

# Difaaca Xuquuqda Aadanaha

Buug Xambaarsan Macluumaad loogu Talagalay Difaacayaasha  
Xuquuqda Aadanaha

**Caddadka 2aad**

**Difaaca Xuquuqda Aadanaha: Buug Xambaarsan Macluumaad loogu Talogalay  
Difaacayaasha Xuquuqda Aadanaha (Caddadka 2aad}**

East and Horn of Africa Human Rights Defenders Project  
Human Rights House, Plot 1853, Lulume Rd., Nsambya  
P.O Box 70356 Kampala Uganda  
Phone: +256-312-256-820  
Fax: +256-312-256-822  
Email: program@defenddefenders.org, hshire@yorku.ca  
Web : <http://www.defenddefenders.org>

Waxaa la heli karaa daabacaadan oo ku qoran afafka Ingiriiska, Faransiiska,  
Carabiga, Amxaariga cinwaankeeduna yahay:  
<http://www.defenddefenders.org/resource-book>

Waa in loo mahadnaqo Mashruuca Difaacayaasha Xuquuqda Aadanaha ee Bariga  
iyo Geeska Afrika.

Waxaa lagu soo saaray kaalmada dhaqaale ee Hey'adda Iskaashiga Horumarinta  
Caalamka ee Sweden.

Caddadka 1aad waxaa iskudubariday Nora Rehmer  
Caddadka 2aad waxaa iskudubariday Neil Blazevic



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EAST AND  
HORN OF  
AFRICA  
HUMAN RIGHTS  
**DEFENDERS**  
PROJECT  
(EHAHRDP)

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Buug Xambaarsan Macluumaad loogu Talagalay  
Difaacayaasha Xuquuqda Aadanaha

**Caddadka 2aad**

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# Mahadnaq

Dabaacaadda buuggaan suurtoagal ma noqoteen haddii aan la heli laheyn kaalmada dhaqaale ee *SIDA*, Hey'adda Iskaashiga Horumarinta Caalamka ee Sweden (*Swedish International Development Cooperation Agency*). Waxaa mar kale mahad iska leh Xaruunta Cilmi-baarista Horumarinta Caalamka (*International Development Research Centre*) (*IDRC*) ee Kanada oo maalgalisay caddadka kowaad ee buuggaan.

Ugu dambeyntii waxaa mahad iska leh dadka gacanta ka geystay buuggaan oo magacayadooda lagu xusay cutubyada, iyo sidoo kale Nora Rehmer iyo Neil Blazevic oo isku dubariday caddadyada kowaad iyo labaad sida ey u kala horreeyaan.

# Horudhac

Shan sano ayaa ka soo wareegtay markii Mashruuca Difaacayaasha Xuquuqda Aadanaha ee Bariga iyo Geeska Afrika uu daabacay caddadka kowaad ee *Difaaca Xuquuqda Aadanaha: Buug Xambaarsan Macluumaad loogu Talagalay Difaacayaasha Xuquuqda Aadanaha (Defending Human Rights: A Resource Book for Human Rights Defenders)*. Tan iyo markaas caqabado cusub ayaa soo ifbaxay kuwaas oo saameeyay duruufaha ey ku dhex shaqeeyaan difaacayaasha xuquuqda aadanaha.

Waxey dowladuhu sii wadaan adeegsiga qawaaniin yareynaya xadka lagu sameyn karo howsha xuquuqda aadanaha. Waxaa si isdabajoog ah loo adeegsadaa tallaabooyin si guud loo dajiyay oo looga hortagayo argagixisada, laguna ballaarinayo awoodda iyo gacan-birnimada hey'adaha ilaaliya qaanuunka eyna la socdaan yareynta ama daahinta awooddii kormeerka ee hey'adda garsoorka si loo wiiqo qaababka sharciga waafaqsan ee wax lagu baaro iyo cabashooyinka ka imaanaya dhaqdhaqaaqa bulshada rayidka ah. Iskaashiga dowladaha ka dhexeeya ayaa keenay in difaacayaasha xuquuqda aadanaha ee lagu qasbay in ey ka baxsadaan dalalkooda kula kulmaan dalka ey iska dhiibaan qashqashaad uga imaaneysa dhanka dowladda. Qawaaniinta xannibaya ururada samafalka ayaa mararka qaarkood loo adeegsadaa in ey yareeyaan fursadaha ey kaalmo dhaqaale ku helayaan iyo howlaha lagu difaacayo xuquuqda aadanaha, halka qawaaniinta warbaahinta marar badan loo fasiro loona adeegsado sidii la doono si dhuunta loo qabto xorriyadda bandhigidda fikirka. Difaacayaasha dadka laga tirada badanyahay dhinaca galmoodka ayaa sii wada halganka ey ku raadinayaan sidii loogu aqoonsan lahaa howshooda in ey ka mid tahay howlaha xuquuqda aadanaha, ayadoo hanjabaadyada difaacayaashaan uga imaanaya dad u shaqeeya dowladda iyo kuwa kaleba ey u abuureen degaan colaadeed.

Inkasta oo ey caqabadahaani isbaddalaan, qalabka ey heli karaan difaayasha xuquuqda aadanaha ayaa ayaguna isbaddalaya kuwaas oo sii xoogeysanaya, wax-ku-oolnimadooduna sii ballaaraneyso. Caqabadda hortaalla wax-ku-oolnimada difaacayaasha xuquuqda aadanaha isla markaasna noqon karta xoog dahsoon ayaa waxey tahay sidii qalabkaan ey si buuxda ugu adeegsan lahaayeen ayagoo raacaya waddo xeeladeysan.

Adeegsiga farsamooyinka xuquuqda aadanaha ee dowliga iyo kuwa goboleed ayaa ah qaababka ugu wax-ku-oolsan ee lagu abuuri karo aqoonsiga arrimaha ku saabsan xuquuqda aadanaha taasoo xataa keeneysa in masuuliyiinta xilalka haya ey si rasmi ah jawaab u

bixiyaan. Cutubka 1aad waxuu ka hadlayaa doodaha ku saabsan farsamooyinka iyo sida loogu adeegsanayo si waxtar leh.

Daryeelka shaqsiyadeed iyo amniga xirfadda difaacayaasha xuquuqda aadanaha ayaa lagama maarmaan u ah sii socoshada howlahooda. Waxuu Cutubka 2aad ka hadlaya maareynta amniga halka Cutubka 3aad uu ka hadlayo yareynta kurbada (stress) difaacayaasha xuquuqda aadanaha.

Xeeladaha la adeegsado marka olole la qaadayo ayaa lagu eegayaa Cutubka 4aad, kaasoo lagu sii kordhiyay Cutubka 4.5 oo ku saabsan dood la xiriirta sidii lagu gaari lahaa ujeedooyin wax lagu difaacayo ayadoo la adeegsanayo qalabka warbaahinta bulshada.


Caqabadaha u gaarka ah iyo xeeladaha lagu difaacayo xuquuqda haweenka ayaa lagu falaanqeynayaa Cutubka 5aad halka Cutubka 6aad uu la xiriiro caqabadaha iyo xeeladaha lagu dhowrayo xuquuqda dadka galmood ahaan laga tirada badan yahay.

Ugu dambeyntii, lifaaqyada macluumaadka xambaarsan ayaa la casriyeeyay ayadoo lagu daray qoraallada iyo ururada muhimadda gaarka ah u leh difaacayaasha xuquuqda aadanaha.

Waxaan ku faraxsannahay inaan soo saarno buuggaan oo ku qoran afafka Ingiriiska, Fransiiska, Carabiga, Sawaaxiliga, Amxaariga iyo Soomaaliga, taasoo suurtogalinea sidii uu u gaari lahaa badanka dadyowga ku nool gobol-hoosaadka. Waxaan u mahad celineynaa deeq-bixiyeyaasha mashruucaan, Hey'adda Iskaashiga Horumarinta Caalamka ee Sweden.

Waxey EHAHRDP si maamuus ku dheehan yahay ugu mahadcelineysaa dhammaan dadka gacanta ka gaystay soo saarista buuggaan kuwaas oo isla markaasna si joogto ah uga shaqeeya u adeegga xuquuqda aadanaha.

Waxey EHAHRDP ku maamuuseysaa buuggaan dhammaan dadka ku waayay naftoodii halganka xuquuqda aadanaha. Aan u midowno sidii aan u sameyn laheyn mustaqbal wanaagsan.



Xasan Shire Shiikh.

Agaasimaha Guud/Guddoomiyaha

Mashruuca/Isku-xirka Difaacayaasha Xuquuqda Aadanaha ee Bariga iyo Geeska Africka (EHAHRDP/NET)



## Farsamooyinka Dowliga iyo kuwa Goboleed ee lagu Ilaaliyo Difaacayaasha Xuquuqda Aadanaha

Cutubkaan waxuu ka hadlayaa sidii u ku billowday Baaqa Qaramada Midoobay ee Xaqa iyo Masuuliyadda Qofka, Kooxaha iyo Hey'adaha Bulshada ee Kor-u-qaada isla markaasna Ilaaliya Xuquuqda iyo Xorriyaadka Aasaasiga ee Aadanaha ee Caalamku Aqoonsanyahay (oo loo wada yaqaan "Baaqa difaacayaasha xuquuqda aadanaha" asagoo dulmaraya Baaqa qudhiisa. Waxuu kaloo fasiraad ka bixinayaa farsamooyinka dowliga iyo kuwa goboleed ee sida gaarka ah u ilaaliya Difaacayaasha Xuquuqda Aadanaha, xilalkooda iyo qaababka ey u shaqeeyaan oo kala ah:

Ergeyga Gaarka ah ee QM ee u Xilsaaran Difaacayaasha Xuquuqda Aadanaha (*UN Special Rapporteur on Human Rights Defenders*)

Ergeyga Gaarka ee u Xilsaaran Difaacayaasha Xuquuqda Aadanaha ee Afrika (*Special Rapporteur on Human Rights Defenders in Africa*)

Dokumentiyada Midowga Yurub ee ku saabsan Difaacayaasha Xuquuqda Aadanaha (*European Union Guidelines on Human Rights Defenders*)

Waxaa aqristayaasha lagu dhiirrigalinayaa in ey kor u qaadaan hirgalinta halbeegyada dowliga ee ku xusan Baaqa Qaramada Midoobay ee Difaacayaasha Xuquuqda Aadanaha ee ilaaliya difaacayaasha xuquuqda aadanaha meel kasta oo ey dunida ka joogaan iyo in ey isticmaalaan isla markaasna xoojiyaan farsamooyinka halkaan ku qoran.<sup>1</sup>

### Siduu ku billowday Baaqa QM ee Difaacayaasha Xuquuqda Aadanaha

Kor-u-qaadista iyo ilaalinta xaqa lagu difaacayo xuquuqda aadanaha ayaa manta ah arrin sida loo daneeyo ey ku sii kordheyso dunida oo dhan. Hase yeeshee, ololeha dowliga ah ee loogu soo jeedinayo dareenka dowliga xaaladda ey ku sugun yihiin difaacayaasha xuquuqda aadanaha ayaa abaabulkiisu si isdabajoog ah u soo kordhayey tan iyo billowgii 1980dii.

Marka Afrika la eego, wadaxaajoodyo is-dabajoog ah ayaa saameyn weyn ku reebay horumarinta Baaqa QM ee difaacayaasha xuquuqda aadanaha. Ololeyaasha gobol-hoosaadyada iyo kuwa Afrika oo mideysan ka dhacay 1998 ka hor intaan la aqbalin baaqa, ayaa waxey si cad u mujiyeen daneynta iyo ka

<sup>1</sup> Qoraalkii asalka ahaa waxaa lahaa Musa Gassama, ayadoo mar dambe ey wax ku dartay Rachel Nicholson.

go'naanshaha ururada samafalka in ey difaacayaan difaacayaasha xuquuqda aadanaha, iyo sidii loogu ololeyn lahaa helitaanka degaan u suubban u ololeynta difaacayaasha qaaradda gabi ahaanteedba. Waxaa arrimihii ka soo baxay ololeyaashaan lagu daray Kulankii Paris oo dhacay Disember 1998 iyo qoraalka Baaqa Caalaamiga ee difaacayaasha xuquuqda aadanaha.

Ayadoo laga jawaabay xaaladda qallafsan ee ku wajahan difaacayaasha ayaa go'aankii 53/144 ee soo baxay Disember 1998 uu Golaha Guud ee Qaramada Midoobay si loo wada dhanyahay ku aqbalay Baaqa difaacayaasha xuquuqda aadanaha. Arrintani waxey ka dambaysay u ololeyn iyo gorgortan socday in ka badan tobaneeyo sano. Dhacdooyinka la xiriira hannaanka soo saarista Baaqa ayaa billowday Febraayo 1980 waxaana la soo gabagabeeyey Febraayo 1997, asagoo Golaha Guud uu aqbalay Baaqa 9 Disember 1998, taasoo ka dhigeysa 18 sano intii ey dooddiisu socotay, isla markaana ah kii ugu gaabiyay taariikhda QM!

### Baaqa QM ee Difaacayaasha Xuquuqda Aadanaha

#### (A) Faallooyin guud

Aqbaliddii Baaqa QM ee difaacayaasha xuquuqda aadanaha ee 1998 ayaa aheyd tallaabo weyn oo horay loo qaaday. Marka ey Baaqa aqbaleen, waxey dowladaha xubnaha ahi aqoonsadeen:

- rafaadka heysta difaacayaasha xuquuqda aadanaha meel kasta oo ey dunida ka joogaan.
- jiritaanka xaqa ey difaacayaasha xuquuqda aadanahu u leeyihiin in ey difaacaan xuquuqda aadanaha; iyo
- baahida loo qabo iskaashi dowli ah si loo ilaaliyo xaqaan lagu difaacayo xuquuqda aadanaha.

Ma ahan Baaqu heshiis ama axdi, sidaas darteed ayuusan u aheyn farsamo lagu qabto qofkii jabiya. Hase yeeshee, waa mid:

- Matalaya iskaashiga dowladaha ee lagu ilaalinayo difaacayaasha xuquuqda aadanaha meel kasta oo ey dunida ka joogaan;

- Aqoonsanaya sharcinimada howlaha xuquuqda aadanaha iyo baahida loo qabo howlahaas iyo ilaalinta kuwa u taagan qabashada howlahaas.
- Keenaya tiirarka qaanuuneed ee lagu difaacayo difaacayaasha xuquuqda aadanaha.
- Xeer ka dhigaya halbeegyada dowliga ee ilaaliya howlaha difaacayaasha xuquuqda aadanaha meel kasta oo ey dunida ka joogaan;
- Mar kale qiraya in shaqsiyaadka, kooxaha, hey'adaha iyo ururada samafalku ey ku leeyhiin door muhim ah iyo masuuliyad gacan-ka-geesashada kor-u-qaadista xuquuqda uu qof kasta u leeyahay inuu helo nidaam bulsho iyo mid dowli ah oo si buuxda loogu hirgalin karo xuquuqda iyo xorriyaadka ku qeexan Baaqa Caalamiga ee Xuquuqda Aadanaha iyo farsamooyinka kale ee xuquuqda aadanaha ;
- Si cad u qeexaya xuquuqda jirta taas oo sahleysa sidii loogu dabbaqi lahaa doorka iyo xaaladda dhabta ah ey ku sugan yihiin difaacayaasha xuquuqda aadanaha;
- Laga dhex helayo mabaadii' iyo xuquuq ku saleysan halbeegyada xuquuqda aadanaha oo ey ilaaliyaan xeerar kale ee dowli ah, sida kuwa ku saabsan xaqa loo leeyahay xorriyadda bandhigidda fikirka, ku biiridda urur ama gole, iyo xaqa loo leeyahay xorriyadda dhaqdhaqaaqa.

### **(B) Waajibaadka Dowladaha iyo qof kasta**

Waxuu Baaqu dulmar ku sameynayaa qaar ka mid ah waajibaadyada si gaar ah u saaran Dowladaha iyo masuuliyadaha qof kasta ka saran difaaca xuquuqda aadanaha, asagoo fasiraad ka bixinaya xiriirka ey la leeyihiin qaanuunka gudaha. Waxaa Dowladaha masuuliyad ka saarantahay in ey dhaqangaliyaan isla markaasna xushmeeyaan dhammaan qodobada ku xusan Baaqa. Qodobada 2, 9, 12, 14 iyo 15 ayaa si gaar ah u xusaya doorka Dowladaha ayagoo sheegaya in Dowlad kasta uu saaranyahay masuuliyad iyo waajibaad:

Qodobka 2: Waa in Dowlad kasta ey qaaddo tallaabooyin qanuuneed, maamuleed iyo tallaabo kasta oo kale ee lagu xaqiijinayo in xuquuqda iyo xorriyadaha ku xusan Baaqaan si dhab ah loo dammaanad qaaday.

Waxuu Baaqu si adag u sheegayaa in qof kasta ey ka saran tahay isla markaasna uu ku leeyahay wajibaad bulshada dhexdeeda, asagoo dhammanteen nagu

dhiirrigalinaya inaan noqonno difaacayaasha xuquuqda aadanaha. Qodobada 10, 11 iyo 18 ayaa dulmar ku sameynaya masuuliyadaha ka saaran qof kasta kor-u-qaadista xuquuqda aadanaha, ilaalinta dimoqoraaddiyadda iyo hey'adaheeda iyo inaan lagu xadgudbin xuquuqda aadanaha ee dadka kale. Qodobka 11 ayaa si gaar ah u xusaya masuuliyadaha shaqsiyaadka adeegsanaya xirfadaha saameyn ku yeelan kara xuquuqda aadanaha ee dadka kale, waxuuna mudanaan gaar ah u leeyahay saraakiisha booliska, garyaqaannada, garsoorayaasha, iwm.

### **(C) Doorka qaanuunka gudaha**

Marka la eego qaanuunka gudaha, Qodobada 3 iyo 4 ayaa dulmar ku sameynaya xiriirka uu Baaqu la leeyahay qaanuunka gudaha iyo kan dowliga ah ayadoo ujeeddaduna tahay sidii loo xaqiijin lahaa in hirgalinta xuquuqda aadanaha ey hesho heerka ugu sarreeya ee qaanuun ahaan suurtoogalka ah.

Haddii la doonayo in si caddaan ah Baaqa loo fasiro, waxaa muhim ah in la ogaado in qodobka 3 markasta lala aqriyo qodobka 4.

Qodobka 3: Qaanuunka gudaha oo waafaqsan Axdiga Qaramada Midoobay iyo waajibaadyada dowliga ah ee dowladda ka saaran xuquuqda aadanaha iyo xorriyaadka aasaasiga, ayaa ah tiirarka garsoorka ee lagu hirgalinayo xuquuqda aadanaha iyo xorriyaadka asaasiga ah iyo meesha lagu dhex fulinayo dhammaan howlaha ku xusan Baaqaan oo kor loogu qaadayo, lagu ilaalinayo, si dhab ahna loogu xaqiijinayo xuquuqdaas iyo xorriyaadkaas.

Qodobka 4: Sinnaba Baaqaan looguma fasiran karo inuu waxyeello u geysanayo amaba uu ka horimaanayo ujeedooyinka iyo mabaadii'da ku xusan Axdiga Qaramada Midoobay (Charter of the United Nations) ama inuu yareynayo ama uu qilaafayo qodobbada ku xusan Baaqa Caalamiga ee Xuquuqda Aadanaha (Universal Declaration of Human Rights) iyo Heshiisyada Dowliga ah ee Xuquuqda Aadanaha (Covenants on Human Rights), iyo farsamooyinka iyo ballanqaadyada dowliga ah (international instruments and commitments) ee arrintaan la xiriira.

