

OMUKALO OMUPE GWOKUKEELELA NOKUKONDOLOLA OKUSIMBAPALA KWAALONGWA MOOSIKOLA





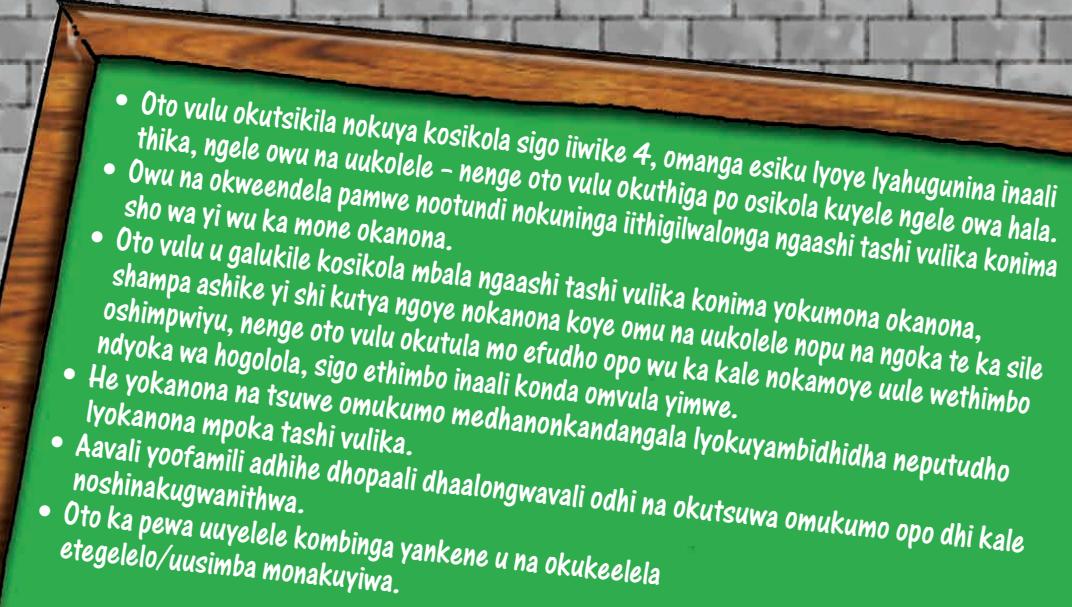
Okukala omusimba nokutsikila eilongo lyoye otashi ka kala oshidhigu kungoye. Pwaahé na okanona okwa li to vulu okwiitula meilongo lyoye nokulonga nuudhiginini opo wu mone iitsa iiwanawa. Ashike ngoye okakadhona okanandunge sho we ya kungame mbala petameko lyetegelelo. Otashi ku pe ethimbo wu ninge omalongekidho. Otwa pumbwa wo okupopya nkene tu na okukwashilipalekwa opo waa ninge ishewe etegelelo omanga inoo pyakudhukwa.

