

Hadii aad go'aansato inaad iskaga tagto si rasmi ah lamaanaahaaga:

- ☐ Samayso hal qorshe hadii aad wakhti haysato aad ku diyaar garawdo kahor inta aanad ka tegin iyo qorshe kale hadii aad si dhakhso ah kaga tagayso ah.
- ☐ Ta tag mar aanu lamaanaahaagu kaa filaynin. Tani waxay ku siinaysaa wakhti badan kahor inta aanu lamaanaahaagu ogaan inaad ka tagtay. Hadii aad awoodo, kala hadal sarkaala bilayska oo kaa saara guriga marka aad ka tagayso (615-862-8600).
- ☐ Waa inaad heshaa PO box kuu gaar ah.
- ☐ Furo xisaab bangi oo kaliya magacaagu ku qoran ayahy oo waxa aad ku kaydsataa lacag. Waxa aad meel dhigataa lacagta ugu badan ee aad awoodo adiga oo aan ogaysiinaynin lamaanaahaaga. Hadii aanad furan karin xisaab bangi, ka dalbo cid aad ku kalsoon tahay inay kuu hayso lacagta si markaa aanu lamaanaahaagu u ogaan karin ama u isticmaali karin.
- ☐ Hadii aad leedahay xayawaan, waxa aad u diyaarisaa cid ku daryeesha meel amaan ah.
- ☐ Waxa aad ku xisaabtanta inaad furato sanduuq amaan ah si aad ugu ridato waraaqaha muhiimka ah. Ka dalbo asxaab ama qoyska cid aad ku kalsoon tahay
- ☐ hadii ay ku kaxayn karaan adiga iyo caruurtaada wakhtiga xaalada degdega ah.
- ☐ Waxa aad isku daydaa inaad qaadato waraaqaha rasmi ah ama koobiyada waraaqaha soo socda:

- ☐ Shahaadooyinka dhalashada ee adiga iyo caruurtaada
- ☐ Kaadhadhka sooshaal sekuuritiga adiga iyo caruurtaada
- ☐ Aqoonsiyada adiga iyo caruurtaada
- ☐ Lacag iyo kaadhadhka kaydka ee magacaaga ku qoran
- ☐ Nuqul Amarka Ilaalinta
- ☐ Waraaqaha is furida iyo korinta caruurta
- ☐ Liiskaaga guurka
- ☐ Nuqulka heshiiska kirada
- ☐ Heshiiska guriga
- ☐ Waraaqaha xujada guriga, duwaangelinta & caymiska
- ☐ Duwaanada caafimaadka ee adiga iyo caruurtaada
- ☐ Duwaanada dugsiga caruurtaada
- ☐ Ruqsada shaqada, giriin kaadhka, fiisayaasha, iyo baasboorada adiga iyo caruurtaada
- ☐ Dawooyinkaaga iyo kuwa caruurtaada
- ☐ Furayaasha guriga iyo gaadhiga
- ☐ Dahabkaaga adiga iyo kuwa caruurtaada
- ☐ Liiska cida aad la xidhiidhayso (oo ay la socdaan cinwaanada iyo lambarada taleefanka) wixii qoyska ama asxaabta ah ee aad kaalmo ka dalban karto
- ☐ Furayaasha sanduuqaaga kaydka iyo/ama PO box-ka
- ☐ Wixii cadaymo ah ee aad ka hayso cida kugu tacadiyaysa



Metro Office of Family Safety

Where Hope and Healing Begin

Hadii aad ka warwarsan tahay amaankaaga ama aad mararka qaar ka baqato lamaanaahaaga ama qaraabadaada, waxaad heleysaa kaalmo. Si aad ula hadasho cid kuu ololaysa, waxa aad la xidhiidhi kartaa xafiisyadeena. Dhamaan macluumaadkaaga waxaa la ilaalin doonaa sirtiisa oo dhamaan adeegyadu waa bilaash.

Family Safety Center iska imaatinka iyo balamaha

610 Murfreesboro Pike
Nashville, TN 37210
(615) 880-1100

Isniin - Jimce, 9:00 am - 6:00 pm
Kaalmada Amarka Ilaalinta 24/7

Jean Crowe Advocacy Center goobta maxkamada

100 James Robertson Pkwy., Suite 114
Nashville, TN 37201
(615) 862-4767

Isniin - Jimce, 7:45 am - 4:00 pm

Waxaa lagaa caawin doonaa inaad xarayso Amarka Ilaalinta, abuurto qorshayaasha amaanka, aad qiimayso heerkaaga khatarta, ku xidhnaato khayraadka sida hoyada iyo latalinta, iyo inuu ku siiyo meel amaan ah oo aad ku sugto dhagaysigaaga maxkamada.

