# Maxaad Samaynaysaa Haddi Aad Ka Shakido Xadgudub Ilmo

Xadgudubka caruurtu waa dhibaato halis ah.  [[Sharciga Ka warbixinta Xadgudubka Ilmaha ee Waajibka ah ee Oregon](https://www.oregon.gov/DHS/ABUSE/Pages/mandatory_report.aspx)](https://www.oregon.gov/DHS/ABUSE/Pages/mandatory_report.aspx) wuxuu ku qeexay soo wargeliyaha waajibka ah "*shaqaale ka tirsan hay'ad dawladeed ama mid gaar loo leeyahay oo bixisa adeegyo ama waxqabadyo la xidhiidha carruurta*.” Taas macnaheedu waxa weeye in shaqaalaha dugsiga iyo maamulayaasha looga baahan yahay inay soo sheegaan xadgudubka ilmaha ee laga shakisan yahay wakhti kasta.

## Waa maxay xadgudubka carruurta?

Waxaa jira noocyo badan oo kala duwan oo ah [xadgudubka carruurta](https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/). Noocyo badan oo xadgudub ah waxaa ka mid ah:

* **Xadgudubka guriga:** nooc kasta oo ah rabshad, hanjabaad, xakameyn ama dabeecad cagajugleyn *dadka xiriirka ka dhexeeya*. Xadgudubku wuxuu noqon karaa mid shucuureed, jir, galmo ama nafsi sida:
  + Feer, garaacid, haraati, goyn ama gubasho.
  + Xadgudub galmo, faraxumayn, kufsi ama galmo.
  + Xakamaynta habdhaqanka oo ay ku jiraan inaan loo oggolaan qof inuu ka baxo guriga ama la xiriiro dadka kale.
  + Ku handadaada in la dilo ama dhaawaco qof kale ama xayawaan rabaayad ah.
  + Weydiinta qof kale inuu sameeyo falal sharaf dhac ah.
* **Xadgudub jireed ama galmo:** marka qof uu waxyeello ama dhibaato u geysto ilmo si ula kac. Tusaale ahaan:
  + Ku garaacista gacmaha, feer ama shay’o.
  + Feer, dharbaaxo, ruxid, tuurid ama haraati.
  + Qaniinyada, xoqidda, xuub-suubid ama gubasho.
  + Xadgudub galmo, faraxumayn, kufsi ama galmo.
  + Lafo jabin.
  + Qarqin ama sumayn.
* **Xadgudub niyadeed ama maskaxeed:** wuxuu la xiriira ula dhaqmidda xun ee shucuurta ilmaha si joogto ah. Way ka adag tahay in la ogaado marka loo eego xadgudubka guriga ama jirka.

Noocyada xadgudubka niyadeed waxaa ka mid ah:

* + Hanjabaad, bahdilid, ku qaylin ama si joogto ah u dhaleecayn.
  + Ugu yeedhida ilmaha magacyo ama si joogto ah ugu kaftamaya.
  + Eedaynta, aflagaadeynta ama adeegsiga sarbeebta iyadoo ujeedadu tahay dhibaatayn.
  + Ilmaha oo aad loo riixo ama aan garanayn xadkooda.
  + U bandhigida ilmaha xaalado ama dhacdooyin ka cadhaysiinaya sida qaadashada daroogada, fal galmoodka ama xadgudubka guriga.
  + Ka dhigista ubadku inuu sameeyo dhaqamo sharaf dhac ah.
  + In la iska indhatiro, la dayaco, ama ku guul daraystay in ay taageeraan horumarkooda jidheed, bulsho iyo shucuureed.
  + Diidmada in loo ogolaado carruurta inay saaxiibo yeeshaan ama la xidhiidhaan xubnaha qoyska ama dadka waaweyn ee lagu kalsoon yahay.
  + Aan la siin ilmaha wax jawaab celin ah oo wanaagsan, dammaanad qaadis, kobcin ama jacayl jidheed oo habboon.
  + Xoogsheegashada shucuureed iyo xoogsheegashada internetka.
  + Ku dhiirigelinta ilmaha inuu ka qaybqaato dhaqdhaqaaqyada sharci darrada ah oo ay ku jiraan isticmaalka mukhaadaraadka ama khamriga.

