

Warbixin kooban:

Warbixin ku saabsan Rabshada Qoyska ee Bulshooyinka Bariga Dhexe iyo Waqooyiga Afrika (MENA)

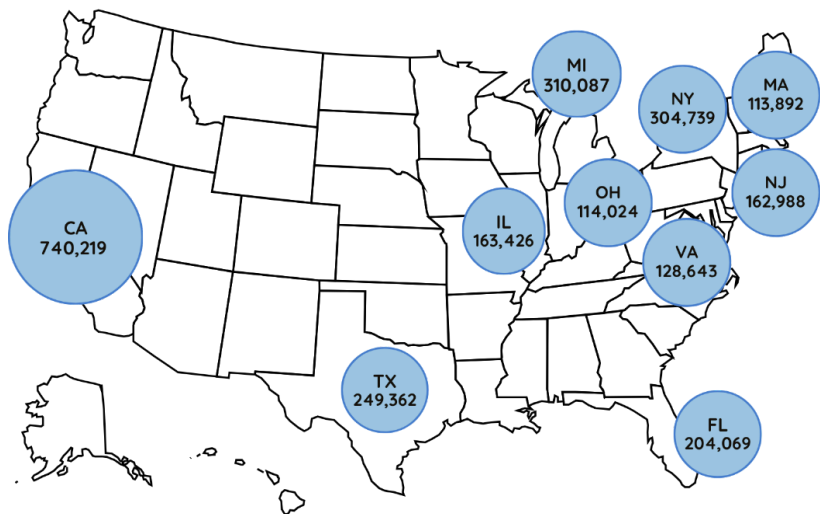
Guga 2025

Hordhac

Tirakoobkii dalka Mareykanka ee 2020 ayaa markii ugu horreysay xog rasmi ah ka ururiyey dadka asal ahaan kasoo jeeda Bariga Dhexe iyo Waqooyiga Afrika (MENA). 3.5 milyan oo qof ayaa isu aqoonsaday inay ka soo jeedaan MENA. Qowmiyadaha MENA waxaa ka mid ah: Aljeeriya, Baxreyn, Masar, Israa'iil, Iiraan, Ciraaq, Urdun, Lubnaan, Marooko, Cumaan, Falastiin, Sacuudi Carabiya, Soomaaliya, Suuriya, Tuunis, Turki, Isutagga Imaaraadka Carabta (UAE), iyo Yemen.

Muuqaal Kooban oo Bulshada ahii

- Gobollada California, Michigan, iyo New York ayaa lagu arkay dadka ugu badan ee MENA ka soo jeeda.
- California ayaa ahayd gobolka ugu dadka badan ee isu aqoonsaday MENA keliya ama MENA iyo qaybo kale (tiradoodu waxay gaadhay 740,219.)
- Seddexda qowmiyadood ee ugu badan – Lubnaaniyiinta, Iiraaniyiinta, iyo Masaarida – ayaa noqday qiyaastii kala bar dadka MENA ee Maraykanka.
- Sanadkii 2021, 2.2 milyan oo muhaajiriin ah oo MENA ka soo jeeda ayaa noqday 4.9% dadka dibada dalka ku dhashay ee ku sugan Mareykanka.
- Qiyaastii 58.1% dadka MENA ee Mareykanka jooga ayaa ah dad ku dhashay meel ka baxsan dalka.



- Qiyaastii 70% dadka muhaajiriinta ah ee MENA waxay yihiin muwaadiniin si buuxda loo dhalleeyey (naturalized), marka loo eego 53% guud ahaan dadka ajnabiga ah ee Mareykanka.
- Dad badan oo ka soo jeeda MENA waxay ka tirsan yihiin diimaha Islaamka, Kirishtaanka, ama Yuhuudda. Waxaa laga yaabaa inay isu aqoonsadaan Kirishtaan Carab ah, Yuhuud Carab ah, Muslim, ama inay si gaar ah u qeexaan kaniisad ama koox diimeed gaar ah (tusaale ahaan: Kaniisadda Qibdiga, Diinta Druze, ama Kirishtaan Orthodox ah iwm.)

