

# Ku socota dhamaan dhaliyarada iyo dhalaanka

**Dhamaan carruurta oo dhan waxaa ay xaq u leeyihiin in helaan nolol fiican.** Laakiin waxaa jira carruur badan oo gurigga kula nool waalidiin ama dad waaweyn oo aan mar kasta u naxariisan. Waxaa ay noqon kartaa:

- In aad ka cabsato dadka waaweyn.
- In aad ka xumaato waxyaabo ay dadka waaweyn sameeyaan ama ay afka ka sheegaan.
- In adiga ama qof kale oo gurigga kula degen loo geysto jidh dil
- In dadka waaweyn ee kula degen gurriga ay caabaan aalkolo ama khamri xad dhaaf ah.
- In adiga iyo walaalaha aad idinku naftiina is daryeeshaan.



Sidaa darteed cidna uma baahna in ay dhibaataadaasi la soo deristo. Lama ogolo in dadka waaweyn ay dhibaato u geysataan dhalinyarada iyo dhalaanka.

**Xasuusnow:** in mar walba aad u sheegi karto siraha kuu qarsoon ee aan fiicneyn qof weyn oo aad ku kalsoontahay! Xitaa haddii qof kale ku dhaho cidna ha u sheegin! Siraha qarsoon ee aan fiicneyn waxaa ay dhibaato ku keenaan jidhka, sida tusaale ahaan caloosha ama xabadka ama laabta, isla markaana waxaa ay keeni kartaa in la dareemo welwel iyo walaac.

**Haddii aad dareento cabsi marka aad joogto gurigga ama welwel iyo walaac ku khuseeya adiga ama qof kale khuseeya, waxaa aad sameyn kartaa sidan:**

- 1** Fadlan la hadala qof weyn oo aad ku kalsoontahay! Waxaa uu qofkaasi noqon karaa macalinkaaga, talo biyahaha ka shaqwwya dugsiga waxbarashada (skolkurator), dariskiina ama qof kale oo aad garaneyso. U sheeg sida xaaladaadu tahay.
- 2** Fadlan Wac hay'ada BRIS lambarka telefoonka ee 116 111.
- 3** Fadlan Wac hay'ada adeega daryeelka dadweynaha (socialtjänsten) isla markaana u sheeg sida xaalkaagu yahay. Lambarka telefoonkooda waxaa uu ku jiraa oo aad ka heli kartaa bogga internetka ee degmada.
- 4** Fadlan Wac hay'ada nabadgalyada amniga ama ciidamada booliiska (polisen) lambarka telefoonka 112 haddii uu jiro qof u geysanaya jidh dil dadka kela marka la joogo gurriga, si loo yimaado isla markaana loo joojiyo fal dabiyeedka.



VKV – Västra Götalandsregionens kompetenscentrum om våld i nära relationer  
*Gobolka Västra Götaland*  
*xarunta aqoonta rabshadaha ee xidhiidhka qoyska*



En förening som verkar för att alla ska få leva i hem fria från rädsla och våld.  
*Jaaliyad ka shaqeysa in qof walba uu helo ku noolaado guryo aan lahayn cabsi iyo rabshado*