



SafeLives Risk Identification Checklist

Quick start guidance

Waxaa laga yaabaa in aad liiskan warbixineed akhrinaysid sababtoo ah waxaad tahay xirfadle caawinaya dhibbane xadgudub guri. Waxaa qoraalladan loogu talagalay in ay kaa caawiyaan in aad fahanto ahmiyadda su'aalaha ku jira liiska warbixineed. Xadgudubka gurigu waxuu yeelan karaa noocyo farabadan laakiin caadi ahaan ragga ayaa ku sameeya haweenka markii uu ka dhexeeyo xiriir gaar ah oo saaxiibtinimo sida wiil/gabar wada socda, nin/xaas. Liiskan warbixineed waxaa weliba kaloo isticmaali karaa xiriirrada gabdhaha, ragga khaniisiinta ah, kuwa labadaba u taga iyo xaaladaha rabshadda 'Caadada' ku salaysan ama rabshadda qoyska. Xadgudubka gurigu waxuu ka koobnaan karaa xadgudubka la xiriira jirka, niyadda, maskaxda, galmada ama maaliyadda iyo weliba dabasocodka iyo kadeedista. Waxaa weliba laga yaabaa in dadkaas ay haystaan mid ka mid ah ama dhammaan noocyada xadgudubku uu leeyahay; xaalad kasteba waa mid gaar ah. Waxaa cabsigelinta sidaan u sii xun keeni kara habdhaqannada wada socda. Waxay taasi iman kartaa goorta xiriirka la iskula jiro ama ka dib marka uu xiriirkaasi dhammaado.

Ujeeddada laga leeyahay RIC (Liiska warbixineed ee Soo ogaanshaha Halista) waxay tahay in qalab joogto ah oo fudud loogu deeqo xirfadleyaasha caawiya dhibbaneyaasha waaweyn ee xadgudubka guriga si iyaga looga caawiyo in ay soo ogaadaan kuwa iyagu halis badan ugu jira in ay waxyeello gaarto iyo kiisaska habboon in loo gudbiyo kulamada MARAC (Shirka Baarista Halista ee Hay'ado Badan) si loo maamulo halistooda. Haddii aad ka walaac qabto halista haysata ilme ama carruur, waa in aad kiiska soo gudbiso si aad u hubiso in baaris buuxda lagu sameeyo badbaadadooda iyo wanaagooda.

RIC waa in dhibbanaha loo soo bandhigo iyadoo la raacayo qaabka lagu fuliyo hay'addaada ee:

- Siyaasadeeda ku toosan Asturnaanta
- Siyaasadeeda iyo Nidaamyadeeda Wadaagidda Warbixinta
- Siyaasadaheeda iyo Nidaamyadeeda ku toosan U-gudbinta MARAC

Ka hor inta aadan bilaabin in aad qofka weydiiso su'aalaha ku jira RIC:

- Soo ogow waqtiga uu dhibbanuhu haysto si uu kuula hadlo? Miyay nabad tahay in aad iminka wada hadashadaan? Waa maxay macluumaadka xiriirka ee nabdoon?
- Soo ogow halka ay ku sugan yihiin dembiilaha iyo carruurta;
- U macnee sababta aad su'aalahaas u weydiinaysyo iyo sida ay taasi ula xiriirto MARAC

Inta aad qofka weydiinaysid su'aalaha ku jira RIC:

- Dhakhso u soo ogow qofka uu dhibbanuhu ka cabsoonayo – lammaane hore/lammaane/xubin qoys
- Isticmaal ereyo aanan kala-sooc tilmaamayn sida lammaane /lammaane hore. Marka aad u samayso bey'ad nabad ah, oo ay heli karaan dhibbaneyaasha LGBT (Gabdhaha, Wiilasha khaniisiin ah, Kuwa labadaba u taga iyo Kuwa jinsiga iska beddela) ee iyagu adeegga isticmaalaya waxay dareemi doonaan in ay sheegi karaan xadgudubka guriga iyo weliba jihadooda galmada ama aqoonsigooda jinsiga.

Sida natiiyooyinka RIC loogu sheego dhibbanaha

Marka qof loo sheego in ay halis badan ugu jiraan waxyeello weyn oo soo gaarta ama dilis waxay taasi noqon kartaa mid aad u cabsi badan oo qofka ka xoog badata marka uu maqlo. Waxaa muhiim ah in qodobbada aad ka walaac qabto aad sheegto adigoo isticmaalaya jawaabaha uu qofkaasi ku siiyey iyo fikraddaada xirfadeed. Waxaa ka dib muhiim ah in aad raacdo nidaamyada u yaalla laantaada adeegga marka aad kiiska u gudbinaysyo MARAC iyo Adeegyada Carruurta (Children's Services). Sidoo kale, marka la soo ogaado in qof uusan waqtiga xaadirka qabin baahi la xiriirta halis badan waa in taas si

taxaddar badan loogu sheego si loo hubiyo in uusan qofku ugu malaynin in xaaladdiisa la yaraysanayo oo uusan ka xishoonin in uu gargaar codsado. U macnee in qodobbadaasi ay la xiriiraan dilista iyo waxyeellada weyn haddiina qofku uu iyaga mustaqbalka la kulmo, in ay tahay in uu dib ula soo xiriiro addeeggaaga ama adeegyada gurmada degdegga ah oo uu ka wici karo lambarka 999 marka ay timaaddo shiddo degdeg ah.