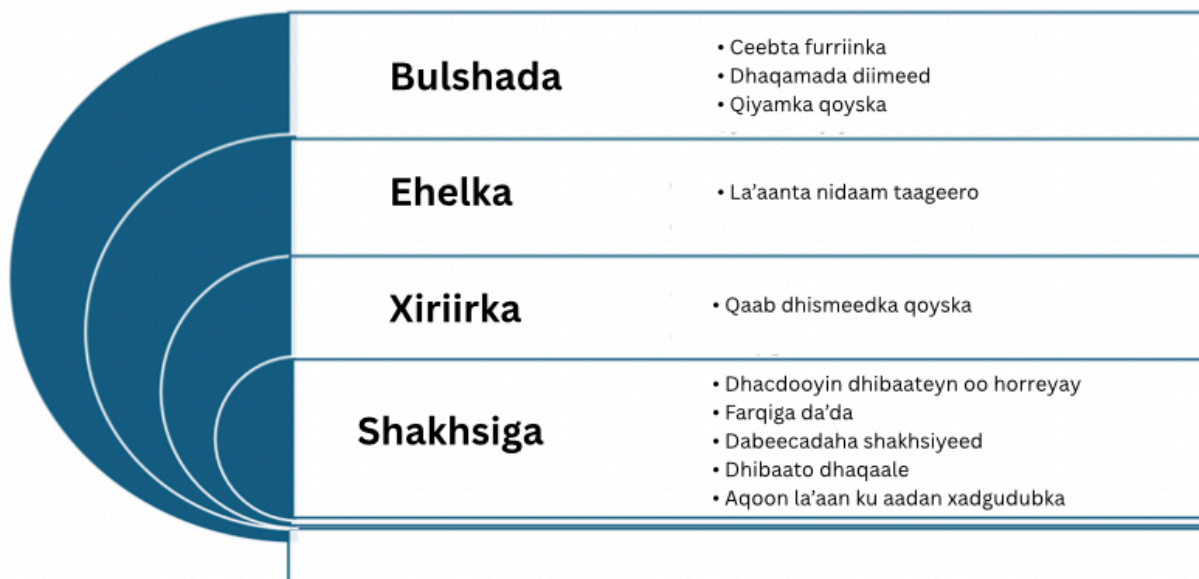
Tirakoobyadii Ugu Dambeeyay ee Ku Saabsan Rabshada Qoyska

Faafitaanka iyo Noocyada Rabshooyinka

- Sahannada qaran ee ballaaran sida ‘National Intimate Partner and Sexual Violence Survey’ (NISVS, Sahanka Qaran ee Xadgudubyada Lamaanaha iyo Kufsiga Galmada) ma laha qaybo u gaar ah dadka MENA, taasoo xaddideysa helitaanka xog sax ah oo heer qaran ama gobol ah oo ku saabsan rabshada qoyska ama kufsiga galmada. Waxaa naadir sii ah xogta ku saabsan dadka Waqooyiga Afrika ee hoos yimaada MENA. Si kastaba ha ahaatee, cilmi baarisyo yaryar oo lagu sameeyay magaalooyinka ay ku badan yihiin carabta iyo qowmiyadaha kale ee bariga dhexe sida Detroit iyo Chicago ayaa bixiyay xog kooban.
- Daraasad 2016–2017 lagu sameeyay Dearborn, Michigan, ayaa lagu baaray afkaarta ay carabta mareykanka ka qabaan rabshada qoyska. Wareysiyo iyo kooxo falanqeyn oo yaryar ayaa la adeegsaday (36 qof), natiijaduna waxay muujisay in xadgudubka nafsiyeed iyo shucuureed uu yahay kan ugu badan, isla markaana loo arko inuu hordhac u yahay xadgudubka jireed. Xadgudubka jirka waa la aqoonsaday inuu jiro, halka xadgudubka galmada loo arkay mid naadir ah aadna xasaasi u ah oo aan si furan looga hadli karin.
- Daraasad 2022 lagu sameeyay Chicago waxaa lagu ogaaday in 76.3% dhalinyarada Carabta ee da’doodu tahay 18–25 ay sheegeen inay la kulmeen xadgudub maskaxeed gudaha qoyska.
- Sanadkii 2023, sahan caafimaad oo laga sameeyay Massachusetts waxaa lagu ogaaday in 45.5% dadka MENA ka soo jeeda ee da’doodu tahay 18 sano iyo ka weyn ay sheegeen in ugu yaraan hal mar noloshooda ay la kulmeen rabshada qoyska.
- 55 dumar oo reer Ciraaq ah oo ku nool Detroit ayaa lagu sameeyay daraasad. 7% kaliya ayaa sheegay inaanay weligood la kulmin tacaddi ka yimid ragooda. 93% waxay sheegeen inay la kulmeen nooc ka mid ah xakameynta, 76% waxay sheegeen inay la kulmeen hanjabaad, halka 80% ay sheegeen in ragoodu u gacan qaadeen mar ama dhowr mar inta ay isla joogeen.

