

SETFULO

Kudlwengulwa ngulolunye luhlobo lwekuhlukubeteka lolukhungetse sive semaSwati. Lokubuhlungu kakhulu kutsi loluhlobo lolu lwekuhlukubeta luyasifaka sandla kakhulu ekwandziseni ligciwane lembulalave iHIV. Lokuhlwatisimulisa umtimba ngulokutsi linyeti lebadlwenguli, noma sebatfolakele, baphuma kalula noma batfole sigwebo lesincane kunaleso lesibafanele.

Kungaleso sizatfu inhlango yakaSWAGAA ikubone kumcoka, Kwekutsi yakhe lobhukwana lotawusita bantfu ekutseni yini **l o k u m e l e b a k w e n t e** nabahlangabetana naleshlakalo kute umbekwacala atotfole sigwebo lesimfanele.

Kumcoka kutsi sitilandzelele letinyatselo ngoba kwephula sinye sato kungasho kuncipha kwesigwebo. Uma ufise kwati kabanti vakashela lihhovisi lakaSWAGAA lelidvutane nawe.

LOKUMELE UKWENTE EMUVA KOKUHLUKUBETKA NGEKWELICASI

- 1. Tfolo indzawo lephephile masinyane.**
 - Kufanele ukholwe kutsi akusilo liphutsa lakho kodvwa lemdlwenguli.
- 2. Bikela umuntfu wekucala lometsembako ngakoknkhe lokwenteke kuwe.**
 - Kumcoka kakhulu loku noma kulukhuni
 - Lomuntfu wekucala lombikele uye bese uyacelwa anikete bufakazi enkantolo njengafakazi wekucala.
 - Umangabe lomuntfu lombikele awumati, bhala phansi nobe tama kukhumbula ligama nelikheli lakhe.
- 3. Ungagezi noma ngabe ungafisa kanganani.**
 - Kungaba nebufakazi betinwele, ingati nobe sidvodza lesisele emtimbeni.
 - Ungageza emuva kokuhlolwa ngudokotela.
- 4. Londvolota timphahla takho esikhwameni lesiliphepha nobe utigocote ngeliphephandzaba.**
 - Ungatifaki eplastikini ngobe kutawucima bufakazi.
 - Ungalahli timphahla tingasita bufakazi enkantolo.
 - Ungatiwashi timphahla takho.

- 5. Tsatsa sincumo ngekutsi uyafuna yini kuvula licala emaphoyiseni nobe cha.**
 - Kungenteka ungakhoni kuyipota nakusandza kwenteka.
 - Kumcoka kutsi upotele emaphoyisa noma ngabe ungeke uvule licala ngaleso sikhatsi.
 - Nase upotile emaphoyiseni tsatsa sincumo ngekutsi uyafuna yini kuvula licala nobe cha.
 - Kumcoka kutsi wati ngalokutakwenteka emuva kwekuvula licala.
 - Tfolo kukhokheleka ngaleshlakalo.

Letinye Tinhlangano longatitsintsa

Royal Swaziland Police DCS Unit -
(999)

Lihlombe Lekukhalela

Women and Law in Southern Africa
(WLSA) Swaziland 404 1723

Litiko Letemfundvo (Ministry of
Education) (9664).

Save the Children - Tel: 4047731

Indzawo	Lusuku	Sikhatsi
Mbabane Government Hospital (OPD).	Mon. - Fri.	8:30a.m-4:00p.m
Manzini Office Opp. SD Council of Churches.	Mon. - Sat.	8:00a.m-4:30p.m
Mankayane Government Office.	Mon., Wed. & Fri.	9:00a.m-3:00p.m
Simunye Social Welfare Office.	Tues. & Thurs.	8:00a.m-4p.m
Hlatikulu Government Hospital.	Mon. & Wed.	9:00p.m-3:00p.m
Motshane Clinic.	Fridays	9:00p.m-3:00p.m

For More information contact

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Swaziland Action Group Against Abuse



INGUNGU YEMATSEMBA



Emva Kwekudlwengulwa

In pursuit of peace and harmony