Meesha aad caawimo ka helikarto

Waxaad tegi kartaa Charlotte Keel Health Centre (Easton) Arbacada bil kasta ugu dambaysa 9.30 subxnimo ilaa 12:00 ka duhurnimo waxaad la kulmisaa neeras kaa caawisa arimaha gudniinka

0117 902 7100 Ask for FGM clinic

Waxaa laga yaabaa in aad ka murugaysan tahay ama ka caraysan tahay Gudniinka. The Green House waxay kaa caawinayaan dhibaatooyinka hadeer ku haya waxayna caawiyaan dumarka iyo gabdhaha.

0117 935 1707 Ask for FGM help

Haddii aad ogaato gabarlasoo gudayo fadlan soo wac Police ka. Haddii ay gabadhi kuu sheegto in la gudi doono fadlan soo wac 999 si deg deg ah.

0117 945 4320 Police

Sharciga

Waa sharcidaro ah in wadanka UK lagu gudo dumarka iyo gabdhaha.

Sharciga UK ma ogola in gabdhaha iyo dumarka wadankan degan loo ka xeeyo wadankale oo lasoo gudo.

Sidoo kale waa danbi in la caawiyo qofka wax gudaya ama dhoofinta gabadha lasoo gudayo.

Qofkii lagu qabto isagoo qof gudaya ama qofkale oo waxgudaya caawinaya, waxay lagu xukumikaraa ganaax badan iyo ilaa 14sano xabsi ah.

Haddaad u baahantahay koobiyo dheeraada oo warqadan ah ama iyada oo afkale ku qoran fadlan lasoo xidhiidh

0117 323 5463

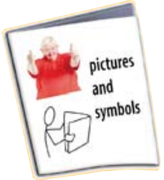
www.avon.nhs.uk/kris

Sawirka bogga hore ku sawiran: Amnesty International - Sweden.

NHS Bristol

Gudniinka Fircooniga & Sunaha

Wargalin & caawinaad



warbixin fudud oo sawiro leh

BSCB Bristol Safeguarding Children Board

making safeguarding everybody's business

Noocyada gudniinka ama goynta (FGM)

Nooca 1
Goynta kintirka ama qeyb ka mida oo Suniguna ku jiro.

Nooca 2
Waxaa lagooyaa kintirka iyo dubnaha yar yar ee hoose.

Nooca 3
Waxaa la goyaa dhamaan kintirka iyo dubnaha hoose oo dhan.
Ka dibna waxaa la is ku tolaa dubnaha sare waxaana loo reebaa dalool yar.

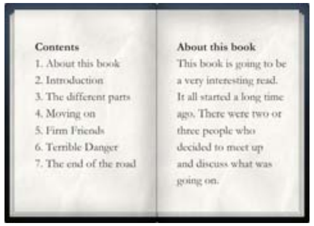
Nooca 4
Dhamaan dhaawacyada kale sida sarsarida,
goynta,
gubida iyo
daldaloolin.

Xagee Gudniinku ka bilaabmay

Dadk qaarbaa Gudniinka bilaabay wakhti aad u fog.

Dadka qaar ayaa Gudniinku caado iyo dhaqan u yahay.

Diimaha iyo Gudniinka

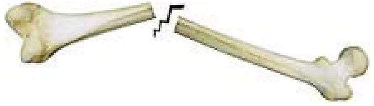


Quraanka iyo Bibalka ma ku qorna gudniinka. Quraanka wuxuu kuugu dhiiri galinayaa in aad jir kaaga xafido.

Muslimiintu waxay rumaysan yihiin in uu qofkasta Ilaahay abuuray.

Qofka jidhkiisu wuxuu ku wanaagsan yahay sidii loo abuuray.

Dhibaatooyinka gudniinka ee xaga caafimaadka


Lafo jabay

Naxdin iyo xanuun badan

Waxaad u dhiman kartaa naxdin iyo dhiig bax.

Waxaa kugu dhici kara infakshan soo noqnoqda oo kaadidu ku xanuujiso

infakshanku wuxuu horjoogsankaraa inaad uuraysato

Naagta la guday waxay u badantahay inay dhalmada ku dhibaatooto oo iyada iyo ilmheeduba khatar galaan

Dumarka iyo gabdhaha la guday waxaa inta badan dareemaan murugo iyo welwel