JOOJI XADGUDUBKA GALMADA

Hagaha Tallaabo-tallaabo ah ee Wacyigelinta & Ka-hortagga

Strategic Initiative for Women in the Horn of Africa

SIHA Network

TACADIGA GALMADA

waa fal kasta oo galmo ah ama dhaqan la xiriira oo lagu sameeyo qof si qasab ah ama aan raalli uu na ka ahayn. Waxaa ka mid ah kufsiga, isku dayga kufsiga, iyo taabasho ama salaaxid aan qofka kale rali ka aheyn.

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BAAHSANAANTA CAALAMIGA AH

Hal dumar ah oo ka mid ah saddexdi haween ahba , adduunka ayaa la kulantay kufsi ama xadgudub galmo mar uun inta ay noolayd.

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Afrika gudaheeda, kufsiga iyo xadgudubka galmada ayaa si aad ah uga baahsan, taasoo cabsi leh. Tusaale ahaan, qaaradda Afrika ee ka hooseysa Saxaraha, 45% haweenka ayaa sheegay in ay la kulmeen jirdil ama xadgudub galmo oo uga yimid lammaanaho oda dhow.

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Noocyada Xadgudubyada Galmada

Xadgudubka galmada wuxuu ka koobnaan karaa dhowr nooc, waxaana ka mid ah

- **Kufsi:** Galmo lagu qasbay ama lagu cadaadiyay qof.
- **Dhibaateyn:** Dhiirrigelin galmo ama hadallo aan la rabin oo la xiriira galmada.
- **Taabasho Sharci-darro ah:** Taabasho ama salaaxid aan munaasab ahayn.
- **Kufsiga Carruurta:** Nooc kasta oo xiriir galmo ah oo lala yeesho qof aan qaangaar ahayn.

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GOOBAHA/XAALADAHA UU KA DHICI KARO XADGUDUBKA GALMADA

Xadgudubka galmada wuxuu ka dhici karaa meelo badan oo kala duwan, waxaana ka mid ah:

- **Guriga gudaahiisa**
- **Goobaha dadweynaha** sida wadooyinka, meelaha lagu nasto, suuqyada, iwm.
- **Goobaha shaqada**
- **Meelaha ay colaadaha ka jiraan**
- **Iskuulada iyo jaamacadaha**
- **Baraha internet-ka iyo goobaha online-ka ah**

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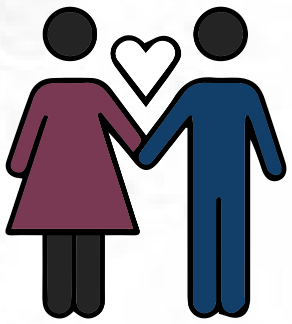
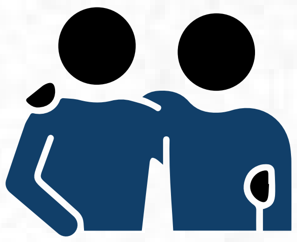
DADKA U BADAN EE GAYSTA XADGUDUBKA GALMADA

Xadgudubka galmada waxaa badanaa geysta qofka dhibbanuhu yaqaan, waxaana ka mid noqon kara:



Lamaanaha dhow
(sida: sayga, saaxiibka, ama xaaska).



Asxaabta ama dadka la yaqaan (sida: shaqo wadaag ama arday isku fasal ah).

Xubnaha qoyska
(sida: aabbe, adeer, ama walaal).

Dad shisheeye
(waxay ka dhici kartaa meelaha dadweynuhu ku badan yahay ama meelaha cidla ah).

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SAAMEYNTA XADGUDUBKA GALMADA KU YEELATO DHIBBANAYAASHA

Xadgudubka galmada wuxuu saameyn daran ku yeeshaa dhibbanayaasha, waxaana ka mid noqon kara:

- **Dhibaatooyin caafimaad oo jireed** sida cudurrada galmada lagu kala qaado (STIs), uur, iyo dhaawacyo jireed.
- **Dhibaatooyin maskaxeed** sida murugo joogto ah (PTSD), welwel, niyad-jab, ama xitaa is-dil.
- **Culeys bulsho iyo go'doon**oo si xun u saameeya nolosha shaqo iyo xiriirrada bulshada ee qofka.
- **Cudurro raaga** oo xagga jirka iyo maskaxdaba ah.
- **Kalsooni darrada dadka kale iyo dhibaatooyinka la xiriira dhisidda xiriirro caafimaad qaba.**

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SIDEE LOO HORTAGI KARO XADGUDUBKA GALMADA

Istaraatijiyadaha looga hortago xadgudubka galmada waxaa ka mid ah:

Kor u qaadidda wacyiga ku saabsan oggolaanshaha iyo xiriirrada ku dhisan ixtiraamka.

Dhiirrigelinta dhibbanayaasha iyada oo la siiyo agab, taageero, iyo meel ammaan ah.

Adkaynta sharciyada iyo hirgelintooda si looga hortago xadgudubka galmada.

Ololayaal bulshada lagu wacyigelinayo si loo yareeyo eedeynta dhibbanayaasha loona abuuro deegaan taageero leh oo loogu talagalay dadka la kulmay xadgudubka.

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DOORKA QOF WALBA EE KA HORTAGGA XADGUDUBYADA GALMADA

Qofka shakhsiga ah: Waa inuu fahmaa oo ixtiraamaa xuduudaha dadka kale, ka hadlaa dhaqamada aan habboonayn, una istaagaa taageerada dhibbanayaasha.

Bulshada: Waa in ay abuuraan dhaqan ku dhisan ixtiraam iyo sinnaanta, kana shaqeeyaan dhiirrigelinta wadahadallada furan ee ku saabsan xadgudubka galmada.

Dowladaha, ururrada bulshada rayidka ah (CSOs), iyo la-hawlgalayaasha horumarka: Waa in ay xaqiijiyaan in sharciyo iyo siyaasado jira ay si dhab ah uga hortagaan xadgudubka galmada isla markaana ay taageeraan dhibbanayaasha.

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