

**SOMALI**

Eksempel på brosjyre  
for TryggEst-kommuner

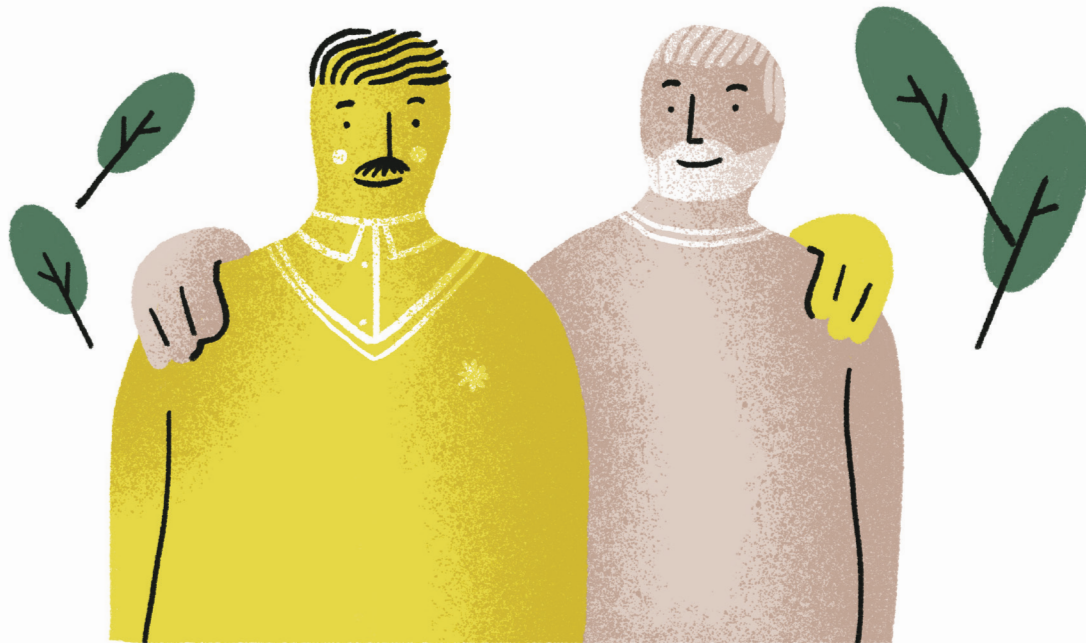
# Waxaad XAQ u leedahay inaad heshid amaan

– Maclumaad ku saabsan  
tacadiyada iyo xadgudubyada



**TryggEst.no**  
Bufdir

Ma rabtaa macluumaad dheeraad  
oo ku saabsan TryggEst?  
Gal bogga internetka [tryggest.no](http://tryggest.no)



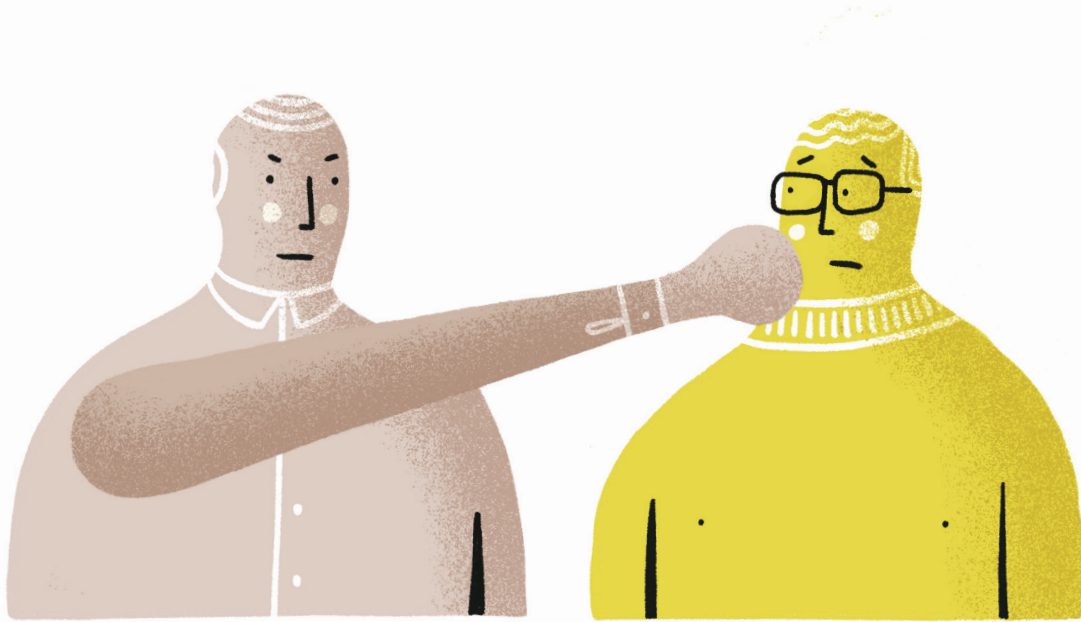
## Waxaad xaq u leedahay in aan cidna kuu geysan dhib ama dhaawac

