

## Mirawu yeDare

Mirawu yeMagariro Epamba inogona kupihwa neMatatare Anobata Nhau Dzemhuri nechinangwa chekuti udzivirirwe. Vanhu vanogona kukumbira kuti mirawu iyi ipihwe ndevanoti:

- Madzimai kana kuti vaimbova madzimai
- Shamwari kana kuti vaimbova shamwari
- Vanhu vakaita vana pamwe chete
- Vanhu vange vari kudanana
- Kana uine mwana anoita zvemhirizhonga
- Hama mbiri dziri kugara pamwe chete pasina chibvumirano chakaitwa

Murawu weMagariro Epamba unodzivisa munhu ari kubata vamwe zvaikaipa kuti:

1. Asashandisa kana kutiyidzira kuti anogona kushandisa mhirizhonga, kana kuratidza hunhu hunoita kuti ari kumbunyikidzwa kana kuti vaanotarisa vanzwe kutya.
2. Asatarisa kana kuenda kumba kweari kumbunyikidzwa kana kuti kwevanhu vaanotarisa.
3. Asatevera kana kuti kukurukura (kusanganisira nenzira dzemidziyo yemagetsi) neari kumbunyikidzwa kana vaanotarisa.

## Mhando Dzimirawu Inopiwa neDare

### **Murawu weKudzivirira**

Unoramba uchishanda kusvikira pachisarudzo cheDare chekupiwa kweMurawu weKuchengetedzeka kana kuti weKubhana.

### **Murawu weKuchengetedzeka**

Unoshanda kwemakore anosvika 5.

### **Murawu weKubhana**

Unoshanda kwemakore anosvika 3 - Mirawu yeKubhana ine zvimwe zviga zvekuti ari kubata vamwe zvaikaipa anofanira kubva pamba kana achigara nevari kubata vacho uye anorambidzwa kusvika pamba apa kusvikira nguva yekushanda kwemurawu wacho yapera.

kuti uzive kune mazano akawanda nezveMirawu yeDare



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Bata wekumahofisi eGarda yemunzvimbo mako



Tapota sikana kuti  
uzive kune mahofisi  
eGarda yemunzvimbo  
mako



## Rumwewo Rubatsiro

Kana uri kutarisana nematambudziko ehunhu uhu kana kuti uri kunetseka nezvemumwewo munhu

Tapota sikana kuti uzive kune rubatsiro rwnopiwa vanhukadzi zvichienderana nedunhu ravari



**Women's Aid**  
1800 341 900

Nhare Yemunyika Yepachena  
Yekufonera Rubatsiro  
inoshanda kwemaawa 24  
pamazuva 7 ese mumitauro  
inopfuura 200



**Men's Development  
Network**  
1800 816 588

Muvhuro neChitatu: 10am-6pm;  
Chipiri neChina: 12-8pm;  
Svondo, Bank Hols: 2-6pm



**Panzvimbo Inobatsirwa Vanenge  
Vabatwa Chibharo**  
1800 77 88 88

Nhare Dzekufona Uchitsvaka Rubatiro  
Panyaya Dzekubatwa Chibharo  
mumitauro inopfuura 200



**Childline**  
1800 66 66 66

Nhare Yemunyika Yekufona Zvenyaya  
Dzevana Inoshanda Kwemaawa 24  
pamazuva 7 ese



**Men's Aid**  
(01) 554 3811

Nhare Yemunyika Yekushandisa Panyaya  
Dzakavanzika  
Muvhuro kusvika Chishanu 9am -5pm



**Safe Ireland**  
[www.safeireland.ie](http://www.safeireland.ie)



[www.whatwouldyoudo.ie](http://www.whatwouldyoudo.ie)



**KUBATA VAMWE  
ZVAKAIPA PAMBA**  
AN GARDA SÍOCHÁNA

Hausi wega.  
Tiripo pakuteerera.  
Tiripo kuti tibatsire.



Kuti uwane mashoko mazhinji nezvenhau dzekubatwa zvakaipa kwevanhu mudzimba enda pawebhusaiti inoti garda.ie kana kusikana QR kodhi iri pasi apa



Kana uchida rubatsiro kana kuti uri munguva yenjodzi kana kuti uchida kutaura nevekuGardai, chaya nhamba dzinoti 999 kana kuti 112.



