



Sheffield Occupational Health Advisory Service

## **Mashruuca Caafimaadka ee Goobta Madawgga Iyo Dada aga Bad Wadanka Ianayahay.**

### **CASBIN(Bullying in Somali).**

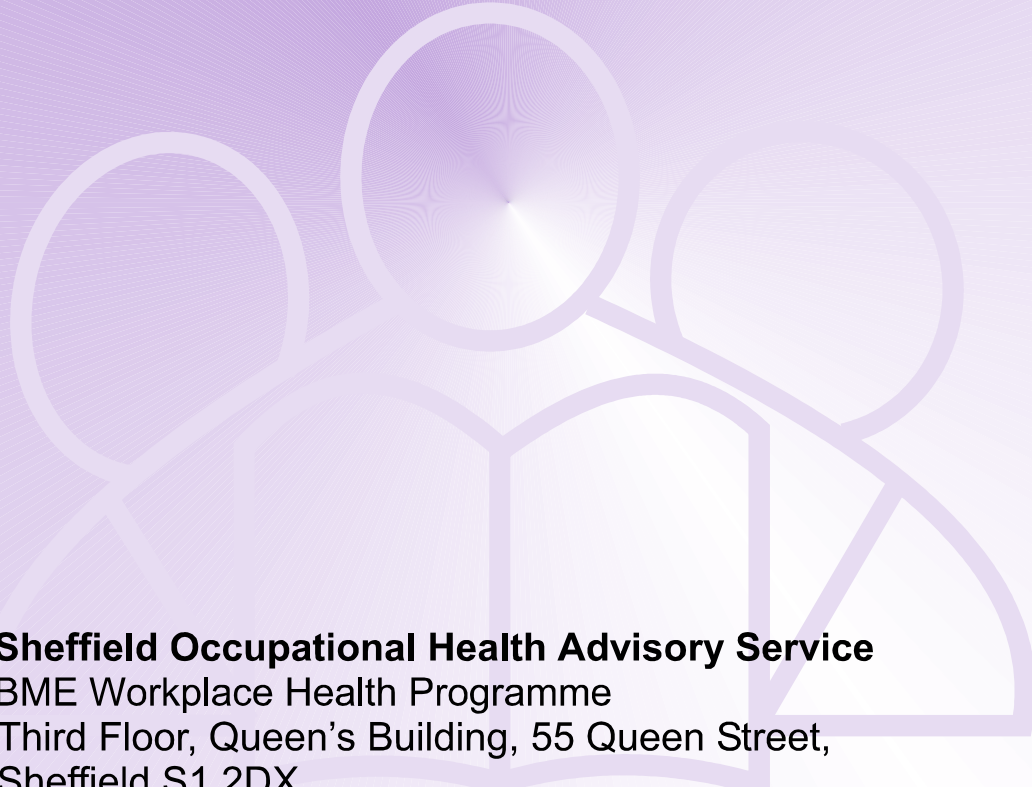
Lama ogola xagga shaqada inta badan waxa la socda hadidaad, midabtakoor ama figtamaasayshan.

- Waxa hore oo dhami sharci ma aha.
- Cidda aad u shaqayso ayaa ka masuulah in ay kaa ilaaliyaan hadidaad, maidabtakoor ama figtamassashan xagga maamulka ama shaqaalaha kale.
  - Hadidaad: waxa aanad doonayan lagugu sameeyo, sababla' aan ama lagu ataago(xagga shaqaalaha ama maamulayaasha)
  - Midabtkoor: haddii ay dhacda in lagaa dhigo middadka kale laga necebyahay, gaarahaan saabta ooah qolada, midabkaga, lab, dhegig, curyaanimada, diintada ama xaaladda hamo.
  - Cabsigelin: laguu xoog yeesho ama iska saraysiin aad dareento dhawac qiimeyari cadho ama awoodla'aan.
  - Figtamaasasshan: dhacda haddii lagaa dhiggo qof aan la jecleyn sababta oo ah waxaad ka cabatay waxa kore mid ka mid ah xagga sharciga ama

xeerka sharkada u yaala.

- Waxaanu ku siin karanaa talo ama caawimo hadi ay kugu dhacdaymid ama ka badan waxaan kor ku sheegnay. Laakiin daransan awoodla, aan aan waxbaqaban Karin.

Haddaa dooneyso warbixin dheeraad ah mid ka mid ah waxa kore ama tallo qarsooddi ah weydiiso ballan noqondoonta(our city centre) ama GP's Surgery.



**Sheffield Occupational Health Advisory Service**  
BME Workplace Health Programme  
Third Floor, Queen's Building, 55 Queen Street,  
Sheffield S1 2DX

Tel. No: 0114 278 6165      Email: [nasim.ali@sohas.co.uk](mailto:nasim.ali@sohas.co.uk)

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