



Thohoyandou Victims
Empowerment Programme



A Human Rights
Calendar

2010

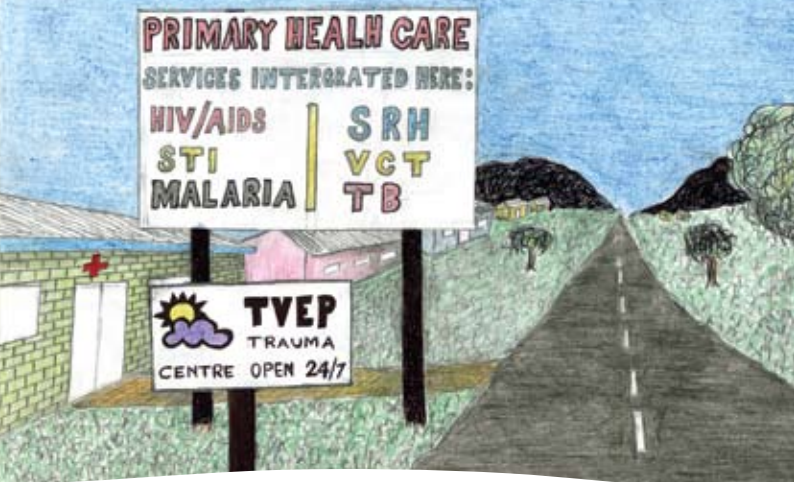
Based on the Maputo Plan of Action in Partnership with



FORD FOUNDATION



Protecting women's health
Advancing women's reproductive rights



January

You have the right to free basic health care at your nearest clinic



Ni na ndugelo ya u wana tshumelo ya zwa mutakalo ya mahala kitiŋiki i re tshini na inwi

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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February

You have the right to know the name of the nurse or doctor who assists you at the clinic



Ni na ndugelo ya u dīvha dzīna la neše kana dokotela we a nī thuša kīlīnīkī

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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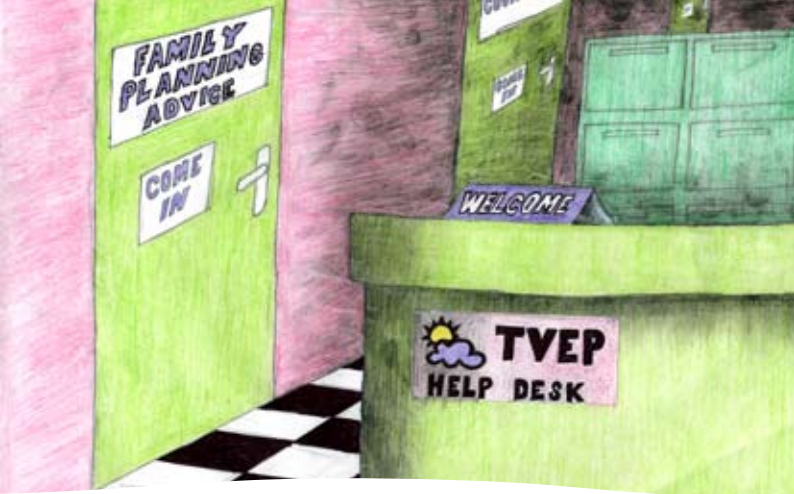
March

Every woman has the right to decide if, when and how many children she will have



Mufumakadzi muñwe na muñwe u na ndugelo ya u khetha urī naa u fođa u vha na vhana, na u khetha urī u do vha na vho linī, nahone u fođa u vha na vhana vhangana.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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April

A young woman of any age has the right to access free contraception



Mufumakadzī ane a kha dīvha mutuku, wa mīñwaha mīñwe na mīñwe u na ndugelo ya u wana zwīthīvhela mbebo zwa mahala

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May

A girl of any age has the right to a free safe, supported abortion at a registered clinic.



Muṣṣidzana a re na miṁwaha miṁwe na miṁwe u na ndugelo ya u bvṛṣa thumbu nga mahala fhethu ho tṣireledzeaho hu re na thikedzo kiṭṭiniki yo nwalṣwaho.

