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OSHALI

INO TILA VALI!



LEGAL ASSISTANCE CENTRE



USAID
FROM THE AMERICAN PEOPLE



Opoloxalama youmbangi neameno lokaana oprojeka yehangano lo Legal Assistance Centre moshikondo sho AIDS Law Unit melongelokumwe no Lifeline/Childline no Peace Centre.

Oshifo eshi osha totwa po nosha nyanyangidwa ko AIDS Law Unit yomo Legal Assistance Centre. Oshifo eshi otashi dulu okuningwa eekopi ngeenge otashi ningwa nelalakano lokulonga ovanhu, shimha ashike taku tongwa apa ouyelele wa nyanyangidwa.

Oshifo eshi osha yambididwa paimaliwa kovAmerica okupitila mehangano ledina United States Agency for International Development (USAID) va pitila mo PACT Namibia. Os-hikalimo osha etwa po ko Legal Assistance Centre ndee kashi shi sho USAID yoko United States Government.

Omafano ku Jacob Shingenge

Omutungilo ku Zila Designs co

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Kauna okwa handuka. Ina hafa nande. Oku na oshiholekwa.
Oku udite nai neenghono. Okwa ya kuina a ka popye naye.



Xekulu okwa kala he mu kwata koilyo yaye yopaumwene. Nefiku limwe okwe mu kwata keenghono.



Nande napa kale pa pita efombo lile eshi wa kватва keenghono oto dulu ashike natango oku lopota oshiningwanima osho. Ovapolifi otave ke ku kwafela mokwoongela ouyelele wa pumbiwa. Osha fimana u shiiive kutya ngeenge owa kватва keenghono, ino pumbwa okulikosha fimbo ino konakonwa kundokotola.

Kauna okwa li ta lili neeng-hono. Ina naye okwa li ta lili. Ina yaKauna okwa li a handuka.

AISHE OTAI KA KALA NAWA KAM-WANGE. OVETA OTAI TU AMENE. OHATU KA LOPOTA OSHININGWANIMA ESHI KOSHIKONDO SHEAMENO LOOMEME NOUNONA.



Oshikondo sheameno loomeme nounona onhele oko haku lopotwa ominyonena norm-hepeko a ningilwa oomeme nounona. Ngeenge ito dulu okuya ko, ka lopote kositaasi yopolifi ei i li popepi naave. Oto dulu yo okudenga ongodi ko 116 (ihai futwa sha) opo u lopote eshi wa ningilwa.

Kauna naina ova ya koshikondo sheameno loomeme nounona.



Kauna okwa lombwela omupolifi kutya okwa kватва keenghono kuxekulu.

Omupolifi okwe mu pwilikina ndee ta shange ehokololo iaye waye.



MEME, OTO DULU OKUPA NGE
ODJAPY YAKAUNAYEDALO?

TANGI UNENE ESHI MWA LOPOTA OSHININGW-
ANIMA ESHI. OHATU KE KU VATELA. OHANDI KA
DENGELA NDOKOTOLA. NDOKOTOLA OTE KE KU
KONAKONA KAUNA NDEE TA YADEKE OFOOLOMA.
OFOOLOMA OYO OHATU KE I LONGIFA MOKUYAND-
JA OUMBANGI.

MEME, NGEENGE MWA MANE APA OTAMU I KUNDAPEWA.
NDAPEWA OMUNAMBELEWA YAMBIDIDI WOUNONA OUM-
BANGI. OTE KE MU KWAFYA KOMBINGA YOUPYAKADI OU
MU LI MUO FIMBO HATU NINGI OMAKONAKONO.

* Ngeenge okaana kake na omikanda dako, ovakulunhu ovo nava etelele omikanda davo.

Ina yaKauna okwe mu twala komunambelewa, omuyambididi wounona oumbangi, Ndapewa. Ndapewa omunambili. Ovanambelewa yambididi vounona ove li movenduka, koRehoboth nokoRundu.



