

# Warqada Wadiiqada



RESOURCE  
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HUB



## Hawlgelinta Badbaadayaasha Galmada

## Anfac uga faa'iideysiga, Awood Qalad U isticmaalida iyo Dhibaateynta Galmo (SEAH)

Xaashidan waa tixraac fudud oo loogu tala galay fahanka ku dhaqanka fiican marka lagu guda jiro siyaasada samaynta ee badbaadayaasha SEAH.<sup>1</sup> Waxa ay ku siineysaa liiska qodobada muhiimka ah iyo suaalaha ee ururadu ay waydiin doonaan marka ay la shaqaynayaan badbaadayaasha.

Badbaadayaasha waxay sameyn qayb muhiim ah ka noqon karaan qorshe ka gaarista Anfac Galmo uga faa'iideysiga, Awood Qalad u isticmaalida iyo Dhibaateynta Galmo (SEAH). Si kasta, hawlgelinta macnaha leh waxay ku lug leedahay sharci-dejiye yaal si haboon oo masuuliyad leh uga fal celinaya si loo xaqiijiyo in badbaadayaasha codkooda la maqlo ayadoo dhib kale la abuurin.

### Waa maxay sababta loo soo jiidanayo badbaadayaasha?

- ✓ Ururada/hay'aadaha waxaa masuuliyad damiir iyo akhlaaq ka saaran yahay in ay qaataan aragtiyadaha iyo xaalada ay la soo kulmeen badbaadayaasha.
- ✓ Badbaadayaasha waa khubaro ayagoo wax soo arkay waxayna garanayaan dadka kale in ayan aqoon waxa shaqeynaya iyo waxa aanan shaqeyneynin
- ✓ In la soo geliyo qorshaha iyo isbedelka wuxuu caawini karaa badbaadayaasha si ay u badbaadaan ayna u dareemaan in la qadariyey
- ✓ Soo jiidashada badbaadayaasha waxay xaqiijineysaa in shaqadu ay wax ku ool tahay oona wanaagsan tahayna
- ✓ Ururada iyo shaqaalaha waxay ku fiicnaan doonaan door kooda/kaalintooda hadii ay ka fahmaan SEAH fahanka badbaadaha.

### Goortee aanan la soo jiidaneynin badbaadayaasha?

- ✗ Hadii Badbaadayaasha ay weli halis dhow ugu jiraan taasoo kaga imaan karto dhagar qabayaasha.
- ✗ Haddii aysan lahayn Hay,addaada siyaasad iyo qaababka sax ah si loo ilaalinayo loona badbaadiyo badbaadayaasha iyo kuwa wax kashifa labaduba xiliga hawlgalka iyo kadib
- ✗ Hadii ay hawlgelintu keeni doonto waxyeelo ama ay halis labaduba kasoo gaari doonto badbaadaha,, dhagarqabayaasha, bulshooyinka ama dowladaha (Tusaale. Cawaaqibka kor u hadalka sida xarig ama luminta xaalad sharci)
- ✗ Hadii hawlgelinta tahay mid gabi- ahaan loogu faa'iideynaayo Hay,adda oo aanay kusaleesanayn badbaadaha.
- ✗ Hadii hay,addaada aysan ahayn qorshe uu isugu deyaayo inuu hirgeliyo talooyinka ka imanaya badbaadayaasha

### Qeexitaanno muhiim ah

**Habka ku dhisan badbaadaha:** Waa xaqiijinta in ka hortaga u jawaabcelinta ay ahaadaan kuwa aan kala sooceynin xushmadna u ah muhiimadana siinaya xuquuqda, iyo baahida badbaadaha, oo ay ku jirto kooxaha sida gaarka ah halista ugu jiro ama si gooni ah loola beegsan karo SEAH.<sup>2</sup>

**Habka uu hogaaminayo badbaadaha:** Hab qalabeynaayo awoodna siineyso badbaadayaasha si ay u qaataan door hogaamineed noloshooda ee dhaqdhaqaaqa looga soo horgeedo nooc kasta oo meel kadhac iyo/ama ka faaideysi ah taasoo ay u adkeysteen kana awood badiyeen.<sup>3</sup>

**Habka ka wargelinta waxyeelada:** Hab aqoonsanaayo baahsanaanta saameynta waxyeelada fahmana Wadiiqooyinka Suurtagalka ah ee dib u kabsashada Tani waxaa ku jirto aqoonsiga calaamadaha iyo astaamaha jugta; dhexgelin buuxda aqoonta la xiriirta dhaawaca ee la galiyo siyaasadaha, wadiiqooyinka iyo waxqabadyada ayadoo si wax ku ool ah loo tiigsanayo ka hortagida in dhaawac kale yimaado.<sup>4</sup>

Jadwalka hoose waxaa lola jeeda in uu hay,addaada ku hogaamiyo, qorsheynta hawlgelinta badbaadaha. Tani maaha liis dheer laakiin waxaa lola jeedaa in ay fududeyso fikirka ku saabsan waxa uu yahay hawlgelinta badbaadaha.

