# Sida Looga Hortago Ka Ganacsiga Dhalinyarada

Ka-ganacsiga dhallinyaradu waa dembi la xidhiidha ka faa'iidaysiga shakhsiyaadka looga faa’iidaysanayo ujeeddooyin fal galmo ganacsi ama shaqo aan ikhtiyaar ahayn iyadoo la adeegsanayo jujuub, khiyaamo ama xoog. Dhammaan kiisaska, ku qancinta qof ka yar da'da 18 inuu sameeyo fal galmo ganacsi waa *dembi*, iyada oo aan loo eegin in la isku qasbo, khiyaamo ama xoog loo isticmaalo. Xaaladaha qaarkood, tahriibiye ayaa siri doona, khiyaamaynaya, ama jidh ahaan qofka ku qasbaya inuu sameeyo galmo ganacsi. Kuwa kale, qofka waxaa loo sheegaa been, loo hanjabaa, la fara-maroojiyo ama waa la weeraraa si uu ugu shaqeeyo sharci darro, bini'aadantinimo darro, ama shuruudo aan la aqbali karin.

Inkastoo tahriibinta dadka ay ku dhici karto *qof kasta*, waxaa jira dhowr arrimood oo khatar gelin kara dhibbanaha. Kuwa ugu badan waxaa ka mid ah dadka soogalootiga ama dib loo dejiyay dhawaan, baxsadka ama dhallinyaro aan guri laheen, ku lug lahaanshaha nidaamka daryeelka carruurta, isticmaalka mukhaadaraadka, iyo welwelka caafimaadka maskaxda. Dembiilayaashu waxay ka kooban yihiin dhammaan jinsiga, jinsiyadda, qowmiyadaha iyo dhaqaalaha, waxaana ku jiri kara shakhsiyaadka, xubnaha qoyska, mulkiilayaasha ganacsiga, lammaanayaasha dhow, xubnaha burcadda ama shabakadaha, maamulayaasha shirkadaha iyo saraakiisha dawladda.

## Calaamadaha digniinta ah ee ka ganacsiga dadka

Waa muhiim in *wax la baro dhallinyarada* wixii ku saabsan calaamadaha digniinta ah ee xaaladaha tahriibinta dadka. Mid ama ka badan oo ka mid ah xaaladaha soo socda ayaa muujin kara in qofku halis ugu jiro ka-ganacsi galmo ama shaqo.

Kuwaas waxaa ka mid ah marka lammaane aad u dhow ama loo-shaqeeye:

* Uu ku riixo, ku qasbo, aad ugu qancin karo, oo uu sameeyo ballanqaadyo waxyaalo aad u wanaagsan inay run noqdaan (tusaale, mushahar sare, hadiyado).
* Uusan caddayn meesha shaqada, shuruudaha, iyo/ama magaca loo-shaqeeyaha ama aqoonsiga.
* Caddaadis ku saaro qofka in uu isla goobta ku shaqaysto, oo uu ugu hanjabo in fursadaasi ay lumin doonaan haddii aan go’aan degdeg ah la gaadhin.
* Weydiisto qofka inuu sameeyo wax uusan ku qanacsanayn, oo ay ku jirto u samaynta falalka galmo ee dadka kale.
* Wuxuu adeegsadaa ama ugu hanjabaa xadgudub si uu u abuuro dhaqan cabsi.
* Isku dayga lagu xaddidayo helidda qoyska, asxaabta iyo shabakadaha bulshada.
* Dulqaad badnaan, iyo si joogto ah u hubinta dabeecadda iyo goobta qofka.
* Mamnuucdaya helitaanka lacagta ama qalabka isgaadhsiinta sida telefoonnada ama kombayutarada.

