

# USOMQULU WAMALUNGelo ESIGULI

Eminyakeni eminingi iningi labantu baseNingizimu Afrika lihlangane nokwenqatshwa noma ukwep hulwa kwamalungelo esintu ayisisekelo, kumbandakanya ilungelo lezinsizo zokunakekelwa kwezempilo. Ukuqinisekisa ukufezeka kwaleli lungelo lokufinyeleleka kuzinsizo zokunakekelwa kwezempilo njengoba liqinisekisiwe kuMthethosisekelo waseRiphabhlikhi yaseNingizimu Afrika (uMthetho we-108 wonyaka we-1996), uMnyango wezempilo uzibophezele ekuqiniseni, ekuqhubekisela phambili nasekuvikeleni leli lungelo futhi ngakho-ke wazisa USOMQULU WAMALUNGelo ESIGULI njengezinga elifanayo lokuphumelelisa ukufezeka kwaleli lungelo.

Lo Somqulu ulandela imibandela yanoma yimuphi umthetho osebenza eRiphabhlikhi yaseNingizimu Afrika kanye nokukhona ngokwezimali kwezwe.

Wonke umuntu unelungelo lendawo enempilo nephephile ezoqinisekisa impilo ngokomzimba nokwenqondo noma inhlalakahle, kumbandakanya ukutholakala kwamanzi, ukuthuthwa kwendle nokulahlwa kwemfucuza kanye nokuvikelwa kuzo zonke izinhlobo zengozi yendawo, efana nokunukubezwa komoya, ukonakala kobumbano lwemvelo noma ukutheleleka ngokugula.

## UKUBAMBA IQHAZA EKUTHATHWENI KWEZINQUMO

Sonke isakhamizi sinelungelo lokubamba iqhaza ekuthathweni kwezinqumo ekuthuthukisweni kwezinqubomgomo zezempilo futhi wonke umuntu unelungelo lokuba neqhaza ekuthathweni kwezinqumo ngemidanti ethinta impilo yomuntu.

## UKUFINYELELEKA EKUNAKEKELWENI KWEZEMPILO

Wonke umuntu unelungelo lokufinyeleleka kuzinsizo zokunakekelwa kwezempilo okumbandakanya:

- ukuthola ukunakekelwa okuphuthumayo njalo kunoma isiphi isikhungo esivulile ngaphandle kokukhona komuntu ukukhokha;
- ukwelashwa nokuhlunyeleliswa okufanele kwaziswe isiguli ukwenzela ukuthi isiguli siqonde ukwelashwa noma ukukuhlunyeleliswa okufana nalokhu kanye nomphumela wakho;
- ukuhlinzekwa kwezidingo eziyisisekelo esimweni sezinsana, izingane, abesimame abakhulelwe, abantu abadala, abantu abanokukhubazeka, iziguli ezisezinhlungwini, umuntu one-HIV noma isiguli se-AIDS.
- ukwelulekwa ngaphandle kokubandlululwa, incindezelo noma udlame emidantini efana nezempilo yokuzalana, umdlavuza noma i-HIV/i-AIDS;
- ukunakekelwa okukhethekile okukhonekayo nokuyimpumelelo ezimweni zokugula okungalapheki noma okungapheli;
- ukuzilungiselela okuhle okuboniswa ngabahlinzeki bokunakekelwa kwezempilo okukhombisa ubuhle, isithunzi sobuntu, ukubekezela, ukuzwelana nokubekezelelana; kanye
- nolwazi lwezempilo olumbandakanya ubukhona bezinsizo zezempilo kanye nokuthi zisetshenziswa kanjani kangcono izinsizo ezifana nalezi kanye nokuthi ulwazi olufana nalolu luzoba ngolimi oluqondwa yisiguli.

## ULWAZI NGOMSHWALENSE WEZEMPILO/UHLELO LOSIZO LWEZEMPILO LOMUNTU

Ilungu lomshwalense wezempilo/uhlelo losizo lwezempilo linelungelo lokuthola ulwazi ngomshwalense wezempilo/uhlelo losizo lwezempilo futhi libuze, lapho kudingekile, ngezinqumo zomshwalense wezempilo/uhlelo losizo lwezempilo olufana nalolu mayelana nelungu.

