

# ROOTS OF EQUALITY

## RESOURCES

Kids Help Phone:  
<http://www.kidshelpphone.ca>

Assaulted Women's Helpline:  
[www.awhl.org](http://www.awhl.org)

Ontario Women's Directorate:  
[www.ontariowomensdirectorate.gov.on.ca](http://www.ontariowomensdirectorate.gov.on.ca)

Springtide Resources:  
[www.springtideresources.org](http://www.springtideresources.org)

Elementary Teachers' Federation of Ontario:  
[www.etfo.ca](http://www.etfo.ca)

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The Elementary Teachers' Federation of Ontario (ETFO) undertook this project in partnership with Springtide Resources and the Ontario Women's Directorate.



ending violence against women

Funded by ETFO and the Government of Ontario, Ontario Women's Directorate

# Talo oo loo soo jeedinayo waalidiinta



Haddi aan nahay waaalidiinta, waxaan raad ku reebi karnaa nolosha carruurteena, noqon karnaa macallinkooda ugu fiican, noqon karnaa qalqaaliyayaasha ugu weyn iyo door-tusaaleedba. Waxaan ka caawin karna siday u dhisan lahaayeen xiriir saxiibtinimo oo fayow iyo mid shukaansi oo ka madaxbanaan rabsho. Mid kasta oo naga mid ah waxaa uu sameyn kara isbeddel sii jira qofka cimrigiisa.

**Raadso Wargelin:** Kala hadal carruurtaada xagga xirrirada. Baro calaamadaha ku dhisan xiriir caafimaad-qab iyo siinaan. Waad bari kartaa carruurtaada in qof kasta uu mudan yahay in uu helo xiriir wanagsan oo adigu aad wax bixisid aadna heshid xushmo, kalsooni iyo saxiibnimo.

**Marnaba dhaqso ( goor hore) kuguma aha.** Bar Wiilkaaga ama gabadhaada fikradda ah xiriir caafimaad qaba sida ugu dhaqsaha badan. Tus in gabdhaha iyo wiilashu ay leeyihiin qiimo is le'eg. U sheeg wiilshaada iyo gabdhahaagaba in aanay wax xun aheyn in nimanku ay noqdaan xasaasi, iyo in dumarku madaxbananadaan. U qeybi hawlaha adiga oo ku saleynaya da' iyo qaan-garid ee aanay aheyn cunuga jinsigiisa.

**U samee meel** ku haboon wada hadalkiina. U samee meel furan oo nabad ah wiilshaada iyo gabdhahaagaba si ay uga hadlaan arrimaha ku saabsan saaxiibnimada iyo xiriirka. Waxaad siisaa waqti aad ku dhageysato uguna jawaabto haddii ay ku weydiiyaan su'aalo ama ay kula qaybsadaan fikradda. Marka aad si dhab ah u dhagaysato waxay tuseysa in waxa ay sheegayaan adiga muhiim kuu tahay. Kala hadal arrimaha adiga oo aan u jeedin qudbad. U dhageyso si dulqaad leh, una daa' ayagu hala yimaadan go'aamadooda.xataa haddii ay yiraahdan wax aadan jeceleysan. Tus in aad ku kalsoon tahay aadna rumeysan tahay.

**Markasta la hadal.** Kolba sida badan ee aan ugala hadalno xiriir caafimaad iyo siinaan ku saleysan ayey carruurteena kalsooni ku qabayaan in ay nagala hadlaan. Ka hadal waxa aad ka arrigtay TV, internetka iyo filimada. Carruurta waxa dhici karta in ay qaateen fikrado qatar ah oo uu horseedi kara xiriir aan caafimaad qabin, aan siineyn oo mar marka qaarkoodna dhibaateyn ku saleysan. Weydii in ay ka fakaraan tusaalooyin ah xiriir caafimaad qaba iyo mid aan caafimaad qabin oo ay arkeen.

**Ahmiyad sii.** Dhaqeyso carruurtaada muusikadda ay dhaqeystaan. La fiirso riwaadaha TV'ga ay jecel yihiin. Fiiri website'yada lana ciyaar ciyaaraha fiidiyaha "video games". Baro shaqooyinka internetka sida (kan lagu sheekeysto {chat},e-mail,web iyo waxa la midka ah)oo ay carruurta isticmaalayaan. Isku day in aad ilmahaaga internet'ka la gashid; ka dhig ciyaar iyo dariiqad aad waqti ku wada qaadataan cunugaaga. Weydii in ay kuu sheegaan marka ay dareemaan kalsooni la'aan iyo cabsi ama ku wareeraan ayaga oo isticmaalaaya interneka.Ku gubaabi caruurtaada in ay waqti ku wada qaataan saxiibadood gurigaaga. Xushmee saxiibadood iskuna day inaad barato waalidiintooda.

