HADDII MAR HOREY LAGUGU SAMEEYEY GFAMA TAQAANO QOF LAGU SAMEEYEY GF:

GF IYO UURKA

Waxaa jiro dhowr halisyo dheeraad ah markii qofka lagu sameeyey GF uur qaado.

Markii ay haweenada lagu sameeyey GF uur qaadaan waxay qabaan halis ka badan inay dhintaan ama ilmahooda dhinto wakhtiga dhalmada sababtoo ah cunugga sii fiican uma soo bixi karo. Waxaa muhiim ah inaad daaweeyahaada kala hadasho GF markii lagugu sameynaayo baaritaanyada dhalmada ka hor, iyo hubi in umulisadaada iyo takhtarkaaga (takhtarka haweenka ama takhtarka dhalmada) ay og yihiin in lagu gudey si ay tallaaboyin u qaadaan wakhtiga dhalmada.

KA HADALKA GF - SIRTA WAA MUHIIM

Xirfadlayaasha caafimaadka – kaaliyayaasha caafimaadka, umulisoyinka, takhaatiirta iyo kuwo kaleba – dalka Malta waxay ku waajib yihiin inay sirtaada dhowraan. Kani waxaa loola jeedaa inaad wax walba u sheegi kartid welwel la'aan, ay ku jirto GF, si aad u hubiso caafimaad wanaagsan ayadoo la ilaalinaayo sirtaada.

Waa muhiim inaad u tagto takhtar sida ugu dhakhsi badan haddii aad isku aragto xanuun ama calaamadaha gudniinka.

HADDII AAD U MALEYSO INAAD KU JIRTO HALIS IN LAGUGU SAMEEYO GF AMA TAQAAN QOF KU JIRO HALIS:

GARASHADA GF

GF waa hab-socod laga yaabo inay qoysaska iyo gabdhaha rabaan in lagu sameeyo, kaasoo sabab u ah doorka uu ka ciyaaraayo dhaqanka, laakiin hab-socodka saamayn fiican ma lahan:

GF waxaa badanaa loo sameeyaa sababahaan hoose awgeeda:

- Cadaadiska bulshada in la sii wado dhaqankaan
- U diyaarinta guurka iyo qaan-gaarida
- Xakamaynta dhaqanka galmada ama kacsiga
- Ilaalinta xishoodka gabdhaha

Laakiin GF wuxuu sababaa xanuun, wuxuu keenaa waxyeello xun ee muddo dheer socon doono iyo waa in la sameynin sababtoo ah:

- Wuxuu sababaa xanuun badan iyo jaah-wareer
- Wuxuu haweenka iyo dhallaanka ku sababi karaa dhowr waxyeello caafimaad xumo ee muddo dheer socdo
- Waa sharci-darro

KA WARRAN INANTAYDA IYO GABDHAHA KALE EE JAALIYADDA?

Inkastoo uu sababo dhibaato jireed iyo nafsiyeed, iyo inkastoo uu yahay sharci-darro waa inaadan GF ku sameynin inantaada (ama qaban-qaabinin in qof kale ku sameeyo).

Haddii aad maqasho qof kale oo inantiisa u raadinaayo meel lagu sameeyo GF, xasuusi in gudniinka uu sharci-darro yahay, iyo isku day inaad cunuggaas caawinaad u raadiso.

WAXYAABAHA AAD SAMAYN KARTID SI AAD U JOOJISO GF DALKA MALTA:

1 Soo sheeg mar walba xaalado GF aad markhaati ka tahay ama maqashey inuu qof sameeyey

2 Gabdhaha iyo haweenaka lagu sameeyey GF ama ku jiro halis in lagu sameeyo GF u soo gudbi adeegyada taageerada habboon ee dalka ka jiro.

