



Oshinakugwanithwa sho mukwazimo okusapota okwanezimo ye

Aakwanezimo yombinzi yirnwe oyena Oshinakugwanithwa shoku kwathelathana.

Paveta oshinakugwanithwa sho sapota osha gama unene ka kwanezimo naamboka ye mupamba.

Oveta otayiti kutya ooyinakulu (aavalii yoohe oshowo aavalii

yooyina) oyena oku sila ashipwiyu oka tekulu kawo ngele kaninga othigwa. Aamwayina ya yina nenge oohekulu otaya vulu wo yapulwe opo ya yambidhidhe okatekulu kawo ngele oonaku valwa no yinakulu itaya vulu okukwathela.

Oshinakugwanithwa shomusamane nomukulukadhi okuyambidhidhathana

Aasamane naakulukadhi oyena oshinakugwanithwa shoku yambidhidhathana paveta. Omusamane nenge omukukadhi ota vulu okuninga eindilo lyo sapota omanga yeli pamwe ngele iikwafutwa yomegumo kayi thike pamwe. Ngele aahokanathani oya hengana nenge ya topoka, ngoka ena iiyemo yili pevi otavulu okuninga eindilo lyo sapota ku mukwawo. Ashike eindilo lyo sapota itali vulu oku ningwa ko nima ye hengathano lyayamilonga nenge inayi tulwa mombabila ye hengathano.



Okusapota aantu yena uulema

Okanona ngele okena uulema no itaka vulu okwikwathela kokene, nakuvala okuna okufuta osapota onkalamweno yokanona ayihe

Omayihumbato guukolokoshi

- Oshili omiyonena ngele wa gandja omauyelele gii fundja ku mangestarata.
- Oshili omiyonena ngele wayi moshipala sheindilo lyosapota li ye komeho.
- Oshili omiyenena oku kambahala okulombwela naku ninga eindilo lyosapota kaaye komeho nenge oku muningila omatilitho nenge omiyonena.
- Oshili omuyonena Okutinda okuyamukula keindilo lyosapota.
- Oshili omuyonena okulongitha papuko oshimaliwa sho sapota.
- Inashi pitikwa mangestrata nenge omunambelewa oku lombwela kehe omuntu shina sha no shipotha shosapota.



Komawuyeletele gagwedhwapo lesa Eulikilombo lyoveta yosapota onti 9 yomumwo 2003 lyo



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Pakwatho lyopashimaliwa lya za ko Embassy yoRepublic yaFrance

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Okawilikombo

KOVETA YOSAPOTA ONTI 9 YOMUMWO 2003

Gender Research and Advocacy Project

LEGAL ASSISTANCE CENTRE

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Osapota oskike?

Osapota oshimaliwa nenge iiimma mbyoka omuntu ena oshinakugwanithwa shopaveta okugandja molweyambidhidho lyaasilwashimpwyiye. Osapota ohayi longithwa miinima mbyoka yasimana ngaashi egumbo/olukalwa, omeya, olusheno, iikulya, iikutu, olweendo, omitti nenge oshipangelo nenge okufuta osikola. Osapota otayi vulu okugandjwa pethimbo lye tegelelo nenge pethimbo omuntu ta mono okanona.

Olye tavulu okuninga eindilo lyosapota?

Omuvati, omuntu ngoka ha tekula okanona (ngashi yinakulu) nenge omuntu kehe ena olukeno ngashi – omupambele, omuhungimwenyo, ondohohotola, omupangi, omulongsikola omuleli gopamuthigululwakalo nenge omuleli gopangerki. Okanona otakavulu okuninga eindilo lyosapota kaakuluntu yako.

Omatatulo

Nakunyeneta- Omuntu ngoka a tulamo eindilo lyo sapota.

Omutamanekwa- Omuntu ngoka ta pulwa a fute osapota.

Omusalwashimpwyi- oye omuntu ngoka iikwatelela komuntu omukwawo opo a hupe. Oshiholelwu, anona oyo aasilwashimpwyi yaavalai yayo nenge ka kwanezimo yawo. aakulupe omathimbo gamwe oyo yiikwatelela kaanona yawo, Omusamane nenge omu-kulukadhi pampito dhimwe oya ikwatelela komayambidhidho gamukwawo.

Onakuvala eyehe oyena oshinaku-gwanithwa shagnona yawo

- Ngele omukuluntu gumwe ita yambidhidha okanona kawo, okuna okukala athiminikwa paveta a yambidhidhe.
- Nonando aavalii ayehe oyena oshinakugwanithwa shaanona yawo, ita shiti kutya oyena okuyambidhidha oshimaliwa shithike pamwe.
- Oshimaliwa shoka yena okufuta oshiikolela kiiyemo yawo noshowo omaliko gawo.
- Ofuto yoku sapota okanona oyina okuya tango komeho gomafutilo agehe kakele komaitulomo galwe goshimaliwa taga pumbwa okwiyambidhidha.

