

## MEN'S DIALOGUE SEMINAR: "CONFLICT RESOLUTION"

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## Introduction

On 05 February 2026, Khumbhekani Victim Empowerment gathered men and boys of Dr. Ninakhulu village for a men's dialogue seminar focusing on Conflict Resolution. The purpose of the session was to create an open platform where men could freely discuss challenges they face in relationships, reflect on the causes of conflict, and explore non-violent ways of resolving disputes.

The dialogue recognized that unresolved conflict, emotional stress, and lack of support often contribute to Gender-Based Violence (GBV). Through honest discussion and guidance from key stakeholders, participants were encouraged to seek peaceful, lawful, and respectful solutions.



**On the photo:**  
*Mr. Makhubela conducting the DIALOGUE before giving a chance to the stakeholders.*

## Opening Discussion: Understanding Gender-Based Violence

The session began by asking participants to share their views on Gender-Based Violence and why conflict in relationships often escalates into violence. Many men expressed frustration, confusion, and fear, particularly regarding laws, cultural expectations, and relationship dynamics.

One participant shared his belief that South African laws favour women more than men and that cultural norms around respect within marriage have changed. He expressed concern that these changes contribute to conflict and GBV. Facilitators acknowledged these feelings while guiding the discussion towards understanding the law, mutual respect, and non-violence as the only acceptable response to conflict.



### Discussion: Challenges contributing towards Conflicts

The dialogue also explored how sexual matters, financial, substance abuse, cheating, etc... can affect relationships. Participants discussed situations where lack of intimacy, poor sexual performance due to health issues lead to distance, silence, gossip, and emotional pain between partners.

Men acknowledged that many struggle to speak openly about personal or sexual challenges, even with fellow men or elders. The session encouraged men to break this silence by seeking advice early, communicating with partners, and accessing professional or community support.

### Challenges Faced by Men

Several concerns were raised during the discussion:

- Fear of being mocked or not taken seriously when reporting abuse
- Experiences of being insulted or disrespected in relationships
- Financial expectations and conflicts arising from social interactions
- Perceived unfair treatment during GBV cases and arrests

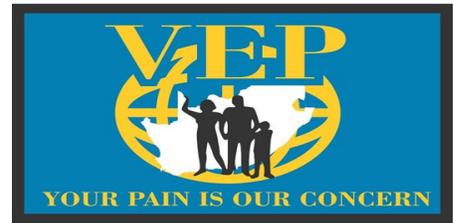
Facilitators clarified that no one deserves abuse and that proper channels exist to report misconduct, including reporting unprofessional behavior by police officers to their superiors.



### Health, Stress, and Mental Well-being

The dialogue highlighted that many men carry heavy burdens such as unemployment, financial stress, and depression, which often remain unspoken. Participants shared that emotional pressure and lack of support can sometimes lead men to react violently.

Men were encouraged to take care of their physical health, including staying hydrated and seeking medical help when experiencing weakness or illness. More importantly, they were encouraged to seek emotional and psychological support from trusted people and professionals.



## Engaging Stakeholders

A South African Police Service (SAPS) officer addressed the gathering and emphasized that programmes like these exist to educate and protect communities, not to mislead them. She reminded participants that:

- Violence, threats, and sexual offences are serious crimes
- Consent must always be clear and respected
- Even verbal threats can lead to arrest and imprisonment
- Provocation should never be met with violence

She cautioned men against risky behaviors and situations that may place them in legal danger and encouraged respectful decision-making in relationships and social settings.

The officer further highlighted the importance of cooperation in households, explaining that considering a partner's views—especially on household matters—strengthens relationships rather than weakens authority.



## Word of Support by a professional Social worker

A representative from Social Development invited community members to openly share the challenges faced in Ninakhulu. The session allowed participants to voice concerns and jointly explore solutions with guidance from professionals.

- Men were reminded that support is available through:
- Family meetings and community elders
- Social workers
- Khumbhekani Victim Empowerment (VEP) office is offering a Trauma Debriefing



## Conclusion

The Conflict Resolution Dialogue held on 05 February 2026 provided men and boys with valuable knowledge, clarity, and reassurance. The session reinforced that violence is never a solution, communication is key, and help is available. By addressing the root causes of conflict and promoting understanding, Khumbhekani Victim Empowerment continues to contribute to safer homes and stronger communities.

“Peaceful conflict resolution protects families, dignity, and futures.”

*Thank you for going through our newsletter... “YOUR PAIN IS OUR CONCERN!”*

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