Qodobbada Halista iyo Kuwa Ka Difaaca

- Sida lagu sheegay dib-u-eegis cilmiyeed oo la sameeyay 2019, haweenka ka tirsan bulshooyinka Bariga Dhexe iyo Waqooyiga Afrika (MENA) waxay khatar sare ugu jiraan inay la kulmaan rabshada qoyska haddii ay jiraan xaalado ay ka mid yihiin: da’ yarida, waxbarasho hoose, muddada guurka oo dheer, yaraantii oo xadgudub lagu sameeyay ama ay goobjoog u ahayd, deggenaanshaha miyiga, iyo dakhli hooseeya.
- Dadka magangelyo-doonka ah ee ka kala yimid qowmiyado kala duwan waxay halis sare ugu jiraan kufsi iyo rabshada qoyska, gaar ahaan marka aysan helin adeegyo luqadooda lagu bixiyo, difaac sharciyeed, ama dukumenti rasmi ah oo sugaya joogitaankooda.
- Daraasad la sameeyay 2025 waxay muujisay in dhalinyarada Carabta Maraykanka ee da’doodu tahay 18-25 ay tilmaameen sababaha soo socda inay gacan ka geystaan rabshada qoyska:



Saameynta Caafimaadka Maskaxda iyo Jirka

- Bulshooyinka Carabta, Bariga Dhexe iyo Waqooyiga Afrika waxay dareemaan in la iska indha-tiray iyadoo si rasmi ah loogu tiriyo dadka caddaanka ah balse aan si la mid ah loola dhaqmin. Dareenkaas in "aan la aqoonsanayn" ah waxaa la socota baahiyo caafimaad oo aan la daboolin iyo khatar sare oo ka timaada rabshada qoyska.
- Daraasad xilli kooban ah oo la sameeyay 2014 oo lagu falanqeeyay 312 haween oo Carab Mareykan ah da'dooduna ka weyn tahay 19 ayaa lagu ogaaday in haweenka khatarta ugu jira rabshada qoyska ay aad ugu dhow yihiin inay la kulmaan niyad-jab iyo walaac joogto ah marka la barbardhigo kuwa aan khatartaas lahayn. Waxaa sidoo kale la ogaaday in haweenka muddada dheer ku noolaa Maraykanka ay leeyihiin heer niyad-jab iyo walaac oo ka hooseeya kuwa cusub ee dalka yimid.

Caawin-raadinta iyo Caqabadaha Caawinta

- Isla daraasaddaas 2014ka, cilmi-baadhayaashu waxay ogaadeen in haweenka Carabta ah ee ku noolaa Maraykanka muddo dheer ay wajahaan caqabado badan oo ku saabsan helidda adeegyada.
- Bulshooyinka ku hadla Carabiga waxay caadi ahaan raadiyaan caawimaad iyagoo la xiriira wadaadada, qoyska, asxaabta iyo xubnaha bulshada kahor intaysan la xiriirin hay'adaha rasmiga ah.
- Haweenka Carabta waxay u badan tahay inaanay qoyskooda u sheegin dhibka ay la kulmeen, maadaama dhaqanka uu haweeneyda faraayo raacitaanka amarka ninka.
- Dhalinyarada MENA ee cusub waxay aad ugu janjeeraan inay la xiriiraan xirfadlayaal si ay u helaan caawimaad, halka kuwa muddo dheer deganaa Maraykanka ay u badan yihiin inay la hadlaan asxaabtooda.

Talooyin iyo Habab Rajo leh

- Dhaqanka iyo ilaha dhaqameed waxay door wanaagsan ka ciyaaraan sida dhalinyarada MENA uga jawaabaan culeysyada ka yimaada qoyska, saaxiibada, iyo internetka. Cilmi-baarista

bulshadu hormuudka ka tahay sida 'Photovoice' waxay ka caawin kartaa in la ogaado baahiyaha deegaanka iyadoo dhalinyarada la kaashanayo.

- Hababka caafimaadka dhimirka ee daryeelku udub dhexaad u yahay, waxyeello-ogaal u ah dhibbanayaasha, isla markaana dhaqanka ku saleysan ayaa si fiican ugu habboon la tacaalidda baahiyaha dadka badbaaday ee Bariga Dhexe iyo Waqooyiga Afrika, kuwaas oo mararka qaar xambaarsan ceeb ka timid raadsashada adeegyada caafimaadka dhimirka.

