

LAC

ETJANGWA 1

MAWOKOWOKO

wa ha tjira hena



LEGAL ASSISTANCE CENTRE



USAID
FROM THE AMERICAN PEOPLE



Elikwamo lyEpopero IyoUmbangi woMunona kuna kara projeka zoRuha roVeta no-AIDS roLegal Assistance Centre meruganenokumwe noLifeline/Childline ntani noPeace Centre.

Kabuke aka koyifanozoreso kwa ka tota po nokukahanesa Ruha roVeta no-AIDS roLegal Assistance Centre. Kabukezoreso aka kuvhura kukavhukisa mawokowoko koyitambo ye- rongo, sinene tupu vana divisa runone.

Kabukezoreso aka kwa ka tulisa po nombatero zoyimaliva yokutunda kovantu vaAmerika koUnited States Agency for International Development (USAID) kuitira melipakerero PACT Namibia. Yikaramo kuna kara situmbukira soLegal Assistance Centre ayo kapi yina karere po nawa-nawa magano go-USAID ndi gEpangero IyaAmerika (United States).

Mafano kwa Jacob Shingenge
Efanekobuke: ZILA Designs cc

©Legal Assistance Centre 2011

Kauna ana gughu. Age kapi ana hafa. Kuna kara nosihoramo.
Kuna kulizuvha yoyidona. Makura ta zi kozina a ka uyunge nawo.



NANE, AME NINA HARA
KUUYUNGA NONEYOKU-
HAMENA OTAMWA MAN-
TUME. OTAMWA NANI
VADONA.



YINKE KAYI
HOROKERE?!

Hekurwendi nga kwatadara koyilo yendi yonomuga. Moruhura, ezuva limwe, oguhwegona tava mu kwaterere kononkondo.



Nampili ngano pa pite siruwo kutunda apa vana ku kwaterere kononkondo, ove kuvhura simpe kuyirapota. Vaporosi nava ku vatera mokupongaika umbangi. Kuna kara nomulyo kudiva asi nsene vana ku kwaterere kononkondo wa ha likuhwa tanko yeeyi wa hepa ku ka ku konakona ndokotora.

Kauna ta lili. Ozina nawo tava lili. Ozinya Kauna vana handuka.

NAYINYE NAYI HUNGAMA TUPU, MUN-WANGE. VETA NAZI TU POPERA. OSE EYI TATU KAYI RAPOTA KORUHA ROKUPO-ERA VAKADI NOVANONA.



Ko Women and Child Protection Unit (WACPU) yilyo evango oku a zi muntu a ka rapote mahepeko govakadi novanona. Nsene kapi ono kuvhura kuza ko-WACPU, wa hepa kurapota kosasiyona zovaporosi zopopepi. Kuvhura hena o toone ngodi 116 (mawokowoko) o rapote eyi yina ku horokere.

Makura, Kauna nOzina tava zi koRuha rwakarerapo epopero lyo Vakadi noVanona.



Kauna ta tantere muporosi asi hekurwendi ka mu kwaterere kononkondo.
Muporosi ta purakene nokutjanga esaneko lyendi.



NANE, KUVHURA NI GWANE
MBAPIRA ZOMVHARERWA
ZAKAUNA?

NINA PANDURA EYI MUNA YAYI RAPOTA.
OSE NATU MU VATERA. AME NANI ZIGIDA
NDOKOTORA. AGE TA YA RUGANA EKONA-
KONO LYOPAUHAKU NOKUZWIDAYIMBAPIRA
YOHEPERO. OSE EYI NGATUYI RUGANESA
NGOUMBANGI.

NANE, NSENE YINA PU OYO MUNA HEPA KUZA
KWANDAPEWA. AGE MUNAMBEREWA GOKUKWATESA
KO UMBANGI WOMUNONA. AGE NA MU VATERA MU PITE
MO MWANAYINYE SIRUWO TUNA KUTWIKIRA NOMA-
KONAKONO.