Waxaad xaq u leedahay inaad heshid amaan oo cidna ku gaadhsiin xanuun ama dhaawac. Waxa jira tacadiyo iyo xadgudubyo kala gedisan. Buugyarahan ayaad ka akhrisan kartaa macluumaad dheeraad ah iyo qaabka aad u heli kartid caawimo.

- Buugyarahan waxaad akhrisan kartaa keligaa ama qof/dad kale ayaad la akhrisan kartaa
- Ama qof/cid ayaad weydiisan kartaa in lagu akhriyo

Tacadiga ama xadgudubka lagu geysto waxa uu kugu keeni karaa murugo, xanaaq iyo cabsi. Ma laga yaabaa inaad ka cabsanaysid inaad dad kale u sheegtid? Inkastoo ay adagtahay inaad cid u sheegtid, waxa muhiim ah in dad kale ogaadaan waxa dhacay. Waayo markaa waxa lagu siin karaa caawimo, si loo joojiyo xadgudubka. Dadka qaar ayaa si kas ah kuu dhiba. Dad kalena ma oga inay kugu samaynayaan wax khaldan. Tacadiga iyo xadgudubku markasta waa wax aan sax ahayn.

## Tacadiga jidhka



Haddii cid xanuunjiso jidhkaaga, waxa dhici karta in tacadi loo geystay jidhkaaga.

Tusaalooyin ka mid ah tacadiga jidhka waxay ahaan karaan marka cid:

- Ku laado ama ku jageyso
- Wax kugu soo tuurto
- Kugu xidho kursi, sariir ama kugu soo qafisho qol
- Ku jiido, ku riixdo, ku ruxdo ama ku qanjiidhiso
- Wax kugu dhufato
- Timaha ku jiido ama ku qaniinto
- Kugu gubto waxyaalo kulul
- Alaabka kaa xidhato iyadoo dibeddu tahay qabow

