# Sida loo Taageero Dhallinyarada LGBTQ+

Dhallinyarta loo aqoonsaday inay yihiin LGBTQ+ (khaniisad, khaniis, laba-galmood iyo isweydaar jinsi, qaniisad iyo/ama su’aalan) inta badan waxay la kulmaan nacayb ku salaysan jinsigooda iyo/ama aqoonsigooda jinsiga. Tan waa ay ka sii darnaan kartaa haddii ay la kulmaan dhibaatooyin jireed ama shucuureed. In kasta oo aanay dhammaan xubnaha bulshada LGBTQ isku khibrad lahayn, haddana waxaan ognahay in takoorka, eexda, diidmada xuquuqda madaniga iyo aadanaha, dhibaataynta iyo diidmada qoyska ay yihiin wax caadi ah. Waayo-aragnimadaasi waxay dadka LGBTQ+ga gelinaysaa khatarta sii kordhaysa ee caqabadaha nafsiga ah, gaar ahaan haddii laga aamuso, la go'doomiyo, ama aanay xidhiidh deggan la lahayn dadka waaweyn ee la aamini karo.

Markaad ka fikirayso baahida caafimaadka maskaxda iyo taageerada bulshada ee ardayda LGBTQ+, waa muhiim in la aqoonsado awooddooda iyo baylahdooda labadaba. Ardayda dugsiga sare ee loo aqoonsado inay yihiin khaniisad, khaniis, ama laba-galmood iyo isweydaar jinsi ayaa [shan jeer ay u badan tahay](https://www.cdc.gov/mmwr/volumes/65/ss/ss6509a1.htm) in ay isku dayaan in ay isdilaan marka la barbardhigo asxaabtooda jinsiga caadiga ah, iyo dhallinyarada jinsiga isweydaarka ah ayaa si la mid ah khatar sare ugu jira inay is-waxyeelleeyaan.

Waxaannu ognahay in bulshooyinka la haybsooco ay aad ugu baahan yihiin taageero niyadeed. Tani waxay si gaar ah uga run sheegi kartaa dhallinyarada LGBTQ+ ee ku nool deegaan aan la soo dhawayn, cadaawad ama xad-gudub ah. Waxaannu ku talineynaa in shaqaalaha dugsigu ay si degdeg ah ula xiriiraan shaqaalaha caafimaadka maskaxda ee degmadooda haddii ay ka dhashaan walaac ku saabsan caafimaadka jireed iyo maskaxeed ee arday kasta, iyo in la-taliyayaasha dugsiga iyo shaqaalaha kale ee caafimaadka maskaxda iyo dhibaatadu ay caawiyaan ardayda isticmaalaya taageerada [3 Tier model](https://www.oregon.gov/ode/students-and-family/healthsafety/Documents/Model%20for%20School%20Mental%20Health%20Delivery.pptx) . Tan waxa ku jiri kara isku xidhka ardayda LGBTQ+ [oo leh asxaab taageersan iyo shaqaale dugsi. Fadlan fiir](https://www.oregon.gov/ode/students-and-family/healthsafety/Documents/Mental%20Health%20Guidance%20for%20School%20Counselors%2C%20Other%20Mental%20Health%20Professionals%20and%20Administrators.pdf)i [Tilmaanta Caafimaadka Maskaxda ee La-taliyayaasha Dugsiga , Xirfadlayaasha kale ee Caafimaadka Maskaxda iyo Maamulayaasha wixii macluumaad dheeraad ah](https://www.oregon.gov/ode/students-and-family/healthsafety/Documents/Mental%20Health%20Guidance%20for%20School%20Counselors%2C%20Other%20Mental%20Health%20Professionals%20and%20Administrators.pdf).

