

# SHOKA WU NA OKUNINGA NGELE OWA KWATWA ONKONGA



LEGAL ASSISTANCE CENTRE

# Ekwatonkonga oshike?

Omuntu ota ku tiwa okwa "kwatwa onkonga" uuna a lalwa naye palutu kaashi li pauvathano/pahalo lye.

Ekwatonkonga kalishi ashike owala omilalo dho dhene ndele olya kwatela mo woo omikalo dhi ili nodhi ili omuntu ha vulu oku guma omuntu pamukalo gwiipala.

Oshili onkonga uuna omuntu a lalwa naye pamukalo gwoku thiminika nenge gwomatilitho, nenge nakulalwa naye kee na ompito yo ku tinda.

Aalumentu naamati ohaya vulu wo oku kватwa onkonga, nosho wo aakiintu.



Ondjokana nenge ekwata thano kehe lyopamilalo kayishi  
eigameno metamaneko lyekwatonkonga.

# **Ekwatonkonga tali talelwa methano lyepipi Iyanaku kwatwa onkonga**

Ekwatonkonga olyo uuna omuntu a ya momilalo nakanona okamati nenge okakadhona keli kohi yoomvula 14 nomuntu e ka vule noomvula ndatu (3) – nonando ina ku longithwa oonkondo nenge omatilitho.

Oshili wo eyono (ihe kasha shi naanaa onkonga) ngele pena ekwatathano lyopaihulo nuumati oshowo uukadhona wu li kohi yoomvula 16 nomuntu eu vule noomvula ndatu, nonando ina pu longithwa oonkondo nenge omatilitho ga sha.

Elala lyoomvula ndatu komiyonena ndhika odha tulilwa po onkalo mokungambeka omuntu omukuluntu kaa ningilile mo omuntu omushona kuye. Ngele aagundjuka yaali ye thike pamwe ohaya yi momilalo, ito vulu naanaa okutya olye ta ningilile mo omukwawo.

## **Mpoka to lopota ekwatokongga**

Ngele owa kwatwa onkonga, owa pumbwa okulopota ekwatokoonkondo meendelelo koshikondo shegameno lyaakiintu naanona nenge kehe tuu posasiona yopolisi yili popepi likondo yegameno lyaakiintu naanona oya patuluka okuza pohetatu sigo opontano Omaandaha sigo ometitano. Ngele okongulohi nenge mehuliloshiwie, kwatathana nosasiona yopolisi yi li popepi. Ota ye kumonene oshilyo shokoshikondo shegameno lyaakiintu naanona. Gumwe gwo koshikondo shegameno lyaakiintu naanona oku na oku kala “Ta vulu okudhengelwa” oowili 24.

Ngele ino shi pondola oku kwatathana noshikondo shegameno lyaakiintu naanona, pula gumwepo okuza kosasiona yopolisi e ku fale koshipangelo. Ngele oya tindi, inda koshipangelo ngoye mwene. Osha simana unene opo wu konakonwe kuNdohotola meendelelelo ngaashi tashi vulika. Lombwela ndohotola kutya owa kwatwa onkonga.

Ninga ekwatathano noshikondo shegameno lyaakiintu naanona meendelelo ngaashi tashi vulika.

Owu na okulopota kutya owa kватwa onkonga meendelelo ngaashi tashi vulika opo omunambelewa-konakoni okuza koshikondo shegameno lyakiintu naanona a vule oku gongela uumbangi dhingi mboka tawu vulu okukwata nokupangulitha naku ku kwata onkonga. Uumbangi owo uuyelele niinima mbyoka tayi vulu okulongithwa konima mohofa/mompangu oku ulika kutya owa kwatelwe koonkondo shili. Ota shi vulika wu kale iinima mbyoka ngoye nenge aantu yalwe yapopa, omathano, ololopota yuunamiti nenge iinima yilwe ngaashi iikutu. Oha wu vulu wo oku kala iinima ngaashi omafufu nenge iikunguluki yilwe yomolotu ya thiqwa molotu lwoye ku naku ku kwata koonkondo.

Oku kwathela wu kaleke po uumbangi:

- ▶ Ino iyoga
  - ▶ Ino lundulula/zalulula iikutu yoye
  - ▶ Ino ninda po nawa/opaleka mpoka onkonga yaniningilwa
  - ▶ Ino nwa nene wu lye sha

Omukalo gwoku kaninga olopota yoye koPolisi ota shi vulika gukale omudhigu. Onkene pamwe oto kala wahala okufaalela kuume koye nenge omunegumbo gwoye oku kuyambidhidha. Oto vulu wo okupula omopolisi opo wu kale po nomuniilonga-gwonkalo nawa nenge omuhungimwenyo.



