

CHECK • CONNECT • CARE

UKUBA ABANTWANA BETHU BAZIVA NJANI

MASITHETHE





1

Kutheni lento ufaka i-make up engaka Nozi?



2

Sonke siyayifaka i-makeup. Amantombazane afaka i-make up athandwa ngamakhwenkwe, Lizo.

Yhiyo lento usoloko ungenalo ixesha lam!



3

Ndingayizama nam? Nam ndifuna ukuba mhle njengawe.

LOL

Ixabiseke kakhulu ukuba ndingaphisa ngayo le! Hamba uyodlala ibhola kunye nabahlobo bakho.



4

Andifuni! Ngapha koko, andinabahlobo mna.



5

Andikwazi nokulala ngoba kusoloko kukho umntu ondihluphayo.

Sazi, kunini ulele! Ngaba kungenxa yala mxube usoloko uwusela?



6

Wonke umntu usebenzisa iNcika, ingakumbi okoko kwafika iCOVID. Kunzima. Akhonto itheni - Kuyafana andisebenzisi ziyobisi.

Nyek!, Nyek! Nyek!, Wasoloko uthetha ngale-Covid! Yaphelayo!



7

Ngokuqinisekileyo kwaphela ku Xoli! Wabhubha, uyakhumbula? Nokuba kunjalo, ayiphelanga kum- ndimelwe kukubhala iimviwo zam zeMatric ezivela kwizinto ebendingazange ndizifundiswe kakuhle! Ndiyazi ukuba andizupasa. Kuphelile ngekamva lam. Ndizoba ngomnye wa bangaphangeliyo. Kodwa ke yilento beniyilindele vele ngam...



8

Owu, hayi imini yanamhlanje! Umsebenzi mninzi kodwa umvuzo mncinci! Nozi, awukaqali nokupheka? Uphi uLizo? sele ewenzile umsebenzi wakhe wesikolo? Wena! Ukhe wavuka nje ebhedini namhlanje? Andikwazi ukwenza yonke into ndodwa! Ndinga uncedo lwenu nonke!

YINTONI ESINGAKUNCEDA

Zintathu izinto esingazenza ukunceda ulutsha: **CHECK, CONNECT** ne **CARE**.

1

CHECK

Jonga utshintsho ngesimo sakhe sokuziphatha. Oku kungazimpawu zokuba umntu omtsha udinga uncedo.

Ukuba umntu omtsha uthetha ngokufuna ukufa, ukuzibulala, okanye ukholelwa ukuba akhomntu umkhathaleleyo, funa uncedo!

Ungatsalela umnxeba nakuyiphi na inamba ozoyifumana kulamaphepha alandelayo.

Kunokuthi kanti ndinengxaki yokungakwazi ukulala, okanye kuthi kanti ndilala kakhulu.



Kungenzeka ukuba ndisoloko ndikhalaza ngokudinwa.

Kungenzeka ukuba andifuni kuchitha ixesha nosapho lwam okanye nabahlobo bam.



Maxa wambi ndihlala ndikhalaza ngokuba nentloko ebuhlungu okanye isisu esibuhlungu, okanye ezinye iintlungu, nokuba akukho zimpawu zokugula.



Ndingabonakala ndinexhala kakhulu okanye ndibenexhala ngezinto ezincinci.



Kungenzeka ukuba ndifumana ubunzima ukuthatha izigqibo, okanye ndisoloko ndilibala izinto.

NGAYO ULUTSHA LWETHU?

Kungenzeka ukuba ndingazonwabeli izinto endizithandayo.



Kungabonakala ngathi andinangxaki oko mzuzwana kodwa ndibenomsindo okanye ndicaphuke kwimizuzu elandelayo- okanye ndibonakala ngathi ndikhathazekile ngalo lonke ixesha.

Mhlawumbe kubonakale ngathi andinankathalo ngezinto zonke, kubandakanya indlela endijongeka ngayo, okanye nangokuzigcina ndicocekile.



Maxa wambi ukutya, okanye nditye kakhulu, okanye zombini.



Umsebenzi wam wesikolo ungehla, okanye ootitshala bam banokukhalaza ukuba andiphulaphuli esikolweni, okanye ukuba andizimiseli ngomsebenzi wam. Kwaye ndilibala kukuqhula ngalo lonke ixesha.

Maxa wambi ndikhale kakhulu okanye nditsho ukuba ikamva lam liphelile kwaye andilunganga, okanye ukuba andizuphumelela.

