The image features three dark silhouettes of people's heads and shoulders against a light yellow background. A large, light yellow speech bubble is positioned in the upper center, containing text and a question mark. The overall color palette is warm, dominated by shades of yellow and orange.

**MA HELIKARA
INAAN GUURSADO
QOFKA ANIGA
AAN RABO**



Somaliska

QOFKA LAGA HADLAYO MA ISUMALAYNEYSA?

MIYAAD KA WELWELSAN TAHAY ...

... INAAD GUURSAN KARIN QOFKA AAD RABTO?

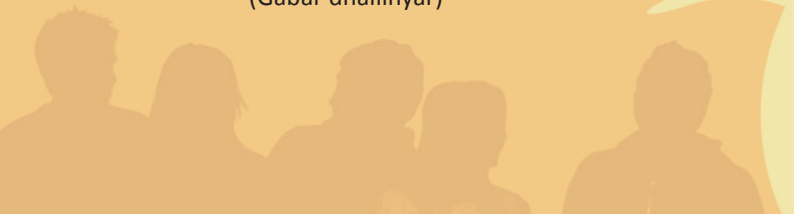
... INAAD JECLAAN KARIN QOF AAD ISKU JINSI TIHIIN?

... INAAD ISKA FURI KARIN HADDII AAD XAAS TAHAY?

Buugan yar waxaad ka oganeysa meesha aad caawimaad ka heli kartid haddii aad u baahan tahay qof aad la tashato.

"... Waxaan dareemayay inaan u qeybsanaa labo. Qay iga mid ah waa Maryanta la xaaska ah oo dhisi laheyd reer sida reerkayagu rabaan, midka kalena waa gabar dhallin yar oo dugsiga sare dhigata aadna u tebaya dhallinyarad saaxiibaday ah iyo wiilasha jooga wadanka Iswiidhan."

(Gabar dhallinyar)



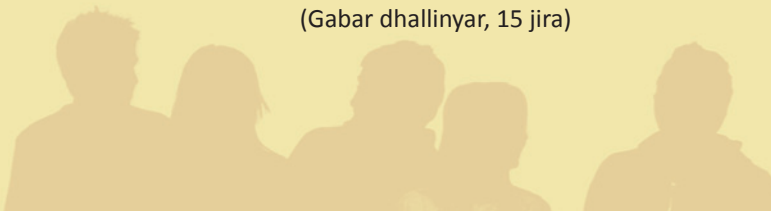
MUXUU DHIGAYA QAANUUNKA WADDANKA ISWIIDHEN?

- Xaq baad u leedahay inaad dooran karto qofka aad rabtid inaad guursato
- Kuwa guursanaya waa inay nafsadooda joogaan nanikaaxa oo iyagu dhahan haa ama maya.
- Waana khasab inaad jirto ugu yaraan 18 sanno si aad u guursato.
- Waad guursan karta haddii aad haysato ogolaansho khaas ah haddii ay jirto sababo gooni ah xataa marka aad ka yar tahay 18 sanno.
- Waa sharci jebin haddii qasbid ama hanjabaad qasbid lagu khasbo qof inuu guursado.
- Adiga xaaska ah xaq baad u leedahay in aad iska furi karto.

(Sidda qaanuunka iswiidhishku dhigayo)

*“... waalidkey ayaa go’aamiyay mar hore
qofka aan guursanayo...
Xaq miyaan u laheyn inaan aniga go’aamiyo
qofka aan rabo inaan guursado???
Fadlan i caawina...”*

(Gabar dhallinyar, 15 jira)



HALKAAN BAAD CAAWIMAAD KA HELI

Waxaad ka bilaabi kartaa adiga oo la socodsiiya qof wayn oo aad fahmeysid, aamini kartidna.

Iskoolka

la xiriir macalinkaaga, la taliyaha dugsiga ama kalkaalisadda caafimaadka ee dugsiga.

Qaabilaada dhallinyarada (Ungdomsmottagningen)

Qabbilaada dhallinyarada waa qayb loogu talagalay dhallinyarta da'dadu u dhaxeysa 13 – 25 halkaaso ay ka heli caawimaad su'aalahay qabaan oo dhan. Hoyga internetka umo.se xataa su'aalahaga waad waydiin karta adigooon ubaahan inaad u sheegto qofka aad tahay iyo ayagoo gaar ahaan kugu soo jawaabaya su'aalahaga. Waxaa kale oo cinwaankaan ka heli kartaa qaabillaada dhallinyarade ee deganka aad deggan tahay u dhow.

www.umo.se

Wiilasha su'aalahooda (Killfrågor.se)

Halkaan waxaad ka dirsan kartaa boostada elektaroonigga ah iyo qoraalka sheekeysiga halkaano aad la hadleyso shaqaale loo tababaray wada hadalka saaxiibadda.

www.killfrågor.se

Heeganka gabdhaha (Tjejjouren)

Heeganka gabdhaha waxaa ka shaqeeya gabdho kuwaaso waqtigooda firaqada ah caawina oo dhiirrigeliya gabdhaha dhallinyarta ah. Waana ku wehelayan haddii aad u baahato xirirka adeegga bulshada ama booliska. Heeganka gabdhaha (tjejjouren.se) waxaad ka dirsan kartaa e-mail, chatta ama aad ka heli kartaa heeganka u dhow meesha aad deggan tahay.

