

Caawi Dhibqabeyaasha Dhibaatooyinka Qoyska

Ma jiro qof xaq u leh in dhib loo gaysto. Dhibaatooyinka qoyska ma laha xuduud waxaana ka mid ah dhibaatooyin kala duwan iyo xumaatooyin loo gaysto caruurta, dhalinyarada, dadka waawayn iyo waayeelka. Hadii adiga ama qof aad taqaanid loo gaysto dhibaato, wac lambarada ku qoran kaarkan midkii aad doontid. Xusuusnow kaligaa ma tihid.

SIDA LOO DIFAACO NAFSADAADA

- Lahadal qof aad ku kalsoon tahay. Qaraabo, saaxiib, daris, macalin, wadaad ama dhakhtar-way ku garab istaagi karaan wayna ku caawin karaan.
- La xiriir ururada bulshada si ay kuu caawiyaan. Way ku caawin karaan hadii aad u baahan tahay meel aad joogtid ama difaac dhinaca sharciga iyadoo lagaa difaacayo qofka dhibaataada kuu gaysanaya ama u gaysanaya qofka qoyska ka mid ah.
- Hadii xaaladaadu ay tahay mid degdeg ah amase aad khatar ku sugan tahay, wac 911. Booliiska ayaa adiga iyo qoyskaagaba ka dheerayn kara khatarka.
- Hadii aad tahay qof qaan gaar ah, dejiso qorshe aad ku baxsato hadii aad go'aansado in aad ka baxsato qofka dhibka kuu gaysanaya. Meel dhigo wax yar oo lacag ah, wixii dokumeti ah ee muhuum ah, (warqadaha dhalashada, kaarka sooshal sakuuritiga, iwm), furaha guriga iyo dhar aad si dhakhso ah u heli kartid hadii ay xaaladu xumaato.

SIDA LOO CAAWIYO DADKA KALE

Hadii aad aragto qof kale oo dhibaatooyin loo gaysanayo ama aad aragto ilmo, dhalinyaro ama qof waayeel oo ku sugan khatar, wac 911 ama booliiska xaafada si degdeg ah.

Sida loo caawiyo dadka waawayn ee ku jira xiriirka ku sa laysan dhibaataada:

- sii diyaarso waxa aad rabtid in aad tiraahdid, diyaarso wakhti fican iyo meel aad ku hadashid.
- Waydii su'aalo sida "sideen kuu caawiyaa? Maxaad rabtaa in aad ka samaysid xaaladan?" Dhagayso adigoon qofka liidaynin.
- Ha ku xad gudbin ama hoos ha u dhigin qofkaas. Qofka dhibka qaba u ogolow wakhti badan oo uu ku hadlo.
- Ha ku dhihin "ka carar" waxaa laga yaabaa in ay tahay talo khatar u keenaysa.
- U sheeg qofkan dhibaataaysan in aad aaminsan tahay in dhibaatooyinka dhinaca hadalka, maskaxda ama jirka Aad ka soo hor jeedid.
- Qofka waxaad siisaa wixii akhbaar ah ee caawin kara ee uu ka heli karo ururada bulshada.

Sida loo caawiyo qof dhalinyaro ah oo ku jira xiriir dhibaato ku salaysan:

- La wadaag waxaad ka walwalsan tahay qofka ilmaha dhalay/ qofka mas'uulka ka ah ama qof wayn oo aad aamin tay.

Sida loo caawiyo qof ilmo ama qof dhalinyaro ah oo dhibaato loo gaysto:

- Shakiga aad ka qabtid in ilmahaas dhibaato loo gaysanayo u gudbi Xarunta Adeega Caruurta ee Franklin (Franklin County Children Services) wixii talefoon ah ee soo gaara xaruntan waa la asturayaa.

Sida loo caawiyo qof waayeel ah oo dhibaato loo gaysto:

- Shakigaaga aad ka qabtid in qof waayeel ah la dhibaateeyo u gudbi Ururrada Difaaca Waayeelka (Adult Protective Services). Talefoonada oo dhan waa la asturayaa.

Si loo caawiyo qofka dhibaataada gaysanaya:

- U gudbi qofkaas barnaamijyada ku yaala kaarkan.



Resources

GARGAAR DEGDEG AH.....911

Adeegyada Caruurta iyo Caruurta Qaan Gaarka ah:

- Dir. for Youth & Families.....(614) 294-2661
- Franklin Co. Children Svcs.....(614) 229-7000
- Huckleberry House.....(614) 294-5553
- Natl. Teen Dating Abuse Helpline.....(866) 331-9474
- St. Vincent’s Family Center.....(614) 252-0731
- The Center for Family Safety and Healing(614) 722-8200

Adeegyada Dulmanayaasha Waaweyn:

- CHOICES, 24hr Crisis/Shelter.....(614) 224-4663
- Community Refugee Immigrant Services (CRIS)
.....(614) 235-5747
- Jewish Family Services.....(614) 231-1890
- Mt. Carmel Crime & Trauma.....(614) 234-5900
- Natl. Domestic Violence Hotline.....(800) 799-7233
- Ohio Domestic Violence Network.....(800) 934-9840
- Rape Hotline (24hr).....(614) 267-7020
- Suicide Prevention.....(800) 273-8255
- The Center for Family Safety and Healing.....(614) 722-8200

Macluumaad Sharciiyaysan:

- Franklin County Prosecutor’s Office.....(614) 525-3555

Batterer’s Intervention Program

- Southeast, Inc.....(614) 225-0990

Adeeyo iyo Brograamo kale:

- Ohio Attorney General Crime Victims Services
.....(800) 582-2877
- Somali Community Association of Ohio.....(614) 262-4068
- Columbus Humane.....(614) 777-7387
- Safe Haven Program.....(614) 980-2032
- National Human Trafficking Hotline.....(888) 373-7888