Khibradaada tacadigu waa kuu gaar ah, iyo dhabadaada amaanka ah iyo kasoo bogsashadaadu sidoo kale. Waanu ku dhagaysanaa, ku aaminaa, oo waxa aanu kuu sharaxnaa khayraadka aad heli karto. Waxa aad dooranaysaa hadii aad bilayska gaadhsiinayso ama hadii kale.

Hadii aad joogto Nashville, waxa aad sidoo kale la hadli kartaa khadka tooska ah ee YWCA 24-saacadood:
1-800-334-4628

Hadii aad ka baxsan tahay Nashville, waxa aad kala hadli kartaa 24 saacadood Khadka Tooska ah ee Tacadiga Guriga Dhaxdiisa ee Qaran:
1-800-799-7233



Qorshaha Amaanka

Qofna uma qalmo in la waxyeeleeyo.

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5 Tilmaamood ee Ugu Sareeya:

- ☐ Xaqiiji in taleefankaagu mar kasta dabaysan yahay. Sido xadhiga dabka taleefanka mar kasta.
- ☐ Xaqiiji in gaadhigaagu mar kasta uu ku jiro shidaal wanaagsani.
- ☐ Iska duwaan geli Smart911 (www.smart911.com)
- ☐ Hayso shandad xaalad degdega ah: xadhiga taleefanka ee dabka, dhar aad ku badalato, lacag, dawooyin, iyo waraaqaha muhiimka ah.
- ☐ Ku qarso meel aanu lamaanahaagu heleynin laakiin aad si fudud ugala bixi karto.
- ☐ La hadal 911 hadii aad dareento khatar ama aad baqato.

During a Violent Incident:

- ☐ Ka dhaqaaqa meesha adiga iyo caruurtaadu inayna xaalada tacadigu bilaabmin.
- ☐ Ka fikir dhawr sababood oo lamanaahaaga aad ugu qancin karto inaad uga bixi karto guriga wakhtiyo kala duwan maalintii ama habeenkii hadii aad u baahato inaad ka baxdo guriga.
- ☐ Ishaaro isla garta jaarka aad ku kalsoon tahay (inaad laydhka uga dhigto ishaaro aad kolna u shidayso kolba adiga oo bakhtiinaya ama inaad wax daaqada ka soo lusho) si aad ugu sheegto inaad u baahan tahay kaalmo.
- ☐ Ka fogow waxyaabaha afka leh ama shayada culus iyo hubka hadii ay dhacdo in lamaanahaagu uu isku dayo inuu isticmaalo.
- ☐ Ha gelin madbakha, geerashka iyo suuliga.
- ☐ Isku day in aanad qabanin meesha ay caruurtaadu
- ☐ joogaan meedaama oo lamaanahaagu uu iyagana wax gaadhsiin karo.
- ☐ Sawiro furayaasha gaadhiga oo waxa aad dhigataa meel aad adiga oo kaliya garanayso hadii ay dhacdoba inuu lamaanahaagu kaa qaado. Hadii aad ka baxsan kari waydi, meel dabada koone
- ☐ ah geli. Ilaali wajigaaga adiga oo gacmahaaga ku qabanaya dhinacyada madaxaaga oo isku soo duubaya farahaaga.
- ☐ Isku in aanad xidhan khamaar ama dahab iyo wixii
- ☐ lamid ah oo lamaanahaagu kuu isticmaali karo.

Marka aad Joogto Guriga:

- ☐ Badal daakhilaaniga guriga.
- ☐ Isku day inaad ku xidhato aalada digniinta ee amaanka daaqadaha ama inaad ku rakibto nidaamka amaanka.
- ☐ Hakuu xidhnaadaan mar walba albaabada iyo daaqaduhu.
- ☐ Ha shidnaadaan dhamaan laydhadhka barandooyinku habeenkii.
- ☐ U sheeg jaar aad ku kalsoon tahay inuu la hadlo bilayska hadii uu ku arko lamaanahaaga meel u dhaw gurigaaga.
- ☐ Ha u sheegin cidna cinwaankaaga aanad garanaynin ama aanad ku kalsoonayn.

