



It's Up to Us si loo abuuro San Diego Caafimaad iyo Taageero leh

Iftiimin: Fahanka Caqabadaha Caafimaadka Dhimirka ee shakhsiyaadka LGBTQ+ ah

Saaxiibadeena iyo qoyskeena ee LGBTQ+ (dumarka qaniisiinta ah, raga qaniisiinta ah, dadka labada jinsiba u galmooda, nimoow-naaga, naageyska, iyo aqoonsiyada kale) ayaa waajaha caqabado gaar ah oo saamayn kara caafimaadkooda dhimirka. Gudaha San Diego iyo aduunyada daafihiisa, kamid ahaanshaha bulshada LGBTQ+ ayaa sumad u noqon karta sharaf iyo awood. Hase yeeshee, waxay sidoo kale waajahaan khibradaha takoorka, dhibaataynta, rabshada, iyo diidmada.

Haddaan nahay saaxiibada, qoyska, dariska, iyo shaqaalaha, waa muhiim inaan fahano sida khibradahaan u saameeyaan bulshada LGBTQ+—iyo caafimaadka dhimirka ehelkeena. Haddii aan fahano caqabadaha ay waajahaan oo aan barano qaabab aan u taageerno, waxaan awoodi doonaa inaan ka caawino ehelkeena inay dareemaan badqab, qadarin, iyo caafimaad.

Xaalada Caafimaadka Dhimirka ee Dhalinta LGBTQ+

- Sanadkii 2021 Dhalinta LGBTQ+ ayay aad ugu badnayd inay waajahaan **dhammaan noocyada rabshada** ayna qaadaan **caafimaadka dhimirka oo liita** marka loo eego dhalinta facood ah ee aan qaniisiinta ahay.
- 60% kamid ah dhalinta LGBTQ+ oo doonaayay daryeelka caafimaadka dhimirka sanadkii lasoo dhaafay **ayaan helin daryeel**.
- Sharciga takoorka ku dhisan waa **arimaha caafimaadka dhimirka ee kasii daraaya** ee dhalinta LGBTQ+.
- 4Jibaar Dhalinta LGBTQ+ ayaa **4jibaar uga badan** inay isdilaan marka loo eego dhalinta facood ah.

Khayraad ayaad ka helaysaa Ismaamulka San Diego iyo wadanka oo dhan si looga caawiyo shaqsiyaadka LGBTQ+ baahiyaha caafimaadka dhimirka iyo isticmaalka maandooriyaha. Hase yeeshee, helitaanka khayraadkaan ayaa mararka qaar dhib noqon karta. Dad badan ayaa sheegay in cabsida takoorka ama dhibaataaynta ay ka hor istaagto inay helaan daryeelka. Da'yarta qaangaarka ah iyo dhowr iyo toban jirrada ayaa sidoo kale sheega walaacyo ka haysta helitaanka ogolaanshaha waalidka ama daryeelaha waxaana dhibaato ka haystaa dookhyada gaadiidka.

Warka wanaagsan ayaa ah inay jiraan khayraad badan oo la heli karo si loo caawiyo asxaabteena iyo eheladeena LGBTQ+ ga ah (arag bogga xiga). Waxaa intaas dheer, waxaan markasta gacan ka gaysan karnaa taageerida caafimaadka dhimirka ee ehelkeena anagoo siinayna goobo amaan ah oo ay ku noqon karo shaqsiyadooda saxda ah.

Akhri: Sida aad Ku Taageerayso eheladaada LGBTQ+ ah

Maadaama aan nahay dadka ugu dhow, waxaan gacan ka gaysan karnaa taageerista faya qabka ehelkeena LGBTQ+. Taasoo saamayn wayn ku yeelan karta: Dhalinta LGBTQ+ ee dareemay taageero ay ka helayaan ehelka iyo saaxiibada ayaa soo sheegay heerarka aadka u hooseeya ee iskudayga isdilka.

Halkaan waxaad ka helaysaa qaababka qaar oo lagu taageero dadka LGBTQ+ ga ah ee noloshaada qaybta ka ah.

- Si joogto ah u hubi, gaar ahaana marka ay jiraan dhacdooyin shucuur ahaan dhib badan oo ku jira wararka.
- Adeegso magac uyaallada iyo magacyada ay doorbidayaan.
- Haddii qof adeegsanaayo magac uyaallo khaldan ama uu si xushmad daro ah u hadlaayo, ka hadal.
- Adeegso luuqad isku dhafan.