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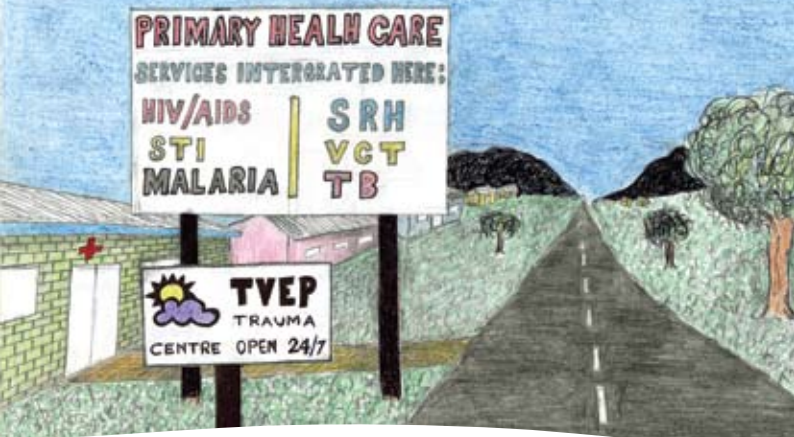
June

You have the right to receive free counseling, care and advice from your clinic before, during and after your pregnancy



Ni na ndugelo ya u wana khantselini ya mahala, thogamelo na nyeletshedzo kiliniki ya hantu, nga phanda na nga murahu ha u vha na thumbu

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July

TVEP Trauma Centres are open 24 hours a day, 7 days a week, you can find your nearest facility by calling 015 963 1222



ARALI nī tshī joga mafhungo o engedzeaho nga ha ndugelo tñwe na tñwe tñe ya vha kha heyī khalenda nī nga kwamana na TVEP Trauma Centres dzine dza vula awara dza 24 nga duvha, maguvha a 7 nga vhege, nī nga wana fhethu ha TVEP hu re tsinī na tñwī nga u founela 015 963 1222/015 964 2310

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August

If you are not satisfied with the service that you get at the clinic you may contact TVEP or your local traditional or civic leader



Arali ni sango fusha nga tshumelo ye na i wana kitiniki ni nga kwamana na TVEP kana vhamusanda kana murangaphanda wa civi wa hanu

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September

An HIV test is not necessary to access free information and a choice of free family planning



A no ngo fanela u itwa ndingo ya HIV u itela urī nī wane mafhungo a mahala na u dikhethela ndila dza u langa mbebo

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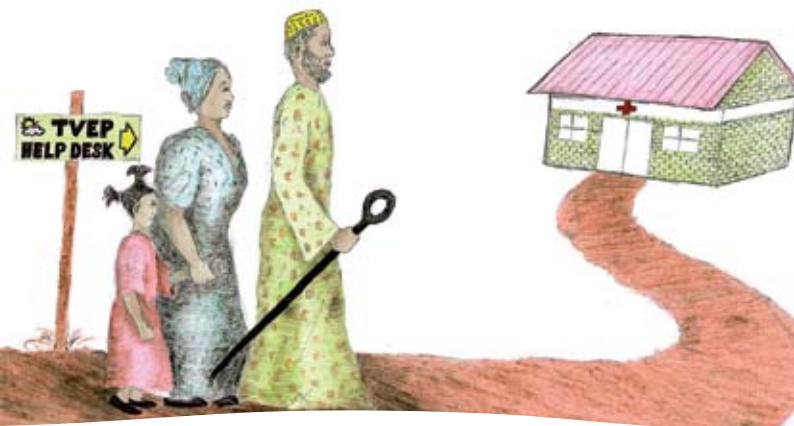
October

You have the responsibility to practice safe sex for the safety of yourself and your loved ones – female condoms are fun to use !



Ni na vhudzifhindleli ha u ita vhudzekani ho tsireledeaho u itela u qitshireledza na u tsireledza vhafunwa vhanu-khodomu dza vha fumakadzi dzi a takadza u shumisa !

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November

Refugees have the right to access free primary health care



Vha bva nngla vha na ndugelo ya u wana tshumelo ya zwamutakalo ya mahala

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December

You have the right to a happy, healthy sex life whether straight, gay or bisexual



Nī na ndugelo ya u ita zwavhudzekanī zwīne zwa nī takadza, hu ša londwī urī nī zwī ita na muthu wa mbeu yo fhambanaho na yanu, kana nī zwī ita na muthu wa mbeu īne ya fana na yanu kana nī zwī ita na vhathu vha mbeu dzothe.

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TVEPs Mission Statement

To generate an attitude of Zero Tolerance towards Sexual Assault, Domestic Violence, Child Abuse & HIV and AIDS related stigma in Limpopo's Thulamela Municipality

www.tvep.org.za