Marka aad Banaanka Joogto ama Shaqada:

- ☐ U sheeg waashmaanada, maamulayaasha, iyo cida aad wada shaqaysaan ee aad ku kalsoon tahay xaaladaada oo ka dalbo inuu la hadlo bilayska hadii uu arko lamaanahaaga.
- ☐ Sii sawirka lamaanahaaga waashmaanada, maamulka, iyo shaqaalaha aad wada shaqaysaan ee aad ku kalsoon tahay si ay u gartaan.
- ☐ Kala badbadal meesha aad u marta shaqada.
- ☐ Ka dalbo cid inay kuu raacdo gaadhiga ama bas maalin walba. Hadii ayna cidna kuu kaxayn karin, kala hadal qof taleefanka inta aad lugaynayso.
- ☐ Ka dalbo shirkada inay la socota taleefankaaga.
- ☐ Ka fikir waxa aad samaynayso hadii lamaanahaagu uu yimaado.

Marka aad Isticmaalayso Baraha Bulshada ama Teknooloojiyada:

- ☐ Bakhtii meesha sheegeysa halka aad joogto ee taleefankaaga iyo dhamaan xisaabaadka baraha bulshada.
- ☐ Hasoo dhigin ama wadaagin macluumaadka shakhsi ahaaneed ee naftaada, gurigaaga, goobtaada, ama qoyskaaga onleyn.
- ☐ U isticmaal magac been ah xisaabtaada iimeelka iyo magaca aad ku isticmaalayso marka aad samaysanayso xisaabaadkaaga.
- ☐ Isticmaal app-ka lambarka taleefanka muuqaalka (sida Google Voice) si aad u siiso lambarka taleefanak muuqaalka halkii aad kala hadli lahayd lambarkaaga taleefanka.
- ☐ Ka dalbo in aan lagu qorin taleefankaaga ama aan la baahin.
- ☐ Hakala hadli lamaanahaaga taleefankaaga guriga ama gacanta.
- ☐ Isku day inaad badasho taleefankaaga

Marka aad La Joogto Caruurtaada:

- ☐ U sheeg dugsiyada, xarumaha xanaanada caruurta, shaqaalaha ilmaha haya, macalimiinta barnaamijka waxbarashada kadib, iyo tobobarayaasha cida loo ogol yahay inay kaxeeyaan ilmahaaga.
- ☐ Kala hadal, akhri, oo barbaro qorshahaaga amaanka ee caruurtaada badanaa.
- ☐ Xaqiiji in ilmahaagu uu xiftiyo cinwaanka gurigiina oo uu barto sida loo garaaco 911.
- ☐ Wada samaysta weedh ama kalmad ishaaro ah caruurtaada si marka ay u gartaan wakhtiga lala hadlayo bilayska ama wakhtiga ay ka baxayaan guriga oo ay kaalmo heleyaan.
- ☐ Hadii aanad uga bixi karin gurigaaga si amaan ah, bar sida loo qabto qol amaan ah oo leh quful iyo taleefan ay kala hadli karaan 911.
- ☐ U sheeg in aanayna idin so dhax gelin hadii wax lagu yeelo maadaama oo uu iyagana ay wax soo gaadhi karaan. Mudnaantoodu waa inay amaan qabaan, e maaha inay adiga ku ilaaliyaan.
- ☐ Hadii aad doonayso inaad ka tagto guriga, qorshayso waxa aad samaynayso hadii ilmahaagu si lama filaan ah ugu sheego lamaanahaaga.
- ☐ Ka ansixiso qorshaha waalidnimada
- ☐ maxkamada hadii aad u aragto in caruurtaadu amaan yihiin marka ay la joogaan lamaanahaaga.
- ☐ Bar caruurtaada habdhaqanka amaanka ee taleefanka, kombuyuutarka, internetka, iyo baraha bulshada.

Amarkaaga Ilaalinta (OP):

- ☐ Hayso nuqul OP-kaaga ah mar kasta.
- ☐ Sii nuqul OP-gaaga ah maamul aad ku kalsoon tahay iyo waashmaanada shaqada, qoys, iyo jaar iyo asxaab aad ku kalsoon tahay.
- ☐ Hadii caruurtaadu ay ku qoran yihiin OP-gaaga, sii nuqul dugsigooda, xarumaha daryeelka ilmaha, shaqaalaha ilmaha haya, macalimiinta, iyo macalimiinta barnaamijyada waxbarashada kadib iyo tobobarayaasha.