

UHLELO LOKUVIMBELA IZINGANE EZISENCANE EZISAKHULA

ISICHICILELO SESIZULU SASENIGIZIMU AFRIKA



Mayelana ne-A21: I-A21 iyinhlangano yomhlaba wonke elwa nokushushumbiswa kwabantu ezinikele ekuqedeni ubugqila yonke indawo unomphela. Nakuba kunezigidi ezigqilaziwe emhlabeni namuhla, i-A21 isaqhubeka ekutheni igxile kokukodwa—endodeni eyodwa eyisigqila, kowesifazane oyedwa oyisigqila, nasenganeni eyodwa eyisigqila. Indlela yethu ephelele yokuqeda ubugqila bezinsuku zanamuhla iwukufinyelela (*Reach*), ukuhlenga (*Rescue*), kanye nokubuyisela impilo esimweni sakuqala (*Restore*) ngokunciphisa ukuba sengcupheni, ukusiza izisulu, nokuvivisa labo abasindile. Ngokubambisana nemizamo yabasekeli emhlabeni wonke, i-A21 ikholelwa ukuthi ubugqila bungavinjelwa, izisulu zingabonakala futhi zisizwe, abenzi bobubi bangagwetshwa, besekuthi izigidi zabasindile zikwazi ukuphila ngokuzimela. Ukuze uthole ulwazi olwengeziwe, vakashela: A21.org.

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Ukuzihlangula: Bonke abalingiswa nezindaba kulesi sisetshenziswa kuyinto eqanjwe. Amagama asetshenziswe kuleso nakuleso simo akuwona awabantu esibaziyo noma awamele abantu abathile. Akusho ukuthi kulezo zifunda eziphawuliwe esimweni ngasinye lolo hlobo lokushushumbiswa kwabantu lwenzeka kuzo kuphela.

Okumele kwaziwe mayelana nokuqokethwe: Kubalulekile ukuqonda ukuthi izingane ezike zahlukunyezwa kuyaye kube khona izinto ezingahle zizikhumbuze ngokuhlukumezeka kwazo. Lolu hlelo ludingida izihloko ezibandakanya ukuthintwa okungamele kwenziwe nokuthintwa ngendlela engaphephile, abantu abakhohlisayo, nezimfihlo ezingaphephile, ezivame ukuhlobana nezimo zokuhlukumeza. Izingane zingakhunjuzwa ngokuhlukunyezwa okwedlule noma kwamanje futhi zingakudalula lokhu kumgugquzeli (noma kungenzeka zesabele ngendlela yangokwemizwa noma ngokomzimba). Sicela uqinisekise ukuthi uyazazi izinqubo zokuvikela nezokubika esikoleni sakho, enhlanganweni, kanye/noma ezweni ngaphambi kokwenza lolu hlelo.

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UHLELO KAFUPHI LOKUVIMBELA IZINGANE EZISENCANE EZISAKHULA

Uhlelo Kafuphi Lokuvimbela Izingane Ezisencane Ezisakhula (Iwe-ECPP) wuhlelo olugxile ezinganeni, olusekelwe emisebenzini eyenzelwe ukuhlomisa izingane ezisengcupheni luphinde luzihlomisise ngamathuluzi ezokuphepha ukuze zivikeleke ezimweni ezingaba yingozi empilweni yazo njengoba zisencane. Enye yezinjongo ezinkulu zalolu hlelo ukuvimbela izingane ezincane ukuba zibe izisulu zokushushumbiswa kwabantu. I-ECPP inezinhlobonhlobo zemisebenzi yokuhlanganyela, ehambisana neminyaka njengoba yenzelwe izingane ezineminyaka emi-3 kuya kweyi-6 ubudala.

Lolu hlelo lwenzelwe ukuba luqhutshwe othisha basenkulisa, othisha bamabanga aphantsi, abeluleki abayimihlahlandlela, abazali nabakhulisi bezingane, nabaholi bomphakathi bezemfundo yezingane ezisakhula. I-ECPP ingaqhutshwa kunoma yimuphi umphakathi nanganoma yisiphi isikhathi. Indlela ekahle yokwethula lolu hlelo wukuthi lwethulwe izikhathi eziningi phakathi nonyaka, kusetshenziswe izindlela zophindaphinda ukuze usize izingane zifunde, zikwazi ukugcina lokho ezikufundile ezingqondweni zazo, nokuthi zikwazi ukuthi zisebenzise lolu lwazi ezilunikezwa ohlelweni.

INHLOSO

Kulinganiselwa ukuthi abantu abaphakathi kwezigidi ezingu-20,9 nezingu-40,3 bayizigqila zesimodeni.¹ Isisulu esisodwa kwezine zokushushumbiswa kwabantu yingane.² Sikholelwa ekuhlomiseni isizukulwane esilandelayo ngamakhono okuzivikela kulokhu kwepulwa kwemithetho kanye namathuba okuxhashazwa. Izingane zisengcupheni ngokwemvelo, futhi ucwaningo lukhombisa ukuthi izimo ezimbi izingane ezihlangabezane nazo ngesikhathi zisakhula (Adverse Childhood Experiences (ama-ACE) lezo zimo zivame ukuba nomthelela ekushushumbisweni kwazo.³ Ngakho-ke, izingane zidinga ukuqonda ngobungozi bezimo ezingaphephile ezingadala umonakalo kuzo. Yingakho ukuvimbela kubalulekile ekulweni nalokhu kuphulwa kwamalungelo abantu, nasekubhekaneni nalezi zinkinga lapho izingane zisencane zisakhula. Sithemba ukuthi sizogala ukufundisa izingane, othisha, nabazali ukuthi benze izinguquko ngalolu hlelo. Ukuqeda ukushushumbiswa kwabantu nokuxhashazwa kuyenzeka esikhathini sokuphila kwethu. Ngalolu hlelo nangosizo lwakho, sizokwazi ukufinyelela lapho esiphokophelele khona.

IZINJONGO

Ngalolu hlelo kuhloswe ngalo ukweseka izingane kanye nabagquguzeli ukuthi:

1. Bahlonze abantu ongabethemba kanye nabakhohlisi
2. Ukwazi izindlela zezokuphepha zokuvimbela
3. Ukwakha amasu mayelana nezindlela zezokuphepha komuntu siqu sakhe

UBUDE BESIKHATHI

Uhlelo luqukethe amaseshini amathathu ezinezingxenye ezimbili ngayinye. Loluhlelo

¹ Inhlango Yezabasebenzi Yamazwe Ngamazwe kanye ne-Walk Free Foundation. (2017). *Umsebenzi ophoqeletwe, ubugqila besimanje kanye nokushushumbiswa kwabantu*, e-Geneva, Septhemba 2017, p5, https://www.ilo.org/global/publications/books/WCMS_575479/lang--en/index.htm.

² Inhlango Yezabasebenzi Yamazwe Ngamazwe kanye ne-Walk Free Foundation. (2017). *Umsebenzi ophoqeletwe, ubugqila besimanje kanye nokushushumbiswa kwabantu*, Geneva, September 2017, p5, https://www.ilo.org/global/publications/books/WCMS_575479/lang--en/index.htm.

³ CenterIsikhungo Sokulawulwa Nokuvimbela Izifo. (2022). Izimo Ezimbi Izingane Ezisakhula Ezihlangabezane Nazo (ama-ACE): <https://www.cdc.gov/violenceprevention/aces/>

luyaguquleka ukuze luvumelane nezidingo zabagqugquzeli nezingane. Isikhathi esiphakanyisiwe sengxenye ngayinye phakathi neseshini siphakathi kwemizuzu engama-30 nehora elilodwa. Iseshini ngayinye inezingxenye ezimbili. Abagqugquzeli bangakwazi ukwenza isethulo sengxenye ngayinye emakilasini ahleleke ngezindlela ezihlukene. Noma kunjalo, kugqugquzelwa ukuthi izethulo zalolu hlelo kube yinto okuxoxwa ngayo ngokuqhubekayo ukuze izingane zibambe lolu lwazi olubalubalulekile kuwo wonke unyaka wesikole.

IZITHAMELI

Izingane ezineminyaka esukela kwemi-3 kuya kweyisi-6 ubudala; i-ECPP ingaqhutshwa nabantu (okungaba, abazali, abanakekeli bezingane) noma neqembu labantu ngaphandle kokubheka inani labo (okungaba yinkulisa, ikilasi, uhlelo lomphakathi).

IMIBUZO EYENGEZIWE

Kuwo wonke amaseshini, kunemibuzo eyengeziwe. Kuhloswe ngayo ukuba ibuzwe ngokwezinga eliphezulu futhi kunconywa ukuthi ibuzwe izingane ezineminyaka esukela kwemi-5 kuya kweyisi-6.

UHLAKA LWESESHINI NGAYINYE

- **Yenza amalungiselelo:** Gqamisa izinsiza ezidingekayo kanye namagama abalulekile adingekayo ukuze umgqugquzeli akwazi ukuhambisa iseshini
- **Yenza isingeniso:** Zilungiselele lokho okungahle kwenzeke ngesikhathi kwethulwa iseshini
- **Hlanganyela:** Bandakanya izingane ezimweni zokufunda ngokwenza uphinde uzinikeze isikhathi sokucubungula isethulo seseshini
- **Khuthaza:** Gqugquzela izingane ukuba zithathe isinyathelo ngokwesabela ngomlomo noma ngokubhala futhi zisebenzisane nophathina kuphrojekthi noma neqembu kuphrojekthi ukuze ihambe iseshini
- **Umsebenzi:** Kufakwe umsebenzi kuseshini ukuze isisekelo sayo siqhubeke

AMAGAMA ABALULEKILE

Kuzochazwa amagama abalulekile, abhalwe ngokujiyile akulo lonke lolu hlelo.

AMASAMPULA EZIMPENDULO

Ingxenye ngayinye iqukethe imibuzo enezimpendulo noma enesampula lezimpendulo. Lezi zimpendulo zingahluka ngokuncike kulokho izingane ezikuphakamisayo noma ezikuqondayo; lezi zimpendulo ziba ngimhlahlandlela osiza umgqugquzeli njengoba kudingeka.

INCWADI YEZINDABA EHAMBISANA NALOLU HLELO

Le “Ncwadi Yezindaba Yezinyathelo Zokuhlala Uphephile” ixoxa indaba ka-Thandi, insizwa eneminyaka emihlanu enesibindi ehlangana nomuntu ongumkhohlisi ngesikhathi intombazanyana izidlalela epaki. Le ndaba yethula imiqondo embalwa edingidwa ku-ECPP futhi ikhonjiswa kulo lonke uhlelo.



UMA KUKHONA OKUSOLAYO, BIKA NGAKHO

BIKA NGOKUSHUSHUMBISWA KWABANTU NOMA UKUHLUKUNYEZWA KWABO:

Childline South Africa:
116

National Human Trafficking Hotline:
0800-222-777

BIKA NGESIMO ESIPHUTHUMAYO: 10111

IZINSIZA EZENGEZIWE



UKUQEQQESHA KWABAGQUQUZELI



IMPENDULO YENHLOLOVO



ISESHINI 1: ABANTU ABATHEMBEKILEYO NABANENKOHLISO

INGXENYE 1 – IZINYATHELO ZOKUHLALA UPHEPHILE

IZINTO EZIDINGEKAYO	AMAGAMA ABALULEKILE
• “Incwadi Yezindaba Yezinyathelo Zokuhlala Uphephile” • Irobhothi Lezokuphepha (Isithasiselo A) • Amakhadi Emibalabala Ezokuphepha (Isithasiselo B) • Imifanekiso Yomlingiswa Yezinyathelo Zokuhlala Uphephile (Isithasiselo C) • Iphepha • Upende • Amakhrayoni	• Umuntu Ongaphephile: umuntu oyiqili, omaziyo noma ongamazi osebenzisa amanga noma izimfihlo ezenza umuntu azizwe engakhululekile noma azizwe ethukile kanye/noma olimaza abanye abantu ngokomzimba noma ngokwemizwa • Umuntu Ophephile: umuntu ongamethemba, omaziyo noma ongamazi, oneqiniso, ohlonipha imingcele yomuntu siqu, novikela abanye abantu engozini yokulimala • Ukungakhululeki: ukuzizwa ngendlela engalungile, ukwesaba, ukungakhululeki, noma ukuzizwa usesimweni esishaqisayo ngokomzimba noma ngokomzwelo ngenxa yomuntu noma yesimo esithile • Umuntu Oyiqili: umuntu ongaphephile noma ongafuneki ongenalo iqiniso noma oqamba amanga • Umuntu Omdala Othenjwayo: umuntu ophephile oneminyaka yobudala engaphezulu kweyi-engu-18, oneqiniso noma othembekile, ongathembela kuye

INGXENYE 2 – ISIYINGI ESIPHEPHILE

IZINTO EZIDINGEKAYO	AMAGAMA ABALULEKILE
• “Incwadi Yezindaba Yezinyathelo Zokuhlala Uphephile” • <i>Hula hoop</i> • Isifanekiso Sesandla Sesiyingi Evikelekile (Isithasiselo D) • Iphepha • Upende • Amakhrayoni • I-masking tape	• Isiyingi Esivikelekile: siyithuluzi lezokuphepha (elisebenzisa isandla sengane) lokuhlonza abantu abadala abahlanu abathenjwayo okungathembela kubo ekuvikeleni abanye abantu ekulimaleni • Imingcele Yokuthembana: iwukulinganisela kulokho umuntu azizwa ekhululekile ngakho hhayi ukuzizwa ekhululekile ngobudlelwane

INGXENYE 1 – IZINYATHELO ZOKUHLALA UPHEPHILE

ITHI: Phakamisa isandla sakho uma uthanda ukudlala imidlalo. (Nika izingane isikhathi sokuxoxisana kafushane ngezinhlobo zemidlalo ezithanda ukuyidlala). Namuhla sizodlala umdlalo obizwa ngokuthi “I-Traffic Light Color Match.” Ngezinye izikhathi abantu bangaba abantu **abathenjwayo nabaphephile**, kanti ngezinye izikhathi abantu bangaba **ngamaqili** futhi babe ngabantu **abangaphephile**. **Abantu abathenjwayo bangabantu abaphephile abahlonipha abanye abantu kanye nemingcele yabo, futhi bangasiza ekuvikeleni omunye umuntu ukuthi angalimali. Abantu abanobuqili nabangaphephile** kungaba umuntu omaziyo noma ongamazi ongazama ukukukhohlisa ngokusebenzisa amanga, nangokukhuluma **izimfihlo ezingaphephile**, noma enze omunye umuntu azizwe **engakhululekile**, esaba, noma amzwise ubuhlungu ngokwemizwa noma ngokomzimba. **Umuntu onobuqili nongaphephile** angakwenza ucabange sengathi udinga ukugcina imizwa yakho ngaphakathi (kuwena) futhi ungatsheli muntu. Kodwa-ke, **umuntu omdala othenjwayo nophephile** ukwenza uzizwe ukhululekile ekuvezeni imizwa yakho, ukuze uthole usizo.