Mhlawumbe ndisela utywala okanye iNcika okanye ndithathe ezinye iziyobisi.



2

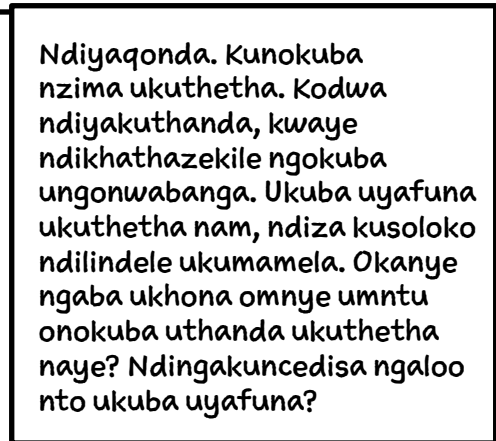
CONNECT

Ulutsha lwethu luhlala lufumana ubunzima ngokuthetha ngeemvakalelo zabo. Kodwa ukuthetha kuyanceda, ingakumbi nomntu olingana nabo. Singabanceda bathethe. Singayenza lento nokuba asingabo abazali.

Singaluncedisa ulutsha ukuba bathethe ngendlela abaziva ngayo. Oku kwenza ukuba kube lula ukuba bathethe ngeemvakalelo zabo.



Singababonisa ukuba xa befuna ukuthetha ngendlela abaziva ngayo, siza kuba mamela. Kwaye singababuza ukuba ngaba ukhona omnye umntu abafuna ukuthetha naye, kwaye senze amathuba okuba bathethe naloo mntu.



Sinokumamela ngononophelo xa umntu osemntsha ethetha nathi. Sukubaxelela ukuba ayilunganga indlela abaziva ngayo. Musa ukubaxelela ukuba benze ntoni ngaphandle kokuba bacele ingcebiso. Singababuza ukuba yintoni enokubenza bazive bebhetele.



3

CARE

Ukubonisa ulutsha lwethu ukuba silukhathalele yeyona nto ilungileyo esingayenza. Singayenza le nto ngokumamela, kwaye sibaxelele okanye sibabonisa ukuba siyabathanda. Kodwa impilo yengqondo yethu yolutsha inokuncedwa nangezinye iindlela:

Ngokuthetha nomnye umntu



Ngokumamela umculo okanye ukucula



Ngokuzilolonga



Ngokuchitha ixesha kunye nabahlobo



Ngokutya ukutya okunempilo



Ngokuba ngaphandle kwindalo



Ngokwenza izikolo zethu zibe ziindawo ezinenkathalo



Ngokulala ngokwaneleyo



Khumbula, ukuba nenkathalo, yiba nobubele, nceda abanye. Ungahamba ke ngoku kwaye ubenosuku oluhle!

Eli licandelo le
Check • Connect • Care.
Inkqubo yezempilo
ngokwengqondo yolutsha,
yenziwe yi UNICEF
ngokubambisana ne PID
kunye ne Jive Media Africa



UKUFUMANA UNCEDO

Le yinkampani enokunceda abantwana kunye nolutsha abasokolayo ngempilo yabo yengqondo. Nabani na unokuba tsalela umnxeba nangaliphi na ixesha, emini okanye ebusuku, nangaluphi na usuku evekini.

Childline – 116

Lenamba ifumaneka simahla nakuyiphi na inethiwekhi yeselula.

SADAG – 0800 456 789

Lenamba ifumaneka simahla nakuyiphi na inethiwekhi yeselula.

Lifeline – 0861 322 322

Iyabhatalelwa xa ufowuna.

SUICIDE CRISIS NUMBER – 0800 567 567

Ifumaneka ngalo lonke ixesha. Ngazo zonke iilwimi zase Mzantsi Afrika ezilishumi elinanye ziyaxhaswa.

Ukuba usokola ngenxa yobundlobongela besini, ungatsalela umnxeba kule nombolo 0800 150 150 simahla. Ukuba usokola ngenxa ye-HIV okanye uGawulayo, ungatsalela umnxeba kule nombolo 0800 012 322 mahala.

Teen Talk

Le yinkqubo yokuba nawuphina umntu omtsha unokukhuphela kwiselfowuni yabo yasimahla. Banokuthetha nomnye umntu omtsha oqeqeshelwe ukubaxhasa.



Scan-a
le-code
ukukhuphela
ufumane
i-App yeTeen
Talk.

