



Kuwani waa adeegyo taageero oo loogu talagalay haweenka, gabdhaha iyo qoysaska ku nool Australia oo dhan kuwaas oo bixiya macluumaad, talo iyo caawimaad oo ay weheliso hagida adeegu.

**South Australia - The Refugee Health Service
(Koonfurta Australia - Adeega Caafimaadka Qaxootiga)**

B: 08 7133 996
W: www.calhn.sa.gov.au/refugee-health-service

**Queensland - True Relationships and Reproductive Health
(Queensland - Xiriirka Dhabta ah iyo Caafimaadka Taranka)**

B: (07) 3250 0240
E: culturallyresponsive@true.org.au

**New South Wales - NSW Education Program on Female Genital Mutilation/
Cutting (FGM/C) (New South Wales-Barnaamijka Waxbarashada NSW ee
Gudniinka/Goynta xubinta taranka dumarka (FGM/C))**

P: (02) 9840 4182 ama (02) 9840 3877
W: www.betterhealth.vic.gov.au/health/conditionsandtreatments/female-genital-cutting-circumcision-fgc
E: WSLHD-FGMEducationProgram@health.nsw.gov.au

**Western Australia - Womens Health Strategy and Programs (Galbeedka
Australia - Istaratiijiyadda iyo Barnaamijyada Caafimaadka Haweenka)**

B: 08 6458 1152
E: KEMH.WomensHealthStrategyandPrograms@health.wa.gov.au

**Victoria - The Family and Reproductive Rights Program
(Victoria - Barnaamijka Xuquuqda Qoyska iyo Taranka)**

W: www.betterhealth.vic.gov.au/health/conditionsandtreatments/female-genital-cutting-circumcision-fgc
P: Booqo bogga internetka ee kor ku xusan si aad ula xiriirto ururka ka howlgala deegaankaaga

La xiriir rugta caafimaadka ee Royal Women's Hospital si aad u hesho adeegyada ka saarista xubinta taranka dumarka.

**Tasmania - Redcross, Bicultural Community Health Program (Tasmania -
Barnaamijka Caafimaadka Bulshada ee Laanqeyrta Cas, Labada Dhaqan)**

B: (03) 6235 6077
W: www.redcross.org.au/migration/bicultural-health-service-in-tasmania
E: Tasbiculturalhealth@redcross.org.au



Ka wac **Adeegga Fasiraada iyo Turjumaadda Qaranka** (Translating and Interpreting Service - TIS National) lambarka **131 450** haddii aad u baahan tahay inaad qof kula hadasho luqad aan ahayn Ingiriis. **Turjubaan lacag la'aan ah oo ay wax-kastana sir** kuu yihiin ayaa kugu xiri kara nambar kasta oo taleefan oo kor ku xusan.

Somali | Soomaali



Gudniinka Dumarka ee Australia

Gudniinka dumarka waxaa mararka qaar loogu yeeraa Jarida Xubinta Taranka Dumarka ama Jarjaridda/Jarista Xubinta Taranka Dumarka (FGM/C). Waxay ku lug leedahay in la jaro ama dhaawac loo geysto qaybta taranka dumarka ayadoo aysan jirin sabab caafimaad oo sidaas loo sameeyo. Gudniinka dumarku faa'iido caafimaad uma laha haweenka iyo gabdhaha waxayna saameyn xun ku yeelan kartaa caafimaadkooda galmada iyo taranka.

Waa dhaqan dhibaato keenaya oo ay qoyska iyo xubnaha bulshadu u arki karaan qeyb dhaqankooda ka mid ah oo muhiim ah. Si kastaba ha ahaatee, waxaa jirta siyaabo aan ku sharfi karno isla markaasna aan u ilaalin karno qiimaha dhaqankeenna annagoo ka tagayna dhaqamada keeni kara dhibaatooyinka.

Si aan u noqono cida awooda u leh jirkeenna una ilaalino, dhammaan waxaan u baahanahay in naloola dhaqmo si sharaf iyo ixtiraam leh. Tani waa xuquuq uu qof walba oo bini'aadam ahi leeyahay. Waxaa jira taageero, talo iyo macluumaad laga heli karo dhammaan gobollada kaas oo la xiriira gudniinka dumarka.



Xuquuqda Aadanaha

Gudniinka dumarka waxaa si caalami ah loogu aqoonsaday ficil xadgudub ku ah xuquuqda aadanaha ee gabdhaha iyo dumarka.

