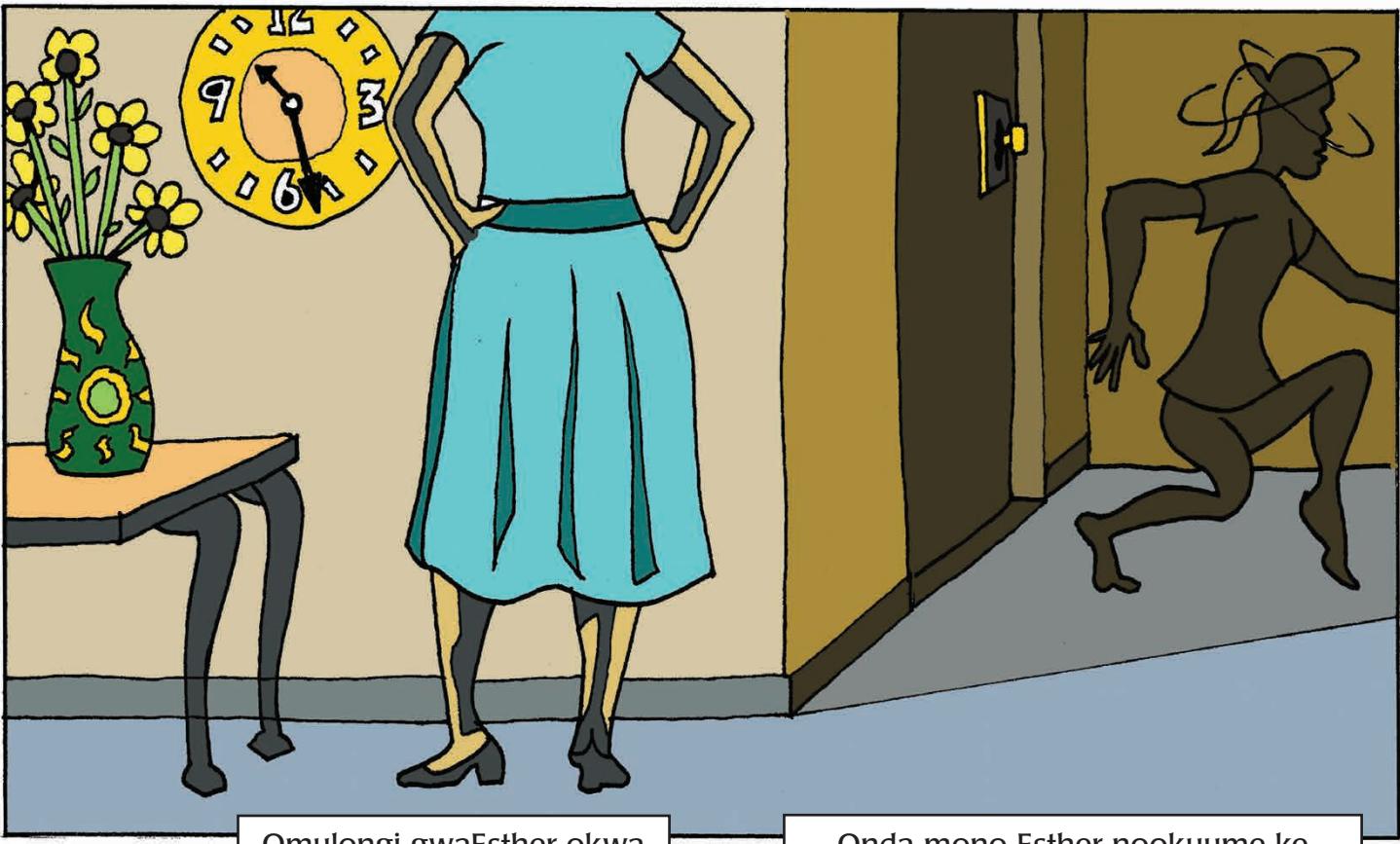


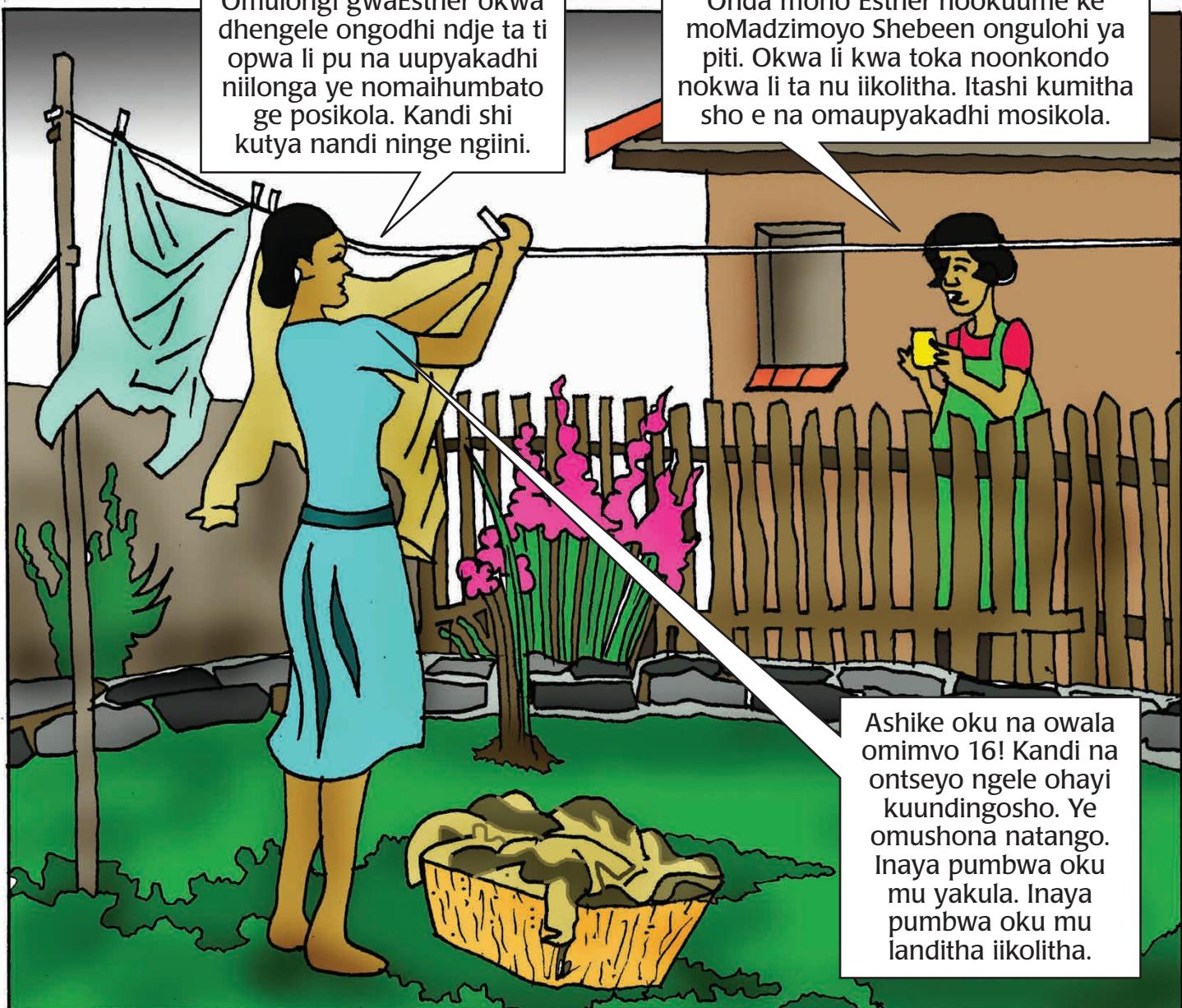
EKEELELO/ENGAMBEKO LYAANONA YAA NWE IIKOLITHA





Omulungi gwa Esther okwa dhengele ongodhi ndje ta ti opwa li pu na uupyakadhi niilonga ye nomaihumbato ge posikola. Kandi shi kutya nandi ninge ngiini.