Fadlan marwalba si taxaddar leh uga fiirso xilkasnimada qofka xirfadlaha ah. Natiijooyinka ka soo baxa liiska warbixineed kama dhigna baarista inay tahay kama dambaysta ah qiimaynta halista. Waa in uu xirfadluhu ku siiyo qaab aad ku salayso fikraddaada oo hagiis u noqda su'aalaha, baarista iyo maamulka halista ee dheeraadka ah ee lagu sameeyo MARAC ama hab kaleba.

Masuuliyadda soo ogaanshaha xadka xaafaddaada u yaalla ka hor inta aanan qofka la gudbinin waxay saaran tahay kulanka MARAC ee xaafaddaada.

Ilaha

Hubi in aad ka war hayso tallaabooyinka qorshaynta badbaadada ee aad ka bixin karto, hay'addaada iyo weliba hay'adaha kale. Si fiican u baro ilaha xaafadda iyo kuwa qaran ee aad dhibbanaha u gudbin karto, sida adeegyada khaaska ah. Bogagga internetka iyo macluumaadka xiriirka ee soo socda ayaa laga yaabaa in ay waxtar kuu yeestaan:

- **Khadka caawinta ee Qaran ee Rabshadda Guriga** (National Domestic Violence Helpline) - 0800 2000 247 – oo kaa caawinaya magangelin, hoy iyo talobixin
- **Khadka caawinta ee waxyeellada ku salaysan 'Caadada'** ('Honour' Helpline) - 0800 5999247 - Si talobixin looga helo guurka khasab ah iyo rabshadda ku salaysan 'Caadada'
- **Xarumaha Gudbinta Weerarka Galmeed** - <http://www.homeoffice.gov.uk/crime-victims/reducing-crime/sexual-offences/sexual-assault-referral-centres/referral-centre-locations/>
- **Broken Rainbow** (Jeegaanta Jaban) - 08452 604460 – www.broken-rainbow.org.uk si loo helo talobixinta loogu talagalay LGBT

SafeLives waxay rabaan in ay Wasaaradda Gudaha (Home Office) ka mahad celiyaan maalgelinta ay bixisay si dukumeentigan loogu turjumo 12 luqadood oo bulsheed. Si aad warbixin dheeraad ah u hesho, ama si aad u aragto daabacaadyo kaloo turjuman, fadlan booqo www.SafeLives.org.uk

Waydiinta ku saabsan noocyada xadgudubku iyo halista arrimood

Xadgudubka jirka la xiriira

Su'aalaha 1, 10, 11, 13, 15, 18, 19 iyo 23 waxay ku saabsan yihiin xadgudubka jirka la xiriira

- Xadgudubka jirka la xiriira waxuu yeelan karaa noocyo badan ka bilow riixid ama tuurid ilaa feerid, isticmaalidda hub, cune qabasaha ama marjin.
- Waa in aad isku daydo in aad soo ogaato haddii xadgudubku ka sii darayo, ama sii kordhayso inta jeer ee uu dhaco, ama haddii dhacdooyinkuba ay sidii hore ka daran yihiin. Haddii macmiilku uusan hubin, weydii in uu soo qoro tirada dhacdooyin ee dhacay sanadkii ugu dambeeyey iyo waxa dhacay. Waa in uu qofkaasi weliba ku fikiro in uu samaysto xasuu qor uu kula soconayo marka ay yimaadaan dhacdooyinka jirka la xiriira iyo kuwa kaleba.
- Isku day in aad sawirato noocyada xadgudubka jirka la xiriira ee dhacay. Waxaa laga yaabaa dhacdada uu qofku iminka kuu sheegay in aanay ahayn wixii ugu xumaa ee dhacay.
- Waxaa weliba laga yaabaa in xadgudubku uu ku dhacayo dad kaloo reerka ka mid ah, sida qofka carruurtiisa ama walaalihii ama qaraabadiisa waayeeleka ah.
- Mararka qaar waxaa rabshadda loo geysan karaa xayawaan qoysku guriga ku haysto.
- Haddii dhacdo ay dhawaan uun timid waa in dhibbanuhu uu 999 waco si uu gargaar booliiska uga helo. Haddii dhibbanuhu dhaawacyo qabo waa in uu u tago xirfadle caafimaad sida GP (Takhtar Guud) ama kalkaaliyaha waaxda gurmada degdeg ah si kuwaas loo diiwaangeliyo

Xadgudub galmeed

Su'aasha 16 waxay ku saabsan tahay haddii dhibbanaha uu haysto nooc xadgudub galmeed

- Xadgudubka galmeed waxuu ka koobnaan karaa isticmaalidda hanjabaad, xoog ama cabsigelin si galmo qofka looga helo, xanuun ulakac lagu geysto goorta galmada, ama galmo iyo rabshad wada socda iyo hub la isticmaalo.
- Haddii dhibbanuhu uu la kulmay xadgudub galmeed waa in aad isaga ku dhiirrigeliso in uu takhtar u tago oo uu kaas ka wargeliyo booliiska. Xagga kore ka fiiri talobixinta ku saabsan sida loo helo

Xarunta Gudbinta ee Weerarka Galmeed ee gargaar ka bixin karta baaritaannada caafimaad iyo sharciyeed.