[Ardayda LGBTQ+ sidoo kale waxaa lagu xaqiijin karaa oo lagu taageeri karaa siinta](https://www.oregon.gov/ode/students-and-family/healthsafety/Documents/Mental%20Health%20Guidance%20for%20School%20Counselors%2C%20Other%20Mental%20Health%20Professionals%20and%20Administrators.pdf) fursadaha sii wadida, daryeelka, iyo isku xidhka Kooxaha ardayda sida [Isbahaysiga Jinsiga & Galmada (GSA)](https://www.glsen.org/support-student-gsas) waa kheyraad muhiim u ah dhismaha bulshada, lahaanshaha, iyo isku xidhka ardayda LGBTQ+ ee Oregon. Waxaan ku dhiirigelinaynaa bulshooyinka inay tixgeliyaan habab kale oo lagu xiro ardayda LGBTQ+ ee GSA-yada iyo kooxaha kale ee ardayda taageera. Barayaasha caafimaadku waa inay sidoo kale mudnaanta siiyaan LGBTQ

+ loo dhan yahay [waxbarashada galmada](https://www.oregon.gov/ode/students-and-family/healthsafety/Pages/Sexuality-Education-Resources.aspx) si kor loogu qaado horumarka aqoonsiga togan iyo jawi waxbarasho oo badbaado leh, iyo sidoo kale in laga hortago cagajuglaynta internetka, xadgudubka galmada iyo rabshadaha, iyo xidhiidhada aan caafimaadka lahayn ee dhammaan arday K-12.

ODE waxay abuurtay agab ururin si ay u caawiyaan ardayda, shaqaalaha, xirfadlayaasha caafimaadka dhimirka iyo qoysaskooda oo ay ku jiraan: Sida looga hortago isdilka[(dhalinyarada](https://www.oregon.gov/ode/students-and-family/healthsafety/Documents/5.%20How%20to%20Prevent%20Youth%20Suicide%20-%20Youth%20Version.pdf) iyo[qaangaar](https://www.oregon.gov/ode/students-and-family/healthsafety/Documents/9.%20How%20Adults%20Can%20Help%20to%20Prevent%20Suicide.pdf) versions),Maxaa la sameeyaa haddii [waxaad ka shakisan tahay xadgudub, Maxaa la sameeyaa haddii aad la kulanto xadgudubka guriga ama rabshadahaiyoSida loo ka taageer carruurta iyo kurayda khasaare iyo dhaawac](https://www.oregon.gov/ode/students-and-family/healthsafety/Documents/7.%20How%20to%20Support%20Children%20and%20Teens%20Through%20Loss%20and%20Trauma.pdf).

## Dhallinyarada ama dadka waaweyn ee dhibaataysan

*Waxaannu kugula talineynaa inaad la xiriirto mid ama in ka badan oo ka mid ah kheyraadka soo socda::*

* **Haddii adiga ama qof aad garanayso loo handado, aad khatar degdeg ah ku jirto ama aad ku fikirayso is-dilid, wac 9-1-1.**
* [**Khadka Qaranka**](https://www.rainn.org/articles/lgbtq-survivors-sexual-violence) **LGBTQ** [:](https://www.rainn.org/articles/lgbtq-survivors-sexual-violence) 1-888-843-4564
* [**Khadka Badbaadada ee Kahortagga Is-dilka Qaranka**](http://www.suicidepreventionlifeline.org/)1-800-273-TALK (8255) (24/7 khadka tooska ah), 1-888-628-9454 (Isbaanish), 1-800-799-4889 (TTY)
* [**Mashruuca Trevor**](https://www.thetrevorproject.org/) waa shabakad taageero oo loogu talogalay dhallinyarada LGBTQ oo wax-ka-qabata dhibaatooyinka iyo ka hortagga isdilka, oo ay ku jiraan khadka qoraalka 24-saac ah (Qoraalka "START" to 678678)
* [**Khadka Tooska ah ee Xadgudubka Galmada ee Qaranka**](https://ohl.rainn.org/online/) dumarka, ragga, LGBTQIA+: 1-800-656-HOPE (4673) ama khadka tooska ah ee internetka<https://ohl.rainn.org/online/>
* [**Rabshadaha Guriga Qaranka ee 24-saac ee khadka tooska ah**](https://www.thehotline.org/)(988)[, noolow adeegga chat](https://www.thehotline.org/what-is-live-chat/) (Ingiriis 24/7; Isbaanish 12-6pm), adeegyada dhegoolaha (TTY1-855-787-3224, talefoonka fiidiyowga 1-855-812-1001, nationaldeafhotline@adwas.org), [website](https://www.thehotline.org/help/) sidoo kale waxay siisaa hagitaan asxaabta iyo qoyska, caawinta sharciga, kaalmada xayawaanka iyo wax ka badan.
* [**Rabshadaha qoyska**](https://espanol.thehotline.org/) Adigoo wacaya lambarka taleefanka 1-800-799-7233 ama lambarka