### **(D) Xuquuqda iyo ilaalinta la siiyay difaacayaasha xuquuqda aadanaha**

Qodobada 1, 5, 6, 7, 8, 9, 11, 12 iyo 13 ee Baaqa ayaa siinaya ilaalin gaar ah difaacayaasha xuquuqda aadanaha, waxaana xuquuqdooda ka mid ah:

Qodobka 1: Waxuu qof kasta si gaar ah ama asagoo



la wadaagaya dad kale xaq u leeyahay in uu kor u qaado iyo in uu ku dadaalo ilaalinta iyo xaqiijinta xuquuqda iyo xorriyaadka aadanaha heer dal iyo heer dowli ah:

- In uu raadiyo ilaalinta iyo xaqiijinta xuquuqda aadanaha heer dal iyo heer dowli ahba;
- In uu fuliyo si shaqsi ah ama asagoo la wadaagaya dad kale howlo la xiriira xuquuqda aadanaha;
- In uu sameeyo ururo ka madaxbannaan xukuumadda.
- In uu si nabad ah uga qeybgalo kulammo iyo golayaal;
- In uu raadiyo, helo, qaato isla markaasna heysto xog iyo warar la xiriira xuquuqda aadanaha.
- In uu hormariyo kana doodo fikrad iyo mabaadii' cusub oo ku saabsan xuquuqda aadanaha iyo in uu u ololeeyo sidii loo qaadan lahaa;
- In uu u soo gudbiyo hey'adaha iyo wakiillada dowladda iyo ururada daneeya arrimaha guud dhaliil iyo talooyin lagu wanaajinayo sida ey u shaqeeyaan iyo sidoo kale inuu dareensiiyo dhinac kasta oo ku saabsan howlahooda oo horistaagi kara xaqiijinta xuquuqda aadanaha;
- In uu cabashooyin ka soo jeediyo siyaasadaha iyo falalka dowladda ee la xiriira xuquuqda aadanaha iyo in uu u helo dib-u-eegid cabashooyinkaas;
- In uu soo jeediyo, bixiyana kaalmo qaanuuneed oo ey soo diyaariyeen xirfadlayaal aqoon u leh, ama talooyin iyo kaalmo kale oo lagu difaacayo xuquuqda aadanaha;
- In uu dhageysto heerarka kala duwan ee dacwadaha si uu u qiimeeyo in ey waafaqsan yihiin qaanuunka gudaha iyo waajibaadyada xuquuqda aadanaha ee dowliga;
- In uu helo, ayadoon la horistaagin, jid uu u maro, kulana xiriiro hey'adaha samafalka iyo kuwa dowladaha ka dhaxeeya;
- In uu helo faa'iidada xal wax-ku-ool ah;
- In uu si qaanuunka waafaqsan ugu dhaqmo xirfadda iyo shaqada difaaca xuquuqda aadanaha;
- In uu qaanuunka gudaha ka helo ilaalin wax-ku-ool ah markuu si nabad ah uga soo horjeesto

falal ama waxqabasho-la'aan loo nisbeyn karo Dowladda oo keenta xadgudb loo geysto xuquuqda aadanaha;

- In uu codsado, helo, isla markaasna adeegsado hanti loogu talagalay ilaalinta xuquuqda aadanaha (oo ay ku jirto ilo dhaqaale uu dalka dibaddiisa ka helay).

### **(E) Faallooyin kale**

Waxaa dadka qaar ku duraan Baaqa in uu yahay natiijo aan lagu qanci karin ayagoo tixgalinaya waqtiga ey dowladaha xubnaha ah ku qaadatay in ey isku afgartaan qoraalkiisa iyo xaqiigada jirta ee ah in qodobbadiis qaarkood ey wali xad u yeelayaan xuquuqda difaacayaasha.

### **Xilka Ergeyga Gaarka ah ee Qaramada Midoobay u Qaabilsan Difaacayaasha Xuquuqda Aadanaha**

Markii ey ka soo wareegatay in ka yar laba sano aqbalaaddii Baaqa sanadkii 2000 ayaa Guddiga QM u Qaabilsan Xuquuqda Aadanaha (UN Commission on Human Rights) si wadajir ah u aqbalay qaraarka 2000/61 kaasoo ugu yeeray Xoghayaha Guud in uu magacaabo Ergey Gaar ah (Special representative) oo qaabbilsan difaacayaasha xuquuqda aadanaha. Tani waa farsamadii ugu horreysay ee heer dowli ah oo loo abuurto si loo ilaaliyo difaacayaasha xuquuqda aadanaha taasoo waafaqsan xuquuqda ku qoran Baaqa. Marwo Hina Jilani oo ah garyaqaanad ku caanbaxday difaaca xuquuqda aadanaha ee u dhalatay Pakistan ayaa loo magacaabay in ey noqoto Ergeyga Gaarka ah ee ugu horreeyay. Hey'addii dhaxashay Guddiga Xuquuqda Aadanaha oo lagu magacaabo Golaha Xuquuqda Aadanaha ee QM (UN Human Rights Council) ayaa go'aan ku gaartay in ey sii waddo xilka muddo dhan saddax sano oo isku xiga sanadku markuu ahaa 2008 (qaraarka 7/8) iyo sanadkii 2001 (qaraarka 16/5). Bishii Maarso 2008, ayaa Marwo Margaret Sekaggya oo ah Garsoore u dhalatay Uganda horeyna u ahaan jirtay Guddoomiyaha Guddiga Xuquuqda Aadanaha ee Uganda loo magacaabay xilka oo markaan jagadeeda loo baddalay in ey noqoto Ergey Gaar ah (Special Rapporteur) oo qaabbilsan xaaladda ey ku sugan yihiin difaacayaasha xuquuqda aadanaha.

Ergeyga Gaarka ah ayaa qabata howlaha ayadoo ka madaxbannaan dowlad kasta, kana tirsaneyn shaqaalaha Qaramada Midoobay isla markaasna

aan qaadan mushaar. Waxey Ergeyga Gaarka ahi qabaneysoa howlaha muhimka ah ee soo socda:

- In ey dalbato, hesho, baarto kana jawaabto wararka ku saabsan xaaldda ey ku sugan yihiin difaacayaasha xuquuqda aadanaha;
- In ey iskaashi la sameeyso, wadaxaajoodna la gasho dowladaha iyo cid kasta oo daneysa in ey si wax-ku-ool ah kor ugu qaaddo una hirgaliso Baaqa;
- In ey soo jeediso xeelado wax-ku-ool ah oo si wanaagsan loogu ilaalinayo difaacayaasha xuquuqda aadanaha isla markaasna ey dabaggal ku sameeyso talooyinka ey soo jeedisay;
- In ey howlaheeda dhammaantood ku darto arrimaha jinsiga.

Golaha Xuquuqda Aadanaha ayaa ku boorriyay dhammaan Xukuumadaha in ey iskaashi la sameeyaan Ergeyga Garrka ah eyna siiyaan dhammaan wararka laga codsado. Waxaa Ergeyga Gaarka ah laga codsaday in ey warbxin sanadeed u soo gudbiso Golaha Xuquuqda Aadanaha iyo Golaha Guud ee QM.

### (A) **Abbaarid ballaaran oo la siinayo hirgalinta Baaqa**

Xilka rasmiga ee Ergeyga Gaarka ah ayaa aad u ballaaran, waxaana loo baahanyahay in la cayimo xeeladaha, waxyaabaha mudnaanta leh iyo howlaha lagu hirgalinayo. “Ilaalinta” difaacayaasha xuquuqda aadanaha ayaa ah arrinta ugu muhimsan howlaha Ergeyga Gaarka ah. Waxaa ilaalinta loola jeedaa ilaalinta difaacayaasha qudhooda iyo ilaalinta xaqa ey u leeyihiin difaaca xuquuqda aadanaha.

Xeeladda iyo falka ilaalinta la siinayo difaacayaasha xuquuqda aadanaha waa in loo fahmaa in loola jeedo dhammaan dadaallada ey ka midka yihiin kuwa la xiriira siyaasadda, qaanuunka iyo kuwa dhab ahaan loo hirgalin karo kuwaasoo wanaajinaya degaanka ey ka howlgalaan difaacayaasha xuquuqda aadanaha.

Tallaabooyinka ilaalinta ee ugu wax-ku-oolsan ayaa ah kuwa si wadajir ah loo qaado iyo kuwa ey ka dambeeyaan rabitaan siyaasadeed. Kor-u-qaadista iyo ilaalinta xaqa difaacidda xuquuqda aadanaha ayaa nuxurkiisu yahay ilaalinta xaqa qabashada howl xuquuq aadami oo ey la socdaan ilaalinta kuwa qabanaya howsha iyo ilaalinta howsha qudheeda. Haddii si kale loo yiraahdo, waxey ku saabsantahay ilaalinta xuquuqda qaanuuneed iyo heybadda shaqsiyadeed ee qofka iyo degaanka shaqada.

### (B) **Micnaha ballaaran ee uu leeyahay ereyga “difaacayaasha xuquuqda aadanaha”**

Qoraalka Baaqu meelna kuma xusayo ereyga ‘difaacayaasha xuquuqda aadanaha’. Waxuu xusayaa oo kaliya “Shaqsiyaad, Kooxo iyo Hey’adaha Bulshada”. Waxey tani dhabtii marqaati ka tahay dhibkii taagnaa xilligii uu socday gorgortanka hannaankii lagu diyaarinayay qoraalka Baaqa. Ma aheyn kaliya in uu dheeraa waqtiga ey qaadatay aqbalidda Baaqu balse waxuu cinwaanka Baaqu muujinayaa dhibaata ka tagneyd gabi ahaanba hannaanka. Si kastaba ha ahaatee, maqnanaashaha qeexid hal weedh ka kooban ayaa si maldahan u muujinaya jiritaanka fursadda uu heysto qofka xilka haya si uu u qaato abbaare salbalaaran oo ey u wada dhan yahiiin kooxda yoolka ah.

Si kasta oo ey ahaataba, arrimaha soo socda ayaa u baahan in maanka lagu hayo marka la tixgalinaayo cidda hoos imaanaysa ilaalinta Baaqa.

Difaacayaasha xuquuqda aadanaha ayaa marka ugu horreysaba lagu gartaa waxey qabtaan ayadoo sida ugu wanaagsan oo ereyga loo fasiri karo ay tahay qeexidda falalka ey sameeyaan iyo daruufaha ey ku dhax shaqeeyaan qaarkood.

Waa in difaacayaasha xuquuqda aadanaha lagu fasiro loona qaato hadba sida ey tahay xuquuqda ey difaacayaan iyo si waafaqsan xuquuqda ey u leeyihiin in ey sidaas u dhaqmaan marba haddii ey si nabadgalyo ah u sameynayaan. Marka qof lagu tilmaamayo in uu yahay difaace xuquuqda aadanaha, arrinta ugu muhimsan ma ahan jagada uu hayo ama magaca ururka uu u shaqeeyo balse waxey tahay in howsha la qabanayo eleedahay debeecad xuquuq aadminnimo. Dad badan ayaa u adeega difaaca xuquuqda aadanaha inkastoo shaqo maalmeedkooda lagu fasiro erayo kale, sida “horumarin”. Dad badan ayaa qabta howsha difaacayaasha xuquuqda aadanaha taasoo ka baxsan shaqadooda amaba xirfadooda.

Marka la fiiriyo Afrika, waxaa ka tirsan difaacayaasha xuquuqda aadanaha dad aan sidaas isku tilmaamin, haddana howlaha ey qabanayaan ee ololeynta ama qoraalada cilmiyeed oo ey soo saarayaan amaba waxyaabo kale oo ey sameeyaan ayaa keena in ey kor u qaadaan xushmada xuquuqda aadanaha ee Afrika.

Ereyga “difaacayaasha xuquuqda aadanaha” ayaa ah mid loo isticmaalo qeexidda dad, si kali-kali ah ama ayagoo la kaashanaya kuwa kale, kor u qaada ama ilaaliya xuquuqda aadanaha. Si isdabajoog ah

ayaa loo isticmaalay tan iyo markii la aqbalay Baaqa difaacayaasha xuquuqda aadanaha sanadkii 1998. Xilligaas hortii waxaa sida badan la adeegsan jiray ereyada kala ah “u ololeeye”, “xirfadle”, “shaqaale” ama “dabagale” xuquuqda aadanaha. Ereyga “difaace xuquuqda aadanaha” ayaa hadda loo arkay inuu yahay ereyga ugu habboon uguna waxtarsan. Tusaaleyaasha sida caadiga ah laga bixiyo howlaha difaacayaasha xuquuqda aadanaha ayaa aheyn kuwa hal meel lagu soo wada koobi karo. Tijaabada muhimka ahi waxey tahay in qofku uu difaacayo xuquuqda aadanaha iyo in kale.

(X) **Sida uu gobolku u abbaarayo hirgalinta Baaqa.**

Masuulka xilka u haya QM ayaa markasta soo bandhigayey baahida loo qabo in hirgalinta Baaqa QM uu yeesho abbaare goboleed ayadoo tani aheyd fariinta Marwo Hila Jilani u soo gudbineysay kalfadhigii Golaha Xuquuqda Aadanaha iyo Dadyowga ee Afrikaanka ee lagu qabtay Pretoria bishii May 2002. Jawaabo dhiirrigalin muujinaya ayaa ka yimid dhinaca Ameerika, Midowga Yurub (MY) iyo Afrika. Waxey caqabadi ka jirtaa Bariga Dhexe iyo Aasiya oo aan laheyn gole goboleed oo kuwaas la mid ah.

Ayadoo la hirgalinayo abbaarahan ayaa Marwo Margaret Sekagya iyo dhiggeeda Marwo Reine Alapini-Gansou ee Golaha Xuquuqda Aadanaha iyo Dadyowga Afrika (eeg hoos) si wadajir ah u booqdeen Togo sanadkii 2008. Ergeyga Gaarka ah ee Qaramada Midoobay iyo kan Afrika ayaa si wadajir ah u soo saaray war saxaafadeed. Dhaqamadaan ayaa siinaya muuqaal iyo culeys weyn talooyinka ey soo jeediyaan, ayada oo ey socdaan dadaal lagu dhiirrigalinayo iskaashi baallaaran oo dhexmara hababka gaarka ah ee QM iyo kan Afrikaanka.

(Δ) **Xiriirada lala yeelanayo difaacayaasha xuquuqda aadanaha**

Ugu horreyntii, Ergeyga Gaarka ahi ayaa ku dadaaleysa sidii ey xiriir ula yeelan laheyd difaacayaasha xuquuqda aadanaha ayadoo:

- Diyaar u ah helitaanka warar ka imaanaya difaacayaasha, oo ey ku jiraan eedeymo la xiriira xadgudubyo loo geystay xuquuqdooda aadanaha ayadoo u isticmaaleysa wararka sidii loo muujin lahaa walaacyo lala soo qaadayo Dowladaha;
- Si joogto ah ugu qeybgashaa dhacdooyinka qaramada, gobollada iyo kuwa dowliga ah ee la xiriira xuquuqda aadanaha (sida mid ka mid ah saddaxda kalfadhi ee Golaha Xuquuqda

Aadanaha ee sanad kasta la qabto), kuwaas oo siinaya fursado ey kula kulanto difaacayaasha ka kala imaanaya dunida daafaheed.

(E) **Xiriirada lala yeelanayo Dowladaha**

Ergeyga Gaarka ah ayaa dowladaha la yeelanaysa xiriir joogto ah kuwaas oo ka dhacaya kalfadhiyada Golaha Xuquuqda Aadanaha ee Geneva iyo Golaha Guud ee New York kuwaas oo muddada ey socdaan Ergeyga Gaarka ahi dowladaha u soo jeedineyso warbixin sanadeedka, kana jawaabeeyso su'aalhooda ayadoo si gooni ah ula kulmi karta wufuudda Dowladaha ka kala socda si ey ugala hadasho arrimaha uu walaac ka jiro, oo ey ka mid yihiin kiisas gaar ah. Ergeyga Gaarka ah ayaa xiriir hoose oo laba dhinacle ah la yeelata Dowladaha kuwaas oo loo marayo kulammo ama qoraallo Ergeygu u adeegsaneyso si ey ugala hadasho arrimo uu si gaar ah walaac uga jiro iyo si ey taageero uga hesho dowladda. Waxaa tusaale ahaan loo soo qaadan karaa marka xal loo raadinayo kiis, ama marka ey rabto in ey hesho martiqaad ey dalka ku booqaneyso.

(Φ) **Xiriirada lala yeelanayo hey'adaha kale ee muhimka ah**

Ergeyga Gaarka ah ayaa sanadka gudahiisa kulammo la yeelata hey'ado kale oo tiro badan oo muhimmad u leh gudashada xilkeeda iyo howlaheeda, kuwaas oo ey ka mid yihiin baarlamaannada qaramada, urur goboleedyada dowladaha ka dhaxeeya, iyo kooxo dowlado ah oo ku ballanqaaday in ey wanaajinayaan doora iyo xaaladda ey ku sugan yihiin difaacayaasha xuquuqda aadanaha.

(Γ) **Kiisas gooni-gooni ah**

Ergeyga Gaarka ah ayaa ku soo qaada Dowladaha ey quseyso kiisas gooni-gooni ah oo la xiriira xadgudubyo loo geystay xuquuqda aadanaha ee difaacayaasha xuquuqda aadanaha. Wararka kiisaskaan ayaa laga helaa ilo kala duwan oo ey ka mid yihiin hey'adaha Dowladda, ururada samafalka, hey'adaha Qaramada Midoobay, warbaahinta iyo shaqsiyaadka difaaca xuquuqda aadanaha.

Ergeyga Gaarka ah ayaa, marka uu war yimaado, ugu horreyntiiba eegta in arrintaasi hoos imaaneyso xilkeeda. Waxaa marka labaad la sameeyaa dadaal kasta oo lagu ogaanayo sida ey xaqiiqada ugu dhowdahay eedeeynta loo nisbeynayo xadgudubka loo geystay xuquuqda aadanaha iyo sida loogu kalsoonaan karo ilaha wararkaas laga helay. Waxaa mar saddaxaadka Ergeyga Gaarka ahi la sameysaa

xiriir xukuumadda ka jirta dowladda lagu eedeynayo in uu ka dhacay xadgudubku.

Waxaa sida caadiga ah xiriirka la sameeyaa ayadoo la marayo dhambaal **waxqabad deg-deg ah (urgent action)** ama **eedeyn ah (allegation)** oo ku socoda Wasaaradda Arrimaha Dibadda ee Dowladda ayadoo nuqul loo gudbinayo Howlwadeenkeeda Diplomaasiyadeed ee ka matala xaafiiska Qarmada Midoobay ee Geneva. Waxey warqaddu bixineysa faahfaahin la xiriirta dhibbanaha, walaaca xuquuqda aadanaha iyo dhacdooyinka eedda la xiiriira. Ujeeddada ugu muhimsan ee warqadda ayaa ah sidii loo xaqiijin lahaa in hey'adaha dowladda sida ugu dhaqsaha badan loogu sheego eedeynta iyo in la siiyo fursad ey baaritaan ku sameeyn karaan iyo in ey joojiyaan amaba ka hortagaan xadgudub kasta ee loo geysanayo xuquuqda aadanaha.

Dhambaallada ku saabsan **waxqabad deg-deg ah** ayaa loo isticmaalaa marka la gudbinayo warar la xiriira xadgudub eedeyntiisu socoto ama dhacaya mar dhow. Waxey ujeeddadu tahay sidii loo xaqiijin lahaa in hey'adaha dowladda ee shaqada ku leh sida suurtoogalka ah ee ugu dhaqsaha badan loo ogeysiyo duruufaha jira si ey u joojiyaan amaba ugu hortagaan xadgudubka. Tusaale ahaan, waxaa dhambaal deg-deg ah lagu gudbiyaa marka ey jirto hanjabaad dil ah oo la soo sheegay in lagula kacay garyaqaan xuquuqda aadanaha u dooda taasoo la xiriirta howlaha aadminnimo ee uu qabto ama ey qabato.

