba ukhe wabelana ngesondo kunyaka
odlulileyo, ingaba uyisebenzise roqo
kangakanani iCondom?
..... amaxesha onke
..... ngaphezu kwesiqingatha exesheni
..... Isiqingatha exesheni
..... ngaphantsi kwesiqingatha exesheni
..... zange

5

Ingaba wakhe wabelana ngesondo
uphantsi kwempembelelo zeziyobisi
ezifana ne Tik, intsango okanye nayiphi
na enye into? Ewe Hayi

abantu babelana ngesondo ngenxa yezizathu ezahl-
ukeneno kwaye befuna izinto ezithile. Ngamanye
amanxesha, abantu banikezela ngezipho ebantwini
ababelana ngesondo nabo. Ingaba wakhe wafumana
esinye sezi zipho zilandelayo ngexa yokwabelana
ngesondo nomntu? Biyela ezona:

Imali	Akuthengele iziselo	Ukutya
Impahla	Iairtime	Abhatale imali yesikolo
Akukhwelise emotweni/etekisini	Indawo yokuhlala	
Ufumane amanqaku angcono esikolweni	Enye into	

8

9

Ingaba wakhe wabelana ngesondo nomntu
wabe wena ungafuni kuba usoysika ukukhathaz-
wa, okanye usoysika into yokuba bazakukhat-
haza ukuba awuvumi?
..... Ewe Hayi

Ingaba wakhe wakhulelwokanye
wenza umntu akhulelwokanye?

..... Ewe Hayi

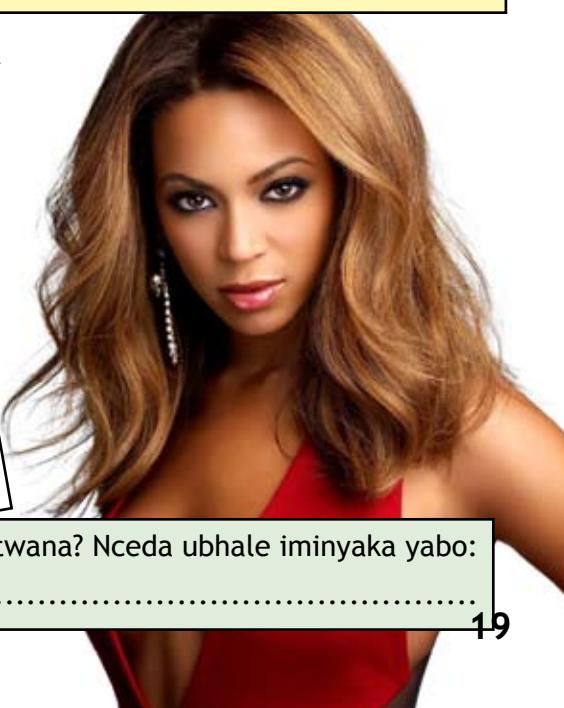
10

Ingaba unabo abantwana? Nceda ubhale iminyaka yabo:

11

.....

19



IPHEPHA ELIYIMFIHLELO EKAPA

Inombolo yephepha lemibuzo:

Ngamanya amaxesha sibanomsindo, okanye sizenze ngathi s-nomsondo. Ungasixeleta ukuba kuyinyani kangakanani oku kuwe kwinyanga ezintandathu ezidlulileyo...?

Siyabulela ngokuba usincedile kulento. Le mibuzo isemfihlakalweni-izakufaka kwisingxobo esivaliweyo. Nceda ungarbhali igama lakho kweliphepha.

Ndiyeka phakathi eklasini okanye nditsiba amasuku esikolo.

Ndiyabaleka ekhaya.

Ndisebenzisa utywala okanye iziyobisi ezingenzelwanga impilo.

Andiziva ndinetyala emva kokuba ndenze into ebekungafanelekanga ndiyenzile.

Ndonwaba nabantwana abasoloko bezifaka engxakini.

Ndikhetha ukuhlala nabantwana abadala kunam kunokuhlala nentanga zam.

Ndiyamosha okanye ndophule ifesitile

Ndiyeба endlini

Izinto ndiziba kwenye indawo hayi ekhaya.

Ndiyathuka okanye ndisebenzise ulwimi olungcolileyo

Ndiyaxoka okanye ndibe.

Ndiba nomsindo kakhulu kwaye ngamanye amaxesha ndibenomsindo

Ndithanda ukulwa. Ndiyakwazi ukwenza abantu benze into endiyifunayo.

Ndisoloko ndisenza into endiyixeletwayo.