Aanona ayehe oyena uuthemba wosapota

- Ihaku talwa kutya okanona oka valwa mondjokana nenge opondje yondjokana.
- Ihaku talwa kutya okanona okavalwa tango nenge hugunina.
- Ihaku talwa kutya okanona okavalwa mondjokana yo tango nenge ontiyali.



Etegelelo

Aavalii ayehe oyena oshinakugwanithwa shoku yambidhidha iifuta yi nasha niimaliwa mekwatathano netegelelo noku-mona okanona. Oshiholelwa, omukulukadhi eli metegelelo okwa pumbwa iiyimati iitalala, iikwamboga noshwo oku ya ku ndohotola nenge omupangi pa mathimbo ogendji.

Oto vulu oku tulamo eindilo lio sapota pethimbo wuli metegelelo. Oto vulu wupule tate go kanona akwathele okufuta konima ye valo lyokanona. Oshiholelwa: ngele tate gokanona kali ewetike pethimbo lyetegelido nenge omvula yotango.

Nkene eindilo lyosapota hali ningwa

Inda kompangu ya mangestrata

- Omunambelewa gompangu otekuvatthele oku udhitha ombapila yeindilo lyosapota. Ino pumbwa okuninga oshilage.
- Omauyele ga simana ge nasha nangoye mwene, okanona koye, oshowo iiyemo nenge ondjambi njoka homono noshowo kutya okanona oka pumbwa ekwatho lio shimaliwa shithike peni.
- Inima ayihe tamuningi oyili pokati keni nomunambelewa onkene ino pumbwa o hahende.
- Omunambelewa go sapota okuna oshinakugwanithwa shoku ninga omakonakono meindilo ndjoka.

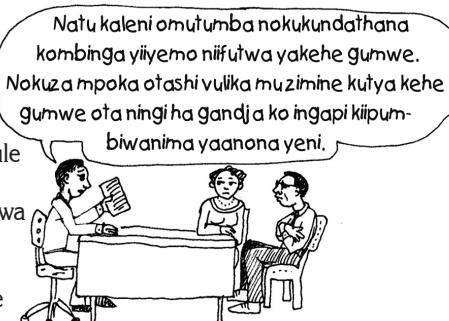


Emonathano nomu nambelewa gosapota

Aavalii ayehe oha ya ithanwa ko kagongi okashona ko munambelewa. Iipotha oyindji ohayi ka hulila moshigongi shika tashizilile kezimino lyaayehe. Ngele aavalii ina ya tsa kumwe nena mangestrata okuna oku kutha etokolo moshipotha.

Iihokolola ya mangestrata

- Ngele mangestrata okuna oku tokola oshipotha, aavalii ayehe oyena okugaluka esiku limwe opo ya fatulule ukwatyawa wawo.
- Ngele omutamanekwa ineya kompangu ethimbo ena oku kala aholoka nenge okwidimbike eithano okuyako, mangestrata ota vulu oku gandja elombwelo lyopaveta lio sapota. Omutamanekwa otavulu okuya anyenyete ko nima ye thimbo, ndele omutamanekwa okuna okukala atameka okufuta pethimbo elombwelo lya gandjwa.



Omuvuali okuna okufuta osapota yokanona ethimbo lithike peni?

Elombwelo lyopaveta lyosapota yokanona olina okuhulithwa ngele okanona okatameka okwinyangela nenge okwikwathela kokene ngele ta ka vulu okwiilandela iikulya, okufuta egumbo nosho tuu. Shika oha shi holoka unene ngele okanona ka gwanitha oomvula 18. Ashike omathimbo ota ga vulu oku kala ga yooloka ngele:

- Okanona oka mana osikola omanga inaka gwanitha oomvula 18 noku mona iilonga.
- Okanona oke na uulema nenge kake na ompito yilwe yokumona iiyemo oku futa iikwatheli yo pokathimbo.
- Okanona okeli koshiputudhilo shopombanda, nena osapota oyina okuya komeho sigo okanona ka gwanitha oomvula 21.

Okumona osapota okuza komuntu e li koshilongo shilwe

Oto vulu okuninga eindilo lio sapota nande omutamanekwa okuli ko South Afrika. Ompangu ya Namibia na ndjoka ya South Afrika otayi longele kumwe moshipotha shika. Osapota otayi vulu wo oku ningilwa omuntu ha lumbu mo shilongo shilwe.



Oshike shina oku ningwa ngele osapota inayi futwa?

Ngele ino mona oshimaliwa shosapota muule womasiku 10 konima yoku shi tegelelo, ou na okuya komunambelewa gompangu. Ompangu otayi vulu oku kutha oshimaliwa kondjambi ye noku yi tuma kungoye, ompungu ota yi vulu okulandithapo wo omaliko ge.

Oshinakugwanithwa shaanona okusapota aakuluntu yawo

Aanona oyena oshinakugwanithwa moonkalo dhontumba okusapota aavalii yawo. Shika olundji ohashi holoka ashike ngele aanona ya ningi aakuluntu, ano yakoka..