

Macluumaadka Xoog-Sheegashada ee Loogu Talagalay Waalidiinta

Bullying Information for Parents

Bullying is the repeated behavior of someone who uses their power to control, scare or harm another person. Children who are bullied may become depressed and anxious. They may also have other physical and mental health problems, as well as problems with their schoolwork.

Bullying Can Happen in Different Ways

Verbal ways include:

- Name calling or mean comments
- Making threats
- Making fun of someone's race, religion, sexual orientation, health needs or the way they look or talk
- Saying they will share hurtful information about them unless they do what they want

Physical ways include:

- Hitting, kicking, slapping, shoving or spitting
- Taking or damaging things
- Forcing someone to do something they do not want to do with the purpose of hurting them

Xoog-sheegashada/caga-jugleynta waa dhaqan soo noqnoqda ee qof isticmaalaya awooddiisa si uu u xakameeyo, u baqdingeliyo ama ku dhibaateeyo qof kale. Carruurta loo xoog sheegto waxay noqon karaan kuwa dareema niyad jab iyo walwal. Waxay sidoo kale dareemi karaan dhibaatooyin kale oo xagga caafimaadka jirka iyo maskaxda ah, iyo sidoo kale dhibaatooyin xagga shaqada iskuulka.

Xoogsheegashada Waxay u Dhici Kartaa Siyaabo Kala Duwan

Qaababka hadalka ah waxaa ka mid ah:

- Naanays la iskugu waco ama faallooyinka bahdil ah
- Hanjabaadyo
- Ku jeesjeesida qof qowmiyadiisa, diintiisa, nooca galmo, baahiyadiisa caafimaad ama sida uu u eg yahay ama u hadlo
- Inay dhahaan dadka kale inay la wadaagi doonaan macluumaad waxyeello leh oo ku saabsan qofkaas haddii uusan asaga samaynin waxa ay iyaga rabaan

Qaababka jireed waxaa ka mid ah:

- Garaacis, laadid, dharbaaxis, tuurid ama candhuuf ku tufid
- Ka qaadashada ama ka waxyeelaynta alaabaha
- Ku khasbida qof inuu sameeyo wax uusan dooneyn inay sameeyaan iyadoo ulajeedku yahay in iyaga lagu waxyeeleeyo

Social ways include:

- Leaving someone out of activities
- Starting rumors or spreading gossip about someone
- Telling others not to be friends with someone
- Using hurtful nicknames for someone, even after being asked to stop

Cyberbullying is bullying that takes place using digital devices like cell phones, computers and tablets. It may involve texting, email, sharing photos or videos, messaging or social media apps (like Facebook, Twitter, Instagram, Snapchat and YouTube).

Teach Your Child About Bullying and Watch for Signs

- Read books or watch videos or movies about bullying with your child. This may help your child to know if they or others are being bullied.
- Practice what your child can do or say if someone tries to bully them or someone else.
 - It is best to ignore a bully, walk away and tell an adult.
 - It is not a good idea to fight back physically or with words.
- Watch your child's social media activities and accounts. Check their phone, computer or other devices.

Qaababa bulshada waxaa ka mid ah:

- Qofka in laga reebo nashaadaadka
- Bilaabida xan ama faafinta xan ku saabsan qof
- U sheegista dadka kale inay saaxiib la noqon qof kale
- Ugu yeerida naanaysyada waxyeelada leh, xitaa kadib markii ay codsadaan in laga joojiyo

Xoogsheegashada internetka waa xoogsheegashada la sameeyo iyadoo la isticmaalayo aalado dijitaal ah sida taleefannada gacanta, kumbuyuutarrada iyo taableetyada. Waxaa ka mid noqon kara qoraal u dirid, iimeyl, wadaagista sawirro ama muuqaal, fariimo isku dirid ama aaladaha warbaahinta bulshada (sida Facebook, Twitter, Instagram, Snapchat iyo YouTube).

Bar Ilmahaaga Waxyaalaha Ku Saabsan Xoogsheegashada oo Ka Fiiri Calaamado

- La akhri cunuggaaga buugaagta ama la daawo muuqaalada ama filimada ku saabsan xoogsheegashada. Tani waxay ka caawin kartaa cunuggaaga inuu ogaado haddii isaga ama kuwa kale lagu sameeyo xoogsheegasho.
- Ku tababar waxa cunuggaaga uu sameyn karo ama dhihi karo haddii qof isku dayo inuu cunuggaaga u xoogsheegto ama qof kale.
 - Waxaa ugu wanaagsan in la iska indho tiro xoogsheegashada oo la iskaga tago kadibna lagu wargeliyo qof weyn.
 - Maaha fikrad wanaagsan in aad ku falceliso dagaal adoo adeegsanaaya jirkaaga ama erayo.
- Fiiri hawlaha iyo akoonada warbaahinta bulshada ee cunuggaaga. Hubi taleefankooda, kumbuyuutarrada ama aaladaha kale ee ay isticmaalaan.