# AANTU OYENDJI MBOKA HAYA KWATWA ONKONGA IHAYA LOPOTA OSIMBULUMA/OMUYONENA KOPOLISI

# **Epango Igomeendelelo**

Owa pumbwa oku mona epango meendelelo ngaashi tashi vulika opo wu pangwe ilaloo/Uuwehame wu na. Shika osho oshinima sha simana tango.

## **Otashi vulika wupewe ombuto yo HIV onga oshizemo shekwatonkonga**

- ▶ Ope na omiti ndhoka hadhi shonopeke oompito dhoku kватва kombuto yo HIV. Oha dhi ithanwa PEP. Ohadhi kватhele owala uuna dha longithwa mbala konima yo ku kватва onkonga. Oshwanawa wu tameke okunwa o PEP meni lyaowili 72 konima yo ku kватва koonkondo ngele ta shi vulika. Oha dhilongo nawa nokuli ngele owe dhi nu mbala kuyelete lela.
- ▶ Owu na oku dhi nwa omasiku 28. Ngele owa hulithapo okudhinwa mbala kuyelete unene, itadhi ka longa. Epangelo oha li gandja omiti dha tya ngeyi oshali ngele ito vulu okufuta.
- ▶ Ngele oshipangelo nenge oka klinika mpoka to pangwa kape na omiti ndhika dho PEP dha gwana, nena oyena oku kala yena ndhoka dhetamekitho dha gwana omasiku gatatu sigo gaheyali. Pula ndhika dhetamekitho onga ekwatho lyopakathimbo sigo to ka mona omiti dha gwana 28.

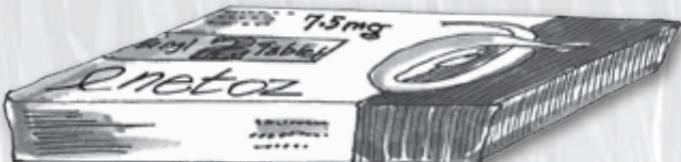
## **Otashi vulika wo wu kale wakwatwa komikithi dhilwe dho honi hadhi taandelithwa komilalo onga oshizemo shekwatonkonga.**

- ▶ Ope na wo omiti hadhi shonopeke oompito dhoku kватва komikithi dhilwe dho honi Ngaashi, endongo nenge omukithi gwehuli.
- ▶ Oshwanawa wu tameke oku nwa omiti ndhika meendelelo konima yoku kватва onkonga/koonkondo.

## **Ngele ngoye omukiintu nena owu li moshiponga shokuninga epunda konima yo kukwatwa onkonga.**

- ▶ Ope na omiti hadhi keelele omapunda/uusimba ngele odha nuwa pethimbo mpoka. Omiti ndhino omathimbo gamwe ohadhi ithanwa "omiti dhongula onene"
- ▶ Oopela ndhika odhi li pamaludhi gopaali. Oludhi lumwe olwopela ashike yimwe ndjoka wuna okunwa meni lyaowili 72 dhekwaterkonga, omanga olukwawo lwoopela mbali nadho ouna okudhinwa meni lyaowili 72 dhekwaterkonga.
- ▶ Shilipaleka kutya owushi oludhi lwoopela ndhoka wa peva! Ngele oopela ino dhi nwa pamukalo/mondjila nena itadhi kalonga. Shilipaleka kutya owa pula ndohotola nkene wu na okunwa oopela.

**Dhimbulukwa wo oku pula ndohotola a fatulule omaupyakadhi  
ngoka ha ga vulu oku etwa komiti ndhika.**



## Omakonaakono

Miiwike noomwedhi konima yekwatonkonga owu na oku pewa omakonaakono.

- ▶ Mokakalata koye ota mu shangwa omasiku ngoka to galukile ishewe koshipangelo opo wu ye wu konakonwe.
- ▶ Osha simana opo wu konakonwe ombuto yo HIV pomathimbo go opala, nenge omikithi dhilwe ndhoka hadhi vulu okuza mekwatonkonga.
- ▶ Owa pumbwa wo oku konakonwa ngele owu na epunda nonando owa nwa oopela dho ku keelela epunda.

