



Goma

INJA YAKHO NEKATI

— Qaphel —
**Amarabi
ayabulala!**

**LESISEXWAYISO
SINGAPHEPHISA IMPILO
YAKHO!**

— ISIZULU —

Yini amarabi?

Amarabi yisifo esiphazamisa ubuchopho bese siholela ekufeni komuntu noma isilwane esinalesisifo.

Izimpawu zakho zehlukahlukene kakhulu. Izimpawu zaso zibandakanya lezi:

- Iba noshinstho esimweni eyisona
- Ukuba nochuku
- Ukuba namathe amaning
- Ukukhuphazamisa komzimba okuphazamisa indlela yokuhamba.

**AMARABI AKHUBZA ZONKE
IZILWANE!**

Ukusabalala kwesifo

Igcwane lalesisifo ligcwala kakhulu ematheni ezilwaneni ezinalesisifo.

**XHUMANA NOMELAPHI
OBHEKELELE UKWELASHWA
KWEZILWANE**

Ungasinqanda kanjani isifo sabarabi

- Ukugomela lesisifo yiyona ndlela yokusivikela.
- **Goma** izinja zakho namakati. Khuthaza abanye abantu ukuba bagome ezabo nabo izilwanyana.
- Ungavumeli izilwanyana zakho ukuba zibe luvanzi emgwaqeni.

- Bika noma ngane ikuphi okusolayo ngezilwane endaweni ebhekelele ukwelashwa kwezilwane noma emaphoyiseni.

**UNGALOKOTHI UTHINTE NOMA
UZAME UKUSIZA ISILWANE
ONGASAZI ESILIMELE, NOMA
ESIBONAKALA SIGULA!**

Uma ulunywa yinja

- Hlanzisisa isilonda ngesibulalimagciwane.
- Phuthuma ngokushesha uyobona udokotela noma uye emtholampilo.
- Xhumana ngokushesha nesikhungo sikahulumeni esibhekele ukwelashwa kwezilwane, noma umuntu osebenza ngokwelashwa kwezilwane.

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