Sizosebenzisa imibala emithathu ukuze sifunde ngezindlela ezihlukahlukene esingabona ngazo uma abantu bengamaqili, ukwazi ukuthi abantu bangathenjwa nini, noma ukuqaphela uma ungenaso isiqiniseko ngezenzo zothile. Le mibala yilena: Obomvu, Ophuzi, Nohlaza Okotshani. Le mibala singayithola erobhothini.

YENZA: Khombisa Irobhothi Lezokuphepha (Isithasiselo A). Buyekeza umbala ngamunye futhi uchaze ukuthi usho ukuthini (isb., Obomvu = yima; Ophuzi = yehlisa ijubane, qaphela; Oluhlaza Okotshani = hamba).

BUZA: Funda le mibuzo elandelayo bese ucela izingane ziphendule.

UMSEBENZI WOKUQONDANISA UMBALA WEROBHOOTHI
Umbuzo 1: Yimuphi umbala ocabanga ngawo lapho uzwa igama elithi “yima”? Impendulo: Obomvu
Umbuzo 2: Yimuphi umbala ocabanga ngawo lapho uzwa igama elithi “hamba”? Impendulo: Ohlaza
Umbuzo Owengeziwe: Yimuphi umbala ocabanga ngawo uma uzwa amagama athi “qaphela noma yehlisa ijubane?” Impendulo: Ophuzi

ITHI: Njengoba nje amarobhothi enemibala eyahlukene ukuze asisize sazi ukuthi yinini lapho okufanele sime, sehlise ijubane, futhi sihambe, singasebenzisa le mibala emithathu ukuze sikhumbule indlela yokwazi lapho abantu **bengamaqili futhi bengaphephile**, singabethemba, noma lapho singaqiniseki ukuthi singabethemba yini nalapho sidinga ukubuza **umuntu omdala esimethembayo**.

YENZA: Beka izingane emgqeni oqondile. Funda Ngezimo Zomuntu Othenjwayo Noyiqili (ngezansi). Cela izingane zilalele ziphinde zithole ukuthi kuphephile noma akuphephile yini. Thana azithathe inyathelo eliya phambili (“hamba”) uma zicabanga ukuthi kuphephile. Thana azinganyakazi (“zime”) uma zicabanga ukuthi akuphephile.

Lokhu akuphoqeletwe: Phakamisa amakhadi eRobhothi Lezokuphepha (Isithasiselo A) ngesikhathi kwenziwa lo msebenzi.

**ABANTU ABATHENJWAYO
NABAPHEPHILE (HAMBA)**

- bakusiza ukukugcina uphephile futhi bakuvikela nasekulimaleni
- bahlonipha ubuwena
- bakwenza uzizwe ukhululekile
- bayakulalela
- bayayihlonipha imingcele yomzimba wakho
- bakhuluma iqiniso futhi bathembekile kuwe

**ABANTU ABANGAMAQILI
NABANGAPHEPHILE (YIMA)**

- benza ubuqili baqambe namanga
- babonakala sengathi bazama ukukukhohlisa
- bakwenza uzizwe **ungakhululekile**
- bakwenza uzizwe sengathi uxhaphazelwa yisisu sakho
- bakuzwisa ubuhlungu noma bakulimaze
- baxhumana nawe ngisho ungababizanga ukuthi beze kuwe

BUZA: Funda le mibuzo elandelayo bese ucela izingane ziphendule.

**IMIBUZO EPHATHELENE NABANTU ABATHENJWAYO
NABANGAMAQILI KANYE NEZIMO EZITHILE**

Umbuzo 1: Imuphi umbala ohambisana kangcono nendlela ongazizwa ngayo lapho umuntu othile ongamazi ekwenza uzizwe **ungakhululekile**, ungaphephile, wethukile, noma ungahlaliseki?

Impendulo: Obomvu

Umbuzo Owengeziwe: Kungani umbala obomvu uxhunyaniswa nemizwa engemihle, edabukisayo, noma ethusayo?

Izipendulo eziyisampula: Ngikhethe obomvu ngoba usho ingozi. Ngifuna bayeke ngoba bangenza ngizizwe ngingaphephile.

Umbuzo 2: Imuphi umbala ohambisana kahle kakhulu nendlela ongazizwa ngayo uma unomuntu owayizo ukuthi uphephile uma unaye futhi ongamethemba lowo muntu ukuthi uzokuvikela futhi akuthande?

Impendulo: Oluhlaza okotshani

Umbuzo Owengeziwe: Kungani umbala oluhlaza okotshani uxhunyaniswa nokuzizwa uphephile futhi uvikelekile?

Izipendulo eziyisampula: Ngikhethe oluhlaza okotshani ngoba ngizizwa ngiphephile. Ngiyazi uzongivikela. Uyangikhathalela futhi ngeke bangilimaze.

ITHI: “Encwadini Yezindaba Yezinyathelo Zokuhlala Uphephile,” sizofunda, namhlanje kuzoba **nabantu abathenjwayo nabaphephile** bese kuba **nabantu abangamaqili nabangaphephile**. Lalelani njengoba ngifunda indaba enabalingiswa abathenjwayo nabangamaqini endabeni.

YENZA: Funda “Incwadi Yezingaba Yezinyathelo Zokuhlala Uphephile.” Njesikhathi ufunda, qiniseka ukuthi ukhombisa izingane izithombe ezisencwadini ukuze zikwazi ukulandela indaba futhi zihlonze abalingiswa kuyo yonke indaba.

BUZA: Ingabe indaba inazo zombili yini izinhlobo zabantu **abathenjwayo nabaphephile** kanye **nabantu abangamaqili nabangaphephile**?

Izipendulo eziyisampula: Yebo, bekunabantu abahlukene endabeni yethu namuhla. Abanye babo **bebethenjwa** futhi **bephephile** kanti abanye babo **bekungamaqili** futhi **bengaphephile**.

ITHI: Konje niyakhumbula angithi ukuthi umbala ngamunye kwemithathu wamarobhothi ethu unencazelo ekhethekile. Obomvu ubusho ukuma; Ophuzi ubusho ukwehlisa ijubane noma qaphela; kanti Oluhlaza Okotshani ubusho ukuhamba. Sizodlala umdlalo obizwa ngokuthi “Ukufaniswa Kombala Wokuphepha” lapho ubona khona umlingisi osendabeni yethu bese uthola ukukhetha ukuthi ucabanga ukuthi unemibala enjani.

YENZA: Sabalalisa isethi Yamakhadi Emibala Yezokuphepha (Isithasiselo B) enganeni ngayinye.

BUZA: Funda imibuzo elandelayo ngesikhathi ukhombisa Imifanekiso Yabalingisi Yezinyathelo Zokuhlala Uphephile (Isithasiselo C) ngayinye ngayinye. Thana izingane zicabange ngokuthi yimuphi umbala omele kakhulu umfanekiso ngamunye bese uzicela ukuba ziphakamise lelo khadi lombala ngesikhathi iphendula.

UMBALA WEZOKUPHEPHA OHAMBISANA NEMIBUZO

Umbuzo 1: Ucabanga ukuthi u-Abe kumele abe namuphi umbala? (Khombisa: Isithombe Somlingiswa ongu-Abe)

Impendulo: Obomvu

Umbuzo owengeziwe: Kungani umbala obomvu kuwumbala omele u-Abe?

Izimpendulo eziyisampula: U-Abe **wayengumuntu oyiqili**. Wazama ukuthatha uThandi owayesendaweni ephephile kumndeneni wakhe. Abantu abanobuqili bangazenza abantu abalungile bafune ukukuthengela izinto, kodwa lokho akusho ukuthi baphephile. Kungenzeka ukuthi baqamba amanga noma benza okuthile okuhle ngoba bezama ukukukhohlisa.

Umbuzo 2: Ucabanga ukuthi uThandi kumele abe namuphi umbala? (Khombisa: Isithombe Somlingiswa onguThandi)

Impendulo: Oluhlaza okotshani

Umbuzo Ongeziwe: Kungani umbala oluhlaza okotshani kungaba umbala omele uThandi?

Izimpendulo eziyisampula: UThandi wayazi ukuthi akumele ahambe no-Abe nakuba ayebukeka engumuntu ake ambona futhi ebonakala engumuntu olungile. Wayazi ukuthi **ungumuntu oyiqili nongaphephile**.

Umbuzo 3: Ucabanga ukuthi umuntu ongamazi ophephile osepaki kumele abe namuphi umbala? (Umbukiso: Umfanekiso Womlingiswa Womuntu Ongamazi)

Impendulo: Okuhlaza Okotshani

Umbuzo Owengeziwe: Kungani umbala oluhlaza okotshani kungaba umbala omele umuntu ongamazi ophephile?

Izimpendulo eziyisampula: Kwesinye isikhathi uma wesaba noma usenkingeni, futhi engekho umuntu kubantu obathembayo ngaleso sikhathi, kungenzeka usizwe ngumuntu ongamazi ophephile. Umuntu ongamazi ophephile umuntu ohlonipha imingcele yakho, futhi osiza omunye umuntu ekulimaleni.

Umbuzo 4: Ucabanga ukuthi umkhulu kaThandi kumele abe namuphi umbala? (Umbukiso: Umfanekiso Womlingiswa Kamkhulu ka-Thandi)

Impendulo: Oluhlaza okotshani

Umbuzo Ongeziwe: Kungani umbala oluhlaza kungaba umbala omele uBabomkhulu kaThandi?

Izimpendulo eziyisampula: Umkhulu kaThandi **ungumuntu ophephile** omthandayo. Endabeni wayebheke uThandi. Ufuna ukugcina uThandi ephephile kubantu angabazi **nakubantu abanobuqili**.

ITHI: Namuhla siqondanisa umbala obomvu, noluhlaza okotshani nezimo kanye nezinhlolo **zabantu abathenjwayo nabaphephile nabantu abanobuqili nabangaphephile**. Ngesikhathi sifunda “Incwadi Yezindaba Yezinyathelo Zokuhlala Uphephile,” saphinde sahlanguka nomngane omusha ogama lakhe linguThandi endabeni.

YENZA: Cela izingane ukuthi zixoxelane ezikufundile endabeni yanamuhla, “Incwadi Yezindaba Yezinyathelo Zokuhlala Uphephile” nokuthi kuhlobana kanjani nabantu **abathenjwayo nabaphephile kanye nabantu abanobuqili nabangaphephile**.

BUZA: Funda le mibuzo elandelayo bese uthi izingane ziphendule ngalokho ezikufundile “Encwadini Yezindaba Yezinyathelo Zokuhlala Uphephile.”

“INCWADI YEZINDABA YEZINYATHELO ZOKUHLALA UPHEPHILE” IMIBUZO

Umbuzo 1: Ingabe kwakuphephile ukuthi uThandi ahlale yedwa epaki?

Izimpendulo eziyisampula: Cha. UThandi mncane kakhulu ukuba angaba yedwa epaki.

Umbuzo 2: Ungenzenjani uma umuntu ongamazi noma **umuntu oyiqili** ekucela ukuba uhambe naye?

Izimpendulo eziyisampula: Ithi cha. Baleka uye kumuntu **omdala omethebayo**. Tshela umuntu **ongamazi ophephile**. Lezi yizo zonke izinto uThandi azenza endabeni yethu.

Umbuzo Owengeziwe: Imibala yerobhothi ihlobene kanjani nabantu abathenjwayo nabaphephile kanye **nabantu abanobuqili nabangaphephile**?

Izimpendulo eziyisampula: Obomvu umele ukuma, **nabantu abangamaqili nabangaphephile** okungenzeka ukuthi wake wababona (umuntu omaziyo) noma umuntu ongamazi. Ophuzi umele ukuthi uqaphele, ucophelele, noma wehlisa ijubane futhi kungaba **abantu abathenjwayo nabaphephile** noma **abantu abanobuqili nabangaphephile**. **Oluhlaza okotshani umele ‘hamba’ futhi kungaba abantu abathenjwayo nabaphephile**.

UMSEBENZI WOKUSEBENZISA: Chazela izingane ukuthi zikhona kanjani izindawo eziphephile nezingaphephile. Ngokuvamile indawo ingaba engaphephile lapho izingane zingenaye **umuntu omdala othenjwayo** okhona lapho zikhona. Zikhumbuze ukuthi ngaso sonke isikhathi kumele ziqalaze zibheke abantu abadala **abathenjwayo nabaphephile**. Uma bengaboni noma yibaphi abantu abaphephile, kufanele bashiye leso sikhala baye endaweni lapho kukhona **abantu abadala abathenjwayo** abangabasiza babagcine bephephile.

Sabalalisa iphepha lokudweba nezinto. Cela izingane ukuthi zidwebe endaweni okuyindawo ephephile kuzo futhi kube khona **nabantu abadala abathenjwayo nabaphephile** lapho.