TANGI ESHI MWE UYA PO. EDINA LANGE AAME NDAPEWA. ONDI LI OMUNAMBELEWA YAMBIDIDI WOKAANA. ONDI LI APA OPO NDI MU KWAFE. OILONGA YANGE OKUKWAFELA MOKULONGEKIDILA KAUNA OKUYA KOMHANGU. ONDI SHI SHII KUTYA OKU KAYANDJA OUYELELE MOMHANGU OTAKU DULU OKUKALA KUTILIFA KOMUNHU. OPE NA OMAUWA MAHAPU NGEENGE OWA LONGEKIDILWA OKUYA KOMHANGU. OHANDI KE MUYAMBIDIDA NAMEME WOYE MOKUYA KOMHANGU. OMULANDU WOKUYA KOMHANGU OTAU KA KWATA EEMWEDI DONHUMBA. OHANDI KA KALA HANDI MU SHIIVIFILE KESHE OUYELELE TAU YA PO KOMBINGA YOSHIBOFA ESHI. OHANDI DULU OKUNINGA OMALONGEKIDO OPO MU KA MONE OMUPANGULI NYE NAMEME WOYE. OHANDI KAYA PAMWE NANYE NGEETAMU I KOMHANGU. OHANDI KE MU FATULULILA OMATOKOLO OMHANGU. KAUNA, ONDI SHI SHII KUTYA OLWEENDO ELI OTALI KA KALA LILE, LIDJUU LO OLIEYEHAMEKA KWOOVE. ASHIKE...OINIMA AISHE OTAI KA ENDA NAWA.

ONDI SHI SHI KUTYA OSHA LI SHIDJUU KWOOVE.
NOMOLWAASHO OHANDI KE MUTUMA KEHANGANO LO LIFELINE/CHILDLINE NOKO PEACE CENTRE. OTAVA DULU OKU MU KWAFELA MONGHALO YEHALUKO MU LI MO.



Paife ngaha ovapolifi ova konakona oshibofa. Ova ongela ouyelele wa wana okupangulifa xekulu yaKauna. Okwa li a kватwa nokwa pewa oufemba wokulifutila mo. Ovanhu ava va kватwa ohava dulu okulifutila mo. Eshi osha hala okutya okwa pewa epitikilo lokudja mo modolongo, shimha ashike moshilongo ita di mo ile a ehene popepi nanakuningilwa omunyonena. Paife eshi tu li apa, efiku eli ta ka holoka vali momhangu ola tulwa po nale.

* onghalo yehaluko – onghalo yehaluko noyeudonai onghalo omo omunhu ha kala ngeenge a ningilwa oshinima shii noshitilifa ngaashi nande okukwatwa keenghono.

Omopolifi ta twala epeko lopolifi (epeko omo mu na oumbangi, omushangwa-hokololo, nsh.t) komupopiliko wopaveta li ka talululwe.



Omupopiliko wopaveta omunhu oo ha fatulula oumbangi momhangu a ulike kutya oushada owa ningwa. Omupopiliko wopaveta oku lile po epangelo. Oku lile po yo nakuningwa oshihakanwa e mupopileko kunakumuningila omunyonena.

