

KUTAURA
nezveUkama

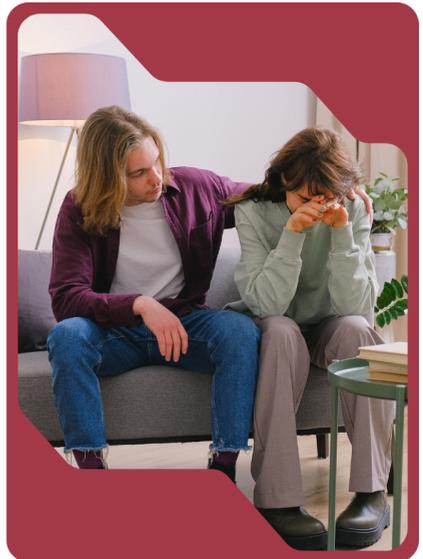




Zvinотора simba rakawanda kutaura nezvekushungurudzwa muhukama, kunyanya kana vanhu vakawanda vasingatendwi.

Zvinogona kuoma kunzwa kuti munhu ari kushungurudzwa, uye kuziva zvekuita kuti umutsigire.

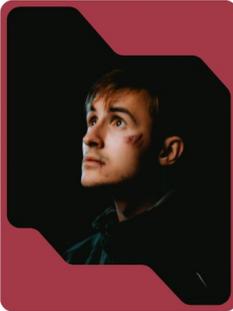
Pepa rino rinogona kubatsira nekutsanangura kuti kushungurudzwa chii, kupa nhungamiro yekuti ungatsigira sei mumwe munhu, uye kukupa dzimwe nzira dzerutsigiro muFalkland Islands.



Chii chinonzi Kushungurudzwa kweMudzimba

Munho wose anogona kushungurudzwa muukama. Hazvia mhosva kuti unobva kupi, kana uri murume kana mukadi, mudiki kana mukuru, muukama hwemhando imwe chete, hwemhando dzakasiyana, kana hweksikarudzi dzisingaenderane, wakaroora kana kuroorwa, muchidanana, kana makaparadzana.

Pane, mhando dzakasiyana dzekushungurudzwa. Zvinogara zvichireva kuti munhu mumwe anege simba uye anodzora mumwe munhu.



Kushungurudzwa Mumuviri

ndiko kukuvadza – kumurova kana kumukava, kumudhonzwa bvudzi kana kumudzipa. Iyi ndiyo mhando yekushungurudzwa inokuonekwa nyore.

Kushungurudzwa kweManzwiro

ndiko kunyengera, kukuvadza kana kutisidzira munhu zvichikwanisika nokumuvhundutsa, kumutuka kana kutyisidzira kumukuvadza munhu.



Kushungurudzwa paMari



ndiko kudziviswa mumwe kuwana mari, semuenzaniso, kumisa munhu kushanda kana kushandisa mari yake, kana kutora zvikwerenti nezita rake.



Kushungurudzwa kweTekinoroji

ndiko kushandisa michina yakangwara kana tekinoroji kudzora (control), kutevera, kana kuona munhu.

Kushunurudzwa kwePabonde

ndiko kumanikidza munhu kuti ave nebonde, kusateererwa zvaunoda, kana kusawana mukana wekuramba. Izvi zvinosanganisira kumumanikidza kuita zviito zvepabonde zvaasingawirirane nazvo.



Kushungurudzwa kweKuremekedza



ndiko kupara mhosva nokuda kuchengetedza 'kuremekedzwa' kwemhuri kana kwerudzi. Tsika dzemagariri handi chikonzero chekushungurudzwa.

Zviratidzo zvaungangoona pamunhu ari kushungurudzwa zvinosanganisira:

- Kukuwadzwa kunoonekwa nevanhu
- Kuchinja maitiro
- Kusufara mumwoyo kana kushushikana
- Kuzviparadzana neshamwari kana mhuri
- Kusadavira mafona kana kusapindura mameseji Kushandisa zvinodhaka kana doro zvakanyanya



Mazano Ekutsigira

Kana munhu akadurura moyo wake uye akakuudza kuti ari kushungurudzwa pamusha, pane zvimwe zvinhu zvaunogona kuita kuti umubatsire:

Rumbidza ushingi hwake – zvinogona kuoma zvikuru kutaura nezvekushungurudzwa

Munzwei uye umuntende – izvi zvoga zvinogona kunge zviri izvo chete zvaanokwanisa kuita panguva iyoyo



Fambai navo zvishoma nezvishoma – vapei nguva uye nzvimbo yekugadzirisa mamiriro acho



