



## XAQIIQOORYIN DHAKHSO LEH LOOGU TALAGA- LAY WAALIDIINTA

Barashada ku saabsan **Badbaadada Qadka Internaydka ah, Kana Midka Yihiin Halista Anshax-xumo isugu dirista aalada teleefanka**

**Anshax-xumo isugu dirista aalada teleefanka: U dirista ama helitaanka waxyaabaha ceebta gogol-wadaagga leh ama qoraalka, sawirka ama muuqaalka farrimaha ee la soo mariyo aaladaha elektiroonigga ah.**



Carruurta iyo dhalinyarada maanta ayaa ku xidhan aaladaha si ka badan waligeed siday ahayd. Qaar badan ayaa isticmaala noocyo kala duwan oo aabab (apps) iyo teknoolajiyadu lagu wadaago sawirrada iyo macluumaadka ah. Waxay yihiin ciyaaro, “sheekaysi,” isticmaalka telefoonka gacanta iyo ismaart foonka, qoraal iyo isticmaalka warbaahinta bulsheed si ay ugu xidhnaadaan asaagooda iyo waxyaabagaha wakhtiga socda. Adduunyadeena dhijitaalka ah ee isku xidhan ayaa leh suurtagallo wanaagsan aan dhammaad lahayn. Isla mar ahaantaana, ardayda fasallada dhammaan heerarka leh ayaa u baahan inay ogaadaan khataraha suurtagalka ah ee qadka internaydka.

Manhajka waxbarashada caafimaadka iyo jidhka ayaa ka caawisa carruurta iyo dhalinyarada inay horumariyaan xirfadaha loogu talagalay badbaadada qadka internaydka iyaga oo barta waxyaabaha ku saabsan:

- Icticmaalka teknooloojiyadda ee badbaadada iyo ixtiraamka leh
- Saamaynta bulsheed, shucuureed iyo sharciyeedba ee anshaxyada internaydka sida anshax-xumo isugu dirista aalada
- Halista ka iman karta anshax-xumo isugu dirista ee ku lug leh xidhiidhyada iyo shaqo siinta mustaqbalka.

### ANSHAX-XUMO ISU DIRISTA KA DHEXEYSA CARRUURTA IYO DHALLINYARADA

Tiro yar oo ka mid ah ardayda da'aha dugsiyada hoose ee Kanada ku jira ayaa ku warramay inay qof u direen sekest anshax-xumo isu dirista aalada. Kolba markay ardaydu si weynaadaan, ayay u badan yihiin anshax-xumo isu dirista (*Dhallinta Reer Kanada ee Aduunyada isku xiran: Wajiga III ee Daraasadda*). Ardayda ayaa laga yaabaa inay anshax-xumo isugu diraan aalada si ay muujiyaan rabitaan iyo/ama soo jiidasho lammaanayaal kalgacaylnimo ama gogol wadaagitaan. Arday badan ayaan ka warqabin saamaynta suurtagalka iyo cawaaqibka ka iman karta anshax-xumo isugu ddirista aalada.

### HALISTA ANSHAX-XUMO ISUGU DIRISTA AALADA

Markay ku jiraan qadka internaydka, dadka ayaa si dhib yar u qarin kara cidda ay yihiin, da'dooda, jinsiga iyo ujeeddooyinkooda. Asaagga, lammaanayaasha kalgacaylnimo ama xitaa dad aan la aqoon ayaa ku cadaadin kara ama ku dirqiya kara qofka da'da yar inay ka qaybgalaan anshax-xumo isu diris aaladeed. Markuu qof aalada ku dirsi anshax-xumo, waxa ka luma gacan ku haynteeda. Waa suurtagal aheyn inuu dib u soo ceshado. Qof kasta oo gudbiya anshax-xumo wata sawirro laga qaaday dad aan qaan-gaadhin ayay kaliya uun la soo wajihi doonin cawaaqib bulsheed iyo shucuureed ee waliba waxa la soo wajihi doona sharciga.