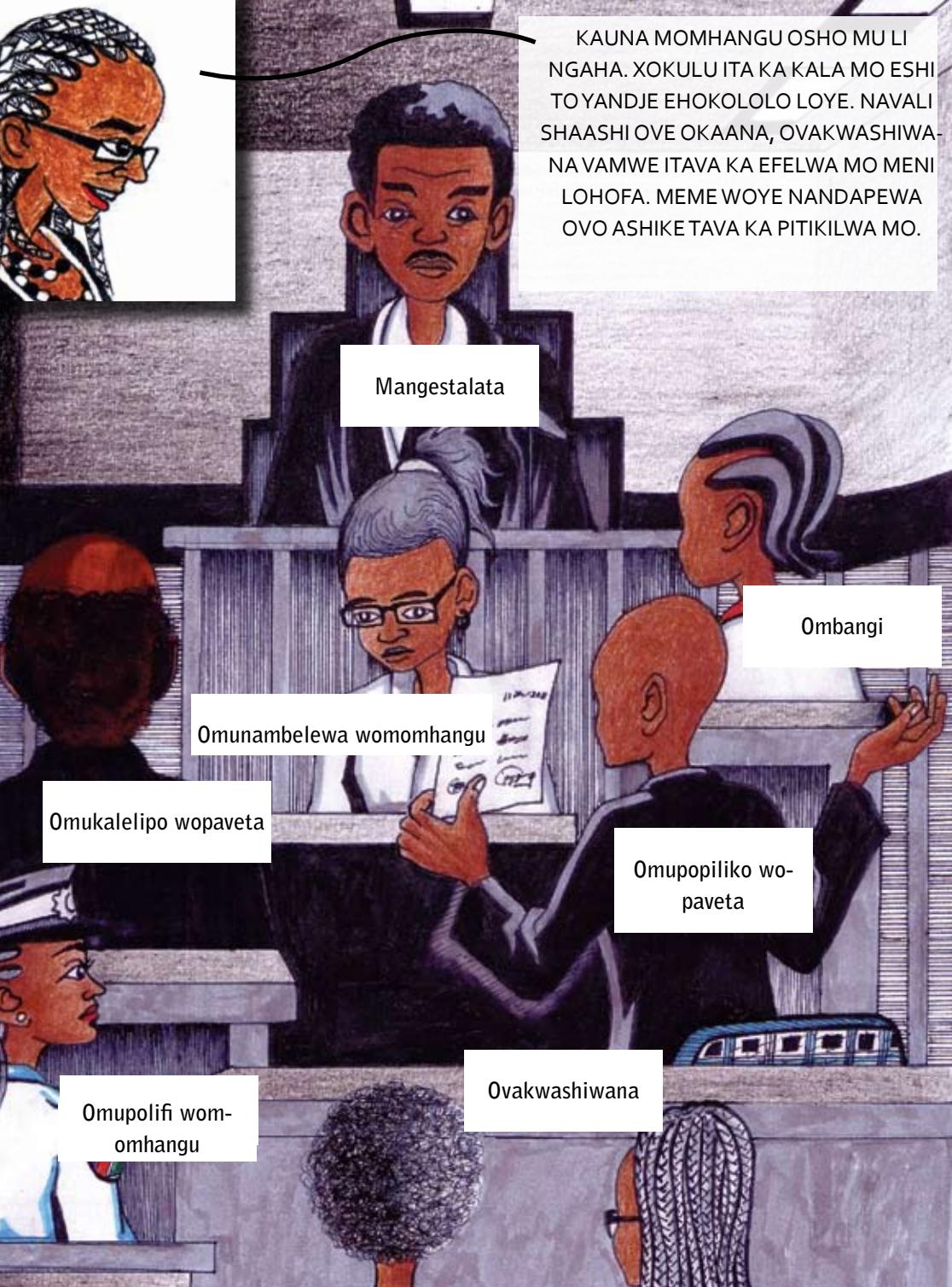
Omupopiliko wopaveta oku lile po Kauna kuxekulu. Omupopiliko wopaveta okwa talulula epeko loshibofa shaKauna nokwa li a hafela oumbangi aushe wa yandjwa mo. Omupopiliko wopaveta okwa tokola kutya Kauna oku na oku ka yandja ehokololo laashi sha ningwa momhangu. Oinima aishe ei otai ka kwata oule wefimbo leemwedi donhumba.