INGXENYE 2 – ISIIYINGI ESIPHEPHILE

ITHI: Namuhla sifunda **ngesiyingi esiphephile** nokuthi ubani ongaba **sesiyingini** sakho **esiphephile**. Loyo osesiyingini sakho esiphephile kumele kube **umuntu omdala othenjwayo, okungumuntu ophephile**. Uma umethemba othile, kumele uzizwe uphephile futhi ukhululekile uma unaye. Kubalulekile ukwazi imizwa yakho nokuthi ingakusekela kanjani ekwenzeni **imingcele** yakho **yikwethembana** ukuze ikusize ekuzivikeleni ekulimaleni. **Iimingcele oyethembayo ikusiza ukuthi wazi ukuthi yini ekwenza ukhululeke nalokho okukwenza ungakhululeki ebudlelwani obuthile nelungu lomndeni noma umngane**. Futhi ingaphinde ikusize nasekutheni ukwazi ukuthi ubani ongamethemba nokuthi ubani ongakusiza ukuze uphephe. Ukuba nemingcele kanye nokuxhumana nomuntu ongamethemba kubalulekile ekubeni nobudlelwano obunempilo.

YENZA: Phakamisa i-hula hoop ukuze uyikhombise izingane, bese uyibeka phansi bese ungena ngaphakathi kwayo, noma usebenzise itheyiphu ukwenza isiyingi uma ungenayo i-hula hoop. Chaza ukuthi isikhala esingaphakathi kwe-hula hoop ngezinye izikhathi sibhekwa njengendawo ephephile yomuntu. I-hoop ifana nesithiyi nesihlangu esingabonakali, esisebenza **njengomngcele wokwethembana** ovikela isikhala somuntu. Phuma ku-hula hoop bese ubiza enye yezingane ukuthi ingene ngaphakathi kwe-hula hoop. Buza ingane ukuthi ingabe kulungile yini ukuthi nawe ungene ngaphakathi uyijoyine, wena umele **umuntu ophephile** ongena **esiyingini** sayo **esiphephile**.

**Yazi lokhu: Kulungile ukuthi cha, ngoba uzobe unikeza isibonelo sokuhlonishwa kwemingcele yokwethembana futhi kugcizelela nokuthi ngabantu abadala obathembayo kuphela abamukelekile esiyingini esiphephile.*

BUZA: Funda le mibuzo elandelayo bese ucela izingane ziphendule.

IMIBUZO EMAYELANA NABANTU ABATHENJWAYO NABAPHEPHILE

Umbuzo 1: Ubani owaziyo ukuthi ngonjani **umuntu ophephile**?

Iziphendulo eziyisampula: **Umuntu ophephile** umuntu onokwethenjwa, ohlonipha abanye abantu nemingcele yabo, futhi ozosiza ukuvikela omunye umuntu ekulimaleni. Kungaba umuntu omaziyo njengomfowenu noma udadewenu, umngane, umuntu othile emphakathini, noma omunye **umuntu omdala omethembayo**, noma umuntu ongamazi ongaba neqiniso, ohlonipha imingcele yomuntu, futhi ovikela abanye abantu nokusiza ukuthi ungalimali.

Umbuzo Owengeziwe: Yiziphi ezinye izimpawu **zomuntu ophephile** ongathenjwa?

Iziphendulo eziyisampula: **Umuntu ophephile** uthembekile. Unakekela abanye abantu, unomusa, ukhombisa **inhlonipho**, futhi ugcina wonke umuntu ephephile.

Umbuzo 2: Ubani owaziyo ukuthi ngonjani **umuntu omdala omethembayo**?

Iziphendulo eziyisampula: **Umuntu omdala omethembayo ungumuntu ophephile** futhi osekhulile, nomuntu ongaya kuye ucele usizo. Kungaba uthisha wakho, abazali, umzali womunye umuntu, noma amaphoyisa.

ITHI: Sesiyaizi manje ukuthi **imingcele yokuthembana** ikusiza ukuthi ukhululeke ngokuthi ubani **osesiyingini** sakho **esiphephile**. **Isiyingi esiphephile siyithuluzi lokuphepha elingakusiza ukukugcina uphephile kubantu abanobuqili nabangaphephile abangekho esiyingini sethu esiphephile.** Uwena ozikhethelayo ukuthi ubani omvumela angene **esiyingini** sakho **esiphephile**. Ngakho-ke kulungile ngezinye izikhathi, uma kufanele uguqule umqondo wakho ubize abanye abantu abahlukile **esiyingini** sakho **esiphephile**. Isibonelo, uma uthuthela kwelinye idolobha, eduze nelinye ilungu lomndeni elihlukile noma ushintsha isikole uba nothisha omusha, **abantu abadala obathembayo esiyingini** sakho **esiphephile** bangashintsha. Khumbula, kubalulekile ukuvumela kuphela abantu abaphephile **abantu abadala abathenjwayo esiyingini** sakho **esiphephile**.

YENZA: Phakamisa i-hula hoop bese ungena phakathi kwayo futhi. Chazela izingane ukuthi le hula hoop ayimele nje **imingcele yokuthembana** kuphela, kodwa ifana **nesiyingi** sakho **esiphephile**. Cela izingane zisukume, ziphakamise izandla zazo futhi zenze ijika elingu-360 (ukuphenduka okunensayo) ukuze zenze ezaso **isiyingi esiphephile** ezingabonakali.

BUZA: Funda le mibuzo elandelayo bese ucela izingane ukuba ziphendule.

IMIBUZO MAYELANA NESIYINGI ESIPHEPHILE

Umbuzo 1: Yiziphi ezinye zezinto ezenza uzizwe uphephile?

Impendulo eyisampula: Izinto ezingenza ngizizwe ngiphephile ukuba nomndeni, ukufunda esikoleni nokudlala nabangane.

Umbuzo 2: Yiziphi ezinye zezinto ezenza uzizwe ungaphephile?

Impendulo eyisampula: Izinto ezingenza ngizizwe ngingaphephile kungabainja ekhonkothayo, ukuba ngedwa ebumnyameni noma ukuzwa imisindo emikhulu.

Umbuzo Owengeziwe: Umuntu usuke ezizwa kanjani lapho ezizwa engaphephile?

Izipendulo eziyisampula: Umuntu angase azizwe **engakhululekile**. Bangaphathwa yisisu, izandla zabo zingajuluka, nenhliziyo yabo kungenzeka ishayo ngamandla amakhulu.

Umbuzo 3: Uzizwa kanjani uma kukhona umuntu **ongabizwanga** esondela kakhulu kuwe **esiyingini** sakho **esiphephile**?

Impendulo eyisampula: Ungazizwa **engakhululekile** futhi ungaphephile, uma kwenzeka omunye umuntu esondela kakhulu kuwe futhi kungenzeka uzizwe uhlukumezeka noma uzwe sengathi kukhona ofohlile ngokwemingcele yomzimba.

Umbuzo 4: Yini ongayisho noma ongayenza ukuze ucele umuntu ukuthi aphume **esiyingini** sakho **esiphephile** uma uzizwa **engakhululekile**?

Izipendulo eziyisampula: Ungasuka lapho ube kude naye noma umcele ngesizotha ukuthi asuke eduze nawe. Uma engasilaleli isicelo sakho sokuba asuke, ungamdudula bese utshela **umuntu omdala omethembayo**.

ITHI: Abantu abathembekile **bangabantu abaphephile** ongathembela kubo ukuthi bangakuvikela, abaneqiniso nabangaqambi amanga, abakuvikela ekulimaleni, futhi nabangaba **sesiyingini** sakho **esiphephile**. Nokho, kunabantu **abanobuqili** futhi **abangaphephile** abaqamba amanga futhi bazame ukukulawula. Bazama nokungena **esiyingini** sakho **esiphephile** ukuze bakukhohlise noma bakulimaze. Kodwa uma uzizwa **engakhululekile**, khumbula, uwena uzikhethelayo ukuthi ubani omvumela ukuba angene **esiyingini** sakho **esiphephile**, futhi laba bantu **abasesiyingini** sakho **esiphephile** kumele kube **ngabantu abadala abathenjwayo**.

YENZA: Phakamisa izandla zakho ukhombise umunwe ngamunye. Cela izingane zibale ukuthi mingaki iminwe ezinayo esandleni sazo. Khomba isandleni sakho bese udweba isiyingi “somoya” esibazungezile ukuze simele **isiyingi esiphephile**, kube sengathi baphakathi ku-hula hoop. Cela izingane zidweba isiyingi “somoya” sizungeze isandla sazo ukuze sibe sengathi siphakathi **esiyingini esiphephile**. Chaza ukuthi kuzomele zicabange ngabantu abahlanu ezibethembayo ukuthi babe yingxenye **yesiyingi** sabo **esiphephile**.

**Qaphela: Uma kukhona izingane ekilasini lakho ezingaba nobunzima bokusebenzisa izandla kulo msebenzi, ukuze uqinisekise ukuthi nazo uyazibandakanya kulo msebenzi, izingane zingasebenzisa izinzwane ezinhlanu onyaweni olulodwa. Zingakwazi ngisho nokusebenzisa amehlo amabili, izindlebe ezimbili nekhala ukuze zikhumbule.*

BUZA: Funda le mibuzo elandelayo bese ucela izingane ziphendule. Khumbuza izingane ukuthi ngaso sonke isikhathi lapho zizizwa **zingakhululekile** kusuke kungasho ukuthi lokho kudalwa wukuthi aziphephile (kungenzeka ukuthi zisuke zisuthi noma kusuke kushisa kakhulu). Noma kunjalo, abantu bavame ukuba nomuzwa **wokungakhululeki** lapho bengaphephile.

IMIBUZO EMAYELANA NABANTU ABANGAMAQILI NABANGAPHEPHILE

Umbuzo 1: Obani abanye abantu ongabathemba empilweni yakho, abakwenza uzizwe uphephile futhi uvikelekile ekulimaleni?

Iziphendulo eziyisampula: Umama, ubaba, umalumekazi, umalume, umnakekeli, ugogo nomkhulu, uthisha, iphoyisa (**umuntu engingamazi ophephile**), kanye nomngane **bangabantu abaphephile** empilweni yami.

Umbuzo 2: Uzizwa kanjani uma **ungakhululekile**?

Iziphendulo eziyisampula: Kungenzeka ubukeke uzizwa ushisa kakhulu, kungenzeka ujuluke ezandleni, kungenzeka namadolo akho aqhaqhazele. Kungenzeka uzizwe usuthi kakhulu, unobuhlungu esiswini, uzizwe womile emphinjani, kungenzeka uzizwe ubambekile, kube sengathi awukwazi ukunyakaza.

Umbuzo Owengeziwe: Ingabe ukuzizwa **ungakhululekile** kuyafana nokuzizwa ungaphephile? Kungani kunjalo noma kungani kungenjalo?

Iziphendulo eziyisampula: Yebo, ngingazizwa ngigula noma nginvalo lapho ngingaphephile futhi **ngingakhululekile**. Ngiphinde ngizizwe “ngibambekile” njengokuthi ngifune ukwenza okuthile kodwa ngingakwazi ukuyenza leyo nto. Ngicabanga ukuthi ngizizwa ngendlela efanayo lapho ngingakhululekile nalapho ngizizwa ngingaphephile. Nginemizwa efanayo kubo bobabili.

Qaphela: Kubalulekile ukuthi usebenzise izibonelo eziningi uma uchaza **ukuthi umuntu othenjwayo noma oyiqili babukeka kanjani. Lokhu kungenxa yokuthi ezinye izingane kungenzeka zibe nomzali noma izingane ezizalwa nazo kube **ngabantu abangamaqili**, ngakho zizodinga izibonelo ezengeziwe **zabantu abadala abathenjwayo**. Siyazi ukuthi kukhona ngisho nothisha namaphoyisa abangaphephile, ngakho-ke asikho isibonelo esingekela sikhombise ukuthi kwesinye isikhathi abantu okumele kube ngabantu abaphephile baba ngabantu abangaphephile.*

ITHI: Isiyingi sethu **esiphephile** singafana nethuluzi lezokuphepha elingakusiza ukukugcina uphephile **kubantu abanobuqili nabangaphephile** abangekho **esiyingini** sethu **esiphephile**. Masiphinde siphakamise isandla sethu futhi sibheke umunwe ngamunye. Umunwe ngamunye uzomela umuntu omdala omethembayo ongamfaka esiyingini **sakho esiphephile**.

- Isithupha Sakho: Iphoyisa elithenjwayo/umholi womphakathi
- Umunwe Wakho Wenkomba: Uthisha omethembayo/umuntu esikoleni
- Umunwe Wakho Ophakathi: Ilungu lomndeni elethenjwayo noma umnakekeli _____.
(okukhethwe yizingane)
- Umunwe Wakho Wendandatho: _____ othenjwayo. (okukhethwe yizingane)
- Ucikicane: _____ othenjwayo. (okukhethwe yizingane)

Qaphela: Isithupha neminwe yenkomba ayidingi ukuqanjwa, kungaba **ngumuntu ophephile izingane ezingamazi kodwa ezingamethemba. Eminye iminwe izingane kudingeka ukuba ziyiqambe futhi kudingeka kube ngabantu ababaziyo.*

OKUMELE UKWENZE: Cela izingane zilandele umkhondo wesandla sazo esikhaleni esisekupheleni kwencwadi eyikhomedi, Esifanekisweni Sesandla Sesiyingi Esiphephile (Isithasiselo D), noma esiqeshini sephepha. Cela izingane zikhetha abantu abahlanu, oyedwa emunweni ngamunye, abazoba **sesiyingini** sabo **esiphephile**. Khumbula, iminwe emibili ingaba abantu abangabazi **abaphephile** (okungukuthi, ihhovisi lamaphoyisa, uthisha). Thana izingane zidwebe isithombe somuntu ngamunye **omdala ezimethembayo osesiyingini** sazo **esiphephile**.

Cela izingane zisebenzise iminwe yazo ukuze zinqume ngokuthi ngubani ongaba **sesiyingini** sazo **esiphephile**. Eminye iminwe **ingabantu abathenjwayo nabaphephile** abazikhethela bona. Chaza ukuthi akukho ukukhetha okulungile noma okungalungile nokuthi **isiyingi esiphephile** sawo wonke umuntu sizobukeka sehlukile.

