

Waa maxay rabshadaha asaagga?



Q Dabeecadaha Caafimaadka Qaba iyo Kuwa aan Caafimaad Qabin ee u Dhaxeeya Dhalinyarada

Rabshadaha asaaga ah waa arin caafimaad oo sii kordheysa oo saameyn karta caafimaadka maskaxda iyo jirka ee dhalinyarada iyo dhalinta yar yar, iyo awooda ay u leeyihiin inay yeeshaan xiriir wanaagsan. Waa fal kasta ama qaab kasta uu mid ku xakameynayo ama ku kontroolaayo dabeecadda midka kale. Dhalinyaradda loo geysto rabshadaha asaagga waxay leeyihiin khatar weyn oo ah inay la kulmaan rabshadaha ama dhibka saaxiibka/sayga markay weynaadaan.

Waalidiinta iyo daryeelayaasha waxay ku caawin karaan inay kala hadlaan dhalinyarada calaamadaha digniinta ee rabshadaha asaagga, iyo sida loo dhiso xiriiryo caafimaad qabo oo facaa ama asaagaa ah.



45% dhalinyarada da'doodu u dhaxayso 15 ilaa 17 waxay la kulmeen rabshado asaageed



Rabshadaha shukaansiga ee Kanada ayaa sii kordhaya. Muddo hoos u dhac ka dib, rabshada dhalinyaradu waxay kor u kacday 33% ilaa 2015.



Noocyada Rabshadaha iyo Xadgudubka

Rabshadaha Internetka

Marka farsamada loo isticmaalo in lagu keeno cabsi, waxyeelo, ama ceeb. Tan waxaa ka mid ah basaasnimada qof onlayn ah ama la socodka goobtooda iyaga oo aan ogayn

Dhibaataaynta Dambiyada ama Dabagal

Xiriir ama la xiriir soo noqnoqda oo qof dareensiya ammaan darro. Tusaale: Wicitaanada taleefoonka ee aan joogsiga lahayn, qoraalo ama iimaylo, ama si qarsoodi ah ula socda qof goobtuu joogonmp.

Ku Xad-Gudubka Dhaqaale

Hab-dhaqanka loo isticmaalo in lagu kasbado awoodda iyo xakamaynta lacagta qofka.

Xakamaynta Qasabka Ah

Xakamaynta qofka adoo isticmaalaya cabsi iyo hanjabaad si looga dhigo inuu u dhaqmo hab gaar ah.

Xadgudub Shucuureed

Dhaawac maskaxeed ama qiir leh oo ay keento ceeb, bahdil, hanjabaad, ama xakamaynta shucuurta qofka.

Rabshadaha Qarsoon

Dhaqdhaqaaq kasta oo galmo ama galmo aan la rabin ama hab-dhaqan, ama fal hanjabaad galmo ah oo lagu sameeyo qof ogolaansho la'aan.

Rabshadaha Jirka

Ficil kasta oo xoog ama waxyeelo keena xanuun ama cabsi gelaya qof.



! Calaamadaha Digniinta iyo Khatarta Rabshadaha asaagga:

- Arrimaha caafimaadka maskaxda (niyad-jabka, walaaca, fikradaha is-dilka)
- Isku kalsooni hoose
- Si xun u isticmaalka walaxda
- Waxqabadka dugsiga oo liita
- Ka go'doonka bulshada ama kali ahaanta oo korodha
- La imaansho dhaqamo aan caadi ahayn, aan habboonayn, ama aan sifo lahayn
- Dhaawacyo jireed
- Cudurada la kala qaado
- Uurka aan la qorshayn
- Khatarta mustaqbalka ee noqoshada dhibbane ama dembiilaha rabshadaha shukaansiga
- Is bedel miisaan oo weyn oo aan la macnayn karin (kordhin ama lumis)
- Isbeddel muuqda/hoos u dhac ku yimaadda danaha iyo hawlaha
- Isbeddelka xuduudaha shakhsi ahaaneed ama hab-dhaqan xuduudeedka

Fahamka Awoodda iyo Xakamaynta

Giraangiraha Awooda iyo Xakamaynta waxay muujineysaa saamaynta isku xidhka faca aflagaado iyo sida rabshadu u dhacdo.

Ma ogtahay ?

Kaliya waxay u baahan tahay hal dhaqan oo aan caafimaad qabin in isku xirka asxaabta loo tixgeliyo xadgudub.

FARAANIGA DIBADA

Khadka madow ee dhumucdiisuna weyn tahay wuxuu muujinayaa rabsho **JIDHEED AMA DHAQAN** taasoo xoojisa dhaqamada aan caafimaadka qabin, abuura meertada xakamaynta.

