

Nationellt centrum mot hedersrelaterat våld och förtryck

Jämställdhetsmyndigheten

Migrationsverket

Polismyndigheten


Myndigheten för stöd till trossamfund

Socialstyrelsen

Åklagarmyndigheten

Booqo **konsstympning.se** si aad
macluumaad dheeraad ah u hesho

konsstympning.se

A photograph of three young women of diverse backgrounds smiling and laughing together. One woman in the foreground is wearing a white top and a blue necklace. Another woman behind her has curly hair and is laughing. A third woman in the foreground is wearing a maroon hoodie and has braided hair. The background is a textured wall.

In aad ka go'aan gaarto
jirkaaga waa xaq
aadamuhu leeyahay!

Waa maxay gudniinka fircooniga ah ee gabdhaha?

Gudniinka fircooniga ah ee gabdhaha iyo haweenka waxaa lagu sameeyaa jarista ama dhaawicidda qaybo ka mid ah saxaaxa dibadda ee dheddigga. Waxay ka dhici kartaa meel kastoo dunida ku taalla. Waxay ugu badan tahay qaar ka mid ah waddamada ku yaalla Afrika iyo Bariga Dhexe.

Gudniinka fircooniga ah ee gabdhuhu waxuu leeyahay noocyo kaladuwan oo kuma xirna diin ama dhaqan gooni ah. Gudniinka fircooniga ah ee gabdhuhu waxuu dhibaatooyin xun jirka iyo cilminafsiga uga keeni karaa qofka lagu sameeyey hawshan.

Miyaad u baahan tahay daawayn ama taageero?

La xiriir adeegyada bulsheed ee xaafaddaada, kiliniigga dhallinyarada, xarunta caafimaadka ama kiliniigga cudurrada haweenka haddii aad u baahan tahay daawayn, taageero ama gargaar. Waxaa Iswiidhan ka jira labo kiliniig ama rug caafimaad oo isbitaal ku yaalla oo takhasus leh oo daawayn siin kara dadka la kulmay gudniinka fircooniga ah ee gabdhaha: Amelmottagningen at Södersjukhuset ee Stockholm iyo Vulvamottagningen at Angereds närsjukhus ee Gothenburg. Hase yeeshee, waxaad marwalba heli kartaa daawayn iyo taageero, meel kastoo aad kaga nooshahay Iswiidhan.

Haddii aad dugsiga ku jirto, waxaad la hadli kartaa lataliyaha dugsiga ama kalkaalayaha dugsiga. Booliiska ayaa weliba ku caawin kara haddii adiga ama qof kale laga yaabo in aad dhibbane u noqoteen dembi ama aad halis kaas ugu jirtaan.

Loogu talagalay waalidiinta iyo qaraabada dhow

Waalid ahaan, waxaa waajib kugu ah in aad gabartaada ka badbaadiso gudniinka fircooniga ah ee gabdhaha ee nooc walba ah. Haddii aad tahay qaraabo u dhow, waxaad kaalin muhiim ah ku leedahay in aad hubiso in gabar qoyskaaga ama qaraabadaada ka mid ah lagu sameeyo gudniinka fircooniga ah ee gabdhaha.

Miyaad ka walaac qabtaa in qof aad garanayso uu ku dhow yahay in lagu sameeyo gudniinka fircooniga ah ee gabdhaha? La xiriir adeegyada bulsheed ee magalaada degaankaaga (khasab ma aha in aad magacaaga sheegto haddii aadan rabin) ama booliiska ka wac lambarka 114 14. Haddii ay xaalad degdeg ahi jirto, waa in aad wacdo 112.

Maxuu sharcigu dhigayaa?

Marka la raaco sharciga Iswiidhan, waa dembi xun in qof lagu sameeyo gudniinka fircooniga ah ee gabdhaha. Waxaa weliba dembi ah in la isku tijaabiyo, la isku diyaariyo ama in la isku dayo in la soo helo qof kale oo sameeya gudniinka fircooniga ah ee gabdhaha. Maxaa dheer, waa gaf dembi ah in laga soo warbixin waayo ama laga hortagi waayo gudniinka fircooniga ah ee gabdhaha ee la sameeyo. Xataa haddii dembiga lagu galay waddan kale, qofka ayaa weli si rasmi ah loogu eedayn karaa marka uu Iswiidhan joogo.

Iswiidhan dhexdeeda, qofkii jebiya sharciga lagu mamnuucay gudniinka fircooniga ah ee gabdhaha waxaa lagu xukumi karaa ilaa 10 sano oo xabsi ah.

Booqo
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dheeraad ah u hesho