Dhambbaallada **eedeynta** waxaa loo isticmaalaa si loo gudbiyo xadgudubyo la sheegay in ey horay u dhaceen oo saameynta ey ku reebeen difaacaha xuquuqda aadanaha ey quseyso aan waxba laga baddali karin. Waxaa dhambaalkaan oo kale la isticmaalaa, tusaale ahaan, mararka warku uu soo gaaro Ergeyga Gaarka ah ayadoo waqti dheer uu ka soo wareegay xadgudubka xuquuqda aadanaha loo geystay, uuna soo gabagaboobay. Tusaale ahaan, marka la dilo difaace xuquuqda aadanaha waxaa arrinta lagula soo qaadayaa dowladda ayadoo loo gudbinaayo dhambbaal eedeyn ah. Dhambbaalada eedeynta ayaa diiradda saara in hey'adaha Dowladda laga codsado in ey baaritaan ku sameeyaan dhacdooyinka iyo in maxkamad la soo taago kuwa masuulka ka ahaa.

Ergeyga Gaarka ah ayaa labada dhambaalba uga codsata dowladda ey quseyso in ey qaaddo dhammaan tallaabooyinka ku habboon ee lagu baarayo dhammaan dhacdooyinka eedda, eyna wax ka qabato, isla markaasna ey soo gudbiso natiijada ka soo baxday baaritaankeeda iyo talaabooyinka ey qaadday.

## **(H) Booqashooyinka dalalka**

Ergeyga Gaarka ah ayaa u xilsaaran in ey boqosho ku kala bixiso Dowladaha. Dowladaha qaar ayaa u fidiyay martiqaadyo joogto ah dhammaan Hababka Gaarka ah ee QM (UN Special Procedures), halka marar kale Ergeyga Gaarka ahi u direyso dowladda qoraal ey kaga codsaneyso in loo fidiyo martiqaad. Booqoshadu waxey fursad u siineysaa sidii ey baaris ballaaran ugu sameyn laheyd doorka iyo xaaladda ey ku sugan yihiin difaacayaasha xuquuqda aadanaha ee dalkaas, iyo in ey tilmaanto mashaakillo gaar ah iyo sidii ey talo uga bixin laheyd sida xal loogu hali karo. Dabeecadda xilka ayaa keeneysa in Ergeyga Gaarka ah laga rabo in ey si xasaasi ah u eegto xaaladda ey ku sugan yihiin difaacayaasha xuquuqda aadanaha ee dalka. Hase yeeshee, waxaa hannaanka looga dan leeyahay in la helo qiimeyn madaxbannaan oo dhexdhexaad ah taas oo ey cid kasta u isticmaaleyso sidii loo xoojin lahaa waxqabadka difaacayaasha xuquuqda aadanaha iyo ilaalintooda.

## **(H) Warbixinnada sanadlaha ah ee loo gudbinayo Golaha Guud ee QM iyo Golaha Xuquuqda Aadanaha ee QM**

Ergeyga Gaarka ah ayaa u soo gudbisa warbixin sanadeed Golaha Guud iyo Golaha Xuquuqda Aadanaha ayadoo faahfaahin ka bixisa howlaha ey sanadka qabatay, waxyaabaha ey ogaatay iyo talooyinka ey soo jeedisay, oo ey ku jiraan dhammaan kiisaska ey wax ka qabatay iyo jawaabaha ey ka heshay Dowladaha oo la xiriira waxqabad deg-deg ah iyo dhambaallo eedeyn.

Laga soo billaabo xilligii xilka la qeexay illaa iyo imminka ayaa waxey labada xilside sameeyeen muddadii ey socdeen kalfadhiyada Golaha Guud iyo Golaha Xuquuqda Aadanaha warbixinno guud oo xooggan oo ey ku cambaareynayaan sida ey Dowladuhu ula dhaqmaan difaacayaasha ka hawlagala heer qaran, ayagoo culeyska saaraya xaqiiqada jirta oo ah in difaacayaasha qaarkood ey yihiin kuwa si aad ah khatarta ugu nugul muddada ey socdaan doorashooyinka qaranka oo ey doonayaan in ey ka qaybqaataan hannaanka doorashooyinka qaranka.

Marwo Margaret Sekaggya oo imminka xilka heysa ayaa sidoo kale soo saartay warbixinno muhim ah oo arrintaan ku saabsan. Warbixinteedii 2010 oo ku saabsaneyd xaaladda difaacayaasha xuquuqda aadanaha ee haweenka ayaa taabaneysa arrimo ballaaran oo ku saabsan jihada galmoodka



(sexual orientation) iyo aqoonsiga jinsiga (gender identity). Warbixin goor dhow soo baxday ayaa ka faallooneysa Baaqa, ayadoo falaanqeyneysa xuquuqda halkaas ku qoran. Qalabkaan tixraac ee faa'iidada u leh difaacayaasha xuquuqda aadanaha ayaa laga heli karaa barta shabakadda (website) OHCHR:

<http://www.ohchr.org/Documents/Issues/Defenders/CommentarytoDeclarationondefendersJuly2011.pdf>

Waxaa lagala xiriiira karaa si warar iyo xog kaleba loogu gudbiyo: Special Rapporteur on the situation of human rights defenders, Mrs. Margaret Sekaggya  
c/o Office of the High Commissioner for Human Rights – Palais Wilson  
United Nations Office at Geneva  
CH 1211 Geneva 10  
Switzerland  
Si aad u gudbiso eedeeyn xadgudub loo geystay difaace xuquuqda aadanaha:  
Email: [urgent-action@ohchr.org](mailto:urgent-action@ohchr.org) or fax: +41(0) 22.917.90.06

To contact the mandate holder for other purposes:  
Email: [defenders@ohchr.org](mailto:defenders@ohchr.org) or fax: +41(0) 22.917.90.06

## **Golaha Afrikaanka ee Xuquuqda Aadanaha iyo Dadyowga – Ergeyga Gaarka ah ee Xuquuqda Aadanaha (African Commission on Human and Peoples' Rights — Special Rapporteur on Human Rights Defenders)**

Kalfadhigii Caadiga ahaa ee 35aad ee lagu qabtay Banjul, Gambia, muddadii u dhaxeysay 21 Mey illaa 4 Juun 2004 ayaa Golaha Afrikaanka ee Xuquuqda Aadanaha iyo Dadyowga (ACHPR) go'aan ku gaaray in loo magcaabo Sarkaaladda Marwo Janiba Johm jagada Ergeyga Gaarka ah ee Xuquuqda Aadanaha ee Afrika. Waxaa Disember 2005 lagu baddaley Marwo Reine Alapini-Gansou oo ah garyaqaanad reer Benin ah, taasoo jagada heysay illaa 2009. Mudane Mohamed Khalfallah ayaa jagada hayay

2010, asagoo ey uga dambaysay Marwo Lucy Asuagbor laga soo billaabo Nofember 2010 illaa Nofember 2011. Waxaa hadda jagada mar kale haya Marwo Reine Alapini-Gansou. ACHPR ayaa ah hey'ad goboleedkii ugu horreyay ee dhisay hab gaar ah oo wax looga qabanayo ilaalinta xuquuqda difaacayaasha.

Go'aanka lagu magacaabay Ergeyga Gaarka ah ee qaabbilsan difaacayaasha xuquuqda aadanaha ayaa ka jawaabaya khatarada culus ee ku wajahan difaacayaasha Afrika iyo baahida loo qabo in laga

dhax dhiso Golaha nidaam gaar ah oo baaris ku sameeya, warbixin ka soo saara, waxna ka qabta wararka la xiriira xaaladaha ey ku sugan yihiin difaacayaasha qaaradda ku nool.

Waxuu Golahu go'aansaday in uu ku aamino Ergeyga Gaarka ah xilalka soo socda:

- In ey codsato, hesho, baarto, waxna ka qabato wararka la xiriira xaaladda difaacayaasha xuquuqda aadanaha ee Afrika;
- In ey u soo gudbiso warbixinno la xiriira xaaladda ey ku sugan yihiin difaacayaasha xuquuqda aadanaha ee Afrika dhammaan Kalfadhiyada Caadiga ah ee uu yeelanayo Golaha Afrikaanku;
- In ey iskaashi la sameyso wadaxaajoodna la gasho Dowladaha xubnaha ah, Hey'adaha Qaranka ee Xuquuqda Aadanaha, hey'adaha dowladaha ka dhaxeeya ee munaasibka ah, farsamooyinka dowliga ah iyo kuwa goboleed ee ilaaliya difaacayaasha xuquuqda aadanaha iyo danleyda kale;
- In ey sameyso, talo ahaanna u soo jeediso xeelado wax-ku-ool ah ee lagu wanaajinayo ilaalinta difaacayaasha xuquuqda aadanaha iyo in ey dabaggal ku sameyso dhaqangalka talooyinkaas;
- In ey kor u qaaddo wacyiga laga qabo isla markaasna dhiirrigaliso dhaqangalka Baaqa QM ee Difaacayaasha Xuquuqda Aadanaha gudaha Afrika;
- Si ey xilkeeda u gudato waxey Ergeyga Gaarka ahi heleysaa, isla markaasna baaritaan ku sameyneysaa wararka ka imaanaya ilo kala duwan, oo ey ka mid yihiin ururada samafalka, ayadoo soo saareysa cabashooyin deg-deg ah ee la xiriira xadgudubyo ka dhan ah difaacayaasha xuquuqda aadanaha ee gobolka.

Laga soo billabo xilligii la taagay xilka, waxey Ergeyga Gaarka ahi la laheyd xiriir joogto ah difaacayaasha xuquuqda aadanaha markey ka qeybgalayaan shirarka dowliga ah iyo kuwa goboleed. Xilheysada ayaa sidoo kale booqasho ku kala bixisay dalal badan, ayadoo mararka qaar ey ku wehlisay Ergeyga Gaarka ee QM oo la soo saareysay warsaxaafadeedyo (eeg kor).

Ergeyga Gaarka ayaa sidoo kale ku dhiirrigalisy shaqsiyaad iyo ururro samafal in ey Golaha Afrikaanka u soo gudbiyaan kiisas la xiriira difaacayaasha xuquuqda aadanaha. Axdiga

Afrikaanka ee Xuquuqda Aadanaha iyo Dadyowga ayaa awood u siinaya ACHPR in ey hesho isla markaasna tixgaliso xiriirada uga imaanaya shaqsiyaad iyo ururro (Qodobka 55). Qof kasta oo cambaareynaya xadgudub loo geystay xuquuqda aadanaha ayaa dhambaal u soo diri kara ACHPR. Qofka cabanaya ama qoraaga dhambaalku uma baahna inuu qaraabo la yahay dhibbanaha xadgudubka, hase yeeshee waa in la xusaa dhibbanaha. Waa in dhammaan dhambaaladu ey qoraal ahaadaan eyna ku socdaan Xoghayaha ama Guddoomiyaha ACHPR. Ma jiro foom ama qaab gaar ah oo la raacayo marka dhambaalka la qorayo.

Halka loo diri karo warar iyo xog dheeraad ah:  
African Commission on Human and Peoples' Rights (ACHPR)  
31 Bijilo Annex Layout, Kombo North District  
Western Region  
P. O. Box 673  
Banjul, The Gambia  
Tel: (220) 4410 505 / 4410 506  
Fax: (220) 4410 504  
Email: achpr@achpr.org  
Website: www.achpr.org

## **Dokumentiyada Midowga Yurub ee Ku Saabsan Difaacayaasha Xuquuqda Aadanaha (The European Union Guidelines on Human Rights Defenders)**

Waxuu Midowga Yurub markii ugu horreysay aqbalay "Xaqiijinta Ilaalinta – Dokumentiyada Midowga Yurub ee Ku Saabsan Difaacayaasha Xuquuqda Aadanaha" ("*Ensuring Protection – European Union Guidelines on Human Rights Defenders*") bishii Juun 2004, waxaana asagoo wax lagu daray la qeybiyay 2008. Dokumentiyada<sup>2</sup> ayaa bixinaya talooyin la dabbaqi karo oo lagu wanaajinayo waxqabadka Midowga Yurub (MY) ee lagu kaalmeynayo difaacayaasha xuquuqda aadanaha marka Ergada MY (EU Missions) ey la sameynayaan xiriiro, heer kastaba leh, dalalka saddaxaad ama ey ka qeybgalayaan shirar dhinacyo badan ey ku kulmayaan loogana hadlayo xuquuqda aadanaha, sida Golaha Xuquuqda Aadanaha ee QM. Waxey dokumentiyadu qeyb ka yihiin dadaalka MY uu ku dhiirrigalinayo in la xushmeeyo xaq in la difaaco xuquuqda aadanaha. Waxey siiyaan higid la dabbaqi karo ergada MY ka jooga dowladaha saddaxaad ayagoo tilmaamaya tallaabooyinka ey ergadu qaadi karaan ayagoo matalaya difaacayaasha xuquuqda aadanaha ee ku jira khatar, waxeyna sidoo kale bixiyaan talooyin lagu kaalmeynayo, garabna lagu siinayo difaacayaasha xuquuqda aadanaha ayadoo loo marayo Siyaasadda Mideysan ee

<sup>2</sup> Waxaa laga heli karaa <http://www.consilium.europa.eu/uedocs/cmsUpload/GuidelinesDefenders.pdf>

Arrimaha Dibadda iyo Amniga ee MY (EU's Common Foreign and Security Policy).

Waxey kaloo Dokumentiyadu siiyaan kaalmo Hababka Gaarka ah ee Golaha Guud ee QM, oo ey ka midka yihiin Ergeyga Gaarka ee QM u Qaabbilsan Difaacayaasha Xuquuqda Aadanaha, iyo farsamooyinka kale ee gobollada kale (sida Ergeyga Gaarka ah ee ACHPR u Qaabbilsan Difaacayaasha Xuquuqda Aadanaha). Waxuu MY taageero siiyaa mabaadii'da ku xusan Baaqa QM ee Difaacayaasha Xuquuqda Aadanaha.

### **Tallaabooyin La Qaadi Karo**

#### **a) Dabagal, warbixin, iyo Qiimeyn**

Madaxda Ergada MY ayaa horay looga codsaday in ey muddo markii la joogaba ka warbixiyaan xaaladda xuquuqda aadanaha ee waddamada uu fadhigoodu yahay. Waxaa Ergada laga filayaa in ey warbixintooda kaga hadlaan xaaladda ey ku sugan yihiin difaacayaasha xuquuqda aadanaha, ayagoo si gaar ah u xusaya haddii ey jiraan hanjabaadyo ama weeraro loo geystay difaacayaasha xuquuqda aadanaha.

#### **b) Doorka Ergada MY ey ku leeyihiin u kaalmeynta iyo ilaalinta difaacayaasha xuquuqda aadanaha**

Ergada MY (oo kala ah safaaradaha dowladaha xubnaha ka ah MY iyo wafuudda MY) ayaa door ka ciyaara sidii loo dhaqangalin lahaa siyaasadda MY ee ku aaddan difaacayaasha xuquuqda aadanaha. Waxaa illa iyo inta ey suurto galka tahay Ergada MY laga filayaa in ey qaataan siyaasad firfircoon ee ku aaddan difaacayaasha xuquuqda aadanaha, ayagoo mar kasta maanka ku heynaya in xaaladaha qaarkood uu falka MY keeni karo hanjabaad iyo weerar lagu qaado difaacayaasha xuquuqda aadanaha. Waxaa Ergada MY inta eysan tillaabo qaadin ka hor laga rabaa in ey la tashadaan difaacayaasha xuquuqda aadanaha. Marka tillaabo la qaado waa in dib loo wargaliyaa difaacayaasha xuquuqda aadanaha iyo qoysaskoodaba. Tallaabooyinka ey Ergada MY qaadi karaan, ayadoo la tixgalinayo duruufaha gaarka ah ee jira, ayaa waxaa ka mid ah balse aan ku koobneyn:

- Diyaarinta xeelado degaaneed oo lagu dhaqangalinayo Dokumentiyadaas tilmaanta bixinaya, ayadoo si gaar ah loo eegayo difaacayaasha xuquuqda aadanaha haweenka. Waxaa laga filayaa Ergada MY in ey maanka ku hayaan in Dokumentiyadaani quseeyaan



difaacayaasha xuquuqda aadanaha ee kor u qaada isla markaasna ilaaliya xuquuqda aadanaha, ha noqdaan kuwa ah madani, dhaqan, dhaqaale, siyaasad ama bulsho. Waxaa laga rabaa Ergada MY in ey ka qeybgaliyaan difaacayaasha xuquuqda aadanaha iyo ururadooda sameynta iyo dabaggalka xeeladaha degaanka. Waa in difaacayaasha xuquuqda aadanaha ey ku dadaalaan sidii loo xaqiijin lahaa in hirgalinta xeeladaha degaaneed ey muujinayaan duruufaha degaanka u gaar ah eyna ku jiraan tallaabooyin ku habboon degaankooda shaqo;

- Abaabulka, ugu yaraan sanadkiiba mar, kulan dhexmara difaacayaasha xuquuqda aadanaha iyo diblomaasiyiinta oo looga hadlayo mowduucyo ey ka mid yihiin xaaladda xuquuqda aadanaha ee degaanka, siyaasadda MY ee arrintaan la xiriirta iyo dabbaqidda xeeladda degaanka ee lagu dhaqangalinayo Dokumentiyada MY ee ku saabsan difaacayaasha xuquuqda aadanaha;
- Dhisidda xiriir hoose iyo wadaagga wararka la xiriira difaacayaasha xuquuqda aadanaha oo ey ku jiraan wararka ku saabsan kuwooda khatarta ku jira;
- Joogteynta xiriir habboon oo lala yeesho difaacayaasha xuquuqda aadanaha sida in lagu qaabbilo xaafiisyada Ergada iyo in la soo booqdo degaannada ey ka howlgalaan (Waxaa Ergada MY la weydiistay in ey tixgaliyaan magacaabista saraakiil cayiman oo u kala dabqaada si culeyska doorkaan loo wadaago);
- Siinta, goortii iyo meeshii ey ku habboontahay, aqoonsi muuqda difaacayaasha xuquuqda aadanaha, ayadoo la adeegsanayo faafin habboon, booqashooyin ama martiqaadyo;
- Booqashada, marka ey habboontahay, difaacayaasha xuquuqda aadanaha ee ku jira xabsi, amaba xabsi-guri iyo in ey goobjoogayaal ka noqdaan marka maxkamad la saarayo.

β) ***Kor-u-qaadista xushmeynta difaacayaasha xuquuqda aadanaha marka xiriir lala sameynayo dowladaha saddaxaad iyo marka laga qaybgalayo shirarka dhinacyada badan isugu yimaadaan***

Ujeedada la xusay ee MY ayaa ah in ey ku dardargaliyaan dalalka saddaxaad fulinta waajibaadyada ka saran xushmeynta difaacayaasha xuquuqda aadanaha iyo in ey ka ilaaliyaan hanjabaadda uga imaanaysa dadka aan dowladda

ka tirsaneyn. Waxaa MY laga filayaa, in ey muujiyaan markii ey lagama maarmaan tahay, baahida loo qabo in dhammaan dowladaha ku mitidaan eyna u hoggaansamaan halbeegyada iyo qawaaniinta, gaar ahaan Baaqa QM ayadoo ey ujeeddadooda guud tahay abuuridda degaan ey difaacayaasha xuquuqda aadanaha si xor ah uga howlgali karaan.

Tallaabooyinka la qaadi karo waxaa ka mid ah:

- Kulammo dhexmaraya wakiillo heerkoodu sarreeyo ee ka socda MY iyo difaacayaasha xuquuqda aadanaha inta ey ku gudo jiraan booqashooyinkooda dalka, iyo in marka ey habboon tahay ku soo qaadaan dowladda kiisaska la xiriira shaqsiyaad ka tirsan difaacayaasha xuquuqada aadanaha;
- Ku daridda, markii ey habboon tahay, xaaladda ey ku sugan yihiin difaacayaasha xuquuqda aadanaha qodobada ajendaha xuquuqda aadanaha ee looga hadlayo wadaxaajoodka siyaasadeed ee dhexmaraya MY iyo dalalka saddaxaad iyo ururada gobollada. MY ayaa culeys saaraya taageerada ey u hayaan difaacayaasha xuquuqda aadanaha iyo waliba howlahooda ayagoo soo qaadaya, marka loo baahdo kiisas gaar ah oo ey ka walaacsan yihiin;
- Si dhow ula shaqayenta dalalka ey isku aragtida yihiin ee ka tirsan Golaha Xuquuqda Aadanaha ee QM iyo Golaha Guud;
- Kor-u-qaadista sidii loo xoojin lahaa nidaamyo goboleedyada jira ee lagu ilaaliyo difaacayaasha xuquuqda aadanaha iyo abuurista nidaamyo ku habboon gobollada eysan ka jirin.