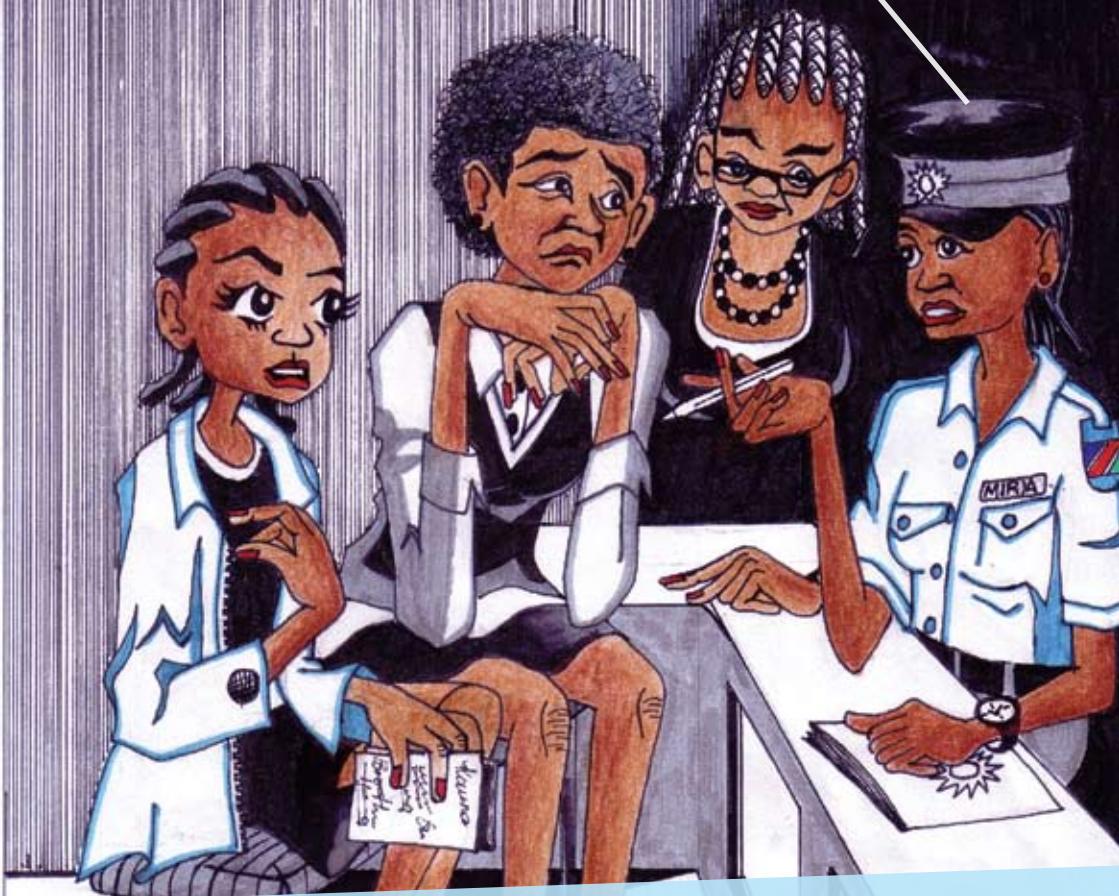
*Nsene munona kapi ga kara nonodokumende, vakurona novareli va hepa kureta nodokumende dawo.

Makura, ozinyaKauna tava reta Kauna koMunamberewa goKukwatesa Umbangi woMunona, Ndapewa. Ndapewa muntu gombili. Vanamberewa woKukwatesa ko Umbangi woMunona kwa kara moVenduka, Rehoboth nomoRundu.



NINA MUTAMBURA. EDINA LYANGE NDAPEWA. AME MUNAMBEREWA GOKUKWATESA KO UMBANGI WOMUNONA. AME KUNA KARERE PO KUMUVATERA. SIRUGANA SANGE KUNA KARA SOKUVATERA KAUNA A LIRONGIKIDIRE MPANGURO. NINA DIVA ASI KUGAVA UMBANGI MOMPANGURO KUVHURA KUKARA SININKE SOKUTJILISA. KWA KARA KO MAUWA GOMANZIMOKULIWAPAIKIRA MPANGURO. AME NANIKU VATERA KUMWE NONANE WOGE MONGENDESESO NAZINYE ZOMPANGURO. NGENDESESO EZI NAZIKARA URE WOMAKWEDI. AME NGANI MU DIVISIRA NKENYE APA OKU ZINA KUGENDERIA MPANGURO. KUVHURA NI RONGIKIDE ASI NOVE NONANE WOGE MU KA GWANEKERE NOMUKWAMAKWAMI (MUHETI). AME NGANI ZAKUMWE NOGE MOMPANGURO. NGANI KU VATERA MOKUKUFATWILIRE ETOKORO LYOMPANGURO. NINA DIVA ASI ORU NGARU KARA RUGENDO RORURE, RORUDIGU NOKUKORESA KOGE, KAUNA...NYE...NGAYI KU WAPE RA.

