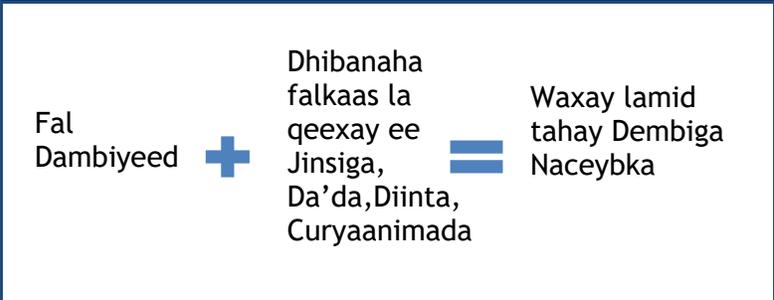


# KA JAWABIDA DEMBIYADA NACEYBKA EE BULSHADAYDA

## MAXAY KU KALA DUWANYIHIIN DHACDOOYINKA NACAYBKA EE BULSHADA KA DHEX JIRA IYO 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.

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



### Tusaaloyinka fal dambiyeedyada naceybka ah:

- Qof ayaa gurigaaga ku sawiray sawir lagu aflagaadeynayo jinsiyadaada.
- Qof ayaa wax kugu dhuftay sidoo kalana caayey diintaada ama wadankaaga.
- Qof ayaa jinsigaaga awgiis kuugu hanjaby.

## Sideen cawimaad dheeri ah ugu heeli karaa nafsadeyda, saxiib ama qof qoyska igala tirsan?

Fal dambiyeedyada ku salaysan nacaybka iyo dhacdooyinka nacaybku waxaa ay sababi karaan jah-warer 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 xaraynta dacwadda fal dambiyeed nacayb ku salaysan 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 dambiyeedyada nacaybka.

Sources:  
 1 Southern Poverty Law Center. (2024, October 1). Hate Crimes, Explained. "As defined by the FBI, a hate crime is a violent or property crime ... motivated in whole or in part by an offender's bias against a race, religion, disability, sexual orientation, ethnicity, gender or gender identity." Retrieved from SPLC website  
 2 "What to do if You've Been the Victim of a Hate Crime." Human Rights Campaign. <https://www.hrc.org/resources/what-to-do-if-youve-been-the-victim-of-a-hate-crime>.

## Waxa aad sameyneyso hadii adiga ama qof aad taqaanid uu la kulmo dembiga naceybka:

Hadaad aaminsantahay adiga ama qof aad taqaanid inuu yahay dhibane dembi naceyb ah , waxa jira tilaboyin lagaa rabo inaad si dhaksi ah uqaado dhacdada kadib.

**Cawimaad cafiimaad ah si degdeg uraadso hadii lagu dhaawacay.**

**Hadii aad cawimaad ooga baahato poliska ama Isbitaalka, wac 911.**

**Qor xogta muhiimka ah ee fal dembiyeedka sida Meesha dembiga ka dhacay, waqtiga iyo sida ay wax udheceen iyo xog kasto aad heyso oo dembigaas la xariirto ee qofka dhibka kuu geystay.**

1. Qor dhamaan erayada, calaamadaha uu isticmaalay qofka ku soo weeraray taasi waxaa ay sahli kartaa in la ogaado cidda/dadka uu ka tirsanyahay.
2. Macquul matahay 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.
3. 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.

### Riboot ukudbi Pooliska

1. Sida ugu dhkhsiyaha badan, riboot ukudbi pooliska si aad u ogeysiiso waxa dhacay.
2. Marka aad lahadleyso poliska, qoro sarkaalka ku adegaya magacisa iyo lambarka bajkiisa.
3. Xaqiiji in sarkaalka kiiskaga gudbiyo kadibne koobi adiga kusiiyo.
4. Hadii aad aminsanthay in dembiga cunsuriyen uu ahaa sidaas usheeg sarkaalka, oo uu sidaas kuqoro kiiska.

### Riboot ugudbi qolyahay udooda xuquuda rayidka ee degaankaaga.

1. Ribootkaaga wuxuu hayadaha ka caawin karaa inay daba galaan dembiyada neceybka si ay wax oga qabtaan arrimahas wadanka dhamaantiisa (1)(2)
  - a. Commission on Human Rights
  - b. Southern Poverty Law Center

**Agabyada aqoon kororsiga - Riix linkyada hoose**  
[Southern Poverty Law Center - Hatewatch Nebraska](#)  
[Appleseed](#)  
[ACLU of Nebraska](#)  
[Civil Rights.org](#)  
[NAPABA Hate Crime Resources](#)  
[Facing History & Ourselves](#)