***d) Taageero la taaban karo oo loo fidiyo Difaacayaasha Xuquuqda Aadanaha sida ayadoo loo marayo Siyaasadda Horumarinta***

Waxaa jira dhowr farsamo oo taageero la dabbaqi karo loogu fidin karo difaacayaasha xuquuqda aadanaha ayadoo loo marayo barnaamijyada MY iyo dowladaha xubnaha ka ah oo loogu talagalay in lagu kaalmeeyo horumarinta hannaanka dimoqoraaddiyadda iyo hey'adaheeda, iyo kor-u-qaadista iyo ilaalinta xuquuqda aadanaha dowladaha soo koraya – sida Nidaamka Yurub ee Dimoqoraaddiyadda iyo Xuquuqda Aadanaha (European Instrument for Democracy and Human Rights).

Sida ku qoran Dokumentiyada ku saabsan DXA, kuma eka taageerada la dabbaqi karo taageero maaliyadeed. Waxaa ku jira Dokumentiyada tusaalooyinka soo socda:

- Branaamijyada laba-dhinaclaha ah oo ku saabsan xuquuqda aadanaha iyo dimoqoraadiyeenta ee Midowga Yurub iyo Dowladaha xubnaha ka ahi waa in ey si aad ah u tixgaliyaan baahida loo qabo taageerada lagu horumarinayo hannaanka dimoqoraaddiyadda iyo hey'adaheeda, iyo kor-u-qaadista iyo ilaalinta xuquuqda aadanaha ee dalalka soo koraya, sida ayadoo laga taageerayo difaacayaasha xuquuqda aadanaha dhinacyada dhisidda awooddooda iyo qabashada ololeyaasha wacyigalinta bulshada;
- Dhiirrigalinta iyo tageeridda sidii loo dhisi lahaa hey'ado qarameed oo u taagan kor-u-qaadista iyo ilaalinta xuquuqda aadanaha ayadoo sidoo kale howlahooda loo dhiirrigalinayo, kaalmana loo fidinayo, taasoo waafaqsan Mabaadii'da Paris (Paris Principles), ayna ka mid yihiin Hey'adaha Qaranka ee Xuquuqda Aadanaha, Xaafiisyada Looga Dacwodo Falalka Dowladda (Ombudsman's Offices), iyo Guddiyada Xuquuqda Aadanaha;
- Kaalmeynta sidii loo dhisi lahaa isku-xiro ka dhaxeeya difaacayaasha xuquuqda aadanaha oo heer dowli ah sida ayadoo loo fududeynayo kulamada ey yeelanayaan difaacayaasha xuquuqda aadanaha;
- Dardargalinta sidii loo xaqiijin lahaa in difaacayaasha xuquuqda aadanaha ee dowladaha saddaxaad ey helaan kheyraad ey ku jirto maaliyad ey dibadda ka helaan;
- Xaqiijinta in barnaamijyada barashada xuquuqda aadanaha ey kor u qaadaan waxyaabaha ey ka midka yihiin Baaqa QM ee Difaacayaasha Xuquuqda Aadanaha.

## Gabagabo

Inkasta uu Baaqa QM ee Difaacayaasha Xuquuqda Aadanahu siiyay ilaalin, sidoo kalena la soo maray in ka badan tobaneeyo sano oo la dhaqangalinayey, haddana xaaladda ey ku sugan yihiin difaacayaasha xuquuqda aadanahu ma sameyn horumar la taaban karo. Degaannada dalal badan oo ey difaacayaasha xuquuqda aadanahu ka howlgalaan ayaa sii qallafsanaanaya, taasoo ciriirigalineysa waxii gorgortan ah oo la gali lahaa. Kuwa u istaaga xuquuqda aadanaha ayaa marba marka ka dambeeya geesinnimadooda ku bixinaya qiimo badan. Shaqadooda ayaa khatar weyn galineysa naftooda iyo xirfaddoodaba, taasoo u gudbeysa xataa xubnaha qoyskooda, saaxiibadood iyo dadka ey la shaqeeyaan.

Bulshada rayadka ahi si buuxda ugama faa'iideysan qodobbada uu baaqu xambaarsanyahay. Caqabadda weyn ee taagan ayaa ah sidii hey'adaha qaranku kor ugu qaadi lahaayeen dhaqangalka Baaqa.

Waxaa jira baahi ey bulshada rayadka Afrikaanku u qabaan sameynta iyo qaadashada aragti iyo fasiraad ballaaran oo la siiyo ereyga 'difaace xuquuq aadane' si loogu daro kuwa kor u qaada, isla markaasna ilaaliya xuquuqda madaniga iyo kuwa siyaasadda, iyo sidoo kale kuwa kor u qaada isla markaasna ilaaliya xuquuqda dhaqaale, bulsho iyo dhaqan, oo ey ka mid yihiin dhaqdhaqaaqyada bulshada, dhaqdhaqaaqyada ka soo horjeeda hantigoosiga caalamiga ah, dadka u ololeeya nabadda, kuwa u ololeeya dimoqoraaddiyadda iyo kuwa ka soo horjeeda laaluushka, dhaqdhaqaaqyada xuquuqda haweenka, kuwa u halgama xuquuqda dadka laga tiro badan yahay (oo ey ku jiraan kuwa laga tirada badanyahay marka la eego nooca galmada ey doorteen - *LGBTI*) iyo dadka asalka ah ee dalka u dhashay, kuwa ka shaqeeya in loo sinnaado helitaanka caafimaadka, waxbarashada, biyaha iyo degaan caafimaad qaba iyo xaqa loo leeyahay horumarka.

Dad badan ayaa u arkay in isku-xirrada iyo dhisidda isku-xirro heer qaran, heer gobol-hoosaadyo, heer gobol iyo heer dowli ahba ey ka mid yihiin qalabka ugu wax-ku-oolsan oo ey tahay in bulshada rayadku u adeegsadaan ololeyaasha lagu wanaajinayo degaanka xuquuqda.

Baadigoob firfircoon oo loo galo xeeladahaan, eyna wehliyaan la falgalidda farsamooyin goboleed iyo kuwa dowli ah ee loogu talagalay difaacayaasha xuquuqda aadanaha ayaa ah lama huraan si difaacayaasha xuquuqda aadanaha Afrika loogu helo ilaalin weyn, muuqaal iyo awood qaanuuneed, taas oo u oggolaaneysa sidii ey u sii xoogeysan laheyd wax-ku-oolnimada ey ku fuliyaan shaqada xuquuqda aadanaha, isla markaasna keyneysa ballaarashada degaanka ey difaacayaasha xuquuqda aadanahu ku fulin karaan xaqa ey u leeyihiin difaaca xuquuqda aadanaha.

## Hanjabaadyada lagu Hayo Difaacayaasha Xuquuqda Aadanaha: Abbaaraaha Amniga Goobta oo loo Sameeyo Shaqadooda

Caqabadaha horyaalla difaacayaasha xuquuqda aadanaha oo ayagoo loo hanjabayo gudanaya shaqadooda, ayaa keenaya baahida loo qabo habab dhammeystiran isla markaasna hufan si ey ula tacaalaan baahida amniga. Garashada duruufaha shaqadooda ama “in ey digtoonaadaan”, kama jawaabeyso su’aalaha dhammaantood: waxaa loo baahanyahay inaan tallaabo horay u qaadno, kana doodno hab lagu maareyo amniga. Waxaan qoraalkaan ku soo jeedineynaa tiirar guud oo loogu talagalay hababka maareynta amniga iyo abbare si tartiib-tartiib ah u kordhaya oo lagu wajahayo maareynta amniga, iyo sidoo kale talooyin la xiriira fikrado asaasi ah oo ey ka mid yihiin khatarta, u nuglaashaha iyo hanjabaadda. Waxaan kaloo ku dareynaa talo-soo-jeedinno lagu wanaajinayo, laguna hormarinayo heerka amni oo ey ku shaqeyn karaan difaacayaasha xuquuqda aadanaha. Mowduucyadaan dhammaantood ayaa u oggolaanaya ururada samafalka iyo difaacayaasha in ey si wanaagsan u qaataan xeelado ey kula tacaalayaan caqabadaha amniga ee sii badanaya oo horyaal shaqada xuquuqda aadanaha.<sup>3</sup>

### Soo bandhigidda fikrado muhim ah

Waxaa dhowrkii sanadood ee u dambeeyay batay wacyiga guud ee laga qabo khatarta culus oo ey ku sugan yihiin difaacayaasha xuquuqda aadanaha, shaqadooda awgeed. Khatartaas ayaa si fudud loo dareemi karaa marka ey difaacayaashu ku dhex shaqeynayaan duruufo qallafsan (sida marka qawaaniinta dalku ey ciqaabayaan qaar ka mida ah dhinacyada shaqada xuquuqda aadanaha); waxaa sidoo kale loo arkaa in ey difaacayaashu khatar ku jiraan marka qaanuunka dalku uu si buuxda u oggolyahay shaqada xuquuqda aadanaha, balse uu baahsan yahay dhaqanka inaan lala xisaabtamin kuwa u hanjaba ama weerara difaacayaasha xuquuqda aadanaha. Waxey duruufahu sii xumaanayaan marka uu meesha ka jiro iska-horimaad hubeysan.

Marka laga gudbo xaalado jahwareersan oo dhowr ah (oo nolosha difaacahu ku jirto gacanta askari jooga goob fatashaad ama isbaaro), ma dhihi karno xadgudubyada loo geysto difaacaha ayaa ah mid aan loo aabboyeelin; marka la eego duruufaha badankood waxuu xadgudubkaasi ku

xiran yahay ujeedooyin cadcad ee ciidan ama siyaasad-ciidameed oo ey leeyahiin dadka weerarka sameeyay. In si fiican loo fahmo duruufaha iska-horimaadku ka jiro iyo garshada sababta ka dambeysa siyaasad-ciidameedka ayaa fure u ah sidii loo sixi lahaa maareynta amniga difaacayaasha xuquuqda aadanaha.

Qoraalkaani ma bixinayo “xalal la jaangooyay” oo u diyaarsan in la fuliyo, waxuuse baaris ku sameynayaa xeeladaha lagama maarmaanka u ah sidii loo hagaajin lahaa maareynta amniga difaacayaasha. Marka la eego maareynta amniga ayaa hey’adaha samafalka dowliga ahi waxey dhowrkii sanadood ee u dambeeyay horumariyeen xeeladaha iyo hababka amnigooda. Sida badanaaba dhacda, dunida difaacayaasha xuquuqda aadanahu ma eysan qaadan, loomana gudbin horumaradaan, waana tan howsha taagan.

Si kasta oo ey ahaataba, waa inaan ogaanno in isha ugu muhimsan oo ey khatarta ku fool leh difaacayaashu ka soo baxdo ey tahay xaqiiqada ah in hanjabaadyadu sida badan noqdaan weeraro dhab ah, marka la eego rabitaanka iyo qalabka weerar-qaadaha iyo la-xisaabtanla’aanta ey ka faa’iideystaan. Sababtaan darteed ayaa qalabka ugu muhimsan ee lagu ilaalin karo difaacayaasha uu yahay tallaabo siyaasadeed waayo, marka laga gudbo talo farsamo, arrinta weyn oo wali la rabo in wax laga qabto ayaa ah baahida ey xukuumadaha iyo bulshada rayadku u qabaan in ey saaraan cadaadiska loo bahanyahay, eyna ka qaadaan tallaabada lagama maarmaanka ah kuwa maalinba maalinta ka dambeysa u hanjaba, dhibka u geysta, dilana difaacayaasha xuquuqda aadanaha.

Si kastaba ha ahaatee, waxey difaacayaashu ka gaari karaan amnigooda horumar weyn haddii ey raacaan xeelado iyo habab la tijaabiyay isla markaasna wax-ku-ool ah. Annagoo ogsoon in kani yahay dadaal, inkasta oo uu qabyo yahay haddana waxtar leh, ayaan imminka waxaan eegeynaa qaar ka mid ah talooyin lagu wanaajinayo amniga difaacayaasha.

### Isbarbar Dhigga Maareynta Amniga iyo Dhacdooyinka Amniga

Markaan si guud u hadleyno, waxaan sheegi karnaa in difaacayaasha xuquuqda aadanaha ee loo geysto hanjabaadda ugu badan eysan laheyn xeelad amni. Xataa kuwa tirada yar ee leh

<sup>3</sup> Qoraal uu sameeyay Luis Enrique Eguren

(caadiyan marka urur samafal ahaan loo tixgaliyo shaqadooda), waxuu qorshahooda amnigu ka koobnaan karaa tallaabooyin ilaalin oo dhowr ah, qorshayaal la adeegsado marka laga fursan waayo iyo nidaamyo la isku badbaadiyo, oo laga yaabo in ey waxtar u leeyihiin haddii loo adeegsado dokumenti tilmaamaya amniga, laakin kama dhaadhacsana xaqiiqada in amnigu uu u baahan yahay maareyn guud oo habboon, iyo in micnahiisu yahay wax ka badan qorshe amni. Waxuu amnigu taabanayaa dhammaan wajiyada shaqada ururrada samafalka: waxuu saameeyaa howlahooda (maadaama yoolbeegsi kasta oo hey'adda lagu waxyeelayo uu noqon karo natiijo ka dhalatay waxqabadkeeda), waxuu saameeyaa qiimeynta duruufaha isbaddalaya (ayadoo duruufaha iska-horimaadku ey si dhaqso leh isku baddali karaan), waxuu saameeyaa socodka wararka (diiwaangalinta iyo qiimeynta dhacdooyinka), waxuu saameeyaa howlwadeennada (laga soo billaabo marka la qorayo illa marka la tababarayo iyo marka la dhisayo kooxaha isla shaqeynaya), waxuu kaloo saameeyaa miisaaniyadda iyo maalgalinta iyo wixii soo raaca.

Su'aasha wali taagan ayaa ah: maadaam uu lagama maarmaan yahay, sideen amniga ugu dari karnaa dhammaan wajiyada maareynta shaqada ururka samafalka? Waxaan ognahay in ciriiri jiro, iyo in ciriirigaas amniga ka jira uu la mid yahay kuwa ka jira shaqada xuquuqda aadanaha: hanti yari, shaqaale dhowr ah, iskaa-wax-u-qabso, cadaadis iyo cabburin heerkoodu sarreyo, iwm.

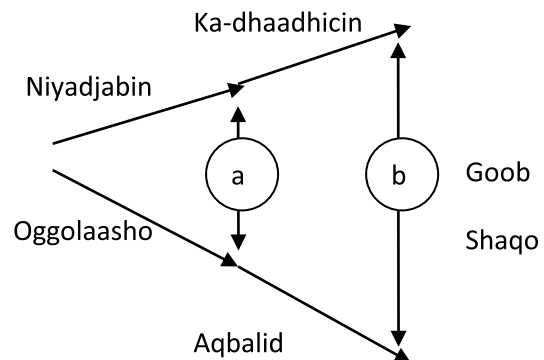
**Xeeladaha amniga iyo goobta shaqada: Saddax-xagalka oggolaasho/niyadjabin**

Waxaa xeeladaha amniga dhmmaantood lagu soo koobi karaa hal weedh: in goobta shaqadu ey furnaato. Si taas loo helo waxaan u baahannahay inaan raadino, ugu yaraan, oggolaasho (dowladeed, ama kooxaha hubeysan ama bulshada rayadka ah) iyo aqbalid haddiba ey suurtoagal tahay (tallaabo dheeraad ah).

Markaan amniga si xaddidan uga hadalno, goobta shaqada ee difaacayaashu ayaa u baahan oggolaashaha dhinacyada iska-horimaadku ka dhaxeeyo, gaar ahaan kuwa hubeysan, iyo haddiiba ey suurtoagal tahay codsi ka imaanaya dhinac ka mid ah qeybaha uu iska-horimaadku saameeyay. Waxuu oggolaashahaan noqon karaa mid qayaxan (ruqsad rasmi ah oo hey'adaha dowladdu bixiyaan) ama mid dahsoon, asagoo sii xogeysanaya marka dhinac hubeysan uu u arko inuu faa'iido ka helayo shaqada difaacayaasha, ama sii laciifeysa haddii uu u arko in qarash uga baxayo. Markaan oo kale, oggolaashaha waxaa bixinaya qarashka siyaasadeed ee lagu

galayo weerar loo geysto difaacayaasha. Waxaan oo dhammi waxey si gaar ah tixgalin u yeelanayaan markey difaacayaashu ka shaqeynayaan meel ey ka jiraan in ka badan hal dhinac oo hubeysan.

Waxaa goobta shaqada matali kara saddax-xagal kaas oo la xiriira tixanaha oggolaasho-aqbalid iyo tixanaha niyadjabin-kadhaadhicin:



Ballaarinta goobta shaqada ayaa la sameyn karaa muddo dabadeed (taasoo imaanaysa marka la aqbaloo ayadoo loo marayo xeeladda ka-dhaadhicin, oo ayadana ey tahay in ey tixgaliso qorsheynta baahida dadka, sumcadda, dhacdooyinka, mideynta, iwm), ama aqbalid ka timaadda dhinac ka mid ah dadka hubeysan (isku-dheellitir dhib badan oo ey matalayso goobta "b"). Hase yeeshee, sida caadiga ah, meelaha uu iska-horimaad ka jiro goobtu waxey ahaaneysaa mid xaddidan oo ku xiran oggollashaha dadka hubeysan, isku-jirka niyadjabin iyo ka-dhaadhicin (oo lagu soo koobay goobta "a").

**Khatarta, hanjabaadyada iyo u nuglaanshaha: Kartida amniga (Risk, threats and vulnerability: Capacities in security)**

Marka duruufo iska-horimaad ey jiraan ayaa khatartu tahay qeyb ka mid ah shaqada. Ma laha khatartu fasiraad ey dadka badankiisu aqbaleen, waxaanse sheegi karnaa in khatarta loola jeedo "dhacdooyin suurtoagal ah, inkastoo aan la hubin, oo keeni kara waxyeello".<sup>4</sup>

Duruuf kastaahi ha jirtee, waxey dhammaan difaacayaasha xuquuqda aadanaha la kulmi karaan khatar heerkeeda loo siman yahay, laakiin difaacayaasha dhammaantood si siman uguma nugla **khatarta** guud oo ka imaanaysa joogitaanka ey joogaan isla meesha uu iska-horimaad ka jiro. **U nuglaanshaha** (suurtogalinimada in difaace uu la kulmo weerar ama waxyeello noocey doonto ha ahaatee) ayaa kala duwan, taasoo ku xiran arrimo

4 López y Luján (2000), bog.23

badan, sida hey'ad ka tirsan QM eysan ugu nugleyn sida urur samafal qaran, oo waliba yar, oo kale.

Heerka khatarta uu ku sugan yahay urur samafal waxey waafaqsantahay sida ey tahay **hanjabaadyada** lala kulmay iyo u nogaalshaha hanjabaadyadaas, sida laga arki karo isbarbardhigga soo socota<sup>5</sup>:

**Khatarta = hanjabaadyada X u nuglaanshaha**

**Hanjabaadyada** ayaa ah suurtoalnimada in qof uu waxyeello u geysto qof kale (jirkooda, damiirkooda ama hantidooda), taasoo ku imaanaysa fal loo qasday, sida badanna gacan ka hadal ah<sup>6</sup>. Si hanjabaadyada loo qiimeeyo waxaa loo baahanyahay in la qiimeeyo suurtoalnimada in hanjabaaddu isu baddaleyso fal.