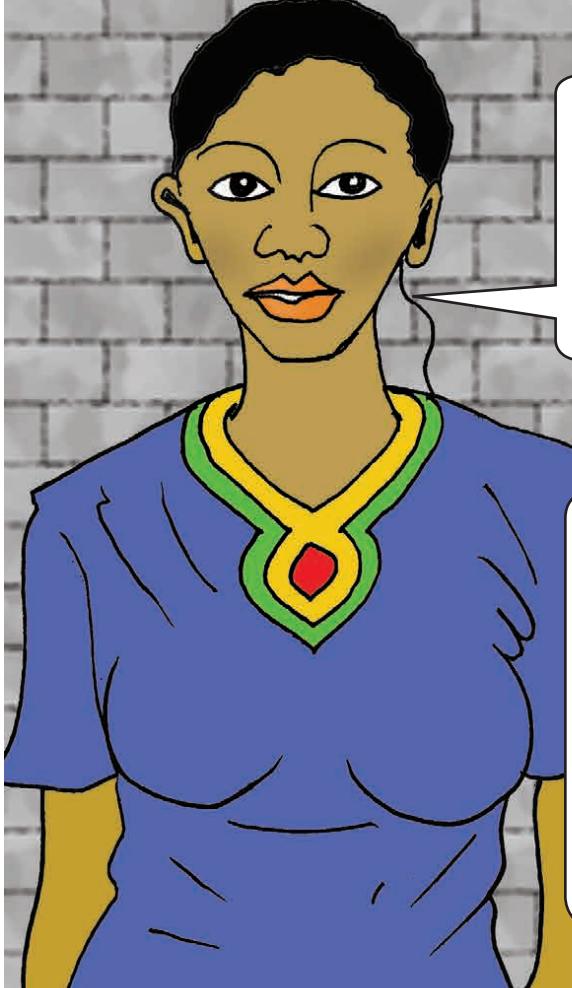


Sigo ongashingezi, ina dhimbulula nkene ndi hole unene osikola nenge eyooloko lyashike tayi ka ninga monakuyiwa yandje. Osho wo onakuyiwa yokanona kandje. Onda pumbwa elongo!



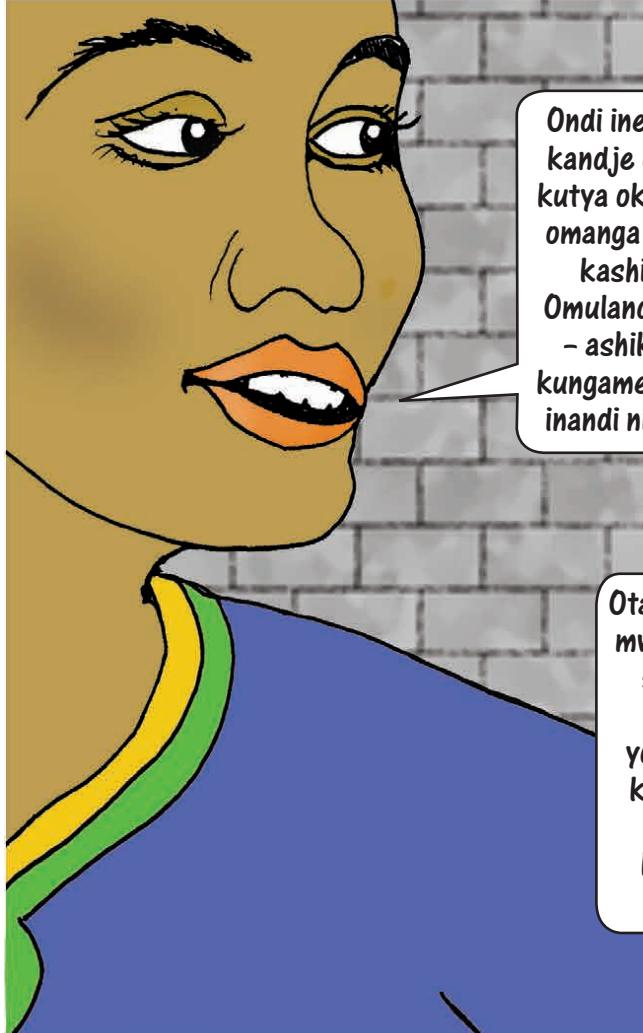
Kehe gumwe moNamibia oku na uuthemba wokulongwa. Epangelo olye eta po omulandu omupe gu kwathele nokukwashilipaleka kutya aalongwa ye na omategelelo otaya vulu okumana elongo lyawo, ngele osho ya hogolola. Omulandu omupe ogu li lela nawa, ashike natango itashi kala oshipu kungoye. Mpaka opu na omusholondondo gwomahogololo gamwe ngoka u na.

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- Oto vulu okutsikila nokuya kosikola sigo iiwike 4, omanga esiku lyoye lyahugunina inaali thiika, ngele owu na uukolele - nenge oto vulu okuthiga po osikola kuyelete ngele owa hala.
 - Owu na okweedela pamwe nootundi nokuninga iithigilwalonga ngaashi tashi vulika konima sho wa yi wu ka mone okanona.
 - Oto vulu u galukile kosikola mbala ngaashi tashi vulika konima yokumona okanona, shampa ashike yi shi kutya ngoye nokanona koye omu na uukolele nopus na ngoka te ka sile oshimpwiyu, nenge oto vulu okutula mo efudho opo wu ka kale nokamoye uule wethimbo ndyoka wa hogolola, sigo ethimbo inaali konda omvula yimwe.
 - He yokanona na tsuwe omukumo medhanonkandangala lyokuyambidhidha neputudho lyokanona mpoka tashi vulika.
 - Aavali yoofamili adhihe dhopaali dhaalangwali odhi na okutsuwa omukumo opo dhi kale noshinakugwanithwa.
 - Oto ka pewa uuyelele kombinga yankene u na okukeelela etegelelo/uusimba monakuyiwa.



