



Australian Government

Midabtakoorka lama aqbali karo

Haddii aad aragto ama aad la kulantid midab kala sooc, dhibaataayn ama nacayb, ha u dulqaadan; ka hadal.

Haddii aad tahay dhibane dhaqanka cunsuriyadda

- Haddii lagu weeraro ama lagugu hanjabo dagaal, la xidhiidh booliiska.
 - Marka lagu jiro xaaladah deg-deg ah ama naf halis gelinaysa, wac Triple Zero (000) oo weydiiso booliiska.
 - Haddii aad u baahan tahay kaalmada booliiska, laakiin aaney jirin wax khatar degdeg ah, wac Khadka Caawinta Booliiska (131 444).
- Haddii anney rabshad lug ku lahayn, iyo haddii ay nabadgelyo tahay in sidaas la sameeyo, waxaad u baahan kartaa inaad adigu wax ka qabato xaaladda adoo si toos ah ula xidhiidheya qofka ama dadka ku lugta leh.
- Haddii xidhiidh toos ah aanu xallin xaaladda, ama aadan ku qanacsaneyn in aad sidaa sameysid, waxaad cabasho u gudbin kartaa Guddiga Xuquuqda Aadamiga ee Australiya (AHRC) Australian Human Rights Commission (AHRC).
 - Si aad cabasho ugu soo gudbiso AHRC, booqo www.humanrights.gov.au/complaints ama wac Xarunta Macluumaadka Qaranka ee AHRC 1300 656 419 ama 02 9284 9888.

Awooda goobjoogayaasha

Markii dadka goob joog ka ahi ay ka hadlaan wax ka soo horjeeda cunsuriyadda, tani waxay ka dhigaysaa qofka la bartilmaansayo inuu dareemo taageero, wuxuuna qofka ka dhigi karaa qofka cunsuriga ah inuu dib uga fiirsado dhaqankiisa. Ha gelin naftaada khatar. Laakiin haddii ay nabad tahay in sidaas la sameeyo, ka hadal oo garab istaag dhibanaha. Xitaa ficiil fudud oo aad muujisid ayaa awood yeelan kara.

Hadaad aragtid dhaqan cunsurinimo waxaad sameyn kartaa:

- Hadal - ugu yeer cunsurinimo, u sheeg dembiilaha inuu ogaad in aan la aqbali karin
- Taageer dhibbanaha - ag istaag qofka la bartilmaameedsaday oo weydii haddii uu ok yihiin
- Qaado caddeyn - ku duub dhacdooyinka taleefankaaga, sawir ka qaado dembiilaha oo u gudbi mas'uuliyiinta

Guddiga Xuquuqda Aadamiga ee Australiya wuxuu hayaa talooyin kusaabsan kuwa goob joogga ah, booqo <https://itstopswithme.humanrights.gov.au/respond-racism>

Takoorka midabka iyo xuquuqdaada

Racism is not acceptable - 05062020 - Somali

Australiya gudaheeda sharciga ayay ka soo horjeedaa in wax laga qabto meel pulsho iyadoo lagu saleynayo isirka, midabka, qowmiyadda qofka ama koox dad ah oo ay u badan tahay in **lagu gafo, aflagaadeeyo, la ceebeeyo ama lagu cabsi geliyo**. Habdhaqanka noocan ah waxaa lagu gartaa nacayb isir.

Tusaalooyinka nacaybka midab-takoorka waxaa ka mid noqon kara:

- Waxyaabaha cunsurinimada ah ee internetka ka dhaca, oo ay ku jiraan eeforums, baloogyada, baraha xidhiidhka bulshada iyo bogagga fiidiyowga
- faallooyinka cunsurinimo ama sawirro joornaal ah, majaladaha ama daabacado kale sida waraaqaha xayeysiiska ama warqad
- Hadalada cunsurinimada ah ee lagu qaadayo isu soo bax dadweyne
- hadalada cunsuriyada ee meel fagaare ah, sida dukaan, goobta shaqada, baarka, gaadiidka dadweynaha ama iskuulka
- hadalada cunsuriyada ku dheehan ee dhacdooyinka isboortiga ee ciyaartoyda, daawadayaasha, tababarayaasha ama saraakiisha.

Sharciga ayaa ujeedadiisu tahay inuu khadku dhufto dheellitirka u dhexeeya xuquuqda xadhiidhka ee si xor ah ('xorriyadda hadalka') iyo xuquuqda nooshaha xorta ah oo ka madhan isir nacaybka. Tallaabooyinka qaar ayaa laga yaabaa in aaney sharciga ka soo horjeedin haddii "lagu sameeyo si macquulsan oo niyad wanaag ah".