Waxuu urur samafal kala kulmi karaa hanjabaadyo badan meesha ey ka jirto duruuf iska-horimaad. Hanjabaadyada culus ayaa ah kuwa looga dan leeyahay in lagu carqaladeeyo shaqada ururka samafalka ama in saameyn lagu yeesho sida shaqaalihiiisu howsha u qabtaan ('yool-beegsi'). Yool-beegsiga ayaa xiriir dhow la leh shaqada ey difaacayaashu qabtaan iyo danaha dadka hubeysan; haddii si kale loo yiraahdo, in la yool-beegasado difaacaha iyo in kale waxey ku xiran tahay saameynta ey shaqadoodu ku yeelato dadka hubeysan.

**U nuglaanshaha** (heerka ay difaacayaashu kula kulmi karaan burbur, khasaare iyo dhimasho, marka uu weerer dhaco) ayaan si isku mid ah u saameynin difaacayaasha ama ururada samafalka, ayadoo waqtigana isla baddasha. U nuglaanshaha ayaa wajiyo kala duwan leh, waayo dhammaan dadka iyo kooxuhuba waa nugul yihiin, laakiin mid waliba waxuu leeyahay heer iyo nooc u nuglaansho oo asaga u gaar ah, taaso ku xiran durrufaha iyo xaaladaha uu ku sugan yahay. Tusaala ahaan, difaacaha xuquuqda aadanaha ayaa u nuglaanshahiisu badanayaa marka uu waddada socdo haddii loo fiiriyo marka uu ku jiro xaafiiskiisa (oo si wanaagsan loo difaacayo).

Nugeylnimada urur samafal ayaa loo arki karaa in ey saameeyaan arrimo kala duwan, sida inuu meel bannaan ah yaal (heerka in shaqaalaha ama hantida ururka samafalka ku sugan yihiin meelo khatar ah ama aan laheyn ilaalo), saameynta barnaamijka shaqada (haddii shaqada ururka samafalku ey saameyn xun ku yeelanayso dhinacyada hubeysan

midkood, waxey taasi ka dhigeysaa ururka samafalka mid nugul) iwm<sup>7</sup>.

**Kartida** ayaa ah waxyaabaha ey kooxahu ama shaqsiyaadku ku xooggan yihiin iyo kheyraadka ey heli karaan si ey u helaan heer amni oo caqli gal ah (ama xushmeynta xuquuqdooda aadanaha). Tusaalaha kartida ayaa ah in la siiyo tababbar (dhinaca amniga, qaanuunka, iwm), in koox ahaan ey u shaqeeyaan, iwm.

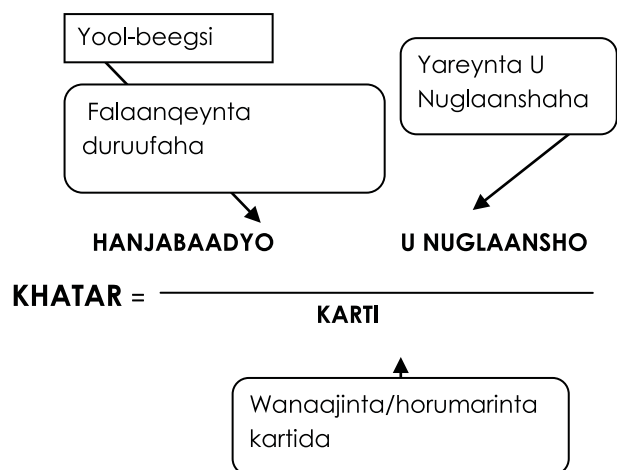
Khatarta ey hanjabaaddu keentay ayaa la yareyn karaa haddii difaacayaashu ey leeyihiin karti (markey kartidu badato waxaa yaraanaya khatarta):

**Khatarta = hanjabaadyada x u nuglaanshaha**

### Karti

Hadii aan soo kobno faqrada hore ee ku jira shaxda aan ku shaqeyneyno, si aan u yareyno khatarta illaa ey ka gaarto heerar la aqbali karo waa in aan:

- Yareyno khatarta
- Yareyno/wanaajino arrimaha u nuglaanshaha keena
- Kordhino kartida amniga aydoo la sameynayo tababbar ku saabsan amniga, maareynta khatarta iwm.



Waa inaan maanka ku heynta in khatartu ey tahay fikrad isbaddasha waqtigana la socota, aydoo dabajooqta isbaddallada ku dhaca khatarada, u nuglaanshaha iyo kartida. Waxaa imaanaya

7 Xadeynta lagama maarmaaka ah ee dokumentigaan ayaa noo diidaya inaan faahfaahin dheeraad ah ka bixinno dabecadda iyo sida ey u shaqeeyaan arrimaha muhimka ah ee la xiriira u nuglaanshaha.

5 Ver Koenraad van Brabant y REDR en la bibliografía seleccionada.

6 Dworken (1999).



baahida loo qabo in muddo markii la joogaba la qiimeeyo khatarta, gaar ahaan haddii ey jiraan isbaddallo ku yimid duruufaha shaqada, khatarada ama u nuglaanshaha. Tusaale ahaan, khatartu si aad ah ayey u badataa marka dadka hubeysan ey dareemaan in lagu wareegsan yahay; u nuglaanshaha ayaa badata marka shaqaale cusub uu shaqo billaabo ayadoon la siin tababbar habboon.

Tallaabooyinka amniga oo ey ka mid yihiin kamera fidiyowga (*video camera*) ama gaari hubeysan ayaa yareyn kara khatarta ayagoo wanaajinaya arrimaha keena u nuglaanshaha, laakin tallaabooyinkaas kama hortagaan isha ugu weyn oo khatartu ka timaado, taasoo ka soo baxda hanjaabdyada iyo rabitaanka in fuliyo, haddii falalka ka dhanka ah difaacayaasha aan lala xisaabtameyn. Sababahaan awgood, ayaa loogu baahan yahay in wax kasta oo loo qaadayo ilaalin darteed ey u noqdaan kuwa lala beegsado yareynta hanjabaadyada, oo ey wehliyaan yareynta arrimaha keena u nuglaanshaha.

### **Qorsheynta shaqada iyo amniga**

Marka shaqada la qorsheynayo ayaa waxaa loo baahanyahay in lagu daro mid kasta oo ka mid ah heerarka la falaanqeeyay maareynta amniga. Waxuu amnigu buuxiyaa meel gaar ah marka la falaanqeynayo duruufaha jira iyo marka la dajinayo danaha iyo ujeedooyinka shaqada, iyo sidoo kale marka shaqada la qorsheynayo, dabaggal lagu sameynayo iyo marka la qiimeynayo natiijooyinka. Dokumentiyada tilmaamaya amniga ayaa ka buuxinaya meel gaar ah (marka la joogo heerka qorsheynta) hannaanka guud ahaantiis, halkaas oo ey ku noqdaan dokumenti nool oo ka hela faallo iyo talo heerarka dabaggalka iyo qiimeynta.

### **La-tacaalidda caqabadaha amniga: maareynta amniga oo ah hannaan kobcaya**

Maareynta amnigu marna ma noqoto mid dhammeystiran, mar walbana waa qabyo iyo kala doorasho. Waa jira xudduud wiiqda habka<sup>8</sup>; xudduudda garashada (suurtogal ma ahan in dhammaan arrimaha saameeya amniga hal meel la isugu keeno, isku marna la wada tixgaliyo) iyo xudduudda hannaanka dhexdiisa ka jirta (muhimadda waqtiga la siinayo iyo sidey isugu xigayaan oo lagama maarmaanka u ah wacyigalinta, dhisidda isafgarasho loo dhanyahay, tababaridda dadka, xaqiijinta sidii loo heli lahaa waxsoosaarka shaqaalaha ee la rabay, dhaqangalinta howlaha, iwm.) Maareynta amniga ayey ku adagtahay in

8 Quinn, James B.: "Strategic change: logical incrementalism". Sloan Management Review Summer 1989 (pp. 45-60)

la isku dayo sameynta aragti waqti dheer leh oo dhammeystiran: waxtarkeedu waxuu ku xiranyahay kartida ey u leedahay sidii looga hortagi lahaa shilalka iyo in ey tilmaanto baahida loo qabo in ururku noqdo mid dhammeystiran isla markaasna leh xiriirin si uu ula tacaalo shilalkaas. Waxaa laga yaabaa in eysan tani aheyn wax weyn, waxaase kaloo loo baahanyahay inaan tixgalino in kheyraadka amniga loo qondeeyo uu badanaaba yaryahay, sidaas darteedna suurtoagal ma aha inaan noqonno kuwa dhammaystir leh. Xaqiiqada ayaan laga fursan karin marka laga hadlayo maareynta amniga.

Sidaan horay u soo xusnay, marka la eegayo dhaqanka amniga ee urur samafal, waxaa suurtoagal ah inaad hesho qaar ka mid ah dokumenti tilmaamaya ama qorsheyaal amni ama tallaabooyin ama dabeecado soo noqnoqday oo lagu dhaqmayo. Waxaa meesha ka jira arrimo badan, sida ayadoo wax laga sheego dhaqanka amniga iyo in laga cagajiido kordhinta culeyska shaqada haddiiba lagu daro howlo cusub oo amni la xiriira. Sugidda amniga ayaa badanaaba kala dhantaalan, xuubsiibata, kuna xiran garashada qofka. Marka la eego maareynta amniga waxaa lagama maarmaan ah in muddo markii la joogaba tallaabo la qaado, ayadoo la sameynayo isbaddallo yaryar oo lagu wanaajinayo sida uu u shaqeynayo. Xeeladaha iyo hababka amniga ayaa u muuqda in ey yihiin kuwo ka soo ifbaxaya "nidaam-hoosaadyo xeeladeysan", oo mid walba oo ka mid ah uu daboolayo shaqada qeybteed (sida taakuleynta, shaqaalaha goobta oo si gaar ah uga walaacsan amnigooda, maareeyaha xaruun uu cadaadis ka heysto walaac uu deeq-bixiyehu ka qabo amniga, iwm). Kororsimada qunyar-socodka ah<sup>9</sup> ee maareynta amniga ayaa albaabada u fureysa habab aan rasmi aheyn ayadoo tixgalin siineysa shaqaalaha isbaddal doonka ah. Ka qeybgalka dhacadooyinka (sida shilalka amniga) ayaa keenaya in la qaato go'aanno deg-deg ah oo ku-meel-gaar ah oo muuqaal u yeela dhaqanka amniga oo haddii si habboon loo maareeyo ka mid noqonaya isafgarad ballaaran oo lagu howlgalo kana dhexeeya xubnaha kooxaha goobta iyo kuwa maareynta.

### **Fikrado muhim ah oo ku saabsan amniga iyo ilaalinta difaacayaasha xuquuqda aadanaha**

#### ***Difaacayaasha xuquuqda aadanaha ayaa ah dad caadi ah oo u illaa iyo heer u bareera khatarta***

9 Waxaa jira cilmi-baarisyo badan oo lagu sameeyay kororsimada qunyar-socodka ah iyo qorshe xeeladeysan. Abbaraha dukumentigaan lagu muujiyay ayaa xiganaya qaar ay ka mid yihiin shaqooyinka C.E. Lindblom iyo James B. Quinn.



Qofna kuma dhalan inuu noqdo difaace xuquuqda aadanaha. Difaacayaashu waa dad caadi ah oo u bareera khatar, marka ay shaqadooda ku gudo jiraan ama marka ay qabanayaan howlahooda kale ee ka baxsan shaqadooda, ayagoo marka si guud loo fiirayo khatartaas qaada inta ay ku guda jiraan noloshooda caadiga ah, waxeyna la wadaagaan qoysaskooda iyo saaxibadood. Arrimahaas dhammaantood ayaa saameyn cad ku leh sida ay difaacayaashu u fahamaan khatarta, iyo sida ay ka yeelaan xeeladahooda amni. Mar kasta oo difaacahu la kulmo hanjabaadyada ugu horreeya, haddana markuu shaqadiisa sii wataba uu la sii kulmayo hanjabaadyadaas, waxay noqon kartaa billowga xaalad aad u kurbo badan oo uu la kulmayo difaacahu. Kurbada iyo siduu difaacahu ula tacaalo labadaba ayaa la tixgalinayaa markaan abbaareyno baahidooda amni.

Marka ay difaacayaashu khatar wajahayaan, waxay sameeyaan waxa ay dadka kaleba sameeyaan: Waxay qaataan dabeecad la qabsi ayagoo isku daya in ey fududeeyaan habka go'aan-gaarista, oo waafaqsan xeerarka lagu abaabiyo bulshada iyo kooxaha.

Cilmi-baaris cilmi-nafsiyeed oo ku saabsan sida ey dadku u wajaahan khatarta ayaa muujisay in ey fududahay u bareeridda khatarta marka uu qofku iskiis u qaato, marka uu qofku u garto inuu illaa iyo xad uu khatarta xakameyn karo, iyo marka khatartaan ay noqoto mid la yaqaan<sup>10</sup>. Marka laga eego dhinaca cilmiga bulshada, khatarata ayaa ah wax ey bulshadu dhistay, oo la xiriira arrimo dhaqan-bulsho ee ku xiran dhismayaal bulsho<sup>11</sup>. Sidaas awgeed, qeyb kasta oo bulshada ka mid ahi waxay buunbuunisaa khataraha qaarkood ayagoo iska illooba qaar kale. Sidaas oo kale, ayaa cilmiga barashada dhaqanka aadanahu waxuu muujiyay<sup>12</sup> in qof kasta uu illaa iyo xad u janjeero u bareeridda khatarta, ayadoo u janjeeriddaan ay ku xirantahay abaalmarinta la socota khatarta iyo fahamka qofka ee la xiriira khatarta. Waxaa aad muhim u ah in la aqoonsado in ka leexashada khatarta ee aadanahu eysan ka jawaabeyn oo kaliya fahamka suurto galnimada in ey waxyeello dhaliso, balse sidoo kale rabitaanka u bareerka khatarta, abaalmarinta laga helay u bareerkaan, ama u sinnaanta qeybsiga khatarta.

In maalin kasta loo bareero khatar ayaa abuuri karta muqaal “dabeecad aan waxba la-kala jecleyn”, oo ku xiran inkiraadda khatarta, taasoo qofka u

horseedi karta inuu qabto shaqada caadiga ah aydoo aysan jirin tallaabooyin amni iyo xataa in la diido in mowduucaba la soo hadal qaado<sup>13</sup>.

Ayadoo la tixgalinayo xaqiiqooyinka, ayaa marka lala soo qaadayo difaacayaasha arrimaha amniga ey aad muhim u tahay in la tixgaliyo sida difaacahu u arko khatarta (oo ku xiran arrimo bulsho iyo koox, iyo dabeecadda qofka) iyo sidoo kale in la tixgaliyo fikradaha ay ka midka yihiin ballanqaadka qofka iyo kooxda, caddaaladda bulshada, awoodda loo leeyahay in wax laga baaraandago, wada shaqeynta kooxda, iwm.

### Saameynta dhacdooyinka uur-ku-taallada leh

Difaacayaasha xuquuqda aadanaha ayaa arka dhacdooyin uur-ku-taallo leh (traumatic events) amaba noqda dhibbanayaasha dhacdooyinkaas: Saameyntooda ayaa waxyeello u geysta caafimaadka maskaxdooda iyo debeecadda kooxda iyo qofka difaacaha ah. Taasi waxay guud ahaanba dhalisaa in culeyska shaqadu badato waayo waxaa kordha dalabaadka qiirada leh ee ku xiran dhacdooyinka uur-ku-taallada leh (xanaaq, niyad-jab, quusasho, iwm). Mararka qaar ayaa difaacayaashu dareemaan inay si xad-dhaaf ah u yihiin dambiilayaal (maadaama aysan awood u yeelan inay ka hortagaan dhacdada uur-ku-taallada leh) ayadoo markaas kaddibna ay dhici karto inay yeeshaan dabeecad khatarteedu sarreyso,<sup>14</sup> taasoo aysan wax ka qaban karin xeeladaha amnigu oo aan tixgalin siin qeybta macnawiga ah ee la socda debeecadahaas.

### Falaanqeynta duruufaha shaqada

Waxaa si aad ah muhim u ah in la ogaado lana falaanqeeyo duruufaha shaqada si loo qeexo kuwa ay yihiin xeeladaha amni ee saxda ah iyo dokumentiyada tilmaamaya oo ay tahay in la fuliyo. Sidoo kale, waxaa muhim ah in la sii saadaaliyo duruufaha mustaqbalka jiri kara, si looga hortago fal-celis ka yimaada dadka hubeysan oo khatar galinaya difaacayaasha.

Tan ayaa noo geyneysa qodobka labaad: sideedaba naguma fila inaan falaanqeyno duruufaha, madaama ay jirto baahi loo qabo in *saadaasha la falaanqeeyo*, ayadoo la eegayo meelaha u baahan in wax laga qabto iyo aydoo la darsayo fal-celisyada ay samayn karaan dadka duruufahaan lugta ku leh inta aysan wax dhicin ka hor (“sidee kuwa kale noo arkaan”) iyo intaan wax laga qaban.

10 Crouch and Wilson (1982; bogagga: 85-6), ay soo xigteen López and Luján (2000; bogga: 71)

11 López and Luján (2000; bogga:72)

12 Adams (1995:15)

13 Beristain (1999; bogagga: 48-9)

14 Beristain (1999)

Waxaa kaloo muhim ah in la tixgaliyo mugga duruufta. Waxaan sameyn karaa falaanqeyn heerkeedu ballaaran yahay (u kuurgalidda waddan ama gobol), laakiinse waxaa kaloo loo baahanayahay inaan falaanqeynno sida uu dhaqdhaqaaqaas ballaaran uga shaqeyn karo goobta aan ka howlgaleyno, taasoo micnaheedu yahay, ogaanshaha dhaqdhaqaaqa hoose. Tusaale ahaan, jabhado ku nool degmo ayaa u dhaqmi kara si ka duwan qaabka aan filaneyno, ayadoo la raacayo falaanqeyn gobol ama qaran; waxaana muhim ah in laga warqabo dabeecadahaan degaaneed.

Waxaa kaloo muhim ah in laga hortago in duruufaha loo arko kuwa joogto ah, waayo waa dhalanrogmaan waana isbaddalaan, waana inaan dib u eegno muddo markii la joogaba.

### **Dhammeystirka goobta shaqada: hey'adaha, xoogagga jira, qaybaha bulshada**

Arrin asaas u ah amniga (iyo guud ahaan, dhinac kastoo laga eego shaqada aadminnimada) ayaa waxay tahay in si fiican goobta shaqada loo dhammeystiro (heerkii ay doonto ha noqotee), aydoo la dhisayo lana joogteynayo xiriir habboon oo lala yeelanayo dadka awoodda leh, xoogagga amniga, cid kastoo awood muuqata leh, iyo sidoo kale nidmyada bulshada ee jira, ha noqdann heer degaan, ururo samafal, masaajido, iwm.

### **Iskaashi amni oo ka dhaxeeya ururada samafalka iyo hey'adaha kale**

Iskaashi amni oo dhab ah kana dhaxeeya ururada samafalka iyo hay'adaha kale ayaa badanaaba horumarkiisu hooseeyaa, taasna waxaa ugu wacan maqnaashaha xog, is-aaminaad ama dano mideysan, kala duwanaashaha xilalka iyo howlgallada, iwm.

Meelaha uu iskaashi ku dhexmari karo ururada samafalka iyo hay'adaha, oo ay abuuri karaan, ayaa oggolaanaya ugu yaraan labo heer oo ay suurtoagal tahay in la isku biiriyo tallaabooyinka la xiriira amniga:

- α) Isdhaafsiga xog la xiriirta isbaddallada ka jira muuqaallada shaqada iyo shilalka amniga.
- β) Horumarinta qaar ka mid ah xeelado la wadaago oo laga yeesho mashaakillada amniga oo loo arkay inay mudanaan leeyihiin.