### Noocyada kale ee xadgudubka

Marka laga soo tago saddexda nooc ee xadgudubka, waxaa jira noocyo kale oo badan oo xadgudub ah oo ay ku jiraan dhiig-miirashada galmada, daawaynta dayacan, si xun ula dhaqanka iyo dayaca iyo iibsashada ama iibinta qof ka yar 18 sano jir.

## Waa maxay calaamadaha guud ee xadgudubka ilmaha?

Calaamadaha xadgudubku waa kala duwan yihiin, mar walbana lama arki karo. Waxaa ka mid noqon kara:

* Dhaawacyada jireed sida nabaro, goyn, ama gubasho aan shil ahayn.
* Walaaca, niyad-jabka ama fikradaha isdilka, qorshayaasha ama falalka.
* Dhibaatooyinka waxbarashada, dhibaatooyinka xoogga saarista, awood la'aanta dhamaystirka hawlaha.
* Dhaqanka bulshada ka soo horjeeda sida xanaaqa, dagaalka, gardarada afka, kharribaadda, iyo tuuganimada.
* Bararka, nabarrada, lafaha jaban ama jaban, gubasho, gubasho, calaamado qaniinyo ama nabar.
* Xanuuno soo noqnoqda sida calool xanuun, madax xanuun iyo hargab.
* Feejignaan raadin.
* Sariir-qoynta, hurdo la'aan ama riyooyin qarow.
* Ka bixitaan bulsheed oo aad u daran iyo/ama awood la'aanta in la hadlo.
* Kalsooni la'aan ama isku kalsoonaansho.
* Maareynta adag ama si wax ku ool ah loo maareeyo dareenka.
* Ku dhaqma hababka da'da ee aad ugu badan carruurta da'doodu ka yar tahay.
* Ay ku adag tahay bilaabista ama ilaalinta cilaaqaadka.
* Dhibaatooyinka neefsashada, matag, caajisnimo ama qalal.
* Isticmaalka daroogada, khamriga ama marijuana.

## Maxaa la sameeyaa haddii ilmaha ama dhallinyaradu ay muujiyaan xadgudub

Haddii ubadka ama dhallintu ay muujiyaan in isaga, iyada ama iyaga ay la kulmayaan xadgudub, waa muhiim in:

* Ka fiirsato erayadaada, ficiladaada iyo luqadaada jirka si aadan u qorsheyn xukunka, burinta, ceyrinta ama raaxo la'aanta xad dhaafka ah.
* Si taxadar leh oo feejigan u dhagayso waxay sheegayaan.
* U xaqiiji in aad sheekadooda u qaadanayso si dhab ah.
* U oggolow in ay kuu sheegaan in ay ahayd waxa saxda ah ee la sameeyo.
* U sheeg in aanay iyagu khaladka lahayn.
* Sharax waxa aad samayn doonto marka xigta.
* U soo sheeg waxa ilmuhu kuu sheegay sida ugu dhakhsaha badan.
* Ha ka hor imaanin xadgudbaha(yaasha).
* Raadso saaxiib iyo taageero bulsho haddii aad u baahan tahay inaad si qarsoodi ah uga hadasho khibradaada.

Xusuusnow, maahan inaad caddeyso in xadgudubku dhacay.

### Yaa la wacaa

* Haddii aad u malaynayso in qof la dhaawacay, ama uu khatar ku jiro wac 911 isla markaaba.
* Wac Waaxda Adeegyada Aadanaha ee Oregon taleefoonka caawinta bilaashka ah 855-503-7233.
* U sheeg xadgudubka ilmaha xafiiska deegaanka ee Waaxda Adeegyada Dadweynaha (DHS), ama waaxda booliiska deegaanka, Booliska Gobolka Oregon, Sheriff, ama waaxda dhallinta ee degmada.

## Khayraadka

* [Maxaad ka qaban kartaa xadgudubka carruurta?](https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/de9061.pdf) - Hagaha Waaxda Adeegyada Caafimaadka ee Oregon.
* [FAQ ku saabsan warbixinta khasabka ah ee Oregon](https://www.oregonmetro.gov/sites/default/files/2018/11/02/employee-policies-COO-MERC-mandatory-reporting-FAQ-OMA-01212014.pdf)