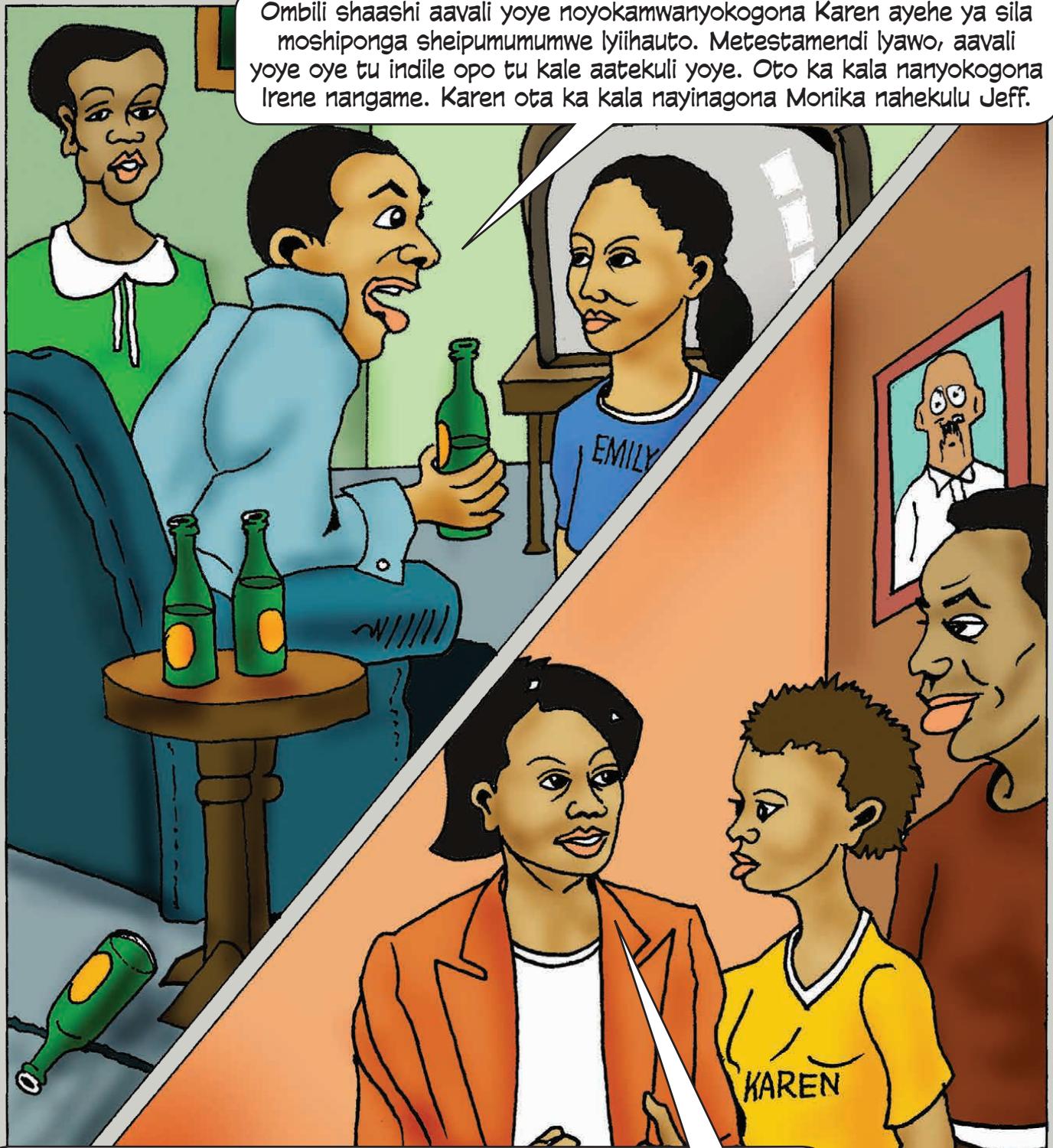


Okudhimbulula oonkalo **DHOMAHEPEKO** **GUUNONA**



Ombili shaashi aavali yoye noyokamwanyokogona Emily ayehe oya sila moshiponga sheipumomumwe lyoohauto. Metestamendi lyawo, aavali yoye oye tu indile opo tu kale aatekuli yoye. Oto ka kala nahokulu Jeff nangame. Emily ota ka kala nayinagona Irene nomumati gwe Mark.

MAANDJAEMILY ...

Emily, onde ku lombwele u ye u ka landele ndje ombiila nuusekeleta.

Ndele otandi longo
iithigilwalonga yandje
yokegumbo yosikola nonda
pumbwa okukala ndo
opaleka egumbo omanga
meme Irene inaa zimbuka.

Oto lombwele ndje shoka
ndi na okuninga? Oto ipula
kutya ohatu ku pe iikulya
nehala lyokukala oshali? Owu
na okuya NGASHINGEYI!

Kapu na
uulalelo woye
nena mpaka.

Eewa, otandi
yi. Alikana ino
dhenga ndje we.

