

Maxaan sameyn karaa si aan u caawiyo bulshadeyda?



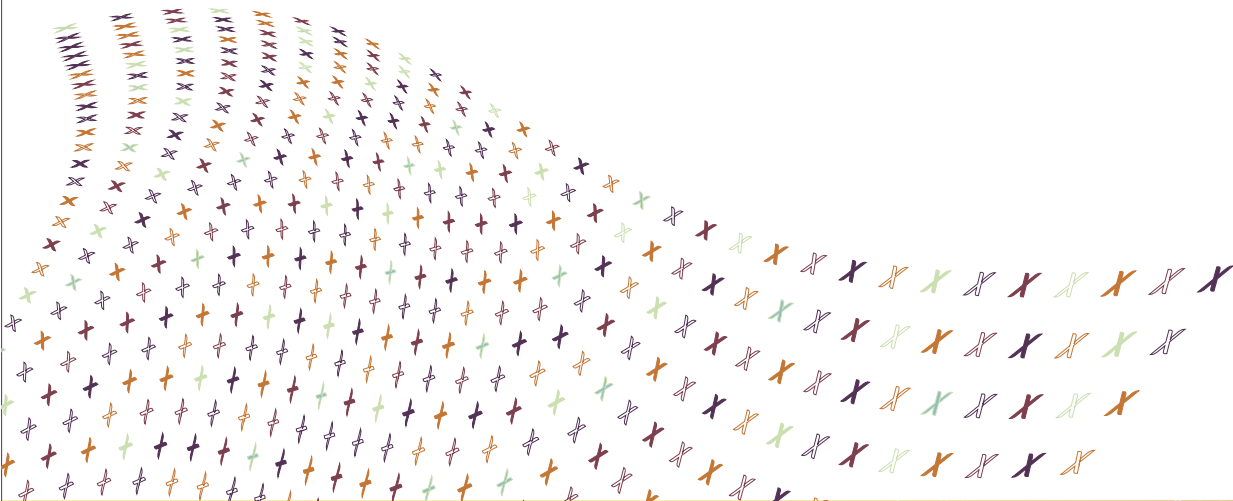
Social Cohesion Guide for Communities

Ka mid ahaanshaha bulshooyinka

Waxaan u abuurnaa bulshooyinka sababo badan, waxaa laga yaabaa inaad qayb ka noqotid qoys, dugsi, goob shaqo, koox ciyaartoy, kaniisad, waxaa laga yaabaa inaad luqad cusub la barato dadka kale ama aad la wadaagto hiwaayad. Bulsho kasta oo aad ku jirto, waxaad dareentaa wanaag inaan ka mid noqono, in aad dareento in loo dhanyahay, in aad naftaada noqoto oo aad wax ka mid noqoto.

Dhammaanteen waan kala duwannahay, laakiin waxaan rabnaa inaan isla socono, waxaan u dabaaldageynaa kala duwanaanshaheena oo aan ixtiraamno dadka kale xitaa markii aan ku khilaafno. Tani waa muhiim sababtoo ah ma ahan in qof walba uu dareemo inay noqon karaan cida ay yihiin ama aaminsanyihiin in codkooda la maqli doono.

Waxaan nahay wadan aad u kala duwan oo ay ku nool yihiin bulshooyin badan oo kala duwan, waxaana loo baahan yahay in la helo qaabab aan isku dhegeysanno oo aan is maqalno. Waxaan rabnaa inay naga go'naato inaan fahamno kala duwanaanshaheena iyo awoodaheena oo aan ka shaqeyno waxa na mideeya iyo waxa isku keyn soo dhaweeyo.



Ka mid ahaanshaha

– waxa ay u egtahay

Bulsho meesha dadka si fiican isku fahmaan, oo aan: is naqaano, naqaano dariskeena, dareeno goob shaqo loo dhanyahay, oo aan naqaano meesha loo aado caawin markii aan u baahannahay. Waxaan dareenaa inay noo suurto galeyso inaan la hadalno dadka aan caadi ahaan ula hadlin, aan ka hadalno markii aan maqalno dad dhahayo waxyaabo takoorid ah, oo aan xor u nahay inaan la wadaagno cida aan nahay, halka aan ka nimid, iyo sida aan waxyaabaha u sameeyno. Markii ay dhibaato jirto qofna gadaal ugama tagno; oo qof walba lagu daro.