FARAANIGA GUDAHA

Mar kasta ama mararka qaar qiyaano **HAB-DHAQAN FIYOUBEYN** oo la isticmaalo inta lagu jiro xidhiidhka asxaabta.

GACAN KA HADAL AMA RABSHADO DHOW

ISTICMAALO JUJUUB IYO HANJABAADO

- Samee hanjabaad ama waxyeello qof
- Ka dhig qofka inuu sameeyo dhaqdhaqaaqyo sharci darro ah
- Hanjabaadaha in lagu wargaliyo sharci fulinta
- Ku hanjaba inaad baxdo ama aad isdicho

ISTICMAALO CABSIGALIN

- Isticmaal fiirin, ficil ama dhaqdhaqaaqyo si aad qofka uga cabsiiyo
- Wax burburin, hanti dumiso

ISTICMAALO XADGUDUB DAREEN

- Dhaliilo, magacyo ugu yeedhis ama qof bahdilaan
- Ka dhig inay dareemaan inay dambiile yihiin ama naftooda xun yihiin
- Ka yeel qofka inuu u maleeyo inuu maskax ahaan degganayn oo uu su'aalo dareenkiisa

ISTICMAALO XADGUDUB DHAQAAL

- Ka ilaali qofka inuu helo ama sii haysto shaqo
- Qofka ka dhig inuu lacag weydiisto
- Sii kaalmo lacageed
- Qaado lacagta qofka

ISTICMAALO MUDANADA

- Qofka ula dhaqan sida addoon oo kale
- Samee dhammaan go'aannada waaweyn ee xiriirka
- Qeex dhammaan doorarka xiriirka

YAREYSIIN, DIIDID IYO EEDAYN

- Fududeey xadgudubka
- Waxaad dhahdaa xadgudubku ma dhicin
- Xil wareejinta hab-dhaqanka xadgudubka ah

ISTICMAALO GO'DAYN

- Xaddid dhaqdhaqaaqa ka baxsan xiriirka
- Xakameyn waxa uu qofku sameeyo, meesha uu tago, cidda uu arko ama la hadlayo
- Xakameyn waxa uu qofku akhrinayo
- Isticmaal maseeyr si aad ugu qiil yeesho falalka

AWOODA IYO XAKAMAYNTA

GACAN KA HADAL AMA RABSHADO DHOW

Calaamadaha Digniinta ee Rabshadaha Asaagga

Cadaadiska galitaanka taabashada jirka ee aan loo baahnayn nooc kastaba ha ahaatee.

Hanjabaadda ama keenista dhaawac jidheed oo ay ku jiraan xagashada ama nabarrada.

Muujin maseer xad dhaaf ah, ammaan darro ama hab-dhaqan xakamaynta.

Muujinaya isbeddellada niyadda ee qarxa ama aan caadi ahayn.

Cay, bahdil ama handadaad asaagii si kastaba ha ahaatee.

Ka soocida asaagga asxaabta iyo qoyska.

Xakamaynta sida facooda ay waqtigooda u qaataan, waxa ay awoodaan iyo waxa aanay samayn karin.

Xakamaynta habdhaqanka asxaabta ama sida ay u labbistaan.

Si joogto ah ula soco warbaahinta bulshada ee asxaabta ama la socoshada goobtaada.