## Samee meel aamin ah oo la gali karo



**Xaqiiji talaabooyinka ilaalina in ay diyaar u yihiin badbaadaha iyo kuwa wax kashifa..** Ma yihiin siyaasadaada ilaalinta iyo wadiiqooyinka kuwo diyaar ah oo cusub wax ku oolna ma yihiin? Ma heysataa hab aad ku caawin karto badbaadaha hadii uu sir kuu sheegto kadib ama xilliga la hawlgelinaayo .

**Xaqiiji in qorshaha badbaadada la hirgeliyey.** Ma sameysey qiimeynta halista ee la xiriirta soojiidashada? Mala shaqeysey badbaadayaasha iyo shaqaalaha/fududeeyeyaasha si aad u sameyso qorshe badbaado oo shakhsiyeed inta lagu guda jiro iyo kadib hawlgelinta?

**Xaqiiji in caawinaada ay diyaar u tahay badbaadayaasha hadii waxyeelo soo gaarto inta lagu guda jiro la talinta** Waa maxay adeegyada loo baahanyahay? Yaad rabtaa in aad la kaashato ama la hwlgasho? Ma tixgelisay talaabooyinka gaarka ah ee Caruurta? Ma ku tixgelisay sida adeegyada loo bixin doono ?

**xaqiiji in deegaanka/bey'addu la gali karo lana aqbali karo.** Sideed ayaad oogu dareeysaa badbaadayaasha ka soo jeeda goobo kala duwan? Sideed ayaad u caawineysaa badbaadayaasha si ay u helaan gaadiidka meesha kulanka? Sideed u caawineysaa waalidiinta caruurta wata, dadka naafada ah ama kooxaha kale si aad u hawlgeliso?

**Xaqiiji sirta iyo heyb-qarinta .** Ma waxaad tahay badbaade halis ugu jiro in la aqoonsado oo ka qeebgalaayo hawlgelinta? Ma waxaad qarineysaa shaqo ama waxaad iska qarineysa waxyaabo lagugu aqoonsan karo shaqkhsi ahaan?

## Hawgelinta leh xasaasiyad, fahmidda iyo dib u milicsiga



**Habraacyada waa in ay ahaadaan kuwo uu horkaco badbaadaha una naqshadeesan.** Ma tixgelisey sida badbaadayaasha ay u hogaamin karaan oo ayna u qaadan karaan doorka dejinta soo jiidashada iyo siyaasada iyo barnaamijyada qaab aanan dhib kale keeneynin? Ma weydiisey badbaadayaasha waxa u shaqeynaya?

**Xaqiiji in ogolaasho lawargeliyey loo heysto soo jiidasho kasta iyo sawirada, waxa laga gudbinayo ama wax qornaa oo la isticmaalay.** Ma u sharaxday waxa soo jiidashadu tahay mana u sharaxday fasax-qaadashada qaab uu badbaadaha u fahmi karo? Ma u sharaxday inay joogin karaan wadatashiga waqti kasta? Ma u sharaxday qaabka loo isticmaali doono iyo qofka isticmaali doono sawirada, hadalada la iska qoray, ama qofka arki doona? Ma waxaa socdo shaqo lagu daabici doono internetka ama lagu daabici doono warqad bulsho?

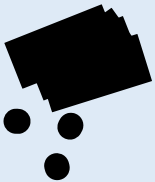
**Hakuu cadaato, noqo runlow, iyo mid dhab u qaato waxyaabaha aad ka fileysid.** Ma kuu cadahay waxa aad gaarikarto ayadoo la isticmaalayo ilaha iyo waqtiga aad heysato? Ma kuu cadahay waxa aad ka fileysey soo jiidashada? Badbaadaha ma u caddahay doorkaaga iyo xaddidaada kasta oo meesha jirta? Ma dhahday in aad wacayso, fariin direyso ama aad macluumaad direyso? Hadii ay saas tahay, xaqiiji in aad saas sameyso.

**Xiriirka waa in uu cadaado uuna ahaado mid saaxiibtanimo kahor iyo kadib waxqabashada.** La xiriirida badbaadayaasha maka dhigeysaa in ay fudeed dareemaan? Ma u sharaxday habka, waxa dhici doono iyo dabagalka loo baahan yahay? Ma yahay codkaaga iyo luuqada jirkaaga mid saaxiibtanimo muujineysa? Ma u eegtay naceebkaaga iyo eexdaada sida ay saameyn ugu yeelan karaan in aad la xiriirto shakhsiyaadka?