# Xadgudubyo jinsiyeed

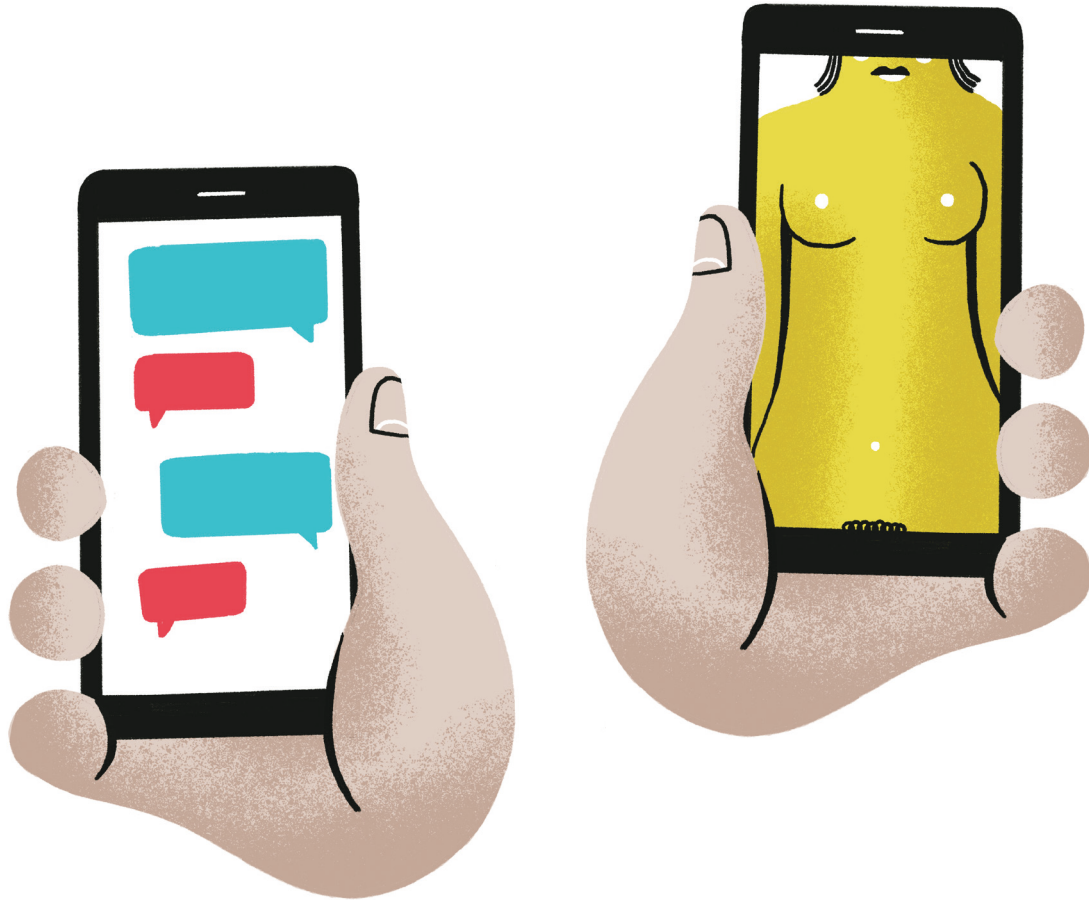


Haddii cid kugu samayso fal jinsiyeed, adiga oo aan rabin, waxa dhici karta in lagu geystay xadgudub jinsiyeed.

Tusaalooyin ka mid ah xadgudubyada jinsiyeed waxay ahaan karaan marka cid:

- Jidhkaaga ka taabato adiga oo aan rabin (dabada, naasaha, xubinta taranka)
- Kugu qasabto inaad taabatid jidhka qof kale, adiga oo aan rabin
- Ku tusto fiidyow iyo sawiro ku saabsan galmo, oo anaad rabin inaad aragtid
- Sawiro iyo fiidyow ka qaado jidhkaaga, adiga oo aan rabin
- Kugu khiyaamayso ama kugu qasabto inaad iska qaadid sawiro qaawanaan ah
- Kugu qasabto ama kugu khiyaamayso inaad samaysid galmo
- Kugu qasabto inaad is qaawisid, adiga oo aan rabin
- Isu kaa qaawiso, adiga oo aan rabin
- Ku shummiyo, adiga oo aan rabin
- Ku dhegaysan marka aad dhahid «maya» iyo «jooji»

## Xadgudubyada internetka



Xadgudubyada internetka waxay noqon karaan marka cid kaaga hanjabto internetka ama moobaylka.

