

Arrin Degdeg ah	911
Center for Child & Family Advocacy	614-722-8200
Franklin Co. Children Services.....	614-229-7000
St.Vincent's Family Centers	614-221-7855

Adegyada Dhibanayaasha Qaan Gaarka ah:

CHOICES, 24hr crisis/shelter	614-224-4663
Cols. Urban League,Victim Assistance Program.....	614-257-6300
National Domestic Violence Hotline	800-799-7233
Mt. Carmel, Crime & Trauma.....	614-234-5900
Ohio Domestic Violence Network	800-934-9840
Somali Community Association of Ohio.....	614-262-4068
Somali Women & Children's Alliance	614-473-9999

Kaalmeynta Dhibanayaasha Sixun Ula-dhaqanka (abuse)

**Si loo beddelo Dabecadda
Oo loo Beddelo Nolosh**



Qofna ma istaahilo in sixun loola dhaqmo. Haddii ay si xun laguula dhaqmo khaladka adigu ma lihid. Kaalmo waad heli haddii aad soo wacdo taleefannada kutaxan kaadhkan. Xasuusnow in aadan keligaa aheyn.

Waxaad isu badbaadin kartaa sidatan

- Waxaad la sheekeysataa saaxiib, deriska, wadaad ama dhakhtar, waxay kuu noqon karaan kaalmo iyo taageero
- Sameyso qorshe, waa intaasood go'aansato in aad iska tagtid. Meel dhigo xoogaa kaash ah, dukumentiga muhiimka ah, (warqadda dhalashada, kaadhka sooshalka iwm), fure dheeraad ah iyo dhar aad ku baddelato si sahlan markaad u baahato waqtiyada dhibku jiro
- Si aad u hesho waxii kaalmo ah, la xidhiidh meelaha jaaliyadaha si ay wax kuu siiyaan. Waxay kuugu kaalmeyn karaan inay ku siiyaan meel aad degto ama haddii aad u baahato tallaabo sharci in laga qaado qofka kugu gabood falay (abuse)
- Haddi aad ku jirto halis muuqata , wac 911. Booliska ama xafiiska Sheriff-ka ayaa kaa wadi kara khatarta adiga iyo carruurtaada aad ku jirtaan

Sidaad u badbaadin karto cid kale

Si aad u kaalmeyso cid lagu hayo si xun ula dhaqan (abuse):

- Qorsheyso waxaad u sheegi laheyd
- Qabso xilli iyo goob wanaagsan oo aad ku wada hadashaan
- Weydii su'aalaha ah "Maxaan kuu qabtaa?" Sideed jeceshahay inaad wax kaga qabatid?" Dhageyso adigoon go'aan iska gaadhin. Waxbana niyadda ha u dhisin, hana dacaayadeynin. Dhibanaha sii waqti badan oo uu kaga jawaabo su'aalahaaga.
- Ha ku dhihin "iskaga bag cidda kugu xadgudbaysa ama guriga"—tani ma ahan talo wanaagsan
- Ha ogaado dhibbanaha inaad aaminsan tahay in sixun uladhaqanka afka, niyadda iyo oogadaba ee xidhiidhka inaan la qaadan karin

www.ccafiv.org

- Sii macluumaad ku saabsan meelo degaanka ka tirsan oo laga heli karo kaalmo

Sida loo kaalmeeyo canug si xun loola dhaqmayo:

- U soo sheeg Xafiiska Adeegga Carruurta ee Kawntiga Franklin (Franklin County Children Services), wacitaanku waa qarsoodi

Sida loo kaalmeeyo qof waayeel ah:

- La socodsii wixii tuhun si xun uladhaqan ama dayacaad ah xafiiska ilaalinta Dadka Waaweyn. Dhamaan wacitaanku waa qarsoodi, cid kalena ma ogaan doonto in aad kaalmo u wacatay.

Sida loo kaalmeeyo qof la garaacay:

- U soo tilmaan Barnaamajyada Waxqabashada ee ku taxan kaadhkan

Macluumaadka Arrimaa Sharci:

Franklin Co. Prosecutor's Office..... 614-462-3555

Barnaamajyada Wax Ka Qabasho ee Dadka la Garaacay:

Southeast, Inc..... 614-225-0980

Barnaamajyada iyo Adeegyada kale:

Community Refugee Immigrant Services (CRIS)..... 614-235-5259
Jewish Family Services 614-231-1890
Ohio Attorney General Crime Victims Services 800-582-2877
Rape Helpline (24hr) 614-267-7020
Suicide Prevention Hotline 614-221-5445
National Teen Dating Abuse Hotline 866-331-9474