TTY (khadka qoraalka ee maqalka iyo hadalka naafada ah) 1

-800-787-3224

* [**1in6 khadka caawinta ee khadka tooska ah**](https://1in6.org/helpline/) loogu talagalay ragga ka badbaaday xadgudubka galmada carruurnimada iyo xadgudubka galmada ee qaangaarka ah.

## Kheyraadka aan degdegga ahayn ee dhallinyarada LGBTQ+ iyo dadka waaweyn

*Waxaannu kugula talineynaa kheyraadkan soo socda si aad u isticmaasho xaaladaha aan degdegga ahayn:*

* [Khayraadka LGBTQ (RAINN)](https://www.rainn.org/articles/lgbtq-survivors-sexual-violence)Waxay siiyaan kaalmo, agab iyo waxbarasho kuwa la kulma xadgudubka jireed ama galmada.
* [Xarunta Caawinta Qaranka ee LGBT:](http://www.glbtnationalhelpcenter.org/) Waxay siiyaan isku xirka taageerada asaaga ee qarsoodiga ah ee dhalinyarada LGBT, dadka waaweyn iyo waayeelka oo ay ku jiraan taleefan, qoraal iyo wada sheekeysi online ah.
* [Tusaha Bixiyaha ee Ururka Caafimaadka Gay iyo Lesbian](https://glma.org/find_a_provider.php): Qalab raadin oo heli kara bixiye daryeel caafimaad oo LGBTQ ah.
* [Xarunta Qaranka ee sinnaanta jinsiga:](https://transequality.org/)Waxay siiyaan agab shakhsiyaadka transgender-ka ah, oo ay ku jiraan macluumaadka ku saabsan xaqa helitaanka daryeel caafimaad.

## Khayraadka Barayaasha iyo Ardayda

* [Waaxda Waxbarashada ee Oregon (ODE) Ilaha Waxbarashada Galmada](https://www.oregon.gov/ode/students-and-family/healthsafety/Pages/Sexuality-Education-Resources.aspx) Waxay siiyaan macluumaad ku saabsan ka-hortagga xadgudubka galmada iyo ka jawaabista, waxbarashada galmada ee dhammaystiran, iyo horumarinta caafimaadka galmada. Si aad wax badan uga ogaato la xidhiidh Sasha Grenier.
* [GLSEN:](http://www.glsen.org/) Hoggaamiye heer qaran ah oo ku jira K-12 waxbarasho sugan oo sugan, boggan waxa ku jira cilmi baadhisyo jawi dugsi oo kala duwan, barnaamijyo, agabyo, iyo talooyin barayaasha iyo sidoo kale ardayda.
* [Soo Dhawaynta](https://www.welcomingschools.org/resources/) Dugsiyada: Waxaa ku jira casharo, liisaska buugaagta, xaashida tibaaxaha, iyo webinars si loo abuuro jawi taageero ah ardayda LGBTQ+ ee K-12.
* [Jinsiga](https://www.genderspectrum.org/resources/) Ballaadhan: Marka lagu daro hodantinimada agabka loo dhan yahay jinsiga ee ardayda, qoysaska, iyo barayaasha, Gender Spectrum ayaa martigeliyay [kooxaha taageerada farsamada](https://www.genderspectrum.org/family)
* [Q-Chat Space](https://www.qchatspace.org/Learn-More): Meel nabdoon oo loogu talogalay dhallinta LGBTQ inay ku xidhmaan oo ay taageero ka raadsadaan facooda.