### MAXAY ARDAYDU KU BARTAA DUGSIGA EE KU SAABSAN BAD-BAADADA IYO KHATARAHA ANSHAX XUMADA LAGU DIRO QADKA INTERNAYDKA?

Barashada arrimaha ku saabsan badbaadada jidhkooda iyo shucuurtooda iyo badbaadada dadka kale ayaa qayb muhiim ka ah waxaay ardaydu ku baranayaan waxbarashada caafimaadka iyo jidhka. Ardayda ayaa barata inay gartaan, qiimeeyaan oo maareeyaan xaaladaha aadka khataraha ah. Isla markay ardaydu baranayaan xirfadaha xidhiidhada caafimaad-qabka ah – fahamka naftooda, barashada la hadalka iyo la shaqaynta dadka kale – ayay iyagu horumarinayaan xirfadaooda ay u isticmaali karaan labadaba xaaladaha markay qof waji ka waji is-horjoogaan ama markay qadka internaydka tahay.

**Qiyaastii I I boqolkiiba ardayda fasallada 10 ee leh telefoonnada gacanta iyo 14 boqolkiiba ardayda fasallada I I ardayda leh talefoon-nada gacanta ayaa sheegay inay direen anshax-xumo.**

(*Dhallinta Reer Kanada ee Aduunka Isku Xiran Wajiga III ee daraasadda. Arrimuhu Siday Ku Socdaan iyo Taloojinka, 2015*)

**Sawirka ayaa ku jiri kara weligeed qadka internaydka, oo ay heli karaan qof kasta oo adduunka jooga inay eegaan, daabacdaan, ama u gudbiyaan dadka kale.**

**U barashada isticmaalka teknooloojiyadda si xilkas iyo badbaado ayaa qayb ka mid ah qayb ka mid ah waxbarashada ardayda ee dhammaan maadooyinka iyo koorsooyinka.**

**Joojinta Qaarkood Internetka ayaan sida caadiga waxba ka qaban, carruurta waaweyn iyo dhalinyarada. Hase yeeshe, ku nuuxnu-uxso ka caawinta carruurta si ay u horumariyaan xirfadaha sida dheellitirka ah loogu fikiro arrimaha ku saabsan waxay ku arkaan qadka internaydka.**

**ubad kasta taageer  
arday kasta gaarsii**



## Maxaad ardayda ka sii da' yari bartaan?

Ardayda fasallada hoose dhigata (Fasallada 1, 2 iyo 3) ayaa u barta horay ahaan xirfadaha cilmibaadhista, xeerarka, taxaddarrada iyo xeeladaha isticmaalka qadka Internetka ee ammaanka leh. Waxay bartaan siday caawimo ugu laftooda ama dadka kaleba ugu heli lahayeen, haddii ay xasaradayni ku timaad waji ka waji ahaan ama qadka internaydka.

Macalimiinta ayaa dejisa qaab-dhismeedka u yaal waxqabadyada qadka internaydka ah ee ixtiraamka leh markay ardaydu baranayaan oo ku tababarayaan xirfadaha loogu isdhexgalka ixtiraamka leh ee qofba qofka kale.

Ardayda ayaa barta waxa ku saabsan:

- Farqiga u dhexeeya shaqaaqada dhabta ah iyo khayaalka ah (markay tahay warbaahinta, ama ciyaaraha qadka internaydka)
- Wada hadalka ixtiraamka leh ee ardayda kale marka la joogo jiiimka, fasalka iyo ardaaga dugsiga
- Markay u baahan yihiin inay weyddiistaan caawimaad, iyo markay isku dayi karaan inay dhibaato iyaga laftoodu xalliyaan.

## KALA HADALKA CARRURTAADA ARRIMAHA KU SAABSAN BADBAADO KU AHAANTA QADKA INTERNAYDKA.

Internetka ayaa noqon karta aalad wanaagsan oo loogu talagalay carruurta iyo dhallinyarada. Macluumaad ayay heli karaan, saaxiibbada ayay la hadli karaan, dadka kale ay kula shaqayn karaan oo asaagooda caawimo kaga heli karaan.