Tusmo Fudud oo Ku aadan Luuqada Isku dhafan

Iska Ilaali inaad dhahdo ...

- Waryaada
- Marwooyin iyo mudaneyaal, wiilal iyo gabdho
- Fasaxa dhalimada ama waalidka
- Nin, Naag, wiil saaxiib, saaxiibad
- Gabadh., Mw., Md.
- Gudoomiye nin ah, ninka boostada, iwm.
- Dookha galmada
- “Waa maxay magac u yaallada aad doorbideyso?”

aan dheh badelka taas ...

- Qof kasta, dhammaantiin, akhyaareey
- Saaxiibada, kooxda, dadka
- Fasaxa waalidka
- Lamaane, xaas
- Magacyada koobaad ama Mx. (oo loogu dhawaaqo “Isku jir”)
- Gudoomiyaha, boosto qaade, iwm.
- Dookha Galmada
- “Magac u yaallo nooc ee ah ayaad isticmaalaysaa?”

Khayraadka LGBTQ+

Khayraadkaan qaran ayaa ka caawin kara dadka LGBTQ+ ah inay helaan caawimaada ay u baahan yihiin. Si aad u hesho khayraad dheeraad ah iyo taageero maxali ah oo si gaar ah loogu sameeyay Ismaamulka San Diego, booqo [UP2sd.org](https://www.up2sd.org). Khayraad aad ka helayso webseedka ayaa bixinaaya adeegyada dhalinta, shaqsiyaadka nimoow-naaga ah, iyo shaqsiyaadka BIPOC.

● **Khadka Gudmadka Isdilka iyo Masiibada ee Qaran** **Wac 988**

Taageero bilaash ah, oo qarsoodi ah oo ay helayaan dadka dhibaataada ku jira, lana heli karo 24/7

● **SKhadka Caawimaada Qaran ee SAMHSA** **(800) 662-HELP (4357)**

Ku xirista daawaynta iyo xogta la heli karo 24/7, 365-maalmood sanadka oo dhan laguna helaayo caafimaadka dhimirka iyo isticmaalka Maandooriyaasha

● **Khadka Helitaanka Gurmada iyo Masiibada ee San Diego** **(888) 724-7240**

Taageerada 24/7 ee caafimaadka dhimirka iyo isticmaalka Maandooriyaasha

● **Mashruuca Trevor:** **(866) 488-7386 ama fariin qoraalka START udir 678-678**

Taageerada qarsoodiga ah, oo 24/7 shaqeysa ee dhalinta LGBTQ+ ee dhibaataada ku jira

● **Khadka Gurmada Nimoow-Naaga** **(877) 565-8860**

Khadka tooska ah ee qarsoodiga ah oo shaqeeya 24/7 ayna maamulaan shaqaalaha nimoow-naag ah looguna talagalay dadka nimoow-naaga ah

Ilaha

- LGBTQ+ Bulshooyinka iyo Caafimaadka Maskaxda. (2018) Caafimaadka Maskaxda Ameerika. [bit.ly/3P6yt00](https://www.bit.ly/3P6yt00)
- LGBTQI | NAMI: Isbahaysiga Qaran ee Xanuunka Dhimirka. (2013) Nami.org. [bit.ly/3Cs2dgp](https://www.bit.ly/3Cs2dgp)
- Gabdhaha Dhalinyara ah ee Maraykanka oo la kulma murugo iyo rabshado kordhay. (2023) Xarumaha Xakamaynta iyo Kahortagga Cudurrada. <https://www.cdc.gov/media/releases/2023/p0213-yrbs.html>
- Xaqiiqooyinka Ku Saabsan Isdilka Dhalinyarada LGBTQ. (2022) Mashruuca Trevor. [bit.ly/3JaKGwO](https://www.bit.ly/3JaKGwO)
- 2022 Sahan Qaran oo ku saabsan Caafimaadka Dhimirka ee Dhalinyarada LGBTQ. (2022) Mashruuca Trevor. [bit.ly/3Nn1Sl0](https://www.bit.ly/3Nn1Sl0)
- Mary Ellen Flannery. (2022) Xogta Sahanka Cusub waxay tusinaysaa LGBTQ+ Dhibaataada Caafimaadka Dhimirka ee Dhalinyarada | NEA. Nea.org. [bit.ly/3oRy9Yt](https://www.bit.ly/3oRy9Yt)

