

Umubiri wawe niwo mahitamo yawe

Ihohotera rishingiye ku bitsina n' ubugizi bwa nabi.

Sibyiza na rimwe ku muntu runaka gukoresha imbaraga cyangwa iterabwoba kugira ngo atume ukora ikintu icyo ari cyo cyose gituma wumva uhangayitse.

Niba wowe cyangwa umuntu runaka uzi yari geze akorerwa ihohotera rishingiye ku bitsina, ushobora guhabwa ubufasha na :

Polisi ya Queensland: Hamagara 000 (zero eshatu)

National Sexual Assault Service (Serivisi y'igihugu ishinzwe kwita ku bantu bakorewe ihohotera rishingiye ku bitsina):

Hamagara 1800 737 732 (Umurongo utishyurwa, amasaha 24, iminsi 7 mu cyumweru)

Abasemuzi batishyurwa: Abasemuzi batishyurwa:

Hamagara Translating and Interpreting Service (TIS) (serivisi yubusemuzi no guhindura (TIS)) kuri 131 450. Umusemuzi azavugisha serivisi zitanga ubufasha wasabye ku buntu.



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Menya uburenganzira bwawe

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Habwa ubufasha

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Menya uburenganzira bwawe

Ufite uburenganzira bwo guhitamo umuntu mwaba inshuti ugirana imibonano y'ibitsina.

Gukorana imibonano mpuzabitsina no kugirana ubucuti bushingiye kubitsina bishobora kugaragamo gukorana kw'abakundanye, imibonano mpuzabitsina, amashusho y'ibitsina, no kwandikirana ubutumwa buganisha ku bitsina.

Kuguhatira kwishora bimwe muri ibi bikorwa mu gihe utabiyemereye ku bushake n'ubugizi bwa nabi.

Muri Ositraliya, umuntu ntashobora kugukorakoraho, kugutera ubwoba, kukoherereza amashusho y'ibitsina utabishaka, cyangwa kukuganiraho ntacyo wabivuzeho.

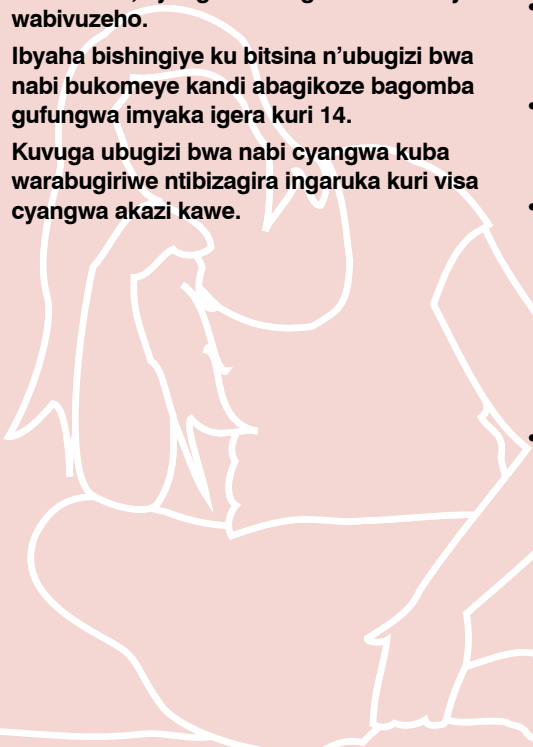
Ibyaha bishingiye ku bitsina n'ubugizi bwa nabi bukomeye kandi abagikoze bagomba gufungwa imyaka igera kuri 14.

Kuvuga ubugizi bwa nabi cyangwa kuba warabugiriwe ntibazagira ingaruka kuri visa cyangwa akazi kawe.

Ese ihohotera rishingiye ku bitsina ni iki?