Waxa kale oo iyana xadgudubyada internetka ka mid noqon kara:

- Marka lagugu qasbo ama lagugu siro inaad iska qaadid sawiro ama fiidyow qaawanaan ah oo aad markaasna ugu dirtid internetka ama moobaylka
- Marka lagugu qasbo ama lagugu siro inaad isku hor qaawisid kamarada internetka
- Marka lagu soo qoro waxyaalo foolxun ama cabsi leh, ama adiga lagaa sheego, oo lagaaga soo diro internetka ama moobaylka
- Lagugu siro inaad lacag amaah ah ku bixisid ama wax ka gadatid internetka

# Xadgudubyo niyadeed

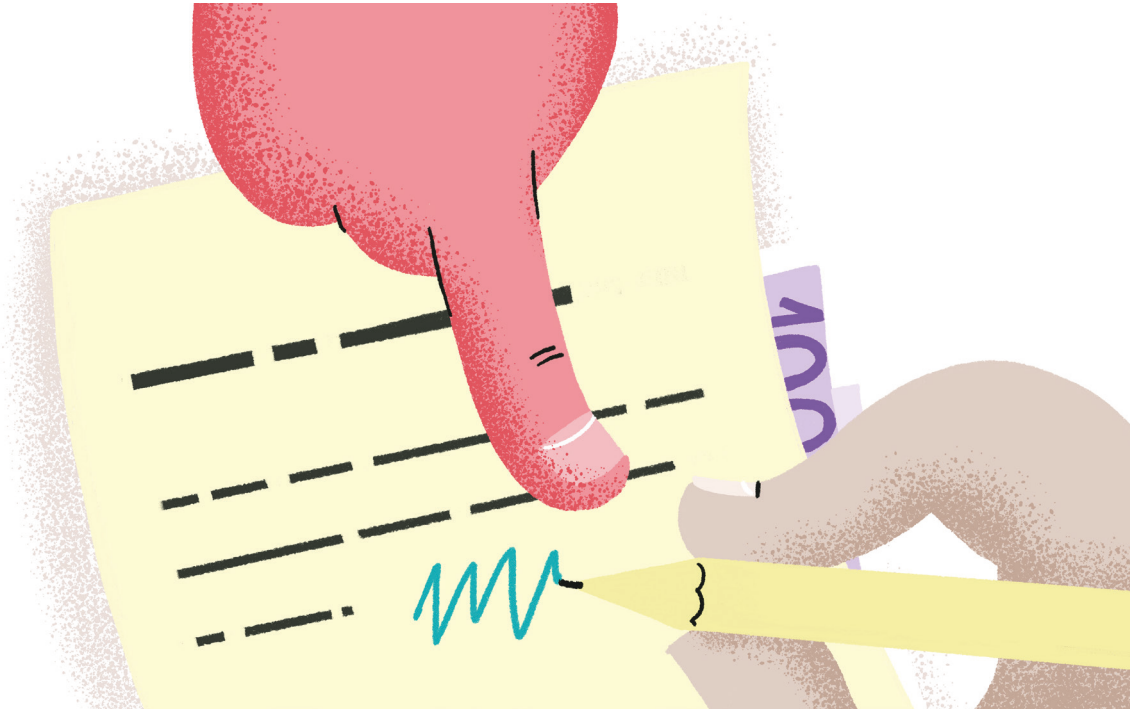


Haddii lagu cabsi geliyo, lagu hanjabo ama lagu dareensiyo inaad ka qiimo yartahay dadka kale, waxa dhici karta in lagu geystay tacadi niyada ah.