Ask Questions

Talk and carefully listen to your child. Ask questions that cannot be answered with just a “yes” or a “no,” such as:

- Who did you eat lunch with at school?
- What do you think about the other children in your class?
- How did your clothes get dirty or torn?
- What happened to your money, books, toys, phone?
- What nicknames do other children have for you? Do you like this nickname?
- What happens when someone you see is picked on?

For older children, you might ask:

- How do you and your friends work out problems with other people?
- What types of things do you and your friends share on social media?
- Tell me about the friend groups (cliques) at your school?

Signs a Child is Being Bullied

Physical signs:

- Clothes are dirty or torn
- Things are missing or broken
- Cuts, bruises or scratches they can't explain
- Headaches, stomachaches or physical problems with no medical reason

Changes at school:

- Acts out or has problems at school

Weydii Su'aalo

Si taxadar leh ula hadal cunugaaga adoo dhageesanaaya. Weydii su'aalo aan looga jawaabi karin keliya “haa” ama “maya” sida:

- Yaad qado la cuntay markaad joogtay dugsiga?
- Maxaad ka aaminsan tahay carruurta kale ee fasalkaaga dhigta?
- Sidee dharkaagu wasakh u noqdeen ama u jeexjeexmeen?
- Maxaa ku dhacay lacagtaada, buugaaga, boombalaaga, taleefoonkaaga?
- Waa maxay naanaysyada carruurta kale ay kuugu yeeraan? Ma jeceshahay naanaystaan?
- Maxaa dhacaya marka qof aad aragto loo xoogsheegto?

Carruurta waaweyn, waxaad waydiin kartaa:

- Sidee adiga iyo asxaabtaada aad uga wada shaqeysaan dhibaatooyinka aad kala kulantaan dadka kale?
- Maxay yahiin waxyaabaha adiga iyo asxaabtaada ku wadaagtaan warbaahinta bulshada?
- Wax iiga sheeg kooxaha saaxiibada ah (koox) ee ka jira dugsigaaga?

Calaamadaha Muujinaya in Cunug loo Xoogsheegtay

Calaamadaha jireed:

- Dharka ayaa wasakh ah ama jeexan
- Alaab ayaa ka maqan ama ka jabsan
- Jeex, nabaro ama xoqitaan maqaarka oo aynan sharixi karin
- Madax xanuun, calool xanuun ama dhibaatooyin jireed oo aan lahayn sabab caafimaad

Isbadelada ka jira iskuulka:

- Waxa uu diidaa ama dhibaato ku qabaa dugsiga

- Will not take part in activities or follow directions
- Loses interest in doing schoolwork
- Does poorly in school all of a sudden

Social changes:

- Few or no friends, changes friend group or does not play with old friends
- Withdraws from friends and family
- Fears going to school or being around other children

Changes in how child acts:

- Moody, crying or has outbursts of emotion
- Has bad dreams and trouble sleeping
- Does not want to eat
- Talks about feeling hopeless, being worthless or suicide

If your child is being bullied:

Talk to Your Child:

- Tell your child bullying is never okay and praise them for telling you. Remind them that you need to know what is going on. It is your job to help and protect them.
- Tell your child that it is not their fault and they have a right to feel safe.
- Explain that it is NOT tattling to tell if someone does something to hurt or bother them or another person.

- Kama qaybqaadanaayo hawlaha mana raacayo tilmaamaha
- Wuxuu ka xiisa dhacayaa ka shaqeynta shaqada dugsiga
- Si liidata ayuu iskuulka ugaga dhacaa si kedis ah waliba

Isbedelada bulshadeed:

- Waxa uu yeeshaa asxaab yar ama maba yeesho saaxiibo, waxa iska badelaa kooxda saaxiibadiis ah ama lama ciyaaro asxaabta ka waawayn
- Waxa uu ka fogaadaa asxaabta iyo qoyska
- Waxa uu ka cabsadaa aaditaanka iskuulka ama la joogida carruurta kale

Isbedelada qaabka ay ilmuhu wax u dhaqmaan:

- Murugo, oohin ama leh shucuur qiir leh
- Leh riyo xun iyo hurdada oo dhibaato noqota
- Aan dooneyn wax cunid
- Ka hadla dareemida rajo la'aan, inuu yahay qiimo la'aan ama is dilid

Haddii cunuggaaga loo xoogsheegto:

La hadal cunuggaaga.