**Bixinta fikiro kala duwan oo la siiyo badbaadayaasha si ay uu doortaan qaabka ay rabaan in loo qaabilo.** Ma tixgelisey qaabab kale oo badbaadayaasha loo soo jiidan karo ( qoraal, cod duuban, sawir

iwm) Ma fahansanyahay badbaadaha fikradaha kala duwan iyo doorarka kala duwan ama waxa ay ku soo dari karaan?

## Macluumaad-siinta iyo dabacsanaanta



**Tixgeli in ay dhab kaa tahay in aad shaqaaleyso waqtiga lala kulmayo badbaadayaasha.** Ma heysataa shaqaalo kugu filan oo aqoon u leh in ay caawiyaan la kulanka gaar'ahaan marka lala shaqeynayo caruurta iyo dadka cuuryaanka ah. Ma u diyaarisey qorsheyaalka kale oo isku xiran hadii uu dhaco isbedelo aan la fileynin? Tusaale kawaran hadii badbaade uu rabo inuu la kulanka ka baxo daqiiqada ugu dambeyso, laakiin uu rabo la kulanka? Kulanka dib ma ugu dhigi kartaa?

**Tix geli waxa ay kugu kaceyso la kulanka** Ma bixineysaa cunto si aad u daboosho baahida la kulanka? Ma jiraa qarashaad la xiriira meesha kulanka ka dhacayo? Ma u baahantahay in aad qaadata fasax yar ama wadhadallo gaaban? Ma u baahantahay tarjumeyaal?

**In qarash ahaan loogu abaal gudo badbaadayaasha khibradooda.** Lacag maku siineysaa badbaadayaasha waqtigoodo? Ma u celineysaa qarashaadkii safarka iyo hoyga ( badbaadayaasha waxaa laga yaabaa in ay u baahdaan tani horumarin ahaan si ay u imaadaan meesha kulanku ka dhacayo)? Canug ma xanaaneysaa mise bixisaa qarash canug lagu xanaaneeyo?

<sup>1</sup> warqadaan waxaa laga soo qaatay warbixin loo qoray barta Kheyraadka iyo Taageerada: RSH (2020) Habdhaqanka ugu wanaagsan ee hawl-gelinta badbaadayaasha uga faa'iideysiga galmada, Xadgudubka iyo Dhibaataaynta galmada (SEAH). <https://safeguardingsupporthub.org/best-practice-engaging-survivors-sexual-exploitation-abuse-and-sexual-harassment>

<sup>2</sup> Boezio, G., n.d. Landmark Go'aanka Golaha Amniga ee Qaramada Midoobay 2467 (2019) wuxuu xoojinayaa cadaaladda iyo isla xisaabtanka wuxuuna ku baaqayaa qaab ku saleysan badbaado

ka hortaga iyo u jawaab celinta shaqaaqada la xiriirta galmada, 29 Abriil 2019ka. Qaramada Midoobay [https://slavefreetoday.org/journal\\_of\\_modern\\_slavery/v2i1a2\\_Rise\\_Unite\\_Support\\_Doing\\_No\\_Harm\\_in\\_the\\_AntiTrafficking\\_Movement\\_countryman\\_roswurm.pdf](https://slavefreetoday.org/journal_of_modern_slavery/v2i1a2_Rise_Unite_Support_Doing_No_Harm_in_the_AntiTrafficking_Movement_countryman_roswurm.pdf)

<sup>3</sup> Countryman-Roswurm, K. (2015). Sare-kaci, midee, taageer: Ayadoon "waxyeeelo loo geysan " dhaqdhaaqa ka dhanka ah tahriibinta Wargeyska Adoonsiga Maanta: Wargeyska xalalka kaladuwan ka ganacsiga dadka, 2,1 URL

[https://slavefreetoday.org/journal\\_of\\_modern\\_slavery/v2i1a2\\_Rise\\_Unite\\_Support\\_Doing\\_No\\_Harm\\_in\\_the\\_AntiTrafficking\\_Movement\\_countryman\\_roswurm.pdf](https://slavefreetoday.org/journal_of_modern_slavery/v2i1a2_Rise_Unite_Support_Doing_No_Harm_in_the_AntiTrafficking_Movement_countryman_roswurm.pdf)

<sup>4</sup> Mentalhealth.org (2015) Waajahida la xiriirta dhaawaca waxqabadyada ku eg dhaawaca . Accessed 04.08.20 URL <https://www.mentalhealth.org/get-help/trauma#:~:text=Recognizes%20the%20signs%20and%20symptoms,actively%20resist%20re%2Dtraumatization.%22>