

## Aalada Waxbarashada Qaranka ee Ogaanshaha Gudida/Goynta xubinta taranka

Aalada Waxbarashada Qaranka ee ogaanshaha gudida/Goynta Xubinta Taranka (The National Education Toolkit for FGM/C Awareness) (NETFA) waa mashruuca wadanka waxaana maamula Xarunta Dhaqamada kala Duwan ee Caafimaadka Dhaqanka waxaana kharajkiisa bixiya Dawlada Dhexe. Ujeedada mashruucu waa sii wanaajinta kaalmada iyo wacyigelinta gudniinka dumarka bulshada dhexdeeda. Macluumaad intaas ka badan booqo [www.FGMinAustralia.com.au](http://www.FGMinAustralia.com.au) ama nagala soco Twitter @EndFGM\_NETFA



## Adeegyada kaalmaynta dumarka la guday iyo gabdhaha

Buugan yari waa tusaha dumarka iyo gabdhaha la guday oo u baahan kaalmada

## The Multicultural Centre for Women's Health

The Multicultural Centre for Women's Health (MCWH) (Xarunta Dhaqamada Kala-duwan ee Caafimaadka Dumarka) waxay ku salaysan tahay urur ay ka go'an tahay xoojinta caafimaadka iyo samaqabka Dumarka soogalootiga iyo Qaxootiga ah xagga hogaaminta, waxbarashada, iyo u hadlida. Macluumaadka Luqadaha kala duwan booqo:

[www.mcwh.com.au](http://www.mcwh.com.au)

ama naga soo wac khadka lacag la'aanta ah 1800 656 421.

Mashruuca NETFA waxaa maamula Multicultural Centre for Women's Health kharajkeedana waxaa bixiya Dawlada Dhexe. Macluumaad intaas ka badan booqo [www.netfa.com.au](http://www.netfa.com.au) ama nagala soco Twitter @EndFGM\_NETFA.



## Gudniinka Dumarka ama Goyn dhaqameedka

Gudniinka dumarku waa fal caadaad kaas oo meesha ka saara ama bedela unugyada taranka dumarka ee dibada ah. Mararka qaarkood waxaa loo gu yeeraa 'sune' Goynta Taranka Dumarka, Goyn Dhaqameedka ama Gudida/Goynta Xubinta Taranka (FGM/C).

Dhamaan noocyada gudniinka dumarka ma ay laha faaiido caafimaad waxaana caalamku u aqoonsan yahay xadgudub xuquuqda aadamiga.

Waxaad xaq u leedahay inaad hesho macluumaadkaas si aad go'aan uga gaarto jirkaaga, caafimaadkaaga iyo mustaqbalkaaga. Xuquuqdaas waxaa ka mid ah samaynta go'aanada marka, qofkaad la joogto iyo inaad samayso galmood, iyo go'aan ka gaarida marka iyo waqtiga aad ilmo dhalayso. Buugaani wuxuu ka anfaci karaa inaad fahamto xuquuqda caafimaadkaaga wuxuuna kugu xirayaa adeegyada kaalmada ee laga hello Australia.

## Dhibaataada Caafimaadka ee Gudniinka Dumarka

Dumarka qaarkood iyo gabdhaha ayaa laga yaabaa inay yeeshaan dhibaatooyin caafimaad oo jireed iyo maskaxeed oo muddo dheera iyo mudo gaaban kuwaas oo ay ka mid yihiin:

### Mudada Dheer

- Nabar
- Bura biyood ama boog
- Xanuun mudada caadada iyo galmoodka
- Dhibaatooyin waqtiga dhalida, sida go'itaan inta u dhexaysa cambarka iyo dabada ka dib markuu adkaadaan furniinka cambarka iyo nabarku

### Mudada gaaban

- Infakshan ku dhaca kaadi haysta iyo kaadimareenka
- Xanuun markuu gabadho kaadshayso
- Xanuun aad u daran
- Qandho
- Dhiigbax

### Caafimaadka dhimirka

- Niyad Jab
- Welwel ka dambeeya guditaanka

Dumarka qaarkood iyo gabdhaha waxaa laga yaabaa inay yeeshaan dhibaato caafimaad. Laakiin haddii ay ku soo marto kuwaas kore midkood, waxaad la xiriiri kartaa dhakhtar ama adeegbixiyaha kuugu dhow oo aad ka heli karto bogaga 4&5 wixii caawima ah.