Waalidiinta iyo dugsiyada ayaa ka wada shaqayn kara sidii ay badbaado uga dhigi lahaayeen caarruurta qadka internaydka. Tixgali fikradahan:

- In lagu dhiirgaliyo inay kaliya iyagu wax ka qaban karaan sumcaddooda iya magacooda iyaga oo isticmaala dhaqanno badbaado ku leh internaydka iyo warbaahinta bulsheed. Ka caawi si ay u isticmaalaan asturnaana u dejinta qalabka iyo inay si dheellitiran uga fikiraan waxay ka qabtaan internaydka.
- Ku dhiirrigeli inay ixtiraamaan asturnaanta iyo heerkooda u habboon dadka kale.
- Kala hadal awood lahaanta iyo ixtiraamka naftaada iyo dadka kaleba halkii laga isticmaali lahaa xeelado ka cabsiin.
- Ku dhiirrigeli carruurtaada inay su'aalo ka weyddiyaan waxay ku arkeen internaydka ee dareenka aan habboonayn galiyay.
- Kala hadal carruurtaada arrimaha ku saabsan:
  - Siday fariimaha warbaahinta iyo Internetku saamayn ugu leeyihiin suuradaynta (stereotypes) iyo humaagga jidhka.
  - Xog-dhowrka, aasturnaanta, ixtiraamka, iyo saamaynta suurtagalka ee go'aan qaadashada isla-goobta-ah.
  - Ku kac iyo ha ku kicinta wadaagga iyaga u gaar ah iyo macluumaadkooda shakhsi iyo kuwa dadka kaleba
  - Khalad ahaanta suurtagalka ah ee macluumaadka ay akhriyaan, daawadaan ama ka helaan qadka internaydka.

## MACLUUMAAD DHEERAAD AH

- » Badbaadada internetka [www.getcybersafe.gc.ca](http://www.getcybersafe.gc.ca)
- » Canadian Paediatric Society (Ururka Caafimaadka carruurta ee Kanada) [www.cps.ca/documents/position/sexting](http://www.cps.ca/documents/position/sexting)
- » Anshax-xumo isugu dirista aalada teleefanka Considerations for Canadian Youth (Arrimaha Dhalinta Reer Kanada) [www.sexualityandu.ca/uploads/files/CTRsextingEnglishApril2011.pdf](http://www.sexualityandu.ca/uploads/files/CTRsextingEnglishApril2011.pdf)

MediaSmart (Xirfad Ku Laanta Warbaahinta)– Taloooyinka Badbaadada Interneka ee Da' ahaan:

- » Da'aha 2–4 [www.mediasmarts.ca/tipsheet/internet-safety-tips-age-2-4](http://www.mediasmarts.ca/tipsheet/internet-safety-tips-age-2-4)
- » Da'aha 5–7 [www.mediasmarts.ca/tipsheet/internet-safety-tips-age-5-7](http://www.mediasmarts.ca/tipsheet/internet-safety-tips-age-5-7)
- » Da'aha 8–10 [www.mediasmarts.ca/tipsheet/internet-safety-tips-age-8-10](http://www.mediasmarts.ca/tipsheet/internet-safety-tips-age-8-10)
- » Da'aha 11–13 [www.mediasmarts.ca/tipsheet/internet-safety-tips-age-11-13](http://www.mediasmarts.ca/tipsheet/internet-safety-tips-age-11-13)
- » Da'aha 14–17 [www.mediasmarts.ca/tipsheet/internet-safety-tips-age-14-17](http://www.mediasmarts.ca/tipsheet/internet-safety-tips-age-14-17)

## Maxay ardayda waawayni bartaan?

Ardayda fasalka 4 iyo illaa wixii ka sarreeya ayaa barta waxa ku saabsan isticmaalka teknoolojiyadda lagu taageero waxbarashada, iskaashiga iyo horumarinta wada hadalaka, oo barta arrimaha ku saabsan khataraha u hanjabaadda qadka internaydka. Ardayda fasallada 4, 5 iyo 6 ayaa barta khatarta wax dhejinta ama wadaagga sawirrada ama macluumaadka arrimaha gogol-wadaagga ku lug leh.

Fasallada 7 iyo wixii ka sarreeya, ardayda ayaa barta gaar ahaan arrimaha ku saabsan halista “anshax-xumo isu dirista aaladeed” iyo ilaalinta asturnaantooda. Waxay kusii wataan barashada iska ilaalinta inay waxyeello isku geystaan ama dadka kale u geystaan.

Ardayda ayaa barta waxa ku saabsan:

- Faa'iidooyinka iyo halista isticmaalidda teknoolojiyadda
- Istickmaalka ciyaaraha iyo aababka (apps) qadka internaydka si ay ugu bartaan xallinta dhibaatooyinka iyo wax ka qabashada arrimaha ka soo bixi kara qadka internaydka.
- Saamaynta suurtagalka ah ee sharciyeed, bulsheed iyo shucuureed ee anshax-xumo isugu dirista aalada.