Takoorkida isirka ahi waxaay dhacdaa marka qof loola dhaqmo si ka yar qofka kale oo ay xaalad isku mid ah ay ku wada joraan iyadoo lagu saleyneyo, midabkiisa, asalkiisa, cida uu ka soo jeedo ama dhalashadiisa ama sharcigooda deganaansho sida in guri laga kireeyn waayo qof sababtoo ah asalkiisa waa asal gaar ah ama midabka jidhka.

Takoorka midabka wuxuu kaloo dhacaa marka uu jiro sharci ama siyaasad qofkastaa u simanyahy laakiin saameyn xun ku leh dadka ka soo jeeda qolo gaar ah, midab, asal ahaan ama asal ahaan soogalootin ah sida shirkad ku dhawaaqda shaqaalaha waa inaaney xidhan koofiyadaha ama dharka kale ee madaxa lagu qaato ee shaqada, oo ay u badan tahay inuu saameyn aan sax ahayn ku yeelanayo dadka ka soo jeeda asal ahaan ama jinsiyad ahaan gaar ah.

Haddii aad la kulanto midab takoor ama nacayb waxaad cabasho u diri kartaa Guddiga Xuquuqda Aadamiga ee Australiya (Australian Human Rights Commission). Habka cabashada waa mid fudud, lacag la'aan ah oo dabacsan.

Si aad cabasho ugu gudbiso Guddiga Xuquuqda Aadamiga ee Australiya (Australian Human Rights Commission), booqo, www.humanrights.gov.au/complaints

Adeegga Macluumaadka Qaranka

Adeegga Macluumaadka Qaranka ee Guddiga Xuquuqda Aadamiga ee Australiya (The Australian Human Rights Commission's National Information Service NIS) wuxuu siiyaa macluumaad iyo tixraacyo shaqsiyaad, hayadaha iyo loo shaqeyeyaalka ku saabsan arrimo fara badan oo xuquuqda aadanaha iyo arrimaha takooridda. Adeeggan waa bilaash iyo qarsoodi.

NIS waxay:

- ku siin doontaa macluumaad ku saabsan xuquuqda aad leedahay iyo masuuliyada ku saaran ee ku xusan xuquuqda aadanaha ee federaalka iyo sharciga ka-hortagga takoorka
- kala hadal inaad awoodi kartid inaad u ashtakootid guddiga ama sida sharciga uu khuseynayo xaaladaada
- ku siin doontaa macluumaad ku saabsan sida loo sameeyo cabasho, ka jawaab cabashada ama wax ka qabashada arrimaha takooridda gaarka ah
- kuu gudbin karaan urur kale oo awoodi kara inuu ku caawiyo

Fadlan la ogow in NIS aaney awoodin inay bixiso talo sharciyeed.

Waxaad NIS kala xidhiidhi kartaa:

- Telefoon: 1300 656 419 ama 02 9284 9888
- I-mayl ahaan: infoservice@humanrights.gov.au
- Fakis: 02 9284 9611
- Adeegga Relay ee Qaranka: 1300 555 727 (Hadal oo Dhageyso) ama internetka-relay.nrscall.gov.au

Adeegga Tarjumidda iyo Afcelinta

Adeegga Tarjumidda iyo Afcelinta (TIS National) waa adeeg turjubaan loogu talagalay dadka aan ku hadlin Af-Ingiriisiga. Inta badan adeegyada TIS National waa u bilaash dadka aan Af-Ingiriiska ku hadlin.

- Telefoon: 131 450
- Booqo: www.tisnational.gov.au

La-talin iyo Caafimaad-maskaxeed Maskaxda

Adeeg cusub oo taageero 24/7 ah oo si gaar ah loogu talagalay in lagu caawiyo dadka iyada oo loo marayo cudurka 'COVID-19' ayaa lacag la'aan loogu heli karaa dhammaan dadka Australiyaanka ah.

Adeegga taageerada ayaa laga heli karaa websaydhka: <https://coronavirus.beyondblue.org.au/>

Dhibaatooyinka shaqsiyeed iyo adeegyada taageerada caafimaadka dhimirka waxaad kala xidhiidhi kartaa Beyond Blue taleefanka 1800 512 348 ama Lifeline 13 13 14 waqti kasta.

Khadka Caawimada ee Ilmaha waa adeeg bilaash ah oo loogu talagalay dadka dhallin-yarada ah ee da'doodu u dhaxayso 5 ilaa 25 sano waxey wici karaan khadka 1800 551 800 xilikasta.