Agab Turjuman

- Isbeddelka joogtada ah ee Rabshada Jinsiga ([English](#); [Arabic](#); [Dari](#); [Farsi](#); [Pashto](#)) | [API-GBV](#)
- Creating a Safety Plan (Abuuridda Qorshe Badbaado) ([English](#); [Arabic](#); [French](#)) | Gudigga 'Peel' ee Ka Hortagga Ku Xadgudubka Haweenka
- Agabyo badan oo ku saabsan rabshada qoyska oo lagu helayo in ka badan 115 luuqadood [Hot Peach Pages](#)

Ilo Muhiim Ah

Adeegyada Degdega ah

- **Khadka Qaran ee Rabshada Qoyska**
Wuxuu bixiya taageero bilaash ah 24/7 oo qarsoodi ah, oo ay ku jiraan: faragelin degdeg ah, wacyigelin rabshada qoyska, qorshe badbaado, iyo u gudbin adeeg bixiyeyaasha deegaanka. Waxaa lagu heli karaa Ingiriis, Isbaanish, iyo in ka badan 200 oo luqadood iyadoo loo marayo turjubaan.
Khadka tooska: www.thehotline.org | Wac: 1-800-799-SAFE (7233) | Qoraal: START ku dir 88788.
- **Love is Respect (Jacaylku waa Ixtiraam)**
Waxay bixiyaaan taageero bilaash ah 24/7 oo loogu talagalay dhalinyarada iyo dadka da'da yar ee raadinaya caawimaad ama macluumaad ku saabsan xiriir caafimaad qaba ama rabshada shukaansiga.
Wada hadal toos ah: www.loveisrespect.org | Wac: 1-866-331-9474 | Qoraal: LOVEIS ku dir 22522
- **Khadka Qaran ee Kufsiga**
Wuxuu bixiya adeegyo bilaash ah oo qarsoodi ah 24/7 si loogu caawiyo dadka dhibbanaha u ah kufsi ama xadgudub. Khadka tooska: <http://online.rainn.org> | Wac: 1-800-656-HOPE (4673)

Liisaska Adeegyada Hagista

- Liiska Barnaamijyada Rabshada Qoyska ee Adeega u Fidiya dadka Aasiyaanka, Dhaladka Hawaii iyo Jasiiradaha Baasifikada | [API-GBV](#)
- [Liiska Caalamiga ah ee Hay'adaha La Tacaala Rabshadaha Jinsiga iyo Qoyska](#) | Hot Peach Pages

Tababarro iyo Taageero Farsamo

[Mashruuca Qoysaska Xasiloon \(Peaceful Families Project\)](#)

- Waa barnaamij laga hirgeliyay magaalada Philadelphia oo diiradda saaraya joojinta rabshada qoyska ee ku dhaca qoysaska Muslimiinta, iyada oo la adeegsanayo tababarro, cilmi-baaris, horumarinta agabka, iyo matalaada Muslimiinta. Haddii aad u baahan tahay tababar, taageero farsamo oo ku aadan rabshadaha galmada iyo qoyska, kulamada wacyigelinta ee hogaamiyeyaasha iyo bulshooyinka Muslimiinta, tababarrada ixtiraamka dhaqamada iyo taagerada farsamo ee khabarada, sameynta

cilmi-baarisyada, iyo ilooyin kale, booqo [website](#)-kooda, buuxi [dalab tababar](#), ama isticmaal macluumaadkan xiriirka:

Wac: [\(540\) 324-8818](tel:5403248818) | Email: info@peacefulfamilies.org

Xarunta Sauti Yetu ee Haweenka Afrikaanka

- Sauti Yetu waa hay'ad bulsheed oo ku taalla Bronx, NYC, kana shaqeysa taageeridda haweenka Afrikaanka ah iyo qoysaskooda iyo soo galootiga kale, iyadoo u doodeysa baahiyahooda, xuquuqdooda iyo codadkooda. Waxay bixisa adeegyo ay ka mid yihiin rabshada qoyska iyo kufsiga, caawinta sharciyeed, adeegyo caafimaad iyo taageero dhanka baahiyaha aasaasiga ah. Waxay adeegyada ku bixiyaan in ka badan 10 luqadood oo ay ka mid yihiin laakiin aan ku kobnayn Ingiriis, Faransiis, Carabi, Bambara, Igbo, Wolof, Mandinka iyo Soninke. Wixii macluumaad dheeraad ah ama haddii aad rabto inaad kaashato Sauti Yetu, booqo [website](#)-kooda ama halkan kala xiriir:

Wac: 718-665-2486 | Fax: 718-665-2483 | Email: info@sautiyetunyc.org

Saacadaha: Isniin-Jimco, 9 subaxnimo-5 galabnimo

Machadka Aasiya Baasifik ee Ka-hortagga Rabshadaha ku Saleysan Jinsiga

Wixii ah su'aalo, macluumaad, daabacaado, codsiyo tababar, ama caawin farsamo oo ku saabsan rabshada qoyska, kufsiga, xadgudubka shukaansiga ama daba-galka ee bulshooyinka Aasiyaan-Mareykan, Dhaladka Hawaii, Jasiiradaha Baasifiga (AANHPI) iyo MENA, booqo: www.api-gbv.org ama email info@api-gbv.org

Tixraacyo

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