Khasab, hanjabaad iyo cabsgigelin

Khasab, hanjabaad iyo cabsgigelin ayaa lagaga hadlayaa su'aalaha 2, 3, 6, 8, 14, 17, 18, 19, 23 iyo 24.

- Waa muhiim in la fahmo oo la ogaado: cabsida dhibbanuhu/dhibbaneyaashu ka qabaan waxa dembiilaha/leyaashu ay samayn karaan; cidda ay ka cabsi qabaan iyo cidda ay u cabsi qabaan (sida carruur/walaalo). Dhibbaneyaashu waxay caadi ahaan dadka kaloo dhan ka yaqaanaan habdhaqanka xadgudbaha sababtaas ayay su'aashaasi muhiim ku tahay.
- Wixii khuseeya Rabshadda Ku salaysan 'Caadada' waxaa laga yaabaa in dhowr dhibbane ay guriga ku nool yihiin ama ku jiraan qoyska iyo bulshada intooda kale. Waxaa kuwaas weliba ka mid noqon kara qaraabada haweenka ah.
- Dabasocod iyo kadeedis ayaa sii bata marka xadgudbuhu weliba ku hanjabayo in uu waxyeelleeyo naftiisa, dhibbanaha ama dad kale. Waxuu isticmaali karaa hadallo uu ka mid yahay "Haddii anigu aan ku heli waayo cid kale kuma heli doonto..."
- Habdhaqanka tilmaama waxyeello mustaqbalka timaad waxaa weliba matali kara wicis, farriimo qoraal ama emaillo farabadan, booqasho aan la rabin ee guriga dhibbanaha, goobta shaqo iwm, ag warwareegid iyo jejebin ama kharribid hanti.
- Dhibbanaha kula tali in uu xasuus qor ka sameeyo hanjabaaddaas, waqtiga iyo halkay ka dhacdo, haddii qof kale iyaga la joogay iyo haddii hanjabaaddu ay qofkaas cabsi gelisay.
- Waqtiga kala guuridda ayaa khatar yeelan kara: ogow haddii dhibbanuhu isku dayey in ay kala guuraan xadgudbaha ama haddii loogu hanjabay dhibaatooyin imanaya hadduu tago. Waxaa khatar gaar ah leh ka daba tegidda marka la kala guuro.
- Dhibbaneyaasha xadguduburi ayaa marar noo sheega in dembiileyaashu ay waxyeelleeyaan xayawaanka guriga lagu haysto, xumeeyaan saabaanka oo ay taasi keligeed iyaga cabsi geliso iyadoo dembiiluhu uusan u baahan in uu iyaga si dhab ah u dhaawaco. Cabsigelinta noocaas ahi waa caadi waxaana badi loo isticmaalaa si qofka loogu xukumoo oo looga cabsiiyo.
- Dembiileyaasha xadgudubka guriga qaar ayaanan addeecin amarrada maxkamadda ama qabanqaabada xiriirka carruurta lala yeesho. Jebintii hore ayay ku kordhi kartaa halista rabshad mustaqbalka timaad.
- Dhibbaneyaasha ayaa ku cabsooda taariikhda dembiyeed ee lammaanahooda/lammaanahoodii hore. Waa muhiim in la xasuusto in dembiileyaasha taariikh rabshad u leh ay halis dheeraad ah ugu jiraan in ay waxyeelleeyaan lammaanahooda, xataa haddii rabshaddii hore aanay ku jeedin lammaane saaxiibtinimo gaar ah ama xubno qoys, marka laga reebo rabshadda ku salaysan 'Caadada', markaasoo dembiiluhu/leyaashu caadi ahaan aanay yeelan doonin taariikh kaloo dembiyeed oo diiwaansan.

Xadgudub niyadeed iyo go'doomin

Su'aalaha 4, 5 iyo 12 waxay ku saabsan yihiin xadgudub niyadeed iyo go'doomin. Waxay taasi la socon kartaa noocyada kalee xadgudub. Taasi iskeed ayay u jiri kartaa ama waxaa laga yaabaa in ay bilaabantay muddo badan ka hor rabshadda jirka la xiriirta. Natiijada xadgudubkaasi waxay tahay in dhibbaneyaashu ay is dembi saari karaan, si ayna ula qabsadaan waxa dhacaya, in ay yaraysan karaan ayna iska indha tiri karaan siday u daran tahay. Adiga xirfadle ahaan waxaad dhibbanaha ka caawin kartaa inuu bilaabo inuu tixgeliyo halista ku wajahnaan karta dhibbanaha iyo carruurta.

