



Llinell Gymorth Live Fear  
Byw Heb Ofn Free Helpline

**0808 80 10 800**

ffôn • tecst • sgwrsio byw • ebost  
call • text • live chat • email



Llywodraeth Cymru  
Welsh Government



## Kuongorora Umhandara uye Oparesheni yehukadzi parizvino **HAKUSI PAMUTEMO** muUK

Kuongorora umhandara uye oparesheni yehukadzi kushungurudza, uye zvine migumisiro yechigarire munyama, mumanzwiwo uye hutano hwendangariro dzevanokuvadzwa.

**Hakuna kuongorora kwezvesayenzi kunoratidza umhandara.**

Imwe neimwe yemhosva idzodzi inemutongo wemakore mashanu mujeri uye kana kubhadhariswa faindi huru.

## Virginity Testing and Hymenoplasty are now **ILLEGAL** across the UK

Virginity testing and hymenoplasty is abuse, and can have lasting impacts on the physical, emotional and mental well-being of victims.

**There is no scientific examination that can prove virginity.**

These offences will each carry a maximum penalty of 5 years in prison and/or an unlimited fine.

**Kana iwe, kana mumwe munhu waunoziva ari mudambudziko remiitiro iyi, tapota ridza runhare kuimwe yemasevhisi aya:**

**If you, or someone you know is in danger of these practices, please contact one of these services for support:**

### **Mapurisa/Police:**

**999** nezvekurumidziro kana **101** nokuda kwemapurisa emunharaunda kana nyakukuvadzwa asiri mungozi yekurumidziro. **999** as an emergency or **101** for your local force if the victim is not in immediate danger.

**Live Fear Runhare Rusingabhadharwe/  
Live Fear Free Helpline: 0808 80 10 800**

**BAWSO: 0800 731 8147**

**KARMA NIRVANA: 0800 5999 247**

### **Forced Marriage Unit**

**Chiremba wemunharaunda yako, nesi, chipatara, VeSocial Services, kana bazi rezvedzidzo.**

**Your local GP, nurse, hospital, Social Services or education provider.**