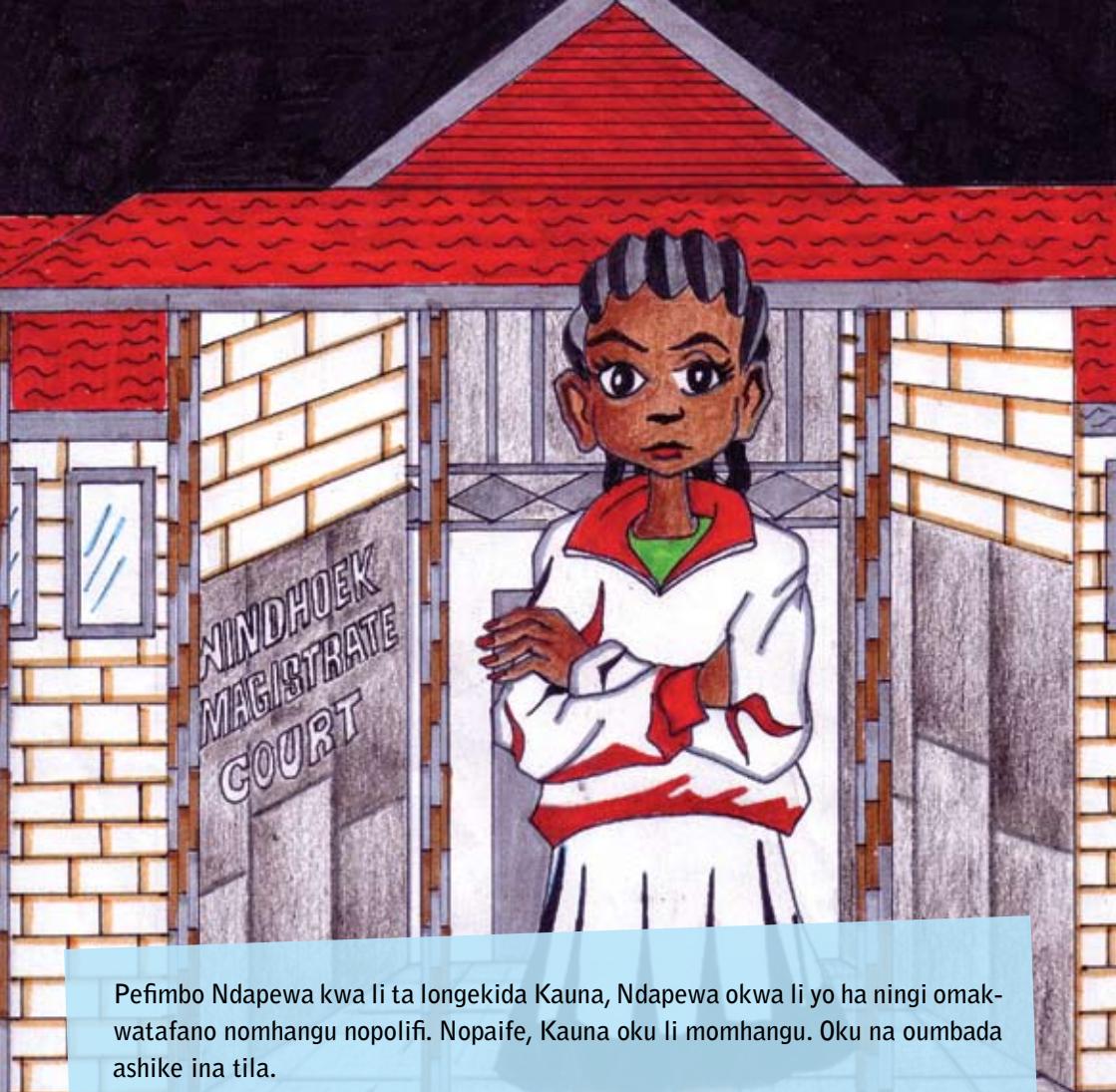
Ndapewa okwa longekidila Kauna okuya komhangu. Elilongekidilo okuholoka momhangu ohali ningwa Iwoikando 10 komunambelewa omuyambididi wounona oubangi.



Pefimbo lelilongekidilo lomhangu, Ndapewa okwafatululila Kauna kutya oshike ta ile komhangu. Ndapewa okwa fatulula kutya oolyelye tava ka kala momhangu noshike tashi ka ningwa momhangu. Okwalombwela yo Kauna kutya ye ota ka longa shike momhangu. Xuun-inwa Ndapewa oku na fatulula eshi tashi ka ningwa po konima yomhangu. Ndapewa oku na yo okulombwela Kauna oku kutya naye efiku olo momhangu omo ta ka kala.

Fimbo ku na oivike ivali omhangu i fike, Ndapewa okwa ulikila Kauna omudingonoko wohofa. Ndapewa okwa li a hala Kauna a shiive kutya ohofa onhele ya tya ngahelipi. Efimbo alishe olo, Ndapewa okwa kala ta longo Kauna kutya oku na okukala ngahelipi opo e likufe oubanda. Eshi Ndapewa ta longo naKauna, Kauna okwa kala e na omukumo woku ka fikama momhangu. Oumbada nomalimbililo aeshe okwa dja po puye. Oumbada woku ka lombwela ovanhu ehe va shii eshi a ningilwa nao owa kana po puye. Okwa ile yo kehangano lo Lifeline/Childline noko Peace Centre a ka xungwe omwenyo.