Ihohotera rishingiye ku bitsina rikubiyemo uruhurirane rw'ubugizi bwa nabi, harimo:

- **GUFATA KU NGUFU**, aribyo biba igihe uhaswe gukora imibonano ku gahato (ikorerwa mu gituba, mu kabuno cyangwa mu kanwa).
- **KUGUKORA KU MUBIRI UTABISHYAKA** uko byaba bimeze kose imbere cyangwa inyuma ku mwenda wawe.
- **GUKURAMO AGAKINGIRIZO** mbere cyangwa mu gihe cyo gukora imibonano mpuzabitsina utabimuhereye uburenganzira.
- **GUHATIRWA GUKORA IMIBONANO**, ibi biba igihe umuntu agushyizeho igitutu cyangwa kugushora mu imibonano mpuzabitsina udashaka gukora.
- **GUHENGEREZA UMUNTU**, ibi bisobanuye igihe umuntu agukurikirana cyangwa agakunda kukureba buri munsu.
- **KUKWITEGEREZA NTA BURENGANZIRA WAMUHAYE** igihe uri mu bwihelero cyangwa wambaye ubusa.
- **KUKWIYEREKA YAMBAYE UBUSA**, ibi biba igihe umuntu akweretse ibice by'ibanga by'umubiri we.
- **GUHATIRWA KUREBA CYANGWA KWITABIRA FILIME Z'URUKOZASONI**, harimo ko n'umuntu yafata ifoto yawe utabimuhereye uburenganzira, aguhatira kugaragara muri videwo cyangwa agatuma ureba filime ya poronografi.
- **KOHEREREZA SMS Y'UGUTERETA**, ibi bisobanuye gusangira amashusho yawe wambaye ubusa utabimuhereye uburenganzira cyangwa akakoherereza amashusho y'ubwambure udakeneye.



Ese uburenganzira butuma mukorana imibonano ni iki?

BUTANGIRWA UBUNTU



Kwemera ni igihe ugira amahitamo yawe nta gitutu, agahato, cyangwa gukoreshwa n'ibiyobyabwenge cyangwa ibisindisha.

GUKORA IBINTU BIGUSHIMISHIJE



Iyo ari igihe cyo gukora imibonano mpuzabitsina, ugomba kwemera gusa ibintu USHAKA gukora, atari ibintu wumva witezweho gukora.

IBYIHARIYE



Kwemera ikintu kimwe (nko kujya mu cyumba cyo kuraramo) ntabwo bisobanuye ko wemeye gukora ikindi kintu (nk'imibonano mpuzabitsina). Niba umuntu yemeye kwambara agakingirizo, maze akagakuramo, ntabwo buno ari uburenganzira bwumvikanyweho.

KWISUBIRAHO



Ushobora guhindura ibitekerezho byawe igihe icyo aricyo cyose mu gihe cyo gukora imibonano mpuzabitsina, nubwo waba warigeze uyikora mbere ndetse nubwo waba wambaye ubusa mu gitanda.

KUBAHIRIZA IGIHE



Kwemeranya mu gihe runaka kihariye ntabwo bisobanuye ko wemeye icyo kintu kimwe mu kindi gihe.

GUCECEKA NTIBISOBANURA KO WABYEMEYE



Abantu benshi birabakomeretsa iyo batewe ubwoba. Kubera ko utigeze ugira icyo uvuga, ntabwo bisobanuye wagize icyo wemera.

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Vugisha umuntu wizera



Kuvugisha inshuti wizera, umunyamuryango cyangwa serivisi itanga ubujyanama bishobora kugufasha kwemeza icyo waba ugiye gukora.

Nubwo wahitamo kutavuga ihohoterwa rishingiye ku bbitsina, hari ahantu henshi ushobora kubona ubufasha n'inkunga byizewe kandi bitishyurwa.

1800RESPECT

Gutanga ubujyanama kuri telephone ndetse no kuri murandasi ku bantu bagizweho ingaruka n'ihohotera rishingiye ku bitsina ndetse n'ihohotera rikorerwa mu rugo.

1800 737 732 | www.1800respect.org.au

Queensland Sexual Assault Helpline (Umurongo utangirwaho ubufasha ku ihohotera rishingiye ku bbitsina muri Queensland)

Inkunga n'ubujyanama bitangirwa kuri telephone ku muntu uwo ariwe wese wakorewe ihohotera rishingiye ku bitsina ndetse n'umuntu utewe impungenge bitayeho ushobora kuba yarakorewe ihohoterwa ni

1800 010 120 | www.dvconnect.org
7.30am-11.30pm iminsi 7

Lesbian Gay Transgender Bisexual Intersex and Queer (LGBTIQ) (Ababana bahuje ibitsina gore, gabo, abihinduje ibitsinda, ibinyabibiri, abahinduranya ibitsina ndetse n'abatazi uko biyumva (LGBTIQ)) by'Umwihariko: QLife

Itanga ubufasha kuri telephone no kuri murandasi ku bantu bafite ingeri z'imyaka yose. 3pm kugeza saa sita z'ijoro Iminsi 7 mu cyumweru.