**Tus.** U noqo tusaale carruurtaada sida aad u heli laheyd xiriir caafimaad iyo siinaan ku saleysan. Haddii aad iskhilaaftaan, ku xali wada hadal adiga oon qeylin ama magacyo ugu yeerin. Haddii aad la xaliso mushkilado iyaga iyo qofka aad la noshahay, si foojigan uu dhaqeyso iyo xushmad leh. Wey raacayaan jidkaaga.

**Horey uu fakar.** Aad ayey muhiim u tahay carruurtaada in ay bartaan sida ay ula macaamili lahaayeen xaaladdaha mushkiladda ah inta ayna dhicin. Bar carruurtaada kalsooni si ay u gaaraan go'aamo iyaga oo ayna saxiibadood duufsan. Sidee ayuu wiilkaagu u jawaabaya haddii lagu guubaabiyo in uu xukumo ama u xushmadareeyo gabdhaha. Sideebay gabadhadu yeeleysa haddii lagu qasbo in ay wiil la seexto. Isla sameya xaaladdo jira kana wada hadla sidee buu wiilkaagu ama gabadhaadu yeeli laheyd. Carruurtaada waxay ka fa'iidayaan khiibrad muqata iyo kalsooni isku-qab.

**Ka Digtonow.** Firi calaamada digniinta ah oo tilmaamaya in cunugaagu ay dhici karto in uu ku jiro xiriir aan caafimaad qabin. Xusuuso in qoyskasta oo asalkasta leh ay carruurtooda ku dhici karto in ay xiriir dhibaato leh maraan. Rabshaduhu waxa dhicikarta in ay ugu dhacayaan jinsigooda dartiis ama asalkooda, diintooda, dhaqankooda, awoodooda, qofka ay doortaan in la seexdaan, faraciisa (asalkiisa), wadankii ay horey uga yimaadeen ama xaaladooda dhaqaale. Haddii loo ogol yahay in ay shukaansadaan baro qofka ay la socdaan. Sii ahmiyad waxa dhexmaraya cunugaaga ama dhalinyarta iyo wiilka saxiibtiis ama gabadha saxiibkeed. Ilaali dabeecad xukumaad ah, cambareyn iyo maseyr. Gabdhaha qaarkood oo ku jira xiriir aan caafimaad qabin way walaacan ama murugoodaan. Waxa dhici karta in ay joojiyaan waxyaabo ay jeclayeen in ay sameyaan. Wiilasha qaarkood oo ku jira xiriir aan caafimaad qabin ayaa dhaqso uu xanaaqi kara ama waxay noqdaan qof aan la saadaalin karin oo marba si niyadiisu tahay.

**Aqoon u yeelo waxa aad sameyn laheyd.** Waydii sida dareenkoodu yahay xagga xiriirkooda adiga oo aan xukumin. Ka foajignow in aad cambareysid saaxiibka si aanu cunugaagu u dareemin in uu difaaco asaga ama ayada. Ogeysii in aad taageersan tahay. Haddii aad ka shakidid in wiilkaagu ama gabdhadu ay ku jirto xiriir aan caafimaad qabin ha kala baqin in aad kala hadsho.U sheeg walaacaaga. Haddii aanay dareemeyn in ay kaala hadlaan,ku caawi in ay helaan qof kale oo weyn oo lagu kalsoonaan karo.Sii ama tus adeegyada sida la-talinta sirta ah ama teleefanka lagu caawimo carruurta: 1800 668 6868. waad wici karta waalidiinta telephonka lagu caawimo: 1 888 608 9100 si aad u hesho caawino.

Si aad u heshid warbixin badan oo ku saabsan xiriirka caafimaadka qaba iyo ka-hortagidda dhibaatooyinka loo gaysto dumaka iyo gabdhaha, tiigso: [www.springtiderresources.org](http://www.springtiderresources.org); [www.ontariowomensdirectoriate.gov.on.ca](http://www.ontariowomensdirectoriate.gov.on.ca). iyo [www.equalityrules.ca](http://www.equalityrules.ca).