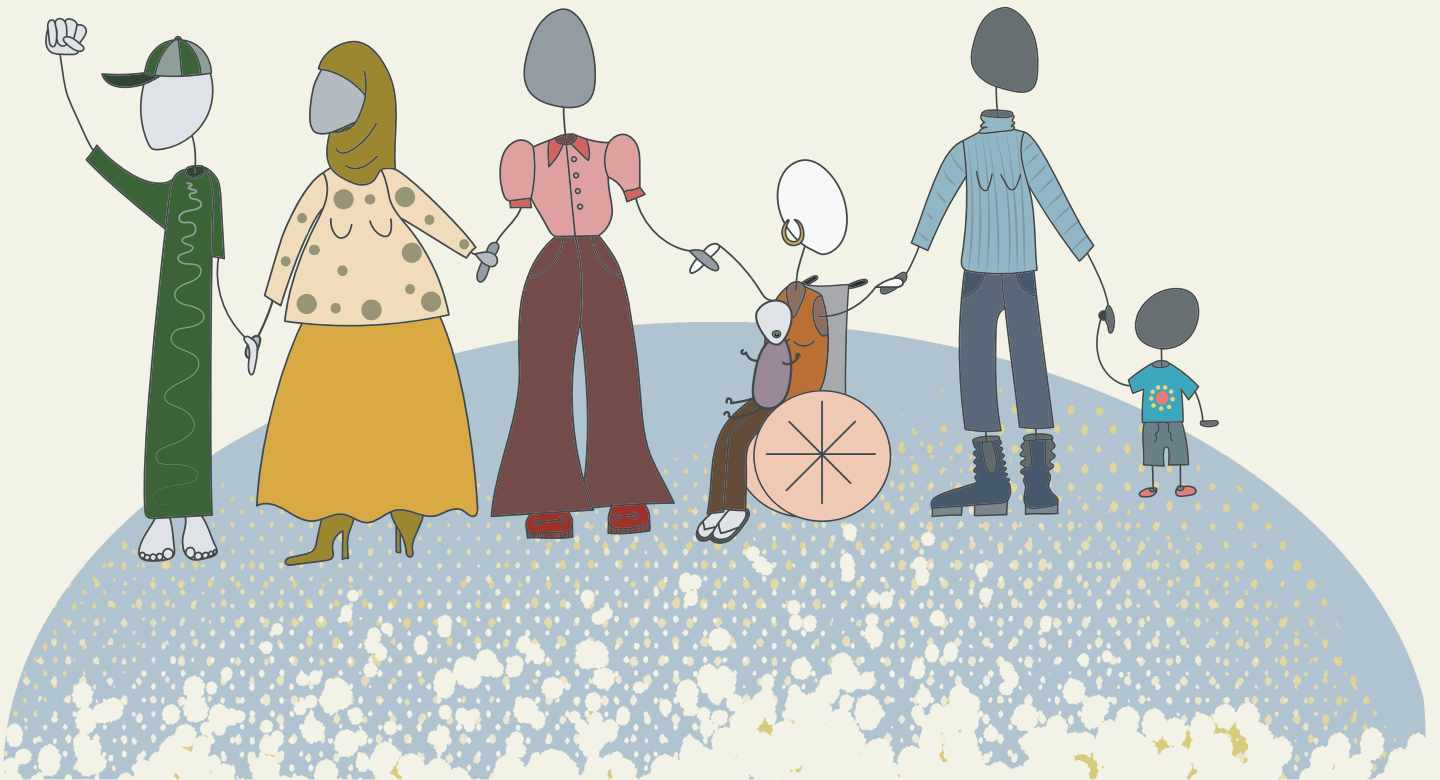
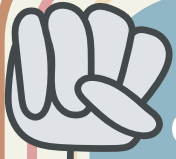


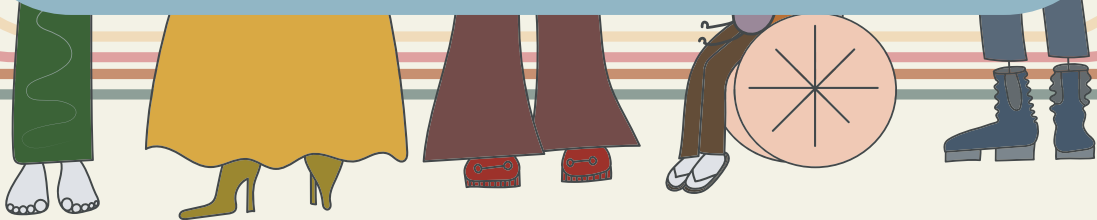
**Qof walba waxa oo
xaq u leeyahay Nolol
aan rabshad ama
gumaysi lahayn,
guriga dhexdhiisana.**





Guriga ina lagu gumaysto ama lagu dhibo scharciga dhulkan waa ka mamnuuc. Qofna inoo u dhulqaato dhibatada ma aha, ama in aad qarsatid.