Onda mono Esther nookume ke mo Madzimoyo Shebeen ongulohi ya piti. Okwa li kwa toka noonkondo nokwa li ta nu iikolitha. Itashi kumitha sho e na omaupyakadhi mosikola.



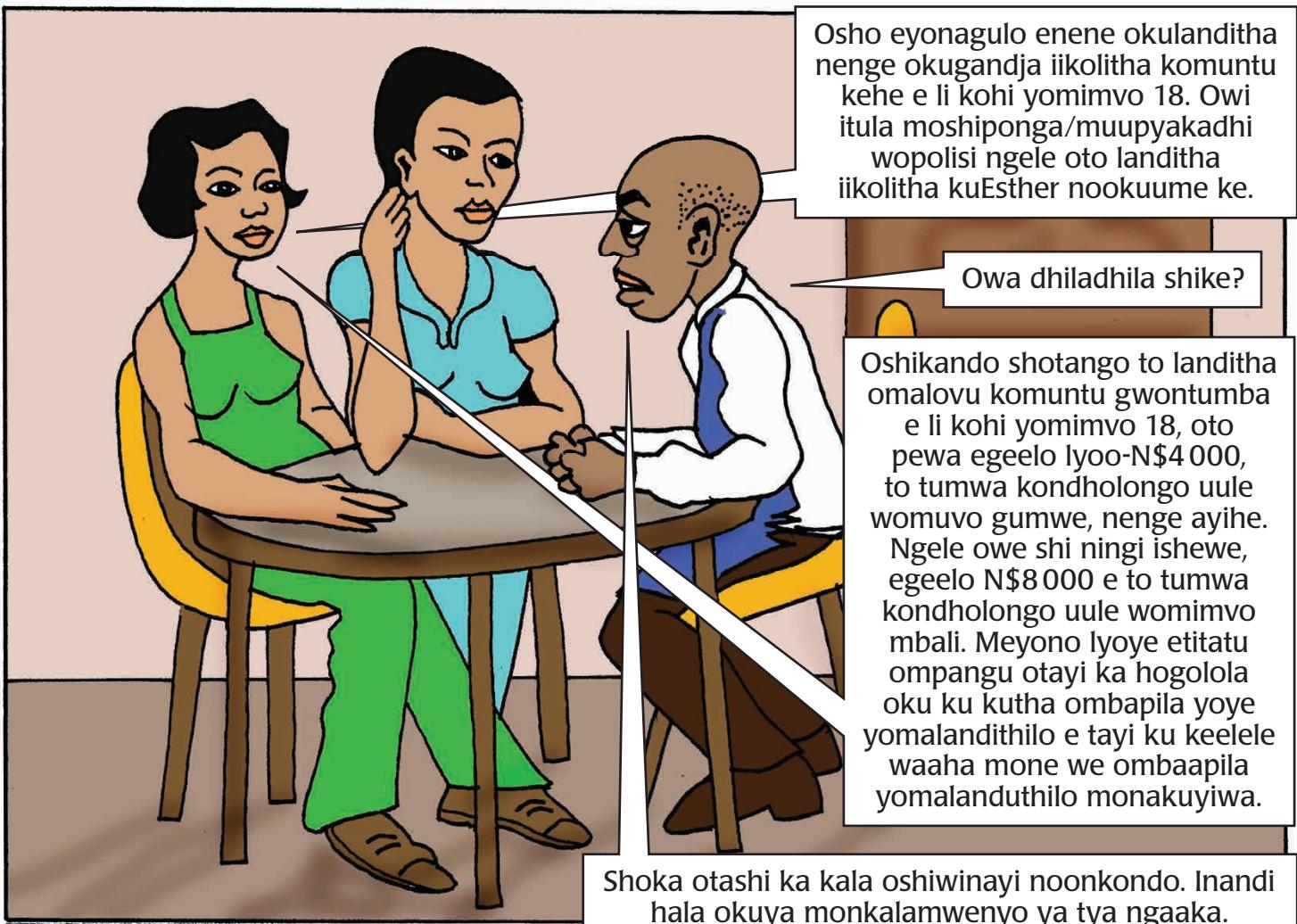


Ino pumbwa okupa
Esther iikolitha – oku
na ashike omimvo 16.
Okamwandjekadhona oka
tameka okulonga nuudhigu
kosikola, molwashoka
ohaka nu iikolitha mpaka
na ihake ya kegumbo
sigo omokati kuusiku.