Osho sha kala ngaaka. Esiku nesiku
Emily oku li oshihakanwa shomahepeko
guunona. Mark, omumati gwayinagona,
ohe mu dhenge esiku kehe. Ohe mu
longitha wo iilonga oyindji megumbo.
Oshi li nawu okulongitha uunona iilonga
megumbo, ashike Mark oha longitha
unene Emily iilonga oyindji noha
faula kosikola noiha kala nethimbo
lyokuvululukwa nenge lyokudhana.
Shika kashi shi oshikanawa. Mark
oha ningi unene nayi Emily inaashi
fa shoka ha ningi uunona we.
Endhindhiliko limwe lyomahepeko
guunona oyo uuna okanona kamwe
taka ningwa nayi unene inaashi
faathana nuukwawo megumbo.
Emily ke uvite ombili. Kongulohi sho
ta yala iikumbatha ye polupanda,
olundji oha kala ti ipula nkene
okamwayinagona ke li nayinagona gulwe.

MAANDJAKAREN ...

Karen, hokulu oku li peni?

Ondi inekela okwa ya kositola.

Okwa lombwele ndje kutya ke na nando iimaliwa.
Ongulohi ya piti ondi indile iimaliwa kurita opo ndi ye koCasino. Ni ipe owala oombedhi kutya okwa fundja ndje.

O, aaye! Ondi na okulombwela tatekulu Jeff kutya meme okwa geya. Ngiika ota vulu okuholeka iikulya mbyoka e tu landele e ti iningitha a fa kee na nando iimaliwa.

Muholike, onde ya.

Owa fundja ndje. Onda li nda hala iimaliwa ndi ye kokasino. Megumbo omwa li mu na omboloto, ndjoka oye mu gwana naKaren. Ngame otandi ka lya nookuume kandje ongulohi yonena. Inamu pumbwa iikulya yilwe.

Osho ngaaka Karen a ningi ombangi yomanyenyeto galwe ngoka ga ka fala sigo omokukondja. Monika iha hepeke nando Karen, ashike natango oshi li efano lyomahepeko guunona, ehepeko lyopalutu, paihulo nenge pankalathano nomuntu gwontumba. Karen okwa tila yinagona molwashoka koongulohi olundji ohi ipatele mondunda ye e ta lili e ta dhiladhila kutya, ando okwa li aavali ye ye na omwenyo. Omausiku ogendji oha kala ti ipula okamwayinagona hene ke li po nayinagona gumwe.



Aawe, ino shi lombwela nando omuntu. Nyokogona oku tu hole atuhe. Kape na mbudhi. Osha li epuko lyandje, molwashoka onde mu fundju.



Otashi vulika shi kale oshidhigu kuunona opo wu pule ekwatho uuna wu li moonkalo dhomahepeko. Shika omolwashoka uunona ohawu kala wu wete oshidhigu opo wu lombwele omukuluntu kombinga yomahepeko. Uuna okanona ka pula ekwatho, ngele omukuluntu ina hala okupulakena, okanona ihaka kala we ka manguluka opo ka ka konge ekwatho palwe. Jeff oha hepekwa megumbo, noshi li oshidhigu kunakuhepekwa opo e shi popye mo. Ashike oku na oshinakugwanithwa shokusila Karen oshimpwiyu. Okwa pumbwa okukonga ekwatho lye nokatekulu.

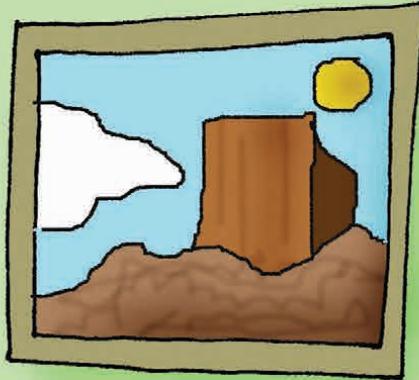
Osho ngeyi, onkalamwenyo oya ningi ondhigu kuEmily.
Okwa faula osikola uule wiiwike iyali molwashoka
okwa dhengwa komumati gwayinagona.

Omulongi gwawo gwOmwaalu, tate Klaazen, okwa
kala ti ipula noonkondo kombinga yaEmily. Kakwa li
u uvite kutya omolwashike ihee ya kosikola. Okwa
tokola a ka talele po Emily noyaandjavo kegumbo.



KONIMA ESIKU NDYOKA, OMUNIILONGA GWONKALONAWA OKWA TALELE PO AANEGUMBO YAEMILY. OKWI INDILE OPO A POPYE NAEMILY PAUMWENE.

Onda hala oku ku kwathela.
Oto vulu okulombwela ndje
ngoka e ku ningi ngawo?



Otatekulu Mark. Aluhe
oha kongo omatompelo
opo a dhenge ndje. Meme
Irene okwa li kiilonga
sho ta dhenge ndje. Oha
longo oowili dha pitilila
sigo okongulohi kwa
toka. Tatekulu Mark aluhe
oha kala a geela ndje
noha dhenge ndje nenge
kaa pe ndje iikulya.