3 **#EQUALITYAMBASSADOR** u noqo **#NCPE**

a Jaaliyaddaada u sheeg saamaynta caafimaad xumada GF

b **KU DHIRRIGELI** takhtar**KAAGA**, **KAALIYA**yaashaada caafimaad iyo xirfadlayaalka kale ee caafimaad aad la kullanto inay la xiriiraan NCPE si ay u helaan macluumaad dheeraad ah iyo sida lala shaqeeyo haweenada iyo gabdhaha lagu sameeyey ama ku jiro halis in lagu sameeyo GF

c **NOQO OLOLEEYE!** Ku caawi NCPE faafinta wararka khuseeyo gudniinka iyo sida looga hortagi karo adigoo ku biiraayo ololadeena habka internetka ee Facebook. Sawirkaaga soo raacsii ereyoyinka *I Taageer NCPE si Malta laga joojiyo GF* iyo isticmaal haashtaagga **#NCPE #EQUALITYAMBASSADOR**

A GENDER PERSPECTIVE FORMS OF VIOLENCE IN MALTA

NCPE

NOOCYADA WAXYEELADA GUDAHA MALTA

ARAGTI SINJI

WAA MAXAY GF?

Gudniinka fircooniga ee xubnaha taranka dumarka (GF) waxaa lagu tilmaama dhammaan habdhaqanka lagu gooyo qayb yar ama dhammaan dibedda cawrada dumarka ama dhaawac kale oo joogto ah oo la gaarsiiyo xubnaha taranka dumarka sababo aan daawo/caafimaad ahayn.

NOOCA 1 GF - Goynta qaar ka mid ah ama dhammaan kintirka

NOOCA 2 GF - Goynta kintirka iyo qaar ka mid ah ama dhammaan bushimaha siilka

NOOCA 3 GF - Goynta qaar ka mid ah ama dhammaan kintirka iyo bushimaha siilka, iyo isku tolidda geesaha ayadoo la dhaafaayo god yar

NOOCA 4 GF - Dhammaan noocyada kale ee gudniin, oo ka mid ah sarsaridda, goynta, gubashada, daloolinta iyo nabar xagtin.

GF IYO SHARCIGA MALTA

Sida uu qabo Xeerka Dembiyada Malta, dhammaan noocyada GF waa sharci-darro. Hase-yeeshe, gudniinka kaliya ma ahan waxa **sharci-darro** ah, sidoo kale waxyabahaan hoose ayaa sharci-darro ah:

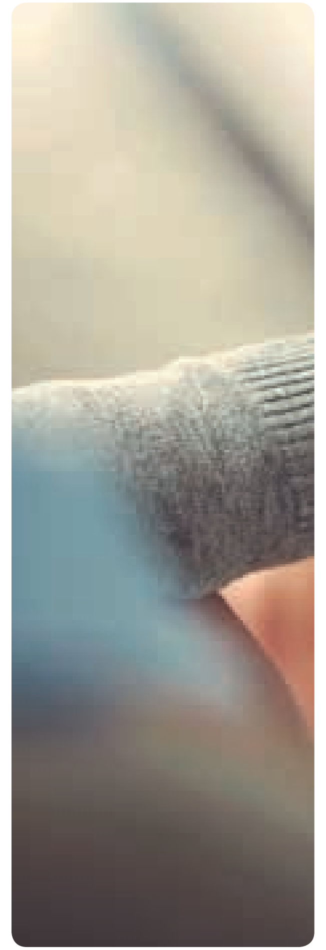
- Samaynta gudniin
- Qorsheynta gudniin
- Haddii la joojin waayo gudniin

Qof walba ee lagu ogaado inuu sameeyey, ama ku caawiyey sameynta GF, maxkamad ayaa la saari doonaa oo waxaa lagu ciqaabi karaa inta u dhexeeysa saddex iyo sagaal sano oo xabsi ah.

Maxkamad ayaa lagu saari doonaa xittaa haddii dhammaan habdhaqanka gudniinka (qorshaynta iyo gudniinka) lagu sameynin Malta. Sidaa awgeeda waxaa sharci-darro ah in gabar dibedda Malta la geeyo si dal kale loogu soo gudo.

