



Okufanele zonke izingane zikwazi ngokuxhashazwa

Ukuxhashazwa akulungile ngempela. Nansi indlela yokuba ngumntwana omelene nokuxhashazwa!

Ukuxhashazwa kungenzeka noma kuphi – enkundleni yokudlala, ebasini, emaphasejini, kanye nasendlini yangasese.

Ukuxhashazwa kungaba yizinto eziningi ezehlukene. Kungaba yikushaya, ukufuqa, ukubiza abanye ngamaganyana, ukusongela, ukuchukuluza, ukuthumela imilayezo enochuku, ukwephucha nokwephula izinto zabanye, ukubandlulula kanye nokunye okuningi okunyantisayo okwenziwa ngenhloso yokulimaza omunye.

Ungabona kanjani uma okuthile kuyikuxhaphaza? Vele ukhumbule lokhu:

Yikuxhaphaza uma ... othile ezwisa omunye umntwana ubuhlungu ngenhloso futhi ingane eyenza lokhu ibe inamandla kunenye.



Zinhlobo zini zokuxhaphaza ezikhona?

Abaxhaphazi bayakushaya, bakukhahlele, bakufuqe, bakubize ngamaganyana, bakusongele, bakuchukuluze noma bakwethuse. Umxhaphazi angase asho izinto ezimbi ngawe noma akubandlulule egenjini. Lokhu kuyenzeka naku-*cyberspace* – ku-Tik Tok, ku-*Instagram* naku-*Snapchat*.

Ukuxhaphaza kwezikhwepha

Abanye abaxhaphazi basebenzisa izikhwepha – bashaya futhi baxhimfe ngesibhakela, bakhube nezingane ezitebhisi, behlukumeza abanye abantu (namathishela imbala), noma bantshontshe futhi bephule izinto. Lokhu kuyethusa futhi kubuhlungu, kuvamise ukushiya amabala nezibazi, futhi kungaba yingozi kakhulu.

Ukuxhashazwa okungokomzwelo noma umoya.

Lokhu-ke yilapho umxhaphazi esho izinto ezimbi ngawe nakuwe uqobo, esabalalisa amahlebezi angamanga ngawe, ekubiza ngamaganyana, ekubandlulula egenjini ngoba "awufaneleki ngokwanele"; bayakwesabisa futhi bakwehlise isithunzi. Lokhu kwenza abantwana badangale kakhulu futhi bazizwe bebobwa belahliwe.

Ukuxhashazwa nge-Cyber

Lolu hlobo lokuxhaphaza luvumela umxhaphazi ukuba acashe futhi angaziwa esebezisa ubuchwepheshe besimanje ukuba abe nesihluku esikhulu. Abaxhaphazi bathumela izithombe ezinyantisayo, imilayezo, babuye baqale amaqembu ku-Tik Tok, Instagram, Snapchat naku-email. Lokhu kuyethusa futhi kubi kakhulu.

Abafana bavame ukusebenzisa izikhwepha ukwesabisakanye nokusongela, kuyilapho amantombazane evame ukwenza amanye amantombazane izisulu esebezisa ukuxhaphaza okungokomzwelo njengokusabalalisa amahemuhemu nokubandlulula amanye egenjini.

Ukuxhaphaza akukuhle futhi akulungile. Akekho okufanele axhashazwe.

Yini okufanele uyenze lapho uxhashazwa noma ubona ukuxhashazwa kwenzeka? Kuningi!



Khuluma kuzwakale!

- Lapho othile ezimisele ukusho ukuthi kukhona okungalungile, angenza umehluko. Lapho utshela ezinye izingane ukuthi ukuxhaphaza akulungile, nazo zingazimisela kakhulu ukuphumela obala.
- Uma ubona ukuxhashazwa, bikela umuntu omdala. Ukubika akukhona ukumpimpa. Kulungile ukubika.

Thintana nabanye!

- Tshela umntwana oxhashazwayo ukuthi akakufanele ukuphathwa ngaleylo ndlela. Akekho okumfanele.
- Cela abangane bakho bahlanganyele nawe nibe ngabantwana abamelene nokuxhashazwa.

Yiba Ngumngane!

- Mema umntwana oxhashazwayo ukuba adlale nani.
- Sungulani "indawo engenabo abaxhaphazi" enkundleni yemidlalo lapho wonke umuntu emukeleke khona.