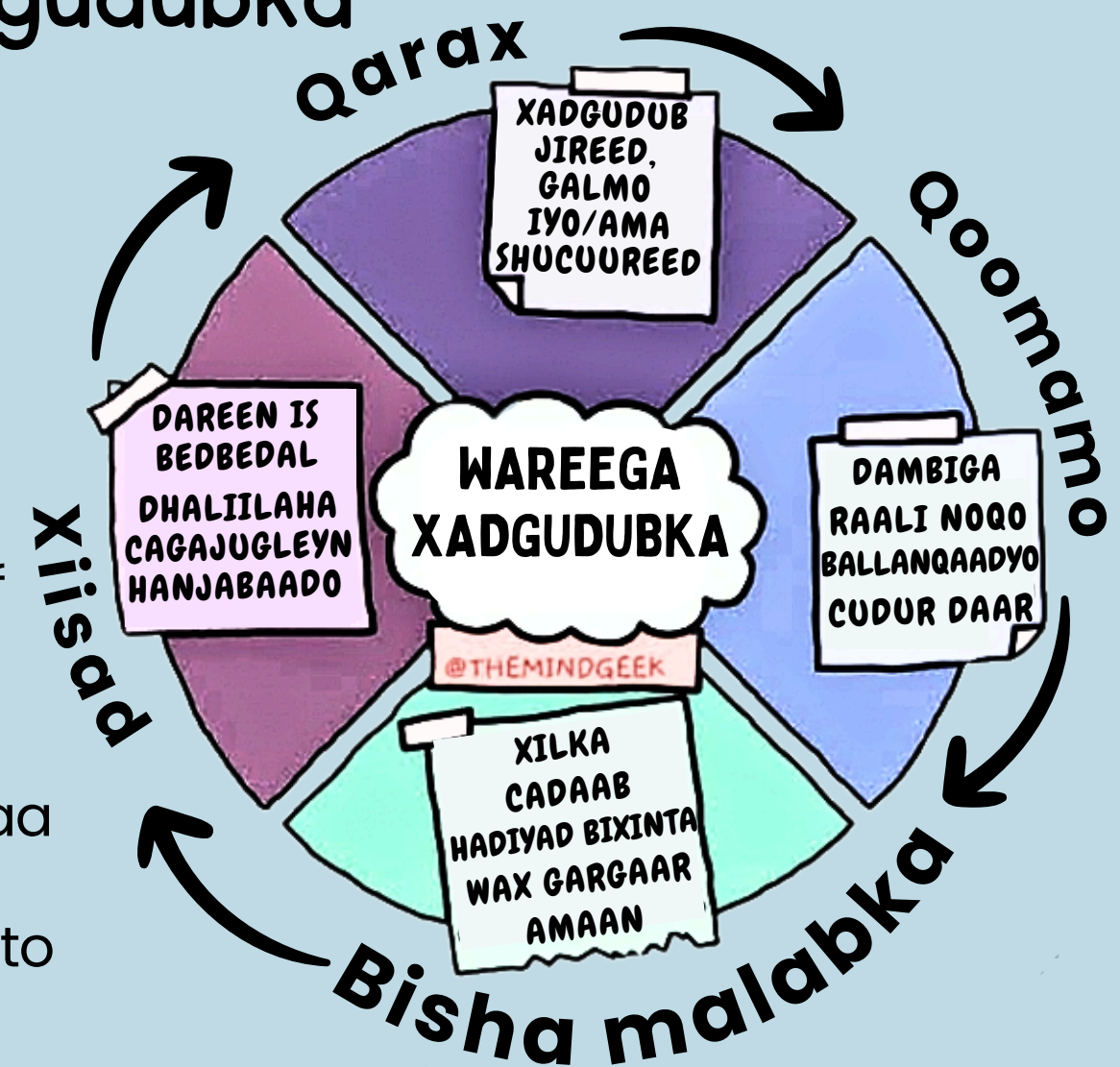
Duulaanka sirta ah iyo xuduudaha shakhsi ahaaneed, sida imaatinka ogeysiis la'aan.

Wareega Xadgudubka

Habka caadiga ah ee dabeecadaha xadgudubka ah ee u dhexeeya asxaabta.

Laga bilaabo marxaladda bisha malabka, wareeggan ayaa ku adkeynaya qof inuu ka tago xiriirka saaxiibka ah ee xun.

Waxay ku qaadan kartaa ilaa siddeed jeer in badbaaduhu uu si joogto ah uga tago asaagii xadgudubka geystay.





Waa maxay isku Xidhka Caafimaadka qaba?

