

Ha-dhaawacin Gabadhaada

Barnaamij ay leedahay WellShare International si looga badbaadiyo gabdhaha iyo haweenka gudniinka ah

Qodobo muhiima

- Gudniinka Gabdhaha waxa ka mida, Gudniinka-fircooniga ah, Gudniinka-sunniga ah, iyo ficil kasta oo waxyeelo loogu gaysto xubinta taranka gabdhaha.
- Gudniinku habayaraatee wax faa'iido ah uma laha gabdhaha. Dhabtii GG waxa uu keena xaalado caafimaad-darro, mid nafsadeed iyo mid jidheed labadaba iyo foosha oo dumarku ku sakaraadaan arintaas oo keenta in ilmuhu dhinto.
- GG waxa uu lidi ku yahay xuquuqul-insaanka gabdhaha, qofka sameeya waxa uu mutaystaa ciqaab iyo xukun maxkamadeed.



WAA AYO:

Sida ay shaacisay Haayada Caafimaadka Aduunku, **In ka badan 3 milyan oo gabdhood ayaa halis u gala gudniinka sanad kasta** sidoo kale in kabadan 200 oo milyan oo gabdhood oo hada nool ayaa lagu sameeyay Gudniinka oo ku kala nool 30 wadan oo loogaga dhaqmo Gudniinka.

WAA MAXAY:

Gudniinka Gabdhaha (GG) waxa kamida ficil kasta oo lagu dhaawacayo xubinta taranka gabdhaha ama badh ha la jaro, ama gabi-ahaanba ha lawada jaro'e, waa mamnuuc hadii aan dhaqtarku ku talinin.

- Waxa jira 4 nooc oo gabdhaha loo gudo. Nooca 1aad waa qoynta qayb ama dhammaan kintirka. Nooca 2aad waa goynta dhamaan qaybaha hoose ee xubinta (mar marna kintirka ayaa lala gooyaa). Nooca 3aad waa goynta dhammaan qaybaha hoose iyo qaybaha kore ee xubinta (mar marna kintirka ayaa lala gooyaa). Nooca 4aad ee GG waxa kujira qalliin kasta oo waxyeelo u gaysta xubinta taranka haweenka oo dhaqtarku ku talinin, sida talitaanka, gubitaanka, iyo duleelinta qaybaha xubnaha taranka.

HALKEE:

Gudniinka dunidu walaac ayay ka qabtaa Wali si buuxda uma cadda xogta baahsanaanta gudniinku Maraykanka gudahiisa.

- Waxaa lagaga dhaqmaa galbeedka, bariga iyo Waqooyi-bari ee Afrika iyo wadamo ka tirsan Aasiya iyo Bariga Dhexe, iyo qoomiyadaha asal ahaan ka so jeeda meelahaas ee degan wadamo kale.

GOORMA:

Gudniinka gabdhaha [GG] waxa loo gaystaa gabdhaha yaryar inta aanay gaadhin 15 jir, inkastoo ay ku badantahay da'da gabdhaha ee u dhaxaysa 4 jir illaa 12 jir.

- Gudniinka waxa lagu bilaabaa maalmo ka dib marka ay dhalato gabadhu ama ugu danbayn maalmo ka hor inta aan la guursan. gabadha late as days prior to marriage or after the first pregnancy.

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Maxaa Loo Gudaa:

Bulsho walba habb iyo hanaan gaara ayay u gudaan gabdhaha. **Waxaa jira been iyo khuraafaad badan oo lala xidhiidhiyo meesha uu asal ahaan ka soo jeedo.**

- Gudniinku waa caado bulsho ee maaha wax diintu inna farayso. Bulshooyin kala duwan oo kal diimo ah ayaa sameeya.
- Sababaha loo gudo gabdhaha wax aka mida:
 - Gudniinku waa dhaqan adag oo soo-jireena oo qarniyo faro-badan lagu soo dhaqmi jiray.
 - Bulshooyinka qaarkoodna waxa ay u gudaan haweenka marka ay gabadhu marxalada qaangaadhka ka gudbayso ee ay u gudbayso marxalada guurka.
 - GG waa caado xun oo gadaal ay ka riixayso cabsi ay gabadhu ka qabto in ay bulshada ka dhex baxdo.
 - GG waxa loo sameeyaa si aanay galmo u sameyn islamarkaana ay bikro u ahaato inta aan la guursan.
 - Gudniinka sidoo kale waa aragti-dhaqmeed in la jaro oogada sare ee xubinta taranka, oo ay u arkaan in aannu nadiif ahayn.
 - Dadka haweenka guda waxa ay dadka u sheegaan khuraafaad ama waxay sheegtaan in diintu ay ogoshahay.

Maxaan hadda sameynaa

Waxaa la gaadhay waqtigii aan daryeeli lahayn gabdhaha iyo dumarka.

- Waa Kacdoon
 - *Illaa dabayaaqadii sanadkii 1990kii, bulshada caalamku waxa ay si adag uga shaqaysay sidii ay uga soo hor-jeedsan lahayd gudniinka gabdhaha – oo ay ka mid tahay bulshada Minnesota.*
- Waxaa jirta rajo
 - *Cilmi-baadhis ka dib waxa la ogaaday in isla bulshadii dhaqanka gudniinka gabdhaha samaynjirtay ay hadda rabaan in ay meesha ka saaraan dhaqankaas foosha xun, dhaqankaas si dhaqso ah ayaa loo tirtiri karaa*
- Adigaa is-badal samayn kara
 - *Nagu soo biir oo xil iska saar daryeelka gabdhaha (Ta aad dhashay, ta kula dhalatay, ta aad qaraabada tihiin iyo dhamaan haweenka oo idil si aan loo gudnin)*

Content References: <http://www.who.int/news-room/fact-sheets/detail/female-genital-mutilation>; WellShare International (formerly Minnesota International Health Volunteers) (2009). *Providing Culturally Appropriate Reproductive Health and Family Planning Services to Somali Immigrants and Refugees: A Reference Guide*; <http://www.house.leg.state.mn.us/hrd/pubs/ss/ssfgm.pdf>; https://www.reproductiveriGGs.org/sites/default/files/documents/pub_bp_fgmlawsusa.pdf

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