

**Haddii aad la kulantay ama aad la kulmeyso  
ama laga yaabo inaad la kulanto xadgudub  
galmo, rabshada qoys - jir dhiil ama nafsi  
- daba gal ah, guur qasab ah, ama noocyo  
kale oo rabshado ku saleysan jinsiga  
waxaadna u baahan tahay gargaar**



## **Wac khadka caawintanka qaranka ee1522**

**Adeeggu waa bilaash, qarsoodi,  
oo lagu heli karo dhawr luqadood,  
waana 24/7 saacad kasta**



Haddii aad  
ogtahay, ama  
aad ka walaacsan  
tahay, qof la kulma  
xadgudubka jinsiga ku  
salaysan ayaa dhagaysta  
oo rumaysta, ilaalinta sirta,  
oona bixi xogta ku saabsan  
sida loo galo caawimaada  
(lambarka sare)



Haddii aad ka  
warqabto, ama aad  
ka qabto walaac  
ama shaki ku saabsan  
kiiska suurtagalka ah ee  
xadgudubka galmada iyo  
xadgudub uu geystay shaqaale  
ka tirsan UN ama NGO-ga,  
fadlan kaga warbixi linkigan:  
[https://www.un.org/preventing-  
sexual-exploitation-and-abuse/  
content/how-report](https://www.un.org/preventing-sexual-exploitation-and-abuse/content/how-report)

**Haddii aad waligaa la kulantay ama  
aad la kulanto xaalada ka ganacsiga  
galmada ama xadgudubka waxaad  
heli kartaa taageero**



**Wac**

**800 290 290**

**+39 3427754946**

**ee Lyca Mobile**

**Adeeggu waa bilaash, qarsoodi,  
oo lagu heli karo dhawr luqadood,  
waana 24/7 saacad kasta**



Haddii aad ka warqabto, ama aad ka  
qabto walaac ama shaki ku saabsan  
kiiska suurtagalka ah ee xadgudubka  
galmada iyo xadgudub uu geystay  
shaqaale ka tirsan UN ama NGO-ga,  
fadlan kaga warbixi linkigan:  
[https://www.un.org/preventing-sexual-  
exploitation-and-abuse/content/how-report](https://www.un.org/preventing-sexual-exploitation-and-abuse/content/how-report)