Ongweye yina.
Oshinakugwanithwa shoye
shokuputudha okamoye nawa.
Otandi tseyal ngiini kutya
ookastoma dhandje odhi na
omimvo ngapi? Aakadhona otaya
monika ye vulithe po pomimvo 16.





Shoka otashi ka kala oshiwinayi noonkondo. Inandi
hala okuya monkalamwenyo ya tya ngaaka.

Madzimoyo oku li mondjila sho a ti nangoye wo owu na iinakugwanithwa. Ngoye
ongoye yina yaEsther – owu na oshilonga shokulonga Esther oonkuluhedhi noku
mu guna opo a ka kale omukiintu omugundjuka e na oshinakugwanithwa.

Ashike itandi vulu oku mu
edhilila/patela megumbo.
Ondi na oku mu uvitha
ko ngiini kutya okuya
koondingosho nokunwa
iikolitha oshinima
oshiwinayi pomimvo dhe?

Mu yelithila uupyakadhi.
Popya naEsther
kombinga yosheetithi
shokunwa iikolitha
nkene taku vulu
okuyonagula uukolele
we niilonga ye yosikola
nonkene tashi vulu oku
mu ehameka nenge oku
mu fala muupyakadhi
uuna ta nu sha pitilila.
Nopo ihe ote shi uvu ko.





Otwa tseni
kumwe
kwaashoka
sha ningwa
po?



Otandi ka popya
nokamwandjekadhona. Otandi
ka tsa Esther omukumo opo
a kale noshinakugwanithwa
shokwiuhumbata nawa
notandi ke mu lombwela i
ithane ookume ke kaandjetu,
peha lyokuza mo megumbo
uusiku. Ngele ota tsikile
nokwaaihumbata nawa,
otandi longitha omageelo
ngaashi oku mu kutha
oselefona. Shoka otashi ka
lundulula omaihumbato ge.



Otandi ka tula endhindhiliko
pondje tali ti kutya itandi
ka kwathela aantu ye li
kohi yomimvo 18. Otandi
ka pula wo okamutse
uuna inaandi shilipalelwa
kutya ookastoma dhandje
odhi na omimvo ngapi.
Pamukalo ngoka otandi
ki igamena ngame
mwene nokukwathela
aanamukunda yandje
ya keelele aanona
yaa nwe iikolitha.



Opu na aantu mboka tatu vulu okudhengela ye tu kwathele
ngele otwa mono kutya aagundjuka yomomukunda
gwtetu oye na omaupyakadhi omanene gokunwa,
ngaashi ando oNovaVita Drug noAlcohol Rehabilitation
Centre nenge Etegameno Rehabilitation noResource
Centre mOvenduka. Otatu vulu wo okupopya nomuntu
gwontumba okuza koAlcoholics Anonymous. Oonomola
dhootelefona dhawo omo dhi li membo lyoongodhi.

Aakadhona otandi vulu okutala uumutse weni?

Ndele owu tu shi – aluhe opo hatu nu mpaka!

Ombili ashike itandi vulu okumuyakula kakale ngele otamu ulukile ndje kutya omu na omimvo dhi vule 18. Otandi yi muupyakadhi ngele itandi simaneke oveta.



MEGUMBO ...

Ino pumbwa okuya kuundingosho nokunwa iikolitha – ngoye omushona unene. Owa pumbwa okwiitula miilonga yoye yosikola.

Ihe onda hala okwiinyanyudha pamwe nookume kandje.

