



**Hortagga Xadgudubka Ilmaha iyo Soo
Sheegida
iyo
Anshax xumada Dhanka Galmada ee
Dadka waaweyn**

**Tababarka Waajibka ah ee loogu
talagalay Tabarucayaasha PPS**

PPS waxaa ka Go'an Badbaadada Ardayda

- ▶ Shaqaalaha dugsiga waxaa looga baahan yahay in qaataan tababarka sanadlaha ah ee ka hortagga xadgudubka ilmaha (ORS 339.400).
- ▶ Tabaruce ahaan, waa in aad dhacdooyinka xadgudub ee la tuhunsan yahay in ilmaha loo geystay u soo sheegto **maamulaha dugsiga**.
- ▶ Sharciga Soo Sheegida Ku Xadgudubka Ilmaha ee Oregon (ORS 419B.005 ilaa 419B.05D):
 - ▶ Dhammaan dadka waaweyni waxay leeyihiin mas'uuliyad ay ku soo sheegaan xadgudubta la tuhunsan yahay in ilmaha loo geystay.
 - ▶ Dhammaan shaqaalaha dugsiga degmadu waa soo sheegayaal ay ku waajibto 'mandatory reporters', waana in ay soo sheegaan haddii ay tuhunsan yihiin xadgudub ama dayacaad loo geystay ilme.

Haddii arday kuu soo sheego xadgudub la geystay inta aad tabaruc ahaanta u joogto PPS

- ▶ Had iyo jeer u qaado si dhab ah.
- ▶ Mas'uuliyadaadu waa in aad dhacdada u soo sheegto **maamulaha dugsiga** si qiimeyn dheeraad ah loo sameyn karo.
- ▶ Ha weydiin ilmaha in uu ku tuso dhaawacyadiisa.
- ▶ Haddii ilmuhu dhaho meel baa in xanuunaysa oo uu kuu tilmaamo qayb jirkiisa ka mid ah oo aadan arki karin ama aad u muuqato in aad kalsooni ku qabin fiirinteeda, u gudbi **kalkaalisada dugsiga ama maamulaha dugsiga**.
- ▶ Marka la joogo Oregon, garaacista 'spanking' ee waalidiintu/mas'uulku sameeyo kama soo horjeedo sharciga. Si kastaba ha ahaatee, waa sharci darro in shaqaalaha dugsigu isticmaalo garaacista 'spanking'.

Noocyada Xadgudubka Ilmaha

- ▶ Xadgudubka Jireed
- ▶ Xadgudubka Galmada ee Ilmaha
- ▶ Dayacaada
- ▶ Xadgudubka Dhanka Dareenka/Dhaawaca
Dhanka Maskaxda
- ▶ Hanjabaada Waxyeello Geysasho

Xadgudubka Jireed

- ▶ Xadgudubka Jireed waa dhaawaca jireed ee loo qasdiyay, ee aanan shilka ahayn ama arxan darrada ee lagu kaco ilme.
- ▶ Xadgudubka jireed wuxuu keeni kartaa mid ka mid ah kuwan soo socda:
 - ▶ Dhaawacyada dhanka maqaarka (nabaro, barar, xoqniin/xagasho, nabaro soo buurta, gubasho)
 - ▶ Dilaacyo ama murgacasho
 - ▶ Dhaawacyada gudaha
 - ▶ Dhaawacyada madaxa
 - ▶ Dhimasho

Xadgudubka Galmada ee Ilmaha

- ▶ Xadgudubka galmada ee ilmuhu wuxuu dhacaa marka qof weyn (ama ilme weyn) isticmaalo ama isku dayo in uu u isticmaalo, ilme ku raaxeysi galmo.
- ▶ Ku xadgudubka ilmuhu wuxuu noqon karaa xadgudub jireed ama waxaa sidoo kale ka mid noqon kara xiriir aan ahayn mid jireed laakiin ah dabeecad ahaan dhanka galmada ku saabsan (ilmaha oo qaawan oo la fiirsado, qofka oo is muujiya/qaawiya, weydiisashada galmada la xiriirta, is muujinta iyada oo la isticmaalayo alaab/qalab dhanka galmada ah, ama sheekooyinka dabeecad ahaan dhanka galmada ku saabsan).