Ugu yaraan heerka (a) ayaa faa'iido yeelan lahaa, inkastoo sida muuqata natiijooyin ka wanaagsan ay la socdaan (a) iyo (b); waase dhib badan tahay in la raadiyo lana joogteeyo iskaashiga heerkann

sababo horay loo soo sheegay awgood, iyo kuwa kale oo in la macneeyo aysan saamaxeyn xadka loo yeelay baaxadda qoraalkaan. Si kastaba ha ahaatee, isdhaafsiga wararka iyo xeelado la wadaago ayaa ah qalab xoog leh oo lagu wanaajin karo amniga difaacayaasha xuquuqda aadanaha.

### **Xeeladaha la-tacaalka: sida ay kooxdu u maareyso khatarta (Coping strategies: risk management by the group)**

Kooxaha loo hanjabo ayaa si ay u yareyaan khatarta adeegsada xeelado la-tacaal oo kala duwan. Xeeladahaan ayaa si aad ah u kala duwanaanaya tasoo ku xiran degaanka (baadiye, balad) nooca khatarta, kheyraadka bulsho, dhaqaale iyo qaanuun ee la heli karo, iwm. Xeeladahaan badankooda ayaa isla markiiba la dhaqangalin karaa ayagoo ka jawaabaya ujeedooyin muddoodu gaaban tahay, sidaas darteedna badanaaba noqonaya tabo halkii ay ka ahaan lahaayeen xeelado faahfaahsan. Waxay badankoodu jawaab ka bixiyaan garasho shaqsiyadeed, ayadoo mararka qaarkood xeeladaha la-tacaalku ay kooxda u geysan karaan waxyeello illaa iyo heer ah, gaar ahaan haddii xeeladaha aan dib loo celin karin (irreversible).

Xeeladaha la-tacaalka ayaa si aad ah ugu xiran nooca iyo culeyska khatarta iyo sidoo kale awoodaha iyo u nuglaashaha kooxda.

Marka ilaalin la sameynayo, waxaa loo baahanyahay inaan tixgalino xeelado la-tacaal, ayadoo la xoojinayo kuwa wax-ku-oolka ah, isla markaasna la isku dayayo yareynta kuwa waxyeellada leh, lana xushmeynayo intooda kale (gaar ahaan kuwa ku xiran fikrado dhaqameed ama aaminaad diimeed).

Waxaa xeeladaha la-tacaalka ka mid ah:

- Xoojinta darbiga difaaca, qarinta waxyaabaha qiimaha leh.
- Ka-dhowrsiga dabeecadaha uu su'aalo ka soo jeedin karo mid ka mid ah dadka hubeysan (gaar ahaan marka uu muran ka jiro gacan-sarreynta ciidamadu ay ku leeyihiin dhulka kooxdu ku nooshahay).
- Isticmaalka meelo la isku qiriyo xilliyada khatartu ay sarreyso (meelo ay adagtahay in la gaaro, sida buuro ama dhul geedo badan) baddalidda guryaha, iwm. Mararka qaar qoyska dhammantiis ayaa dhuumanaya, marar kalena difaacayaasha kaliya ayaa dhuumanaya. Waxaa dhuumashadu ay dhici kartaa habeenkii, ama muddo dhowr usbuuc ah.

- Gorgortan lala galo dowladda ama xukuumadda, ama kuwa sida sharcidarrada ah u hubeysan.
- Eedeyn laga soo horjeediyo hay'adaha qaanuunka ama ra'yiga dadweynaha.
- Sameynta isku-xir (lala yeelanayo kooxo kale oo ku jira xaaladda mid la mid ah), isla qabashada muddaaharaadyo, bannaanbaxyo, iwm.
- Dhisidda (ama dhiirigalinta) "meelo ammaan ah".
- Weydiisashada mid ka mid ah kuwa hubeysan difaac hubeysan ama siyaasadeed.
- Haajiraad qasab ah (barakac ama qaxootinimo), qoys-qoys ama haajiraadyo ballaaran. Waxay noqon karaan barakac la qorsheeyay ama baxsi aan lahayn wax qorshe ah.

Marka la falaanqeynayo xeelado la-tacaal, waa inaan tixgalinno arrimaha soo socda:

- Dareen: haddii xeeladaha la-tacaalku ay si dhaqso leh uga jawaabi karaan baahida amniga kooxda.
- La qabsi: haddii xeeladaha la-tacaalku oggolaanayaan in si dhaqso ah loola qabsado duruufaha cusub, marka ay dhammaato khatarta weerarku (tusaale ahaan, difaace ayaa lahaan kara dhowr doorasho uu ku dhuunto ama uu si ku-meel-gaar ah ugu noolaado guryaha dad kale). Xeeladahaan ayaa u muuqan kara kuwa daciif ah oo aan dagganeyn, laakin waxay badanaaba leeyihiin adkeysyi weyn.
- Joogteyn: awoodda in muddo la adkeysto, inkasta oo ay jirto hanjabaad ama weerar aan dhimasho keeneyn.
- Wax-ku-oolnimo: awoodda in la sameeyo difaac habboon.
- In dib loo ceelin karo.

### Ilaalinta dadka kale

Marka aan eegno ujeeddada qoraalkaan, waxaan ilaalin u fahmeynaa difaac, oo ah howlo isku xiran, oo loo qaadayo si gacan loo siiyo amniga dadka kale. Laba-magaclaha amni-ilaalin ayaa noqonaya labada dhinac ee isla hal shey, sida xarash iyo madax, si ay u wadaagaan falaanqeynta iyo xeeladaha. Markaan ka eegno dhinaca farsamada waxay leeyihiin kala duwanaasho la xiriirta qaababka loo abbaarayo iyo hababka la raacayo.

Waxaa difaacayaasha u dheer il-ku-heynta amnigooda qabashada hawlo ay ku ilaalinayaan kuwa kale: difaacayaal kale, dhibbaneyaal, qeybaha bulshada, iwm. Taasina waxay la mid tahay sida dadka kale (tusaale ahaan ururada samafalka dowliga ah) ay u qabtaan howl ay ku ilaalinayaan difaacayaasha.

Xeeladaha ilaalinta ayaa ah kuwa dhinacyo badan leh, waayo waxaa loo baahanyahay in la tixgaliyo arrimo saameynaya amniga dad kale (tasoo ka soo baxda, tusaale ahaan, shaxda hanjabaadaha-u nuglaasho-karti), iyo sidoo kale waxa ay dadka kale sameeyaan si ay aygu isku difaacaan (xeeladahooda la-tacaal). Si dhinacyadaan badan wax looga qabto waxaan soo saarnay Tiirarka Howlgalka Ilaalinta Goobta (*Operational Framework for Field Protection (OFFP)*), oo lagu fulin karo difaacayaasha xuquuqda aadanaha.<sup>15</sup> Waa in OFFP ay noqoto mid wax fasirta oo aysan noqon liis wax lagu hubiyo oo kaliya: waa in ay jawaab ka bixiso sida ay iskula falgalaan, sida ay u wada shaqeeyaan iyo isku-dhacyada ka dhexjira guud ahaanba dadka ka shaqeeya ilaalinta, si saameynta ey dhammaan howlaha ilaalintu leeyihiin loogu sameeyo qiimeyn habeysan oo ka duwan tan haatan jirta.

OFFP ayaa ah qalab dhammeystiran oo la leexleexin karo una adeegta, iskuxirta, adkeysana howlaha ilaalinta ay qabtaan hay'adaha xukuumadda, ururada degaanka iyo ururada samafalka ay quseyso, dadweynaha degaanka ku nool, urururada samafalka dowliga ah iyo wakiilladooda. Waxaa OFFP adeegsan kara mid kasta oo ka mid ah dadkaas ama kooxo ka tirsan dadkaas, iyo sidoo kale dhammantood oo wadajira, markii ay fulinayaan ama ay doonayaan inay fuliyaan howlo ilaalin.

OFFP ayaa leh lix heer:

1. Falaanqeyn xaalad iyo durruf;
2. Falaanqayn khatar (hanjabaadyo, u nuglaansho, karti);
3. Xeelado la-tacaal oo ay leeyihiin kooxda ay quseyso;
4. Tallaabooyinka ay hay'adaha kale qaadeen;
5. Tallaabooyinka ay tahay in la qaado;
6. Qiimeynta saameynta.

<sup>15</sup> Howshaani wali waa socotaa waxaana loogu talagalay in sidoo kale loogu dhabaqo barakacyaasha dalka guda-hiisa jooga, shaqaalaha howlaha aadmimmada, ururada shaqaalaha, iwm.

Lixdaan tallaabo ayaa lala qaadi karaa difaacayaasha ilaalintooda/amnigooda dib loo eegayo, si loo helo tiirar ilaalin oo la wada leeyahay, oo ah ujeeddada ugu dambeysa ee hannaanka dhammaantiis.

### **Tallaabooyin dheeraad ah oo ku saabsan amniga iyo ilaalinta difaacayaasha xuquuqda aadanaha**

Waxaan halkaan ku sheegeynaa talooyin aan dhammeystirneyn oo la xiriira ujeeddoyinka ay tahay in la gaaro si loo sugo amniga iyo ilaalinta difaacayaasha xuquuqda aadanaha:

- Tababbar ku saabsan maareynta iyo qorsheynta amniga (maadaama ay kala duwan yihiin difaacayaasha xuquuqda aadanaha waa in tababbarkan la waafajiyaa duruufaha iyo awoodaha kala duwan).
- In amniga lagu daro qorsheynta caadiga ah ee shaqada.
- In la siiyo kheyraadka lagama maarmaanka u ah maareynta amniga difaacayaasha: kheyraad dad, maalgalin, farsamooyinka wax lagu furdaamiyo, iwm.

Si ujeeddooka loo gaaro, waxaan qaadi karnaa ugu yaraan tallaabooyinkaan soo socda<sup>16</sup>:

Tiirarka Howlgalka Ilaalinta Goobta (ama qalab kale oo leh ujeeddada oo kale) ayaa la dabbaqi karaa si dib loogu eego baahida amni iyo ilaalinta ay qabaan difaacayaasha loo hanjabay ee ku sugan duruufo la xulay.

- Seminaaro ama aqoons-isweydaarsiyo lagu tababbaranayo amni iyo ilaalin: Waxaa tababbarada ka mid noqon kara falaanqeyn la wadaago (dabbaqidada OFFP) oo lagu xusay qodobka hore, si labada tallaababa mar loo wada qaadi karo.
- Seminaaro ama aqoon-isweydaarsiyo dib loogu eegayo, laguna kaalmeynayo waxyaabaha soo kordhay iyo qorsheyaasha amniga ee la sameeyay tababbarada kaddib (waa in aqoon-isweydaarsiyadaas la qabto 6-12 bilood kaddib markii la qabtay tababbarkii ugu horreeyay).
- Soo saarista buugaag tilmaamo bixinaya iyo dokumentiyo laga xigto amniga iyo ilaalinta.
- Cilmi-baaris dheeraad ah si loo hormariyo

<sup>16</sup> Qeybta Cilmi-baarista iyo Tababbarada ee PBI ee Xaafiiska Yurub ayaa tan ku mashquulsan, ayadoo ay la qabanayaan ururo kale ee samafal sida ESCO International.

amniga iyo ilaalinta difaacaha.

Qeybta Cilmi-baarista iyo Tababbarada ee Xaafiiska Yurub ee PBI (*Research and Training Unit of the European Office of PBI*) ayaa hadda ku mashquulsan mowduucyadaan, ujeeddada aan ka leenahayna waxay tahay inaan ballaarino shaqadaan annagoo la kaashaneyna ururada samafalka iyo hay'adaha kale, ee leh yoolka la wadaago ee ah in si habboon looga jawaabo baahida amniga iyo ilaalinta difaacayaasha xuquuqda aadanaha.

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## Uur-ku-taallo iyo xeeladaha ey difaacayaasha xuquuqda aadanahu kula tacaalaan

Haddii aad difaacdo xuquuqda aadanaha waxaa laga yaabaa in aad la kulanto khatar inta aad shaqadaada ku guda jirto. Kuwa badan oo idinka mid ah ayaa lagu xadgudbay, la jirdilay ama uur-ku-taallo kale loo geystay – si toos ah, ama si ku timid la kulanka iyo diiwaangalinta sheekooyinka dadka kale. Sidaad ula tacaaleyso waxa ka dhasha waayo-aragnimadaada ayaa si aad ah u aadkaan karta, gaar ahaan marka aad qaxdo ama go'doon noqto, kuwaas oo sidooda u ah waayo-aragnimooyin uur-ku-taallo leh. Helitaanka daryeel caafimaad oo sharaf leh amaba xirfadle kaala taliya uur-ku-taallada muddada dhow ama dheer (si waafaqsan baahidaada shaqsiyadeed) ayaa lagama maarmaan ah taasoo ay wehliso taageerda bulshada. Waxaa mararka qaarkood adkaanaya in la helo daawadii habbooneyd – waayo adeeg caafimaad ayaan jirin, ama cabsi guud oo bulshada ka dhexjirta awgeed ayaan loo daaweyn karin qofka ay uur-ku-taaladu heyso. Sidaas darted waxaa loo baahanyahay in la sameeyo isku-xir taageero oo ka dhaxeeysa bulshada, aadna ka heli karto garasho iyo aqoonsi. Taageerada bulshada ayaa mid kooban noqon karta sida ay u noqon karto mid ballaaran, taasoo ku xiran duruufaha gaarka ah ee qofka. Waxay ka imaan kartaa difaacayaasha kale ee xuquuqda aadanaha, qoyska, saaxiibbada, hoggaamiyaasha diinta, macallimiinta, warbaahinta, hey'adaha, kooxaha bulshada iyo kuwa kale oo badan. Bulshada ayaa muhimad leh waayo taageero ayey ku siisaa ayadoo sidoo kale leh awood ay kuugu doodo si arrintaada wax looga qabto – waxay ku qasbaan hey'adaha (kuwa dowladda iyo sidoo kale hay'adaha diinta) in ey qirtaan inay wax dhaceen, inay fahmaan sababaha keenay dhacdada iyo in ey wax ka qabtaan, kana bixiyaan magdhaw.<sup>17</sup>

Waxaa mahuraan ah in qofku micno u yeelo waayo-aragnimadiisa si u wax uga qabto, meelna isugu geeyo. Fahamka sida ey uur-ku-taalladu saameyn kugu yeelan karto ayaa muhim ah; waxay kaa caawineysaa inaad sameysato xeelado habboon oo aad kula tacaasho nolol maalmeedka taasoo kuu saamaxaysa in aad u sii shaqeyso adigoo ah bani-aadan dhammaystiran. Waxaa muhim u ah difaacayaasha xuquuqda aadanaha in ey ka dhaadhacdo in waayo-aragnimadoodu eysan aheyn arrin ayaga u gaar ah, balse ey tahay natiijo xeelado cabburin oo si taxaddar leh looga fakaray, lehna yoolal si cad loo qeexay. Fahamkaan, oo lagu daray

daaweyn habboon, dhug u yeelasho sidii adigu aad iskaa isugu daryeeli laheyd, adigoo dareemaya inaad leedahay dad ku kaalmeynaya, ayaa kaa caawin karta sidii aad wax uga qaban laheyd waayo-aragnimada aad u leedahay uur-ku-taallooyinka.

Waxaan rajeyneynaa in qeybtaan ey kaa kaalmeyn doonto sidii aad u sameysan laheyd farsamo nooc taageero asaasi ah oo adigoo ah difaace xuquuq aadami, watana shaqadaadii, aad sii ballaarin karto adigoo waafaajin kara baahidaada iyo degaankaaga. Waxey ku saleysan tahay qaab daryeel ey soo saartay Xaruunta Kanada ee Dhibbanayaahsa Jirdilka (*Canadian Centre for Victims of Torture*) (CCVT) ee ku taal Toronto, Kanada iyo shaqada ey hey'adda Cordelia Foundation ka waddo dalka Hungary.

### Jirdil iyo Shaqaaqo Abaabulan (Torture and Organized Violence)

Ma ahan Jirdil iyo shaqaaqo abaabulan wax "iska dhaca". Ma ahan wax aan caqligal aheyn, aan nidaam laheyn, falal waalli ah oo ay fuliyeen dad aan miyir laheyn. Waa xeelado si taxaddar ah loo qorsheeyay, caqligal ah oo bulshada lagu xakameeyo. Farsamooyinka jirdilka iyo shaqaaqada abaabulan ayaa leh taariikh, waana la bartaa. Dalalka kala duwan ayaa leh dhaqammo iyo takhasus ey mudnaanta siiyaan. Shaqsiyaadka fuliya ayaa si ula kac ah xadgudubiyada ugu jaangooya qofka. Qof ayaa si shaqsi ah waayo-arag uga noqon kara shaqaaqo abaabulan, hase yeeshee, bulsho-weynta ayaa ah daawadayaasha ugu muhimsan. Ujeeddada ugu muhimsan ayaa ah in la burburiyo qofka, jir ahaan, nafsi ahaan iyo ruux ahaan si cabsi loo galiyo, niyadda looga jabiyo loona cabburiyo bulsho-weynta uu ka tirsan yahay. Ma ahan wax iska dhaca in hoggaamiyeyaashu ey noqdaan kuwa uga horreyntiiba yoolka noqda. Ma ahan wax lama filaan ah in difaacayaasha xuquuqda aadanahu ey noqdaan kuwa si gaar ah loola soo baxo. Marka hoggaamiye xoog leh bulshada lagala soo dhexbaxo, muddo la hayo ayadoo xiriirka laga gooyo, qofna uusan ogeyn waxa dhacaya, uusan jirin qof la abbaaro si kaalmo loo helo, markaas kaddibna, haddiiba uu noolaado, dib bulshada loogu soo celiyo, asagoo argagaxsan, uur-ku-taalana heyso, waxey farriin xoog leh u direysaa bulshada inteeda kale si eysan u halgamin, eysan hadalka kor ugu qaadin, ama eysan u dalban caddaalad iyo sinnaan. Waxey noqon kartaa aalad si aad ah u xoog badan oo wax lagu cabburiyo. Xaqiiqada ah in dadku sii wadaan halganka, korna

<sup>17</sup> Qoraal ey sameeyeen Maria Teresa Dremetsikas iyo Michele Millard.



u hadlaan, ayna dhalleecayaan xadgudubyada ayaa marqaati ka ah geesinimadooda iyo ka-go'naashahooda. Laakin qofna ma dafiri karo iney badanaaba bixiyaan qiimo aad u sarreeya.

## Qaybta I

### Jirdil, Shaqaaqo Abaabulan iyo Caafimaad

#### Waayo-aragnimada Xaruunta Kanada ee Dhibbanayaasha Jirdilka (Canadian Centre for Victims of Torture) (CCVT)

Laga soo billaabo markii la asaasay 1977 ayaa CCVT waxay tilmaan ka bixineysay waxyeellooyinka jirdilka iyo dagaalku u geystaan shaqsiyaadka, kuwaas oo isugu jira carruur iyo waayeel. Waxaa jira waxyeellooyin muddadoodu gaabantahay iyo kuwa muddadoodu dheertahay oo ay sababaan jirdilka iyo shaqaaqada abaabulan:

#### Dhinaca Jirka

- xanuun socda muddo gaaban iyo mid joogto ah
- jabka lafaha iyo xanuun ku yimaada meelaha lafahu isaga xirmaan
- barar iyo hurgun
- dhaawaca ilkaha iyo cirridka
- dhibaato soo gaarta wadnaha iyo halbowlayaasha
- ma dhaleysnimo
- awoodla'aan dhinaca galmada
- dhibaato soo gaarta caloosha iyo mindhicirrada
- dhaawac soo gaara maqalka
- dhaawac soo gaara xubnaha gudaha
- isbaddallo ku yimaada xubnaha taranka haweenka
- dhaawac soo gaara xubnaha dhaqdhaqaaqa
- dhaawac soo gaara laf-dhabarka
- boogo
- dhiig kar
- kaadiheysta iyo kaadimareenka oo bukooda
- goynta xubnaha jirka
- naafonimo iyo/kabaabyo
- isbaddal ku dhaca galmoodka
- madax-xanuun

#### Dhinaca Nafsadda

- niyad-jab
- dambiilenimo, oo ay ku jirto inuu badbaadahu dareemo dambiilenimo maadaama uu kaligiis

soo haray.