- U sheeg cunuggaaga xoog-sheegashada inaysan marnaba ahayn wax fiican oo ku amaan maadaama ay uu kuu sheegay. Xusuusi inaad u baahan tahay inaad ogaato waxa dhacaya. Waa shaqadaadu inaad caawiso oo aad ilaaliso ilmahaaga.
- U sheeg cunuggaaga in aysan ahayn qaladkooda oo ay xaq u leeyihiin in ay amaan dareemaan.
- U sharax in AYSAN ahayn xan/qalad in la sheego haddii qof sameeyo wax uu ku dhaawacayo ama ku dhibaayo.

- Help your child to know who are the safe or trusted adults to go to.
- Talk with them about how to avoid places, if they can, where the bullying happens.
- Tell them to do activities near adults and other groups of people. Bullies tend not to act out around adults.
- Tell your child to use the “buddy system” so they are not alone.

Work with Your School:

- If your child is being bullied at school or by another student outside of school, contact the school to report it. Include the teacher, school counselor and school principal. There are rules at school about bullying.

Report it to Others:

- Report bullying when it happens through social media or websites to the computer experts who manage the site. They can remove the content, block users or delete accounts.
- Contact the bully’s parents, if possible. They may not know what their child is doing.
- For threats of physical harm or violence, contact the police.

- Ka caawi cunuggaaga inuu ogaado cidda ay yihiin dadka waaweyn ee aaminka ee ay aadi karaan.
- Kala hadal iyaga sida looga fogaado meelaha, haddii ay awoodaan, xoogsheegashadu ay ka dhacdo.
- U sheeg inay hawlahooda ku sameeyaan meel u dhow dadka waaweyn iyo kooxaha kale ee dadka. Kuwa carruurta u xoogsheegta si xun uma dhaqmaan marka ay agjoogaan dadka waaweyn.
- U sheeg cunugaaga inuu isticmaalo “nidaamka kooxeedka” si aynaan keli u noqonin.

Kala Shaqee Dugsigaaga:

- Haddii ilmahaagu loogu xoogsheegto dugsiga ama arday kale meel ka baxsan dugsiga, la xariir dugsiga si aad uga warbixisid. Ku dar macalinka, lataliyaha dugsiga iyo maamulaha iskuulka. Dugsiga waxaa ka jira sharciyo ku aadan xoogsheegashada.

U Sheeg Dadka Kale:

- Ka warbixi xoogshaegashada haddii ay dhacdo warbaahinta bulshada ama webseetka adigoo u sheegaya khubarada kombuyuutarka ee maamula websaydka. Waxay ka saari karaan mawduucyada, xannibi kara dadka isticmaalaaya ama waxay tirtiri karaan akoonada.
- La xariir waalidiinta qofka xoogsheegashada sameeyey, haddii ay suurtagal tahay. Waxaa laga yaabaa inaysan ogeyn waxa carruurtooda ay sameynayaan.
- Haddii ay tahay hanjabaadyo la xariira waxyeelo jireed ama rabshad, la xariir booliska.

Provide Support and Help:

- Think about counseling or therapy for your child if you see changes in how they are acting.
- If you feel that your child might try to harm themselves, go to the closest emergency department for help right away.

Bixi Taageero iyo Caawinaad:

- Ka fikir inaad cunuggaaga u raadisid la-talinta ama daaweyn nafsiyeed haddii aad ku aragto isbaddelo ku aadan sida uu u dhaqmo.
- Haddii aad dareento in cunuggaaga uu isku dayi karo inuu naftiisa waxyeelleeyo, aad waaxda gargaarka degdegga ee kuugu dhow si aad u hesho caawimaad isla markaaba.

Special Needs Children

When a child with special needs is bullied at school, by law, the school has to use an IEP (Individualized Education Program) plan to deal with it. The IEP should describe what your child can do if they think they are being bullied and what the school will do to take care of the problem. Set up a meeting with the school principal, teacher and counselor as soon as you can.

Carruurta Leh Baahiyaha Gaarka Ah

Marka cunug qaba baahiyo gaar ah loogu xoogsheegto/loogu cagajugleeyo dugsi, sharci ahaan, iskuulku waa inuu isticmaalaa Individualized Education Program (IEP, Qorshaha Waxbarashada Gaarka ah). Barnaamijka waxbarashada gaarka ah (IEP) waa inuu sharaxaa waxa cunuggaaga sameyn karo haddii uu u maleeyo in loo xoogsheeganaayo iyo waxa dugsigu samayn doono si wax looga qabto dhibaataada. Kula la qorsheyso maamulaha dugsi, macalinka iyo lataliyaha sida ugu dhaqsaha badan ee aad awoodo.

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