### Ngele owa ningi epunda sho wa kватва onkonga:

- ▶ Ngele kwali wa pewa oopela nenge inadhi longa omolwa omatompelo gontumba, nena oho vulu oku ka kuthitha mo epunda ndika paveta.
- ▶ Ngele owa hala epunda lyi kuthwe mo, nena owa pumbwa oku lombwela omundohotola gwoye.
- ▶ Ndohotola ote ku fatululile nkene wu na oku shi enda.
- ▶ Owu na wo oku ka mona omundohotola omutiyali ngweye to pewa ombapila/onzapo kuMangestrata.
- ▶ Oto vulu oku kuthitha mo epunda paveta lya za moku kватва onkonga nonando naku shi ninga ina kватва natango nenge ina holoka natango mompangu. Ino pumbwa oku tegelela oshipotha.
- ▶ Oto vulu oku kuthitha mo epunda paveta lya za mekwatonkonga nonando ino tulamo oshipotha nopolisi. Kakele shika ohashi vulika owala ngele owu na etompelo ta li vulu okutaambiwa ko kutya omolwashike wandopa oku tulamo oshipotha.

# Uumbangi

Omundohotola ota ka konakona wo a tale ngele ope na uumbangi wopaunamiti. Ndohotola ota ka tala olutu lwoye aluhe, mwakwatelwa okana nopiilyo yolutu yopaumwene. Ndohotola ota ka longitha oshilugu oku pombamo mbyoka tashi vulika ya thigwa molutu lwoye, noku teta ko oondungu kiipanyala yoye oshowo komafufu. Ndohotola ote ke ku kutha wo ombinzi. Ekonakono ota shi vulika li kale inoolimangulukila nawa ihe osha simana noonkondo kundohotola a gongele iinima mbika no kundhindhilika kehe shimwe shoka tashi vulu ku kala sha simana. Ekonakono ndika ota li pula ethimbo lyowili yimwe netata okuuka poowili mbali.

Sho to konakonwa, omundohotola owala ngoka te ku konakona nomupangi ngoka te mu kwathelle ye na oku kala mo mondunda ndjoka yomakonakono. Oho vulu oku pula wo omuntu gulwe ngoka te ku yambidhidha a kale po sho to konakonwa.

Ino iyoga omanga inoo monika kundohotola. Otashi vulika wu yoge ko ombinzi, omasita nenge uumbangi wulwe mboka tawu kongwa kundohotola.

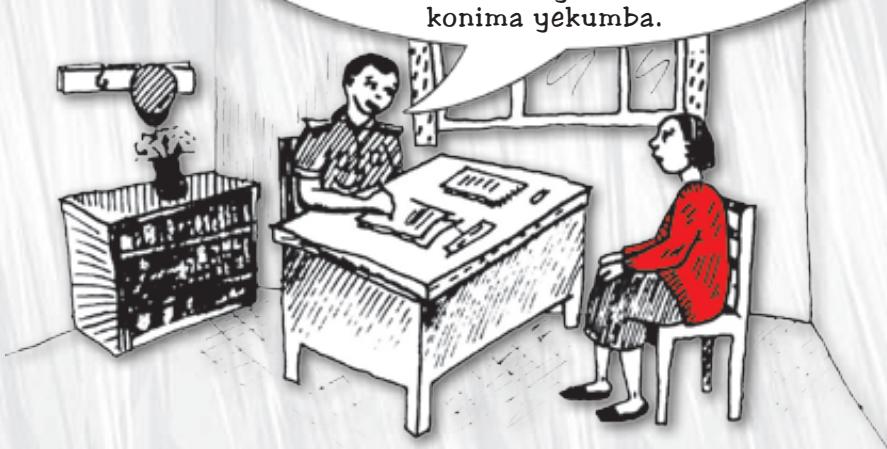


Oto ka vula  
okwiikosha ngele  
ndohotola a mana oku ku  
konakona. Ota tu kapumbwa  
wo tu ka kale niikutu yoye  
nuudholombulukweya woye.  
Otashi vulika yi kale uumbangi  
wa simana moshipotha shika  
shonkonga. Oto keyipewa  
ngele oshipotha  
shapu.

Opolisi otayi ke ku pula opo wu gandje ehokololo kombinga yaashoka shaningwapo. Osha simana opo wu gandje uuyelege wa gwana kopolisi ngaashi tashi vulika, mwa kwatelwa wo shoka sha ningwa po komeho oshowo konima yekwatomkonga. Opolisi otayi ka shanga ehokololo peha lyoye. Konima nge lya, ouna oku leshe mo wu koleke/shilipakele kutya oli li mondjila, nenge wu pule omupolisi ngoka e li shanga opo e li ku leshele. Opolisi otayi ka pula wo opo wu shaine ehokololo lyoye ndika, wu li koleke kutya oli li mondjila. Oto vulu oku pula omupolisi agwedhemo uuyelege oundji ngele owu uvite kutya ina li ihwapo.