Ndisoloko ndiphethe imesi kum kuba ndifuna ukuzikhussela.

Ndisoloko ndiphethe umpu kum kuba ndifuna ukuzikhussela.

Ayonyani	Ingayinyani	Yeyona nyani
----------	-------------	--------------

Kwinyanga edlulileyo, ubusele rhoqo kangakanani utywala?

Hayi kanye

Intsuku zonke

Amaxesha amaninzi evekini

Kanye ngeveki

Kanye ngenyanga

Ingaba ukhe wanxila kwinyanga edlulileyo?

Ewe

Hayi

Kwimini nganye okanye ngorhatya xa usela, usela kangakanani?

Ungaba wakhe wasebenzisa iziyobisi kuba ufunu ukuba uzive esemfuthweni? Bonakalisa ngokukrwela kowakhe wayisebenzisa:

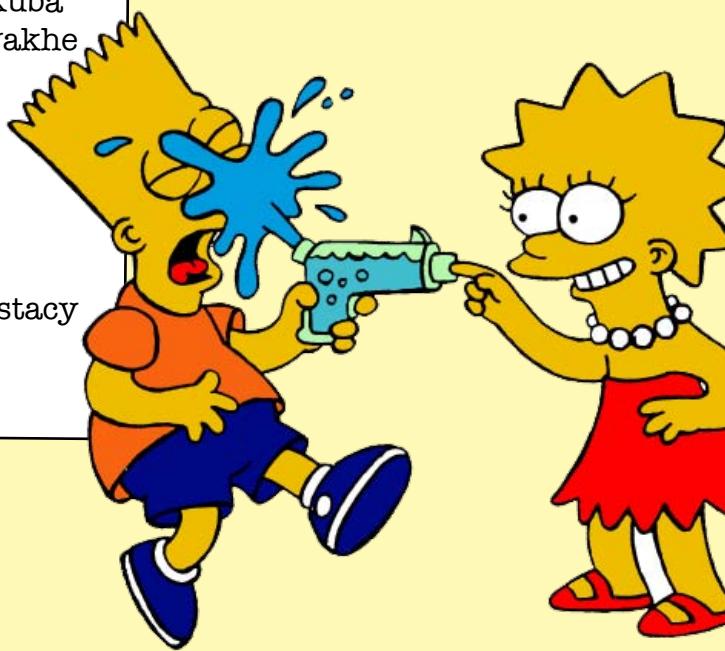
.... Zange Intsango iMandrax

.... iglu iHeroin iCocaine

.... iCrack Amafutha emoto iEcstacy

.... incindi/Acid iTik

Kwinyanga edlulileyo, mangaphi amaxesha apho khona usebenzise ezi ziyobisi?



Nceda ukrwele into onokuthu ukwazi ukumelana nayo ekhaya:

Ukutya kathathu ngemini



Izinto zokuzicoca ndikwazi ukuhlamba zonke imini



Impahla zesikolo



Izinto zesikolo



Imali yesikolo



Impahla ezaneleyo ikwazi ndihlale ndifudumele kwaye ndomile



Uyakwazi ukuya kwaGqirha xa ugula

Ngaphezu kwepere enye yezihlangu

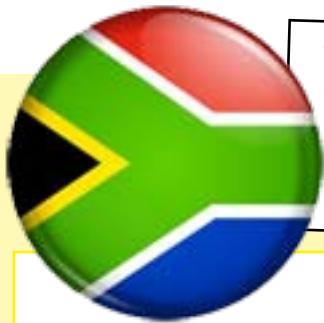


Ingaba ikhaya lisasifumana isibonelelo?

- Akukho sibonelelo
- Isibonelelo sokugcina umntu
- Isibonelelo sokuncedisa umntwana
- Isibonelelo sobudala
- Isibonelelo sokungakwazi kuzenzela nto
- Isibonelelo sokuncedisa ukukhathalela

Ukuba bekufanele ukuba ufumane isibonelelo kodwa awusifumani, ingaba uyasazi isizathu sokuba kutheni?

- Bendingenazincwadi zizizo (iID, iphepha lokuzalwa etc)
- Ndilinde unontlalo-ntle andijonge ukuba ndingayifumana
- Andinamali yokuya kwifisi yeziponelelo
- Iofisi yeziponelelo yasijkisa
- Esinye isizathu (sixelele?.....
.....
.....))



Ukuba ubungumongameli wosuku, yintoni ocinga ukuba unganokuyenza? Ihala okanye izobe kwincwadi yakho yempendulo!