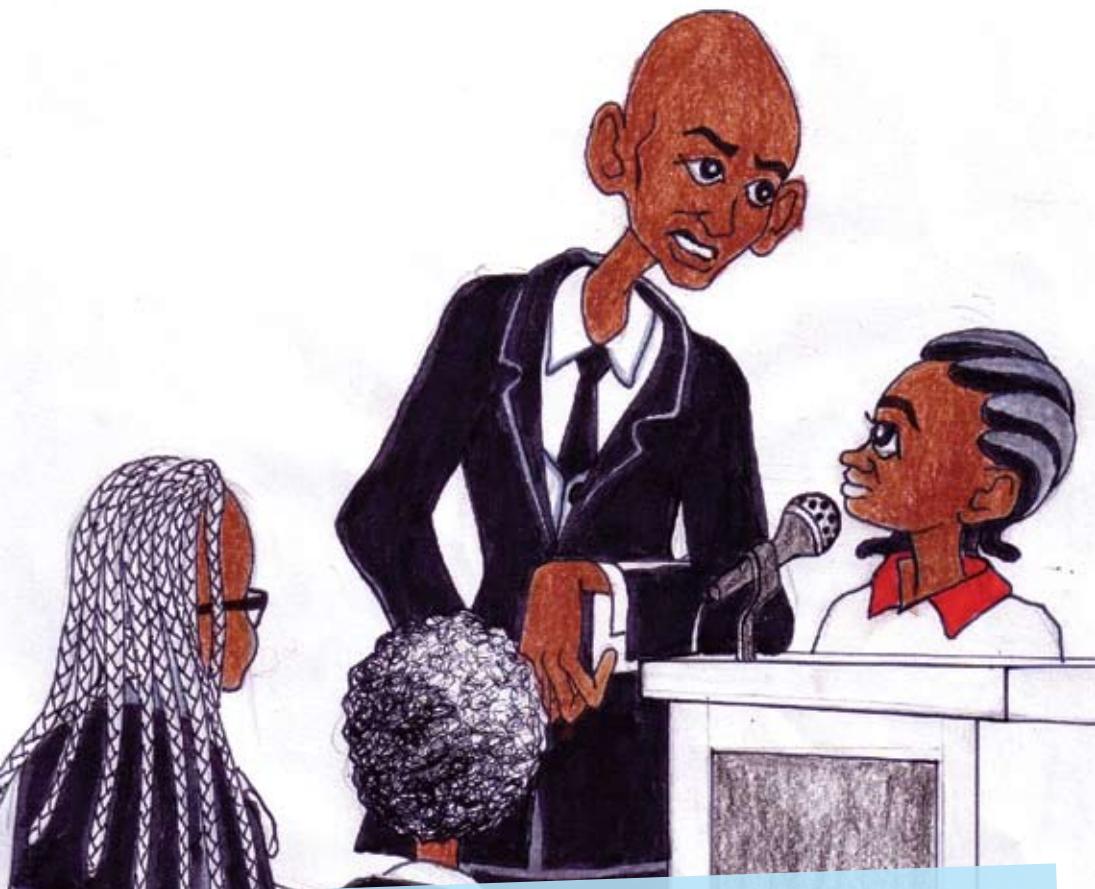




Pefimbo Ndapewa kwa li ta longekida Kauna, Ndapewa okwa li yo ha ningi omak-watafano nomhangu nopolifi. Nopaife, Kauna oku li momhangu. Oku na oumbada ashike ina tila.

Kauna oku li monhele yokuteelelela. Okwa teelela olufo laye li fike ye a ka hokolole eshi a ningilwa. Oifokundaneki, oradio noTV inai pitikilwa okuya meni lohofa ngeenge taku pwilikinwa oshibofa shokaana. Efimbo limwe nanakuninga omunyonena iha efelwa mo, pefimbo okaana taka yandje ehokololo lako. Eshi ohashi ningilwa okukaleka ounona va manguluka okupopya eshi va ningilwa shaashi ounona ohava kватwa koumbada diva ngeenge oikundaneki ile naku-longa omunyonena omo e li momhangu.