- Waxaa laga yaabaa in dhibbanaha loo diidayo inuu arko qaraabo ama saaxiibo, inuu samaysto xiriirro taageero ama in loo diidayo in uu lacag helo.
- Dhibbaneyaasha rabshad 'SafeLivesda' ku salaysan waxay ka hadlaan cidlo aad iyo aad u badan iyo guriga oo lagu 'ilaaliyo'. Waxay taasi aad u tilmaamaysaa waxyeellada mustaqbalka iman karta waana in si dhab ah loo tixgeliyo.
- Xadgudub iyo cidlo ay ku sugan yihiin awgood waxay dhibbaneyaashu dareemaan inay khasab ku tahay inay la sii noolaadaan xadgudbaha waxayna ka baqaan waxa dhici kara haddii ay isku dayaan in ay ka tagaan. Waxay taasi badi saamayn kartaa caafimaadka maskaxda ee dhibbanaha waxuuna dareemi karaa niyadjab ama xataa in uu is dilo.
- Weliba halista dhibbanaha ku wajahan way sii badan tahay haddii lammaanaha/lammaanahii hore qabo dhibaatooyin maskax sida niyadjab haddiina uu qaato mukhaadaraad ama khamri. Waxay taasi kordhin kartaa cidlada maadaama dhibbaneyaashu dareemi karaan in hay'aduhu aanay fahmi doonin ayna cambaarayn doonaan. Waxay ka baqi karaan in sheegidda warku ay iyaga iyo lammaanahooda dhib gelin karto, haddayna carruur leeyihiin, waxay ka walwali karaan in laga qaadi doono. Waxaa halistaas ku saabsan su'aalaha 21 iyo 22

Carruurta iyo uurka – Su'aalaha 7, 9 iyo 18 waxay la xiriiraan uur qabka iyo carruurta iyo haddii khilaaf ka jiro la xiriiridda carruurta.

- Jiritaanka carruurta xataa kuwa lammaanuhu hore u lahaa ayaa hooyada u kordhin kara halista xadgudub guri. Waxaa iyagana qabsan karta rabshadda toos ayayna u saamayn kartaa.
- Rabshadda jirka la xiriirta waxay marka hore iman kartaa ama sii xumaan kartaa waqtiga uurka ama sanadaha ugu horreeya noloshu ilmaha. Xirfadleyaal badan ayaa caadi ahaan xaaladda waqtigaas la socda, sida booqdeyaal caafimaad ama ummulisooyin, oo u baahan in ay ka war hayaan halista ku wajahan dhibbanaha iyo carruurta, xataa ilmaha uur ku jir ah.
- Dembiiluhu waxuu isticmaali karaa carruurta si uu u gaaro dhibbanaha, dhacdooyin xadgudub ayaa iman kara goorta booqashada lagula xiriiro carruurta ama waxaa cabsi iyo walwal badan laga qabi karaa waxyeello gaarta carruurta.
- Fadlan raac Nidaamyada iyo Xeerasha Ilaalinta Carruurta ee xaafaddaada si aad taas ugu ogaato oo aad kuwaas ugu soo gudbisoo Adeegyada Carruurta.

Xadgudubka dhaqaalaha la xiriira

Xadgudubka dhaqaalaha la xiriira – Su'aasha 20

- Dhibbaneyaasha xadgudubka gurigu waxay badi noo sheegaan in maaliyaddooda ay xukumaaan lammaanahooda/lammaanahoodii hore. Ka fikir sida xukunka maaliyadeed uu u samanyo fursadaha iyaga badbaadada uga diyaar ah. Matalan, waxay dadkaasi isku hallayn karaan lammaanahooda/lammaanahoodii hore si ay dakhli u helaan ama iskood uma helaan kaalmooyin. Dhibbanuhu waxuu dareemi karaa in xaaladdu ay ka sii dartay tan iyo markii lammaanihiisu/lammaanihiisii hore shaqadiisii ka fariistay.
- Xafiiska Talosiinta Muwaadiniinta (Citizens Advice Bureau) ama adeegga taageerada ee takhasus u leh xadgudubka guriga ee xaafadda ayaa dhibbanaha u tilmaami kara fursadaha uga yaalla xaaladdiisa maaliyadeed ee hadda iyo sida uu qofkaasi iskii lacag ugu heli karo.

Haddii aad tahay xirfadle ka shaqaynaya xadgudubka guriga oo aad rabto in aad hesho war dheeraad ah oo ku saabsan Liiska warbixineed ee Soo ogaanshaha Halista qoraallada soo socda waxaad ka heli kartaa boggayaga internetka:

- **SafeLives-DASH MARAC Risk Identification Checklist (Liiska warbixineed ee Soo ogaanshaha Halista (RIC) ee SafeLives-DASH (Xadgudubka Guriga Dabasocodka iyo Kadeedista) MARAC ee 2009 soo baxay ee loogu talagalay in lagu soo ogaado kiisaska halis badan ee xadgudubka guriga, dabasocodka iyo rabshadda Caadada ku salaysan)**
Taasi waa nuskhadda lala soo bixi karo ee RIC taasoo leh Xadgudub Heerkiisu Daranyahay (Severity of Abuse Grid) (SAG). SAG waxa uu xirfadleyaasha fursad u siinayaa in ay si faahfaahin dheeraad ah leh u sawiraan xadgudubka guriga oo ay soo ogaadaan qodobbada walaac weyni ka jiro ee muhiim noqon kara in lagu daro qorshe badbaado ama lagu sheego MARAC.
- **Practice Guidance for Independent Domestic Violence Advisors (IDVAs) using the SafeLives-DASH Risk Identification Checklist 2009 (Hagista Habdhaqanka ee loogu talagalay Lataliyeyaasha Madaxbannaan ee Rabshadda Guriga (IDVA-yada) iyadoo la isticmaalayo Liiska warbixineed ee Soo ogaanshaha Halista ee SafeLives-DASH ee 2009 soo baxay)**
Taasi waa hagaha dhammaystiran ee faahfaahsan ee loogu talagalay IDVA-yada iyo xirfadleyaasha isticmaala RIC. Waxay kuu macnaysaysaa hawsha aad macmiilkaaga kula buuxinayso RIC waxayna faahfaahinaysaa sababta iyo sida aad su'aal kaste u weydiinayso. Waxaa weliba ku jira su'aalo dheeraad ah si aad faahfaahin dheeraad ah uga hesho arrin kastoo halista raad ku leh waxayna ku deeqaysaa talobixin guud oo ku saabsan qorshaynta badbaadada. Waxay taasi tahay hage waxtar u leh IDVA-yada ama xirfadleyaasha ku cusub RIC ee iyagu raba in ay sii bartaan oo ay kalsooni dheeraad ah u yeeshaan maamulka hawsha.
- **SafeLives-DASH Risk Identification Checklist – without guidance (Liiska warbixineed ee Soo ogaanshaha Halista ee SafeLives-DASH – oo aan hagiis lahayn)**
Kaasi waa nuskhad aasaasi ah ee RIC oo lala soo bixi karo loona adeegsan karo habdhaqanka maalin walba.
- **SafeLives-DASH Risk Identification Checklist – Frequently Asked Questions (Liiska warbixineed ee Soo ogaanshaha Halista ee SafeLives-DASH – Su'aalaha Badi La is-weydiyo)**
Waxuu kaasi ka hadlayaa dhowr su'aalood oo camali ah oo la xiriira isticmaalka liiska warbixineed

Liiska warbixineed ee Soo ogaanshaha Halista Hagista Bilowga Degdegga ah iyo isbeddellada dhawaan lagu sameeyey RIC.

Si aad u hesho warbixin iyo qoraallo dheeraad ah oo ku saabsan Shirarka Baarista Halista ee Hay'ado Badan (Multi Agency Risk Assessment Conferences) (MARAC-yada), waxyaabaha soo socda ayaad ka heli kartaa boggayaga internetka

- **The new MARAC Guide 2009 – From Principles to Practice (Hagaha cusub ee MARAC ee 2009 soo baxay – Laga bilaabo Mabaadii'da ilaa Habdhaqanka)**

Waxuu kaasi hagiis faahfaahsan ka bixinayaa dhammaan hawsha MARAC waxuuna ku xiran yahay 11 Mabda' oo sal u ah hawsha Hubinta Tayada iyo xeerasha qaran ee u yaalla MARAC. Waxay ujeeddadiisu tahay in ay isticmaalaan kooxaha hoggaaminta MARAC, MARAC-yada iyagu ku dhow hawsha QA (Hubinta Tayada) iyo MARAC-yada iyagu raba hagiis dhammaystiran oo ku saabsan dhibaatooyinka ka yimaadda hirgelinta.

- **MARAC Representatives' Toolkit (Qalabka Wakiillada MARAC)**

Qalabka wakiillada waxaa loogu talagalay in ay isticmaalaan wakiillada MARAC ee iyagu ka qayb qaata kulanka MARAC laftigiisa. Waxuu muujinayaa kaalinta daruuriga ah ee ay kuwaasi ku leeyihiin marxalad kastoo hawsha ka mid ah kulanka ka hor, inta lagu jiro iyo ka dib.

- **Toolkits for specific practitioners attending the MARAC (Qalabyada loogu talagalay xirfadleyaal gaar ah oo ka qayb qaadanaya MARAC)**

Waxaa kuwaas loogu talagalay xirfadleyaasha safka hore ee iyagu la kulmi kara dhibbane xadgudub ee raba in ay u gudbiyaan kulan MARAC ama kuwa la weydiiyo in ay cilmibaaris ku sameeyaan qof MARAC loo qabto ama carruurtiisa. Dhammaan hay'adaha ay kuwaasi khuseeyaan waxaa laga arki karaa boggayaga internetka si joogto ah ayaa liiskaas loo ballaadinayaa markaa fadlan boggaas la soco si aad u hesho wixii war ah ee cusub.

Waxaa weliba noo kayd ah ilo iyo warbixin ku saabsan koorsada tababbarka IDVA ee kuugu dhow, Sii wadista Horumarka Xirfadeed (Continuing Professional Development) ee loogu talagalay IDVA-yada iyo sida Adeegyada IDVA loogu soo saaro barnaamijka yaga la yiraahdo Leading Lights (Iftiinnada Hoggaanka ah).

