

UMCULU WEMALUNGELO ETIGULI

Eminyekeni leminyenti leyengcile linyenti lebanfufu eNingizimu Afrika sebake bahlangabetana nekuphulwa kwemalungelo abo lekufaka ekhatsi malungelo esisekelo sesintfu.

Kuminyaka lelishumi leminyenti linyenti lebanfufu baseNingizimu Afrika lihlangabetana nekunganakwa nobe kuhlukunyetwa kwemalungelo ebanfufu lasisekelo, kufaka ekhatsi nemalungelo kutinsita tekunakekelwa ngetemphilo. Kucinisekisa kufezeka kwelilungelo lekufinyelela tekutinsita tekunakekelwa ngetekwelashwa njengo bekucinisekisiwe kuMtsetfo sisekelo weRiphabhuliki yeNingizimu Afrika (Umtsetfonombolo 108 wanga-1996), LitikoLetemphilo litibophelele kugcina kwenyusa nekuvikela leilungelo futsi ngako-ke limemetela **UMCULU WEMALUNGELO ETIGULI** njenge lizinga lelijwayeleki lelekufezeka kwalelilungelo.

Lomculu ungaphasi kwemibandzela yano benguwuphi umtsetfo losebenta ngekhatikwe Riphabhuliki yeNingizimu Afrika futsi nangetindlela tetimalitesive.

Simondzawo lesinemphilo futsi lesiphephile

Wonkhe umuntfu unelilungelo lesimondzawo lesinemphilo futsi lesiphephile lesitawucinisekisa kuphila kwabo emtimbeni nasengcondvweni nobe kuphila kwabo, kufaka ekhatsi kutfolo emanti lakenele, kuhanjiswa kwemangcoliso kanye nekulahlwa kwetinsila kanye nekuvikelwa kutotonkhe tihlobo tetingoti timvelo, kufaka ekhatsi kungcola, kungaphatfwa kahle kwemvelo nobe kubangelatifo.

Kuhlanganyela ekutsatsenitincumo

Tonkhe takhamuti tinelilungelo lekuhlanganyela ekutfufukisweni kwetinchubo mgomo futsi wonkhe umuntfu unelilungelo lekuhlanganyela ekutsatseni sincumo ngetindzaba letiphatselene nemphilo yakhe.

Kutfolwa kunakekelwa ngetemphilo

Wonkhe umuntfu unelilungelo lekutfolo tinsita tekunakekelwa ngetemphilo letifaka ekhatsi:

- i. Kutfolaku nakekelwa kwesimo bucayi kuno bengusiphisi khungosete kwelashwale sivuliwe kunga khatsalekikwe kutsi utawukhona kubhadala nobe cha;
- ii. Kwelashwa neku buyiselwa esimenil esikahlele kumele kwatiswe sigulane kusisita kuvisisa lokwelashwa nobe kubuyi selwa esimeni kanye nemiphumela yakhona;
- iii. Kuniketwa kwetidzingo letikhethesekile kumaswane lacedza kubelekwa, kubantfwana, kubomake labakhulelwe, kulabagugile, kubantfu labakhubatekile, kutiguli l letisebuhlungwini, bantfu labaphila neligciwane le-HIV nobe tigulane te-AIDS;
- v. Kwelulelwa ngaphandle kweku bandlululwa, ngaphandle kweludlame etindzabeni letifana nemphilo yekutala, kumhlata nobe ku-HIV/AIDS
- v. Tidzambisile titsengekako futsi letisebentako etahlakalweni tetifo letingalapehi nobe letingapheli;
- vi. Indlela yekutiphatsa lehlelembiswa belaphi lefaka ekhatsi umusa, sitfunti sebanfufu, inhliityo lenhle nekubeketela; futsi
- vii. Umningwane wetemphilo lofaka ekhatsi kuba khona kwetinsita tetemphilo nanekutsi tingasetjentiswa kanjani ngendlela lekahle futsi umningwane lonjalo utawuba ngelulwimi loluvisiswa siguli.

