

# IINIMA YA SIMANA MOVETA YOKUKEELELA OMAHEPEKA- THANO GOMOMAGUMBO



Gender Research & Advocacy Project  
LEGAL ASSISTANCE CENTRE  
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## Omahepekathano gomomagumbo oshike?

Omahepekathano gomomagumbo ogo omahepekathano ngoka haga ningilwa umukwanezimo nenge omuntu gwontumba ngoka e na omakwatathano gopankalathano nomuhepeki. Uuna uunona owo iihakanwa yomahepeko, nena ohagi ithanwa "omahepeko guunona".

## Omakwatathano gopankalathano oshike?

- Ondjokana
- Okukala pamwe/Aantu mboka haya lumbu pamwe onga omusamane nomukulukadhi ashike inaya hokana
- Omuholikekadhona nenge omuholikemati
- Aantu yaali mboka oyo aavali yokanona
- Aavali noyana
- Aakwanezimo ye na ekwatathano lyukwazimo, ngaashi mpoka hekulu ta futile uutekulu osikola (ano uunona wa valwa kumumwayina)

## Iiholelwa yomahepekathano gomomagumbo

1. Ehepeko lyokolutu, ngaashi okudhenga, okuthanga nenge okufika.
2. Ehepeko lyopaihulo, ngaashi ekwatonkongga nenge okuthiminika omuntu gwontumba u ye naye miihulo.
3. Ehepeko lyopamahupilo, ngaashi okwiindika omuntu a kale niinima nenge iimaliwa mbyoka a pumbwa nenge a tegelela a kale e na (ngaashi iikulya nenge oondjambi dhawo).
4. Omatilitho, ngoka haga mbandameke omuntu pakulongitha omatilitho nenge omaihumbato gu ukila ko.
5. Omahepeko, ngoka tagi iyendulula nenge okukwatathana naantu yontumba pamikalo ndhoka inaaya hala.
6. Okuyonagula, okuya megumbo nenge okukutha iinima yomuntu gwontumba pwaa na euvathano ne ihaamu zi megumbo limwe.
7. Ehepeko lyopamaiyuvu nenge lyopakana, omaihumbato ngoka haga ningi omuntu a kale u uvite a geyithwa noonkondo nenge a sa ohoni. Shika osha kwatela mo okutukagulwa kehe ethimbo nenge omaihumbato gondumbo.
8. Omatilitho, okuninga iinima yimwe yomwaambika osho omahepekathano gomomagumbo.

Oshili wo omahepekathano gomomagumbo ngele okanona oka pitikwa ka tale oshilyo shimwe shomofamili tashi hepekwa palutu, paihulo nenge pamwenyo (pamaiyuvu).

## Oshike to vulu okuninga ngele owa tsakaneke omahepeko gomomagumbo?

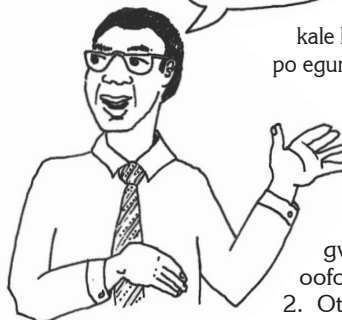
- (1) Oto vulu okuninga eindilo lyegamemo lyopaveta.
- (2) Oto vulu okuninga oshipotha kopolisi.
- (3) Oto vulu okupula opolisi yi gandje elondodho lyopaveta komuhepeki gwoye.

Oto vulu okuya kopolisi e to ningi eindilo lyegamemo lyopaveta pethimbo limwe.

Ngame kandi uviteko efatululo lyo "omahepekathano momagumbo". Ngame onda l'ndishi omahepekathano oga kwatelamo owala omahepeko gokolutu, ihe efatululo ndika olya kwatelamo omahepekathano paliko nosh wo pamadhiladhilo.



Efatululo olya tala komikalo odhindji moka aantu haya hepeke yakwawo. Ngele oweshi tala momukalo ngoka oto mono kutya dhoka odho omikalo odhindji dhomahepekathano, ihe kadhi shi omadhengo gokolutu.



## Oveta yegameno oshike?

Oveta yegameno oyo oveta yomutaneke yompangu ndjoka tayi utha kutya omuhepeki na hulithe po omaihumbato ge guukolokoshi/gomahepeko, a kale kokule naantu mboka ta hepeka, nenge a thige po egumbo lyawo.

## Eindilo lyegamena lyopaveta oto li indile ngiini?

1. Inda kOmpangu yaMangestrata. Ino pumbwa hahende nOmunambelewa gwOmpangu ote ku kwathele mokuudhitha oofooloma.
2. Oto vulu okufaalela ombangi ndjoka ya mono omahepeko sho taga ningwa nuumbangi mboka wu na po, ngaashi iinyolwa yopaunamiti.
3. Omupanguli otaka tala keindilo lyoye. Ngele opu na uumbangi wa gwana, egameno lyopaveta lyopakathimbo otali ningwa. Omupanguli otashi vuluka a kale a pumbwa omauyeleele ga gwedhwa po manga inaa ninga etokolo.
4. Uuna omutamanekwa a pewa elombwelo lyegameno lyopaveta lyopakathimbo, oku na okutokola ngele ote li taamba ko nenge ote li pataneke.
5. Ngele omutamanekwa ote li pataneke, otapu kala iihokolola, haku tiwa omapulakeno, mompangu yaMengestrata/Omupanguli. Iihokolola mbika otayi kala paumwene. Pethimbo lyiihokolola kehe gumwe otaka gandja ombinga yehokololo lye. Opo ihe Omupanguli taka ninga etokolo kutya ota gandja euthoveta lyelombwelo lyegameno lyopaveta lyahuginina nenge aawe.
6. Ngele omutamanekwa okwa zimine elombwelo lyegameno lyopaveta, elombwelo lyegameno lyopaveta otali kala lyahuginina nopwaa na iihokolola yasha.
7. Ompangu otayi tumu okopi yelombwelo lyegameno lyopaveta koshitaasi shopolisi yopomudhingoloko.



Omolvomauyelele ga gwedhwa po, Elongithwambo lyOveta yOkugamena Omahepekathano gomomagumbo mona oLegal Assistance Centre.



Pakwathelo lyUukalelipo wOrepublika yaFrench

Legal Assistance Centre  
P.O. Box 604, Windhoek, Namibia  
Tel. 061-223356

