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Llywodraeth Cymru
Welsh Government



Parizvino HAKUSI PAMUTEMO kuita, kupa kana kubatsira uye kukurudzira kuongorora umhandara kana oparesheni yehukadzi munzvimbo ipi zvayo yeUK, serutivi rwemutemo weHealth and Care Act 2022.

Gwaro rakazara rinotungamirira, rinopiwa neHurumende yeUK, rinogona kuwanikwa rinonzi **Virginity testing and hymenoplasty: multi-agency guidance-GOV.UK** (www.gov.uk)

Chii chinonzi Kuongorora Umhandara uye Oparesheni yehukadzi?

Kuongorora **umhandara**, inozivikanwawo sehyemen, '2 finger' kana kuongorora nhengo yehukadzi, kuongorora sikarudzi yehukadzi, nechinangwa chekuziva kuti mukadzi kana musikana akaita zvepabonde.

Nokuda kwezvinangwa zvemutemo weHealth and Care Act 2022, kuongorora umhandara kuongorora (zvekubata kana kusabata) sikarudzi yemukadzi kubvumikisa kana zvepabonde zvaitika.

Maonero eWorld Health Organization neRoyal College of Obstetricians and Gynaecologists (RCOG) ndeekuti kuongorora umhandara hakusimudzirwe nesainzi kana chiratidzo chezvekurapa varwere sezvo pasina kuongorora kunozivikanwa kunogona kubvumikisa kana mukadzi aita zvepabonde.

Oparesheni yehukadzi inzira inoitwa kugadziridzazve ganda repazasi penhengo yehukadzi. Kune nzira dzakasiyana dzekuita izvi, asi zvinowanobatanidza kusona zvisaririra zvepamuromo peganda dete repazasi penhengo yehukadzi, kana kugadziridzazve ganda renhengo yehukadzi. Chinangwa chenzira iyi ndechekuwa nechokwadi chekuti mukadzi abude ropa panguva inotevera paanoita zvepabonde kuti aratidze kuti nhengo yake yehukadzi haina kusanganwa nayo.

Oparesheni yehukadzi haina kufanana nedzimwe nzira dzinogona kuitwa paganda repazasi penhengo yehukadzi nokuda kwezvikonzero zvekurapa varwere (semuenzaniso, oparesheni yekubvisa zvisaririra zvezvigunwe zveganda repazasi penhengo yehukadzi zvinoitisa kusagadzikana, kana kurapa ganda rinovharidzira muromo wenhengo yehukadzi nekubvumira kubuda kweropa rekumwedzi).

Ndiani anomanikidzwa neKuongorora Umhandara neOparesheni yehukadzi?

Pane ufakazi hwekuti vakadzi nevasikana kubva pamakore 13 kusvika ku 30 vari pangozi zvakananyanya yekuongororwa umhandara uye kana kuitwa oparesheni yehukadzi, asi vasikana vachiri vadiki semakore 8 vanogona kukanganiswa. Mukadzi upi neupi kana musikana, wezera ripi neripi, rudzi, ruvara, manzwiro emukati, chitendero, kuenzanisa kana mamiriro ehupfumi vanogona kuongororwa umhandara nekuitwa oparesheni yehukadzi. Vakadzi uye vasikana vanogona kutora makore kuti vakurukure zvakanaitikira nokuda kwekunyadzisa kunobatanidzwa nemiitiro iyi, mwero unovhundutsa unogona kuitika uye rutyo rwekuenderera mberi kwe “rukudzo rwakavakirwa” pakushungurudzwa.

Semimwe miitiro inonzi “rukudzo rwakavakirwa” pakushungurudzwa, zviitiko izvozvi zvinowanzoitwa, kuseri kwemasuo akavharwa, munharaunda dzinochengetedzwa chaizvo uye tsika. Nokuda kweizvi, zvivengerero zvevakadzi nevasikana vanomanikidzirwa kuzviitiko izvozvi havazivikanwe. Kunyange kuzivikanwa kwacho kusina kujeka, kune hufakazi hwevakadzi nevasikana varikumanikidzirwa chaizvo kupinda mukuongororwa umhandara uye oparesheni yehukadzi.

Izvozvi zvingava nemhedzisiroi kuvakakuvadzwa?

Vakadzi nevasikana vanotyisidzirwa, kumanikidzwa nekunyadziwa kuti vapinde mumiitiro iyoyi nekuzadzisa zvinodiwa zvekuti mukadzi arambe “akachena” pamberi pewanano.

Kuongorora umhandara uye oparesheni yehukadzi zvinofungwa kuti zvakananana pamwero wakakomba wekurova kunokonzera kukuvara chaizvo kwemuviri. Izvi kuzivikanwa kwekukuvara munyama nemupfungwa izvo kunokonzera kuvanhu vanomanikidzwa mazviri. Mwero uyu wakakomba unoratidzawo mafungiro anodzora nekutsigira miitiro iyoyi.

Zvose kuongorora umhandara uye oparesheni yehukadzi zvinogona kutangira wanano yekumanikidzwa kana mwana uye mimwe migariro yemhuri uye kana kuti yemunharaunda nemiitiro yekutyisidzira, kubatanidza kudzora munyama uye manzwiro. Vakadzi vano “kundikana” kuongororwa umhandara, vanonzi vakagadziridzwa ganda repazasi penhengo yehukadzi, kana vasingabudi ropa pausiku hwemuchato wavo vangangosangana nerunonzi “rukudzo rwakavakirwa” pakushungurudzwa runobatanidza kushungurudza makunzwa uye munyama, kurambwa nemhuri kana nharaunda uyezve kuuraya kwerukudzo.