NINA DIVA ASI MUNA PITI MOSIRUWO ESI
NOUDIGU. TANI MUTUMU KOLIFELINE/CHILD-
LINE NOKOPEACE CENTRE. AWO NAVA KA MU
VATERA NOMPWAGETJIMA ZENI.



Mosiruwo oso, vaporosi kuna kukonakona udigu. Awo vana pongaike umbangi wokugwananena va vhure kuheta hekurwa Kauna.

Age kava mu kwete nokumuninka a lifiture mo. Vantu ava vana kwata kuvhura kuvaninka va lifiture mo. Eyi kuna kutanta asi age vana mu pulisire a pwage modorongo, nokonda asi ga ha tunda mo mosirongo age hena ga ha za pepi nomuhepekwa/musivani. Posiruwo sooso hena tava gava mazuva gokukwama ko goku ka moneka mompanguro.

Makura muporosi ta tumu mpunda zaKauna (omu muna kara udigu waKauna, umbangi wendi nesaneko lyendi, ngo.ngo.) komukwamakwami/muheti a ka zi tarurure.



Mukwamakwami/muheti yige hahende ogu a gava umbangi mompanguro mokulikida asi ukorokotji kau horokere. Vakwamakwami kuruganena epangero ano awo kukarera po muntu ogu vana zonene momaudigu goukorokotji va hete muntu ogu ana zono. Mukwamakwami kukarera po muntu moudigu woukorokotji a hete muntu ogu ana zono ana taguruka veta nokukoresa muntu.

Mukwamakwami kuna kukarera po Kauna a hete oguhwegona. Mukwamakwami na vatera Kauna nozina komeho zokutameka mpanguro. Mukwamakwami ana tarurura mpunda zaKauna yiyo ana hafere umbangi una kara mo. Mukwamakwami ta tokora asi Kauna ga hepa kukatantera vantu mompanguro eyi kayi horokere.

Nayinye eyi kuvhura kugusa makwedi gongandi.

Ndapewa kwa ruganena kumwe naKauna mokumurongikidira mpanguro. Elik-wamo lyelirongikidiro mpanguro kwa kara noyinema 10 kwankenye umbangi womunona.