Liiska Khatarta Dash SafeLives

Ujeeddada foomka

- In xirfadleyaasha safka hore laga caawiyo soo ogaanshaha kiisaska halista badan ee xadgudubka guriga, dabasocodka iyo rabshadda 'Caadada' ku salaysan.
- In laga go'aan gaaro kiisaska habboon in loo gudbiyo MARAC iyo taageerada kale ee loo baahan karo. Foomka marka la buuxiyo waxuu noqonayaa diiwaangelin dhab ah taasoo dib loo tixraaci karo mustaqbalka si kiiska loogu maamulo.
- In qalab caadi ah loogu deeqo hay'adaha iyagu qayb ka ah hawsha MARAC¹ la xiriirta iyo in fikrad la isla wadaago laga bixiyo halista la xiriirta xadgudubka guriga, dabasocodka iyo rabshadda 'Caadada' ku salaysan.
- In hay'adaha loo suurto geliyo in go'aanno ay iska diffaaci karaan ay gaaraan kuwaasoo ku salaysan daliilka ka soo baxa cilmibaarista badan ee lagu sameeyo kiisaska, xataa dilista guriga ka timaadda iyo 'u sigashada', kaasoo xoojinaya tusaalooyinka sida ugu badan loo aqoonsan yahay ee baarista halista.

Sida foomka loo isticmaalo

Ka hor marka ugu horraysa ee aad foomka buuxinayso waxaannu kugula talinaynaa in aad akhrisato hagista habdhaqanka ee Su'aalaha Badi La is-weydiyo iyo Jawaabaha². Waxaa kuwaas lagala soo bixi karaa halkan www.SafeLives.org.uk/marac.html

Halistu way isbedbeddel badan tahay si dhakhso ah ayayna isku beddeli kartaa. Waxaa habdhaqan fiican ah in dib loo eego liiska warbixineed ka dib dhacdo kastoo cusub.

Shuruudaha U-gudbinta MARAC ee lagu talinayo

1. **Fikradda xirfadeed:** haddii xirfadle uu walaac daran ka qabo xaaladda dhibbane, waa in uu markaas kiiska u gudbiyo MARAC. Waxaa iman doona marar mowqifka gaarka ah ee kiis uu walaac daran keenayo xataa haddii dhibbanuhu uusan awoodin in uu sheego wax si cad u muujin kara halista uu ku sugan yahay. **Waxay taasi ka turjumi kartaa cabsida aad iyo aad u daran ee uu qofkaasi qabo, carqaladaha dhaqanka la xiriira ee u diiddan in uu wax sheego, dhibaatooyin la xiriira haajiraadda ama afka oo ku adag gaar ahaan wixii khuseeya rabshadda 'SafeLivesda' ku salaysan.** Waxaa fikraddaas sal u noqon doona khibradda xirfadlaha iyo/ama ra'yiga dhibbanuhu uu ka qabo halista uu ku sugan yahay xataa haddii uusan buuxinayn shuruudaha 2 iyo/ama 3 ee hoose.
2. **'Halista Badan ee Muuqata':** tirada 'calaamadaha saxda' ee ku jira liiskan warbixineed. Haddii aad sax ku calaamadaysay 14 sanduuq oo 'haa' ah ama ka badan waxa uu kiisku caadi ahaan buuxinayaa shuruudaha loogu gudbinayo MARAC.
3. **Sii badashada Suurogalka ah:** inta jeer ee booliiska loogu yeeray dhibbanaha sababtoo ah rabshadda guriga 12kii bilood ee ugu dambeeyey. Waxaa shardigaas loo isticmaali karaa si loo soo ogaado kiisaska aanan si cad looga helin qodobbada halista la xiriira ee liiska ku jira intooda ugu badan, laakiin ay u muuqato in xadgudubku uu sii badanayo iyo marka ay habboon tahay in xaaladda siyaado loo baaro iyadoo warbixin la isku weydaarsanayo kulanka MARAC. Waxaa caado ah in lagu bilaabo 3 jeer ama ka badan oo booliiska loo yeero muddo kastoo 12 bilood ah laakiin waxaa loo baahan doonaa in taas dib loo eego iyadoo ku xiran tirada kiisaska xaafaddaada ka jira iyo sida aad booliiska ugu yeerto.

Fadlan si taxaddar leh uga fiirso fikradda xirfadeed ee xirfadle. Natiijooyinka ka soo baxa liiska warbixineed uma dhigmayaan baarista kama dambaysta ah ee halista. Waa in uu xirfadluhu ku siiyo qaab aad ku salayso fikraddaada oo hagiis u noqda su'aalaha, baarista iyo maamulka halista ee dheeraadka ah ee lagu sameeyo MARAC ama hab kale. **Masuuliyadda soo ogaanshaha xadka**

¹ Si aad warbixin dheeraad ah uga hesho MARAC fadlan eeg Hagaha Hirgelinta MARAC ee SafeLives www.SafeLives.org.uk.

²Weydiimaha khuseeya tababbarka isticmaalka foomka, fadlan email ugu soo dir training@SafeLives.org.uk ama u wac 0117 317 8750.

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xaafaddaada u yaalla ka hor inta aanan qofka la gudbinin waxay saaran tahay kulanka MARAC ee xaafaddaada.

Waxa uusan foomkani ahayn

Waxuu foomkani warbixin qiime leh kaa siin doonaa halista ay ku nool yihiin carruurta laakiin uma dhigmo baarista buuxda ee halista ee loo sameeyo carruurta. Jiritaanka carruurta ayaa kordhiya halista sida kaleba ugu jirta rabshadda guriga waxaana gaar ahaan halis ku sugan carruurta lammaanuhu hore u lahaa. Haddii uu qofku muujiyo in halis carruurta la geliyo waa in aad ku fikirtid gudbinta aad u baahan tahay in aad samaysid si aad baaris buuxda uga heshid xaaladda carruurta.