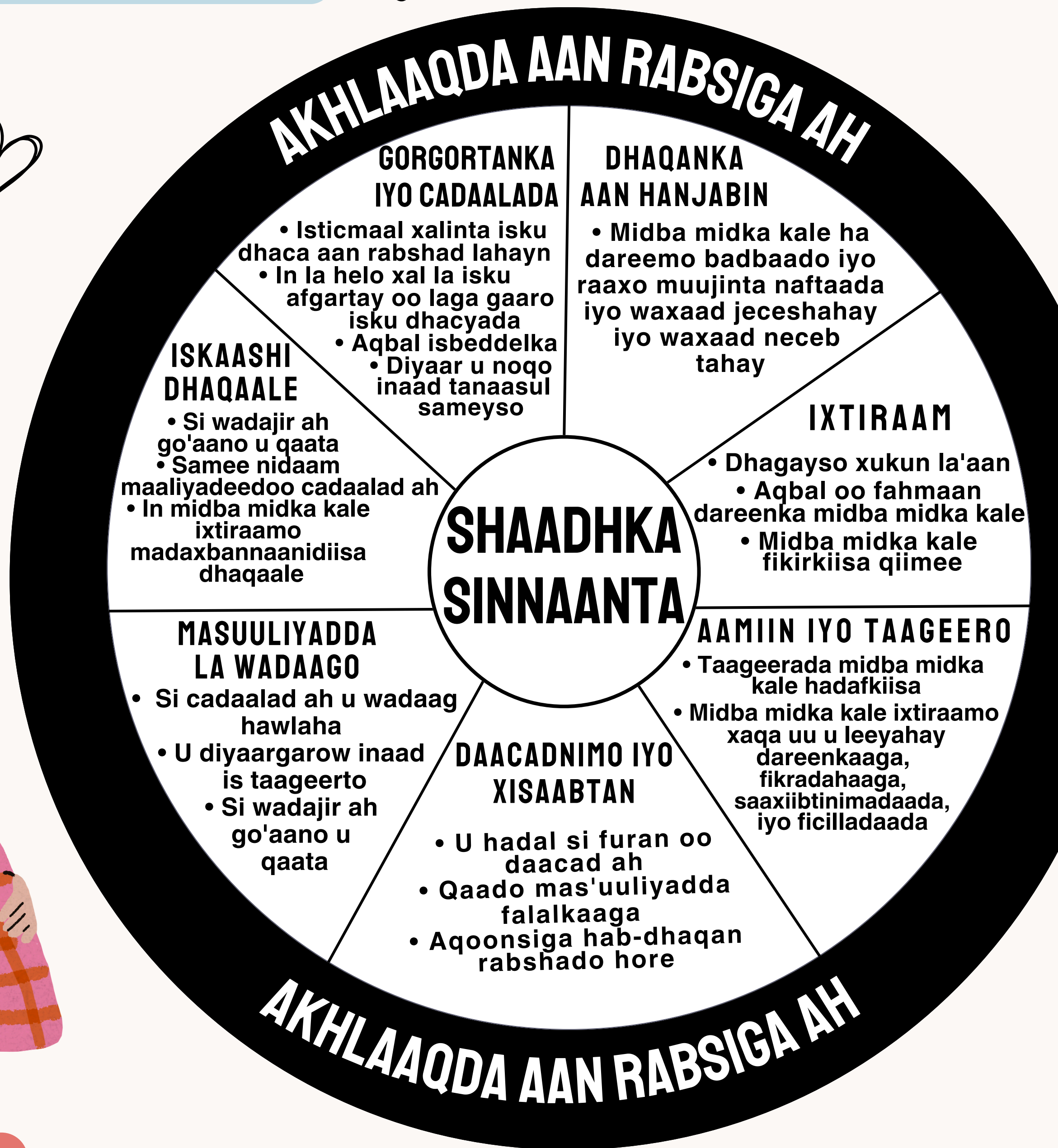
Xidhiidhada caafimaadka qaba waxaa lagu qeexaa dareenka ixtiraamka, kalsoonida, daacadnimada, iyo xidhiidhka furan ee asxaabta, xubnaha qoyska, lamaanayaasha, iyo daryeelayaasha.

Sida Loo Dhisoo Xidhiidhada Caafimaadka **Shaadhka Sinnaanta** wuxuu muujinayaa ficillo wanaagsan oo ay dadku samayn karaan si ay u dhistaan xidhiidh siman, caafimaad qaba oo aan lahayn xadgudub ama rabshad.

Rabshadaha iyo xadgudubka asxaabta waxaa looga hortagi karaa xiriir wanaagsan iyo sinnaanta xiriirka.



Daraasaduhu waxay sidoo kale muujinayaan in marka asxaabtu ay si furan oo xushmad leh u wada xidhiidhaan, xidhiidhyadu waxay u badan tahay inay horumaraan!



2SLGBTQIA+ Xaqiiqooyinka iyo Taageerada Dhalinyarada



Sida Loo Taageero Dhibanayaasha/Ka Badbaadayaasha Rabshadaha asaagga ah

- Taageer oo dhegayso xukun la'aan.
- U samee qorshe badbaado oo ku saabsan waxa la samaynayo ka dib dhacdo.
- Aqbal waxa dhallinyaradu kaaga sheegayso asaagooda.
- Naftaada wax ka baro xadgudubka shukaansiga iyo calaamadaha digniinta ee xidhiidhada aan caafimaadka qabin.



Gabadha da'da yar ee ay da'doodu u dhaxayso 15 ilaa 17 jir ayaa sagaal jeer uga dhow inay la kulmaan dhibaataaynta asaagooda marka loo eego wiilasha ay isku da'da yihiin.



