

### Waa maxay Goynta Xubinta Taranka Haweenku?

Goynta xubinta taranka haweenka (FGC) macnaheedu waa goynta, ka saarida, ama tolidida qayb ama dhamaan qaybaha taranka ee gabdhaha ama haweenka. FGC sidoo kale waxaa loogu yeedhi karaa xalaalleynta haweenka, gudniinka fircooniga ah ee haweenka, "Khatna" ama "khafd", ama "tahor". FGC waxay yeelan kartaa magacyo kale oo badan oo aan halkan lagu xusin.

### Wadamo badan ayaa Diidan oo Mamnuucay FGC

Ururka Caafimaadka Adduunka (WHO) wuxuu u arkaa FGC inuu yahay xadgudub xuquuqul insaanka ah sababta oo ah:

- Waxay xadgudub ku tahay xuquuqda caafimaadka iyo jiritaanka jirka.
- Waa nooc kamid ah rabshadaha iyo jir dilka lagula kaco dumarka.
- Waxay xadgudub ku tahay xuquuqda carruurta lagu sameeyo dhaqankan iyaga oo aan oggolaanin.

### Yaa sameeya FGC sababtuna waa maxay?

FGC waxay qayb ka noqon kartaa dhaqanka wadamada qaarkood. FGC waxaa la adeegsan jiray kahor intii aysan bilaabmin diimaha ugu waaweyn. FGC loogama baahna diin kasta; hase yeeshe, waaxaha diimaha qaarkood ayaa qaatay nidaamkan.

Ma jirto sabab caafimaad oo ka danbeysa FGC. FGC wax faa'iido caafimaad ah ma leh waxayna dhib ugeysaa gabdhaha iyo haweenka.

### Xageen ka heli karaa taageero sidii aan uga soo kaban lahaa? ama sidii aan isaga ilaalin lahaa FGC?

In badan oo kamid ah hoggaamiyeyaasha diinta iyo bulshada ayaan taageerin FGC. Way kula hadli karaan adiga, qoyskaaga ama xubnaha bulshadaada. Waa kuwan qaar kamid ah ururada qaran ee waxbara isla markaana taakuleeya haweenka:

- AHA Foundation: [www.theahafoundation.org](http://www.theahafoundation.org)
- Equality Now: [www.equalitynow.org](http://www.equalitynow.org)
- Orchid Project: [www.orchidproject.org](http://www.orchidproject.org)
- Sahiyo: [www.sahiyo.com](http://www.sahiyo.com)
- Tahirih Justice Center: [www.tahirih.org](http://www.tahirih.org)

## FGC WAXAY KU LID TAHAY SHARCIGA MICHIGAN

### Haddii aad oggolaato in FGC lagu sameeyo gabadh ka yar da'da 18, waxa laga yaabaa:

- In lagu xidho, lagugu eedeeyo dembi, oo aad xabsiga gasho illaa 15 sanno,
- Laguu ogeysiyo Adeegyada Badbaadinta Ilmaha oo lagaa qaado ilmahaaga (carruurtaada),
- Ay ku dacwayso gabadhaadu (illaa iyo da'da 28).

### Haddii aad gabadh ka kaxeeyso Mareykanka ama Michigan si Aad ugu sameeyso FGC, wali waa dembi.

### KHATARAHA CAAFIMAAD EE FGC

#### Waxyeelada jireed waxaa kamid ah:

- Xanuun daran
- Dhiig-bax daran
- Caabuqyo iyo cuduro
- Kaadida oo dhib badata ama caado xanuun badan
- Dhibaatooyinka waqtiga dhalmada ama kadib dhalmada
- Dhimo ay sababaan dhibaatooyinkaas qaarkood

#### Waxyeelada maskaxeed waxaa kamid ah:

- Cadhada loo qabo qofka fulinaya ama oggolaanaya hawsha
- Dhaawac, oo ay ku jiraan riyoooyinka iyo dib u xasuusashooyinka
- Niyad jab, cabsi iyo dareen la'aan kaalmo
- Cabsi galmo, hoos udhaca raaxada galmada

### Waxa jiri kara waxyeelooyin aan kor ku xusnayn. Khatarahaas caafimaad waxay noqon karaan muddo-gaaban, waqti-dheer ama labadaba.

**KHURAAFAADKA IYO XAQIIQADA**

**KHURAAFAADKA**

**XAQIIQADA**

Kaliya gabdhaha lagu sameeyo FGC ayaa u gudbi kara dumarnimada oo loo tixgelin karaa kuwo la qadariyo.

Haddii kintirku aan la jarin, wuu sii weynaan doonaa.

Haddii kintirkaaanla jarin, waxay dhaawaceysaa ninkeeda inta lagu jiro galmada.

Haddii kintirka aan la jarin, waxay dhaawaceysaa ilmaha inta lagu jiro dhalmada.

Haddii haweeney aysan marin FGC, ma dhali doonto carruur.

Haddii haweeneydu mari weydo FGC, xubnaheedataranka ayaa ura.

FGC waa waajib diiniah.

Haweenayda aan la jarin waxay sameyn doontaa gogol dhaaf waxaanay yeelan doontaa damac galmo oo aan la xakamayn karin.

Raggu ma rabaan in la joojiyo FGC.

Haddii FGC uu sameeyo xirfadlaha daryeelka caafimaadku ma jirayso halis waxyeellayn.

Caadooyin dhaqameedka ayaa isbeddelaya. Waddooyinka kale ee loo maro gudashada dumarnimada ee aan isticmaalin FGC ayaa si isasoo taraysa loo aqbalaa.

Kintirku wuxuu joogsadaa inuu weynaado kadib qaangaarka sidiisaas ayaanuu ahaadaa.

Kintirku wax dhib ah uma geysan karo iyada ama ninkeeda inta lagu jiro galmada.

Kintirku ma dhaawici doono uurjiifka, ilmaha ama hooyada. FGC waxay sababi kartaa dhibaatooyin daran waqtiga dhalmada.

FGC wax lug ah kuma laha awooda haweenaydu ay ku dhasho carruur. FGC ayaa adkayn kartaa inay ilmo dhasho caabuqyo awgood.

FGC kama dhigi doonto xubinta taranka mid nadiif ah.

FGC laguma taageerin qoraalada diimaha waaweyn sidoo kale hoggaamiyeyaal diimeed oo badan ayaa aaminsan in dhaqankan la joojiyo.

FGC wax saameyn ah kuma lahan rabitaanka galmada eehaweeneyda, taasoo badanaaka timaada hormoonadamaskaxda. FGC waxay kajoojinkartaa haweenkainaykuraaxeystaan galmada.

Badi wadamada xog laga hayo, wiilasha iyo raggu waxay rumeysan yihiin in la joojiyo FGC.

FGC waa dhaqan waxyeello leh waxaanay horseedi kartaa dhibaatooyinka caafimaadka jirka, maskaxda iyo galmada, cidii doontaaba ha fulisee.

**ILAHA**

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 Waa maxay Gudniinka Fircooniga ah ee Haweenku (FGM?); Forward Youth; [www.forwardyouth.org.uk](http://www.forwardyouth.org.uk); dib loo soo qaatay Abriil 2018.  
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 Shuruucda la Dejiyay ee Michigan; [www.legislature.mi.gov](http://www.legislature.mi.gov); dib loo soo qaatay Oktoobar. 2017.



Sawir kaydsan. Ay galeen matalayaal