## Sida dhallinyarada loogu wacyigaliyo inay is ilaaliyaan

Waa muhiim in dadka waaweyn ay ku dhiirigeliyaan *dhalinyarada* agabyo ay isla markiiba heli karaan si ay si sax ah ugu qiimeeyaan badqabkooga. Tan waxaa ka mid ah la wadaagidda hagidda soo socota:

* Haddii qof ama xaalad aad ku dareento dhibaato, si dhab ah u qaado oo uga bax sida ugu dhakhsaha badan ee suurtogalka ah.
* Hayso dhammaan waraaqahaaga aqoonsiga ee muhiimka ah, iyo sidoo kale lambarrada telefoonanda dadka waaweyn ee lagu kalsoon yahay, mar walba. Qof kale ama loo-shaqeeyaha xaq uma laha inuu haysto ama qaati aqoonsigaaga.
* Hubi in aad heli karto hab isgaarsiin (taleefanka gacanta ama kaarka taleefanka) iyo sidoo kale helitaanka akoonkaaga bangigga mar kasta.
* U sheeg qof lagu kalsoon yahay haddii aad ka welwelsan tahay badbaadadaada. Haddi ay suurtogal tahay, la sa ee qofkan kelmad badbaadi - mid muujinaysa inaad fiican tahay oo aad hadli karto, iyo mid kale oo ah in aad khatar ku jirto, iyo in qofku isla markiiba waco 911.
* Haddii aad ka shakisan tahay inaad khatar degdeg ah ku jirto wac 911 isla markaaba ka hor inta aanad cid kale la xidhiidhin.
* Isticmaal kombuyuutar dadweyne haddii ay suurtogal tahay, oo had iyo jeer tirtir raadintaada iyo taariikhda browserka.
* Samee akoon iimayl oo cusub oo leh adeeg bilaash ah sida [Gmail,](https://accounts.google.com/b/0/AddMailService) [Yahoo,](https://www.yahoo.com/?guccounter=1)ama [Xushmail.](https://www.hushmail.com/) Isticmaal magac isticmaale oo aan la mid ahayn magacaaga. Ha isticmaalin taariikhaha dhalashada ama macluumaadka kale ee laguugu aqoonsan karo ee u sheegi kara qofka wax tahriibiya goobtaada.
* Keydi koobiyada iimaylada hanjabaada ah, qoraallada iyo sheekaysiga
* Tixgeli joojinta ama shaandhaynta iimaylada soo socda ee tahriibiyeyaasha ama dadka aan la aamini karin.
* Laba jeer hubi goobaha gaarka ah ee baraha bulshada oo ka saar dhammaan meelaha juquraafiyeed ee calaamadsan. Ha bixin macluumaad aan loo baahnayn oo ku saabsan hawl maalmeedkaaga ama goobtaada. Wax badan ka baro asturnaanta iyo badbaadada [Instagram,](https://help.instagram.com/667810236572057) [X](https://about.twitter.com/en_us/safety/safety-tools.html) iyo [Facebook-ga](https://www.facebook.com/help/325807937506242/) .
* Tixgeli inaad joojiso sheekeysiga baraha bulshada oo aad xannibto ama aad saarto saaxiibadaada tahriibiyaasha ah, kuwa aad taqaan, iyo saaxiibada wadaagga ah ee la aamini karin.

## Waxa ay samayn karaan la-taliyayaasha dugsiga, maamulayaasha iyo xirfadlayaasha kale ee caafimaadka maskaxda.

Marka laga soo tago in dhallinyarada laga wacyigaliyo calaamadaha digniinta ah ee tahriibinta dadka, iyo in lagu xoojiyo agabka lagu ilaalinayo ammaankooda, xirfadlayaal tababaran oo ku jira iskuulada ayaa caawin kara dhallinyarada halista ugu jirta tahriibinta iyagoo abuuraya qorshe badbaado.

*Qorshayaashan waa inay ku jiraan:*

* Qiimaynta khatarta hadda jirta, iyo garashada walaacyada badbaadada ee iman kara ama hadda jira.
* Samaynta xeelado lagaga hortagayo ama lagu dhimayo khatarta waxyeellada.
* Si cad u qeexidda qorshayaal gaar ah oo wax looga qabanayo marka la handado ama la waxyeelleeyo.

Mar walba, waa muhiim inaad raacdo siyaasadaha, nidaamyada iyo hab-raacyada ay dejiso degmadaada dugsigu.