Ubufasha n'inkunga birahari mu gihe wakorewe ihohotera rishingiye ku bitsina cyangwa ukandagazwa.

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Bona ubufasha

Hari serivisi z'ubwoko bwinshi zishobora kuguha ubufasha. Umuntu uwo ariwe wese, harimo n'abanyeshuri mpuzamahanga ndetse n'abashyitsi bashobora guhabwa ubufasha ndetse n'inkunga n'izi serivisi.

Ubufasha mu by'ubuganga

Mu gihe wakorewe ihohotera rishingiye ku bitsina, ushobora guhabwa ubuvuzi butishyuye mu ishami rishinzwe ubutabazi (emergency department) mu bitaro byose bya leta.

Queensland Health Sexual Assault Services (Serivisi ku bantu bakorewe ihohotera rishingiye ku bitsina ya Queensland) ziraboneka ku buntu (ntabwo ukeneye ikari y'ubwishingizi ya Medicare) mu masaha 24 ku munsu).

Izi serivisi zitanga amakuru ku buntu, ubujyanama, ubuvuzi ndetse n'ibizamini kuri buri muntu wakorerwe ihohotera rishingiye ku bitsina.

Bashobora kandi gupimwa indwara zandurira mu mibonano mpuzabitsina ndetse no gukumira gutwita.

Ibimenyetso bya muganga bishobora kwerekana icyabaye.

Ikizami kerekana ko umuntu yakorewe ihohotera rishingiye ku bitsina rikorwa neza mu masaha 24 ya mbere.

Ikizamini gikozwe kugera mu minsi 7 nyuma y'uko ihohotera ritanze amakuru y'ingenzi ashobora gukoreshwa mu rukiko, igihe ikirego gikomeje gukara.

VUGISHA GP WAVE CYANGWA 13HEALTH (13 43 25 84) KUGIRA NGO UHABWE SERIVISI N'AMAKURU Y'AKARERE KAWA.

Ubufasha mu by'amategeko

Serivisi mu by'amategeko zitishyurwa zishobora kuguha ubujyanama bwibanga bujyanye n'amahitamo yawe. Iyi nama ishobora kugirana isano n'imiterere y'imibereho yawe, uburezi ndetse n'aho ukorera kimwe no kumenyesha aya makuru kuri police. Ibikurikira ni ubuntu, serivisi mu by'amategeko y'inzobere.

Women's Legal Service (Serivisi mu by'amategeko zigenerwa abagore)

Community legal centre (Ikigo gishinzwe iby'amategeko cy'umuryango) gitanga ubujyanama bujyanye n'ibyamategeko n'amakuru ku bagore.

1800 957 957 | <https://wlsq.org.au>

Legal Aid (Ubufasha mu by'Amategeko)

Itanga amakuru mu by'amategeko, ubujyanama ndetse n'ukuguhagarikira.

1300 651 188 | www.legalaid.qld.gov.au

GUHABWA UBUFASHA MURI SERIVISI Z'ABAHOTWEWE

Ubufasha bugenerwa muri Queensland

Niba uri uwahohotewe, ushobora kwemererwa uruhurirane rwa serivisi zitishyurwa harimo ubujyanama, inkunga mu mafaranga, hamwe n'ubufasha mu by'amategeko.

1300 546 587 (9am-5pm)

Gutanga amakuru kuri polisi

Ihohotera rishingiye ku bitsina ni ubugizi bwa nabi. Kuba uwakorewe ihohotera nta kibazo bizatera kuri viza n'akazi kawe. Polisi muri Ostraliya izaperereza raporo yawe maze iyikurikirane kugira ngo bamenye neza ko utekanye ndetse n'abandi batekanye.

Ushobora kumenyesha amakuru polisi:

- Uhamagaye zero eshatu (000)
- Wigiriye ku biro bya polisi ubwawe
- Utanze amakuru mu buryo butazwi binyuze kuri Crime Stoppers (Abahagarika Ubugizi bwa Nabi) kuri 1800 333 000.

Serivisi zitanga ubufasha zishobora kandi kugufasha kumenyesha amakuru kuri polisi.