Lwati lwemshuwalensi wetemphilo walomunye/ sikimuselusitolwetekwelapha

Lilunga lemshuwalensi wetemphilo nobe lesikimuselusitolwetekwelashwaline ligunya lekutfolo umningwane ngalowomshuwalensi welusito lwetekwelashwa futsi nekufaka insayeya lapho kudzingeke khona, ngetincumo talawomshuwalensi nobe selusito lwetekwelashwa mayelana nelilunga.

Kutikhetsela tinsita tekwelashwa

Wonkhe umuntfu unelilungelo lekukhetsa umphakeli wetinsita temphilo lotsite nobe indzawo yekwelashwa letsite ngekuya ngekutsi lokukhetsa kwakhe kuhambisana nemazinga ekutiphatsa lasebenta kulabobaphake libetinsita nobe tindzawo tekwelapha, kanye nekukhetsa tindzawo letisemgceci netinkhombandlela yekuphakelwa kwetinsita letibekiwe letikhona.

Kulashwa ngumphakeli tinsita wetekwelashwa loneligama

Wonkhe umuntfu unelilungelo lekwati umuntfu lomniketa tinsita ngekwetemphilo loneligama lelibonakalako nalelisemtsetfweni

Kubanelilungelo lemfiho ngetindzaba tangesense temphilo yesiguli

Umniningwane ngemphilo yanoma ngabe ngumuphi umuntfu, kufaka ekhatsi umningwane lomayelana nekwelashwa angeke udzalulwe ngaphandle kwemvumo leyatisiwe, ngaphandle uma udzinga kangekulandzela umtsetfo noma umyalo wenkantolo.

Imvumo leyatisiwe

Wonkhe umuntfu unelilungelo lekuniketwa umningwane lophelele naloliciniso ngeluhlobo lwetifo takhe, tinchubo tekuhlolwa tifo, kwelashwa lokuhlongotwako kanye netindleko takhona, kute umuntfu akhona kutsatsa sincumol esitsintsa tonkhe letintfo letingehla.

Kwala kwelashwa

Umuntfu angakwala kwelashwa futsi lokwala kungentiwa ngemlomo nobe ngekubhala ngekuya ngekutsi lokwala kwelashwa angeke kufake imphilo yalabanye bantfu engotini.

Kwendluliselwa kulenye indzawo yekutfolo umbono wesibili

Wonkhe umuntfu unelilungelo lekundluliselwa kumbono wesibili ngekuticelela kuya kumphakeli wetinsita tetemphilo yakhe.

Kuchubekiswa kwekunakekelwa

Kute umuntfu lotawuyekelwa sisebenti setemphilo lesingucwephesha noma ayekelwe sikhungo setemphilo lekungiso lesicale kucala kumnakekela.

Sikhalo ngetinsita tetemphilo

Wonkhe umuntfu unelilungelo lekukhala ngetinsita tekunakekelwa ngetekwelashwa nanekutsi letikhalo tiphenywe futsi atfole imphendvulo lephelele ngaloluphenyo.

Umtfwalo WESIGULANE

Tonkhe tiguli nobe likhasimende linalemitfwalo lelandzelako:

- Kweluleka baphakeli betinsita tekwelashwa ngetifiso tabo macondzana nekugula kwabo.
- Kutfobela tinchubo letibekiwe tekwelashwa noma kubuyiselwa esimeni.
- Kubuta ngetindleko letihloben enekwelashwa kanye/noma kubuyiselwa esimeni kanye nekuhlela kubhadala.
- Kunakekela emarekhodi etemphilo lase tandleni takhe.
- Kunakekela imphilo yakhe.
- Kunakekela nekuvikela imvelo nekuvikeleka kwendzawo.
- Kuhlonipha emalungelo aletinye tiguli nalabanye baphakeli tetemphilo.
- Kusebentisa luhlelo lwetemphil ongendlelalefanele futsi lungasetjentiswa kabi.
- Kwati tinsita takhe tetemphilo nekutsi yini leniketwako.
- Kuniketa baphakeli betinsita tetemphilo ngemningwane lofanele futsi loliciniso ngetinhlobo tekuhlengwa, kwelashwa, kuvuselelwa noma kwelulekwa.

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