

Handadaadda iyo Dhibaateynta Ardeyda Dib-udhaca leh: Tobonka shey ee xaqiiqada ah, oo ay macalimiinta iyo ardeydu u baahan yihiin in ay ogadaan

(Bullying and Harassment of Students with Disabilities: Top 10 facts parents, educators, and students need to know—Somali version)

1. Xaqiiqada ah in handadaadda iyo dhibateeyntu inta badan ku dhacdo ardeyda dib-udhaca leh marka loo barbar dhigo ardeyda kale.

Handadaadda caruurta dib-udhaca leh ay la kulmaan aad ayey u badantahay, lakiin wax baaris ah oo cadeyneysa ma jiraan. Waxaa jirta oo keliya 10 marxaladood oo baaris ah, ee wadanka mareykanka lagu eegayo xiriirka ka dhexeeya handadaadda iyo dib-udhaca. Lakiin baarisyadaan oo idil waxey cadeyeen in ilmaha dib-udhaca leh, laba iyo sadex laab kaga badan yihiin in la handado ilmaha kale ee aan dib u dhaca laheyn. Baarisyadan mid ka mid ah, boqolkiiba 60 ardeyda dib-udhaca leh waxey cadeyeen in ay si joogto ah ula kulmeen ficilo handadaad ah, marka loo barbardhigo, boqolkiib 25 ardeyda kale.

2. Handadaadu waxey wax u geysataa kartida ardadu wax ku bartaan.

Ardey badan oo dib-udhac leh waxa dhibaato ka heysata, oo ay la xarbinayaan waxbarashada. Markey handadaad ugu darsamo, waxey si toos ah wax u yeeleysa waxbarashadooda.

Handadaadu ma aha ficil aan dhibaato laheyn oo caruurta dhan qibrad ay maraan tahay. Baaris awaxaa lagu ogaaday in handadaadu si toos ah u dhawaceyso ilmaha ka qeyb qaadashadooda waxbarashada, oo ay u horseedi karto:

- Iyagoo dugsiga diida iyo maalmo badan seega
- Darajadooda oo hoos u dhacda
- Awood u yeelan waaya in ay foajignadaan
- Lumiyani xiisaha ay u qabaan in ay waxbarashada meel sare ka garaan
- Caddada ardeyda oo dugsiga isaga takta oo kor u kaca

Fikradaha kale ee qaldan ee laga qabo handadaadda ka ogow

<http://www.PACER.org/bullying/resources/publications>

3. Kheexis – Hadey handadaadu ku saabsantahay dib-udhaca ardeyga, dabadeed waxa loo qadarinaya dhibaateyn.

Xafiiska Xaquuq-dhowrka iyo (Office for Civil Rights OCR) iyo Wasaaradda Maxkamadaha (Department of Justice DOJ) waxey cadeyeen hadii handadaadu ku saabsantahay ardeyda midabkooda, jinsayadooda, asalka dhalashadooda, sex ama dib-udhacooda dabadeed loo qadarinayo dhibaateyn.

Dhaqanadda Dhibaateynta ah waxaa ka mid noqon kara:

- Akhlaaq aan munaasab aheyn sida hadalo xumaata ah, magac cay ah, calaamad ama astaan aan munaasab aheyn,
- Oraah qoran, ama claamad ah
- Handadaad
- Gacan u qaadis
- Calaamado kale oo noqon kara handadaad gacan u qaad, qatar gelin, ama Liidid iyo sharaf ka qaad.

4. Qeynuunka sharciyeed ee dowladda- Handadaadda dadka dib-udhaca leh waa arin xaquuqda garsoorka iyo cadaaladda.

Marka ilmaha dib-udhaca leh handadaad lagu sameeyo, waalidku waxey leeyihiin xaquuq sharciyeed oo difaaceysa. Sharciga loo yaqaan 504 of the rehabilitation Act of 1973, (oo inta badan loogu yeero ‘Section 504’) iyo sharciga kale ee loo yaqaan Title II of the Americans with disabilities Act of 1990 (oo isagana marka la soo gaabiyo loogu yeero Title II) waa sharciya Dowliga ah, ee saameeya hadii aredeyda dib-udhaca leh laga xaqiro fursadaha waxbarasho oo la mid ah kuwa ardeyda kale helaan. Xafiiska Xaquuq-dhowrka (Office of Civil Rights OCR) ayaa fuliya tixraca sharciyadan Section 504, iyo Title II of ADA. Ardeyda leh barnaamijka 504 ama qorshaha waxbarashada gaar-ahaneed (Individualized Education Plan IEP) waxey u qalmaan in sharciyadaan maldaho.