24 SAAC EE KHADADKA XIISADDA DEEGAANKA:
Khadka Xiisada Weerarka Galmada: [519-253-9667](tel:519-253-9667)
Hiatus House: [519-252-7781](tel:519-252-7781)

HADDII AAD KHATAR KU JIRTO:
Wac 911 ama u tag meesha kuugu dhow qaybta degdega ah ee isbitaalka

Ma u baahan tahay Caawin AMA Gudbin?

Ku xidhnow Shaqaale Taageerada Rabshadaha Ku Salaysan ee HWoW:

Multicultural Council of Windsor and Essex County
 519-255-1127 EXT. 179
www.themcc.com

WEST
 (519) 256-6621
www.westofwindsor.com

South Asian Centre of Windsor
 519-252-7447
www.themcc.com

Windsor Women Working with Immigrant Women (W5)
 519-973-5588
www.wwwwiw.org

YMCA: Newcomer and Community Services Windsor
 519-258-9622
www.ymcaswo.ca

🔍 Taageerada kale ee Bulshada

Victim Services of Windsor

Hiatus House 519-252-7781 www.hiatushouse.com	& Essex County 519-723-2711 www.vswec.ca	Nisa Homes 1-888-315-6472 www.nisafoundation.ca
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Sexual Assault Crisis Centre
 519-253-3100
www.saccwindsor.net

New Beginnings Essex County
 519-971-0973
www.newbeginningswindsor.com

Family Services Windsor-Essex
 519-966-5010
www.fswe.ca

Windsor Essex Child and Youth Advocacy Centre
 519-995-3974
www.wecyac.ca

Can-Am Indian Friendship Centre
 519-253-3243
www.caifc.ca

Southwest Ontario Aboriginal Health Access Centre
 519-916-1755
www.soahac.on.ca

Le Centre Communautaire francophone de Windsor-Essex-Kent
 519-948-5545
Info@ccfwek.org

Legal Assistance of Windsor Supporting Survivors of Gender Based and Sexual Violence Program
 519-256-7831
www.legalassistanceofwindsor.com/gbvs

Windsor Essex Community Health Centre – Teen Health
 519-253-8481
wechc.org/location/teen-health

Sexual Assault \ Domestic Violence Treatment Centre
 519-253-2234
www.wrh.on.ca/SADVTC

Windsor-Essex Children's Aid Society
 519-252-1171
www.wecas.on.ca

Amy Lo Faso, Principal of Safe Schools – WECDSB
 519-253-2481 EXT. 1117
amy_lofaso@wecdsb.on.ca

Reseau-Femme Du Sud-Ouest de l'Ontario
 1-888-946-3029
www.rfsoo.ca



Ka baadh Taageerada Gaarka ah ee Dhallinyarada iyo Nooca Dijital ah ee Kheyraadkan

Ma qabtaa su'aal ku saabsan rabshadaha asaagga ama taageerada? Su'aashaada u soo dir emaylka info@saccwindsor.net

TAAGEERADA BULSHADA EE DHALINYARADA

Sexual Assault Crisis Centre

519-253-3100

www.saccwindsor.net

Youth Wellness Hub

519-800-8640

www.youthhubbyqg.com

Trans Wellness Ontario

226-674-4745

www.transwellness.ca

The House Youth Centre

519-736-6811

www.thehouseyouthcentre.com

The Bridge Youth Resource Centre

226-773-3454

www.thebridgeyouth.ca

Windsor Essex Community Health Centre – Teen Health

519-253-8481

wechc.org/location/teen-health

Amani – Mental Health Support for Black Youth

519-253-8481

www.amaniservices.ca

Can-Am Indian Friendship Centre

519-253-3243

www.caifc.ca

Amy Lo Faso, Principal of Safe Schools – WECDSB

519-253-2481 ext. 1117

amy_lofaso@wecdsb.on.ca

Nisa Homes

1-888-315-6472

www.nisafoundation.ca

Victim Services of Windsor & Essex County

519-723-2711

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Hiatus House

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Windsor Essex Child and Youth Advocacy Centre

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www.wecyac.ca

Family Services Windsor-Essex

519-966-5010

www.fswe.ca

New Beginnings Essex County

519-971-0973

www.newbeginningswindsor.com

Youth Diversion Essex County

519-253-3340

www.ecyouthdiversion.ca

Legal Assistance of Windsor Supporting Survivors of Gender Based and Sexual Violence Program

519-256-7831

www.legalassistanceofwindsor.com/gbvsa



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wechu.org/YRV

