

linakugwanithwa yowina yomupanguli

Ompanguli oku na oshinakugwanithwa showina, miipotha yekwatomkonga, shokugandja uuyelete kunakukwatwa onkonga opo u mu yambidhidhe nkene ena oku kaleka omwenyo gwe gul i nawa pethimbo lyompangu. Omalongekidho gowina otaga vulu okuningilwa nakukwatwa onkonga. Oshiholelw, ompanguli otayi vulu okuningwa meholamo, tayi vulu okuningilwa kayi li mongulu yomapangulilo, mpoka nakukwatwa onkonga ta vulu okugandja uuyelete we e li konima yokakende na ota vulu okukala nomuntu te muyambidhidha.



Ombooloha

- Nakukwatwa onkonga okuna okutseyithilwa ngele nakukwatwa onkonga okwa ninga eindilo lyombooloha. Nakukwatwa onkonga okuna okulombwela opolisi ngele nakumukwata onkonga okwe mu ningila omatilitho gasha. Ompanguli otayi talako omauyelele ngaka, na nakukwatwa onkonga otashi vulika a kale inapewa ombooloha ngele otashi vulika a ka kale a nika oshiponga kunakukwatwa onkonga.
- Nonande nakukwatwa onkonga okwa pewe ombooloha, *ina pitikwa nande a ninge ekwatathano* na nakukwatwa onkonga. Ngele okweshi ningi, nakukwatwa onkonga okuna okutseyithila opolisi opo nakukwatwa onkonga a k watwe po e ta tulwa mondjedhililo sigo epangulo lyapu.

Paumwene

Ompanguli itayi kala ya patulukila oshigwana uulethimbo wepangulo alihe okuninga nakukwatwa onkonga a hala ompanguli ya patuluka. Ngoye owu na okupopya nomupanguli kombinga yaashika ngele nani ompanguli yoye inayi ningwa paumwene.

Otashi vulika a li a "zimina" nale, nenge otashi vulika a "zimina" aalumentu yalwe, ihe ngele ye okwa li a tula ombele po muligu gwe uusiku mboka, oshinashike no myonena?



Uukwatya

Ompanguli itayi ka pulakena kuumbangi kehe kombinga yuukwatya womuntu nenge 'kutya oku na ondjokonona nenge uukwatya u li ngiini kombinga yokuya momilalo' womuntu ngoka a k watwa onkonga. Opwa tulwa engambeko kombinga yomapulo ngoka taga vulu okupulwa kombinga yondjokonona nenge onkalo yokuya momilalo yanakukwatwa onkonga

Egeelo lyekwato onkonga

- Ngele omuntu okwa kwata onkonga oshikando shotango, ota vulu okupewa egeelo lyodholongo yoomvula ntano (5), omulongo (10) nenge omulongo nantano (15).
- Ngele omuntu okwa ka kwata ishewe omuntu onkonga, nena ota vulu okupewa egeelo lyodholongo yoomvula 10, 20, 45 nenge onkalamwenyo.
- Ngele nakukwata onkonga okwa kala eshi shi kutya okuna ombuto yoHIV, nena egeelo otali ka kala edhigu. Nakukwata onkonga ota vulu wo okutamanekelwa onkambadhala yedhipago.
- Ngele nakukwata onkonga okuli kohi yoomvula 18, omupanguli okuna okutokola kutya egeelo lithike peni tali opalele. Inapu tulwa kutya egeelo eshona kaantu yeli kohi yoomvula 18 oli thike peni.

Komawuyelete gagwedhwapo lescha Omapukululo Genasha Noveta Yoku Ngambeka Ekwato Onkonga.



Omushangwa nguka ogwa longekidhwu ku Dianne Hubbard, Rachel Coomer na Kate Barth.

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Pakwathlo lyopashimaliwa lya za ko
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Okawilikombo

OVETA YOKUNGAMBEGA EKWATO ONKONGA



Gender Research and Advocacy Project

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Ekwato onkonga oshike?

Ekwato onkonga olyo "okuya owina momulalo pwa longithwa oonkondo nenge onkalo yethiminiko."

Kutya nee aalumentu nenge aakiintu ayehe otaya vulu okukwatwa onkonga.

Oku ya momilalo otashi fatululwa kutya osha kwtelamo:

- etulomo (nando etulomo kashona owala) lyuulumentu muukiintu nenge pokati komatako gomuntu omukwawo
- etulomo lyuulumentu mokana komuntu omukwawo
- etulomo lyoshilyo kehe sholutu lwomuntu nenge shoshinamwenyo muukiintu nenge pokati komatako
- etulomo lyoshinima kehe muukiintu nenge pokati komatako
- elatho nelaka iilyo yopaumwene yomulumentu nenge omukiintu
- kehe omuhingo go ku pendula iilyo yopaumwene.

"Onkalo yethiminiko" otayi fatululwa kutya omuntu okwa kondithwa nenge a thiminikwa, oshiholelwa:

- elongitho lyoonkondo nenge omambandameko
- embandameko lyoku etitha omayehameko galwe
- ita vulu okuzamo monkalo eli muyo
- ita vulu okukeelela nenge okuuvako onkalo ndjoka eli muyo, ngaashi omuntu a kolwa/eli kohi yiingangamithi/a kotha/ena uulema
- omuntu ota idhimbiye a fa omuntu gulwe nenge ta idhimbiye a fa sho ta ningi kashi shi omulalo
- eholokopo lyaantu yevulithe pugumwe olya lengthwa okumbandameka omuntu opo aye momulalo
- omuntu gumwe oku li kohi yoomvula 14 omanga gume omukuluntu kuye noomvula 3.