Waraaq tixraac ah oo sanadki 2000 ka timid xafiiska xaquuq dhowrka (Office of Civil Rights), oo lo yaqaan “Dear Colleague letter”, waxey fareysa in gobolka iyo degmadda dugsigu, iyagoo hoos imaanaya sharciyada Section 504, Title II, sharciga xaquuqaha waxbarashada dadka dib-udhaca leh (Individuals with Disability Education Act IDEA) xil ka saran yahay in ay hubiyaan in ardeyda dib-udhaca leh, ee u qalanta heleyaan waxbarasho munaasab ah, oo lacag la’aan ah (free appropriate public education FAPE). Handadaadda ardeyda dib-udhaca leh, waxey sababi karta in ardeyda laga xaqiro waxbarasho lacag la’aan ah oo munaasab ah.

Waraaqdu waxey kaloo timaameysa, habka handadaaddu uga hor istaagi karta waxbarasho munaasab ah ardeyda dib-udhaca leh, oo hela qorshaha waxbarashada gaar-ahaneed. Sharciga IDEA waxaa loo hirgaliyey in la hubiyo cid walba oo hesha dhaqaalaha IDEA ay u fidiyaan ardeyda dib-udhaca waxbarashada gaar-ahaneed oo munaasab ah iyo howlaha la xiriira. Tasoo u suura gelinaya in ay ka kheyb qataan oo ka faaideystaan waxbarashada dugsiga dadweynaha. Howlaha qaaska ah ee loo fulinaya ardeyda dib-udhaca leh waxaa lagu qorayaa qorshaha waxbarashada gaar-ahaneed ee ardeyga (individualized Education Plan IEP). Qorshaha oo ay dejinayaan koox ay ka mid yihiin waalidka, ardeyda macalimiintooda, iyo hadii ay munaasab tahay, ardeyda naftirkood. Markey handadaadu ku saleysan tahay ardeyda dib-udhacooda, waxey hoos u dhigi kartaa kartidii ardeydu kaga faaideysan laheed waxbarashada, iyo xaddada ay ku heli lahayeen waxbarasho munaasab ah.

5. Sharciyada Gobolka-Ardeyda dib-udhaca leh markey handado waxey leeyihiin xaquuqo sharciyeed.

Goboladda intooda badan waxey leeyihiin sharciyo maldahaya handadaadda. Qaarkood waxey leeyihiin aqbaaro qaas u ah ardeyda dib-udhaca leh. Hordhac buuxa oo ah sharciyada goboladda waxaad boqata bogga Olweus.org.

Degmooyin dugsiiyeed badan ayaa iyaguna leh sharciyo shaqsiyeed, oo maldahaya habka aad ula mucaaltami karto hadaad xaalad handadaad ah la kulanto. La xiriir degmada dugsiga si aad u hesho sharciyada handadaadda iyagoo qoraal ah.

6. Waa muhiim jawaab-celinta daka waaweyn

Waalidka, macalimiinta iyo dadka waaweyn ayaa ah kuwa ugu muhiimsan ee u doodi kara ardeyda dib-udhaca leh. Waa muhiim in dadka waaweyn garanayaan habka ugu wanaagsan ee loola hadlo qof xaalad handadaad ku jira.

Ilmaha qaarkood wey awodaan in ay dadka waaweyn kala hadlaan arin shaqsiyeed, oo waxa laga yabaa in ay ka hadli karaan hadii ay xaalad handadaad ah jirto. Qaarna waxa laga yabaa in ay xaladdaa ka hadli karin. Waxaa dhici karta in ay jirto sababo badan oo taa keeni karta. Waxaa laga yabaa in ardeyga/da handadeysa ay ku yiraahdeen cidna ha kala hadlin, ama ka baqayaan hadii ay cid kala hadlaan handadaadu istaagi weydo am aka sii xumaato.

Markey isu diyaarinayaan in ay ilmaha kala hadlaan handadaadda, dadka waaweyn (waalidka iyo macalimiintaba) waa in ay qadariyaan su'aalaha ilmuhu weydiin karaan, dareenkooda, iyo habka qofka weyn u jawaabayo dareen ahaan. Dadka waaweyn waa in diyaar u ahadaan in ay dhageystaan ilmaha iyagooon eedeyneynin, oo ay u diyaariyaan meel nabad ah oo aan dareenka ilmaha wax yeelin, talaabta xigtana kaga fikirnaan.

