



# USuku lwamaLungelo Abantu

Arnold Mushwana

Thulisile Shongwe



---

Lapha eNingizimu Afrika sigubha uSuku  
lwamaLungelo Abantu lungu mhla zingama- 21  
kuNdasa njalo ngonyaka.

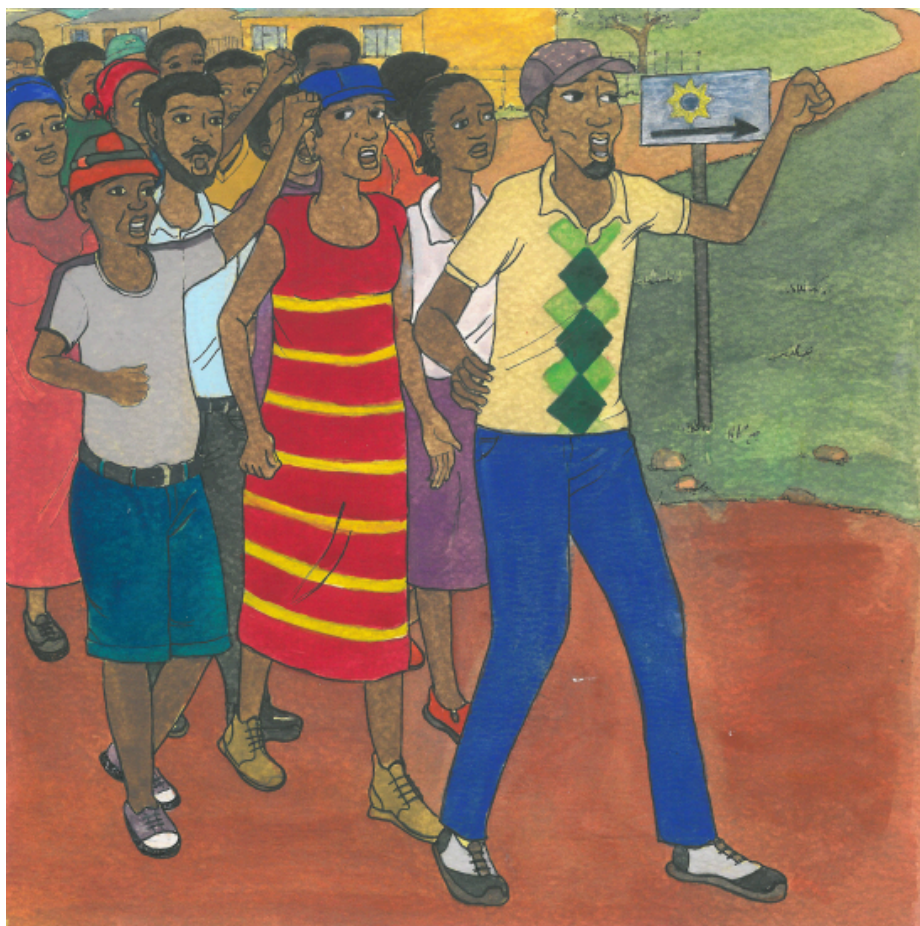
Lendaba ixoxa ngomlando nokubaluleka  
kwalolu suku.



Ngesikhathi sobandlululo abantu abansundu baseNingizimu Afrika babephila ngaphansi kwengcindezelo.

Balwa belwela ubandlululo nemithetho yalo eyayibandlulula. Babelwela inkululeko nokuthola amalungelo alinganayo.

Njalo ngonyaka mhla zingama-21 kuNdasa, izwe liyaye likhumbule ababelwelwa inkululeko.



Ngonyaka we-1960 mhla zingama-21 kuNdasa abantu baseSharpsville nakwaLanga bamasha.

Bebebhikishela imithetho engalungile kahulumeni wobandlululo. Babemashela nokuphikisana nomthetho wepasi.

“Amandla! Ngawethu! Amandla ebantwini!” Kumemeza ababemasha.