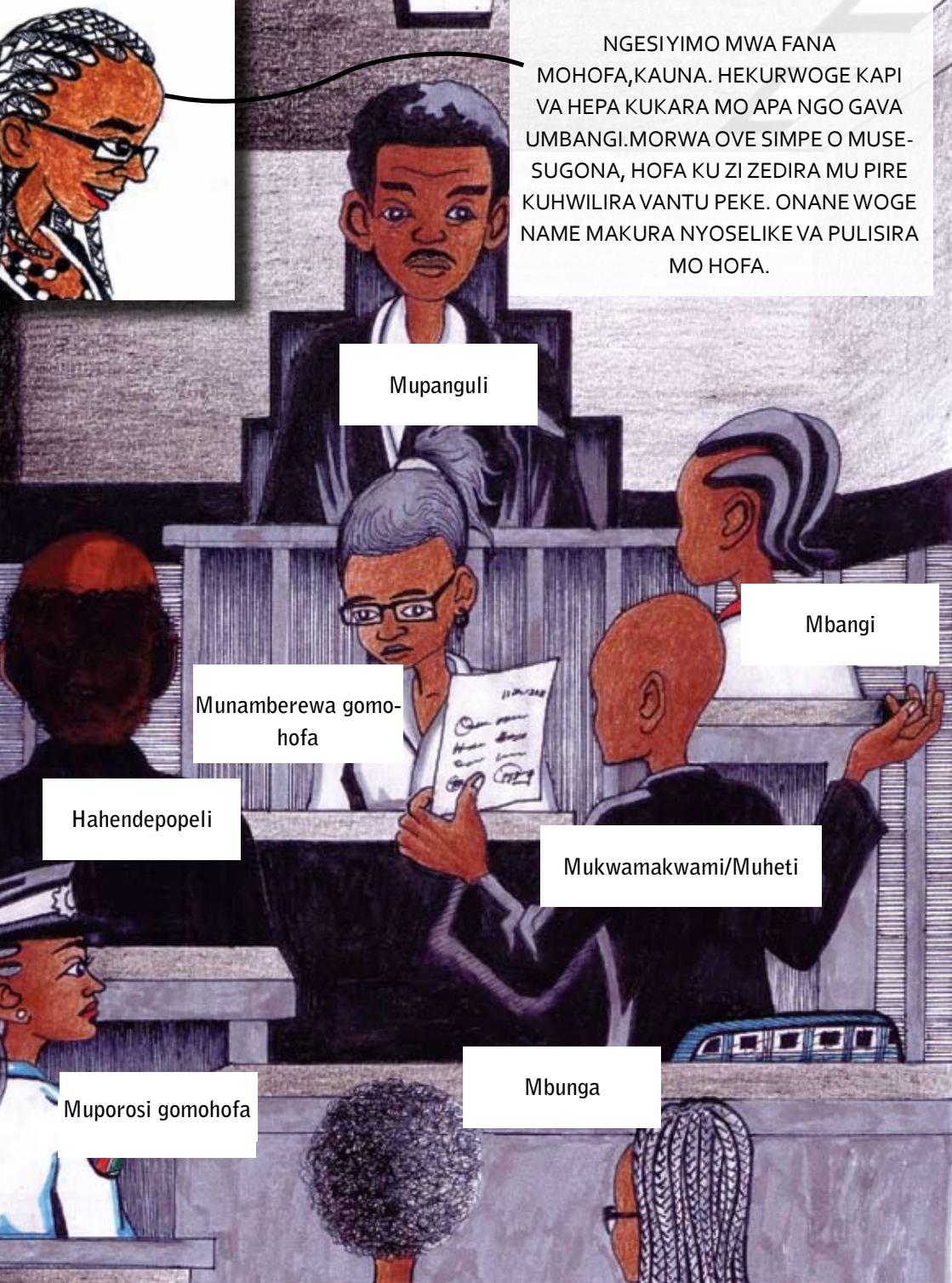
KAUNA, NINA HARA O GWANEKERE
NOMUKWAMAKWAMI. AGE NGA KU
VATERA MOMPANGURO.

