

Umsebenzi (imidlalo) wokubonakalisa izithintelo noku-bamba igazi komntwana okanye umntu omdala we-FAS apho anokuthi azive khona.

Umntu unokufuna ukwenza izinto ezithile kodwa angabinako, okanye afumanise ukuba kunzima kakhulu ukuzenza. Umdiliya omfawngiweyo (utywala) oselwe ngolowo unzima uyamkhuboza umntwana. Umyalelo ovela kulowo ufundisayo uthi, "Musa ukudlala ngomlilo, wenzakala ukhab' iimviko nje!"



**Iimpawu ezinobungozi eziqinisekileyo ngoselotywala xa umntu ekhulelwe, Ezibonakala kuloo nto ayithweleyo ingekazalwa (FASfacts):**

- ✓ Iimpawu ezalatha into engemanga kakuhle emzimbeni kwinto engekazalwa ezibangwa lubhelu lomsele (FAS) zinokuthintelwa ngokomyinge wamakhulu epesenti (100%)
- ✓ I-FAS ngoyena nobangela unqenqeka phambili owenza ingqondo ingakhuli ngokupheleleyo, kodwa inako ukuthintelwa.
- ✓ Ukuzinkcinkca ngeenyembezi zikaVitoliya (utywala) xa umntu ekhulelwe kudala ingozi yanaphakade engqondweni.
- ✓ Akukho myinge ukhuselekileyo nowamkelekileyo ekuseleni isiselo esinxilisayo xa umntu ezithwele
- ✓ Nokokuba umntu urhabula kancinci, loo nto nje iyodwa ibeka impilo yoko kuthwelweyo esichengeni.
- ✓ I-FAS yinto ethatha ubomi bonke ingabonakali, yaye ungenakwenza nto ngayo, inokukhobozeka obuhlala buhleli obungenakutshintsha.
- ✓ Iimpawu zingangacaci msinyane de umntwana lowo abe minyaka mithathu-mine ubudala.
- ✓ I-FAS ayikhethe bala lamntu, yenzeka kuzo zonke iintlanga nakuye wonke ubani- osisityebi nolihlwempu- kuyafana nje.
- ✓ Akukho chiza nayeza lokuyinyanga le meko.

**Ukhulelwe? Musa ukudla igqabi likaLonji (utywala)! Uyakufuna ukukhulelwa? Hlukana nerhangqa! Itsho into!**

Zonke iinkqubo malunga nenyano emsulwa ngo-FAS zijonge ekuzuzeni oku kulandelayo:

- Amantombazana makathathe isigqibo sokungaseli naluphi na uhlobo lotywala xa ekhulelwe, okanye xa ecwangcisele (eplana) ukukhulelwa. Ngokunjalo nabafazi abaqabukileyo mabasithathe nabo esi sigqibo sokungasondeli mmo kudlomdlayo xa belungiselela ukuba nomntwana, kanti ke naxa sele bekhulelwe.
- Amakhwenkwe, kwasebuncinaneni bawo, nawo mawasithathe esi sigqibo sokunceda izinqandamathe zawo zingasondeli etywalen- nto ke leyo eya kubanceda naxa sele bebadala benabafazi, bayikhali-mele into yokuselwa kwesiselo esinxilisayo xa umntu ezithwele. Amadoda aqabukileyo mawancede nawo athethe nabafazi bawo okanye ookhwapheni babo ukuba bangazintyintyi ngesi siselo siyingozi xa belungiselela ukuqhama bande, ukanti naxa sele belindele umntwana. Eyona ndlela iluncedo nangakumbi yeyokuba kwamadoda lawo azikhwebule kulo mkhwa xa abalingane bawo namakhosikazi awo ekhulelwe.

Ukuba abantwana aba banokuqalisa ngoku baseze ngobuso elizweni, ukanti nabo badala banokuthi baqhubeke ukuzikhethela ubomi obunxamnye notywala, bangatsho baqonde mhlophe into yokuba nene-nene ayikho into ebangela okokuba umntu ahluthe ligwele xa enzima, nto ke leyo engatsho icuthe ngokumandla eli zinga lika-FAS.

#### Ungaba yinxalenye njani neli phulo lokuthintela i-FAS?

- Qinisa ulwazi lwenyano ngezi mpawu zinobungozi zoselo-tywala ngumntu okhulelweyo kwinto engekazalwa ngokuthi usihlanganise naye wonke ubani nokuthi anikele kweli phulo liyimfuneko lokuthintela livikele i-FAS. Iinkcukacha zebhanki zimi ngolu hlobo: FASfacts, ABSA, iakhawunti yetsheki enombolo ingu: 405-648-4460, iKhowudi yeSebe ngu 632-005.
  - Nceda udlulisele lo myalezo ka-FAS kwabanye
  - Sidibanise nabantu okanye amaziko anokusinceda
- Sibamba ngazibini kuwe ngokuthi, "Uzenze idini uthethe, uphum'egusheni ngalo mba egameni labo banganako ukuzithethela ngokunokwabo."**

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# Ukhulelwe?