- aminaad-darro iyo shaki
- cabsi aan caqli ku dhisneyn
- hurdo xumo, oo ay ku jirto hordo-la'aan iyo qaraw
- xusus-xumo, xusuus-la'aan
- xasaasiyad xad-dhaaf ah
- dhug-xumo (qofka oo maskaxdiisu ay hadba meel ku boodeyso)
- hey'adaha oo laga cabsado
- xanaaq dhow
- sasiid (cabsi xad- dhaaf ah oo hal mar kugu soo boodeysa)
- dareen is-dil, isku-dayid is-dil
- isku-buuqid
- dib-u-gocashooyin, iyo wallac
- filasho cimri-degdeg
- awood-yari ku timaada yeelashada dareemo (qiiryooyin) kala duwan
- filasho-yari la xiriirta nolosha iyo waxyaabaha suurtoogalka
- ilmaha, qaraabada iyo saaxiibada oo aad looga walaaco
- sida uu qofku isku qiimeeyo oo hoos u dhacda
- isku-noqosho
- daal faro badan
- cabsi guud
- tiiraanyo iyo murugo

Inkasta oo dhaawaca jirku uu muddo dabadeed bogsan karo (inkastoo mararka qaar eysan bogsan), dhaawaca nafsadda iyo ruuxa ayey aad u adag tahay in wax laga qabto. Yaqyaqsi, sharf-dhac, cabsi iyo go'doon ayaa ah astaamaha muhimka ah ee lagu garto uur-ku-taallada noocaan ah, weyna ku adagtahay qofka inuu kaalmo weydiisto. Si kasta ha noqotee, si loola tacaalo jirdil, dagaal iyo xadgudubyada xuquuqda aadanaha, naguma filna inaan ku mashquulno qofka kaligiis. Dadka ayaa ku dhex nool qoys, beel, bulsho, hey'ado siyaasadeed iyo kuwa dhaqaale ayadoo midba uu kan kale saameyn ku leeyahay. Tayada nolosha ayaa lagu cabbiraa waxyaabo kala duwan ayadoo caafimaadku yahay arrin muhim ah. Caafimaadka qudhiisa ayaa ah fikrad dhinacyo badan leh – ma waxaan ka hadleynaa caafimaadka jirka, maskaxda ama ruuxa? Sidee iskula xiriiraan? Midkood miyaa ka muhimsan kan kale? Waxey u badan tahay in qofkii ey uur-ku-taallo saameysay uu u baahdo kaalmo daawo iyo mid nafsiyadeed. Mase nagu filantahay inaan dhaqtar u tagno oo faashad nalagu duubo? Maxaa dhacaya markaad guriga ku soo noqoto? Sidee ula hadleysaa dariskaaga iyo saaxiibbadaa oo ayaguba baqanaya, cabsina la galiyay? Maxaa dhacaya haddii



aad ku noqoto beel ka cabsaneysa gacan-ka-hadal iyo xadgudbyo joogto ah, oo arrimaha qaarkood aan sinnaba loo soo hadal qaadin? Ma qabi kartaa caafimaad adigoo ku dhex nool deegaan aan caafimaad laheyn?

Arrimaha bulsho ee caafimaadka saameeya ayaa ah xaaladaha dhaqaale iyo bulsho oo ey dadku ku nool yihiin, ayaga ayaana sababa sida uu caafimaadkoodu yahay. Waxaa dhawaanahan socday doodo dhexmarayey dadka aqoonta durugsan u leh arrintaan taasoo ku saabsaneyd in si rasmi ah loogu daro shaqaaqada arrimaha saameeya caafimaadka. Arrimaha caafimaadka saameeya waxaa si rasmi ah imminka uga mid ah:

- sinnaanla'aanta daqliga
- ku jiridda iyo ka saaridda bulshada
- shaqaalenimada iyo amniga shaqada
- duruufaha shaqada
- gacan-ka-geysashada dhaqaalaha bulshada
- xannaanada ilmanimada hore
- waxbarashada
- helitaanka cunto
- helitaan guri

Waxaa caddaan ah in xusidda arrimaha bulshada iyo kuwa jirka eysan kaligood ku filneyn wax ka qabashada dhibaatooina ka dhashay uur-ku-taalada. Waa in muujinta shaqaaqada loo tixgaliyo arrin gooni u taagan si kor loogu qaado wacyiga laga qabo baaxadda dhibaataada ey keentay iyo jidadka ay suurtagalka tahay in arrinta laga abbaaro.

Si ey iskugu daydo waxkaqabashada baahida dadka ka badbaaday shaqaaqooyinka muddadii u socday dagaalka iyo jirdilka loo geysanayay shaqsiyaad, qoysas iyo beelo ayaa CCVT shaqadeeda waxay saldhig uga dhigtay aragtida loo yaqaan uur-ku-taallo nafsi iyo burbur (*psychosocial trauma and destruction*) ee uu qeexay Ignacio Martin-Baro. Martin-Baro ayaa ahaa wadaad Masiixi (*Jesuit*) ah isla markaasna ahaa khabiir cilmi-nafsi una dhashay Spain, kana shaqeyn jiray dalka El Salvador sanadihii 1980dii. Waxaa qoraalladiisa daabacay Madbacadda Jaamacadda Harvard (*University of Harvard Press*). Markii ay la xiriireen dadkii la shaqeyn jiray oo doonayay in ey turjumaan shaqadiisa ayuu ku jawaabay: "Marka la eego dunidiina, waa daabac ama dhimo. Teyda marka la eego, waa daabac oo dhimo". Dhabtiina, waxaa 1989 ku dilay dalka El Salvador koox dilaa ah oo xasuuqay asaga, haweeney guriga uga adeegi jirtay, gabadheedii iyo dhowr wadaad iyo aqoonyahanno kale oo goobta ka shaqeynayey.

Aragtidiisa ayaa fasiraad ka bixineysay sida uu "dhaqan uur-ku-taallo" u soo ifbaxo. Aragtidiisa ayaa sidoo kale bixisa saldhigga ay CCVT ku fuliso nooc adeeg ey ku kaalmeyso dadka ka badbaaday jirdil. Waa qaab dhammeystiran oo isku xiraya adeegyo lagu daboolayo baahida badbaadayaasha jirdil. Waxey ku saabsantahay adeegyo "guriga ka dhex dhaca" iyo isku-xiro ballaaran ee shaqsiyaad iyo ururro siinaya adeegyo macaamiisha CCVT ama ku xiraya isku-xiro kale oo dabooli kara baahidooda.

Sida uu aaminsanaa Martin-Baro, waxa ur-ku-taallo nafsi ah ee bulsho (*psychosocial trauma*) ka kooban tahay saddax arrimood:

1. Inkasta oo shaqsigu yahay dhibbanaha ugu weyn ee shaqaaqada abaabulan, waxay dabeecadda uur-ku-taalladu ku tiirsan tahay asalkeedii bulshonimo.

Jirdil iyo shaqaaqo abaabulan ayaa ugu horreyntiiba ah mashaakil bulsho, ee ma ahan falal u gooni ah shaqsiyaad. Waa qaab bulshada lagu xakameeyo oo oggolaasho heerar kala duwan ah heysta. Qofka fulinaaya ayaa waxaa fasax siiyay horjoogahiisa tooska ah, kaasoo asaguna ka heysta taliyahiisa, ayadoo sidaas kala-sarreyntu kor ugu sii soconeyso. Bulshada ayaa gacan ku leh arrintaan maadaama ey ka aamusaan amaba ey inkiraan marka falalkaani dhacayaan.

2. Maadaama bulshada ey soo saarto uur-ku-taallada, shaqsiga dhibbanaha ah iyo arrimaha bulsho ee sababay in ey dhacdo ayaa labaduba u baahan daawo iyo xal.

Si taas loo helo, kuma filna in la dhayo shaqsiga oo kaliya. Haddii markaas dibadda loo saaro ayadoo ay jiraan isla duruufahii oggolaaday in uur-ku-taalladu dhacdo, waxaa haddana dhacaya uur-ku-taallo labaad. Haddii jirdil iyo shaqaaqo abaabulan ey yihiin mashaakil bulsho, waa in xalalkooduna noqdaan kuwa bulsho.

3. Waxey uur-ku-taalladu ahaaneysaa mid joogto ah marka arrimihi dhaliyay ay sidoodii sii ahaadaan.

Waxaa ka mid ah uur-ku-taallada nafsi/bulsho fahamka in shaqaaqada abaabulan ey abuurto xaalado ey ku bullaalaan "dhaqammo uur-ku-taallo", marka:

- Ey jiraan kala fogaasho bulshadeed iyo sinnaan la'aan;
- Ey been ka soo baxday hey'adaha iyo **wareegyo**

**aamus (circles of silence)** qariyaan xaqiiqada bulshada;

- Ey shaqaaqo abaabulan iyo dagaal waxyeello u geystaan shaqsiyaad iyo qoysaskooda iyo isku-xirada uu qofku leeyahay, iyo sidoo kale bulshooyinka ey ka tirsan yihiin.

Inkiraad ayaa noqota farsamada difaac ee ugu muhimsan oo uu isticmaalo shaqsigu, qoysku iyo bulshada dhammaanteed. Waxey u shaqeysaa sida soo socta, ayadoo abuureysa waxa uu Martin-Baro ku magacaabay wareegyo aamus:

Marka laga eego heer shaqsiyadeed, badbaadaha:

- Ayaa wayo-aragnimada cabburiya – ma rabo inuu xusuuxto.
- Ayaa raba inuu ka difaaco kuwa kale dhacdada xanuunka leh – ma rabo inuu u soo bandhigo foolxumada waayo-aragnimadiisa.
- Ma filayo in la fahmo ama la rumeysto – waa adagtahay in mararka qaar la fahmo cadowtinimada dadka ka dhaxeyn karta, ayadoo marar badan sheekooyinka jirdilku ey u muuqan karaan la-yaab iyo wax aan la rumeysan karin. Badanaaba tani waa arrin uu si ula-kac ah ugu sameeyo qofka fulinaaya – inuu sameeyo wax argagax badan oo ka hadalkeedu uu keenayo inaan la rumeysan. Sidoo kale, waxaa dhaqammada qaarkood ka jira in waayo-argnimooyinka qaarkood ay si aad ah u adagtahay in la soo hadal qaado, gaar ahaan marka la eego shaqaaqada la xiriirta galmoodka iyo jinsiga. Ma ahan waxaan caadi aheyn in dhibbanayaasha dusha laga saaro eedii dhacday mararka qaarna la go’doomiyo amaba la dilo ayadoo la leeyahay sharaftii reerka ayey meel uga dhaceen.
- Ma doonayo in qoka jirdilka geestay uu awood siiyo, tani waxey imaan karta haddii uu qirto uur-ku-taallooyinka ku dhacay – wey adagtahay in la qirto in waayo-aragnimada uur-ku-taallooyinka ey sababeen waxyeello aan la daaweyn karin. Waxey kaloo tahay farsamo difaac ee dadka u oggolaaneysa in ey helaan wax u eg nolol caadi ah, laakin qarashkeeda dhabta ah uu yahay in lagu shaqeeyo adigoo xanuunsan.

Marka laga eego dhinaca qoyska, xubnaha ugu dhow ayaa:

- Raba in ey difaacaan kuwa ey jecelyihiin – si aan loo keenin xasuus xanuun badan iyo si loo dhiirrigalyo horumarinta nolol caadi ah.

- Marna kama hadlaan waayo-aragnimada uur-ku-taallooyinka leh – waxey kaloo muujin kartaa dareen dambiillenimo ee dhinaca qoyska, in ey ahaayeen kuwa aan laheyn awood ey uga hortagaan in ey tani dhacdo.

- Iska go’doominaya qaraabada kale, saaxiibbada, adeegyada wax caawiya, iwm. – ma ahan wax aan caadi aheyn in ey lunto sidii loo aamini lahaa dadka kale. Sidoo kale, waxaa dhici karta in uur-ku-taallada lagu hayo gudaha qoyska oo ey ku adkaato marba marka ka dambeysa in ey gaarto dadka kale (oo qudhoodu aanan degganeyn amaba aad u baqanaya).

- Raba in ey horay u socdaan iyo in ey illoobaan dhacdada uur-ku-taallada leh – muhimadda in la badbaaday ayaa wax walba ka weyn.

Marka laga eego dhinaca heerka bulshada iyo hey’adaha, dadka ayaa:

- Doorta in ey inkiraan – mar kale, waa adagtahay in la maleeyo in qof uu ku dhex noolyahay meel waxa sidaan ahi ay ka dhacayaan.
- Dareema in la cabsigaliyey kana baqda in ey wax ka qabtaan – waxey dadku isku mashquuliyaan sidii ey u badbadi lahaayeen iyo sidii ey u difaaci lahaayeen qoysasooda.
- Dareema in eysan awood u laheyn in ey kaalmo bixiyaan ama ey duruufaha wax ka baddalaan – mashaakilka ayaa u muuqan kara mid aad u weyn, si aad ah ayey u adagtahay in wax laga qabto, cabsida ayaa aad u weyn.
- Eedeeya dhibbanayaasha – waxaa badanaaba la eedeeyaa waxuu horay u sameyn jiray qofka badbaaday. Waxaa dhici karta in badbaadaha lagu eedeeyo inuu ku dhacay dhowrista amniga iyo ilaalinta qoyska.
- Rabin inuu ka walaaco “arrimo ka baxsan” – iskoobidda ayaa badanaaba waxey jawaab u tahay mashaakil ballaaran, gaar ahaan marka ey koox gooni ah si dadban u dareento.

### **Wareegyo Taageero (Circles of support)**

Haddii aan fahamnay sida ey uur-ku-taallo bulshada uga soo dhex baxdo ayaa hadda waxaan u gudbeynaa sidii aan wax uga qaban laheyn. Isla qaabka uu Martin-Baro ku fasiray dhaqdhaqaaqa uur-ku-taallada (Wareegyo Aamus) ayaa la dabbaqi karaa si uu u noqdo saldhig abbaare oo si wanaagsan loo dhaqangalin karo. Waxaa hadda lagu magacaabaa Wareegyo Taageero (oo markii hore loo

aqoon jiray Wareegyo Isbaheysi).

Marka la abuurto wareegyo taageero oo leh saddax heer oo kala duwan – shaqsi, qoys, iyo bulsho/ hey'ado – waxaa inkiraadda loo baddalaa taageero ayadoo la raacayo sida soo socota:

Marka laga eego heerka shaqsiga, badbaadaha ayaa:

- Hela faham iyo taageero – saaxiibbada iyo qoyska ayaa dhageysta, garwaaqsadana amaba ansixiya waayo-aragnimada.
- Barta xirfado la-tacaal oo uu uga “gabbanayo” saameeynta uur-ku-taalladu ku yeelan karto – Tusaale ahaan, ka wareegidda meelaha soo xusuusiya uur-ku-taallada, sameynta iyo dhowridda qaab nololeed caafimaad qaba, sii wadidda xiriirada uu dadka kale la leeyahay.
- “Micne” u yeela waayo-aragnimada – “waxyeello ayaa la ii geystay waayo waxaan u halgamay xuquuqda aadanaha dadka kale. Waxay aheyd qarashka aan doonisteyda ku bixiyay.” ama xoojinta ruuxa qofka (tusaale ahaan, waxaa ka mid ah howsha diinta in ey fasiraad ka bixiso waxyeellada dadka soo gaarta).
- Hela qirasho wanaagsan oo ka timaadda qoyska iyo bulshada.

Marka laga eego heerka qoyska, waxay:

- Sameeyaan faham – waayo-aragnimada uur-ku-taallada leh ayaa badanaaba baddasha dadka. Waxaa dhici karta in ey noqdaan kuwa aamusan, xir-xiran, si fudud u dida, hurdadu ku liidito, si fudud u damqada, xanaaqsan ama niyad-jabsan. Waxuu qoysku fahamsan yahay meesha ey dabeecaddaani ka timid.
- Yeeshaan xirfado kaalmeeya sidii loola tacaali lahaa – dhageysi, siinta qofka xero aan lagu xadgudbi karin iyo in aan la faragalin arrimihiisa. Waxey diyaar u yihiin badbaadaha ayagoo siiya kaalmo, waxna aan ka sheegeyn.
- Aqoonsadaan sida ay uur-ku-taalladu u saameeyso qoyska – waa adagtahay in la garto in qofka soo noqda uusan aheyn siduu horay u ahaan jiray. Marka qof la waayo, ilmo ayaa weynaya waalidkiis, marwo ayaa weynaysa ninkeedii, waalid ayaa weynaya ilmahiisa. Sida ey wax yihiin ayaa si aad ah isku baddali kara, marka qofkii la waayay uu soo noqdo – ilmaha ayaa u xanaaqsanaan kara “dayacii” waalidku u geystay, doorka ragga iyo dumarka ayaa

isbaddali kara waayo haweenka ayey noqotay in ey yareeyaan doorkii dhaqan ahaan ay u lahaan jireen muddada ey nimankoodu maqnaayeen. Arrintaan awgeed ayaa dhaawaci karta dhismaha qoyska.

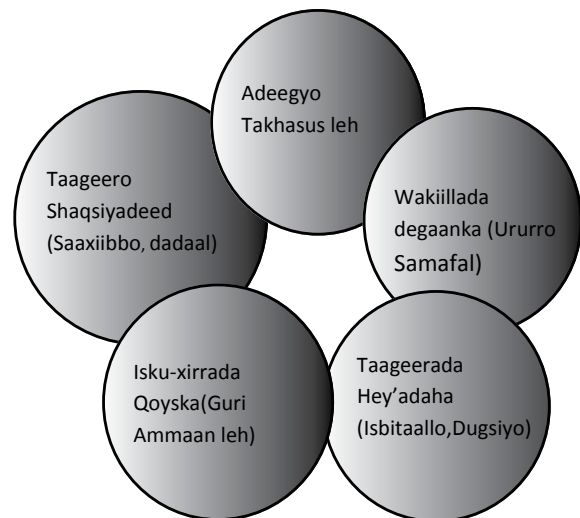
- Dhisaan xiriir ey la yeeshaan dadka degaanka – jidkii loo marayey adeegyada la heli karo, la-talin iyo dhaqan-celin.

Marka la eego heerka bulshada iyo hey'adaha, dadka degaanka ayaa:

- Bixiya fursado lagu helayo caddaalad iyo aqoonsi – ayadoo loo marayo hannaan run-sheeg iyo dib-u-heshiisiin, maxkamado iyo magdhow.
- Wabarasho, caafimaad iyo adeegyo bulsho ayaa la heli karaa, lana gaari karaa – kuma filna in la helo isbitaal ku takhasusa dhaqancelinta dadka ka soo badbaaday jirdil. Isbitaalku waa inuu noqdo mid la gaari karo, siyaasad ahaan, juqraafi ahaan iyo lacag ahaanba.
- Abuura xaalado lagu billaabi karo dib-u-heshiisiin bulsho.
- Dhisa dhaqammo lagu xuso, aqoonsina lagu siiyo badbaadayaasha iyo kuwa aan badbaadinba.