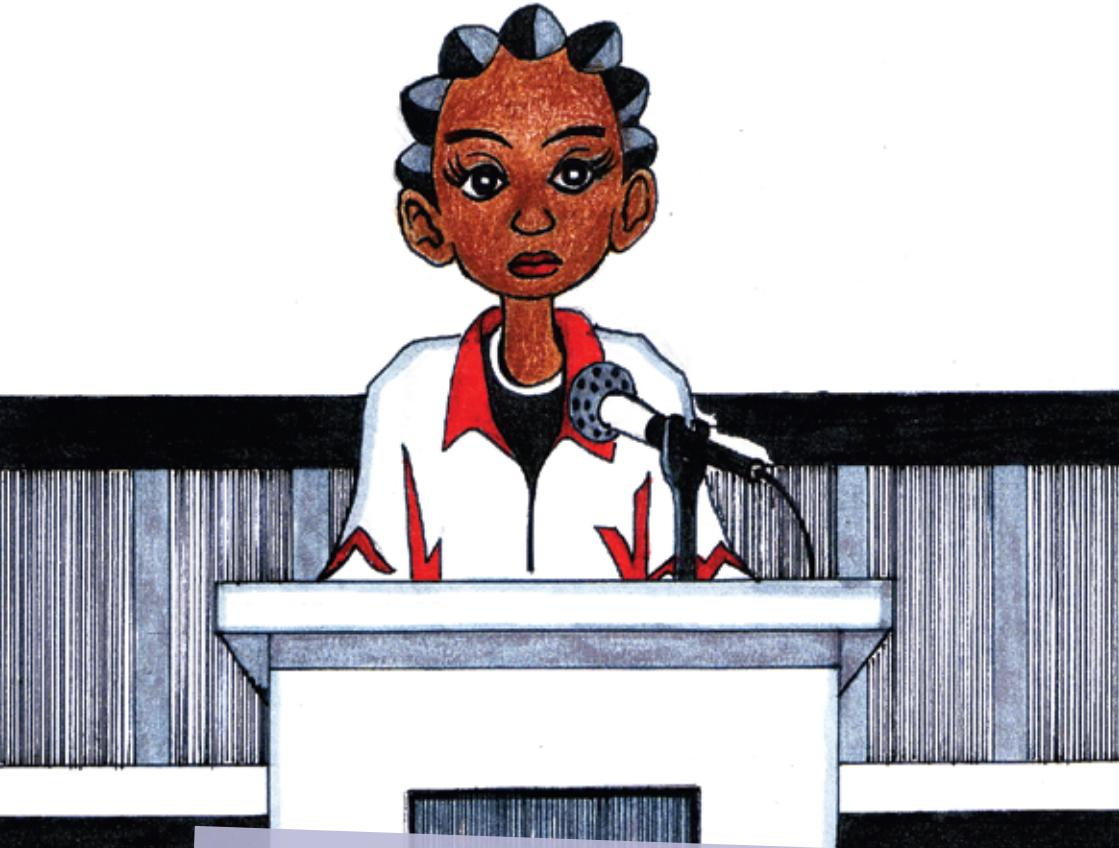
Mefiku loshibofa shaKauna, Kauna okwa ifanwa ponhele opo hapa yandjelwa oumbangi.



Kauna ota pulwa omapulo amwe tete.

Konima omupopiliko wopaveta okwe mu pula a hokolole eshi sha ningwa po. Kauna okwa hokololela ovanhu momhangu eshi sha ningwa po. Eshi osho nee hatu ifana okuyandja oumbangi. Okuyandja oumbangi osha hala okutya Kauna oku na okuyandja ouyelele. Osha hala yo okutya Kauna ota hokololele ovanhu momhangu eshi a ningilwa.

Kauna oku shi shi kutya ota ka pulwa omapulo aashi sha ningwa po. Omupopiliko wopaveta oha fi oshisho kutya Kauna oku udite ko omapulo nawa. Shimha omupopiliko wopaveta a mane, omukalelipo wopaveta oo e lile po nakulonga omunyonena, oo e lile po xekulu, naye oha pula omapulo onhumba kombinga yaashi sha ningwa po.