# Musa ukusela!

#### UMBONO

Sinombono wabantwana abazalwa bengenazo iimpawu ezinobungozi kwinto engekazalwa ezibangelwa lubhelu lomsele (utywala) kumzalikazi (Fetal Alcohol Syndrome).

#### UGQALISO

Inyaniso ebonakaliswa ziimpawu ezinobungozi zokuzintyintya ngotywala xeshikweni umntu ekhulelwe ithi yenze, futhi iphumeze iinkqubo kunye namaphulo okunciphisa le ngxaki ye-FAS ithwaxa uluntu jikelele.



## Inyaniso ngezi mpawu zinobungozi zokudla iziqabi likaLonji (utywala) umntu ekhulelwe.

I-FAS izibonakalisa ngomfuziselo weentswelo emzimbeni nasengqondweni yosana ekuzalweni kwalo, ezithi zenziwe kukuselwa kweenyembezi zikaVitoliya (utywala) ngunina ngexesha ebesakhulelwe.



Ingqondo ephilileyo

Ingqondo eyenzakaliswe yi-FAS

1 Incam yophando oluqhubekayo eyasekwa kubemi abanjengabaseWellington kwiPhondo leNtshona-Koloni, eDe Aar naseUpington kwiPhondo loMntla-Koloni, yaye yabuthabatha kancinane, yabucunsa ubunzulu bale ngxaki yeFAS eMzantsi Afrika. Ububanzi nobuzaza bale meko obunokuthi benzeke apha elizweni bunokucaciswa nca kasana ziziphumo zeprojekhthi eyayenziwe eDe Aar neyathi yabonakalisa uxhaphako lwe-FAS kule dolophu kubantwana abalikhulu elinamashumi amabini anesibini (122), kubantwana abaliwaka (1000) abaqala isikolo, nto ke leyo engumyinge we-12.2% ekhulwini. Nguwona myinge owakha waphezulu wasebuRhulumenteni esekunikwe ingxelo ngawo kwiqela elinye labantu apha elizweni liphela. (website: [www.farr-sa.co.za](http://www.farr-sa.co.za)) Ukongeza kule ngxelo, izinga lokuxhaphaka kokubonakala kotywala kwinto engekazalwa lisoloko liphezulu kakhulu kunezinga lweempawu ezinobungozi zoselo lwerhangqa kumntu osisimisani. (Kwezi ndawo zibalulwe apha ngentla, umyinge uphakathi kwesithathu nesihlanu ngokuba ngaphezulu). Le nto yenza okokuba libe likhulu inani elingaziwayo labantwana abangozekileyo benzakala kukuselwa kwemidiliya emfaxangiweyo (utywala) ngoonina besabathwele.

2 Ukuxhaphaka kwe-FAS kumazwe afana neMelika kusukela kumyinge oyi- 0.1% ukuya ku -0.8% ekhulwini.

**“Ukuzintyintya ngeenyembezi zikaVitoliya (ngotywala) ngexesha umntu enzima kunxulunyaniswa nesambakanya sesihelegu ‘kwezo ntsana zimehlo akhazimlayo’, intlekele kwiintsapho zabo, ukuphanza kwethemba kubantu abatsha, ubhubhani... kuluntu luphela, njengoko sizibona sihlawula ixabiso elikhulu lala ntshabalalo.” - Dr Ann Streissguth, Ph.D.**

3 I-FAS ingoyena nobangela mkhulu wokudodobala kwengqondo kumazwe amaninzi ashishinayo, nto ke leyo ethi ikhokele ngqo kwisibetho SOLWAPHULO-MTHETHO, UGAWULAYO NOKUSETYENZISWA KAKUBI KWEZIYOBISI.

