

Dambiga nacaybka ee ka dhex jira bulshadeyda



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Waa maxay dambiga nacaybku?

Dambiga nacaybku waa dambi ama isku day dambi oo laga galo qof ayadoo lagu colaadinaayo jinsiyaddiisa, wadankiisa, diintiisa, jinsigiisa iyo naafo ahaanshiyaha qofka.

Fal damiyeed + waxa lagu faquuqayo qofka sida jinsiga da'da, diinta iyo naafanimada = danbi ku salaysan nacayb.

Tusaalooyin:-

1. Qof ayaa gurigaaga ku sawiray sawir lagu aflagaadeynayo jinsiyadaada.
2. Qof ayaa wax kugu dhuftay sidoo kalana caayey diintaada ama wadankaaaga.
3. Qof ayaa jinsigaaga awgiis kuugu hanjaby.

Maxay ku kala duwanyihiin dhacdooyinka nacaybka ee bulshada ka dhex jira iyo dambiga nacaybku?

Dhacdooyinka nacaybku waxay dhanka sifooyinka kala midyihiin dambiga nacaybka laakiin dhacdooyinka nacaybku ma malahan fal dambiyeed sida (dil, qoraal ama sawiro).

Maxaan sameeyaa haddii aniga ama qof aan garanayo uu noqdo dhibane dambiga nacaybka?

Hadaad rumaysantahay in adiga ama qof aad garanayso uu yahay dhibane dambiga nacaybka waxaa jira tilaabooyin aytahay in aad si deg deg ah u qaadid.

1. Raadso caawimaad caafimaad haddii wax ku gaareen.
2. Hadaad u baahato caawimaadda police-ka ama isbitaal wac 911.
3. Si aadan u kala ilaawin qor dhamaan war bixinada muhiimka ah ee ku saabsan fal dambiyeedka sida goobta dhacdadu ka dhacday, waqtiga, waxa dhacay iyo wax kasta oo ku sabsan dambiilaha.
 - a. Qor dhamaan erayada, calaamadaha uu isticmaalay qofka ku soo weeraray taasi waxaa ay sahli kartaa in la ogaado cidda/ dadka uu ka tirsanyahay.
 - b. Macquul matahaya in mid ka midda erayada uu isticmaalay dambiiluhu ay muujiyaan u jeedkiisa? Waxaa laga yaabaa in erayada qaar aysan adiga wax micna ah kuu samayn laakiin waxaa laga ogaan karaa cida dambiiluhu kasoo jeedo iyo waxa uu fal dambiyeedku salka ku hayo.
 - c. Hadey macquultahay sawiro qaad, adiga wixii ku gaarey sawir, qofka kusoo weeraray sawir, sidoo kale samee wax kasta oo aad u arakto in ay muhiim u tahay cadaynta dhacdada.
4. Xaree dacwo police
 - a. Marka ugu horeysa ee awoodu, la xariir police-ka si aad u gudbiso dacwadaada.
 - b. Marka aad police-ka la haylayso qoro magaca iyo nambarka aqoonsiga ee qofka aad la hadashay.
 - c. Hubi in police-ku dacwadaada xareeyey adigoo weydiisanaya nuqulka dacwadaada.
 - d. Hadaad aaminsantahay in fal dambiyeedku la xariiro faquuq police-ka u sheeg in ay sidaa u xareeyaan.

5. Dhacdada war bixin kasii xaafiiska bulshada rayid civil rights group-ka Meesha aad deganthay.

Xaraynta dacwad police Waxa ay u muuqan kartaa/ loo dareemi karaa mid adag balse waxa ay aad muhiim ugutahay badqabka bulshada. War bixintu waxa ay police-ka ka caawisaa xaqiijinta nabadgelyada, is dhexgalka iyo wada jirka bulshada.

Sideen caawimaad dheeraad ah ugu heli karaa nafsadayda, saaxiibkayga ama qof ka tirsan qoyskayga?

Fal dambiyeedyada ku salaysan nacaybka iyo dhacdooyinka nacaybku waxaa ay sababi karaan jaah-wareer qoto dheer iyo is aaminaad la'aan bulshada dhexdeeda ah. Raadinta taageero dheeraad ah waa muhiim. Waxaad adeeg caafimaad oo dhanka maskaxda ah weydiisan kartaa ispitaalka ku yaala Meesha aad degantahay waxaa sidoo kale ku caawin kara dhaqaatiirta maskax ahaanta dadka u daaweeya. Si aad u heshao warbixin dheeraad ah oo ku saabsan xaynta dacwadda fal dambiyeed nacayb ku salaysan ama aad u ogaato taageerada aad ka heli karto Meesha aad ku nooshahay, la xariir xarunta joojinta nacaybka kana wacaya:-
1 -844-966-4283.

Mar kaad maqasho war bixinta English ka, qatka kusii jir si aad war bixinta ugu hesho isbaanish, mandarin, Cantonese, kuuriyaan, bunjaabi, iyo viyadnaamiis. Hadaad ku hadasho luuqad aan ku waas ahayn raadso qof kuu turjuma intaadan wicin namberka kadib waxaa lagu tilmaami doonaa meel kale oo ku caawin karta oo la shaqaysa xarunta joojinta fal bdambiyeedyada nacaybka.

Meelaha kale ee aad warbixinada ama faldambiyeedyada nacayb ka ku salaysan loo gudbin karro.

1. Communities Against Hate, Waxaad kala xariiri kartaa.
2. <https://communitiesagainsthate.org/report>
3. Southern Poverty Law Center; waxaad kala xariiri kartaa <https://www.splcenter.org/reporthate>

4. Anti-Defamation League; waxaad kala xariiri kartaa <https://www.adl.org/take-action/report-an-incident>

warbixintaadu waxaa ay hay'addahan ka caawin kartaa in ay dabagal ku sameeyaan fal dambiyeedayada la xariira nacaybka iyo dhacdooyinka nacaybka wata sidaasna xal loogu hello wal walka wadanka ka jira ee falalkaas la xariira.

Si aad wax badan oo fal dambiyeedyada nacaybka ku salaysan u oga, to booqo websiteyadam .

1. Mashruuca joojinta nacaybka; booqo:- <https://844nohate.org/>
2. Anti-defamation league; booqo:- <https://www.adl.org/what-we-do>
3. Southern poverty law center- hatewatch; booqo:- <https://www.splcenter.org/hatewatch>
4. Nebraska Appleseed; booqo:- Neappleseed.org
5. ACLU of Nebraska Aclunebraska.org

Haha warbixintan laga soo qoray

1. Ka fal celinta nacaybka:-warbintintooda Anti-Defamation League: New York, NY, 2017. Print.
2. "Waxa aytahay in aad sameyso hadad noqoto dhibane dambi nacayb". Ololaha xuquuqul aadanaha. <http://www.hrc.org/resources/what-to-do-if-you-have-been-the-victim-of-a-hate-crime>. Waxaa la daalacday 2april/2018.
3. "Hor dhac ku saabsan sharciga dambiga nacaybka". Anti-Defamation League, Plains State Region, Omaha, NE, print.