GF IYO ADIGA

GF waa habdhaqan saamayn taban iyo khatar ah u keenaayo caafimaadka haweenka, sababtoo ah wuxuu ku sababaa waxyeello jireed iyo nafsi oo muddo gaaban iyo muddoo dheer socon doono. Gabdhaha iyo haweenaka waxa ku dhaca waxyeello caafimaad, ay ka mid yihiin xanuun, walaac iyo cabsi, kaasoo faragaliya ladnaantooda sannado badan kadib wakhtiga lagu sameeyey GF.



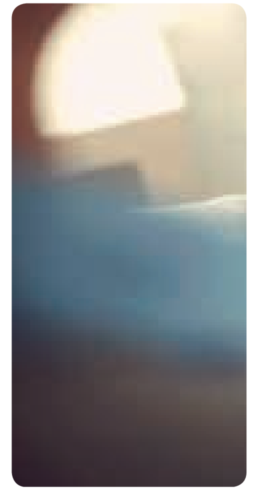
GF IYO CAAFIMAADKAAGA

GF wuxuu dhowr waxyeello gaarsiiyaa caafimaadka gabadha ama haweenka. Xanuunka iyo rafaadka wakhtiga GF la sameynayo waxaa u dheer xanuun markii la kaadinayo ama infakshanka cawrada, kaasoo sababi kara galmo dhibaato iyo xanuun leh.

WAA MAXAY SABABTA LOO BAAHAN YAHAY IN LOO JOOJIYO GF?

SABABTA LOO SAMEEYO GF	XAQIIQADA	
	SAAMAYNTA MUDDADA GAABAN	SAAMAYNTA MUDDADA DHEER
Si loo ilaaliyo sharafta qoyska	GF wuxuu sababa argagax iyo xanuun ba'an	GF wuxuu sababaa dhaawac nafsiyeed, ay ku jirto dareen xanaaq iyo khaa'inimo
Si loo dhawro dhaqanka	GF wuxuu sababi karaa dhiig-bax dhimasho leh	GF wuxuu sababi karaa murugo iyo walaac iyo galmo cilladaysan
Si loo hubiyo sharafta iyo is-dhawrka haweenka	GF wuxuu sababi karaa infakshanka boogta ay ku jirto teetano iyo qurmista	Waxaa loo baahan doonaa qalliin kale si loo furo qaybta hoose ee siilka si galmo loo sameeyo ama dhalmo Haweenka waxaa laga yaabaa inay gudniinka dib u xasuustaan wakhtiga uurka iyo dhalmada GF wuxuu keeni karaa: • Infakshanka siilka, • Caado aan caadi eheen, • Burooyin iyo nabaro
Nadaafad ahaan	GF wuxuu sababi karaa fayrasyada dhiigga laga qaado ay ku jirto cudurka HIV, cagaarshoowga nooca B iyo C	GF wuxuu keeni karaa: • Infakshan noq-noqod ah ee kaadi mareenka iyo kaadi-galeenka ah • Infakshanka kellida, dhantaalada iyo fashalka kellida
U diyaarinta guurka	GF wuxuu sababi karaa: • Waxyeellada kaadi-mareenka iyo mindhicirta • In la awoodin in la kaadiyo • lafo-jab (markii xoog hoos lagugu haayo)	GF wuxuu keeni karaa: • xanuun markii galmo la sameynaayo, • Dhalmo la'aan iyo noocyo dhaawac kale la gaarsiiyo habka taranka • Halis wakhtiga dhalmada iyo halis badan in calool ku jirka dhinto

GOLAHA QARANKA EE ABAABULKA SINNAANTA
T: 2590 3850 E: EQUALITY@GOV.MT
WWW.EQUALITY.GOV.MT
WAXAAD NAGA HELI KARTAA FACEBOOK



This Publication has been produced with the financial support of the PROGRESS Programme of the European Union. The contents of this publication are the sole responsibility of the National Commission for the Promotion of Equality and can in no way be taken to reflect the views of the European Commission.