Liistada hubinta SafeLives halis Dash ee ay isticmaalaan IDVA iyo hay'adaha kale ee aan booliska ee aqoonsiga ee halista marka la sheego xadgudubka guriga, rabshadda 'caadada' iyo / ama dabasocodka ku salaysan waa la muujiyaa

<p>Fadlan qofka u macnee ujeeddada laga leeyahay su'aalahaan la weydiinayo in ay tahay badbaadada iyo ilaalinta shakhsiga ay ku saabsan yihiin.</p> <p>Sax ku calaamadee sanduuqa haddii qodobka halis uu jiro. Fadlan isticmaal sanduuqa faallooyinka ee ku yaalla dhammaadka foomka si aad jawaab u faahfaahiso.</p> <p>Waxaa laga soo qaadayaa in warbixinta ugu badnaan laga helayo dhibbanaha laftigiisa. Haddii <u>sidaas aanay ahayn</u> fadlan ku sheeg khaanadda dhanka midig xiga</p>	Haa (sax)	Maya	Ma Ogi	Sheeg halka war laga helayo haddaanay ahayn dhibbanaha sida askari
<p>1. Dhacdada iminka timid miyay dhaawac keentay? Fadlan sheeg waxa dhaawacu yahay iyo haddii uu yahay kii ugu horreeyey.</p>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<p>2. Miyaad cabsi qabtaa? Faallada:</p>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<p>3. Maxaad ka cabsoonaysaa? Ma dhaawac kalaa mise rabshad kale? Fadlan sheeg waxa aad u malaynayso in (magaca xadgudbaha(beyaasha)...) ay samayn karaan iyo cidda ay ku samayn karaan, sida carruurta Faallada:</p>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<p>4. Miyaad dareensan tahay in aad cid arki karin sida qaraabada/saaxiibbada matalan miyay (magaca xadgudbaha(beyaasha).....) isku dayayaan in ay kuu diidaan in aad aragto saaxiibbada/qaraabada/takhtarka ama dad kale? Faallada:</p>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<p>5. Miyaad dareensan tahay niyadjab ama ku fikiraysaa in aad is disho?</p>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<p>6. Miyaad kala guurteen ama isku dayday in aad kala guurtaan (magaca xadgudbaha(beyaasha)...) sanadkii ugu dambeeyey?</p>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<p>7. Miyuu khilaaf ka jiraa xiriirka lala yeesho carruurta?</p>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<p>8. Miyuu (....) waqti walba kuu soo diraa farriimaha qoraalka ee telefoonka gacanta, ku soo wacaa, kula soo xiriiraa, ku dabakacaa, ku dabasocdaa ama ku kadeedaa? Fadlan faahfaahi si loo ogaado waxa uu qofkaasi sameeyo iyo haddii aad aaminsan tahay in uu taas si ulakac ah u sameeyo si uu kuu cabsigeliyo? Ka fikir mowqifka iyo habdhaqanka la xiriira waxa uu qofkaasi samaynayo.</p>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<p>9. Miyaad uur leedahay ama dhawaan ilme dhashay (18kii bilood ee ugu dambeeyey)?</p>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<p>10. Miyuu xadgudubku dhacaa marar sidii hore ka badan?</p>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<p>11. Miyuu xadgudubku sidii hore ka sii darayaa?</p>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Sax ku calaamadee sanduuqa haddii qodobka halis uu jiro. Fadlan isticmaal sanduuqa faallooyinka ee ku yaalla dhammaadka foomka si aad jawaab u faahfaahiso.	Haa (sax)	Maya	Ma Ogi	Sheeg halka war laga helayo haddaanay ahayn dhibbanaha
12. Miyuu (.....) isku dayaa in uu xukumo waxwalboo aad samayso oo/ama miyuu leeyahay masayr xad dhaaf ah? Marka laga hadlayo xiriirrada aad leedahay, cidda aad aragto, 'guriga oo uu kugu ilaaliyo', isagoo kuu sheega waxa aad xiranayso tusaale ahaan. Ka fikir rabshadda 'Caadada' ku salaysan oo habdhaqanka si cad u sheeg.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
13. Miyuu (.....) weligii kugu dhaawacay hub ama shayo?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
14. Miyuu (.....) weligii ku hanjabay in uu dilayo adiga ama qof kale oo aad isaga taas ka rumaysatay? Haddii ay haa tahay, sax ku calaamadee qofka: Adiga <input type="checkbox"/> Carruurta <input type="checkbox"/> Qof kale (fadlan sheeg) <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
15. Miyuu (.....) weligii isku dayey in uu ku marjiyo/cunaha ku qabto/neefta kugu dhejiyo/biyo kugu hafiyo?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
16. Miyuu (.....) sameeyaa ama yiraahdaa shayo galmada la xiriira oo aad ka xumaato ama uu adiga ama qof kale ku waxyeelleeyo? Haddii ay qof kale tahay, fadlan sheeg qofka.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
17. Miyuu jiraa qof kale oo kuu hanjabay ama aad ka cabsi qabto? Haddii ay haa tahay, fadlan sheeg cidda uu qofkaasi yahay iyo sababta aad uga cabsoonayso. Ka fikir guud ahaan qoyska haddii HBV (Rabshadda Caadada Ku salaysan) ay jirto.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
18. Miyaad og tahay haddii (.....) uu qof kale waxyeelleeyey? Fadlan sheeg qofka sida carruurta, walaalaha ama qaraabada waayeelka ah. Ka fikir HBV. Carruurta <input type="checkbox"/> Xubin kaloo qoys <input type="checkbox"/> Qof aad hore iskula socoteen <input type="checkbox"/> Qof kale (fadlan sheeg) <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
19. Miyuu (.....) weligii si xun ula dhaqmay xayawaan ama ka guriga qoysku ku haysto?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
20. Ma jiraan dhibaatooyin maaliyadeed? Tusaale ahaan, miyaad (.....) ugu tiirsan tahay si aad lacag u hesho/miyuu dhawaan shaqada ka fariistay/dhibaatooyin kaloo maaliyadeed?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
21. Miyuu (.....) dhibaatooyin kala kulmay mukhaadaraadka (daawooyinka loo qoray ama wax kale), khamriga ama caafimaadka maskaxda kuwaasoo keenay in ay ku adkaato in uu nolol caadi ah ku noolaado? Haddii ay haa tahay, fadlan sheeg midka ay tahay oo faahfaahin habboon ka bixi haddii aad og tahay. Mukhaadaraadka <input type="checkbox"/> Khamriga <input type="checkbox"/> Caafimaadka Maskaxda <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
22. Miyuu (.....) weligii ku hanjabay ama isku dayey in uu is dilo?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Name of victim:

Date:

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Sax ku calaamadee sanduuqa haddii qodobka halis uu jiro. Fadlan isticmaal sanduuqa faallooyinka ee ku yaalla dhammaadka foomka si aad jawaab u faahfaahiso.	Haa (sax)	Maya	Ma Ogi	Sheeg halka war laga helayo haddaanay ahayn dhibbanaha
<p>23. Miyuu (.....) weligii jebiyey damiinasho/amar reebitaan iyo/ama heshiis rasmi ah oo ku saabsanaa goorta uu adiga iyo/ama carruurta arki karo?</p> <p>Waxaad taas u tixgelin kartaa lammaanahii hore ee dembiilaha haddii ay habboon tahay.</p> <p>Shuruudo damiinasho <input type="checkbox"/></p> <p>Amar Ka hortag Faraxumayn/Degganaan <input type="checkbox"/></p> <p>Heshiis ku saabsan Xiriirka carruurta lala yeesho <input type="checkbox"/></p> <p>Amarka Ilaalinta ee Guurka Khasab ah la xiriira <input type="checkbox"/></p> <p>Wax kale <input type="checkbox"/></p>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<p>24. Ma og tahay haddii (.....) weligii uu dhinaca booliiska dhibaato ka geystey ama haddii uu dembi hore u geystey? Haddii ay haa tahay, fadlan sheeg.</p> <p>DV (Rabshad Guri) <input type="checkbox"/></p> <p>Rabshad galmo <input type="checkbox"/></p> <p>Rabshad kale <input type="checkbox"/></p> <p>Wax kale <input type="checkbox"/></p>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Wadarta jawaabaha 'haa' ah				

Si uu u tixgeliyo xirfadluhu

<p>Ma jirtaa warbixin kaloo habboon (oo ka timid dhibbanaha ama xirfadle) oo kordhin karta halista jirta? Ka fikir xaaladda dhibbanuhu ku sugan yahay ee la xiriirta naafonimada, isticmaalka mukhaadaraadka, dhibaatooyinka caafimaadka maskaxda, carqaladaha dhaqanka/luqadda, nidaamyada 'Caadada' ku salaysan iyo yaraysiga. Miyuu qofkaasi rabaa in uu ka qayb galo adeeggaaga? Sharrax:</p>	
<p>Ka fikir shaqada/waxyaabaha uu daneeyo xadgudbaha - miyay taasi isaga si gaar ah ugu suurtoogelin kartaa in uu hub helo? Sharrax:</p>	
<p>Waa maxay qodobbada ugu mudan dhibbanaha si badbaadadiisa wax looga qabto?</p>	

<p>Ma u aragtaa in ay jiraan sababo macquul ah oo keenaya in kiiskan loo gudbiyo MARAC?</p>	<p>Haa <input type="checkbox"/></p> <p>Maya <input type="checkbox"/></p>
<p>Haddii ay haa tahay, miyaad gudbisay?</p>	<p>Haa <input type="checkbox"/></p> <p>Maya <input type="checkbox"/></p>
<p>Saxiixa</p>	<p>Taariikhda</p>
<p>Ma u aragtaa in ay halis ku wajahan tahay carruurta qoyska ka mid ah?</p>	<p>Haa <input type="checkbox"/></p> <p>Maya <input type="checkbox"/></p>

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Haddii ay haa tahay, fadlan xaqiiji haddii aad gudbin samaysay si aad u ilaaliso carruurta	Haa <input type="checkbox"/> Maya <input type="checkbox"/>	Taariikhda aad gudbinta samaysay	
Saxiixa		Taariikhda:	
Magaca			

Qoraallada Xirfadlaha

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