BUZA: Funda le mibuzo elandelayo bese ucela izingane ziphendule.

IMIBUZO MAYELANA NESIYINGI SESANDLA ESIPHEPHILE

Umbuzo 1: Ubani **umuntu omdala omethembayo osesiyingini** sakho **esiphephile** ombeke esithupheni sakho?

Izimpendulo eziyisampula: Ngidwebe iphoyisa. Nginomfundisi wami. Ngabeka umqeqeshi wami.

Umbuzo 2: Ubani **umuntu omdala omethembayo osesiyingini** sakho **esiphephile** ombeke emunweni wakho wokukhomba?

Izimpendulo eziyisampula: Ngidwebe wena njengothisha wami. Nginothishanhlolo wethu. Ngabeka umfundisi wami.

Umbuzo 3: Ubani **umuntu omdala omethembayo osesiyingini** sakho **esiphephile** ombeke emunweni ophakathi nendawo?

Izimpendulo eziyisampula: Ngidwebe umama wami. Ngino-anti wami. Ngabeka umkhulu wami.

Umbuzo 4: Ubani **umuntu omdala omethembayo osesiyingini** sakho **esiphephile** ombeke emunweni wakho wendandatho nakucikicane wakho?

Izimpendulo eziyisampula: Ngidwebe umqeqeshi wami. Nginomakhelwane wami. Ngabeka umzala wami.

UMSEBENZI WOKUSEBENZA: Buyekeza “Incwadi Yezindaba Yezinyathelo Zokuhlala Uphephile” nokuthi u-Abe uzame kanjani ukukhohlisa u-Thandi ukuthi ahambe naye. Khumbuzwa izingane lapho zisesikoleni noma kwezinye izindawo, ukuthi ngaso sonke isikhathi zitshale uthisha noma **umuntu omdala othenjwayo** uma **umuntu oyiqili nongaphephile** ezama ukubenza bahambe naye. Futhi cela izingane zigoduke Nesifanekiso Sesandla Sazo Sesiyingi Esiphephile (Isithasiselo D) ukuze sibuyekeze nomunye **wabantu abadala ezimethembayo osesiyingini** sazo **esiphephile**.

ISIQEPHU 2: UKUXHUMANA OKUPHEPHILE NOKUNGAPHEPHILE

INGXENYE 3 - ABANTU ABANGAZIWA: UBANI OPHEPHILE NONGAPHEPHILE?

IZINTO EZIDINGEKAYO	AMAGAMA ABALULEKILE
• “Incwadi Yezindaba Yezinyathelo Zokuhlala Uphephile” • Imifanekiso Yomlingiswa Ongumuntu Ongaziwa Ophephile Nongaphephile (Isithasiselo E) • Imifanekiso Efakwa Imibala Yomlingiswa Ophephile Nongaphephile (Isithasiselo F) Ongakukhetha kukho: • Ividiyo Yezenzo Zokuzivikela Kubantu Ongabazi Abangaphephile • Ubhaka, Ijakhethi 	• Umuntu omaziyo: ngumngane omkhulu noma ilungu lomndeni elaziwayo • Ubudlelwano: ukuxhumana phakathi komuntu oyedwa nomunye • Umuntu ongaziwa ophephile: abantu ebebengaziwa ngaphambili abakhonela ukusiza abanye abantu ukuthi bahlale bephephile • Umuntu ongaziwa ongaphephile: umuntu osebenzisa amanga noma izimfihlo ukuze enze othile azizwe engakhululekile noma azizwe ethukile kanye/noma olimaza abanye abantu ngokomzimba noma ngokwemizwa.

INGXENYE 4 - IZIMFIHLO: YINI OKUPHEPHILE NOKUNGAPHEPHILE?

IZINTO EZIDINGEKAYO	AMAGAMA ABALULEKILE
• “Incwadi Yezindaba Yezinyathelo Zokuhlala Uphephile” • Iphepha lokudweba • Amakhrayoni noma omaka	• Izimfihlo Eziphephile: ulwazi okumele lugcinwe luyimfihlo noma lungaziwa isikhathi esifushane kodwa okungenzeka luvele noma kuxoxwe ngalo ekugcineni • Izimfihlo Ezingaphephile: ulwazi olungalimaza umuntu, lwephule umthetho, noma lenze umuntu azizwe ethukile, angakhululeki, noma adideke; kuthiwa kungalokothwa kuxoxwe ngalo • Ukukhetha: ukwenza isinqumo ngento ethile noma ngomuntu ovame ukukhetha phakathi kwezinto ezimbili noma ngaphezulu noma yizintoongakhetha kuzo

INGXENYE 3 - ABANTU ABANGAZIWA: UBANI OPHEPHILE NONGAPHEPHILE?

ITHI: Namuhla sizobheka ukuthi bangaba khona kanjani abantu **abangaziwa abaphephile nabangaphephile**. Sizophinde sibhek "Incwadi Yezindaba Yezinyathelo Zokuhlala Uphephile," lapho sabona khona ukuthi uThandi wambona kanjani u-Abe, kodwa ebe engamazi. Wayengamazi. Wayazi ukuthi akufanele ahambe no-Abe epaki, ngoba wayengekho **esiyingini** sakhe **esiphephile**.

YENZA: Phinda ubheke ingxenye "Incwadi Yezindaba Yezinyathelo Zokuhlala Uphephile" lapho u-Thandi ehlangana no-Abe. Khombisa ngezithombe uphinde uxoxe ngendlela u-Abe **engumuntu oyiqili** ngayo nanokuthi **ungumuntu ongaziwa nongaphephile** ku-Thandi.

BUZA: Funda le mibuzo elandelayo bese ucela izingane ziphendule.

IMIBUZO MAYELANA NABANTU ABANGAZIWA ABAPHEPHILE NABANGAPHEPHILE

Umbuzo 1: Ubani umuntu ongaziwa?

Izimpendulo eziyisampula: Umuntu ongamazi futhi okudingeka ukuthi umqaphele uma useduze kwakhe. Umuntu ongamazi ngisho noma uvamise ukumbona.

Umbuzo 2: Yini engenza umuntu ongamazi kube **ngumuntu ongaphephile**?

Izimpendulo eziyisampula: **Umuntu ongamazi ongaphephile** angase akucele ukuthi wenze into **ongakhululekile** ngayo, noma azame ukukususa ezindaweni eziphephile. (isb., ikhaya lakho, abazali bakho, noma abangani bakho). **Abantu ongabazi abangaphephile bangase bazame nokukukhohlisa noma bakucele ukuba uqambe amanga (okungukuthi, "Lena imfihlo yethu encane.")**

Umbuzo 3: Ingabe bakhona **abantu ongabazi abangaphephile** ku-inthanethi?

Izimpendulo zesampula: Yebo. Kungaba khona **abantu ongabazi abangaphephile** empilweni yangempela naku-inthanethi. Asivamile ukwazi ukuthi sisuke sikhuluma nobani ku-inthanethi futhi akusho ukuthi wonke umuntu uphephile.

Umbuzo Owengeziwe: Ubani okungenzeka abe **ngumuntu ongaziwa ophephile** kuwe?

Izimpendulo eziyisampula: **Abantu ongabazi abaphephile** kungaba abantu ongabazi, kodwa abakhonela ukukusiza futhi abangeke bakulimaze. **Abantu ongabazi abaphephile kungase kube amaphoyisa, abasebenzi basesitolo segilosa, noma abantu abadala abasebenza ezikoleni zakho.**

ITHI: Nakuba kungebona bonke abantu ongabazi abayingozi, kodwa kufanele uqhelelane nabantu ongabazi kanye nezindawo ongazazi futhi ungalokothi uye endaweni ethile nomuntu ongamazi. **Abantu ongabazi abangaphephile bangaba yingozi.** Kungenzeka bakuphe amaswidi, imali, noma eminye imivuzo ukuze uhambe nabo uye endaweni ethize lapho **kungaphephile** khona. Kubalulekile ukuqaphela **abantu ongabazi abangaphephile** futhi ungayi ndawo nomuntu ongamazi ongenabo **ubudlelwano** naye noma ongamazi. Nakuba kunjalo, **umuntu ongamazi ophephile** kungenzeka kube ngumuntu ongamazi, kodwa okhonela ukuba akusize futhi ongeke akulimaze. **Umuntu ongamazi ophephile kungenzeka akusize esimweni esiphuthumayo, njengephoyisa noma udokotela.**

Uyakhumbula ngenkathi senza **iziyingi** zethu **eziphephile** futhi sabhala naphansi abanye abantu esasibazi, njengomama, umkhulu, noma u-anti? Saphinde sacabanga **ngabantu esingabazi abaphephile** njengephoyisa noma umzali onezinye izingane. Zonke **iziyingi** zethu **eziphephile** ziyafana kodwa zihlukile komunye nomunye ngoba sineminden ehlukene futhi sazi abantu abahlukene. Lokhu kusho ukuthi singase sibe **nabantu abadala** abehlukene **esibathembayo** empilweni yethu kanye **nabantu esingabazi** abahlukene **abaphephile nabangaphephile**. Isibonelo, umazi kahle u-anti nomalume wakho, futhi bangaba yingxenye **yesiyingi** sakho **esiphephile**. Kodwa-ke, u-anti nomalume womunye umuntu kungenzeka kube ngabantu ongabazi abangeyona ingxenye **yesiyingi** sakho **esiphephile**.

YENZA: Phakamisa Imifanekiso Yomlingiswa Ongumuntu Ophephile Nongumuntu Ongaphephile (Isithasiselo E) esisodwa ngesikhathi bese ufunda imibuzo engezansi evela “Encwadini Yezindaba Yezinyathelo Zokuhlala Uphephile”. Cela izingane ukuthi zenze “u-sharp sharp” ngezithupha zombili lapho zicabanga ukuthi impendulo **ngumuntu ongaziwa ophephile**. Uma becabanga ukuthi impendulo **ngumuntu ongaziwa ongaphephile**, tshela izingane zibeke izingalo zazo ezifubeni ziziphambanise zibe yisiphambano njengo-x ngezandla ezifumbethe ezenze inqindi.

Akuphoqeletwe: Uma izingane zithi “aziphephile,” zingenza uphawu lokuma ngesandla sazo, kuthi esinye zizibambe ngaso okhalweni.

Umfanekiso Womlingiswa Ongaziwa Ongaziwa Ophephile Nongaphephile	Ophephile /Ongaphephile	Isizathu esizwakalayo
Amaphoyisa	Ophephile	Bakwazile ukusiza uThandi
Umama (nengane)	Ophephile	Bakwazile ukusiza uThandi
U-Abe	Ongaphephile	Wazama ukwenza uThandi ukuthi ahambe naye baye endaweni engaphephile futhi wafuna ukuthi kube yimfihlo (imfihlo engaphephile) kungaziwa esiyingini sakhe esiphephile .

IMIBUZO “INCWADI YEZINDABA YEZINYATHELO ZOKUHLALA UPHEPHILE”

Umbuzo 1: Ingabe lo muntu ongamazi uthathwa njengophephile noma ongaphephile kuwena?

Izimpendulo eziyisampula: **Abantu engingabazi abaphephile** abantu abavame ukungisiza.

Umbuzo Owengeziwe: Ucabanga ukuthi kungani umuntu ongamazi ethathwa njengophephile noma ongaphephile kuwena?

Izimpendulo eziyisampula: Noma ubani ozama ubuqili noma ukungilimaza akayena **umuntu/umuntu ongaziwa ophephile**.

Umbuzo 2: Ingabe u-Thandi wayenobudlelwane no-Abe?

Izimpendulo eziyisampula: Cha, wayengenabo **ubudlelwano** no-Abe. Siyezwa endabeni ukuthi uThandi wayengamazi u-Abe.

Umbuzo Ongeziwe: Wazi kanjani ukuthi uThandi wayengenabo **ubudlelwano** no-Abe?

Izimpendulo eziyisampula: Kungenzeka ukuthi umkhulu kaThandi wayemazi u-Abe, kodwa uThandi wayengakaze ahlangele no-Abe. Uma ungamazi umuntu futhi ungakaze ukhulume naye, awukwazi ukuba nobudlelwano naye.

ITHI: Namuhla sifunde ukuthi umuntu ongamazi angaba **umuntu othejwayo ophephile** noma abe **ngumuntu onobuqili futhi ongaphephile**. Sifunde ezinye zezimpawu zabantu esingabazi abangaphephile futhi manje sizofunda ukuthi yini okufanele siyenze uma sizizwa **singakhululekile** noma singaphephile.

YENZA: Cella izingane Zifake Imibala Emifanekisweni Yomlingiswa Ongumuntu Ongaziwa Ophephile kanye Nongaphephile (Isithasiselo F). Buza abafundi ukuthi bakhethe imibala eyimela kangcono indlela abazizwa ngayo lapho bezwa amagama athi ophephile nelithi ongaphephile. Yithi izingane noma umuntu omdala othenjwayo bakutshela ukuthi yini abakufundile namuhla **ngabantu abangabazi abaphephile nabangaphephile**.

BUZA: Wenzani uma **umuntu ongamazi ongaphephile** efuna ukukhuluma nawe?

Izimpendulo eziyisampula: Uma **umuntu engingamazi ongaphephile** ezama ukukhuluma nami, noma engibuza ukuthi ngihlalaphi noma ngifunda kusiphi isikole, kufanele ngiyeke ukukhuluma naye futhi ngihambe. Uma **umuntu engingamazi ongaphephile** ezama ukuzisondela emzimbeni wami, ngizombalekela noma ngimsunduze.

UMSEBENZI WOKUSEBENZA: Chaza ukuthi kufanele utshale othile **osesiyingini** sakho **esiphephile ngomuntu ongamazi ongaphephile**. Kubalulekile futhi ukuchaza ukuthi ngezinye izikhathi kungadingeka ukuthi ubaleke ngaphambi kokuthi utshale **umuntu omdala omethembayo**.