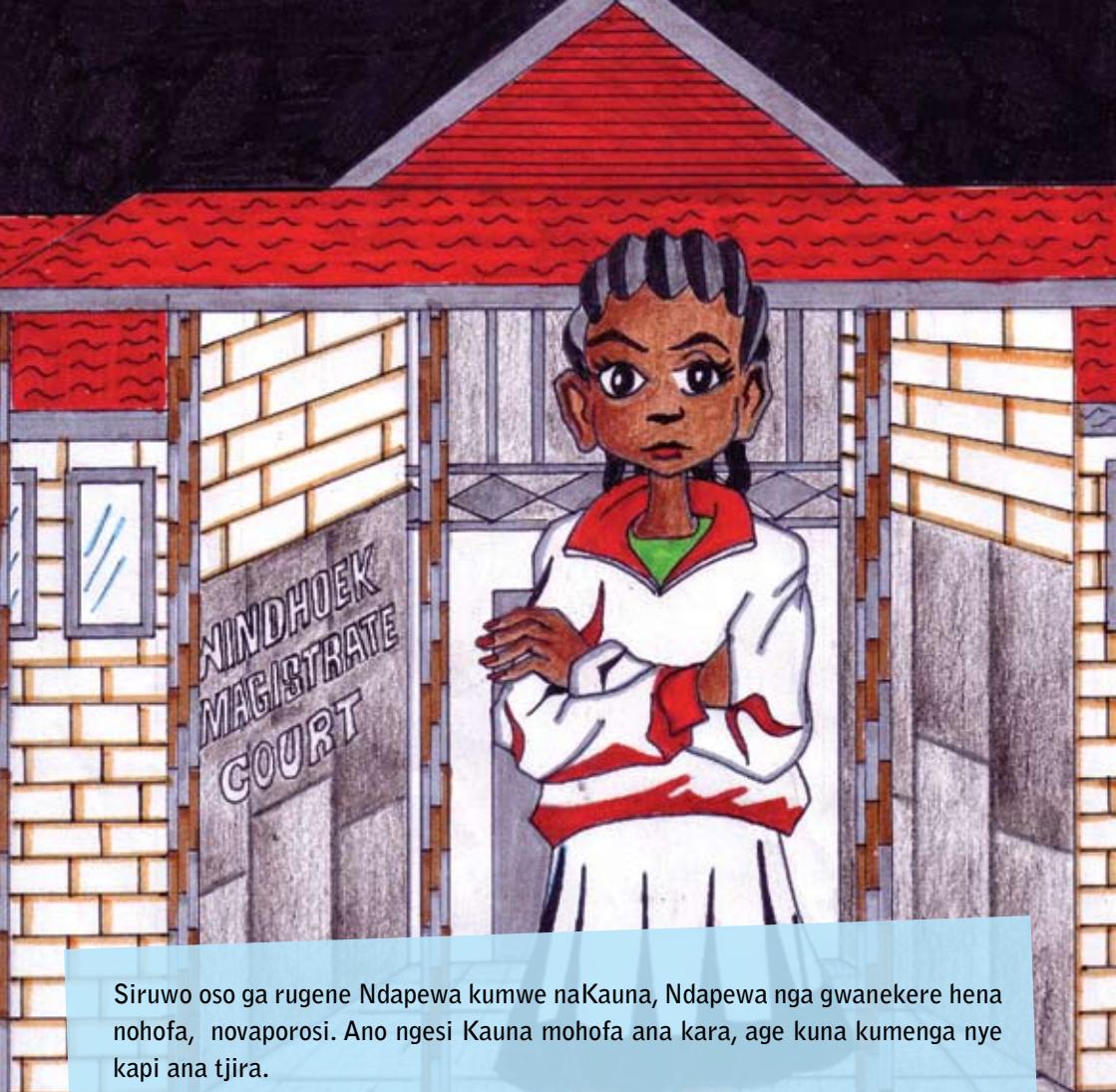
NAWA KUGWANEKERA
NOGE KAUNA. ONO RARA
PO NDI?

NINA RARA PO, MPANDU. NAWA
KUGWANEKERA NOGE HENA,
MUNEKUTO.

Posiruwo serongikidiro mpanguro, Ndapewa ta fatwilire Kauna asi wolye ava kara mo hofa, ntani yinke ayi horoka mo. Moruhura Ndapewa ta fwatwilire Kauna eyi ayi horoka konyima zompanguro. Age ta tantere Kauna hena asi nage nga kara mompanguro apa nga gava Kauna umbangi mompanguro.

Yivike yivali komeho zepanguro, Ndapewa ta likida Kauna monda nopo-nze zohofa. Ndapewa ana hara Kauna a dive omu za fana mpanguro. Siruwo nasinye Ndapewa ta rongo Kauna omu na kara ana peperere nokulididimikira utjirwe. Moomu ana kurugana Ndapewa kumwe naKauna, Kauna nage ta tame-ke kukara nehuguvaro lyokumoneka mompanguro. Utjirwe nomalimbiliro gendi gokuhamena kuza kompanguro taga dongonoka. Utjirwe wendi wokuhamena kusansekera vageni mompanguro eyi ya horoka nawo tau liwora kumutunda. Age ta zi hena koLifeline/Childline noPeace Centre a ka gwane uhakumwenyo.

