



# Okumele kwaziwe ngabo bonke abantwana malunga nokugculela (ukubhulisha)

Ukugculela yinto engalunganga. Nazi iindlela onokuziqwalasela xa ufunu ukuba ngumntwana olwa nokwenziwa kwabanye izigculelo!

Ukugculela kungenzeka naphi na – ebaleni lokudlala, ebasini, kwiipaseji zesikolo nakwizindlu zangasese.

Ukugculela kungabonakala ngeendlela ezininzi. Ukubetha, ukuthala, ukubiza abanye ngamagama anyelisayo, ukugrogrisa, ukuchukusha nokuthumela ii-imeyile ezikrwada, ukuxutha nokumosha izinto zabanye, ukungabafaki abanye ezintweni – nazo naziphi na ezinye izinto ezenzelwa ukukhubekisa omnye.

Umbona kanjani umntu owenza abanye izigculelo? Vele ukhumbule oku:

Kukugculela ukuba ... omnye uvisa omnye umntwana ubuhlungu ngabom kwaye loo mntwana owenza oku unamandla.



## Zeziphi iindlela zokugculela (zokubhulisha) ezikhoyo?

Abagculeli bayakubetha, bakukhabe, bakuthale, bakubize ngamagama anyelisayo, bakugrogrise, bakuchwikishe okanye bakoyikise. Umgculeli angathetha nezinye izinto ezimbi ngawe okanye akukhuphe eqeleni. Oku kuyenze ka nakwi-intanethi – kuTikTok, ku-Instagram nakuSnapchat.

## Ukugculela (ukubhulisha) okujoliswe esiqwini

Ngamanye amaxesha abagculeli baye bathande ukugculela abanye ngeenjongo zokubonzakalisa esiqwini – bayabetha, banqinde, bakhubekise abanye xa besihla kumanqwanqwa, batshutshise abanye (nkqu nootitshala), okanye babe izinto yaye bophule nezinye izinto. Yonke le nto iyoyikisa kwaye ivisa abanye ubuhlungu, ishiya izivubeko kwaye inganobungozi kakhulu.

## Ukugculela (ukubhulisha) okujoliswe kwiimvakalelo

Oku kwenze ka xa umgculeli ethetha izinto ezimbi ngawe kwabanye okanye akuxelele zona, ahambise izinto ezibubuxoki ngawe, akubize ngamagama ahlabeleka yo kwaye akukhuphe eqeleni kuba awulunganga ngokwaneleyo ngokunokwakhe; xa bekugrogrisa naxa bekuthobela phantsi. Oku kwenza abantwana ukuba bangonwabi konke konke kwaye bazine bengamalolo okanye bazine bebodwa.

## Ukugculela (ukubhulisha) kwi-intanethi

Olu luhlobo lokugculela oluvumela umenzi ukuba azifihle yaye angaziwa ukuba ngubani – usebenzisa iteknoloji ukubonisa inkohlakalo. Abenzi bobu bubi bathumela iifoto ezimbi, imiyalezo emibi, baqale namaqela kuTikTok, ku-Instagram, kuSnapchat nakwi-imeyile. Iyoyikisa le nto kwaye ifuna ukuthathethelwa ingqalelo.

Amakhwenkwe adla ngokuthanda ukugculela abanye ngokwasemzimbeni, babagrogrise, ngelixa amantombazana wona edla ngokujolisa kumanye amantombazana ebagculela ngokweemvakalelo, ahambise iindaba ezibubuxoki okanye abakhuphe eqeleni.

**Ukugculela asiyonto ethandekayo kwaye akunabulungisa. Akukho mntu okuthandayo ukuba sisigculelo.**

**Ugenza ntoni ukuba uyabhliswa okanye ubona  
abanye besenza abanye izigculelo?**

## **Kuninzi ongakwenza!**



### **Thetha!**

- Xa umntu ekwazi ukuchaza imbono yakhe ngento engalunganga, bangenza umahluko. Ukuba uxelela abanye abantwana ukuba ukwenza abanye izigculelo asiyonto ethandekayo, baza kuvuma ukuthetha ngento abayibonayo nabo.
- Ukuba ubona ukugculelwa kwabanye, ungachazela abantu abadala ngale nto. Ukuxela ayikokuhamisa iindaba. Kulungile ukuxela.

### **Cela Uncedo!**

- Xelela umntwana owenziwa izigculelo ukuba abafanelanga kuphathwa ngale ndlela. Akukho mntu ufanele ukuphathwa ngale ndlela.
- Cela abahlobo bakho ukuba bazibandakanye nawe ekulweni ukwenziwa kwabanye izigculelo.

### **Yiba ngumhlobo!**

- Mema umntwana owenziwa isigculelo ukuba adlale nawe.
- Yenza "indawo ekungagculelwa abanye kuyo" emabaleni okudlala apho wonke ubani amkelekileyo ukuba adlale khona.



Uncedo lweeyure ezingama-24 lakwaCipla  
malunga noXinzelelo lweNgqondo  
0800 456 789  
SMS 31393

