

# Masuuliyadaha Warbixinta

## ee Meelaynta Wakaaladu u Samaysay Ilmahaaga

**WAC 110-147:** Jaantusyadan soo socda waxa loogu talagalay inuu noqdo hagaha waalidiinta korsanaya. Qoraalka hoose waa lasoo koobay; **qoraalka dhammayskatiran waxaa laga heli karaa 110-147-1540 iyadoo loo marayo 110-147-1550.**



**U soo sheeg 48 saacadood gudahooda marka shilka dhacay ee Qaadashada DCYF (1-866-363-4276) iyo Shaqaalaha Ilmaha iyo Maamulaha Kiiska Qabiilka**

Dhimashada ilmaha ku jira daryeelka.

Looga shakiyey, ama sheegida, xadgudub jidheed ama galmo, dayacaad, ama ka faa'idaysiga ilmaha.

Xidhiidh galmo oo u dhaxeeya caruurta oo aan loo tixgalin caadiyan ciyaar dhex marta caruurta da'da dugsiga barbaarinta.

Iskudayga ismiidaaminta ilmaha **oo u baahan** daaweyn caafimaad ama cisbitaal.

Caqabadaha jidheed ee lagu eedeeyey inay yihiin ku aan habooneyn ama dheeriya.

Xadgudubka jidheed ee u dhaxeeya caruurta **oo ay ka dhalatay** daaweyn caafimaad ama cisbitaal dhigid.

Xadgudubka jidheed ee waalidka daryeelaya, shaqaale, ama dadka kale, ee ilmaha **daryeelka** ku jira o ay ka dhalatay daaweyn caafimaad ama cisbitaal dhigid.

Daawo kasta oo loo bixiyey ama loo isticmaalay si qaldan, oo ay ka dhalatay daaweyn caafimaad.

Looga shakiyey, ama sheegida, xadgudub jidheed ama galmo, dayacaad, ama ka faa'idaysiga ilmaha.

Xanuunka, dhaawaca, ama daryeelka maskaxeed ee halista ah, oo u baahan daaweyn caafimaad ama cisbitaal dhigid degdeg ah.

Waxyeelada hantida ee ku jirta khatar badqab ee aan loo sixin si degdega ama saameyn karta caafimaadka iyo badqabka caruurta.

**Kagasoo warbixi 48 saac gudahood dhacdada Shaqaalaha Ilmaha ama Maamulaha Kiiska CPA iyo Maamulaha Kiiska Qabiilka**

Daaweynta uu sameeyo xirfadle caafimaad oo xaalad caafimaad oo deg-dega ama daryeelka maskaxda oo degdega; ama Dhibaatooyinka lama filaanka ah ee caafimaadka oo **ka baxsan heerka caadiga ee falcelinta ay keento daaweyntu taasoo aan u baahneyn** daaweyn xirfadle caafimaad.

Fikradaha ismiidaaminta, xarakaadka, ama iskudayga ama isdilida guriga ee **aan u baahneyn** daaweyn caafimaad ama cisbitaal dhigid.

Hab-dhaqankasta oo galmo oo aan habooneyn, ama ku aadan, ilmaha la korinayo.

Isticmaalka xadidaada jidheed ee la mamnuucay ee maamulida hab-dhaqanka.

Xadgudubka jidheed ee u dhaxeeya caruurta oo keenaya dhaawac, laakiin **aan u baahneyn** daaweyn xirfadle caafimaad.

Xadgudubka jidheed ee waalidka daryeelaya, shaqaalaha, mutawadace, ama dadka kale ee ilmaha ku jira daryeelka, **ee aan u baahneyn** daaweyn xirfadle caafimaad.

Daawooyinka si khaldan loo maamulay ama loo isticmaalay

Isticmaalka daroogo ama alkohool ee ilmaha la daryelayo.

## Ilmaha ka Maqan Warbixinaha Daryeelka

- Ogeysii shaqaalaha ilmaha, ama Qaadashada DCYF, isla markaaba haddii kadib saacado ama shaqaalaha aan lagu helin karin (6 saacadood gudahood).
- Kula xidhiidh sharci-fulinta lix saac gudohood. Weydii lambarka warbixinta qofka maqan oo sii shaqaalaha ilmaha. Waa inaad dhakhso ula xidhiidhaa sharci-fulinta haddii:
  - Ilmaha la aaminsan yahay in la qaatay, sabasho lagu kaxaystay, ama la meeleeeyey oo aad aamisan tahay in ilmuhu halis ugu jiro xadgudub jidheed ama galmo ama ka faa'idaysiga.
  - Ilmuhu ka yar yahay da'da 13.
  - Ilmuhu leeyahay xaalado jidheed, maskaxeed, ama shucuur oo, haddii aan la daaweyn, halis ku keenays ilmaha.
  - Ilmuhu wax dhalay ama xaamilo tahay.
  - Ilmuhu leeyahay naafo maskaxeed ama korniin oo carqaladaynaysa awooda ilmuhu ku daryelayo naftiisa.
  - Ilmuhu leeyahay dhibaato la qabsi alkohool ama daroogo oo halisa.
  - Ilmuhu halis ugu jiro duruufo kale.
- Kadib markaad la xidhiidho sharci-fulinta, kala xidhiidh Xarunta Qaranka ee Caruurta Maqan ama Laga Faa'idaystay 1-800-843-5678.
- Haddii aad ogaatid halka ilmuhu joogo ama ilmuhu kusoo noqdo guriga, u sheeg shaqaalaha ilmaha.

## Isla markiiba u sheeg Sharci Bixiyaha Gobolka (72 saacadood gudahood)

- Isbadelka ciwaanka ama lambarka taleefanka.
- Sharaxaada barnaamijkaaga ama tirada dadka loo adeegay.
- Dhismaha xaruntaada ama goobtaada dhacdooyinka waxyeelada geysta, sida dabka, ama dib u habeynta.
- Ku darida shaqaale kasta, shaqaale, layli, qandaraasle, ama mutadawac, kuwaas oo laga yaabo inay xidhiidh aan la ilaalin la yeelaashaan carruurta daryeelka kujirta.
- Xadhiga shaqaalaha ama xukunnada aad ka warqabto ee dhaca inta u dhaxaysa taariikhda sharcigaaga iyo taariikhda uu dhacayo sharcigaagu.
- Shaqaale kasta ayaa isbedela oo ay ku jiraan agaasimaha fulinta, maareeyaha barnaamijka ama kormeeraha, ama la taliyayaasha heerka labaad.
- Magaca shirkada sharciga leh, ama magaca xaruntaada inta badan loo yaqaano.



Washington State Department of  
**CHILDREN, YOUTH & FAMILIES**

**QAADASHADA: 1-866-END-HARM (1-866-363-4276)**

DCYF ma takoorto waxayna usiisaa helitaan siman barnaamijyadeeda iyo adeegyadeeda dhamaan dadka iyadood loo tixgalin isirka, midabka, jinsiga, diinta, caqiidada, xaalada guur, dhalashada, rabitaanka galmo, da'da, xaalad ciidan ama jiritaanka naafo jidheed, dareen ama maskaxeed. Haddii aad rabto nuqullo dhukumanti ah oo qaab kale ah ama luuqad kale ah, fadlan kala xidhiidh DCYF Constituent Relations (DCYF Xidhiidhiyaha Qaybaha Telefoonka) 1-800-723-4831 ama iimaylka [communications@dcyf.wa.gov](mailto:communications@dcyf.wa.gov). DCYF PUBLICATION LIC\_0136 SM (08-2023) Somali