Xoxa nezingane ngokuthi zingazivikela kanjani uma **umuntu ezingamazi ongaphephile** ezama ukuzibamba. Khombisa izenzo ezithile zokuthi zingasiza kanjani ukuzivikela. Funda futhi ulingise “Izenzo Zokuzivikela Kubantu Ongabazi Abangaphephile” ngasinye. Yithi izingane zikopishe izenzo ezikhonjisiwe.

**Note: Avoid acting out this activity in pairs with the children, for safety.*

Izenzo Zokuzivikela Kubantu Ongabazi Abangaphephile:

1. **Ujosaka:** Lapho othile ekudonsa ngojosaka wakho, yehlisa amahlombe akho, udedele ujosaka wakho, bese ugijimele endaweni ephephile eseduze njengekilasi, isitolo, noma umndeni onezinye izingane. Ukuphepha kwakho kubaluleke kakhulu kunojosaka wakho. Ungakwazi ukuthola omunye ujosaka.
2. **Ijakhethi:** Lapho othile ekudonsa ngejakhethi yakho, yehlisa amahlombe akho, uphakamise izingalo zakho, bese ubalekela endaweni ephephile eseduze njengekilasi, isitolo, noma umndeni onezinye izingane. Ukuphepha kwakho kubaluleke kakhulu kunejakhethi yakho. Ungakwazi ukuthola enye ijakhethi.
3. **Umzimba:** Uma othile ekubamba emahlombe noma kwenye ingxenye yomzimba wakho, zama ukubaleka. Uma ungakwazi ukubaleka, yehlala ezinyaweni zakhe bese umbamba unyawo olulodwa ngezingalo zakho umqinise bese umbamba olunye unyawo ngemilenze yakho uyiqinise. Ungamemeza futhi ucele usizo futhi usho into efana nokuthi, “Awuyena umama wami!” noma “Angikwazi.”

Okungaphoqelekile: Khombisa Ividiyo Yezenzo Zokuzivikela Kubantu Ongabazi Abangaphephile esikhundleni sokulingisa izimo ezingenhla qobo lwakho.



INGXENYE 4 - IZIMFIHLO: YINI OKUPHEPHILE NOKUNGAPHEPHILE?

ITHI: Besilokhu sifunda ngendlela abantu abahlukene abangaba abantu **abathejwayo nabaphephile** noma babe ngabantu **abangamaqili noma abangaphephile**. Njengoba abantu bengaba ngabantu abaphephile nabangaphephile, ngokunjalo nezimfihlo esizishoyo nesitshelwa ngazo nazo kungenzeka kube **ngeziphephile nezingaphephile**. **Izimfihlo eziphephile zithathwa njengezimfihlo ezingenangozi eziletha injabulo kuwe nakuwo wonke umuntu obandakanyekayo**, njengokuhlela umuntu omthandayo umcimbi ngaphandle kokumtshela ngawo. **Izimfihlo eziphephile kufanele zigcinwe isikhathi esifushane futhi ekugcineni zizokwazi ukutshelwa abanye**. Nakuba kunjalo, **izimfihlo ezingaphephile** kungenzeka zibe mayelana nokuthile okuzokulimaza noma kulimaze omunye umuntu futhi akumele kugcinwe kungaziwa. Zingakwenza uphatheke kabi, **ungakhululeki** ungakhululekile noma wesabe ukuthi kukhona okubi okuzokwenzeka. Imvamisa kuba ngabantu **abanobuqili futhi abangaphephile** abangase bazame ukukukhohlisa futhi bakucele ukuthi ugcine **izimfihlo ezingaphephile**, okwenza uzizwe sengathi kufanele ungayikhipheli ngaphandle imizwayakho futhi ungatsheli **umuntu omdala omethebayo** ngayo.

YENZA: Cela izingane ukuthi zime emigqeni emibili eqondile. Chaza ukuthi uzohlebele ukapteni ngamunye womugqa igama eliyimfihlo (okungukuthi, umuntu ongaphambili komugqa). Khumbuza okapteni bomugqa ukuthi abavunyelwe ukuba balisho lizwakale lelo gama. Uma uthi “hamba,” ukapteni ngamunye womugqa kufanele ahlebele umuntu olandelayo igama eliyimfihlo. Cela ingane ngayinye ukuthi ihlebele umuntu olandelayo lelo gama kuze kube imfihlo ehletshwayo ifika ekugcineni komugqa.

**Qaphela: Ungasebenzisa noma yimaphi amagama abalulekile kulo mdlalo wokushaya ucingo (okungaba, ophephile, ongaphephile, okuyimfihlo, ukukhetha, inkohliso, othenjwayo, ukungakhululeki)*

BUZA: Funda le mibuzo elandelayo bese ucela izingane ukuba ziphendule.

IMIBUZO YABANTU OKUPHEPHILE FUTHI ENGAPHEPHILE

Umbuzo 1: Ucabanga ukuthi igama eliyimfihlo emdlalweni wethu bekuwukugcina **imfihlo ephephile** noma **imfihlo engaphephile**?

Impendulo eyisampula: Ngicabanga ukuthi igama eliyimfihlo laliphephile ngoba lagcinwa isikhathi esifushane lase litshelwa wonke umuntu.

Umbuzo 2: Kungani umuntu engakucela ukuthi ugcine **imfihlo ephephile**?

Izipendulo eziyisampula: Uma imfihlo ihlobene nosuku lokuzalwa, iholidi, noma isipho, khona-ke **iyimfihlo ephephile**. Noma umdlalo, njengoba sisanda kuwudlala. Igcinwa isikhathi esifushane kuphela.

Umbuzo 3: Ucabanga ukuthi iyiphi **imfihlo engaphephile**?

Izipendulo ezingasampula: Uma imfihlo iwukufihla ububi, imayelana nokuthintwa okukwenza **ungakhululeki**, noma kungenzeka ilimaze, kusuke kusho ukuthi **iyimfihlo engaphephile**.

Umbuzo 4: Yini okufanele uyenze uma ucelwa ukuthi ugcine **imfihlo engaphephile**?

Izimpendulo engamasampula: Kufanele ngitshale umuntu ongcela ukuba ngigcine imfihlo, “Cha, angizizwa ngikhululekile ngalokhu.” noma “Cha, ngeke ngikugcine kuyimfihlo.” Bese utshela **umuntu omdala omethembayo**.

Umbuzo Ongeziwe: Kuyenzeka yini ukuthi imfihlo engaphephile iphephe?

Izimpendulo ezingamasampula: Cha. **Imfihlo engaphephile** iwukufihla okuthile okungalungile noma okulimazayo. Lokhu akusoze kwaphepha. Noma ngabe umuntu engakutshela imfihlo athi iphephile noma athi uyakuthanda, uma imfihlo ingabangela ukulimala, ikususe **kumuntu omdala omethembayo**, noma ikwenze uzizwe **ungakhululekile**, kusuke kuyimfihlo engaphephile.

ITHI: Abantu abanobuqili bangabantu abangamenyiwe okungenzeka ukuthi uyabazi. Umuntu oyiqili kwesinye isikhathi kuba ngumuntu omaziyo; kungenzeka kube umuntu ojwayelekile osuvele umazi, njengelungu lomndeni noma umngane womndeni. Noma ubani angaba **umuntu oyiqili**. Umuntu oyiqili ukugqugquzela ukuthi ugcine **izimfihlo ezingaphephile** futhi ukutshela ukuthi ungatsheli muntu. Lezi **zimfihlo ezingaphephile** zingakwenza uzizwe **ungakhululekile** futhi zingakulimaza noma zilimaze omunye umuntu.

BUZA: Funda lezi zimo ezilandelayo nemibuzo ehambisana nazo bese ucela izingane ukuba ziphendule. Thana izingane zisukume uma zicabanga ukuthi kulesi simo **kunemfihlo ephephile**, noma zibeke izandla emakhanda azo uma zicabanga ukuthi **kunemfihlo engaphephile** kulokho okufundwayo.

IZIMO EZIYIMFIHLO EPHEPHILE NENGAPHEPHILE

Isimo 1: U-Tim ubuza umama wakhe ukuthi bangambhakela yini umkhulu ikhekhe, kodwa ufuna ukuthi umkhulu afihlelwe kube yinto eyenzeka engazelele.

Umbuzo 1: Ingabe lena **imfihlo ephephile** noma **engaphephile**? Kungani kunjalo noma kungani kungenjalo?

Impendulo eyisampula: **Imfihlo ephephile**. U-Tim wenzela umkhulu wakhe into enhle ukuze amjabulise.

Isimo sesi-2: U-Isabella nodadewabo omncane bezwa abazali babo bexabana. Babona umama wabo ephushwa futhi ethukile. Bagijime baye ekamelweni labo. U-Isabella utshela udadewabo omncane ukuthi bangasho lutho.

Umbuzo 2: Ingabe lena **imfihlo ephephile** noma **engaphephile**? Kungani kunjalo noma kungani kungenjalo?

Izimpendulo ezingamasampula: **Imfihlo engaphephile**. U-Isabella nodadewabo bathukile kanti umama wabo ulim. Khumbula, **imfihlo engaphephile** ingakwenza uzizwe **ungakhululekile** futhi ingakulimaza noma ilimaze omunye umuntu.

Isimo sesi-3: UMia uzizwa edangele kakhulu muva nje. Abangane bakhe abakhulu uJohn noLumka bafuna ukumjabulisa. Bamenzela ikhadi elikhethekile bathenge uswidi bawufihle kujolisaka wakhe. Omunye umngane ozidlulelayo uyababuza ukuthi benzani. Bamtshela ukuthi bafuna uMia athole ikhadi noswidi okuvela kubo engazelele, kodwa sicela ukugcine kuyimfihlo lokhu.

Umbuzo 3: Ingabe lena **imfihlo ephephile** noma **engaphephile**? Kungani kunjalo noma kungani kungenjalo?

Izipendulo ezingasampula: Imfihlo ephephile. U-John no-Lumka benza into enhle ukujabulisa umngane wabo uMia.

Isimo sesi-4: U-Charlie wayedlala nomngane wakhe omkhulu wabe esebona imihuzuko ezingalweni nasemilenzeni yomngane wakhe. Lapho uCharlie ebuza ngale mihuzuko, umngane wakhe wethuka wathi, “Ngicela ungatsheli muntu! Ubaba uvele athukuthele futhi ngezinye izikhathi uyangilimaza.”

Umbuzo 4: Ingabe lena **imfihlo ephephile** noma **engaphephile**? Kungani kunjalo noma kungani kungenjalo?

Izipendulo ezingasampula: Imfihlo engaphephile. Kuyimfihlo engaphephile ngoba umngani wakhe ulinyazwa nguyise. Ukutshela **umuntu omdala omethembayo** kungasiza ekunqandeni ukuhlukumezeka futhi kwenze nokuthi athole usizo aludingeyo kumndeni womngane wakhe.

Isimo sesi-5: U-Amina wenzela umama wakhe ikhadi elikhethekile esikoleni wabe esecela udadewabo, “Ungamtsheli umama, bandla? Ngifuna abone ngami engazelele.”

Umbuzo 5: Ingabe lena **imfihlo ephephile** noma **engaphephile**? Kungani kunjalo noma kungani kungenjalo?

Izipendulo ezingamasampula: Imfihlo ephephile. Kuyimfihlo ephephile ngoba wenzela umcimbi okhethekile kamama wakhe futhi bazothola ngekhadi eliyimfihlo lapho u-Amina esenikeza umama wakhe engazelele.

Isimo sesi-6: Omunye wamalungu omndeni ka-Erina wamthatha izithombe ezingafanele (okungukuthi, izithombe zezitho zakhe zangasese). Wathi, “Uma ungatsheli muntu ngezithombe, ngizokuthengela noma yiliphi ithoyizi olifunayo, uyezwa?”

Umbuzo 6: Ingabe lena **imfihlo ephephile** noma **engaphephile**? Kungani kunjalo noma kungani kungenjalo?

Izipendulo ezingamasampula: Imfihlo engaphephile. Kuyimfihlo engaphephile ngoba akekho umuntu okumele athathe izithombe zesitho sakho sangasese. Umalume wakhe umcela ukuthi angasho ngoba uyazi ukuthi akulungile futhi akukho emthethweni.

ITHI: Namuhla sifunde ukuthi **kunezimfihlo eziphephile nezingaphephile**. Siphinde safunda ukuthi **abantu abangamaqili** akubona kuphela abantu esigabazi, kodwa kungaba **abantu esibaziyo nabangaphephile**. Abantu **abangamaqili nabangaphephile** bangenza izithembiso zokukunikeza isipho uma ungeke utshele omunye umuntu nokuthi ugcine imfihlo iphakathi kwenu. Kwesinye isikhathi **imfihlo engaphephile** yilapho usubone into engaphephile noma eyingozi komunye umuntu bese unquma ukuyigcina iyimfihlo. Isibonelo, uma ubona othile ekhaya elimala ngoba othile emsunduza, emshaya, noma emjikijela ngokuthile, futhi uzizwa wesaba kakhulu ukutshela **umuntu omdala omethembayo**.

YENZA: Fundela phezulu emakhasini “Encwadi Yezindaba Yezinyathelo Zokuhlala Uphephile” laphe u-Abe ephinda eba yiqili (amakhasi 5-7). Cela izingane ukuthi zilalele indaba ngenkathi zibuka izithombe ngokucophelela ukuze zikwazi ukubona ukuthi kungani u-Abe eba yiqili. Ngesikhathi ufunda indaba, yima emva kwekhasi ngalinye bese uthi, “Lapha kulapho u-Abe eba yiqili khona.” Cela izingane ziphinde inkulumbo ethi, “Hhayi, cha! U-Abe uyiqili!” Qhubeka nokubatshelela izizathu zokuthi kungani u-Abe eyiqili ngokusebenzisa izincazelo ezikuthebula elingezansi.