### Otandi ke ku

pula omapulo kombinnga yaashoka  
sha ningwa po. Yamukula owala nethimbo  
lyoye. Kambadhala okulombwela ndje ashihe  
shoka to vulu oku dhimbulukwa. Shika otashi  
ke tu kwathela tushilipaleke kutya naku  
ku kwata onkonga okwa tulwa  
konima yekumba.



Omupolisi oku na okushanga ehokololo lyoye melaka lyoshiingilisa. Ngele oto popi nomupolisi melaka lilwe lyaashi oshiingilisa, kambadhala wu kwashilipaleke kutya shoka wa popi osho ngaa sha shangwa mehokololo lyoye. Ngele opena sha tashi kwelengendja shayooloka uuna omupolisi te ke kufatululila ehokololo lyoye melaka lyoye, kambadhala oku shi yeleka omanga inoo shaina ehokololo lyoye.

Ehokololo ndika olya pumbwa oku shangelwa pehala lyopaumwene mpoka pwaa na nando ogulwe ta vulu okupulakena shoka to popi.

Ngele owa ehamekwa nenge wu uvite uudhigu/wuuvite nayi lela itoo vulu okugandja ehokololo lyoye pethimbo ndyoka, pula ngele oto vulu oku galuka esiku limwe ngele wa ti po hwepo.

Ngele ngoka e ku kwata onkonga owu mu shi nena lombwela opolisi kutya olye nowu mu shi ngiini.

Owa pumbwa oku lombwela opolisi omadhina nuuyelele waantu yalwe mboka tashi vulika ya kale oombangi moshiningwanima shika. Omuntu pumbwa okumona oshiningwanima shika opo a kale ombangi musho. Ombangi otashi vulika akale omuntu ngoka ekumona wuli na nakukukwata koonkondo, nenge a uva shoka sha ningwa po nenge we shi mu lombwele konima sho sha ningwa po.

Oto vulu wo oku kwathela opolisi mokugongela uumbangi wulwe mokugandja iikutu yoye mbyoka wa li wa zala sho kватва onkonga. likutu mbika ino yi yoga omanga inoo yi gandja kopolisi. Ota shi vulika wukale wa hala oku faalela iikutu ya yela okuya kopolisi.

Opolisi otashi vulika wo yi ka kale ya hala oku ka tala ko iinima yilwe ya longithwa mekwatonkonga ngaashi omalakana/omalapi gokombete nenge iilwitho. linima mbika oya pumbwa oku tulwa/gonyenwa mombapila, ihe ina yi tulwa nande moplastika.

Opolisi otashi vulika wo yi ka kale ya hala oku tala ehala mpoka pwa ningilwa ekwatonkonga ndika. Ino opaleka po omanga inuulukilapo opolisi.

Opolisi otashi vulika yikuthe omathano giilalo yoye. Inashi pumbiwa wu kale wa sa ohoni. Mbuka uumbangi wasimana.

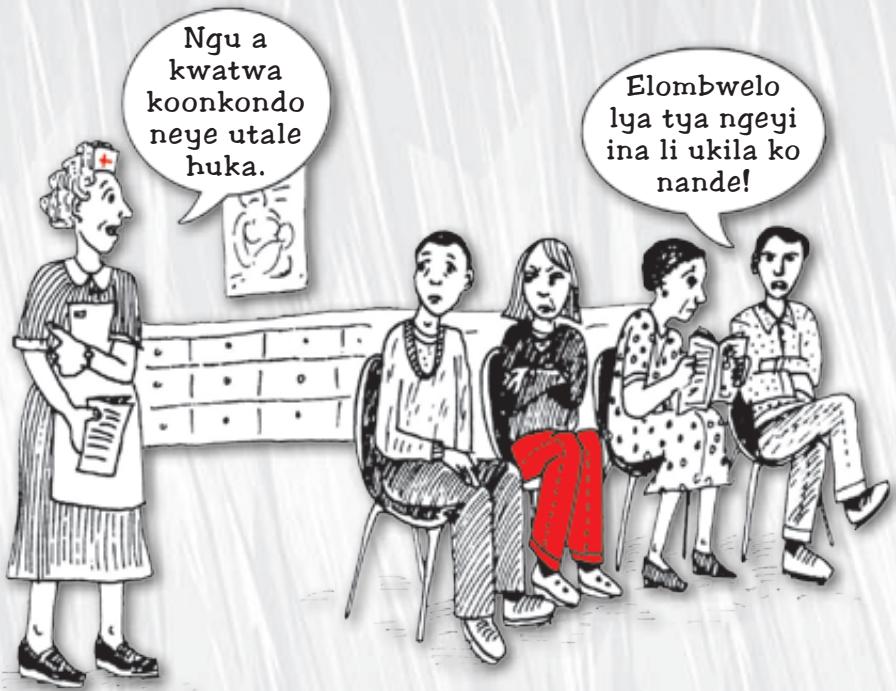
Opolisi oya pumbwa oku ku tumina komuniilonga-gwonkalo nenge komuhungimwenyo opo wu popye nomuntu shi na sha nkene wu uvitile shoka wa ningilwa. Ota shi vulika wuuvite shayooloka oshowo omaiyovo omadhigu. Otashi vulika wu kale inoohala oku popya nomuhungimwenyo meendelelo, kakele owu shi mpoka wuna okuya uuna wahala.