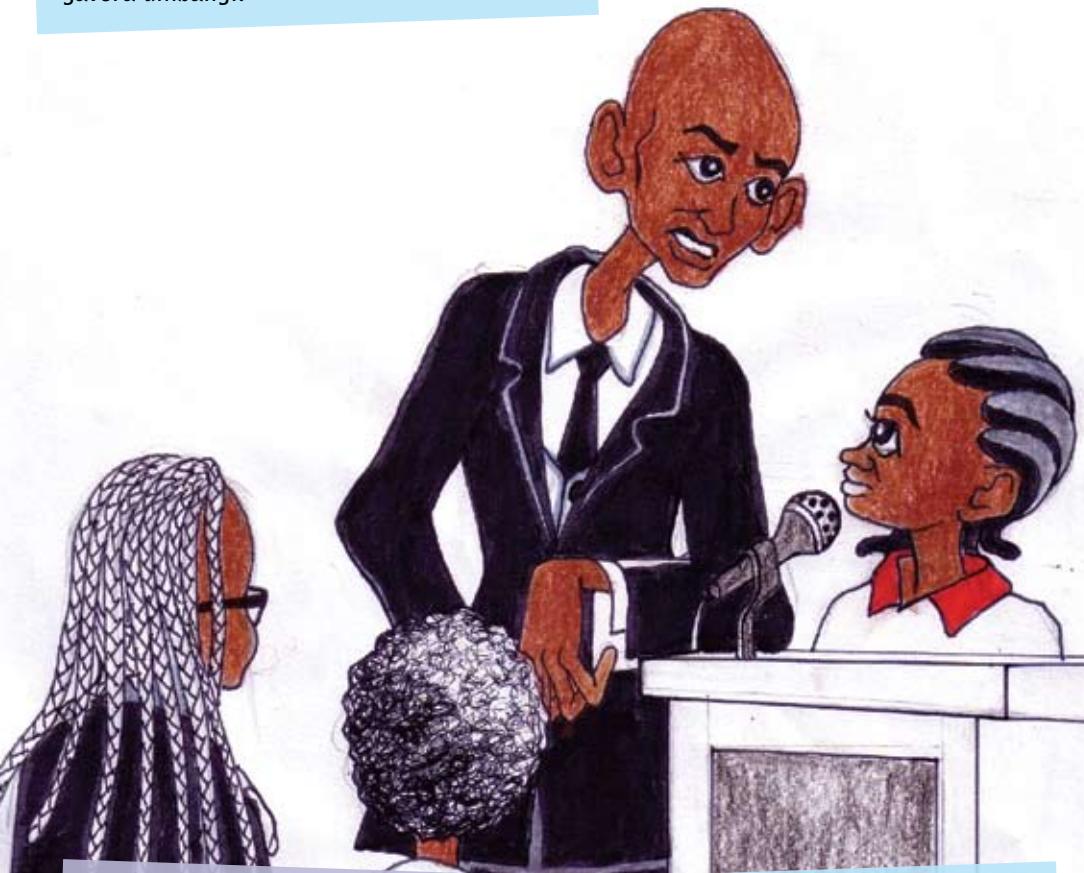




Siruwo oso ga rugene Ndapewa kumwe naKauna, Ndapewa nga gwanekere hena nohofa, novaporosi. Ano ngesi Kauna mohofa ana kara, age kuna kumenga nye kapı ana tjira.

Kauna mweli monkondwa zokundindilira. Age ta ndindire siruwo sendi a kasanekere mpanguro eyi ya muhorokere. Kapiva pulisira yifombudi, vanaradio ndi woterevisi kuhwilira mohofa nsene kuna kupurakena ko nonkango (udigu) domunona. Pamwe hena musimapekwa nage kapi ava mu pulisire kukara mo mohofa siruwo oso musesugona/mbangi ana kutantera mupanguli eyi ya muhorokere. Eyi kuyirugana ngoso morwa vanona kukara nompwagetjima nsene vanam-budi ndi musimapekwa a kara mo mohofa.

Mezuva lyompanguro zononkango daKauna,
Kauna tava mu zigida a hwilire mokankotje koku-
gavera umbangi.



Pomuhowo Kauna tava mu pura mapuro gokuhovesa.

Konyima zeyi, mukwamakwami ta pura Kauna eyi ya horokere. Kauna ta sansekere vantu vana kara mompanguro eyi ya mu horokerere, eyi yiyo atu tumbura asi kugava umbangi. Kugava umbangi kutanta asi Kauna ga hepa kutantera vantu ava vana kara mompanguro eyi ya mu horokerere.

Kauna ana diva asi nava mu pura mapuro gokuhamena kweyi ya mu horokerere. Mukwamakwami ta divilisa asi Kauna mapuro ana ga zuvhu nawa. Apa na mana mukwamakwami, hahendepopeli, ogu ana kara hahende zoguhwegona, nage ta mu pura mapuro gongandi gokuhamena eyi ya horokere.



Kuyipandwira ozinyaKauna ava va genderere ku ka rapota noumbangi waKauna, mauzera gokugwanena kwa ga geve mo-hofa, makura hekurwa gwa Kauna tava va gwana unzoni. Awo kwava tomene no kukara modorongo yipo a dire hena kukoresa vantu.