Ikhasi #	Incazelo
5	UThandi akamazi u-Abe. Akamjwayele. Ungumuntu omdala ongaphephile. U-Abe akamazi uThandi. Uyiqli ngoba ungumuntu omdala ocela ingane ukuthi idlale uma abazali bayo bengekho.
6	U-Abe uyiqili ngoba uzenza umuntu onobungane. Utshela uThandi ukuthi ungumdlali webhola likanobhutshuzwayo qede amthinte ebusweni ngaphandle kwemvume yakhe. U-Thandi uzizwa engakhululekile , kodwa u-Abe uyahleka.
7	U-Abe ucela uThandi ukuthi ahambe naye baye epaki eseduze nomuzi wakhe futhi umthembisa ukuthi uzomnikeza ibhola elisha. Uyiqli ngoba uyazi ukuthi uThandi akavunyelwe ukuhamba, kodwa usaphakamisa ukuthi bahambe futhi bakugcine kuyimfihlo lokho. Abantu abadala abanobuqili nabangaphephile abayona ingxenye yesiyingi sakho esiphephile, ngakho-ke akumele bakucele ukuthi uhambe nabo uye noma yikuphi nabo. Uma othile ekucela ukuba wenze okuthile owaziyo ukuthi awuvunyelwe ukukwenza, lowo muntu uyiqili .

BUZA: Funda le mibuzo elandelayo bese ucela izingane ziphendule ngokucabanga ngendaba kanye nabalingiswa.

IMIBUZO MAYELANA NENCWADI YEZINDABA YEZINYATHELO ZOKUHLALA UPHEPHILE
Umbuzo 1: Ucabanga ukuthi u-Abe wayemazi noma wayengamazi uThandi? Impendulo: U-Abe wayengamazi. Umbuzo 2: Ucabanga ukuthi u-Abe wayenobungane noma wayenobuqili? Impendulo: U-Abe wayenobuqili.

Umbuzo 3: Yini eyenziwa ngu-Abe eyamenza iqili?

Izimpendulo ezingasampula: U-Abe wayezama ukwenzela uThandi ubuqili ngokuthi amethembe futhi ahambe naye baye epaki ngaphandle **komuntu omdala othenjwayo**. Ngisho nangemva kokuba uThandi enqabile, wazama ukumyenga ngesipho futhi wamcela ukuba akugcine kuyimfihlo.

Umbuzo 4: Yini okufanele uyenze uma ubona okuthile okungaphephile?

Izimpendulo ezingasampula: Tshela **umuntu omdala omethebayo** othile **osesiyingini sakho esiphephile**. Okusho ukuthi ongatshela nomuntu **ongamazi nophephile**, njengoba kwenza uThandi lapho ebalekela kumama nengane yakhe.

Umbuzo Ongeziwe: Ubani ongasho **imfihlo engaphephile**?

Izimpendulo ezingasampula: Wonke umuntu angasho **imfihlo engaphephile**, noma kunjalo, uma ungumuntu **othernjwayo nophephile**, ngeke ukhulume **izimfihlo ezingaphephile**.

UMSEBENZI WOKUSEBENZA: Khumbuza izingane ukuthi **izimfihlo eziphephile** kufanele zigcinwe isikhashana futhi ekugcineni zizokwazi ukutshelwa abanye. Nakuba kunjalo, **izimfihlo ezingaphephile** zingase zibe mayelana nokuthile okungalimaza wena noma kulimae omunye umuntu futhi akumele kugcinwe kuyimfihlo. **Imfihlo engaphephile akuyona nje into oyitshelwa ngomunye umuntu kuphela, kodwa kungaba yinto umuntu azinqumela yona ngokwakhe ukuthi ayigcine iyimfihlo mayelana nento ayibonile okungenzeka ukuthi ayiphephile noma ingaba yingozi komunye umuntu.** Lokhu kungaba ukubona umuntu exhashazwa noma elinyazwa kodwa ube nokusaba okukhulu kokuthi ungatshela omunye umuntu ngakho.

Sabalalisa iphepha lokudweba nezinto zokwakha. Cela izingane ukuthi zidwebwe **abantu abadala abathenjwayo** ababili (noma ngaphezulu) ezingayokhuluma nabo uma zibona okuthile okungaphephile noma okulimazayo okwenzeka komunye umuntu.

ISIQEPHU 3: UKUTHINTWA OKUTHANDEKAYO OKUNGATHANDEKI

INGXENYE 5 - UKUTHINTWA OKUPHEPHILE NOKUNGAPHEPHILE

IZINTO EZIDINGEKAYO	AMAGAMA ABALULEKILE
• “Incwadi Yezindaba Yezinyathelo Zokuhlala Uphephile” • Iphepha leshadi noma ibhodi elimhlophe • Amakhadi Ezithombe Ezikhombisa Ukuthinta Ophephile Nokungaphephile (Isithasiselo G) • Amagama Aphephile Nangaphephile (Isithasiselo H) • Amakhrayoni noma ubumba • Umsebenzi omayelana Nezimo Eziphuthumayo (Isithasiselo I)	• Ukuthintwa Okuphephile: ukuthintwa okuhle okwenza umuntu azizwe ekhathalelwa, ebalulekile, futhi ephephile • Ukuthintwa Okungaphephile: ukuthintwa okuyimfihlo noma okungalungile okwenza umuntu azizwe engakhululekile noma elimazeka • Ukuthintwa Okungamenyiwe: uma othile ekuthinta ngendlela ephephile noma engaphephile ngaphandle kwemvume yakho • Ukuthintwa Okumenyiwe: ukuthintwa okuhle okwenza umuntu azizwe enakekelwa, ebalulekile, ephephile, futhi kumele umvumele ukuthi akuthinte

INGXENYE YESI-6 - IMINGCELE YOMZIMBA OPHEPHILE

IZINTO EZIDINGEKAYO	AMAGAMA ABALULEKILE
• “Incwadi Yezindaba Yezinyathelo Zokuhlala Uphephile” • Ikhasi Elifakwa Umbala Lomsebenzi Wokuthinwa Okungamenyiwe (Isithasiselo J) Akuphoqeletwe: • Amakhrayoni	• Umngcele Womzimba Womuntu Siqu: ingumzimba wonke womuntu okubandakanywa nezitho zakhe zangasese • Isikhala Somuntu Siqu: ibanga lesikhala esidingekayo esiba phakathi kwakho nabanye abantu esenza ukhululeke futhi unengasese lakho • Izitho Zangasese: izitho zomzimba womuntu ezivalwe yizingubo zangaphansi noma izingubo zokugeza • Inhlonipho: ukuhlonipha into ethile noma othile njengonto eyigugu nebalulekile

ISIQEPHU 5 UKUTHINTWA OKUPHEPHILE NOKUNGAPHEPHILE

ITHI: Izingane zinamalungelo amaningi ahlukahlukene, okuhlanganisa ukuya esikoleni ukuze zithole imfundo, nokuba ziphephe zikwazi nokudlala nabangane. Futhi zinelungelo lokuphepha ekulimaleni, okusho ukuthi zinelungelo lokwenqaba **ukuthintwa okungamenyiwe**. Namuhla, sizofunda kabanzi ngemizimba yethu nokuthi kuyini **ukuthintwa okuphephile nokungaphephile**. **Ukuthintwa okuphephile ukuthintwa okumenyiwe ngoba lowo muntu okuthintayo usuke umvumela. Ukuthintwa okumenyiwe, njengokugonwa ngumama noma ukuqabulwa ngugogo wakho esihlathini, ukuthintwa okuhle okukwenza uzizwe uthandwa, unakekelwa, unethezekile, futhi uvikelekile.**

Nakuba kunjalo, **ukuthintwa okungaphephile** kungakwenza uzizwe **ungakhululekile**, wethukile, noma ulimele. Abanye abantu abadala akumele bakuthinte, babone, noma badlale **ngezitho** zakho **zangasese**, kubandakanya nothisha bakho kanye nabo bonke abantu ongabazi. **Ukuthintwa okungamenyiwe kwenzeka uma othile ekuthinta ngendlela ephephile noma engaphephile ngaphandle kokuthi umvumele.** Unelungelo lokwenqaba uma othile elokhu ekuthinta emva kokumtshela ukuthi akayeke ukukuthinta noma uma ekucela ukuthi umthinte ngaphansi kwezingubo zakhe zangaphansi. Uma othile elokhu ethinta **izitho** zakho **zangasese** (ngemvume noma ngaphandle kwemvume yakho) noma ekucela ukuthi uthinte **izitho zangasese**, lokhu kunguthintwa okungamenyiwe futhi okungaphephile, futhi kufanele utshele **umuntu omdala omethembayo osesiyingini** sakho **esiphephile!**

YENZA: Yenza izingane zizijwayeze ukuphinda isitatimende esilandelayo esimayelana nemizimba yazo futhi zizijwayeze ukuthi “cha” ngezwi elinesizotha, kodwa eliqinile.

- Isitatimende Sesimemezelu: “Umzimba wami ungowami.”
- Isampula Ezitatimende okuthi Cha : “Cha, ungangithinti.” “Yeka. Angifuni ukuthintwa kunjalo.”

BUZA: Funda le mibuzo elandelayo bese ucela izingane ukuba ziphendule.

IMIBUZO EMAYELANA NOKUTHINTWA OKUNGAMENYIWE NOKUNGAPHEPHILE

Umbuzo 1: Ingabe **ukuthintwa okumenyiwe noma okuphephile** kubukeka kanjani?

Izimpendulo ezingasampula: **Ukuthintwa okuphephile** kwenza umuntu azizwe enakekelwa futhi ekhululekile. **Ukuthintwa okumenyiwe** kungukuthintwa okuhle futhi kulungile futhi kusuke kuvunyelwe.

Umbuzo 2: Kuyini **ukuthintwa okungamenyiwe** noma **okungaphephile**?

Izimpendulo ezingasampula: **Ukuthintwa okungaphephile** kungaba yimfihlo noma kube ukuthintwa okungenza ngizizwe **ningakhululekile. Ukuthintwa okungaphephile kungangilimaza. Ukuthintwa okungamenyiwe kuyinto engingayifuni. Angizange ngithi yebo noma ngivume ukuthintwa.**

Umbuzo Owengeziwe: Ingabe unelungelo lokwenqaba **ukuthintwa okungamenyiwe** noma **okungaphephile**? Kungani kunjalo noma kungani kungenjalo?

Impendulo eyisampula: Yebo, umzimba wami ungowami akuwona owomunye umuntu.

ITHI: Sihlanganyela nabantu abaningi abahlukahlukene nsuku zonke futhi ngezinye izikhathi lokhu kuhlanguyela kungenzeka kubandakanye izinhlobo ezahlukene zokuthintwa. Kunezibonelo eziningi **zokuthintwa** okwamukelekile **nokuphephile**. Noma kunjalo, akuzona zonke izibonelo **zokuthintwa okumenyiwe** futhi kubalulekile ukuqonda umehluko.

YENZA: Khombisa Amakhadi Esithombe Sokuthintwa Okuphephile Nokungaphephile (Isithasiselo G) asohlwini. Cela izingane zinqume ukuthi yiziphi izibonelo ezikhombisa ukuphepha nokungaphephi ngokukhombisa ngezandla zazo ekuphenduleni kulezi zibonelo. Uma izingane zicabanga ukuthi isibonelo siyisibonelo **sokuthintwa okuphephile**, zitshele ukuthi zenze “u-sharp sharp” ngezithupha zazo. Uma zicabanga ukuthi lokho **kuwukuthintwa okungaphephile**, bacele benze isiphambano (X) ngezingalo zabo.

ISAMPULA LOKUTHINTWA OKUPHEPHILE	ISAMPULA LOKUTHINTWA OKUNGAPHEPHILE/OKUNGAMENYIWE
• Ukwanga okududuzayo noma ukugaxwa wumuntu omethembayo • Ukumbambathwa emhlane noma ukunikezwa “i-high five” • Ukwenza yomunye umuntu ibe engcono ngokumnikeza ithuba lokwenza okuthile noma ngokumbangula izwibela • Umzali noma umnakekeli ogeza omunye umuntu ukuze amgcine ehlanzekile • Ukuthinta umngane wakho ehlobo noma emhlane ukuze umenze yi-‘it’ emdlalweni wokuthintana • Anga omunye umuntu osekhaya lakho qede umqabule uma uvuka noma usuyolala • Abantu abadala bayaxhawulana uma bebingelelana noma uma bevumelana ngokuthile	• Ukushaya • Ukushaya ngezibhakela • Ukusunduza • Ukuncweba • Ukubamba ngesankahlu • Ukukhahlela • Ukuluma • Ukukitazwa okungamenyiwe (nokuqhubeka emva kokungavumi noma emva kokutshelwa ukuthi uyeke) • Ukugona kumuntu ongamazi noma oyiqili ongaphephile noma ukuhlala eduze kakhulu naye

Ongakungaphoqiwe: Phrinta Amagama Aphephile Nangaphephile (Isithasiselo H). Beka igama ngalinye ezinhlangathini ezibhekene zegumbi. Cela izingane ukuthi zime phakathi negumbi bese wena uphakamisa amakhadi ezithombe eziphephile nezingaphephile (Isithasiselo G). Uma uphakamisa isithombe, tshela izingane ukuthi siyini bese uzicela ukuthi zinqume ngokuthi zicabanga ukuthi lesi sithombe kumele sibekwe ngakuliphi uhlangathi lwegumbi (kungaba esiphephile noma esingaphephile) qede ziye ngakulolo hlangothi (okungukuthi, ‘i-high-five’ iwukuthinta okuphephile).

BUZA: Funda le mibuzo elandelayo bese ucela izingane ukuba ziphendule.

IMIBUZO EMAYELANA NOKUTHINTWA OKUNGAMENYIWE NOKUNGAPHEPHILE

Umbuzo 1: Uyini umehluko phakathi **kokuthintwa okuphephile nokuthintwa okungaphephile/okungamenyiwe**?