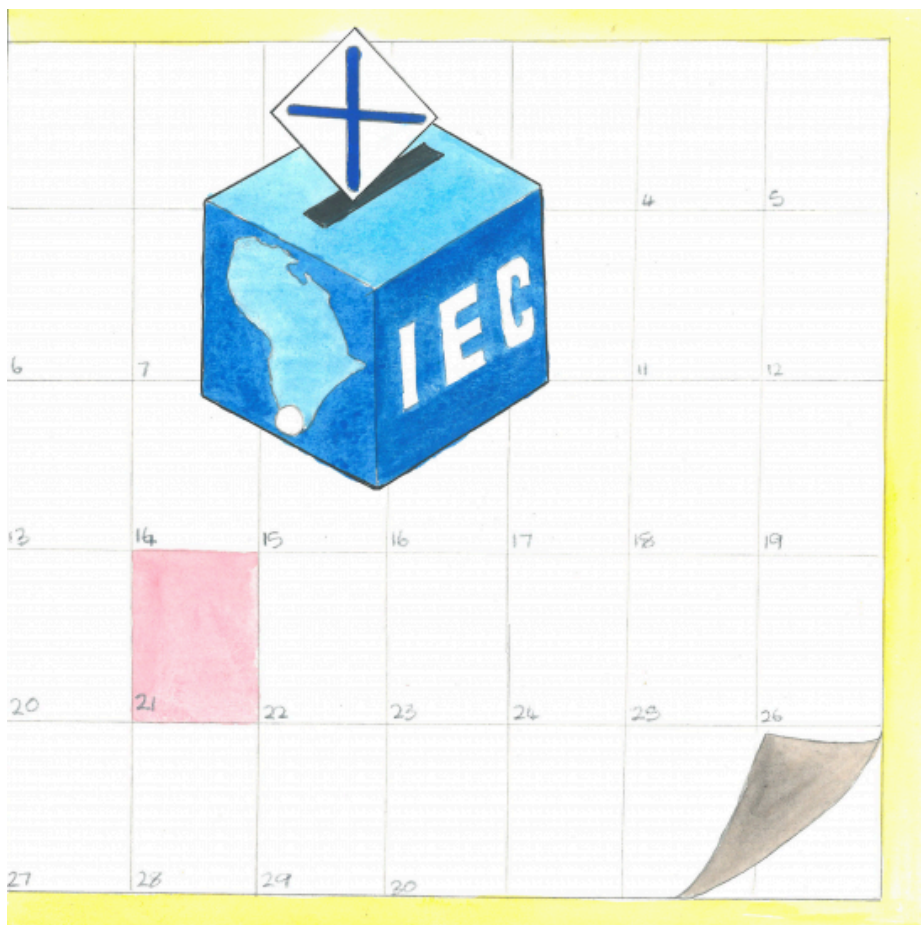




E-Sharpeville, bebecula bemasha ngokuthula beya esiteshini samaphoyisa.

Lapho amaphoyisa ebona isixuku sabantu, avele ahlasela.

Abantu babaleka, abanye balimala. Abanye bafa.



Usuku lomhla zingama-21 kuNdasa lwaqale lwakhunjulwa njengosuku lwe-Sharpeville.

Lwaqoshwa lwaba yiholide emva kokhetho lwentando yeningi lwangonyaka we-1994.

Izwe lisuke likhumbula abantu abalwela inkululeko. Lena yindlela yokubabonga.



INingizimu Afrika inomthetho sisekelo wentando yeningi. Abantu ababhala umthetho sisekelo omusha babefuna kuhlondolozwe amalungelo abantu.

Umthetho sisekelo waseNingizimu Afrika uveza ngokusobala amalungelo nemisebenzi yabo bonke abantu bayo. Wonke umuntu unamalungelo afanayo.



Njalo ngonyaka mhla zingama-21 kuNdasa amahovisi nezikole kuyavalwa.

Lolu usuku lokuhlonipha amalungelo abantu nokuthakasela ukulingana.

Abantu bagubha baphinde bahloniphe lolu suku ngezindlela ezahlukene.





Izingane zingagubha lolu suku olubalulekile ngokukhuluma ngamalungelo azo njengabantu abasha.

Yebo izingane nazo zinamalungelo.

Amalungelo ezingane ngamalungelo akhethekile abantu abangaphansi kweminyaka eyishumi nesishiyagalombili.