## Halkee laga heli karaa caawimaad

### Haddii lagaa faa'iidaysto ama aad dareento inaad la kulanto ka ganacsiga dadka

* **Wac 911**
* [**Khadka Tooska ah ee ka ganacsiga dadka ee Qaranka**](https://humantraffickinghotline.org/) 1-888-373-7888, TTY: 711, \*U qor farriin lambarka 233733, "HELP" ama "INFO" ama la xiriir [sheekaysi toos ah.](https://humantraffickinghotline.org/chat) Adeegyada lagu bixiyo Ingiriisi, Isbaanish, iyo 200 oo luqadood oo dheeraad ah.
* [**Telefoonka Qaranka ee kahortagga ka ganacsiga dadka**](https://humantraffickinghotline.org/obtenga-ayuda), 24 saacadood maalintii, 7 maalmood ee usbuucii 1-888-373-7888 si aad ula hadasho mid ka mid ah la-taliyayaashayada sida gaarka ah ugu tababaran mawduucan. Taageerada waxaa lagu bixiyaa in ka badan 200 oo luqadood. Waxaan halkaan u joognaa inaan ku dhageysanno oo aan kugu xirno caawinaada aad u baahan tahay si aad u badbaado.

### Sida loo soo wargeliyo dhacdooyinka looga shakisan yahay ka ganacsiga dadka

* **Wac 911** ama la xidhiidh waaxda booliiska deegaankaaga ama lambarka helidda degdegga ah.
* [**Xarunta Kheyraadka ka ganacsiga dadka ee Qaranka**](https://www.hsdl.org/?abstract&did=758949)Wac telefoonka bilaashka ah (24/7) 1-888-3737-888 (1-888-373-7888). Waxay bixiyaan adeeg 24/7 in ka badan 200 oo luqadood.
* [**Telefoonka Qaranka ee kahortagga ka ganacsiga dadka**](https://humantraffickinghotline.org/obtenga-ayuda)Si aad u wargeliso suurtogalnimada kiis ka ganacsiga dadka, wac khadka Qaranka ee 1-888-373-7888. Dhammaan xidhiidhka khadka telefoonka waa si adag. Akhri siyaasadayada asturnaanta adiga oo gujinaya halkan.
* **U qor HELP ama INFO to BeFree**(233733).
* [**Xarunta Qaranka ee Carruurta Maqan & Laga Faa'iidaysto (NCMEC**](https://www.missingkids.org/)**)** 1-800-THE-LOST (1-800-843- 5678).
* Soo gudbi talo onlayn halkan [**Xarunta Kheyraadka ka ganacsiga**](http://www.traffickingresourcecenter.org/) ama wac khadka telefoonka 1-888-373-7888, TTY: 711, \*U qor lambarka 233733, [sheekaysi toos ah](https://humantraffickinghotline.org/chat)

### Kheyraadka waalidka, daryeelayaasha, shaqaalaha dugsiga iyo xubnaha bulshada

* [**Ciidanka Weerarka Galmada ee Oregon (SATF)**](https://oregonsatf.org/) waxay siiyaan fursado waxbarasho, agab, iyo caawimo badbaadayaasha.
* [**Xarunta Qaranka ee Carruurta Maqan & Laga Faa'iidaysto**](https://www.missingkids.org/) waxay siiyaan [agabka lagu ilaalinayo badbaadada dhallinyarada inta lagu jiro khadka](https://www.missingkids.org/blog/2020/child-online-safety), [Tilmaamaha isticmaalka taleefanka gacanta ee badbaadada leh](https://www.missingkids.org/content/ncmec/en/blog/2019/post-update/parents-guide-to-smartphone-safety.html)iyo [macluumaad kale](https://www.missingkids.org/blog/blog_collection_prevention) waalidiinta iyo qoysaska.
* [**Khadka Tooska ah ee ka ganacsiga dadka ee Qaranka**](https://humantraffickinghotline.org/faqs/safety-planning-information) Waxay siiyaan macluumaad faahfaahsan oo ku saabsan qorsheynta badbaadada, oo kulul si looga hortago ama looga jawaabo xaalad ka ganacsiga dadka.
* [**Youth.gov**](https://youth.gov/youth-topics/trafficking-of-youth) waxay siiyaan isku xirka fiidiyowyada, podcastsyada, kheyraadka tababarka, iyo barnaamijyada loogu talogalay kahortagga tahriibinta dhallinyarada.
* [**Gaadiidleyda ka-hortagga ka ganacsiga (TAT)**](https://www.truckersagainsttrafficking.org/) – waxa uu tamariyaa oo qalabeeyaa oo abaabulaa xubnaha gaadiidka xamuulka, basaska iyo warshadaha tamarta si ay ula dagaalamaan ka ganacsiga dadka.