Zviito zvacho zvinoderedza uye zvinovhiringidza. Zvinogona kutungamirira pakuvhundutsa pfungwa zvakananyisa kunanyakukuvadzwa, uye kunogona kudenha mamiriro ezvinhu anosanganisira funganyo, kuora moyo uye chirwere chepashure pekushungurudzwa kwepfungwa. Zviito zvacho zvakanabatanidzwa nekuzviuraya. Zvinogona kukuvadza munyama. Semuenzaniso, kuongorora umhandara kunemigumisiro yekukuvadza ganda repazasi penhengo yehukadzi, kunokuvadza kunze kwenhengo yehukadzi, kubuda ropa, uye utachiona. Uye zvakare ngozi yeutachiona yakakura mu oparesheni yehukadzi, ine ngozi dzakawedzerwa dzekubuda ropa kwakananyanya mukati meoparesheni, kuita mavanga uye kumanikana kwemuromo wenhengo yehukadzi uye matambudziko pabonde.

Zvekuita kana uchinetsika kuti mumwe munhu waunoziva anogona kuva pangozi yeKuongorora Umhandara uye Oparesheni yehukadzi?

Gwaro rekutungamirira rakazara, rinopiwa neHurumende yeUK kubvira pakatanga kushanda mutemo wacho, rinogona kuwanikwa rinonzi **Virginity testing and hymenoplasty: multi-agency guidance - GOV.UK** (www.gov.uk)



Nokuda kwetsigiro yakananga yeWales:

Kana mumwe munhu ari pangozi yekurumidziro ridzirai runhare mapurisa pa 999 uye bvunzai mapurisa.

teverai nzira dzekuzvichengetedza dzakanyorwa nemushandirwi/mugoveri wako.

Masevhisi ekutsigira vakakuvadzwa muWales ndeaya:

MRunhare rwekubatsira rusingabhadharwe rweLive Fear, sevhisi ye24/7 nokuda kwevanokuvadzwa uye vanopukunyuka kushungurudzwa mudzimba uye zvechisimba chepabonde uye vanhu vese vepedyo navo, kusanganisira mhuri, shamwari, vanhu vekuziva nevamwe vanhu vane hanya.

Runhare: 0808 80 10 800

Text: 0786 007 7333

Email: info@livefearfreehelpline.wales

Kutumira mameseji paidaneti:
gov.wales/livefearfree

Bawso isangano rinotungamirira muWales pakupa tsigiro inoshanda uye manzwiwo kuvanhu vatemala vashoma nevanhu vanobva kunedzimwe nyika vakakuvadzwa nekushungurudzwa mudzimba, chisimba chezvepabonde, kubiwa kwevanhu, Kuchekwa Kwekumanikidzirwa Kwenhengo Dzehukadzi FGM uye wanano yekumanikidzirwa.

Runhare rwerubatsiro: 0800 731817

Email: helpline@bawso.org.uk

MEIC haibhadharwe, ndeyezvakavanzika, inobvuma vanhu vasingadi kuzivikanwa uye inesevhisi yerunhare mumitauro miviri nokuda kwevana uye vanhu vechidiki kusvika pazera remakore 25 muWales nekugovera mashoko, anokosha nemazano uye tsigiro.

Meic inovhura panguva dza8am kusvikira pakati peusiku, mazuva 7 pavhiki, SMS text kana kutumira meseji pakarepo paapp.

Runhare rusingabhadharwe: 0808 80 23456

Text: 84001

Kutumira meseji paidaneti:
Livechat: www.meiccymru.org

Masevhisi ekutsigira vanoitwa zvechisimba pabonde

MuNorth Wales (Anglesey, Conwy, Gwynedd, Flintshire, Denbighshire neWrexham), kunemasevhisi makuru maviri ekutsigira vanoitwa zvechisimba pabonde:

- Rape and Sexual Abuse Support Centre (RASASC) inopa mashoko, tsigiro yavanamazvikokota uye kurapwa kumunhu upi neupi anosangana nekushungurudzwa kana kuitirwa zvechisimba pabonde. Munogona kuvaridzira runhare pa 01248 670 628 kana info@rasacymru.org.uk
- Stepping Stones inemasevhisi ekurapa vanhu vakuru vanenge vashungurudzwa pabonde sevana. Munogona kuvaridzira runhare pa 01978 352 717 kana info@steppingstonesnorthwales.co.uk

MuMid, West, East uye South Wales, mupi mukuru wesevhisi yezvechisimba chepabonde iNew Pathways Munogona kuvaridzira runhare pa 01685 379 310 kana enquiries@newpathways.org.uk

Karma Nirvana Runhare Runobatsira Vanoshungurudzwa Rwakavakirwa Parukudzo munyika ino, kuunganidza mashoko ekuzivisa vezvemitemo, masevhisi, uye mushandirapamwe wekuchinja.

Runhare rwerubatsiro: 0800 599 9247 7

Bazi reForced Marriage Unit

Bazi reForced Marriage Unit (FMU) mubatanidzwa weHofisi yeForeign, Commonwealth uye yeDevelopment (FCDO) nebazi reHome Office iro rinotungamirira pamutemo wehurumende wezvevanano yekumanikidzwa, kutambanudza rudo kuvanhu uye basa rekufereteta. Inoshanda paviri mukati meUK (mukupa rutsigiro kumunhu upi neupi) uye kumhiri kwemakungwa (uko rubatsiro rwunopiwa kuzvizvarwa zvechiBritish, kubatanidza zvizvarwa zvenyika mbiri).

Runhare: 020 7008 0151

Email: fmufcdo.gov.uk