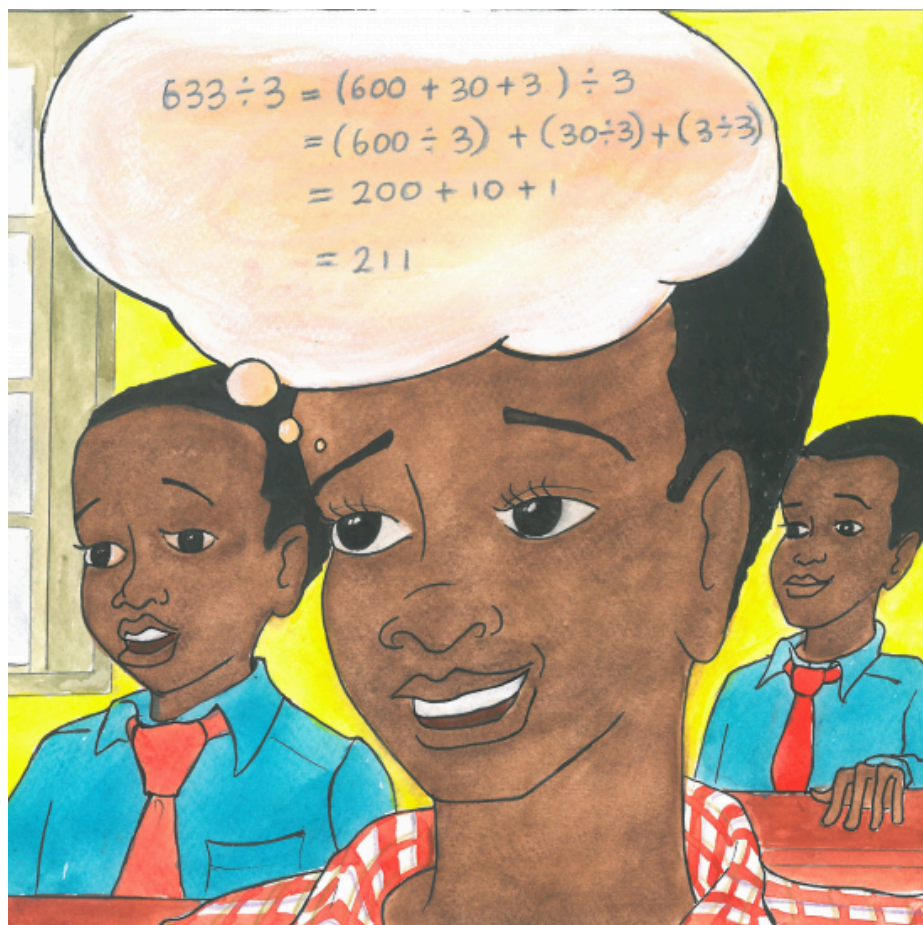


Zonke izingane zinamalungelo alinganayo. Ngabe uyawazi amalungelo akho?

"Ilungelo lokunakekelwa," kusho uNtombi.

"Ilungelo lokuba negama!" kumemeza uNsuku.

"Ilungelo lokuphila ezweni lami, noma kuliphi elinye ilizwe," kusho u-Shadrack.



“Ilungelo lokuphepha,” kusho u-Melanie, emuva.

“Ilungelo lemfundo,” kusho u-Arnold.

“Ilungelo lokuba ungalinyazwa futhi unghlukunyezwa,” kusho uNhlayiselo.





Lawa ngamanye amalungelo izingane ezinawo.

Sinamalungelo futhi sinemisebenzi okulindeleke ukuthi siyenze. Sinamalungelo futhi sinesibophu.

Yiziphi izibopho izingane ezinazo?

“Isibophu sokwenza imisebenzi yasekhaya,” kusho u-Ann.





“Isibopho sokunakekela umzimba wami nengqondo yami futhi ngihlale ngiphilile,” kusho uNsuku.

“Isibopho sokuphatha abanye ngendlela esifuna ukuphathwa ngayo,” kusho uCheyeza

Isibopho sokusebenza ngokuzimisela esikoleni,” kusho u-Mixo.



Isibopho sokuhlonipha amalungelo abanye," kusho uLerato.

Sonke sinesibopho sokuhlonipha amalungelo abanye abantu.

Bonke abantu bayalingana.

Usuku lwamalungelo abantu lumayelana nenkululeko nokulingana kwethu sonke.

## —Imibizo

1. Kungani usuku lomhla zingama-21 kuNdasa luyiholide eNingizimu Afrika?
2. Yini amalungelo abantu?
3. Nikeza izibonelo ezintathu zamalungelo ezingane?
4. Tholisisa kabanzi ngeMithetho yamalungelo i-*Bill of Rights* yaseNingizimu Afrika. Bese wenza uhlu lwamalungelo.
5. Ubonisa kanjani ukuthi uyababonga abantu emndenini wakho?
6. Ingabe uMthethosivivinywa Wamalungelo WaseNingizimu Afrika uyafana yini naMalungelo Abantu Ezizwe Ezihlangene (UN)? Chaza.
7. UMthethosisekelo waseNingizimu Afrika ubeka amalungelo nemisebenzi yabo bonke abasezweni. Thola mayelana nemisebenzi emihlanu yezakhamuzi ebhalwe kuMthethosisekelo.

## —Izincwadi ezikulolu chungechunge

- USuku lweNkululeko
- USuku lwamaGugu
- USuku lwamaLungelo Abantu
- USuku lokuBuyisana
- USuku lwaBesifazane
- USuku lwaBasebenzi
- USuku lweNtsha



---

Lendaba ibhalwe ngolimo lweXitsonga  
njengenywe yezikhali zeprojekthi yeZenex Ulwazi  
Lwethu nganyaka wezi-2020.



Ulwazi Lwethu is a Zenex Foundation funded and initiated project to develop a series of graded and leisure African language readers and teacher support materials. This project is targeted at teaching and supporting learners in the Foundation Phase to improve their home language reading and understanding. The readers have been originated in nine African languages in collaboration with Molteno Institute for Language and Literacies, Nelson Mandela Institute for Education and Rural Development, Room to Read South Africa, and Saide. All resources are developed as Open Education Resources (OER).



**basic education**

Department:  
Basic Education  
REPUBLIC OF SOUTH AFRICA

*The Ulwazi Lwethu readers and storybooks have  
been quality assured and approved by DBE.*

Your attribution should include the following:

**Title:** USuku lwamaLungelo Abantu

**Author/s:** Arnold Mushwana

**Translator/s:** Zanele Ndlovu

**Illustrator/s:** Thulisile Shongwe

**Assurer/s:** Zanele Zuma

**Language:** isiZulu



© Zenex Foundation - Saide 2025 (Updated Edition)

CC BY includes the following elements:

BY  – Credit must be given to the creator