Marnaba ma aha masuuliyadda ilmaha in ay xaliyaan arinta handadaadda ay ku jiraan. Hadey keligood xalin karaan, marka horeba uma baahdeen sacidaada dadka waaweyn.

Akhbaaro siyaada aha hadaad doneyso in aad ka ogaato, akhriso qoraalka PACER ee la yiraahdo la hadalka ilmahaaga xaaladda handadaada [“Help Your Child Recognize the Signs of Bullying”](#)

7. Akhabaarada qoraalka ah-Ardeyda dib-udhaca leh waxey helayaan akbaaro si qaas ah loogu naqshadeeyay xaladooda.

Waxbarashada gaar-ahaneed IEP

Ardeyda dib-udhaca leh, ee u qalma waxbarashada gaar-ahaneed, ee hoos timaada sharciga Waxbarashadda Dadka Dib-udhaca leh (Individuals with Disability Education Act IDEA), waxey helayaan qorshaha waxbarashada gaar-ahaneed (IEP).

Qorshaha waxbarashada gaar-ahaneed waxuu noqon kara qalab kaa caawiya handadaadda. Xasuusnow, ardey walba ee hela waxbarashada gaar-ahaneed, waxuu xaq u leeyahay waxbarasho dugsiga dadweynaha oo lacag la'aan ah, munaasabna ah (FAPE), handadaaduna waxey noqon kartaa mid kaa xayirta waxbarashada.

Hadaad dooneyso akhbaaro intaa ka saa'idsan, akhriso qoraalka PACER ee ah [“Individualized Education Program \(IEP\) and Bullying”](#)

Waraaq loo yaqaan “Dear Colleague Letter”

Sananku markuu ahaa 2000, wasaaradda waxbarashada, xafiiska xaquuq ilaalinta (Office of Civil Rights OCR) iyo xafiiska amuuraha waxbarashada gaar-ahaneed iyo howlaha la xiriiira (Office of Special Education and Rehabilitative Services OSERS) ayaa waxey waraaq u direen dugsiyada degaanka oo wadanka oo idil. Waraaqda oo qeexaysa kelmadda handadaadda dadka dib-udhaca leh (disability harassment).

www2.ed.gov/about/offices/list/ocr/docs/disabharassltr.html

Sanadkii 2010, xafiiska xaquuq ilaalinta (Office of Civil Rights) ayaa waraaq kale u diray degmooyinga dugsiga, iyagoo dib u xasuusinaya, sida hoos timaadda sharciga xuquuqal shacabka (civil Rights Laws), masuuliyadda ka saaran mamnuucidda takoorka iyo handadaadda ku saabsan jinsiyadda, midabka, Jinsiyadda u dhalashada, jinsiyadda lab/dhedig, dib-udhaca, iyo diinta.

<http://www2.ed.gov/about/offices/list/ocr/letters/colleague-201010.html>

Waraaqo si habeysan u qoran

<http://www.PACER.org/publications/bullypdf/BP-19.pdf>

Waalidku waa in ay dugsiga wargeliyaan mar walba oo ay ilmahooda ka cabtaan handadaad. Waalidku waxeey isticmaali karaan waraaqahan horey loo qoray, oo ay u isticmaali karaan tusaale ahaan si ay dugsiga waraaq ugu qoraan. Waa waraaqo horey u daabacan, oo loo naqshadeeyay in ay waalidka u sahasho qoritaanka. Waa waraaqo eshtekeyntu horey ugu qoran yihiin, ee waalidku buuxinaya keliya meelaha banaan.

Waraaqahan oo ay naqshadeeyeen hey'adda PACER center waxey fulinayaan labo mowqif:

- Midda hore, waraaqdu waxey maamulka dugsiga uga digeysa xaaladda handadaadda ah ee jirta, iyo iyo in aad dooneyso in wax laga qabto.
- Midda labaad, waraaqdu waa digniin diwaan gelin qoraal ah oo ku saabsan xaaladda jirta. Waraaqdu waa in ay noqotaa mid ka hadleysa xaqiiqada dhacday, oo aysan ku jirin waxyaabo ra'yi bixin ah ama dareenka aad tabeyso markaa.