Oomvula dhokuzimina

Paveta, ngele omuntu oku li kohi yoomvula omulonganane (14) e tayi momulalo nomuntu ngoka omukuluntu kuye noomvula 3, nena osha yela kutya omuntu ngoka okwa kватва onkonga.

Oshiholelwa shoomvula dhokuzimina:

Ngele Jane, ngoka e na oomvula omulongo 13, okwa yi momulalo na Simon, ngoka e na oomvula omulongo 18, Simon ota vulu okutamanekelwa ekwato onkonga nando Jane okwa zimina ya ye momulalo.

Okuninguluka (okulundulula omadhiladhilo)

Nonando amuhe omwa zimina oku ya momulalo petameko, ihe gumwe gomune okwa ti 'inandi hala we' pethimbo kehe moonkatu dhomulalo, nena otashi ka talika ko ekwato onkonga ngele mukwawo okwa tsikile.

Ekwato onkonga moondjokana

Ondjokana itayi kwata moshipala ekwato onkonga. Ngele omusamane okwa thiminike omukulukadhi gwe nenge omukulukadhi a thiminike omusamane gwe, nena otashi talika ko ekwato onkonga. Ekwato onkonga, ekwato owala onkonga ngele omuntu okwa ti ina hala nenge a thiminikwa okuya momulalo.



Ekwato nkonga ekwato
owala nkonga...nando omo
ndjokana!

Shoka wu na okuninga ngele owa kватва onkonga

Kaleka uumbangi

- Ino iyoga.
- Ino lundulula omuzalo gwoye.
- Ino opaleka ehala mpoka wa kватва onkonga.
- Uumbangi kehe wu tula mombapila. Ino wu tula moshinayilona (mefwagalala).

Uumbangi wiihwapo owa simana mokushilipaleka kutya omuntu ngoka ekukwata onkonga okwa monika ondjo nokutulwa modholongo.

Inda kopolisi nenge Oshikondo shEgamen

lyOome me nUunona

- Ouna okulopota ekwato onkonga kopolisi opo nakukukwata onkonga a kватва ополиси. Opolisi otayi ka ninga omalongekidho opo u ka mone omundohotola. Oye na okuninga omalongekidho opo u kundathane nomuhungimwenyo. Owu na okweetelela iizalomwa yilwe opo mbyoka wa li wa zala ethimbo wa kватва onkonga yi kale kopolisi onga uumbangi.
- Omauyelele goye otaga kalekwa paumwene. Epangulo wo nalyo otali kalekwa paumwene, ano itali kala montaneho yaayehe.

Oto vulu wiyyoge ngele ndohotola
okwa mana oku ku konakona. Iikutu
no kambulukweya koye ko kohi na ka
kale po. Otayi kala uumbangi
uuwanawa.
Ngele oshipotha
osha pu,
iikutu yoye
otoyi
mono.



Inda kundohotola, koshipangelo, nenge kokapangelona

- Mona ndohotola nenge omupangi meendelelo ngaashi tashi vulika.
- Ndohotola ota vulu oku ku pa omiti okukeelela ku kватва kombuto yoHIV nokomikithi dhilwe nhoka hadhi taandele okuza momilalo.
- Otashi vulika u ninge epunda lya za mekwatonkonga. Okuna oopela dhokukeelela okuninga epunda ngele odha nuwa meendelelo.
- Otoka pumbwa uuyele kombinga yomaauwinayi ngoka haga vulu okuholoka po ngele wa nu omiti, osho wo uuyelele kutya oto galuka uunake.
- Omundohotola ota vulu oku kutha uumbangi kombinga yekwatonkonga.

Ekwato onkonga nombuto yo HIV

- Oshi li sha simana opo aantu mboka ya kватва onkonga ya mone ehungomwenyo nokukonakonwa ombuto yoHIV.
- Omiti nhoka hadhi vulu okukeelela omuntu ka kватва kombuto yoHIV ohadhi ithanwa PEP (post-exposure prophylaxis). Odhi na okutamekwa meendelelo ngaashi tashi vulika konima yokukwata onkonga. Lipangelo iinene ayihe oyi na okukala yi na PEP. Ohadhi gandjwa oshali ngele omuntu ito vulu okufuta.
- PEP ohadhi nuwa uule womasiku omilongo mbali na hetatu (28). Petameko oto pewe oopela dhomasiku gatatu (3). Nokonima oto ka galukila kokapangelona wu pewe oopela nhoka dha hupako. Oku nwa PEP uule womasiku gatatu (3) inadhi gwana okukeelela okukwata kcombuto yo HIV.

Ngele owa ningi epunda okuza pekwato onkonga

- Ngele owa ningi epunda okuza pokukwata onkonga oto vulu okukuthamo epunda shi li paveta. Ninga omakonakono ku talikwe ngele owu na epunda ngele omathimbo goye oga kalako, ngoye to lombwele omundohotola goye uuna wa hala okukuthamo epunda.
- Ina shi pumbiwa wu lopote oshipotha kopolisi kutya owa kватва onkonga opo wu pewe epitikilo lyokukuthamo epunda paveta, ashike owu na okufatulula kutya omolwashike ino patulula oshipotha.

Mona omuhungimwenyo

Okukwata onkonga ohaku etele omuntu ehepeko lyopamadhi-ladilo. Otashi vulika wu kale wa tila, wa geya, to ipe ondjo, nenge wa sa ohoni. Ehungomwenyo otali vulu okukwathela opo omuntu ngoka a kватва onkonga a vule okulonga nomayiuvo ngaka.

Ekaleko

Kashina oshilonga kutya opwa pita ethimbo li thiye peni pokati kekwanokongu noku lopota oshipotha kopolisi. Ashike, ngele owa lopota oshipotha shoye kuye nena otashi vulu okukwathela kumonike uumbangi mboka tau vulu okyambidhidha oshipotha shoye.