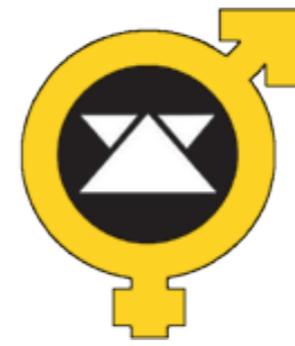


IINIMA YOPETAMEKO KOMBINGA YEGEELO LYOPALUTU



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EGEELO LYOPALUTU OSHIKE?

Egeelo lyopalutu ongele omuntu ngu ta wilike ta longitha oonkondo dhopalutu nelalakano lyokweehameka pamukalo gwegeeloputudho. Egeeloputudho lyuunona olya kwatela mo aluhe iinima ngaashi okwaantsa, okukapula, okugwepula nenge okudhenga noshikaha, oshti nenge omuya. Otashi vulu okukwatela mo iinima yilwe ngaashi okuthanga, okukakameka, okunyata nenge okufika.

Egeeloputudho otashi ti okulonga omuntu eyooloko pokati kuuwanawa nuwinayi kaapu na okweehameka. Inashi pumbiwa okweehameka uuna to putudha omunona. Opu na omikalo dhimwe odhindji dhokuputudha ndhoka dhi na omupondo.

Elongitho lyegeelo lyopalutu inali pitikwa moosikola dhaNamibia, nando iiholelwa yalyo otayi lopotwa natango. Ompangu yoPombanda yaNamibia oya gandja kutya egeelo lyopalutu moosikola olyo eyonagulo lyuuthembwa wuunona mekotampango nuunenesimano womuntu.

Egeeloputudho ohali longithwa momagumbo ogendji. Opwa kala iipotha oyindji moNamibia moka elongitho lyoonkondo lya pitilila lya ningilwa uunona momagumbo, moka uunona we ehamekwa shi nyanyalitha nenge wa fikwa nookuli. Uunona wumwe owa dhengwa sigo eso.

Omolwashike egeelo lyopalutu lya nika oshiponga?

- Egeelo lyopalutu otali vulu okutanukila mehepeko lyonayi lyopalutu.
- Egeelo lyopalutu ohali ningi uunona wu ka kale aakuluntu ye na onyati.
- Egeelo lyopalutu ohali longo uunona kutya omiyonena omukalo omwaanawa gokukwandjanga niinima.
- Egeelo lyopalutu ihali longo uunona kutya omolwashike omaihumbato ga li ga puka.
- Egeelo lyopalutu ohali longo uunona kutya oshikanawa okulongitha iikolokosha komuntu ngoka wu hole.
- Egeelo lyopalutu ohali kwatwa uumwene mokuninga omuyonenwa a kale omumbanda, a nika oluhodhi, a sa ohoni nenge kee na we ongushu.
- Egeelo lyopalutu ohali ningitha unene uunona wu kale wu na onyati nuunona uukwawo.
- Egeelo lyopalutu ohali yonagula po onkalathano pokati komunona naavali ye nenge omusilishimpwiyu.

Egeeloputudho lyomunona olya simana – ngele kali po, oshigwana otashi kala nomauypyakadhi ogendji. Epulo olyo ndi, oludhi luni lwegeeloputudho lu na omupondo?

Uuthemba mboka wa guma kegeelo lyopulu

- uuthemba inawu ikolelela kokweehameka nenge kuuhahu, uukwaashintu nenge okwaahapangwa nenge egeelo
- uuthemba wokugamena kiikolokosha nokomahepeko
- uuthemba wokuhumitha komeho, mwa kwatelwa uuthemba wokwaadha ondondo ya shiga ko yuundjolowele wopalutu nowomukambeli.
- Uuthemba wuuntu neihwopo lyolutu.

Omkalo dhilwe komageelo gopalutu

Opu na omikalo odhindji ndhoka uunona tawu vulu okugunwa nadho. Mpaka opu na iiholelwa ine:

- (1) **Yelitha uupyakadhi.**
- (2) **Ninga uunona wu kuthe iinakugwanithwa yoonkatu dhawo:** Oshiholelwa, ngele okanona okateya oshinima, oke na oku shi ninga nawa.
- (3) **“Ethimbo lyopondje”:** Omathimbo gamwe uunona ohawu nyanyukwa unene naashika ohawu shi ningitha wu ihumbate nayi. Otashi kala omupondo ngele okanona owe ka kutha mondunda e to ka fala pondje – okukankameka, okukuutumba wa mwena e to dhiladhila kombinga yaashoka ka longo sha puka.
- (4) **Kutha po omauwanawa:** Shino otashi vulu ku tiwe, oshiholelwa, okanona kaaka tale otivii, kaaka pitikwe ka talele po ookuumenenge okwaahapa okanona iimaliwa yomondjato.



Legal Assistance Centre oya nduluka po wo ombisi yi na sha niinima yegeelo lyopalutu: “A Better Way” (“Ondjila Ompu”).

Pakwathelo lya Save the Children, Sweden



Save the Children



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