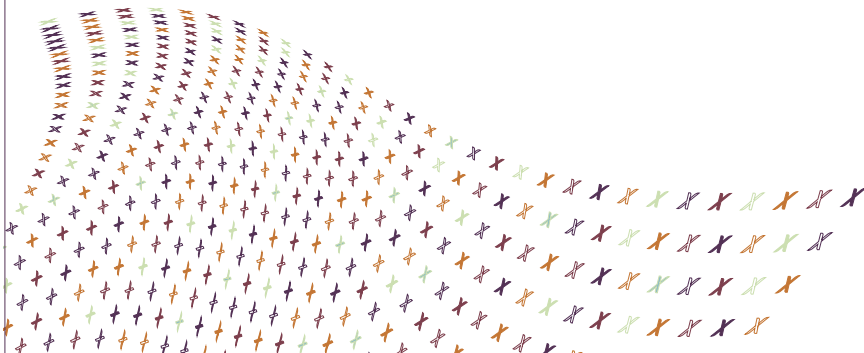
Dhisida ka mid ahaansho badan

– waxa aad sameeyn kartid

Haddaba, maxaan ka sameeyn karnaa bulshooyinkeena si aan ugu caawino dad badan ka mid ahaanshaha, qaadanaa kala duwanaanshaha, dareeno isku xirnaan, ka qeyb qaadano, amino dadka kale, dareeno ixtiraam?

Ka mid ahaanshaha, aaminaada dadka kale

- la hadlida qof adiga kaa duwan. Sameeyno dadaalka loogu dhawaaqayo magacooda si sax ah. Ogaano waxa qara weyneysiya, wax ka barano sida ay u arkaan caalamka
- weydiino ku soo biirida kooxdaada ciyaaraha, ku casuuno howsha la wadaago, barno saaxibadaada, ku caawiyo iyaga Ingiriiska, Te Reo Māori ama Luuqada Dadka dhegaha la'a ee New Zealand, haddii ay u baahanyihiin, oo weydii inay wax badan kaa baraan luuqada ama luuqadaha ay garanayaan.



Soo dhowenta kala duwanaanshaha, dareemida ixtiraam

- dhisaan ama taageeraan shabakadaha shaqaalaha ee goobtaada shaqada meesha dadka ay is caawin karaan oo ka shaqeyn karaan si ay wax uga qabtaan arimaha sida takoorida ku saleysan jinsiyada, jinsiga, galmada iyo kala duwanaanshaha kale. Weydii goobtaada shaqada inay sameeyaan balanqaadka matalaadda kala duwan ee dhammaan heerarka oo dhan
- ahaw taageerada Whānau ee asxaabta la kala kulmeysa takoorida goobta shaqada ama bulshooyinka kale
- raadi tababarka loo marayo goobtaada shaqada, kooxda gollaha ama bulshada ee ku saabsan la dagaalanka takoorida
- u qor xildhibaanaka deegaankaaga ama Xubinta Baarlamaanka ama gudbin sameeynta la talinta dowlada, inaad si looga hortago arimaha takoorida.

Dareemida ku xirnaanta

- abaabul tartanka bulshada ama maalinta dariska oo ku casuun wakiilada qeybaha bulshada oo dhan inay ka qeybqaataan oo ay ku jiraan carruurta
- ka qeybgal oo tusi taageeradaada dhacdooyinka bulshada ee ay diyaariyeen dadka adiga kaa duwan
- bixiyo martigelinta tallaalka rugta caafimaadka ee hoolka bulshada, goobta cibaadada ama goob kale, inta lagu jiray cudurka safmarka
- martigeliyo dooda doorashada deegaanka ama qaranka ee u dhaxeeyo xildhibaanada mustaqbalka ama MP-yada
- la xiriir bulshooyinka la midka ah oo arag sida aad gacan uga geysan kartaan si loo gaaro ujeedooyinka labada dhinac
- fur marae, goobta cibaadada, masaajidka, kaniisada, qolalka naadiga ee bulshada oo ogeysii qofka aad tahay si ay kuu bartaan.

ka qeybqaadashada

- Wax badan ka baro Te Reo Māori, taariiqda Aotearoa New Zealand, Te Tiriti o Waitangi, adigoo isticmaalaya app-yada onleenka bilaashka ah sida Kōrerorero, Kupu iyo Ako Tahī ama iska diiwaan geli koorsada Te Wānanga o Aotearoa, booqo bandhigyada taariiqda ee madxafka deegaankaaga, ama ka amaaho maktabada deegaankaaga taariiqda Aotearoa New Zealand.
- la yeelo wada sheekeysii geesinimo leh qof takoorayo qof kale, adoo isticmaalaya illaha websaydka Komishanka Xaquuqaha Aadanaha sida Ka Jawaabista Cunsuriyada
- kala hadal la taliyayaasha bulshada fikradahaaga si aad ugu soo kordhiso ka mid ahaansho badan bulshadaada
- ka codso maalgelin hay'adaha dawladda si aad u maalgeliso mashruuca bulshadaada, ku bilow illaha maalgelinta sida COGS ama Baqtiyaa nasiibka adiga oo u marayo nidaamka maareynta deeqaha ama dhinaca Barnaamijka Hormarinta ee ay Bulshadu Hogaamiso. Waxa sidoo kale jirayo lacago kale oo la heli karo – weydii macluumaad dheeraad ah oo ku saabsan dooqyada.