Labada waraaqood – oo la kala yiraahdo “student with IEP, Notifying School About Bullying” iyo “Student with 504, Notifying School about Bullying” - waa kuwa loogu tala galay waalidka leh ilmo leh qorshaha waxbarashada gaar-ahaneed (IEP) ama section 504. Sharciyadda handadaadda ee gobolka shaqsiga u ah waa kuwa maldahaya ardeyda oo idil, sida sharcigu faray. Hase ahaatee, marka handadaadu ku saleysan tahay dib-udhac, sharciyada dowliga ee maldahaya wey ka badan yihiin kuwa gobolka keliya; waxaa kaloo saameynaya sharciga section 504, sharciga waxbarashada ee dadka dib-udhaca leh (IDEA), iyo sharciga Title II of American with Disability Act.

8. Awoodda qofka goob joogga ah-in ka badan boqolkiiba 50 xaaladda handadaadu wey istageysa marka ardey goob joog ah is hor taago.

Ardeyda inteeda badan ma jecla in ay arkaan qof la handadayo, ama ma gartaan waxey qabtaan markey arkaan qof la handadayo. Ardeyda oo ka dooda-ardeyda marka ay u doodan ardeyga la handadayo-waa arin aan caadi aheyn, oo awood siineysa ardeyda, si ay u difaacaan ardeyga la handadayo.

Labo sababood ayeey arintaan dooda ah u shaqeysa: Midda hore, ardeydu wey kaga badan yihiin dadka waaweyn in ay arkaan waxa ku dhacaya ardeyda kale ee asagood ah, waana awood culus markey is hor tagaan. Midda labaad, marka ardeydu ku tiraahdo qofka wax handadaya jooji, wey ka awood badan tahay dadka waaweyn marka ay yiraahdaan jooji.

PACER.org/bullying/resources/peers-advocacy.asp ka ogow wax siyaada ah habka ardeydu u doodi karta

9. Muhiimadda shaqsiga oo isu dooda

Shaqsigu oo isu dooda micnaheedu waa ardeyga dib-udhaca leh ayaa masuul ka ah in ay si toos ah dadka ugu shegaan waxyaabaha ay u baahan yihiin. Ardeydu waa in ay ka qeyb qataan talabooyinka looga hortagayo xaaladda handadaadda ah. Shaqsiga oo isu dooda waa in ay garanayaan:

- Nafsadaada u hadal
- Sharax waxyaabah aad ku wanaagsantahay, dib-udhaca, baahida ay qabaan, iyo waxa ay rajeynayaan.
- Nafsadaada masuul ka noqo
- Ogow karaankaada iyo shaqsiyadaada
- Hadaad su'aal qabto, raadso caawinaad, ama ogow qofka aad ka heli karto

Qofka handadaadu ku dhacday waa in uu ka mid noqdaa talaabooyinka lagu xalinayo handadaadda. Tani waxey ardeyga u saamaxeyso, in ay awood ku yeshaan xaaladda, waxey ka caawineysa in ay arkaan in dadku dhegeysanayo, waxey arkayaan in talaabo ka qaadi karaan, waxey u xaqiijineysa in ra'yoodu muhiim yahay.

Akhbaaro siyaado ah ka ogow PACER's “Tips for Teens: Use Your IEP Meetings to Learn How to Advocate Yourself.”

Qoraalka la yiraahdo qorsho ficileed ardeygu qaban karo (The student Action Plan) waa qoraal ah habka shaqsigu isugu doodi kara. Waxaa ka mid ah sadex talaabo oo sahlan, oo si qaas ah, oo xaqiiqi ah oo wax ka qabad xaaladda ah:

1. Sharax xaaladda
2. Ka fikir sida xaaladu isu bedeli karta
3. Qor talabooyinka in aad qaado tahay si aad wax uga qabato

10. Keligaa ma tihid

Marka ardeyda handadaad ku dhacdo, waxey aaminsan yihiin in ay iyaga qura arintaan ku dhacday, oo dadka kale dan ka leheyn. Lakiin xaqiiqadu keligood ma aha.

Waxaa jira shaqsiyo, jaaliyado, iyo hey'ado daneynaya. Masuuliyadda joojinta handadaadu hal qof keliya ma saarna, marna ma noqon karto masuuliyad saaran ilmaha, oo laga filayo in ay xaaladda haysata wax ka bedelaan. Qof istaahila in la handado majiro. Dadka oo dhan waa in si ixtiraam leh loo qadariyaa, ciduu doono ha ahadee. Qof walba masuuliyad iyo door ay leeyihiin ayaa saaran-dugsiga, waalidka, ardeyda, iyo jaaliyadaba waa in ay hab wanaag lagu helaa ka wada shqeyaan.