Iziphendulo ezingamasampula: **Ukuthintwa okuphephile** kwenza umuntu azizwe ekhathalelwa. **Ukuthintwa okungaphephile** kwenza umuntu azizwe ehlambalazeka, edangele, engaphephile, noma **engakhululekile**.

Umbuzo 2: Ingabe kukhona **ukuthintwa okuphephile** okungaba **ukuthintwa okungamenyiwe** noma **okungaphephile**? Kungani kunjalo noma kungenjalo?

Iziphendulo ezingasampula: Yebo, ukwanga **okungamenyiwe** okwenza umuntu azizwe **engakhululekile** ngisho noma kwenziwa ngumuntu omaziyo kuwukuthintwa okungaphephile.

Umbuzo Wokwengeza: Wenzani uma kuba khona umuntu othile esikoleni **ongamenyiwe noyiqili** ezama ukukuthinta kungekho muntu obonayo?

Iziphendulo ezingasampula: Kudingeka ngitshele **umuntu omdala engimethembayo osesiyingini** sami **esiphephile** njengothisha wami noma ngicele ukushayela umzali wami ucingo noma ngishayela umuntu onginakekelayo ucingo ngimazise ngokwenzekile esikoleni.

ITHI: Ungatshela umuntu **osesiyingini** sakho **esiphephile** uma kukhona umuntu okuthinte **esithweni sangasese**. **Abantu abadala abathenjwayo bafuna ukwenza isiqiniseko sokuthi uphephile futhi bafuna ukukusiza. Ake sibheke izindlela ezintathu OKUMELE UZENZE** uma umuntu othile ekwenza uzizwe ungakhululekile noma uma ekuthinta ngendlela engaphephile.

- **Gwema lowo muntu.** Yenza ngakho konke ukuthi ungazitholi uwedwa naye kuphela lowo muntu okuthinta **ngendlela engaphephile**. Uma ungakwazi ukugwema umuntu ngoba eyilungu lomndeni noma umngane womndeni, yana esinyathelweni sokucina sokuthi **umuntu omdala omethembayo**.
- **Cela usizo.** Thana “cha” bese ubaleka ukuze uthole usizo.
- **Tshela umuntu omdala omethembayo.** Mtshela ngokwenzekile futhi umtshela nokuthi uthintwe kusiphi **isitho sangasese**.

YENZA: Thana izingane zilalele Izitatimende zesampula zalokho **OKUMELE UKWENZE** bese zinquma ukuthi zicabanga ukuthi ingabe ukuthintwa kulungile noma akulungile. Thana zikhombise ngezimpawu (isb., okuphephile = bamise izithupha (njengokuthi ‘sharp sharp’ ; okungaphephile = benze isiphambano (u-X) ngeziningalo).

BUZA: Funda izitatimende zesampula ezilandelayo, uma isitatimende “silungile” noma “akulungile,” cela izingane ukuba ziphendule ngokwenza isenzo esithile esisohlwini **LOKUMELE KWENZIWE** [Gwema lowo muntu; Cela usizo; Tshela umuntu omdala omethembayo].

IZITATIMENDE ZOMTHETHO ESAYIMPELA

Isitatimende 1: Uma wanga umuntu omethembayo futhi uma kukwenza ukhululeke.

Uphawu: Kulungile = misa izithupha zakho (njengokuthi 'sharp sharp')

Isitatimende 2: Uma **umuntu omdala omethembayo osesiyingini** sakho **esiphephile** ekugeza ukuze uhlale uhlanzekile.

Uphawu: Kulungile = misa izithupha zakho (njengokuthi 'sharp sharp')

Isitatimende 3: Uma uzizwa **ungakhululekile** lapho othile ekuthinta.

Uphawu: Akulungile = phambanisa izingalo zakho wenze u-x

Umbuzo Owengeziwe: Yisiphi **ISINYATHELO** ongasithatha?

Izimpendulo ezingamasampula: **A** = Ngingamgwema lowo muntu. **I** = Ngingatshela **umuntu omdala engimethembayo**.

Isitatimende 4: Uma othile ethinta **izitho** zakho **zangasese**.

Uphawu: Akulungile = phambanisa izingalo zakho wenze u-x

Umbuzo Owengeziwe: Yikuphi **ONGAKWENZA**?

Izimpendulo ezingasampula: **C** = Ngingacela usizo; **I** = Ngingatshela **umuntu omdala omethembayo**.

Isitatimende 5: Uma umuntu elimaza omunye ngokumshaya noma ngokumkhahlela.

Uphawu: Akulungile = phambanisa izingalo zakho wenze u-x

Umbuzo Owengeziwe: Yikuphi **ONGAKWENZA**?

Izimpendulo ezingamasampula: **C** = Ngingacela usizo; **I** = Ngingatshela **umuntu omdala omethembayo**.

UMSEBENZI WOKUSEBENZA: Cela izingane zifake imibala ekhasini lenombolo yesimo esiphuthumayo ngemuva kwencwadi yekhomikhi noma zisebenzise Umsebenzi Wesimo Esiphuthumayo - Isithasiselo I. Ngemva kokuba seziqedile ukufaka imibala, cela izingane ukuba zilingise izinombolo zesimo esiphuthumayo ngokusebenzisa wonke umzimba wazo, izandla zazo, noma ungasho nokuthi benze izinombolo ngobumba ukuze bakwazi ukuzikhumbula lezi zinombolo zesimo esiphuthumayo.

INGXENYE YESI-6 - IMINGCELE YOMZIMBA EPHEPHILE

*Qaphela: Kubalulekile ukusebenzisa amagama afanele ezinganeni zakho. Ungasebenzisa amagama alungile ngokwendalo mayelana **nezitho zangasese** uma leyo kuyinqubo yesikole sakho noma yenhlango.*

ITHI: Namhlanje sizofunda imithetho ebalulekile yokuphepha mayelana nokugcina imizimba yethu iphephile. Izitho zomzimba ezivalwe ngezingubo zangaphansi kanye nezingubo zokubhukuda **ziyizitho zangasese**, futhi uma othile ekuthinta lapho noma ekuphoqa ukuthi umthinte lapho, lokho **kuwukuthintwa okungaphephile**. Khumbula ukuthi **indawo yakho siqu** ifana nokuba ngaphakathi kwe-hula hoop.

YENZA: Cela izingane zelule izingalo zazo zenze sengathi zingaphakathi kwe-hula hoop ukuze zakhe **indawo okungeyazo**. Zikhumbuze ukuthi lona **umngcele womzimba okungowabo**.

BUZA: Funda le mibuzo elandelayo bese ucela izingane ukuba ziphendule.

IMIBUZO MAYELANA NEMINGCELE YOMZIMBA WOMUNTU

Umbuzo 1: Kungani imithetho yezokuphepha ibalulekile?

Iziphendulo ezingamasampula: Imithetho yezokuphepha ingasiza ekungicineni ngiphephile. Imithetho yezokuphepha ingangisiza ukuthi **ngiphephe ekuthintweni okungaphephile**.

Umbuzo 2: Ukuphi **umngcele womzimba wakho**?

Impendulo eyisampula: **Umngcele womzimba wami** kungaba indawo ezungeze umzimba wami **nezitho zami zangasese**.

ITHI: Sizofunda Imithetho Yezokuphepha **Komngcele Womzimba Womuntu Siqu** emithathu.

Umthetho #1: Umzimba wami ungowami!

Akuwona owomunye umuntu. Kwesinye isikhathi abantu **abasesiyingini** sakho **esiphephile** bazokusiza ukukunakekela wena nomzimba wakho (isb., ukukugeza ngesikhathi sokugeza, ukukusiza ukuthi uye endlini yangasese uma kudingeka, noma ukukusiza ukuthi ugqoke). **Abantu abanobuqili nabangaphephile akufanele nanini babe ngaphakathi komngcele womzimba wakho; leyo yindawo yakho siqu.**

Umthetho #2: Ukuthinta okungaphephile akulungile.

Uma othile ekuncweba, ekuthinta, ekukitaza, noma akubambe **izitho** zakho **zangasese** noma aphoqebele **izitho** zakhe **zangasese** kuwe, lokhu **kuwukuthinta okungaphephile**. Tshela lowo **osesiyingini** sakho **esiphephile** ngaso sonke isikhathi! Uma kwenzeka ukuthi kuba othile **osesiyingini** sakho **ophephile** njengomama wakho, ubaba, u-anti, umalume, ugoro nomkhulu, kungadingeka ukuthi utshele uthisha wakho noma iphoyisa. Uma kwenzeka kuba umuntu othile **osesiyingini** sakho **esiphephile** njengothisha wakho noma iphoyisa, tshela omunye umuntu **osesiyingini** sakho **esiphephile**.

Umthetho #3: Izimfihlo ezingaphephile azilungile.

Akekho umuntu okumele athathe izithombe noma amavidiyo **ezitho** zakho **zangasese**. Uma kwenzeka kuba khona umuntu othatha isithombe sezithozakho zangasese noma okuthinta **izitho** zakho **zangasese**, qede akucele nokuthi ukugcine kuyimfihlo lokho, lokhu **kuyimfihlo engaphephile**. Qiniseka ukuthi utshela umuntu othile **osesiyingini** sakho **esiphephile** ngokushesha.

YENZA: Thana izingane zisho zimemeze ziphinde zilingise Imithetho Yezokuphepha Komngcele Womzimba Womuntu Siqu.

Isenzo Somthetho #1. Umzimba wami ungowami!

Izingane zingaphakamisa umunwe owodwa lapho zimemeze zithi, “Umthetho ongunombolo 1.” Bese zizithinta umzimba wazo ngentende yesandla sazo bese bethi, “Umzimba wami.” Ekugcineni, bese zenza uphawu olusho ukuthi kulungile ngokuphakamisa izithupha zazo zombili (njengokuthi ‘sharp sharp’) bese zihlisa izithupha zazo ukuze zikwazi ukukhomba umzimba wazo bese zithi “ungokwami.”

Isenzo Somthetho #2. Ukuthinta okungaphephile akulungile.

Izingane zingaphakamisa iminwe emibili lapho zimemeza zithi, “Umthetho ongunombolo 2.” Bese zinyakazisa izandla zazo lapho zithi, “**ukuthintwa okungaphephile.**” Ekugcineni, thana ziphambanise izingalo zazo zenze u-x lapho zithi, “akulungile.”

Isenzo Somthetho #3 Izimfihlo ezingaphephile azilungile.

Izingane zingaphakamisa iminwe emithathu lapho zimemeza zithi, “Umthetho ongunombolo 3.” Bese zibeka umunwe emlonyeni ukuze zenze umsindo othi “sh” lapho zithi, “**izimfihlo ezingaphephile.**” Okokugcina, thana aziphambanise izingalo zazo benze u-x lapho zithi, “akulungile.”

Akuphoqeletwe: Cela izingane zifake imibala ‘Ekhasini Lomsebenzi Wokuthintwa Okungamanyiwe’ ‘Encwadini Yezindaba Yezinyathelo Zokuhlala Uphephile’ noma sebenzisa Ikhasi Lokufaka Umbala Lomsebenzi Wokuthintwa Okungamanyiwe (Isithasiselo J).

BUZA: Funda le mibuzo elandelayo bese ucela izingane ukuba ziphendule.

IMIBUZO MAYELANA NEMINGCELE YOKUPHEPHA KOMZIMBA WAKHO SIQU

Umbuzo 1: Yimiphi Imithetho Emithathu Yokuphepha **Komngcele Womzimba Wakho** Siqu? Izimpendulo ezingamasampula: 1) Umzimba wami ungowami! 2) **Ukuthintwa okungaphephile** akulungile. 3) **Izimfihlo ezingaphephile** azilungile.

Umbuzo 2: Kungani Imithetho **Yokuphepha Komngcele Womzimba Wakho** ibalulekile? Izimpendulo ezingamasampula: Iyangisiza ukuthi ngivikele umzimba wami. Ngifunda ukwenqaba lapho **ngingakhululekile** ngomuntu othile noma ngendawo ethile. Ngiyazi ukuthi kulungile ukuhamba ngiyotshela umuntu omdala engimethembayo **esiyingini** sami **esiphephile** uma lokhu kwenzeka.

Umbuzo Owengeziwe: Yiziphi izimpawu ezingakwenza **ungakhululeki** uma umuntu othile engena **emngceleni womzimba wakho** kanye **nasendaweni yakho siqu?**

Izimpendulo ezingasampula: Inhliziyo eshaya masinyane, izintende zezandla ezijulukayo, noma ukuphathwa yisisu noma ukuxhaphazela kabi kwesisu konke kuyizimpawu zokuthi **angikhululekile.**

ITHI: Kubalulekile ukwazi ukuthi umzimba wakho ungowakho. Uma umuntu othile noma into othile ingena **emingceleni yomzimba wakho** futhi uqala ukuzizwa **ungakhululekile**, unelungelo lokutshela umuntu othile kumuntu **osesiyingini** sakho **esiphephile**.

YENZA: Thana izingane zisho futhi zilingise “Isiqubulo Somzimba Wami” ngezansi, esimele isimemezelo **semingcele yemizimba yazo**. Zikhumbuze ukuthi zonke izingxenye zemizimba yazo zingeyazo.

Isiqubulo Somzimba Wami

Izandla zami lezi
 Lezi izinzwane zami
 Isisu sami lesi
 Nekhala lami elinyakazayo
 Kusukela phezulu kwekhanda lami
 Kudlule kuye emadolweni ami, nasezinyaweni zami
 Lokhu kungumzimba **wami**
 Umzimba wami ungowami
 (U-Cha usho ukuthi **cha** futhi ukuma kusho **ukuma**)

BUZA: Yiziphi izindlela ezahlukeni ongazicabanga zokuthi cha uma uzizwa sengathi usesimweni esingaphephile?

Izimpendulo
ezingamasampula:

Cha ngiyabonga!
Akunakwenzeka!
Cha!
Cha, ndoda!
Hhayi mina!
Hlukana nami!
Buya!