Tusaalooyin ka mid ah xadgudubyada loo geysto niyada waxay ahaan karaan marka cid:

- Kugu qayliso ama ku caydo
- Kuu sheegto inay ku dhaawici doonto haddii aanad samayn sida ay rabaan
- Kuu sheegto inay dhaawici doonto wax ama cid aad jeceshahay
- Kugu qasabto inaad samaysid wax aanad rabin
- Kuu sheegto inaanad heli doonin caawimada aad u baahantahay
- Faraha kugu caydo ama jidka kuugu muujiso xumaan
- Kuugu yeedho waxyaalo xun
- Kaa faafiso xan
- Waxyaalo xun oo kugu saabsan ku qorto internetka ama moobaylka
- Ku xamato ama kugu qososho
- Kugu eedayso waxyaalo aan khaladkaaga ahayn
- Ku faquuqdo oo iska kaa indhotirto

# Xadgudubyo dhaqaale



Haddii lagaa xado lacag ama wax kale, waxa dhici karta in lagu geystay xadgudub dhaqaale.

Xadgudubyada dhaqaale waxa iyana ka mid noqon kara marka cid:

- Kugu sirto inaad bixisid lacag
- Kaa amaahato lacag, laakiin kuu soo celin lacagta
- Kugu sirto inaad qof kale lacag ka bixisid
- Kugu sirto inaad saxeexdid wax aanad ogeyn waxay tahay
- Kugu sirto inaad lacag ka amaahatid internetka
- Kugu sirto inaad waxyaalo ka gadid internetka
- Kuu diido lacagtaada iyadoo aanay xaq u lahayn ama sharcigu u ogolaan
- Go'aamiso waxa aad lacagta ku isticmaali kartid, iyadoo aanay xaq u lahayn ama sharcigu u ogolaan



# Daryeel-xumo

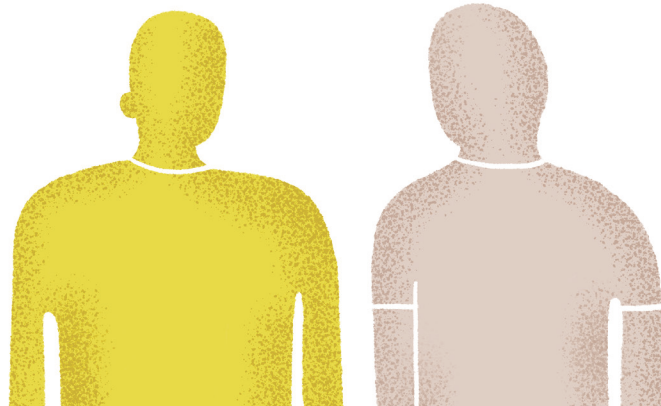


Daryeel-xumo waa marka dad la rabay inay ku caawiyaan aanay ku caawin. Waxa iyana daryeel-xumo ah marka si khaldan lagu caawiyo ama aad heli weydo caawimo kugu filan.

Daryeel-xumo waxay jiri kartaa marka adiga:

- Aad heli weydo caawimo kugu filan oo ku saabsan qubayska ama is-nadiifinta
- Aad heli weydo cunto iyo cabitaan kugu filan
- Lagaa caawin waayo inaad heshid meel diiran oo qalalan
- Aad heli weydo caawimada caafimaad ee aad u baahantahay
- Lagaa caawin waayo inaad fahantid doorashooyinka aad leedahay
- Lagaa caawin waayo inaad wadatid dhar nadiif ah
- Heli weydo daryeel iyo naxariis kugu filan
- Lagaa caawin waayo sidii aad u dareemi lahayd amaan

# Yaa kuu geysan kara xadgudub?



Dadka badankiisu way wanaagsanyihiin oo waana la aamini karaa. Laakiin waxa iyana jira dad kuu geysan kara xadgudub.

Waxa uu noqon karaa:

- Nin ama haween
- Qof kaa yar ama qof kaa weyn
- Saaxiibkaa/saaxiibadaa
- Qof saaxiib ama qaraabo tihiin
- Shaqaale
- Qof aad markii ugu horeysay la kulantay ama aad muddo dheer taqaanay
- Qof/dad aad ku sheekaysateen internetka

Xadgudubyadu waxay ka dhici karaan meel kasta:

- Gurigaaga
- Dukaanka
- Cisbitaalka
- Iskuulka
- Goobta shaqada
- Xarunta
- Baska ama tareenka
- Internetka iyo barkulannada bulshada ee internetka
- Moobaylka



## Yaan u sheegi karaa?

Haddii ay kugu dhaceen qaar ka mid ah tusaalooyinkan ku qoran buuggan ama aad shaki ka qabtid in lagu geystay xadgudub – u sheeg cid aad ku kalsoontahay.