4 I-FAS ingaphezulu kokukhubazeka- isisiphazamiso kwintlalo yoluntu ebangela okokuba kubekho iingxaki neenkathazo ezifunisa iimali ezinkulu kwizirhulumente nakuthi thina bantu sisonke. Siyachaphazeleka ngobuninzi bethu lolu khubazeko nemiphumela engemihle ka-FAS, noxa ingangqalanga ngqo kuthi- macala omabini- kwelezemali nakumntu ngamnye: Ukhubazeko ezifundweni, ukushiya kwabantwana isikolo phambi kwexesha, ulwaphulo-mthetho olwenziwa lulutsha, indlala, intswela-ngqesho egqithisileyo, ulinganiso ngokwesondo (ukulalana nesininzi samaqabane, ukukhulelwa kolutsha noxa kungalungiselelwanga, ubuhenyukazi, ukuphathwa-phathwa kwamalungu omzimba angasese, uhlaselo ngokwesondo, udlwengulo), ugawulayo, ingulo ngokwengqondo, ukungabinakhaya, ubuhovubhovu, ulwaphulo-mthetho kwizakhiwo, ubusela, ubugebenga, ubuhange ukonakaliswa kwentlalo-ntle ngenxa yotywala, ukuthutyeleziswa kweziyobisi, ingedle yeziyobisi, ukuse-tyenziswa kwazo kakubi.

**5 I-FAS INOKUTHINTELWA NGOKUPHELELEYO (100%)! Ngelishwa i-FAS AYINYANGEKI KONKONKE (100%)!**

6 Akukho “luquko” lwabantu abaneFAS. Ngokommo uluntu lubonakala lungenaluvulwano kumawaka aba bantu baziphethe kakubi, abangqondo zabo zimononakalo, ezithi zibakhokelele kulwaphulo lomthetho, ukuhamba esithubeni, ubugewu nobungedle. Endaweni yoko kuye kucingeleke okokuba bazikhethela oku kuziphatha gwenxa kwabo. Bambalwa abantu abayiqondayo into yokuba yonke le mikhuba mibi yenziwa lulutsha, ibandakanya ubuhenyukazi, ubungqibi obenziwa ngumntu ongenakhaya, ukubanjwa komntu omtsha ebulele usana nesinqandamathe sakhe. Ulutsha lunokukwenza oku ngenxa yengqondo eyathi yakhobozeka ibangelwa bubundlamanzi bukanina xenikweni lusesesizalweni.

7 linkqubo zokuthintela kunye nezonyango kubafazi abasela ubhelu lomsele ziluncedo olukhulu ekunciphiseni le ntlekele ka-FAS ingade inwenwe okomlilo wedobo. Ukuxilongwa kwangoko kwesi sifo sibonwe msinyane neempawu ezinobungozi ngokusebenzisa ubuxhakaxhaka bale mihla, unyango ngamayeza oogqirha, imfundiso neemeko zamakhaya- yonke le migudu ingahlangabezana nokunceda abantu abane-FAS baphile ubomi obungcono nobunemveliso. Yonke ke le nquleghu nezi nzame zingakhusele isizwe sethu ekuchitheni izigidi zamarandi ebezinokusetyenziselwa ukuphucula ezinye iimeko zokhubazeko.

8 Ingozi ethe yenzeka engqondweni nakwizifo zemithambo-luvo ayinakubuya mva, kungekho nento enokwenziwa ngayo.

9 Umntwana okanye umntu omdala we-FAS ebe- genakuze abe nokukwazi ukuzikhethelela okokuba azinkcinkce ngerhangqa esathwelwe ngunina Esi sisigqibo esathathwa ngumzalikazi wakhe, esiphumo saso esathi, ngelishwa, sachaphazela umntwana lowo.

10 Uphando nge-FAS lolunye lwezinto ezine ekumelwe ukuqalwa ngazo liSebe lezeMpilo likaZwelonke, lihlanganiselene neSebe lobuGqirha kwezeMvelo kwiYunivesithi yaseWitwatersrand.

**Umfuziselo Wenyaniso Emsulwa Malunga Neempawu Ezinobungozi Kwinto Engekazalwa Ngenxa Kadlondlayo Kulowo Ukhulelweyo ubonakala ngalo Myalezo we-FAS: Ukufunda ngamava:**

Emva kokuqwalasela imifuziselo eyahlukileyo, iqumrhu lika-FASfacts lagqiba kwelokuba lisebenzise uFundo Ngamava ukudlulisa umyalezo we-FAS kumakhaya nakwilizwe lonke kwezi ndidi zabantu:

- Abafundi bebanga lesine nelesihlanu (Grades 6 & 7): Iimodyuli ezine kwixesha elingangeyure nekota kwimodyuli nganye.
- Abafundi bebanga lesithandathu nelesixhenxe (Grades 8 & 9): Imodyuli eya kuthatha iyure ibenye.
- Ulutsha olusebenzayo, abantu abadala, nabazali ezifama nasezilalini, kwanasezidolophini, kanti ke kubandakanywa nonozirhoxo.
- Abameli be-FAS nee-FAS-PSA kwizitishi zoonomathotholo zasekuhlaleni.
- Ukuze kufikelelwe kwaba bantu bebonke, kufuneka kuvulwe izitishana zokusebenzela, ezikufutshane nabo nezixhomekeke kwiifosi ezinkulu.