## Xuquuqdaada caafimaadka wanaagsan

Jaartarka Australia ee Xuquuqda Daryeelka Caafimaadka wuxuu u sharxaa bukaanka iyo qof kasta oo isticmaalaya Nadaamka Caafimaadka Australia. Waa muhiim inaad ogaato xuquuqdaada markaad isticmaalayso nadaamka caafimaadka.

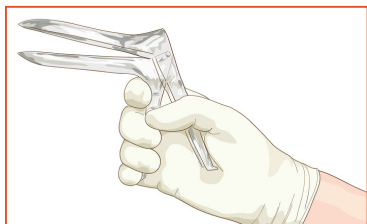
Waxaad xaq u leedahay inaad:

- **Hesho** macluumaadka caafimaadka si lagaaga caawimo inaad samayso go'aanka saxda ah. Waxaad heli kartaa macluumaad caafimaad oo lacag la'aana oo ku qoran luqada badan. La xiriir adeega kaalmada ee kuugu dhow (bogaga 4&5) ama booqo Maktabada Luqadaha kala duwan cinwaanka: [www.mcwh.com.au](http://www.mcwh.com.au) ama wac 1800 656 421.
- Raadso **daryeel amaana** oo heer sarre ah.
- Hel daryeel ku **ixтираama**, dhaqankaaga, waxaad aaminsan tahay iyo qayimkaaga.
- Hel **wada-xiriir** waadax ah iyo inaad ogaato dhamaan adeegyada, daaweynta, xalalka iyo qiimaha ku saamaynaya. Haddii aad u baahan tahay mutarjum, u sheeg dhakhtar, kalkaalisada ama mihnadlayaasha caafimaad ee kale. Haddii aadan ku qanacsanayn mutarjumka, waxaad xaq u leedahay inaad codsato mutarjum kale ama ku isticmaal mutarjumka telefoonka.
- **Ka qaybgal** kana mid noqo go'aanada la xiriira daryeelkaaga. Haddii aadan ku faraxsanayn go'aanada, waxaad xaq u leedahay inaad ka raadiso aragti labaad oo caafimaad.
- **Barayfasiga** iyo qarsoodiga macluumaadkaaga khaaska ah.
- **Ka hadal** daryeelka aad hesho iyo in welwelkaaga wax laga qabto. Si kasta ha ahaatee, haddii aadan ku faraxsanayn daawaynta aad hesho, waxaad xaq u leedahay inaad ka dacwooto. Isbitaal walbaa wuxuu leeyahay 'U doodaha bukaanka' ama Adeegyada Macmiilaha' si lagu caawimo.

## Talaabooyinka laga qaadayo oo laga yaabo inay saameeyaan xaalladaada gudniinka

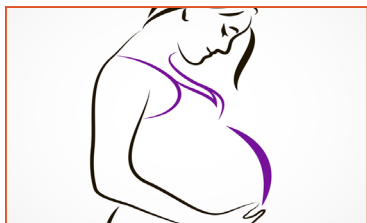
Haddii lagu gudey, waxaa jira xaallada caafimaad oo mucayina iyo xaallada loo baahan yahay inaad ogaato sababtoo ah waxay kaa caawimaysaa inaad hesho kaalmada caafimaad ee ugu saraysa.

### Baarista ilma galeenka afkiisa (Pap Test)



Haddii aad galma ahaan firfircoonayd, waxaad u baahan doontaa inaad samayso baaritaanka Pap Test labadii sanaba hal mar. Haddii lagu guday, waa muhiim inaad dhakhtarkaaga u sheegto ama kalkaalisada ka hor intaan wax lagu samayn. Waxa uu noqon kara a lakiin xanuun maleh waxaan raaxo lahayn. Haddii xanuun ku hayo, u sheeg dhakhtarkaaga ama kalkaalisada caafimaadka isla markiiba.

### Uurka



In lagu guday darteed ayaa mararka qaarkood waxay keeni kartaa saamayn intaad uurka leedahay, foosha iyo dhalida, waana muhiim inaad kala hadasho dhakhtarkaaga xalalka dhalida la helli karo iyo sida ugu fiican oo lagu caawin karo intaad leedahay ballamada dhalida ka hor.