Hela! Onda li nda hala
okuninga omahogolo
ga yooloka. Ashike
nomulandu nguka
gu li po, ondi na
omainekelo noondjodhi
dhonakuyiwa ishewe.

Owu na oku ka longa
nuudhiginini opo wu sile
okamoye oshimpwiyu
nokuninga iilonga yoye
yosikola. Uuna ookuumme
koye taye ku mono to longo
nuudhiginini, ondi inekela
otaye kuuvako kutya
oshihwepo okutegelela
sigo ya mana osikola opo
ya ka mone uunona.



Ondi inekela ookuumme
kandje otaya ka mona
kutya okuninga omuvali
omanga wu li mosikola
kashi shi oshipu.
Omulandu omwaanawa
– ashike oshihwepo
kungame andola okwa li
inandi ninga etegelelo.



Otandi tsu kumwe nangoye
mwaashoka! Ngashingezi,
sha landula ko oku ka
kundathananofamili
yoye molwashoka otashi
kwathele ngele oto vulu
okuninga omatokolo
kombinga yonakuyiwa
yoye pamwe nayo.





KONIMA YOOMWEDHI MBALI SHO OKANONA KA VALWA ...

Aawe, molwashoka
oto vulu okuninga
etegelelo.

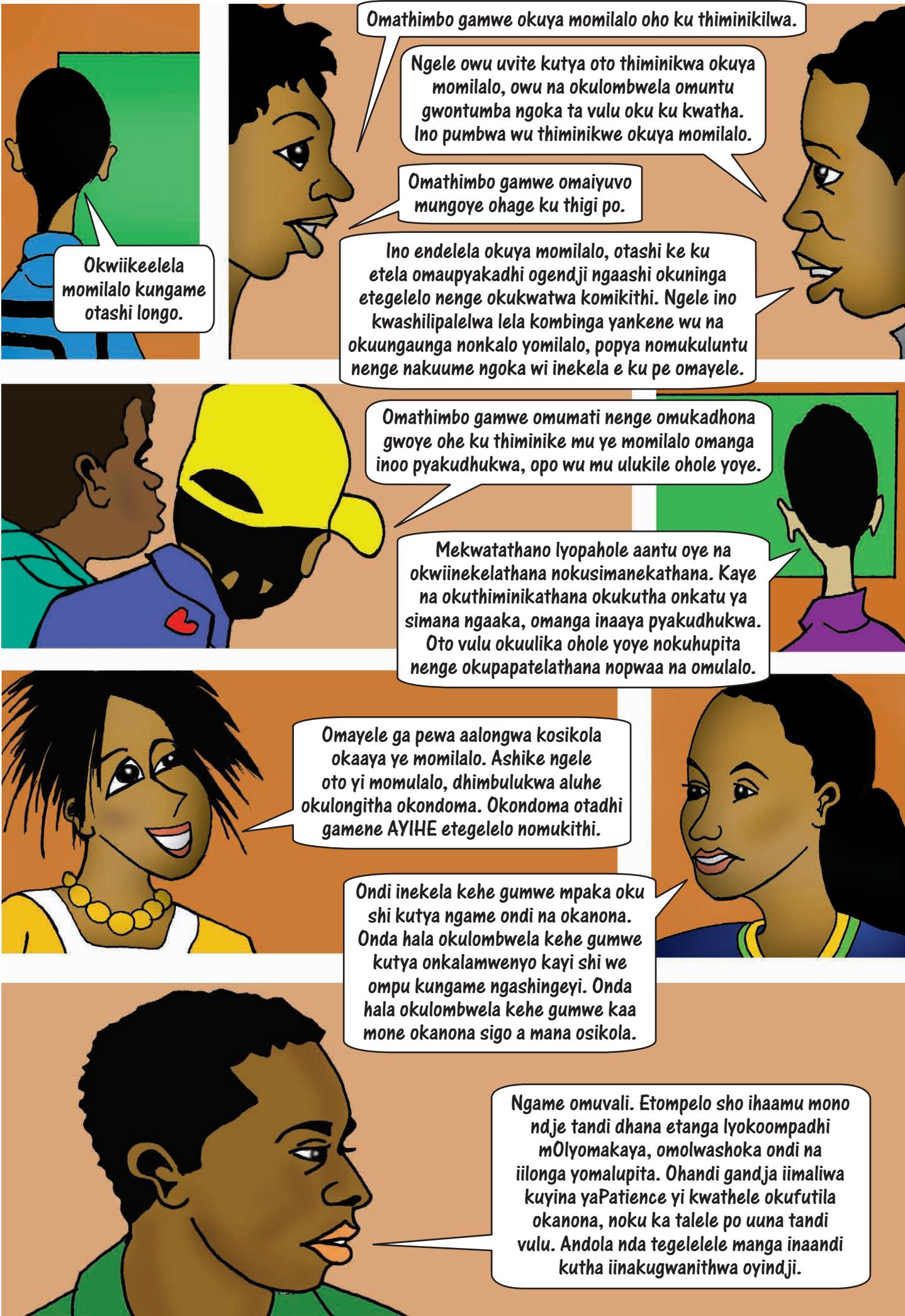
Nena otatu ka popya kombainga yaagundjuka taa
yi momilalo. Sho tamu dhiladhila oshu uka tuu
kaagundjuka mboka haayi momilalo/miihulo?