Natu pandule ina yaKauna eshi a lopota oshiningwanima eshi meendelelo osho yo kehokololo laKauna, olo la yandja oumbangi wa wana naxekulu yaKauna okwa monika etimba. Okwa tokolelwa odolongo opo eshi a ningila Kauna ehe shi endulule vali.

Kauna paife okwa hafa. Okwa fikama kuye mwene. Okwa lopota eshi a ningilwa. No nande Ngeno Kali, oku udite kutya okulopota eshi a ningilwa nokuya kexungomwenyo, okwe mu kwafa. Okwe mu kwafa opo oipute yaye iveluke. Ina tila vali nota dulu oku twikila nonghalamwenyo yaye.

Konima Kauna ayandja oumbangi....

TANGI UNENE
KAUNA. OTU KU UDITILE
OUNHWA.



Kombinga yoye oku li ngahelipi?

Ngeno oove wa li Kauna?

Ngeno owa ninga ngahelipi?

DIMBULUKWA

Omafimbo amwe ovanhu ohave tu yehameke komalutu nokeemwenyo. Osha finana u shiive kutya ngeenge omunhu okwe ku ningi nai ndee to nyika oluhodi ile u kватwe koumbada ile u handuke, OTO DULU OKULOMBWELA OMUNHU WONHUMBA ESHI SHA NINGAWA PO. Oto dulu okulombwela kaume koye, omukulunhu ile omulongi. Ngeenge owe shi popi omunhu ota fi oshisho kutya osha konakonwa mondjila. Ope na ovanhu ava ve na naave. Oto dulu okupopya navo. Otava dulu oku ku kwafa.

OMAHEPEKO HAA NINGILWA OUNONA NOVANYASHA

Ohaa kala pamaludi mahapu, oshihopaenenwa:

OMAHEPEKO OPALUTU

Ngeenge omunhu okwe ku denge neenyal ile noshinima shonhumba (omwiya, oshiti) e ku mbungambunga, e ku kapula ile e ku fanga oikando yonhumba.

OKUHAFILWA OSHISHO

Ngeenge ovakulunhu voye ile omufilishisho woye ta anye oku ku pa oikulya, ina hala u ye kofikola, ina hala okufuta ofikola yoye nota anye oku ku pashukila ngee to vele.

OMAHEPEKO OPAMWENYO

Ngeenge ovakulunhu voye ile omufilishisho woye te ku hanyene nai, te ku tale wa fa elai, te ku tuku, te ku ula kutya vati ngeno ku dalelwe ile te ku tale wa fa uhe na ongushu yasha.

OMAHEPEKO OPAMILELE

Ngeenge omunu wonhumba ta kumu oilyo yoye yopaumwene (konhulo, ile pedu loshiya) ile omunhu wonhumba e ku dule ta kumu oilyo yoye yopaumwene ndee te

ku kaleke ino manguluka. Otashi dulika yo shi kale omunhu wonhumba te ku ulikile omafano, ouvideo vovanhu tave likwata koilyo yopaumwene.

OPOLOXALAMA YEAMENO LOUNONA OSHIKE?

Opoloxalama yeameno lounona ohai yakula ounona ovo va ninga oihakanwa neembangi ve li koshi yomido 18. Opoloxalama ei oya totwa po opo i amene, i nya-mukule koiningwanima yomahepeko, i kelele ouxwapindi nomahapeko ounona. Otai kwafele yo ounona ovo va ninga oihakanwa yomahepeko opo va dule okukala nonghalamwenyo i li nawa konima eshi va ningilwa omahepeko. Shikwao vali omahepeko nouxwapindi hau ningilwa ounona komukalo keshe itau lididimikilwa. Nomolwaasho opoloxalama otai lalakanene yo okuninipika oiningwanima yomahepeko ounona. Otai lalakanene yo okulopota oiningwanima yomahepeko a ningilwa ounona noku va lombwela va ye kopolifi nokehangano lokwaamena oomeme nounona. Otai lalakanene yo okushilipaleka kutya oonakuhepekwa ova yakulwa nawa.