Okunwa iikolitha pomimvo dhyoe osho oshiponga. Owu na okulesha oshinyolwa shika sha za moshifokundaneki.



UUPYAKADHI WOKUNWA NAAGUNDJUKA

Omakonakono ogu ulike nkene iikolitha tayi vulu okweeta iilanduli iidhigu maagundjuka.

UUNDJOLOWELE

Okunwa iikolitha otaku nwetha mo aagundjuka mokuyonagula ekoko lyuuluyi nomuyo gwokudhimbukwa. Shika otashi vulu okweehameka oompolo aalongwa' dhokuninga nawa mosikola.

“Elongitho lyiikolitha otali vulu wo okuteyagula ehuli nomutima”, omutseyinawa guunamiti osho a yelithile The News.

Jacob, e na omimvo 17, gwokOkaiti (Keetmanshoop) okwa kwandjangele nomuthindo kiiyetithi yilwe yomuundjolowele,

“Onda li handi yi nookume kandje tu ka nwe. Ihe esiku lya landula ohandi penduka tandi ehama omutse nondu uvite tandi ehama. Omathimbo gamwe ihandi dhimbukwa shoka nda ningi uusiku wa piti. Kasha li nongushu ya sha.”

OMAIHUMBATO

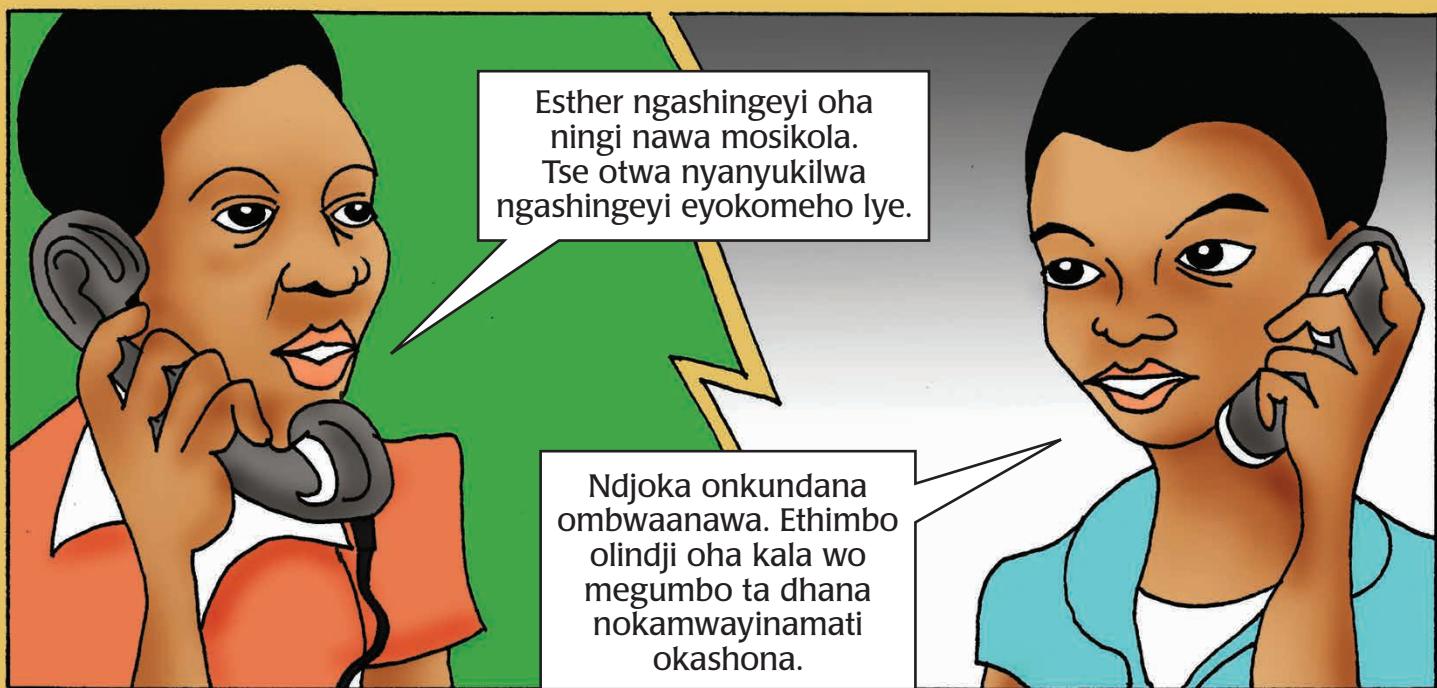
Konima yokunwa iikolitha, aagundjuka ohaya kala unene tayi ihumbata nayi ye vule aakuluntu. Oshiholelwa, opu na unene iinima inaayi longekidhwa, inaayi gamenwa nenge okuya momilalo inadhi gamenwa. Uuna omugundjuka kee na ontseyo ya gwana mokuya momulalo opu na wo uupyakadhi wokukwatwa ko-HIV.

