Isondo kunye neSini

kuPhando loxinzelelo olubuhlungu kwi Nkcubeko nge Nkcubeko

Isondo kunye nesini ngokwembono yaseNtshona

- **Isondo** kubhekiselele kwiimpawu zebhayoloji nezasemzimbeni umntu azalwa enazo.
- **Isini** sichaza indlela umntu aziqonda ngayo kwaye anxibelelane neendima zentlalo ngokwesini kunye nezithethe.

Kutheni isini sibalulekile kuphando loxinzelelo olubuhlungu?

- **Ukwahluka ngokwesondo kunye/okanye ngokwesini kubhalwe kwincwadi**, umzekelo kwiindidi zeziganeko ezibuhlungu ezifunyenweyo kunye neempawu zoxinzelelo olubuhlungu. Le yantlukwano iqulunqwe yimilinganiselo yenkcubeko kunye neenkolelo, **iphakamisa imibuzo enzima malunga** nendlela ekhuselekileyo nentlonipho **yokubandakanya iikhonsepthi zesibini (binary) nge sini kuphando kwi nkcubeko** nge nkcubeko.

Imiceli mingeni eqhelekileyo kunye nezisombululo ezicetywayo

Ezomthetho & Neenqobo ezisesikweni

Imiceli mingeni: Iyantlukwano yesini ayiqatshelwa okanye yenziwe lulwaphulo-mthetho kwamanye amazwe, ibeka abathabathi-nxaxheba emngciphekweni wokwenzakala emzimbeni kunye nokubanjwa. Iibhodi zokuphonononga iindlela zokuziphatha kwamanye amazwe ziyakuchasa ukufakwa kweempendulo ezingesiso isibini (non-binary) kwizifundo zophando.

Izisombululo: Ukubandakanya inketho ethi "Ndikhetha ukungaphenduli", vumela umthathinxaxheba ukuba anikise ngeempendulo ezingabhalwanga, okanye asebenzise udliwano-ndlebe olusemgangathweni ukufumana impendulo enentsingiselo.

Umlinganiselo

Imiceli mngeni: Kwiilwimi ezininzi, akukho magama akhethekileyo abhekiselele kwisondo nesini, okanye amagama akhoyo akasetyenziswa ngokwentetho.

Isisombululo: Nika iinkcazo zesondo sebhayoloji kunye neempawu zesini ezahlukeneyo.

Ukwenziwa koMfanekiso ngoBalo

Umceli mngeni: Amandla asezantsi ezibalo ahlala ingumba xa ufunda amava abantu abanezazisi ezicandelweyo ezinqamlezileyo.

Izisombululo: Khetha iimvavanyo ezingezizo i-parametric, uyilo lophando olusemgangathweni, okanye udibanise iindidi zesazisi ngokwesini ukwandisa amandla ezibalo.

Ingxelo

Imiceli mingeni: Abaphandi banokusebenzisa iinkcazo ezahlukeneyo zesondo kunye nesini emsebenzini wabo, kwaye amanqaku aneenjongo ezintle anokusetyenziswa kakubi ukuqhubela phambili ucalucalulo kunye nestigma.

Isisombululo: Amaxwebhu apapashiweyo kufuneka abandakanye iinkcazo ezicacileyo, ingxelo yendawo, kwaye abaphandi kufuneka bathathe uxanduva lwemisebenzi yokudlulisa ulwazi ukunceda ukubumba ibali.

Unomdla wokwabelana ngeengcinga zakho ngesi sihloko?
Joyina icandelo lezesondo kunye nesini kwintsebenziswano yehlabathi kuphando loxinzelelo olubuhlungu.

ReACT Lab

Langevin, R., Beaudette, S., Wadji, D. L., Chabake, S. A., Gonzalez, C., Jenkins, D., ... Spencer, R. (2024). Sex and gender considerations in cross-cultural traumatic stress studies. European Journal of Psychotraumatology, 15(1). https://doi.org/10.1080/20008066.2024.2408194

GLOBAL COLLABORATION on Traumatic Stress