Ngeke kwenzeke!
Okubi!
Angicabangi!
Angivumelani nalokho mina!
Cha, impendulo yami yokucina leyo!
Yima khona laphe!
C-H-A

Hmmm...cha!
Cha cha!
Angicabangi kanjalo!
Phinde!
Cha, bhuti!
Akuyona into yami!
Angifuni nakuzwa!

UMSEBENZI WOKUSEBENZA: Khumbuza izingane ukuthi “kulungile” ukwenqaba kubantu abadala nanoma ubani uma ezicela ukuba zenze into ezenza **zingakhululeki**. Cela izingane ukuthi zengeze ku-“Isiqubulo Somzimba Wami” ngokucabanga okunye, ngokukhomba ezinye izitho zomzimba ngaphandle kwalezo esezike zasetshenziswa (. izandla, izinzwane, isisu, ikhala, ikhanda nezinyawo).

IZITHASISELO:

Iseshini 1: Abantu Abathenjwayo Nabangamaqili

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- Imifanekiso Yomlingiswa Ongaziwa Ophephile Nongaphephile (*Isithasiselo E*) 44
- Imifanekiso Efakwa Imibala Yomuntu Ongaziwa Ophephile Nongaphephile (*Isithasiselo F*) 47

Ingxenywe 4 - Izimfihlo: Yini Ephephile Nengaphephile?

- Azikho izithasiselo ezidingekayo

Iseshini yesi-3: Ukuthintwa Okumenyiwe Nokungamenyiwe

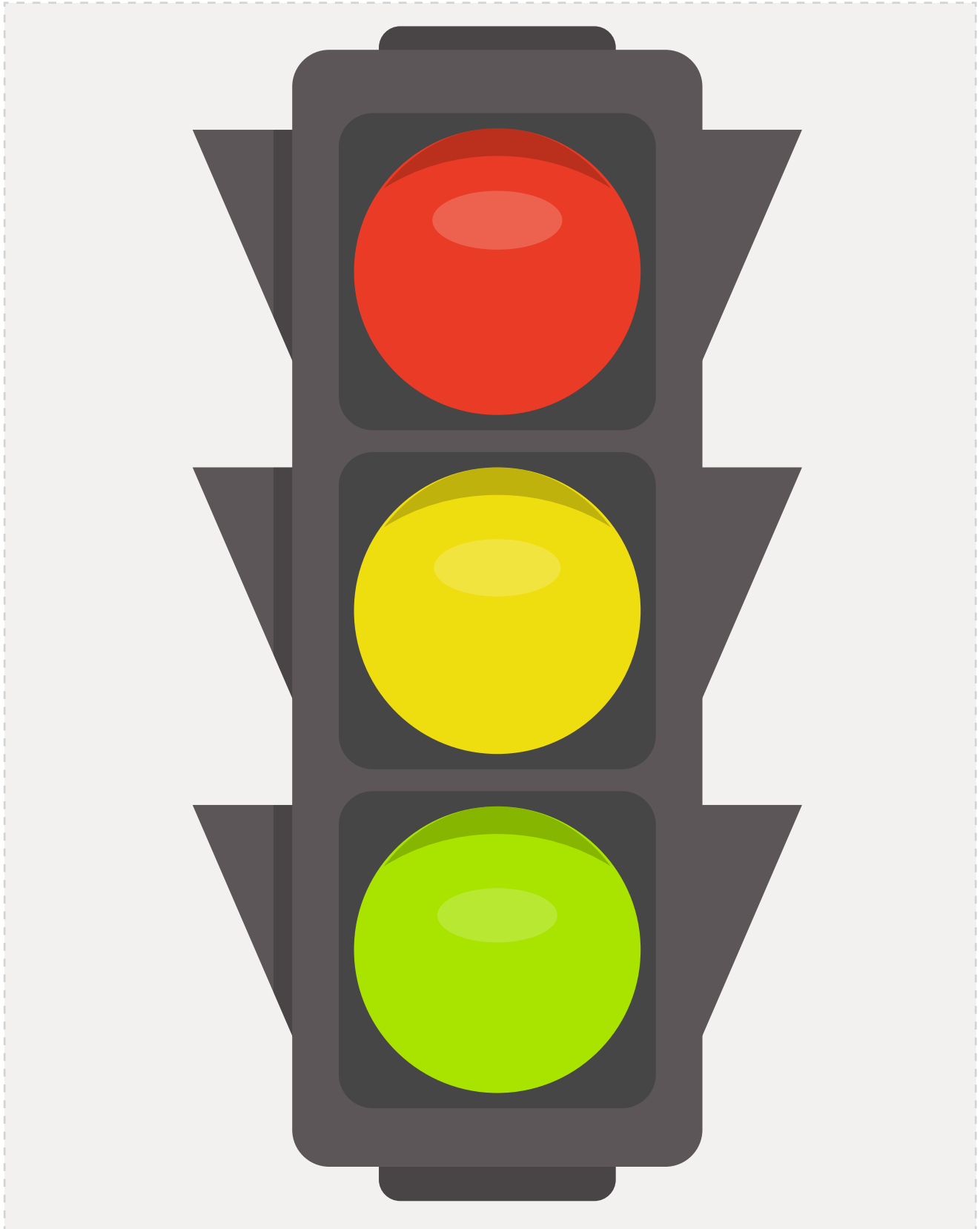
Ingxenywe 5 - Ukuthintwa Okuphephile Nokungaphephile

- Amakhadi Esithombe Sokuthintwa Okuphephile Nokungaphephile (*Isithasiselo G*) 53
- Amagama Aphephile Nangaphephile (*Isithasiselo H*) 58
- Umsebenzi Wezimo Eziphuthumayo (*Isithasiselo I*) 60

Ingxenywe 6 - Imingcele Yomzimba Ophephile

- Ikhasi Lokufaka Umbala Lomsebenzi Wokuthintwa Okungamenyiwe (*Isithasiselo J*) 61

Isithasiselo A: Irobhothi Lezokuphepha



Isithasiselo B: Amakhadi Emibala Ezokuphepha



Isithasiselo C: Imifanekiso Yezinyathelo Zokuhlala Uphephile



Umuntu Ongaziwa/Umama Ophephile



Iphoyisa



Umfowabo kaThandi



Abe, Ungumuntu Oyiqli

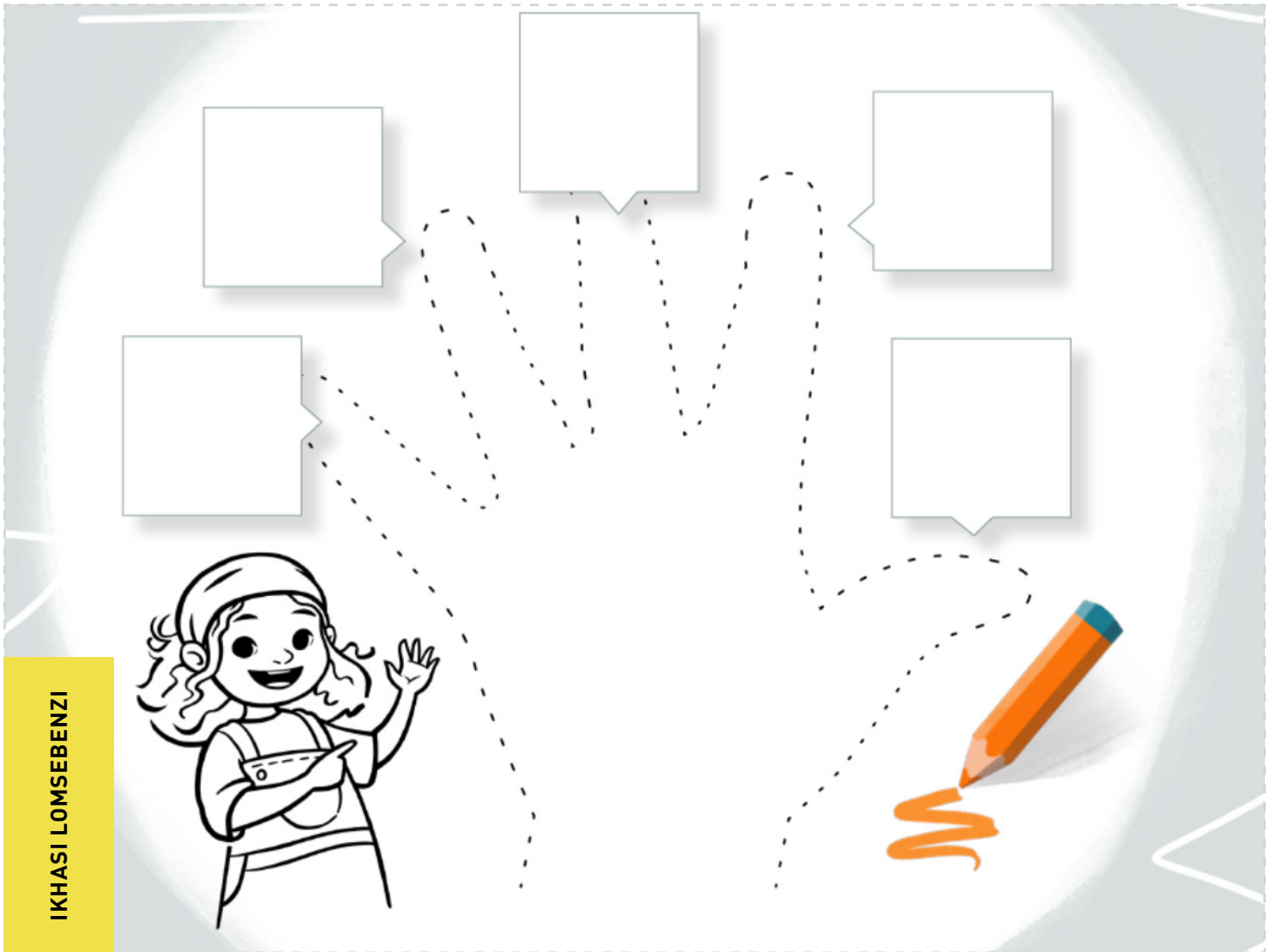


Umkhulu kaThandi



UThandi

Isiyingi Esiphephile



Lesi Yisiyingi sami Ephephile. Siyithuluzi lezokuphepha elingisiza ngikhumbule abantu abadala abahlanu engibathembayo engingakhuluma nabo uma ngingazizwa ngiphephile.



U-Abe



Umama

Isithasiselo E: Imifanekiso Yomlingiswa Ongaziwa Ophephile Nongaphephile Kuyaqhutshwa



Iphoyisa



UThandi

Isithasiselo F: Imifanekiso Efakwa Imibala Yomlingiswa Ongaziwa Ophephile Nongaphephile
Kuyaqhutshwa



U-Abe

Isithasiselo F: Imifanekiso Efakwa Imibala Yomlingiswa Ongaziwa Ophephile Nongaphephile
Kuyaqhutshwa



Umama

Isithasiselo F: Izifaneliso Efakwa Imibala Yomlingiswa Ongaziwa Ophephile Nongaphephile
Kuyaqhutshwa



Umkhulu

Isithasiselo F: Imifanekiso Efakwa Imibala Yomlingiswa Ongaziwa Ophephile Nongaphephile
Kuyaqhutshwa



Iphoyisa

Isithasiselo F: Imifanekiso Efakwa Imibala Yomlingiswa Ongaziwa Ophephile Nongaphephile
Kuyaqhutshwa



U-Tim

Isithasiselo G: Amakhadi Emifanekiso Yokuthintwa Okuphephile
Nokungaphephile



Umkhulu owangangayo

Isithasiselo G: Amakhadi Emifanekiso Yokuthintwa Okuphephile Nokungaphephile
Kuyaqhutshwa



**Umuntu ongaziwa ophephile
obambe isandla sikaThandi**

Isithasiselo G: Amakhadi Emifanekiso Yokuthintwa Okuphephile Nokungaphephile
Kuyaqhutshwa



U-Thandi, u-Tim, Nomkhulu
(izandla ekhanda nasehlombe)

Isithasiselo G: Amakhadi Emifanekiso Yokuthintwa Okuphephile Nokungaphephile
Kuyaqhutshwa



U-Abe ethatha ujosaka ngendluzula

Isithasiselo G: Amakhadi Emifanekiso Yokuthintwa Okuphephile Nokungaphephile
Kuyaqhutshwa

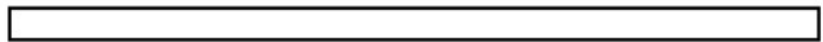
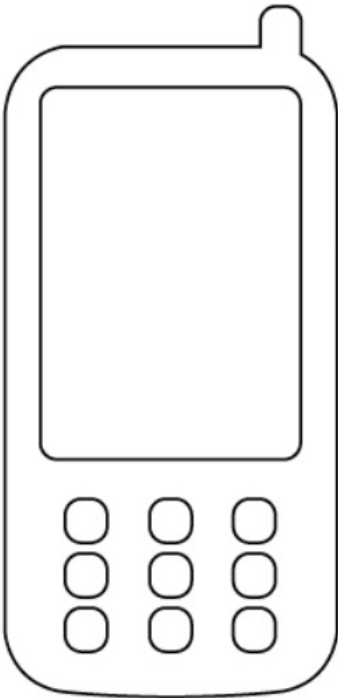


U-Abe ethinta ubuso bukaThandi

ANGAPHEPHILE

APHEPHILE

Inombolo Yocingo Lwesimo Esiphuthumayo



Lena inombolo yocingo yesimo esiphuthumayo
engingayishayela uma ngidinga usizo.
Futhi ngingashayela naku-**1011** uma kunesimo esiphuthumayo.

Ukuthintwa Okuphephile Nokungaphephile



Ngiyazi ukuthi ukuthintwa okuphephile kusuke kumenyiwe uma kuphela ngithi “yebo.”
Ukuthinta okungaphephile kusuke kungamenyiwe futhi kungenza ngizizwe ngingakhululekile,
ngesaba, futhi akufanele kugcinwe njengento eyimfihlo.



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