Dayacaayada

- ▶ Dayacaadu waa nooca ugu badan ee xadgudubka.
- ▶ Carruurta waxaa loo tixgelinayaa in la dayacay markasta oo aan baahidooda aasaasiga ah la buuxinin.
- ▶ Dayacaadu waa guuldarooyin joogto ah ama soo noqnoqda oo ah in carruurta la siiyo: cunto, dhar, hoy, daryeel caafimaad, in fiiro gaar ah la siiyo nadaafadda jirka, fursadaha bulsho iyo waxbarasho iyo kor kala socosho ku haboon.
- ▶ Ilme waa in aan marnaba lagaga tegin meel ay yihiin qofka waa maamulaya ama xaalado aanay waxba ka qaban karin, iyada oo ku xiran qaangaarnimada ilmaha.

Xadgudubka Dhanka Dareenka/Dhaawaca Dhanka Maskaxda

- ▶ Xadgudubka dhanka dareenka/dhaawaca dhanka maskaxdu waa ficil joogto ah ama dayacaad faragelinaysa koritaanka nafsadeed/bulsho ee ilmaha. Wey adkaan kartaa in la ogaado.
- ▶ Xadgudubka dhanka dareenka ee uu sameeyo daryeel bixiye wuxuu tilmaan u yahay ASTAAN dabeecadeed oo ay ka mid noqon karaan kuwo soo socda:
 - ▶ Jeesjees (lagu foorjeeyo) ama la diido ilmaha. Yasid/xaqiraad, oo loo sheego ilmaha in aanu lahayn wax qiime ah, aan la rabin iyo/ama aan la jecleyn.
 - ▶ Cabsi gelinta ilmaha iyada oo si toos ah loogu hanjabayo isaga ama iyada, ama xubno ka tirsan qoyska ilmaha, dadka ay isku dhow yihiin, waxyaabaha uu haysto ama xayawaanka uu korsado.
 - ▶ Iska indho-tirida ama diidmda in lala macaamilo ilmaha.
 - ▶ Bulsho ahaan la takooro ilmaha si uu isagu ama iyadu aanu u sameysan karin xiriiro kale.

Hanjabaada Waxyeello Geysasho

- ▶ Hanjabaada Waxyeello Geysashadu waxaa lagu qeexaa in ay tahay “dhammaan ficilada, hadalada, farriimo qoraalka ah ama aan hadalka ahayn ee xambaarsan hanjabaado dhanka jirka ama dhaawac dhanka maskaxda ah oo halis u ah in ay deganaansho la’aan ku abuurto maskaxda ilmaha. Waxaa ka mid ah: hadalada loola jeedo in xanuun, dhaawac, ama ciqaab lagu soo gaarsiiyo ilmaha.”
- ▶ Hanjabaada Waxyeello Geysashadu waxay jirtaa markasta oo caafimaadka iyo daryeelka qofka uu khatar geliyo daryeel bixiyuhu.
- ▶ Hanjabaada Waxyeello Geysashadu waxay ka dhigan tahay boqolkiiba 40.7% ee kiisaska ku xadgudubka ilmaha la soo sheegay ee Oregon. (DHS, 2016 Buugga Xogta Daryeelka Carruurta, Abriil 2017)

Ku xadgudubka Carruurta Naafada ah

- ▶ Carruurta naafada ah ayaa halis aad ah ugu sugan xadgudubka marka loo eego carruurta aan naafada ahayn.
- ▶ Carruurta naafada ah waxaa laga yaabaa in ay ku adag tahay in ay si cad xiriir wax ula sameeyaan iyada oo qofka xadgudubka samaynayaa uu u maleyn karo in ilmuhu uusan qof u sheegi doonin waxa dhacay ama in aan ilmahaasi la aamini doonin.
- ▶ Qaarka mid ah carruurta naafada ah waxay dadka waaweyn uga baahan yihiin in ay daryeelka nadaafadda shakhsi ahaaneed siiyaan iyaga, taasi oo ka dhigaysa mid aan caddeyn haddii xadgudubka galmadu dhacayo. Waxaa laga yaabaa in ay jirto aqoon la'aan carruurta naafada ah ka haysata galmada caafimaadka leh, xuduudaha dhanka jirka iyo habka la isku ilaaliyo.