Kuita Kuti Vanhu Vagare Vakachengeteka



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## Kusabatwa Zvakanaka Kwevanhu Mudzimba kumbori kuita sei?

Kutsigira nekudzivirira varikubakwa zvisina kunaka mudzimba ndiro basa guru reAn Garda Síochána.

Kumbunyikidzwa kwevanhu mudzimba kunoitika munzira dzakasiyana-siyana; kunogona kuitwa panyama, pabonde, mumafungiro, mupfungwa, panhau dzemari kana kuti paindaneti kana kuti pachishandiswa midziyo yemakombiyuta.

Kunogona kuitika mumhuri pakati peimwe nhengo yemhuri neimwe. Kunogona kuitika kuchibatandiza akaroorwa aripo kana kuti aivepo kare, pasinei nekuti murume here kana kuti mukadzi kana kuti zvaari panhau dzezvebonde. Kunogona kuitika pane vari kudana vane makore ari pasi pe18.

Mumwe chete pavanhukadzi vana uye mumwe chete pavanhurume vasere ndavananyajambwa vekumbunyikidzwa mumhuri.

## Uri kunetseka here nezvehama kana kuti shamwari kana vaunozivana naye?

INZWA	TENDA
SIMBISIRA	TSIGIRA

*Kana mumwe munhu akakunyeurira nezvehau yekusabatwa zvakanaka mumhuri, usabva wachinjira hunhu munhu ari kubata vamwe zvakaipa wacho, izvi zvinogona kuisa upenyu hwearikubakwa zvakaipa panjodzi yakakura*

## Uri muhukama nemunhu anokubata zvakaipa here?

- Unotyia munhu wavakaroorana naye here? Wavakaroorana naye anokutyisidzira here?
- Wavakaroorana naye anotadza kuzvidzora nyore-nyore here, achishandisa chisimba kana kuti kukutyisidzira kana kutyisidzira vana vako?
- Wavakaroorana naye anokutyisidzira achiti achakuraya kana ukamusiya here?
- Wavakaroorana naye anokuzvidza, kukuita seusingakoshi, kukunyadzisa kana kuti kukunyomba here?
- Unonzwa sewasiiswa kuti usava neshamwari dzako kana vehukama here? Wavakaroorana naye anokunzwira shanje kuti usava neshamwari dzako kana kuti usataura nevamwe vanhu here?
- Wavakaroorana naye anodzora zvaunoita zuva nezuva here, kudzora zvine chokuita nemari kana kuti mapasiwedhi, maimeyiri kana kuti maakaundi ako epamadandemutande everuzhinji?
- Wavakaroorana naye anoita kuti uite zvebonde usingadi here?
- Wavakaroorana naye anokumanikidza kuti uite zvebonde nenzira yausina kusungunguka kuita nayo here?



## Zvinoratidza kuvapo kwenjodzi huru

- Hunhu Hwekumanikidzira nekudzora vamwe
- Kuronda
- Kurwadzisa – Panyama kana kuti kudzipa
- Kushandisa zvombo
- Zvombo zvakashandiswa
- Kumbunyikidzwa panguva yekuzvitakura
- Kuraya chipfuyo kana mhuka
- Kutiyisidzira kuti munhu achazviuraya kana kuraya waakaroorana naye kana kuti vana
- Ari kumbunyikidzwa anobva kana kuti anogadzirira kubva achisiyana nehukama hwacho

Kana uchida rubatsiro kana kuti uri munguva yenjodzi kana kuti uchida kutaura nevekuGardai, chaya nhamba dzinoti 999 kana kuti 112.



## Mabasa eRubatsiro

Kana uchisangana nemamwe maitiro akadai kana kuti uri kunetseka nezve mumwe munhu, pane hurongwa hwekubatsira varume nevakadzi vanenge vachibatwa zvakaipa mumhuri munyika yose nekupihwa kwemazano pakuronga nezvekuchengeteka, uye kubatsira vanenge vachibatwa zvakaipa kuti vakumbire matare edzimhosva kuti ape mirawu inovadzivirira.

Kana uri murume kana kuti mukadzi ari kubakwa zvakaipa mumhuri kana kuti mune zvepabonde, pane apu yakagadzirirwa nhau dzakadai inonzi Bright Sky App inopa mashoko pamusoro pekushungurudzwa mumhuri uye kunogona kuwanika rubatsiro munyika yose.



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Kuita Kuti Vanhu Vagare Vakachengeteka



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