Rega vatore sarudzo – kushungurudzwa kunowanzoreva kuda kutonga mumwe, saka zvakakosha kuti munhu ari kushungurudzwa a sarure zvanoda kuita nenyaya yacho

Cherekedza Zvipingamupinyi zvinowanikwa pakurambana – semuenzaniso, pekugara, mari, kana mamiriro ekupinda munyika

Tsindidzo – zvakakosha kuti usadumure nyaya yekushungurudzwa kwemunhu kunze kwekunge atendera kuti uudze vamwe vanhu



**Vasimudzirei,
Musavapomere mhosva -**
Hakusi kukanganisa kwavo,
uye zvinogona kuoma
kusiya imba
ekushungurudzwa

Chengetedza hutano hwako – Zvingona kuoma kutsigiramumwe munhu uye zvakakosha kuti iwewo uve nerutsigiro rwakanaka

Rumhang'ra Kushungurudzwa KweMudzimba

Handi basa remunhu ari kubatsira nekutigira kushuma kushushirwa nekushungurudzwa kwe munhu. Asi kana munhu ari munjodzi panguva iyoyo fona **999**.

Kana uchizivia kuti vana vari kuona kushingurudzwa kwepamba, unogona kuda kutaura neSocial Services pa **27296** kana **Referrals.social@kemh.gov.fk**.

* **Kana uri nyanzvi (professional) une basa rekumhan'ra nekushuma kana paine vana kana vechikuru vasingagone kuzvimirira.**

Kana usinganyatsooni chokwadi unogona kutaura nemutungamirira wako wechengetedzo kana Social Services.



Rutsigiro



Munhu wese ane kodzero yekunzwa akachengeteka uye achifara muukama hwake. Heano mamwe maitiro ekuita kana usingaite saizvozvo:

Kana uri munjodzi,
fona **999** uye
kumbira Mapurisa

Kuti umhan'are mhosva, fonera Mupurisa eRoyal Falkland Islands pa:
28100 kana **reception@police.gov.fk**

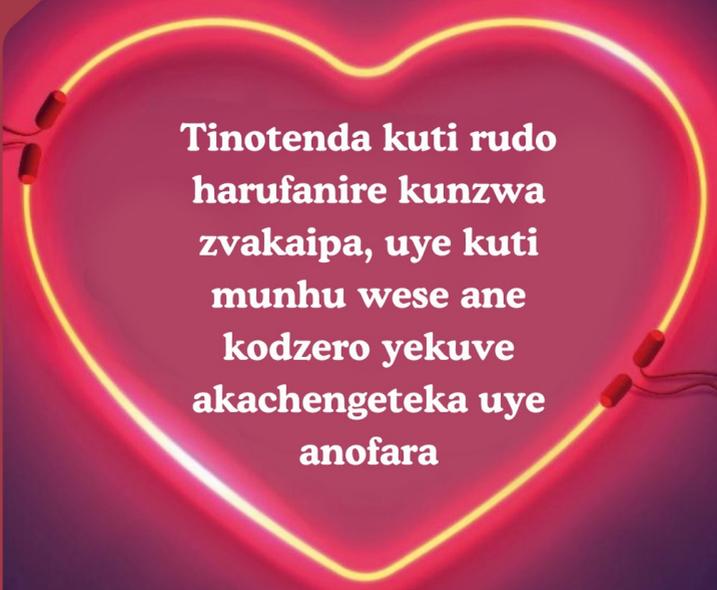
Kuti umhan'are muchivande shandisa nhamba yevavanzika pa:
28111 kana **safe@police.gov.fk**

Uudza nyanzvi yaunovimba nayo.

Kana pashure pekuverenga pepa iri waona kuti une zvinonetsa nezvehutano hwepfungwa uye uchida kutaura nemumwe munhu, bata Emotional Wellbeing Service pa
EmotionalWellbeingService@kemh.gov.fk kana **28082**.

Kana uchinetsa nemaitiro ako muukama, bata Laura Aston, MuOffice we Mapurisa pa **27296 / 52610** kana
probation.social@kemh.gov.fk.

The Citizen's Advice Bureau (CAB) ibato risingabhadharwi rakazvimirira rinochengetedza chakavanzika uye rinopa mazano nemashoko pane dzimwe nyaya dzakasiyana-siyana. Vanolwanisa kuwanikwa kuburikidza ne nhamba: **55355** uye **cab@horison.co.fk**.



**Tinotenda kuti rudo
harufanire kunzwa
zvakaipa, uye kuti
munhu wese ane
kodzero yekuve
akachengeteka uye
anofara**

LoveRespect