Shaqaalaha PPS waa Soo sheegayaal Ay ku waajibto

- ▶ Qof kasta ayaa soo sheegi kara dhacdooyinka ama xadgudubta la tuhunsan yahay in ilmaha loo geysto ama dayacaada.
- ▶ Shaqaalaha dugsigu, daryeel bixiyayaasha carruurta, shaqaalaha bulshada, shaqaalaha daryeelka caafimaadka, saraakiisha dhaqangelinta sharciga ayaa dhammaantood loo qoondeeyay in ay noqdaan waa soo sheegayaal ay ku waajibto marka la joogo Oregon.
- ▶ Sharciga gobolka Oregon ayaa wax soo sheegayaasha ay ku waajibto faraya in ay la soo socodsiiyaan Waaxda Adeegyada Dadweynaha (DHS) ama hay'ada dhaqangelinta sharciga ee degaanka dhacdooyinka ama xadgudubta la tuhunsan yahay in ilmaha loo geysto.

Haddii aad Wax aragto, Wax dheh

- ▶ Qofka taburaca ah ee indhaha ku haya calaamado, ama ogaada xadgudubka ilmaha oo laga yaabo in uu jiro waa in uu si dhakhso ah ugu soo sheego **maamulaha dugsiga**.
- ▶ Maaha in ay marnaba dhacdo in qof waalidka/mas'uulka ardayga kala xiriiro waxyaabo ku saabsan soo sheegista xadgudub ilmaha loo geysto.
- ▶ Tabacarucayaashu waa in ay dhammaan macluumaadka ku saabsan ardayda ka dhigaan kuwo qarsoodi ah.
- ▶ Ilaha Kale:
 - ▶ Khadka Xadgudubka Carruurta iyo Dayacaadda ee Degaanka Multnomah: 503-731-3100.
 - ▶ SafeOregon si qarsoodi ah ugu soo sheeg hanjabaadaha ammaanka dugsiga la xiriira, sida hubka ama suurtagalnimada hanjabaad dhanka rabshada ah oo dhanka dugsiga ah. 844-472-3367.



Anshax xumada Dhanka Galmada ee Dadka waaweyn

Tababarka Waajibka ah ee loogu talagalay Tabarucayaasha PPS

Ilaha: J. Wilson Kenney PhD, Xarunta Waxka qabashada La isku geeyay,
“Anshax xumada Dhanka Galmada ee Dadka waaweyn.”

Sharaxaada Anshax xumada Dhanka Galmada ee Dadka waaweyn

- ▶ Hawlaha la xiriira galmada oo kasta (ha ahaado mid jireed ama yaanu ahaanine) oo ku aadan arday iyada oo ujeedadu tahay sameynta xiriir jacayl ama xiriir galmo.*
- ▶ Sidoo kale, hab galmo raadis ah, codsiyada abaal 'favor' oo dhanka galmada ah, iyo dhibaataaynta dhanka hadalka ama jireed ee kale ee dabeecad ahaan dhanka galmada ku saabsan. Dhibaataayntu maahan inay noqoto mid dabeecad ahaan dhanka galmada ku saabsan, si kastaba ha ahaatee, waxaa ka mid noqon kara hadalo aflagaado ku saabsan a jinsiyada /jinsiga/waxa qofku isku aqoonsan yahay. **

*Xafiiska Isla-xisaabtanka ee Dowladda Maraykanka (2014)

** Guddiga Fursad Bixinta Shaqo Ee Dadku U Siman Yahay

Waxay ay tahay in la Fiiriyo - Dabeecadaha Soo Xero Gelinta 'Grooming Behaviors'

- ▶ Soo xero gelinta ilmaha 'child grooming' waa sameynta xiriir dhanka niyadda oo lala yeesho ilmaha si loo yareeyo tallaabo qaadistooda iyada oo ujeedadu tahay xadgudub galmo. Tusaalooyinka waxaa ka mid ah:
 - ▶ Hadal aan haboonayn oo dhanka galmada ah ama hab-dhaqan ku aadan ama la muujiyo iyada oo lala socdo arday
 - ▶ Farriimaha shakhsi ahaaneed ee xad dhaafka ah, qoraalada, iyo farriimaha dhanka telefeoonka, qoraalada buuga sanadka
 - ▶ Kaftanka halista ah ama hadalada qof ka hoos u dhigaya ama daandaansiga ah
 - ▶ Soo jeedinta foorjayn ama hadal leexsan
 - ▶ Ardayda oo si gaar ah dadka looga soo xusho oo abaal loo galo 'favours' /hadiyad la siiso
 - ▶ Hab-dhaqan sir ah ama shukaansi