www.tjejjouren.se

Laynka telefoonka ee nabadgelyadda haweenka (Kvinnofridslinjen)

Qof walba waa u soo diri karaa telefoon oo kanna heli karaa taageero iyo talo. Waxaa halkaana jooga turjubaano ku hadla luqadaha kale oo aan ahayn iswiidhishka. Telefoonkuna waa lacag la'aan oo kama muuqaneyso kharash bixinta telefoonka. Marwalbana qof baa jooga oo kuu jawaabaya telefoonka.

www.kvinnofridslinjen.se
telefoon: 020-50 50 50

heder.nu

Haddii aad tahay khaniis ama galmada la sameeya raga iyo haweenka ama aad tahay mid rag/haween isu ekeysiiya waxaad caawimaad, taageero iyo warbixin ka heli kartaa heder.nu.

Halkaana waxaad ka dirsan kartaa boostada elektaroonigga ah ama telefoon u soo diri kartaa lacag la'aan.

www.heder.nu

telefoon: 0200-160 160



Xuquuqdada

Halkaan waxaad ka akhrisan kartaa xuquuqdada, kana dirsan kartaa boostada elektaroonigga ah iyo qoraalka sheekaysiga.

www.dinarattigheter.se

Booliiska

U dir telefoon 112 haddii lagu hanjabey, meel lagu xiray ama lagu jirdilay.

www.polisen.se/komtilloss.se

telefoon: 112

telefoonka wadanka dibadiisa:

+46 771 14 14 00

Adeega bulshadda (Socialtjänsten)

Adeega bulshadda waxaa gacata ku haya degmada oo dadka wadanka Iswiidhen degganna ka heli karaan caawinaad haddii ay u baahan yihiin. Cinwaanka iyo telefoonka waxaad ka heli kartaa degmadada hoygeeda internetka. Halkaana waxaa kale oo ka heli karta nambarka telefoonka ee adeega bulshadda oo aad u diri kartid telefoon fiidkii, habeenkii ama maalmaha fasaxa.

www.skl.se/web/kommuner

WARBIXIN DHEERADA

Ka akhriso warbixino dheerada caawimaadda aad heli karto tusaale ahaan

Adeega bulshadda

www.umo.se



Halkaan uma baahnid inaad u sheegto qofka aad tahay haddii adan rabin

MA AADEYSA DALKA DIBADDIISA? – ka feker!

Gabdhaha iyo wiilasha qaarkod waxaa lagu khasbaa inay guursaddan marka ay reerka ula dhoofan dalka dibaddiisa. Haddii aad ka walwaleyso inay kugu dhacdo taasi waa fiican tahay inaad isku daydo sidii aad guriga u joogi laheyd.

Ka hor intaad safrin la hadal qof wayn oo aad aamini karto ama qof kamida adeega bulshadda ama booliiska. Kuwas oo kaa caawimi kara sidii aad safarka uga joogi laheyd.

Haddii ay dhacdo inaad safarto oo dhibaato kugu dhacdo waxaad la xiriiri kartaa safaradda iswiidhishka ee waddanka aad joogto. Waddamada qaarkood waxaa ka heli kartaa safarad ama qunsuliyad iswiidhish oo ku caawina dadka iswiidhishka ee waddanka dibaddisa jooga.

Laakiin waa ku adkaan kartaa booliiska, adeega bulshadda iyo safaradda iswiidhishka sidii ay kuu caawini lahayeen marka aad joofto waddan kale oo aan Iswiidhen ahay maddama waddamada kale leeyihiin sharciyo gooni ah.

WARBIXIN DHEERADA

Raadi cinwaanadda safaraddaha iswiidhishka oo akhriso caawimaadda aad heli karto. www.regeringen.se
(riix Safaradaha, qunsuliyad iyo talada safarka)



In aad safarka ka kor ka fekerto

Sii qaado mobiilka iyo kaar telefoon oo dheerad ah!

La xiriir

- qof aan aaminsanahay
- adeega bulshadda
- booliiska.

Una sheeg qofka

- marka aan safarka dib uga soo noqonayo (taariikhda)
- inuu asaga ama ayadda la xiriiro degmadda haddii aan dib safarka uga soo noqon taariikh aan u sheegay
- inuu asaga ama ayadda la xiriiro safaradda iswiidhishka ee waddanka aan joogo haddii aan dib safarka uga soo noqon taariikhda aan u sheegay.

Qofkana u dhiib

- hal koobiga basaboorkayga
- telefoonkeyga nambarkiisa
- cinwaanka boostada elektaroonigga ah.

Xusuusnow inaad nambarka telefoonka iyo boostada elektaroonigga ah ee

- qofka aan horay ula sii hadlay
- ehelka iyo saaxiibada i caawini kara
- safaarada iswiidhishka.



Hay' da maamulka dhalinyarada waxay daristaa aqoon-
ta ku saabsan hab nololeedka duruufaha dayarta.
Waxaanu saacidnaa jiritaanka ururada iyo degmooy-
inka iyo wada shaqaynta caalamiga ah.

Warqadan waxaad kala soo bixi kartaa ama aad ka
dalban kartaa ciwaankan

www.ungdomsstyrelsen.se/olikasprak



UNGDOMSSTYRELSEN
www.ungdomsstyrelsen.se