Oshikondo shoikwaveta mEhangano IOkukwafela mOikwaveta osho hashi longo

nOpoloxolama yeameno lounona.

OPOLOXALAMA YOMBANGI NOMUYAMBIDIDI WOKAANA OHAI LONGO SHIKE?

Ounona vahapu ohava ningi oihakanwa ndele itava dulu okufikama momhangu kuvo vene. Ounona ohava kala va tila nohava dulu okupiyaanekwa noupu komilandu edi hadi shikulwa. Eshi osho nee sha totifa po opoloxolama yOmbangi nOmuyambididi wOkaana. Opoloxolama yokulongekidila okaana okuya komhangu ohai lombwele nokuyambidida okaana ka ude ko omilandu domomhangu noilonga yavo momulandu omo. Eshi ohashi kwafele okaana kaha kale ka tila. Omunambelewa Ombangi nOmuyambididi wOkaana oye ha longekidile okaana okuya komhangu. Opoloxolama ohai kwafele okaana oko ka ningilwa omunyonena neembangi di yandje omahokololo noumbangi wado nopehe na omatilifo asha. Opoloxolama ohai longekidile ounona oku ka yandja omahokololo avo momhangu. Shikwao sha wedwa ko, opoloxolama ohai nyamukula omapulo oo ovadali, ovatekuli nokaana taka dulu okukala ke na kombinga yomulandu wopaveta.

OMUNAMBELEWA NOMUYAMBIDIDI WOKAANA OHA NINGI SHIKE?

Omunambelewa Omuyambididi wokaana oha kwafele okaana:

- moku ka longekidila okuya komhangu
- mokuyambidida okaana monghatu keshie yomomhangu
- mokupa okaananofamili yako ouyelele kombinga yoshibofa
- mokulongekida nokuya koyoongalele

nomupopilik wopaveta ponhele yokaana ofimbo omhangu inai hovela.

- mokufindikila okaana komhangu
- mokufatulilila okaana etokolo lomhangu
- mokutuma okaana keenhele oko taka dulu okumona omakwafelo ngaashi exungomwenyo.

Natango, Omunambelewa Ombangi nOmuyambididi wOkaana oha kwafele ovadali vokaana, ovatekuli ile ovafilishisho:

- moku va udifa ko omilandu domhangu
- mokuyambidida ovadali va ude ko eshi tashi ka ningilwa okaana kavo momukokomoko womhangu
- mokukwafa ovadali va ude ko omaupyakadi opamwenyo omo vo no kaana kavo ve na okupita
- moku va pa omayele nghee tava yambidida okaana kavo monghalo omo ke li.
- moku va shololifa vaha mweneka oshibofa

OMUNAMBELEWA NOMUYAMBIDIDI WOKAANA OTO KWATAFANA NAYE NGAHELIPI?

Osha fimana opo okaana ka tumwe kOmunambelewa nOmuyambididi wOkaana diva ngaashi tashi dulika shimha oshibofa sha lopotwa kopolifi, kutyta etokolo langeenge oshibofa otashi i komhangu ola ningwa ile inali ningwa. Oto dulu okupula omupolifi wokOshikondo shEameno IOmeme nOunona a pe okaana Omunambelewa Ombangi nOmuyambididi wOkaana.

NGEENGE OWA PUMBWA OUYELELE WA WEDWA KO, OTO DULU OKUKWATAFANA NOMAHANGANO TAA SHI-KULA



LEGAL ASSISTANCE CENTRE, AIDS LAW Unit

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Eembelewa dopoloxolama dEameno

!Okaana:

movenduka – odi li moshikondo shEameno
loomeme nounona
oselula: 0855518099

moRehoboth – odi li poErf No. 55 Block
B Oselula: 0851491474

moRundu – odi li moshikondo shEameno
loomeme nounona, Rundu
oselula: 0851246268



LIFELINE/CHILDLINE

45 Bismarck Street
P.O. Box 5477
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Tel: Crisis Line: 061- 232 221
Tel: Child Helpline: 116 toll free from any
cellphone or landline
Tel: Office: 061 - 224 339
www.childhelplinenamibia.org



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