Kauna ngesi ana hafa, age kwa lisimbire mwene sidigo noku ka rapota eyi ya mu horokerere. Nampili ngano asi gaka zumbanesere mo hofa, age kuna kulizuvha asi kurapota eyi ya muhorekera nokuza o ka gwane uhakumwenyo, ya mu vatera unene. Ya vatera kumuverura. Age kapi hena ana kara nowoma. Age kuvhura kutwikira neparu lyendi.

Konyima zokugava umbangi Kauna...

MPANDU KAUNA.
OSE TUNA KU PANDA.



DIWOROKA

POYIRUWO YIMWE VANTU KUTUZUVHISA KUKORA PANYAMA NOPAMALIZUVHO. Yina kara nomulyo koge o dive asi nsene muntu ana kuzuvhisa kukora, ove o lizuvhe yoyidona, o kare nowoma ndi o limbilirwe, OVE KUVHURA KUTANTERA KO MUNTU GONGANDI POOP0. Ove kuvhura kutantera ko mukweni, mukurona gongandi ndi murongi. Awo ngava divilisa asi va ku ruganene sininke souhunga. Po ve li vantu ava va kara nosinka. Ove kuvhura kuzogera nawo. Nava ku vatera.

MAHEPEKO GOVANONA NO-VADINKANTU

Ago kukara momarupe gomanzi, yi-honena yimwe:

EHEPEKO LYOPANYAMA/RUTU

Nsene muntu ta ku toona nomawoko ndi nosikwata (liva, sitji), ta ku nyunganga, ta ku kapura ndi ta ku sangagura.

EZUMBILIRO/ESIGILIRO/EGCENUNO

Nsene vakurona woge ndi mureli goge a nyoka kukupa nondya, a nyoka kukutjanga-sa kosure, a nyoka kukufutira sure noku-nyoka kukupakera mbili nsene to vere.

EHEPEKO LYOPAMALIZUVHO

Nsene vakurona woge ndi mureli goge ta ku tugumukire, ta ku ninki o lizuvhe asi o mugova, ta ku tuku, ta ku tantere asi nay-imwesi va ku hampurukira ndi ku kuninka o lizuvhe asi ove kutupu mulyo.

EHEPEKO LYOPAYILYO YONOMUGA

Nsene muntu ta kwatadara yilyo yoge yonomuga (ponturo ndi mavere goge ndi posinena) ndi nsene muntu gomukurona ta ku ninki o kwatadare yilyo yendi yono-

muga nokukuninkisa o dire kulizuvha nawa. Kuvhura hena kukara asi muntu ana kukulikida mafano, yifanekwa, novideo dovantu vana kukwatadara yilyo yovantu peke.

YINKE ELIKWAMO LYE-POPERO LYOMUNONA?

Elikwamo lyEpopero IyoMunona kuvatera vanona ava va hepeka nonombangi dokonhi zonomvhura 18. Elikwamo eli kwa li tota yipo li popere, lilimburure koyihorokwa, likandane po nyanya, eninkiliromo nehepeko lyovanona. Alyo hena kukambadara kuvatera vanona ava ava tupukamo momahepeko va lididimikire eyi ayi tundu momahepeko. Yimo hena mahepeko nonyanya zovanona morupe nkenye kapi rwa pulisirwa. Morwa eyi, elikwamo eli kwa tambo kugoromona etamburoko lyonyanya zovanona. Alyo hena kwa tambo kuzerura marapoto gonyanya zovanona komavegarapotero ngwendi kosasiyona zovaporosi nokoRuba rwakarerapo epopero Iyo Vakadi noVanona. Alyo hena kwa tambo kudivilisa asi vatupukimo monyanya zovanona va gwane mbatero zo-mulyo.

Ruba roVeta no-AIDS (ALU) roLegal Assistance Centre kwa demenena kElikwamo IyoKuvatera Umbangi woMunona.

YINKE ELIKWAMO LYOKU-VATERA UMBANGI WOMUNONA?