Waxa ka mid noqon kara dad ka tirsan qoyskaaga, saaxiib ama shaqaale. Waxa kale oo ka mid noqon kara xidhiidhiye ka tirsan TryggEst, qof xidhiidhiye ah, dhakhtarkaaga, kaalkaaliye caafimaad, shaqaale bulsho ama booliska.

**Shuruud maaha in waxa kugu dhacay yihiin  
sharcidarro si aad u sheegtid**

**Si kastaba waa muhiim inaad qof u sheegtid  
waxa kugu dhacay, si lagu caawiyo**





## Maxaa dhici doona haddii aan cid u sheego?

Marka aad cid u sheegtid in lagu geystay tacadi ama xadgudub, ama aad ka shakisan tahay in waxaas lagu geystay, waa in qofka aad u sheegtid uu:

- Dhegaysto waxa aad u sheegaysid
- Ku taageero oo ku dareensiyo inaad amaan haysatid
- Kaala hadlo sida lagu caawin karo

Haddii qofka ugu horeeya ee aad u sheegtid aanu ku dhegaysan, ku rumaysan ama ku caawin, u sheeg qof kale. Ha quusan.

# Halkee ka heli karaa caawimo?

Waxa jira meelo badan oo aad ka heli karto caawimo haddii lagu geystay, ama aad ka shakisantahay in lagu geystay tacadi ama xadgudub.

## TryggEst waxay joogtaa degmadaada

Degmooyinka iyo xaafadaha qaar ayaa haysta koox ka mid ah TryggEst oo ka shaqeeya caawinta dadka loo geystay tacadi iyo xadgudub. Telefoonka ama iimayl ayaa kala xidhiidhi kartaa TryggEst.

Marka aad wacdid TryggEst waxa aad la hadli doontaa dad khibrad u leh la hadalka dad ku jira xaalad adag.

Waxay dhegaysan doonaan waxa aad u sheegaysid, waxaanay kaala hadli doonaan qaabka ay kuu caawin karaan.

Waxa kale oo aad la xidhiidhi kartaa:

- Dhakhtarkaaga joogtada ah (fastlege)
- Cisbitaalka degdegga ah (Legevakten)
- Hoyga qofka dhiban (Krisesenter)
- Qaybta dadka la kufsaday (Voldtektsmottaket)
- Aqalka Carruurta ee Dawladda (Statens barnehus)
- Xarunta ka hortagga xadgubyada jinsiyeed (SMISO - Sentre mot incest og seksuelle overgrep)
- Xarun ka soo horjeedda kufsiga (Dixi – ressurscenter mot voldtekt)

## Ma rabtaa macluumaad dheeraad ah oo ku saabsan tacadiga iyo xadgudubyada?

Ka akhriso: [www.dinutvei.no](http://www.dinutvei.no)

Boggan internetku waxa ku qoran adeegyada caawimada ah ee laga helo wadanka oo dhan iyo meel qofku uu weydiin karo su'aalo iyadoo aan la garan qofka uu yahay.

Haddii aad qabtid su'aalo ama aad rabtid inaad wax u sheegtid booliska, waxa aad wici kartaa booliska 02800

## Haddii adiga ama dad kale u baahanyihiin caawimo degdeg ah, waxa wici kartaa:

booliiska  
**112**

ambulanc  
**113**

Ma rabtaa macluumaad dheeraad  
ah oo ku saabsan TryggEst?  
Gal bogga internetka:  
[www.tryggest.no](http://www.tryggest.no)



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