## UKUZHETHELA USIZO LWEZEMPILO

wonke umuntu unelungelo lokuzikhethela umhlinzeki wokunakekelwa kwezempilo ngezinsizo noma isikhungo esithile sokwelashwa esihlinzekiwe ngaphandle uma ukukhetha okufana nalokhu

kungaphikisana namazinga asetshenziswayo enkambiso enhle kubahlinzeki noma kuzikhungo ezifana nalezi, futhi ukukhetha izikhungo kuhambelana nomhlahlandlela wokwethulwa kwezinsizo omisiwe.

## LOKWELASHWA NGUMHLINZEKI OWAZIWAYO WOKUNAKEKELWA KWEZEMPILO

Wonke umuntu unelungelo lokwazi umuntu ohlinzeka ukunakekelwa kwezempilo futhi ngakho-ke kufanele athole usizo lokwelashwa kumhlinzeki wokunakekelwa kwezempilo ophawulwe ngokucacile.

## UBUMFIHLO NOBUNGASESE

Ulwazi mayelana nempilo yomuntu, kumbandakanya ulwazi olumayelana nokwelashwa lungadalulwa kuphela ngokuvuma okunolwazi, ngaphandle uma ludingeka ngokwanoma yimuphi umthetho noma ngokomyalo wenkantolo.

## UKUVUMA OKUNOLWAZI

Wonke umuntu unelungelo lokunikezwa ulwazi oluphelele nohluhlaba emhlolweni ngohlobo lokugula lomuntu, izinkambiso zokuphenya ngokugula, ukwelashwa okuhlongozwayo kanye nezindleko ezikhokhwayo, ukuze kuthathwe isinqumo esithinta nanoma ngubani onalezi zimo.

## UKWALA UKWELASHWA

Umuntu angala ukwelashwa futhi ukwala okufana nalokhu kungenziwa ngomlomo noma ngokubhalwe phansi uma ukwala okufana nalokhu kungabeki impilo yabanye engozini.

## UKUDLULISELWA PHAMBILI UKUZE UTHOLE UMBONO OHLUKILE

Umuntu unelungelo lokudluliselwa phambili ukuze athole umbono wesibili ngokucela umhlinzeki wezempilo umuntu azikhethela yena.

## UKUQHUTSHEKWA NOKUNAKEKELWA

Akekho umuntu ozolaxazwa ngumsebenzi onakekela ezempilo noma yizikhungo ezizibophezele ngaphambilini empilweni yalowo muntu.

## UKUKHALAZA NGOSIZO LWEZEMPILO

Wonke umuntu unelungelo lokukhalaza ngosizo lwezempilo kanye nelokuba izikhalazo ezifana nalezi ziphenywe futhi athole izimpendulo mayelana nalolo phenyo.

## IZIBOPHO ZESIGULI

Sonke isiguli noma iklayenti inalezi zibopho ezilandelayo:

- ukwazisa umhlinzeki wokunakekelwa kwezempilo ngakufisayo mayelana nokufa kwaso.
- ukubambisana nezinkambiso zokwelashwa noma ukuhlunyeleliswa.
- ukufuna ulwazi mayelana nezindleko zokwelashwa kanye/noma ukuhlunyeleliswa kanye nokulungiselela ukukhokha.
- unakekela amarekhodi ezempilo akuso.
- ukunakekela impilo yaso.
- unakekela kanye nokuvikela indawo.
- ukuhlonipha amalungelo ezinye iziguli kanye nawabahlinzeki bezempilo.
- ukusebenzisa uhlelo lokunakekelwa kwezempilo ngemfanelo futhi angalusebenzisi kabi.
- ukwazi ngezinsizo zezempilo ezisendaweni yaso futhi sazi ukuthi kungani zihlinzekwa.
- ukuhlinzeka abahlinzeki bokunakekelwa kwezempilo ngolwazi olufanele noluhlaba emhlolweni ukwenzela izinhloso zokuphenya ngokugula, zokwelashwa, zokwehlunyeleliswe noma zokululekwa.

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