Vanona wovanzi kapi va pama nokuvhura si kulididimikira ngendeseso zondigu zoypangura youkorokotji. Vanona kutukuka, kuka nowoma nokuvatjilisa noureru ngendeseso zoypangura. Eyi yiyo nye va totera po elikwamo lioKuvatera Umbangi woMunona. Elikwamo lyelirongikidiro mpanguro kupukurura nokuvatera munona yipo a zuvhe ko ngendeseso zoypangura nosirugana sendi mongendeseso ozo. Ano eyi mwayene tayi vatere kugoromona utjirwe womunona. Vanamberewa woKuvatera Umbangi woMunona (CWSO) kurugana marongikido gompanguro. Elikwamo eli kuvatera vaherekwa wovanona nonombangi yipo va gave umbangi wawo mompanguro va hana untjirwe. Elikwamo kurongikida vanona va vhure kugava umbangi mompanguro zoukorokotji. Mokugweda ko, elikwamo kulimburrura mapuro nkenye aga na vhura kukara nago mukurona, mureli ndi munona gokuhamena ngendeseso zoveta.

YINKE A RUGANA MUNAM-BEREWA GOKUVATERA UMBANGI WOMUNONA?

Munamberewa goKuvatera Umbangi woMunona (CWSO) kukwatesa ko umbangi womunona mononkedi edi:

- Kurongikidira munona mpanguro
- Kugava mbatero negameno mwankenye ntambo zongendeseso zompanguro
- Kudivisira vakurona nomunona oku yina kugendera yipangura
- Kurongikida nokukara po poyigongi yomunona kumwe nomukwamakwami yokomeho zoypangura

- Kukaresa ko munona moyipangura
- Kufaturura etokoro
- Kutulisa po marongikido gouhunga go-kutuma munona kouhakumwenyo ndi kombatero zopamagano.

Mokugweda kweyi, Munamberewa goKuvatera Umbangi woMunona (CWSO) kukwatesa ko vakurona wo-munona, vareli vendi ndi vapakelimbili mononkedi edi:

- Kuninka vakurona va zuvhe ko ngendeseso zoypangura
- Kuvatera vakurona va dive asi yinke nayi horokera vana vawo mosiruwo oso
- Kuvatera vakurona va kwate egano malizuvho gokulisiga-siga aga nava lididimikira awo kumwe novena vawo
- Kupa vakurona magano gokuhamena omu nava kwatesa ko vana vawo va yoworoke mo mongendeseso ezi
- Kupa vakurona/vareli novapakelimbili mukumo yipo vadidimike nokukara nelituramo moyipangura

NGAPI OMU NO GWANEK-ERA NOMUNAMBEREWA GOKUVATERA UMBANGI WOMUNONA (CWSO)?

Kuna kara nomulyo unene asi munona ndi mudinkantu va mu tware koMunamberewa goKuvatera Umbangi woMunona (CWSO) pangenderera konyima tupu zokurapota mugazarerwa, yi kare asi vana tokora nare ndi simpe yokuhamena kutwara nonkango domunona kompanguro ndi hawe. Ove kuvhura kupura muporosi ogu ana kara kevega lyakarerapo epopero lyovakadi noVanona yipo a tware ogo munona koMunamberewa goKuvatera Umbangi woMunona (CWSO).

KOMAUZERA GOMANZI, GWANEKERA NOWO VANA KUKWA-MA KO



LEGAL ASSISTANCE CENTRE, RUHA ROVETA NO-AIDS

Elikwamo lyEpopero Munona
4 Marien Ngouabi Street
PO Box 604
Windhoek, Namibia
Ngodi: (0)61 223 356
www.lac.org.na

Nomberewa d'Elikwamo lyEpopero Munona

Windhoek - kwa kara metungo lyoWomen
and Child Protection Unit
Cell: 0855518099

Rehoboth – kwa kara poErf No. 55 Block B
Cell: 0851491474

Rundu – kwa kara moWomen and Child
Protection Unit, Rundu
Cell: 0851246268



LIFELINE/CHILDLINE

45 Bismarck Street
PO Box 5477
Windhoek, Namibia
Ngodi: Zomosimpagwa: 061-232 221
Ngodi: Zokukwafa Munona: 116 kuzi-
toona mawokowoko kongodi zopomawoko
ndi ngodi zokopara
Ngodi: Mberewa: 061-224 339
www.childhelplinenamibia.org



PEACE Centre

26 Rhino Street
PO Box 59617 Bachbrecht
Windhoek, Namibia
Ngodi: 061-371 793
www.peace.org.na