Osha nika
oshiponga
unene.

Aawe, molwashoka
oto vulu okukwatwa
komikithi ngaashi HIV
nenge omikithi dhhonni
okuza momilalo.

Omathimbo gamwe
oto shi ningi ashike
molwashoka kehe
gumwe osho e
li ta ningi.

Aakuluntu
yandje oya
dhiladhila kutya
okwiikelela okuya
momilalo ogwo
omukalo dhingi.



Kakwa li nde shi koneke sigo ongashingezi nkene uunona wu na iilonga oyindji. Ondi hole okamwandje ashike onda li nda hala ando onda tegelelele sigo nda mana osikola, omanga inandi ka mona. Otandi vulu oku ku lombwela oshinima shimwe, itandi ka mona we okanona okatiyali sigo uuna ndoka nda mana eilongo lyandje!



Hewa nomulandu nguka
omupe oto pitikwa wu mane
elongo lyoye. Otandi galikana
opo amuhe ngoye naJoseph
mu mane eilongo lyeni -
molwonakuyiwa yeni nosho
wo yokatekulu kandje.

Kuuyelegele wa
gwedhwa po kombinga
yOmulandu Omupe gwekeelelo
nekokondolo lyesimbapalo lyaalongwa
moosikola kOshikondo shElongo,

ALIKANA KWATATHANA
nOshikondo shElongo konomola 061-2933278 nenge
noLegal Assistance Centre konomola 061-223356.

Okafo haka otaka vulu
okuningwa ookopi
omolwomalalakano ge na
sha nelongo, shampa ashike
onzo ya tseyithilwa.

Ontopolwa yokanyolwa haka
yopalusheno/electronic
otayi adhika ko website yo
LAC: www.lac.org.na

Ehokololo:
RACHEL COOMER

Omafano, omutholomo netulomelandalathano:
DUDLEY VIALL naPERRI CAPLAN

Omuwiliki gwoproyeka:
DIANNE HUBBARD

Omukwatheli:

► DUTCH MINISTRY OF FOREIGN AFFAIRS,
MDG3 FUND
► AFRICA GROUPS OF SWEDEN

Omunyanyangidhi:

JOHN MEINERT PRINTING (PTY) LTD

Omuholokithimbo:

GENDER RESEARCH & ADVOCACY PROJECT,
LEGAL ASSISTANCE CENTRE, 2010



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.

