

“Wuu I jecel yahay..... Wax buu igu dhufaa..... Wuxu I siiyaa hadiyado...wuxu yidhaahdaa weligii cina uma jeclaan sidan oo kale”

“Mararka qaar hooyo aad baan uga careysiiyaa

taasi oo gaarsiisa inay wax igu dhufato”

“Waxa uu yidhaahdaa waa lay weydiistey”

“waan ka duqoobey inaan nafteyda difaaco”

MA XODXODATAA AMA MA LA NOOSHAY.

Ruux:

- √ Wax kugu dhufaa ,ku riixa ,ku ceejiya ama ku laada
- √ Masayrow ah, Xukuma lacagtaada, meesha aad tegayso, iyo cidada aad arkeyso.
- √ Kuugu hanjeba inay kuugu yeerayso INS ta haddii aadan yeelin waxa ay tidhaahdo/uu yidhaahdo.

Ma taqaan caruur:

- √ Aan helin cunto ku filan ay cunaan, ama maryo nadiif ah?
- √ Waalidka ama cidada heysaa wax ku dhufaan ku qayliyaan ama ku weji gooyaan dadka hortiisa?

Ma tahay qof waayeel ah:

- √ Dareemaya in ay ka faaiidaysteen ilama ay dhaleen ilmihisu/heedu ama cid kale oo ka tirsan qoyska?

Ma tahay kurey(teen ager) Kaasi oo weligii:

- √ dareemaya inaan noloshiisu/nolosheedu istaahilin inay dhammaysato dugasiga sare amaba inay sii noolaato
- √ Dareema rajo la'aan taasi oo aad ka fikirto inaad u dhammaysoba noloshaada?

HADDII AAD LEEDAHAY SAAXIIB LA SILCIYO

Ha ka dhega adeygin.

Ha lagu tirsado saaxiib ahaan, ahaw mid wanaagsan Dhegeyste wacan ahaw.

Ha u malayn inaad waxa saxa gar-nayso, kaalmo dalbo Adigooon baraarujineyn dulmiilaha.

U ogolow in uu qofku go'aankiisa gaadho. Ku boorri saaxiibakaa/saaxiibtaa inaysan ka masuul ahnayn Dhaqan xumeynta iy-nana istaahilin.

ECDC

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(703) 685-0510

XOGTA LA RABO IN LA OGAADO.

Qalalaasaha qoysaska waxa ku jiran Tan gudaha, silcinta caruurta/balfidda, weerarka galmada, midda xodxodashadu keento, Iyo duqeytida oo la dhaqan xumeeyo/ la balfi.

Ragga iyagaba waa la dhaqan xumeyn karaa In lagu silciyaa ma aha uun in wax lagu dhufto.

Silcintu waxay noqon kartaa aflagaado, qirada, galmada iyo/ama nafsadda

Dabeecadaha silcinta: waa buquujinta ,jujuubka, iyo xukumidda.

KELIGAA MA TIHID.

QOFNA MA ISTAAHILO IN LA CAKISO AMA KELIGII RARAN GUBYOODO.

GURIGA NABADI MA JIRTO?

ECDC's African Newcomer Family Violence Prevention and Awareness Program

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SILCINTU WAA DAMBI XATAA HADDII AADAN AHAYAN MUWAADIN.

Haddii aad khatar gasho wac booliiska adigoo garaacaya 911.

HADDII AAD CAAWIMO AMA XOG U BAAHATO FADLAN LA XIRIIR:

Iskakaashiga Silcinta : (703) 838 4911

Silcinta duqaytida/Balfidda: (703) 838 4911

Silcinta caruurta/Balfidda: (703) 527 4070
(Child Protective Services)

Isdilidda: 1 800 784 2433
1 800 273 8255

(National Suicide Hotline)