Waxaa jira siyaabo badan oo aad cawimo ama xal u heli kartid. in aad qof la tashatid ama inaad cawimo hishid, si aad dhibaata uga bixi kartid.



Maxay tahay gumaysaka guriga?

- ☉ Quaamyska ka dhaxaysa laba qof oo wayn u guri ku wada nool ama hore guri ku wada nolaan jiray
- ☉ Waxay ku na dhici karta laba qof u saxiib ah ama isqaba, ama xata dadka aad wax isku tihidiin bay ka iman karta
- ☉ Gumaysiga guriga waxay noqon karta dhacdo 1mar ah, ama mid joogta ah, ama mid mudo ka bacdi so noqnoqota
- ☉ Gumaysiga guriga ii scharciga aan ogolayn ii danbi noqonkarta

Ayey ku dhici karta gumaysiga guriga?

- ☉ Inta ugu badan haweenka ayey saameysa
- ☉ 4 gabadh ba ii germanka ku nool, mid ka mid oon ba hore gumayse ama dhib ka timid ninkeeda ama nin ay kala tageen
- ☉ Gabadha walba wey ku dhici karta, mesha aad ka timid , qabeelkaaga, shaqadaada iyo da'adaada ku ma xidhna
- ☉ Ciyalka wey ku dhibaatoodaan markay waalidku ay isku hor dagaalaan

Sidee gumayska guriga loo garan kara iyo inta nooc oo leeyahay?

- ☉ Gumaysiga dhilamada: garaac, ino ku dhilo, ku riix riixo, ama ino hanjabo ino sameeyo
- ☉ Gumaysiga maskaxiyan: cayda, xaqiraad, niyada laga dhilo, cabsi galin
- ☉ Gumaysiga jirkaaga: inoo ku kufsado, wasmada ku qasbo, ama sii adab daro jirkaaga ka hadlo
- ☉ Gumaysiga bulshada: laga manuuco xiriir inaad dadka la yeelatid, dadka iyo mujtamaca laga jaro
- ☉ Gumaysiga dhaqaalaha: lacagta Kontrol lagu sameeyo
- ☉ Gumaysiga internetka: cay, xaqiirad, wax dhib leh xaga internet



Maxaan yeela markay aniga, saxiibaday, gabadha jaarka, ama qof aan garanaayo oo gumaysiga guriga ku dhacdo?

Tusaalo ahaan waxaa jirta xafiiso la taliska:

- ☉ Xagaa waxaa la talinaaya qofka dhibaataysan ama familigisa, wadajirna xal baa la isla heli doona
- ☉ Xagaas waxaad ka heli karta maclumaad ku sabsan sharciyada iyo xaga dhaqaalaaha (lacagta caydha, sharciyada ku sabsan Nabdaada, suaalaha ku sabsan masuliyada ilmaha iyo wax ilmahaga ku saabsan, iyo xaga sharcigan passportka iyo waxyaabaha la mid ah)
- ☉ Marka xafiiska lagu la talinaayo, turjmaan ba lagu codsan kara
- ☉ Cidna waxba ka ma gudbin doono, wax walba hadada rabtidna sir ahaan baad na la xidhiidhi karta
- ☉ Marka lagu la talinaayo markasta xaq waxaad u leedihiid inaad joojisid hadaanad rabin
- ☉ La talinta waa bilaash lacag la'aan



Beratungs- und Interventionsstelle (Frauen helfen Frauen e.V. Marburg)



Alter Kirchhainer Weg 5
35039 Marburg



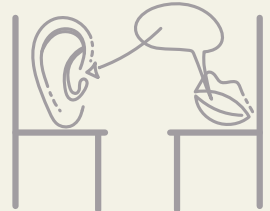
beratung@frauenhaus-marburg.de



Tel: 06421-161516



Isniinta Talaado Arbaco 10 am-1 pm
Khamiis 4 pm-7 pm



Waxaa jirana guriga dumarka (frauenhaus):

- ☉ Gurigaas gabadha iyo ciyaalkeedaba mudo ayey ku noolaan karaan
- ☉ Xagaasna qofka waa la cawin waana la taagirin, ino qof xooq leh oo nooqdo, iyo nolol bila rabshada iyo gumaysi lahayn ino yeesho
- ☉ Guriga meesho ku yaalo waa sir, si dadka Meesha ku nool iyo ciyaalkooda lo ilaaliyo
- ☉ Markasta ba qofka waa u guuri karaa



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