

Si aad wax dheeraad ah uga barato kufsiga iyo ololahan, booqo:

<http://ocasi.org/campaigns/4ImmigrantWomen>



facebook.com/ocasicconnects



@OCASI_Policy



facebook.com/mofif



@MouvementFemmes

Dumarka socdaalka iyo qaxootiga ah waxaa laga yaaba in ay ka hor yimaadaan caqabado ku adkeeya in ay taageero helaan sida:

- Cabsi in dib loo celiyo
- Ka go'doomid bulshada
- Cabsi xagga booliiska
- Caqabad xagga luqada
- Saboolnimo
- Midab takoor iyo eexasho

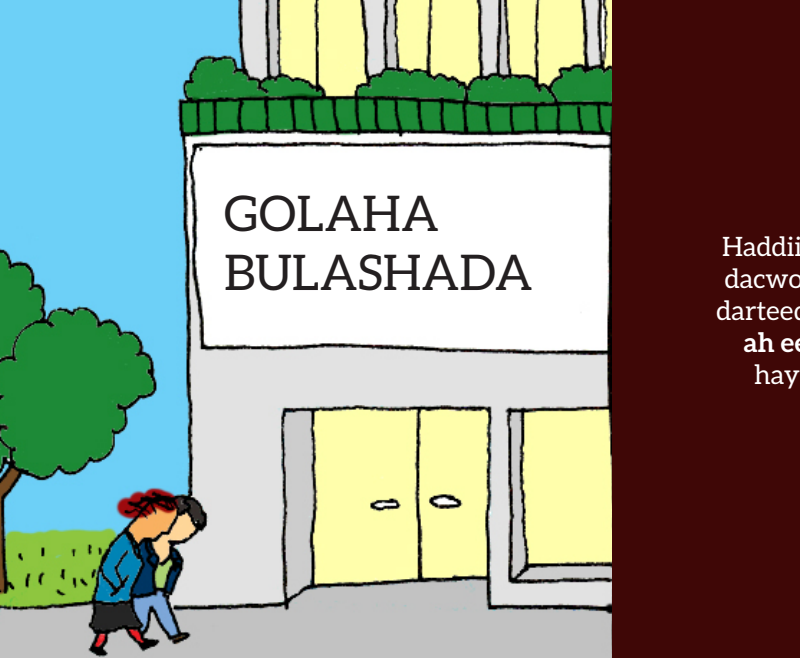
Sidee ayaa aan wargelin u samayn karaa?

Waxaa aad ku wargekin kartaa boliiska, urur taageero sharciyeed, gole kaa taagera dhibaataada kufsiga ama hay'ad dejin. Qaar goobo taageero waxaa ka mid ah:

Goleyaasha Kufsiga

<http://www.sexualassaultsupport.ca/support>

Goleyaasha Daawaynta/ Dhibaataada Kufsiga/ Dhibaataada Qoyska ee Ontario.
<http://www.satcontario.com>



Haddii aad ka welwelsan tahay in aad dacwotoo xaaladdaada qaxootinnimo darteed, ka la xirir **Gargaarka Sharciiga ah ee Ontario** 1 800 668 8258 ama hay'adda dejinta ee xaafaddaada

Si aad u hesho talo sharciyeed dheeraad ah, ka wac Talo Bixin Sharciyeed oo Madax Banaan oo loogu talo galay dadyowga soo maray kufsiga (Sexual Assault Survivors) khadka bilaa lacagta ah ee 1-855-226-3904



Sidee ayaa aan ku badbaadi karaa?

Badbaadadaada waa muhiim

Si aad badbaado u qorshaysato, waxaa aad:

- La hadli kartaa qof aad ku kalsoon tahay
- Qori kartaa ama qoraal ku diyaarsan kartaa wixii kugu dhacay, sidii diiwaan
- La xiriiri kartaa urur bulshadeed-siiba haddii aad u baahan tahay hoy, taageero xagga carruurta ama arrimo sharciyeed

Sidee ayaa aad IDINKU ku taageeri kartaan qof la kufsaday ama lagu xadgudbay?

- La aamino
- La dhagayso
- Loo helo ilooyin
- La ogaado haddii ay doonayaan in ay tallaabo qaadaan

Xaggee ayaa aan Taageero ka Heli Karayaa?