Dadka dembiga galay ee Anshax xumada
Dhanka Galmada ee Dadka waaweyn Waxay
si Taxadar leh uga Shaqeeyan in ay Wax
Qariyaan Iyaga oo:

- ▶ U muuqda kuwo ka sarreeya in la eedeeyo
- ▶ Sameynaya xiriir dhow oo ay la leeyihiin qoyska iyo dugsiga
- ▶ Ku hawlan in ay daacadnimo ka sameystaan ardayga
- ▶ Ku andacoonaya in ay walwal qabaan
- ▶ Wax weeraraya

Hab-dhaqan Aan haboonayn

- ▶ Sameynaya Taabasho aan ku haboonayn-taabanaya dabada, dhabarka u salaaxaya, habsiin 'hugs' xagga hore ah sameynaya
- ▶ Sameynaya hadalo dhanka galmada ah
- ▶ Sawirro qaawan ama waxyaabo halis ah tusaya carruurta
- ▶ Xuduudo liita leh/wax siyaado ah carruurta la wadaagaya
- ▶ Kaligood jooga qol xiran
- ▶ Xiriirka internetka oo gaar ah sameeya ama dira farriin telefoon oo dhanka galmada ah "sexting"
- ▶ Waqti kula qaata ardayda meelka baxsan dhulka dugsiga ama hawlaha aan ku saleysnayn dugsiga

Haddaba maxaa caadi u ah ardayda? Hab-dhaqanka Haboon Waxaa Ka Mid Ah:

- ▶ Wax xoojin Wanaagsan
- ▶ Kaftanka Wanaagsan
- ▶ Hadalada wanaagsan ee shakhsiga ahayn
- ▶ Isdhexgalka dadweynaha oo aan qarsoonayn
- ▶ Taabasho sharci ah oo aan dhanka galmada la xiriirin: habsiin 'hug' dhinacyada oo la sameeyo. Si kastaba ha ahaatee, ilmuhu wuxuu xaq u leeyahay in aan haba yaraatee la taaban, haddii ay doortaan. Ixtiraam xuduudaha ay leeyihiin.

Haddii aad Wax aragto, Wax dheh

- ▶ Qofka taburaca ah ee indhaha ku haya calaamado, ama ogaada Anshax xumada Dhanka Galmada ee Dadka waaweyn ama xadgudubka ilmaha oo laga yaabo in uu jiro waa in uu si dhakhso ah ugu soo sheego **maamulaha dugsiga**.
- ▶ Haddii aad weli walwal qabto, waxaad Isku duwaha Title IX ee degmada kala xiriiri kartaa 503-916-3340.
- ▶ Ilaha Kale:
 - ▶ Khadka Xadgudubka Carruurta iyo Dayacaadda ee Degaanka Multnomah: 503-731-3100.
 - ▶ SafeOregon si qarsoodi ah ugu soo sheeg hanjabaadaha ammaanka dugsiga la xiriira, sida hubka ama suurtagalnimada hanjabaad dhanka rabshada ah oo dhanka dugsiga ah. 844-472-3367.

Waad Mahadsan tahay!

- ▶ Waad ku mahadsantahay wakhtiga aad siisay in aad dib ugu eegto macluumaadka muhiimka ah ee ku jira tababarka Ku xadgudubka Ilmaha & Anshax xumada Dhanka Galmada ee Dadka waaweyn. Waanad, ku mahadsan tahay tabarucaagii. Adiga iyo dhamaan dadka tabarucayaasha ee PPS waxay saameyn wanaagsan ku yeeshaan ardayda!
- ▶ Haddii aad rabto in aad bixiso jawaab celin ku saabsan tababarkan ama waayo-aragnimadaada tabaruce ahaan, fadlan email u dir volunteer@pps.net.