Ilahaan waxaa soo saaray mashruuca Taageerada Shaqaalaha ee FGM/C Training (SWIFT), oo ay maalgelisay Dowladda Australia. Markii ugu dambeysay ee la cusbooneysiiday: bishii Maarso 2026



Arrimaha caafimaadka

Gudniinka dumarku wuxuu leeyahay cawaaqib caafimaad oo muddo gaaban iyo mid dheer ah oo ay ku jiraan:

- Arrimaha caafimaadka jirka: xanuun daran, dhiigbax, caabuq, nabarro, dhibaatooyinka caadada iyo kaadida (sida marka aad kaadiso).
- Khatarta uurka iyo dhalmada: foolasho muddo dheer ah, jeexitaan iyo dhiigbax.
- Saamaynta dhanka maskaxda: dareen dhaawac, walwal, iyo raaxo la'aan galmada ah, ama dhibaatooyinka xiriirka khuseeya.

Haweenka iyo gabdhaha qaarkood waxaa laga yaabaa inaysan muujin wax calaamado xanuun ah, halka qaar kalena ay la kulmi karaan dhibaatooyin badan. Haddii ay jiraan wax aad ka walaacsan tahay ama dhibaatooyin, la xiriir adeeg-bixiye daryeel caafimaad si aad u hesho taageero.



Xaggee looga dhaqmaa gudniinka dumarka?

In ka badan 230 milyan oo haween iyo gabdho ah oo adduunka ku kala nool ayaa la guda. Dhaqankan waxaa ku dhaqma bulshooyinka iyo qowmiyadaha qaark ee ku nool Afrika, Bariga Dhexe iyo Aasiya.

Qiyaastii 53,000 oo haween iyo gabdho ah oo ku nool Australia ayaa lagu sameeyay gudniinka gabdhaha.¹

Dadka ku nool waddamada looga dhaqmo gudniinka dumarka dhamaantood kuma dhaqmaan gudniinka, mararka qaar waxaa ku dhaqma dad tiro yar.

Gudniinka dumarka asal ahaan meesha uu kasoo jeedo lama yaqaan mana laha muhiimad diimeed. Dalalka adduunka oo dhan ayaa ka fogaanaya dhaqankan xun waxayna ka dhigayaan mid sharci darro ah.

¹ Australian Institute of Health and Welfare. (2019) (Mac-hadka Caafimaadka iyo Daryeelka ee Australia. (2019)). Towards estimating the prevalence of female genital mutilation/cutting in Australia (Cat. no. PHE 230) (Si loo qiyaaso heerka gudniinka/jarista xubinta taranka dumarka ee Australia (Cat. no. PHE 230). Canberra: AIHW



Waxaa jira noocyo kala duwan oo gudniinka dumarka ah.

Gudniinka dumarku had iyo jeer isku mid ma aha wuxuuna keeni karaa noocyo kala duwan oo isbeddelo ah oo ku yimaada qaybta taranka dumarka. Noocyada gudniinku waa ay ku kala duwanaan karaan bulshooyinka iyo qowmiyadaha. Noocyada qaar waxay sababaan isbeddelo yar, halka kuwa kalena ay sababaan dhibaatooyin waaweyn.

Qayb yar oo ka mid ah haweenka ayaa maray gudniinka daran ee dumarka, kaas oo ku lug leh in ciriiri laga dhigo xubinta taranka.

Haweenka la kulmay gudniinka nuucaan ah waxay u baahan karaan taageero dhakhtar ama umuliso inta lagu jiro uurka iyo dhalmada.



Sharciga Australia muxuu ka qabaa gudniinka dumarka?

Waa muhiim inaad ogaato in gudniinka dumarku yahay wax uusan sharcigu ogolayn oo aad xaq u leedahay inaad tiraahdo maya ma ogoli.

Waa sharci darro in:

- La gooyo ama la jaro qayb ka mid ah qaybta taranka ee dumarka
- La tolo ama dib loo tolo xubinta taranka ee dumarka
- La yareeyo meesha furan ee xubinta taranka
- La gooyo ama la saro kintirka
- La waxyeeleeyo ama la dhaawaco xubinta taranka ee dumarka

Sharcigu wuxuu mamnuucayaa in qof:

- Uu jaro/gooyo/gudo haweeney ama ilmo yar
- Uu qof kale ka kaxeeyo Australia si loo soo gudo
- Uu ka caawiyo qof kale sidii qof inta Australia looga saaro loo soo gudi lahaa

Waa in aadan:

- Noqon qofka gudniinka sameynaya
- Qof samaynaya gudniinka aadan caawin
- Keenin/soo helin qofkii gudniinka samayn lahaa

Gudniinka dumarku wuxuu leeyahay ciqaab ilaa 21 sano oo xarig ah.

Qoysaska qaar ayaa laga yaabaa inay dareemaan cadaadis ah inay ku sii dhaqmaan gudniinka dumarka marka ay ku laabtaan waddankoodii hooyo. Waa muhiim inaad ogaato inaad xaq u leedahay inaad maya tiraahdo. Qoysas badan oo ku nool Australia iyo adduunka oo dhan ayaa doorta inaysan sii wadin dhaqankan, waana caadi inaad gabadhaada ka ilaaliso waxyeello.