Omakonakono ogu ulike wo ekwatathano pokati kombwii yiikolitha nepulangunga nenge omaihumbato giikolokosha mokati kaagundjuka.

Nadima, e na omimvo 16, gwokOkahandja okwe tu lombwele, “Aantu yamwe ohaya dhiladhila okunwa iikolitha omushona oshi li nawa ihe kungame hasho. Onda li handi kala muypyakadhi ethimbo alihe kosikola molwashoka okwa li handi kala nda vulwa sho twa li hatu nu uusiku nookume kandje. Ngashingezi ohangi kala ndu uvite uugumbo nohandi mono sha ningila ndje oshipu nokwiitula mo miilongwa mongulu yosikola. Nondi na wo omakwatathano omawanawa nofamili yandje. Ondi shi shi aakuluntu yandje oyu uvite uugumbo molwandje sho nda lundulula omikalo dhandje.”



Jacob (17) – Keetmanshoop



Epulo: Ngele onda mono omuntu gwontumba e li kohi yomimvo 18 ta nu iikolitha, nandi ninge ngiini?

Eyamukulo: Ngele owa mono omuntu gwontumba e li kohi yomimvo 18 ta nu iikolitha, oto vulu okulopota omulandithi kopolisi.

Epulo: Iilanduli yaakuluntu otayi kala yini?

Eyamukulo: Oshikando shotango omukuluntu ta landitha omalovu komuntu gwontumba e li kohi yomimvo 18, oto pewa egeelo lyoo-N\$4 000, nenge ta tumwa kondholongo uule womuvo gumwe. Oshikando oshitiiali omukuluntu ota pewa a fute, egeelo N\$8 000 nenge ta tumwa kondholongo uule woomvula mbali. Meyono etitatu ompangu otayi ka kutha omukuluntu ombapila yomalandithilo (Ngele oye mwane gwokandingosho nenge oye e na otendela yombaa) nota keelelwa/indikwa kaa mone weombaapila yomalanduthilo monakuyiwa.

Ngele owu na omaipulo kombinga yomahepekatho giikolitha momukunda gweni, opu na omahangano ngoka taga vulu okukwathela. Ninga ekwatathano nomuniilonga gwonkalonawa nenge yimwe yomoongundu ndhika – dhimwe odhi na iitayi nenge iinyangadhalwa pondje yaVenduka:

- **Alcoholics Anonymous:** 081-3256144
- **Etegameno Rehabilitation and Resource Centre:**
Rehabilitation and Drug Control Unit 061-269348/250404
- **Blue Cross Namibia:** 061-400473

OWU NA
... EPULO?
... EGWEDHELOPO?
... OWA PUMBWA
UYELELE OWUNDJI?

KWATATHANA NATSE!

Email: comic@lac.org.na
Fax: 061-234953

Post: P.O. Box 604 Windhoek

**Otwa hala okuuva eyamukulo
Iyoye kombinga yokatuuna ndjika.**

Ehokololo:
LAILA HASSAN

Omafano, omutholomo netulomelandulathano:
DUDLEY VIALL naPERRI CAPLAN

Omuwiliki gwoprojeka:
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, 2010

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

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