Shilipaleka kutya owa kutha ko edhina lyomupolisi ngoka e ku kutha ehokololo lyoye, nonomola yoshipotha shoye, opo wu vule okulandula oshipotha shoye. Osha simana wo opo opolisi yi kale yi shi kutya otayi vulu oku ku mona ngiini. Ya pa onomola yoye yongodhi nenge uya lombwele mpoka ho zi.



# Omakemongengeto goye kombinga yegakulo Igoye

- ▶ Aanambelelwa yopolisi naamboka yopaunamiti oye na oku ku yakula aluhe nohenda nonesimaneko omathimbo agehe.



- ▶ Ngele owu uvite kutya ino yakulwa pamukalo omwaanawa nenge ino pewa uuyelege mboka wu li mondjila, osha pumbiwa opo wu lopote omuntu a tya ngeyi.
- ▶ Aapolisi ayehe oya pumbiwa opo ya kale ya zala uumbandi wa shangwa omadhina gawo. Shika otashi kwathele oku ya dhimbulula uuna wa pumbwa oku ninga enyengeto. Ngele ine ka zala, pula edhina lye. Ngele inaya hala oku ku pa omadhina gawo, oto vulu okugandja uukwatya womupolisi ngoka e ku yakula, nethimbo ndyoka wa li popolisi mpoka.

**Omakemoneyeto agehe ge na sha naanambelewa yombelewa/oshikondo shegameno lyaakiintu naanona, na ga lopotwe ku:**

Chief Inspector Shatilweh, National Coordinator  
Telephone: 061-2093494 or 061-2093484  
Cell phone: 081-1289751  
Fax: 061-2093358

**Omakemoneyeto agehe ge na sha naanambelewa yopolisi koosasiona dhopolisi dhilwe, na ga lopotwe ku:**

NAMPOL Complaints & Discipline Division  
Attention: The Commanding Officer  
3rd Floor, National Police Headquarters, Windhoek  
Private Bag 12024, Ausspannplatz, Windhoek  
Tel: 061-2093266 (direct line) / 2093111 (main switchboard)  
Fax: 061-220621

**Omakemoneyeto kombinga yaaniilonga yuunamiti:**

- ▶ *Ngele omundohotola*  
Registrar of Medical and Dental Council of Namibia  
Private Bag 13387  
Windhoek West
- ▶ *Ngele omupangi*  
Registrar of Nursing Council of Namibia  
Private Bag 13387  
Windhoek West

Nenge dhengela kelelo lyuukalinawa nomayakulo gonkalathano: 061-245586

**DHIMBULUKWA:  
Ekwatonkonga aluhe oha li zi mepuko  
Iyanaku kwata omuntu omukwawo  
onkonga, kashi na nee kutya oshike sha  
enda po nenge oshike sha ningwa po.**

# Omolwashike wu na okulopota ekwato lyonkonga?

Ohashi pula omukumo gwa gwana oku lopote ekwatonkonga. Ngele ino lopota oshinima sha tya ngeyi, nena naku shi ninga ita geelwa. Naku shi ninga ota yi amanguluka tashi vulika a kakwate omuntu gulwe nokuli.

Oveta oya gamena uuthemba woye onga omukwatwankondo. Kashi li paveta opo iifokundaneki, o radio nenge oradio yomuzizimba uuyeletele taw u holola uukwatywa wa na kuningilwa oshiningwanima.



Ehokololo: Allison De Smet & Dianne Hubbard

Omafano: Nicky Marais

Omutholomo netulomelandulathano: Perri Caplan

Omuwiliki gwoproyeka: Dianne Hubbard & Rachel Coomer

Omunyanyangidhi: John Meinert Printing

Omukwatheli: Dutch Ministry of Foreign Affairs, MDG3 Fund

Omuholokithimbo: Gender Research & Advocacy Project,  
Legal Assistance Centre, 2010



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