### Dib-u-celinta Gudniinka



Gudniinka qaarkiis sid *infibulation* ama gudniinka fircooniga ah ayaa gadaal loo celin karaa. Waxaa jira dhakhtaro iyo kalkaalisooyin takhasus ah kuwaas oo samayn kara hab dib loogu celiyo gudniinka. Kan waxaa loogu yeeraa '*deinfibulation*'. La xiriir adeegbixiyaha kuugu dhow (bogaga 4&5) macluumaad intaas ka badan.

## Adeegyada kaalmo ee Australia

Haddii lagu guday, waxaa ka jira Australia adeegyo caafimaad meel kasta oo Australia ka mid ah oo wax ka qaban kara baahidaada. Kuwaas waxaa ka mid ah:

- Kaalmo farsamo sida dib u celinta gudniinkaaga  
Tani waa muhiim haddii aad qorshaynaysa inaad dhasho carruur ama galma ahaan firfircoonaato.
- Tala-siin shakhsiyan ah  
Haddii aad murugaysan tahay mar walba, inaad la hadasho talabixiye ama qof aad ku kalsoon tahay oo aad aaminsan tahay way ku caawimaysaa.
- Talasiinta qoyska/Daaweynta dabiiciga ah ee galmada  
Haddii adiga iyo ninkaagu aad qabtaan welwel wixii la xiriira guurkiina, labadiinuba waxaad arki kartaan lataliye idinka oo wada jira.
- Macluumaadka caafimaadka ku haboon taranka iyo galmada

Macluumaadka caafimaadka taranka iyo galmada ee saxda ah waxaa qiimayn kara dhakhtarka ama la xiriir adeegbixiyayaasha kuugu dhow bogaga 4&5.

## Gudniinka dumarka waa mamnuuc Australia gudaheeda.

Gudniinka dumarku waa mamnuuc Australia gudaheeda. Dhamaan Dawlad goboleedyada iyo territorisku waxay leeyihiin qaanuuno mamnuucaya gudniinka. Kuwaas waxaa ka mid ah u qaadista gabar dibada si loo soo gudo. Taas waxaa wehelisa, dhakhtarada, looma ogola inay u dib u tolaan ka dib markay dhalaan. Macluumaad intaas ka badan gal [www.fgm.australia.com.au](http://www.fgm.australia.com.au)

# Meelaha lagala Xiriirayo Adeega

Hoos waxaa ku yaalla meesha lagala xiriirayo ururada Australia ka jira kuwaas oo ku caawimi kara ama kuu wareejin kara adeegyada kaalmada ku haboon. Haddii aad u baahan tahay mutarjum, waa inaad ururka u sheegtaa.

## Victoria

Multicultural Centre for Women's Health  
Phone: +61 (03) 9418 0913

Banyule Community Health  
Phone: +61 (03) 9450 2063

Darebin Council Youth Services  
Phone: +61 (03) 8470 8001

Mercy Hospital for Women  
Phone: +61 (03) 8458 4150

Cohealth-Collingwood  
Phone: +61 (03) 9411 4333

## Tasmania

Red Cross Hobart  
Phone: +61 (03) 6235 60013

Royal Women's Hospital  
Phone: +61 (03) 8345 3058

Women's Health in the North  
Phone: +61 (03) 9484 1666

Women's Health in the West  
Phone: +61 (03) 9689 9588

Monash Health - Dandenong  
Phone: +61 (03) 9594 6666

Cohealth - Kensington  
Phone: +61 (03) 8378 1642

Red Cross Launceston  
Phone: +61 (03) 6326 0400

## New South Wales

NSW Education Program on FGM  
Phone: +61 (02) 9840 3910

## Western Australia

Women and Newborn Health Service  
Phone: +61 (08) 9340 1557

## Queensland

Multicultural Women's Health  
Phone: +61 (07) 3250 0250

## A.C.T.

ACT Health  
Phone: +61 (02) 6205 1078

## South Australia

Migrant Health Service  
Phone: +61 (08) 8237 3912

## Northern Territory

Family Planning & Welfare  
Phone: +61 (08) 8948 0144