Assaulted Women's Helpline
1 866 863 0511 / TTY 1 866 863 7868

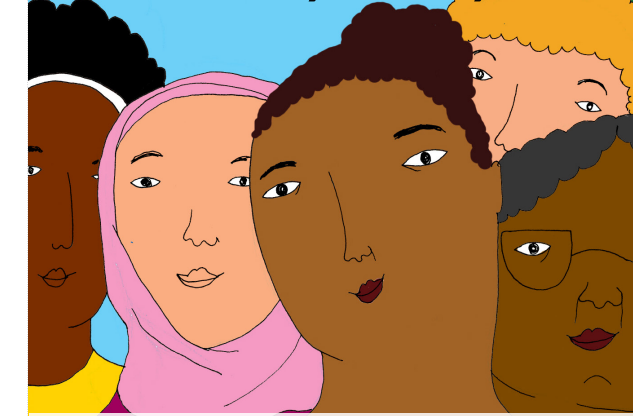
Ontario Coalition of Rape Crisis Centres
www.sexualassaultsupport.ca/support

Ending Violence, Getting Help
(Ministry of the Status of Women):
www.women.gov.on.ca

Neighbours, Friends & Families
www.immigrantandrefugeenff.ca
for information and support about intimate partner violence.

Shelter Safe Ontario
www.sheltersafe.ca/ontario

Ilooyin iyo taageerio+ dadka soo soo maray waxyeelleeyn



#4ImmigrantWomen

Kufsigu waxaa uu ka dhacaa waddan kasta iyo bulsho kasta.

Kufsigu waxaa uu ku dhacaa LGBTQIA + xubnaha bulshada.

Kufsigu waxaa uu ku dhacaa dadka socdaalka iyo qaxootiga ah.

Ma habboona.

Malo awaal

Kufsigu waxaa u ka dhaca bulshooyinka dadyowga socdaalka iyo qaxootiga ah, “dhaqankooda” dartii

Xaqiiq

Kufsigu waxaa u ka dhacaa “Dhammaan” bulshooyinka waana takoor iyo shisheeye nacayb in la yiraahdo dadka socdaalka ah waxaa ay leeyihiin dhaqammo dhibaatooyin dheeraad ah leh.

Xenophobia waa cabsida laga qabo ama nacaybka loo qabo dadka shisheeyaha ah.

Miyaa aan ahay qof xadgudub galmeed ama andadaad ku jira?

Kufsigu ama handadaadda waa hab dhaqan kasta ee galmo asal u ah ee aan la doonayn oo na dhaco oggolaanshahaaga la'aantii.

Dhiibista oggolaansho =

heshiis raalli laysaga yahay in fal galmo la sameeyo

Maxaa ay yihiin xuquuqdayda?

Ontario waxaa ay leedahay sharci ah Sexual Violence and Harassment Plan Act (Taageerid Dadyowga soo maray Dhibaataada iyo Hor Istaagid Dhibaataada Kufsigu iyo Handadaad, isla markaas na u hela dhibbaneyaasha handadaadda ku salaysan galmada irrida ay caddaalad u mari lahaayeen Ontario gudaheeda. Waxaa sii dheer, sharcigan waxaa ku jira macluumaad iyo daryeel la xiriira handadaadda goobta shaqada iyo shukaansiga khasab ka ah ee goobta shaqada

Macluumaad dheeraad ah ee ku saabsan Sexual Violence and Harassment Plan Act

<https://www.ontario.ca/laws/statute/S16002>

Oggolaansho:

- Ma aha in la iska maleeyo ama la iska qiyaasto marna ba
- Ma aha aamuusnaan ama maqnaanshaha “maya”
- Mar na lagu ma heli karo handadaa ama khasab loo adeegsado
- Goor kasta ayaa laga noqon karaa

Oggolaansho:

- La ma bixin karo haddii uu fal sameeyaha ku xadgudbo aaminaad la aaminay ama uu leeyahay heer awood iyo xukun ah
- La ma bixin karo haddii uu qofka miyir lahayn ama uusan awood u lahayn oggolaansho isticmaal khamri ama maandooriye dartood

Source: www.ontario.ca/page/lets-stop-sexual-harassment-and-violence

Haddii aad soo martay dhibaato kufsi, dembi ku ma aad lihid

Waxaa aad istaahishaa in aad noolaato adiga oo xor ka ah dhibaataada kufsigu

Dhammaanteen door ayaa aan ka ciyaari karnaa ka hortagga iyo wax ka qabashada dhibaataada kufsigu ee loo gaysto dumarka socdaalka ama qaxootiga ah