Onda nyanyukwa sho
twa mono uuyeletele
kombinga yaashika.
Otatu ka hulitha
po omahepeko.
Otatu ka konga
omuntu gwontumba
i ili ngoka ta kala
nangoye omanga tatu
konakona uupyakadhi.

Otandi vulu okukala
nokamwamemegona Karen?
Oha kala namemegona Monika.
Onde mu yuulukwa unene.
Inandi mu mona nando muule
woomwedhi dha piti nonando
ohatu kala mondoolopa yimwe.

EMILY

OMUNIILONGA GWONKALONAWA OKWA TALELE
PO KAREN MAANDJAWO YAMONIKA NAJEFF.

Ngame omuniilonga gwonkalonawa nda zi kOshikondo shEgameni lyOomeme nUunona. Omulongi gwokosikola yooEmily okwa lopota kutya Emily oha hepekwa. Ngame otandi konakona oshipotha shika. Ondu uva kutya okamwayinagona Karen ohaka kala nangoye nomusamane gwoye.

Karen okanona okawanawa. Katu na nando omaupyakadhi gasha nako. Tse ofamili ombwanawa.

Otandi vulu okupopya naKaren?



Alikana kwathii ndje. Memegona oha dhenge tatekulu. Iha hepeke ndje, ashike onda tila kutya pamwe ote ke shi ninga esiku limwe.

Osho omukalo gokuhepeka uunona oku wu hepeka palutu, paihulo nenge pankalathano. Onda nyanyukwa sho wa lombwele ndje kombinga yaashika. Otandi ke ku kwathela.



OMAHEPEKO GUUNONA OSHIKE?

1. Omahepeko guunona ogo okumonitha uunona iihuna. Uunona ohawu hepekwa kaantu mboka wu shi ngaashi aakwanezimo yawo nenge aantu yomomukunda, nenge aayendanandjila.
2. Opu na omikalo dha yooloka dhomahepeko. Shika osha kwatela mo emahepeko gopalutu, gopamilalo, gopaiyemo nogopankalathano.
3. Uuna uunona tawu hepekwa kaakwanezimo, shika osho omahepeko gomomagumbo. Osho wo omahepeko gomomagumbo ngele okanona ohaka hepekwa palutu, paihulo nenge pankalathano komunegumbo.

SHOKA WU NA OKUNINGA NGELE NGOYE OKANONA NDELE OHO HEPEKWA

1. Popya nomukuluntu nenge nakuume koye ngoka wi inekela. Otashi vulika a kale omunegumbo, omulungi nenge omusita.
2. Lombwela omukuluntu nenge kuume koye e ku kwathele a dhengele omuniilonga gwonkalonawa, Oshikondo shEgameno lyOomeme nUunona nenge opolisi. Oto vulu wo okudhengela omuniilonga gwonkalonawa nenge omunambelewa gwopolisi paukililo.
3. Ngele ino mona omuntu gwontumba ngoka ta vulu oku ku kwathela nenge ku shi lela shoka u na okuninga, oto vulu okudhengela kongodhi yoshali yoLifeLine/ChildLine ko-116. Otaya vulu oku ku pa omayele.

SHOKA WU NA OKUNINGA NGELE OWU SHI KUTYA OKANONA OHAKA HEPEKWA

Lopota oshinima shika komuniilonga gwonkalonawa, kOshikondo shEgameno lyOomeme nUunona nenge kopolisi.

Ngele owu na omagwedhelopo nenge epulo kombinga yokatuuna ndjika, dhengela oLegal Assistance Centre:

SMS: 081-6000098
 Email: comic@lac.org.na
 Fax: 061-234953
 Post: P.O. Box 604 Windhoek



Omadhiladhilo gehokololo: YOLANDE ENGELBRECHT

Omundongeki: NDALIPO MUPUPA

Omafano, omutholomo netulomelandalathano: DUDLEY VIALL naPERRI CAPLAN

Omuhilikhili gwoprojekta: RACHEL COOMER naDIANNE HUBBARD

Omukwatheli: DUTCH MINISTRY OF FOREIGN AFFAIRS, MDG3 FUND

Omunyanyangidhi: JOHN MEINERT PRINTING (PTY) LTD

Omuholokithimbo: GENDER RESEARCH & ADVOCACY PROJECT, LEGAL ASSISTANCE CENTRE, 2011

Okafo haka otaka vulu okuringwa ookopi omolwomatalakano ge na sha nelongo, shampa ashike orzo ya tseyithilwa.

Ontopolwa yokanyolwa haka yopalushero otayi adhika ko-website yo-LAC: www.lac.org.na

This comic was reprinted in 2022 with the financial support of the United States President's Emergency Plan for AIDS Relief (PEPFAR) through Peace Corps Namibia. The contents of this publication are the sole responsibility of the LAC and do not necessarily reflect the views of any of the agencies which provided support.

Otwa hala okuuva okomenda nenge epulo lyoye kombinga yokatuuna ndjika.