### Baaxadda Daryeelka (Continuum of Care)

Haddii aan wareegyada isbaheysiga u sii ballaarino wareegyo taageero oo dheeraad ah, waxaa abuurmaya baaxadda daryeelka ayadoo ey soo baxayaan arrimo badan oo ey muhim tahay in la tixgaliyo. Waxaa arrimahaan cusub ka mid ah:

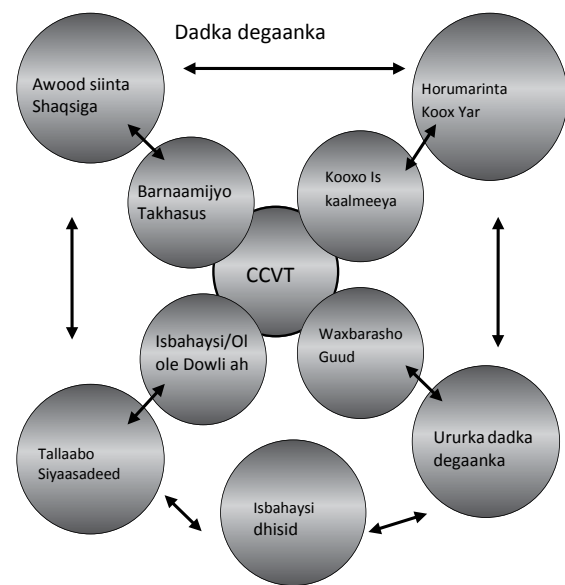


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Si baaxadda daryeelka loogu tarjumo adeegyo isku xiran iyo nooc dhab ah oo dadka degaanka lagu hormariyo, waxaa loo baahanyahy in wareegyada la sii ballaariyo. Waxey tani lagama maarmaan u tahay in laga dhaqaaqo wareeg **awood u yeelidda shaqasiga** (*personal empowerment*) halkaas oo sida uu shaqsigu u yaqaan awoodda la sii hormarinaayo illaa ey ka gaarto wareegga xiga ee **horumarinta koox yar** (*small group development*). Halkaas marka la joogo ayaa taageeroyinka dadka degaanka ey dhaliyaan isbaddallo ku dhaca debeecadda shaqsiga, waxeyna kooxda u horseedaan **wareeg urur degaaneed** (*community organisation circle*) oo asaguna hormarinaya tallaabooyinka uu degaanku ka qaadayo arrimaha ey dadka degaanku qeexeen, isla markaasna dhiirrigalinaya wadaxaajoodyo dadka degaanka/xirfadlayaasha, korna u qaadaya iska-horimaadka illaa uu ka gaaro heer la garwaaqsado. Waxey tani badanaaba dhistaa xiriiraha lala yeesho kooxo degaanno kale, markaasna abuurataa wareegga xiga ee **isbaheysi iyo u doodid** (*coalition and advocacy*), qalqaalinta siyaasado guud oo caafimaad qaba, gaarista isafgarasho guud oo xeeladeysan, jidkana u xaartaa iskaashi iyo xallinta iska-horimaadka. Waxaa marar badan loo baahdaa wareeg shanaad oo ku saabsan **tallaabo siyaasadeed** (*political action*) si loo afjaro wareegyada silsiladda ah oo haddana ku dhammaanaya xaalad awood u yeelid shaqsiyadeed. Waxay tallaabooyinka siyaasadeed taageeraan dhaqdhaqaaqyo bulsho oo ballaaran, ayagoo abuuraya aragti mustaqbal waara ee la doorbiday iyo kobcinta dimoqraadiyad loo wada dhan yahay.

Xeeladda ey CCVT raacday si ey u xaqiijiso fulinta hababka hoos ku qoran ayaa waxaa ku jira adeegyo si gaar ah loo hindisay oo ey ka mid yihiin la-talinta dadka degaanka, barashada af Ingiriisiga asagoo luqad labaad ah (oo loogu talagalay badbaadayaasha uur-ku-taalladu heyso), la-saaxiibidda xubno dadka degaanka ka tirsan iyo ku xiridda edeegyada xirfadlayaasha si loo daaweeyo iyo/ama loogu sameeyo diiwaangalin dhinaca caafimaadka iyo qaanuunka. Jogteynta kooxo iskaalmeyna ayaa sidoo kale u diyaariya badbaadaha inuu ka qeybqaato habka ballaaran ee kor ku xusan. Inkastoo adeegyada CCVT loo abuuray dadka jirdilka ka badbaaday oo guud ahaanba ayagoo qaxooti ah yimaada Kanada (tan ayaa dhalisay in la sameeyo la-talinta dadka degaanka iyo tababbarka luuqadda), ayaa sida dadka degaanka iyo hey'adaha caafimaadka iyo kuwa qaanuunku uga qeyb qaataan habka dhaqancelinta muhimad gaar ah ugu leedahay difaacayaasha xuquuqda aadanaha. Hey'adaha kor lagu muujiyay badankood,

haddii eysan dhammaantood aheyn, ayaa lagu guuleysan karaa in loo habeeyo si ey u daboolaan baahida difaacayaasha xuquuqda aadanaha ee goobta ka shaqeeya. Joogteynta koox iskaalmeyna ayaa muujisay in ey lagama maarmaan u tahay bogsashada iyo sidoo kale xoojinta xiriirada kala dhexeeya bulsho weynta. Xataa marka arrintu u muuqato rajo-beel daran, ma ahan waxaan suurtoagal aheyn in garb laga helo dadka caadiga ah iyo kuwa jooga meel awood leh oo arxan kuu gala. Maan-ku-heynta xiriiradaan iyo in awood loo yeesho garashada marka ay soo ifbaxayaan ayaa bogsashada u ah qalab lagama maarmaan ah. Waxbarashada guud iyo isbaheysi dowli ah ayaa ah qalab lagama maarmaan ah oo CCVT u oggolaaday in ey wax la qabtaan dadka degaanka isla markaasna ey xaqiijyaan xiriiraha lala yeesho arrimo ballaaran oo u baahan tallaabo siyaasadeed. La shaqeynta dadka degaanka iyo beesha dowliga ah ayaa sidoo kale hormarin doona saameynta iyo baaxadda halganka xuquuqda aadanaha. Waxii aan kali ahaan iyo si gooni ah lagu gaari karin ayaa lagu guuleystaa marka la helo isku-xir kaalmo oo ballaaran. Tani waa arrin dhab ah marka la eego bogsashada iyo sidoo kale marka la eego shaqada xuquuqda aadanaha qudheeda.



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Markaad caawineeyso dad ay uur-ku-taallo heyso, xusuuso:

- Waayo-aragnimada jirdilku waxey ku xirantahy shaqsiga.
- Markaad kaalmeyneyso dadka kale si ey ula tacaalaan uur-ku-taallo, xusuusnow in ey

tani tahay mid labo dhinacle ah – DXA waxuu qiimeeyaa badbaadaha, badbaaduhuna waxuu qiimeeya DXA.

- Badbaadaha ayaa xukuma wax la sheegayo – xushmee in dadku ey doortaan in ey soo bandhigaan taariikhdooda marka ey doonaan.
- Dhug u yeelo duruufka xaaladda aad qiimeyneyso – duruufkaada iyo duruufka badbaadaha.
- Haddii ey uur-ku-taallo adiga ku soo martay, dhug u yeelo in arrimahaaga uur-ku-taallada la xiriira ey saameyn karaan sida aad ula macaamileyso qofka aad doonayso inaad kaalmeeyso.
- Ka leexo inaad wax maleyso.
- Ka hortag uur-ku-taallo labaad.
- Aqoonso xadkaaga, dhugna u yeelo in adigu aadan qaadin uur-ku-taalladii dhibbanaha.
- Miisaan u yeel walaaca iyo baahida uu badbaadahu qabo iyo kuwaaga.
- Aqoonta iyo xirfadada waxaad ku dartaa dhawrista dareenka qofka aad kaalmeeyneyso.
- Xusuuso in aad qeyb ka tahay isku-xir taageero iyo adeeg ka tirsan daryeel baaxaddiisu ballaaran tahay.

Waxaa difaacayaasha xuquuqda aadanaha u dheer waayo-aragnimada tooska ah ee uur-ku-taallada ayagoo u bandhigan uur-ku-taallada dadka ay kaalmeynayaan. Ma ahan waxaan caadi aheyn in ey qaadaan uur-ku-taallo heer labaad ah ama ey qaadaan isla middii u qabay qofka ey kaalmeynayaan. Labada sawir ee hoos ku xusan ayaa loo isticmaali karaa in ey yihiin dokumenti asaasi ah si loo tilmaamo astaamaha isku-daarashada uur-ku-taallada (Vicarious Traumatization) ku heysa iyo waxa loo baahan yahay si aad saameynteeda wax uga qabato.<sup>18</sup>

18 Qaybta II ee qoraalkaan ay si faahfaahsan uga hadli doonta uur-ku-taall isku-beddelkal.

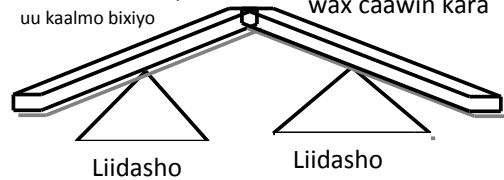
### Isku-daarashada Uur-ku-taallada

#### Aqoonsi xad-dhaaf ah

- Araxan xad dhaaf ah oo loo qaado badbaadaha
- Aabbe oo kale u dhaqmid
- Filashooyin aan la xaqiijin Karin
- Ka fakarka uur -ku-taallada oo aan la joojin Karin
- Rumeysan inuusan jirin qof aan asaga aheyn oo wax caawini kara
- Aan awood u laheyn in uu kaalmo bixiyo

#### Ka Weecasho

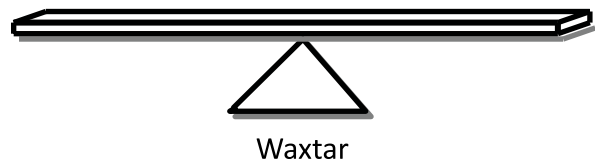
- Araxan la'aan
- Ka xiran badbaadaha
- Filashooyin laga shakisan yahay
- Ma doonayo inuu ka fakaro uur-ku-taallo
- Rumeysan in uusan jirin qof wax caawin kara



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Si looga hortago isku-daarashada uur-ku-taallada iyo basbeel (*burnout*) ayaa waxaa loo baahnyahay miisaan:

- Adigoo isbarta
- Xuudduud iyo doorar si cad loo qeexay
- Hab taageero xoog leh oo qofka iyo hey'adahuba leeyihiin
- Kurbo dhaliyeyaasha (*stressors*) oo la aqoonsado lana qiro



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### Sida Duruufahaaga ugu Habeyn Karto Mabaadii'da Hawlgalka CCVT

- Dib awood u siin – badbaadayaasha ayaa maareeya dib-u-kabsashadooda.



- Garashada baaxadda siyaasadeed, diimeed iyo dhaqameed – waayo-aragnimada uur-ku-taallada ayaa ah wax si aad ah ugu xiran shaqsiga. Ma jiraan laba qof oo isku si u dareema. Bogsashada ayaa sidoo kale u adkaan karta aydoo ku xiran siyaabaha kala duwan ee dunida loo arko, waxyaabaha kala duwan ee la rumeysan yahay, iyo awoodaha uu qofku u leeyahay sida uu ula tacaalo.
- La qabsiga duruufaha isbaddalaya.
- Abbaare dhammeystiran – baahida badbaadaha ayaa dhinacyo badan leh. Ogsoonow in eysan aheyn arrin daawo kaliya ku saabsan, balse ey sidoo kale ula xiriirto arrimo nafsadeed iyo arrimo ruuxi ah. Tayada noloshu ayaa sidoo kale saameysa sida uu qofku dib ugu soo kabanayo. Marka laga jawaabay baahida badbaadaha, waxaa muhiim ah in la siiyo adeegyo kala duwan, ha ahaadeen kuwa xirfadeed hase ahaadeen kuwa ey dadka degaanku saldhig u yihiin. Markaad dooneyso inaad wax ka qabato waayo-aragnimada aad adigu shaqsi ahaan ugu leedahay uur-ku-taallo waxaad u baahantahay inaad ogaato, kana faa'iideysato adeegyada iyo isku-xirada jira.
- Aaminaad, qarsoodi iyo xushmeyn ayaa si aad ah muhiim ugu ah adiga iyo dadka aad la/u shaqeyso.
- Badbaadaha ayaa awooddu gacanta ugu jirtaa – ma ahan inaad awoodla'aan noqoto ama gees laguugu riixo uur-ku-taallada ku heysa darted. Kuwa aad caawineyso ayaa sidoo kale ah.
- Si taxaddar leh u samee su'aalaha wareysiga iyo qiimeynta aad ku shaqeyso maadaama muhiimadda ey leeyihiin difaacayaasha xuquuqda aadanaha aad u weyntahay; waxa taas ugu wacanna ma ahan sida loo rumeysto oo kaliya balse waxaa u dheer in uur-ku-taalladu dib ugu dhacdo (adiga iyo qofka aad caawineysaba).
- Dhageysi firfircoon – dhug u yeelo waxa uu qofku kuu sheegayo. U dhuux sida ugu cad ee suurtoogalka ah.
- Aamusnaan hal-abuur leh – waxaa mararka qaar wanaagsan in qof *lala joogo* un. Ma ahan lagama maarmaan in ey aamusnaantu noqoto meel meeran.
- U dhugyeelashada arrimaha keena in uur-ku-taalladu dib u soo noqoto.

Waxaan ku soo gunaanadeynaa in ey jiraan

dokumentyaal tilmaan wanaagsan bixya oo caan ah oo barbar socda tiirarka Martin-Baro, kuwaas oo hey'ado badan shaaca ka qaadeen:

- Jirdilku waa arrin bulsho oo ballaaran, ma ahan arrin dhaqtareed oo kaliya
- Jirdilku ayaa mushkiladda ah, ma ahan dadka ka badbaada
- Waa in badbaadayaashu ey noqdaan maareeyayaasha dib u soo kabashadooda
- Mutadawciinta (xubnaha dadka degaanka) ayaa dadejiya isbaddalka
- Ubucda qiyamka caalamka (xuquuqda aadanaha) ayaa ah tiirar xoog leh
- U shaqeynta koox ahaan ayaa saldhig muhiim ah

## Qeybta II

### Isku Daarashada Uur-ku-taallada iyo Basbeelka

**Waayo-aragnimada hey'adda Cordelia Foundation (oo wax yar laga baddaley aydoo fasax laga heysto Dr. Lilla Hardi, Cordelia Foundation, Hungry)**

Difaacayaasha xuquuqda aadanaha ayaa badanaaba isku mar labo meel buuxiya. Waxey la shaqeyaan dhibbaneyaasha loo geysto xadgudubyada xuquuqda aadanaha ayagoo qudhoodu noqon kara dhibbaneyaasha xadgudubyada xuquuqda aadanaha – waxey hal mar isku noqon karaan dhibbaneyaal iyo kaalmeeyeyaal. Sidaas darteed, uur-ku-taallada tooska ah waxaa DXA u dheer oo ey la kulmi karaan waayo-aragnimada uur-ku-taallada macaamishooda. Sida dad kale oo ka shaqeyya howlo kurbo iyo khatar badan, ayaa DXA waxay khatar gooni ah ugu jiraan uur-ku-taallo la iska qaado iyo mid gacan labaad ah, naxariistii oo ka yaraata iyo basbeel. “Uur-ku-taallada waa la isqabadsiiyaa” ayey qoreysaa Judith Herman, ayadoo arrinta isqabadsiiintu ey ka timid xiriirka aadanaha. Is dhexgalka dadka ayaa keena in uur-ku-taallada siyaabo kala duwan la isugu gudbiyo – waa mid wajiyo badan leh, isku dhawaansho leh, jiilal badan leh, ayadoo isaga dhexgooshta jiilal kala duwan.

### Isku daarasho uur-ku-taallo

Waa maxay micnaha isku daarasho uur-ku-taallo? Waxay u egtahay Qalqalka ka Dambeeya Uur-ku-taallada (Post Traumatic Disorder), waase ka xanuun

yartahay. Waxay u ekaan kartaa sidatan:

- Garasho – fahamka kaalmola’aanta iyo rajo-beelka qofka macaamiisha kuu ah oo gudahaaga gala.
- Walaac xad dhaaf ah oo ku yimaada doorka kaalmeeyaha – ilaalin xad dhaaf ah oo la siiyo qofka macaamiisha ah – qofkaas oo yeesha debeecad ku tiirsanaan su’aalna ka keena awoodda kaalmeeyaha
- Qofkoo isku arka inuu dambiile yahay
- Burburinta xuduudda xirfadeed
- Caawiyihii oo dareema caawimaad la’aan
- Luminta xakameynta xaaladda, meel ku dhiiqda

La kulanka xiriir bani-aadan oo ku dhisan cadowtinimo, aadminnimo ka-bax, iyo karaama darro ayaa burburin kara sidii uu qofku ka aminsanaa aadminnimada ayadoo weyneysa dhaawaca soo gaara DXA. La kulanka waayo-aragnimooyin uur-ku-taallo leh ayaa DXA ku abuuri karta inuu xusuusto waayo-aragnimadii uu u lahaa uur-ku-taalladiisa – yaa dooranaya doorka caawiyaha? Marka aad ka dhex shaqeyso koox isku-daaraty uur-ku-taallo, waxaa suurtoagal ah inaad yeelato dabeecad aaminaad beel (“qof waliba anigu shaqo iga dhigtay” ama “xukuumadda ayuu basaas u yahay”), inaad dib u abuurto isbadbaddalka dambiilaha ee ah hujuume/dhibbane, iyo inaad wax walba oo qaldama dusha ka saarto xubinta kooxda ka tirsan ee taagta daran. Kooxo iyo xataa ururo ayaa sidaan awgeed ku burburay, gaar ahaan marka eysan jirin nidaamyada iyo waxqabadyo looga hortagayo arrinta.

## Basbeel

Sida uu qabo aqoonyahanka cilmi-nafsiga ee reer New York Herbert J. Freudenberg, PH.D., kaasoo ereyga hindisay, basbeelku waa xaalad daal ama niyad-jab ey keentay jacylka qaddiyad, qaab nololeed, ama xiriir ku guuldarreystay inuu soo saaro abaalmarintii la filayay. Basbeelku waa mushkilad ka dhalatay niyad-sami, waayo waxey dhacdaa marka dadku isku dayaan in ey gaaraan yoolal xaqiiqada ka fog eyna ku dambeeyaan tamartoodii oo dhammaata iyo luminta xiriirkii ey la lahaayeen naftooda iyo dadka kaleba.

Sababaha keena basbeelka

- Weynaanta/xad-dhaafnimada culeyska hiyiga/lab-la-kaca

- Dabeecado shaqsiyeed oo gaar ah (aadminnimo, arxan, garasho) oo ey ka hortimid niyad-jab
- Dabeecad udub-dhexaadnimada macaamiisha – “xaqiiqada oo laga argagaxo”
- Iska-horimaadyada doorka: haween iyo basbeel – dareen walaac iyo dambiilanimo la barbardhigay “hooyo sare” ama “guri-jooqto sare”

Kajanka basbeelka ayaa ah inuu ku dhaco isla qofkii horay niyadda u hayey oo tamarta iyo fikradaha cusub ey ka buuxeen marka ugu horreysay uu shaqada ama xaaladda cusub galayey. Qofkaan oo kale ayaa guud ahaanba rajo weyn ka qabay waxa uu sameyn karo. Marka uu waqtigu sii socdaba oo haddana aan la gaarin yoolalkii dhammaantood, ayaa waxaa dhimanaya hammigii ayadoo ay billaabaneysa jiidamid. Halkii yoolalka hoos loo dhigi lahaa amaba xaqiiqada la aqbali lahaa, ayaa waxaa messha imaanaya ciil ayadoo qofkii uu dadaalkiisa sii badinayo.

Saddax arrimood oo la socda basbeelka:

- Iska-horimaadka doorka: Qofka leh masuuliyado iska-horimaanaya ayaa billaabaya inuu dareemo in jahooyin kala duwan loo kala jiidanayo waxuuna isku dayaa in uu wax kasta uu si isku mid ah uga soo dhalaalo asagoo aan u kala yeelin mudanaan. Natijada ayaa noqoneysa dareen daal faro badan ama xiiqid la socota basbeelka.
- Doorkii oo mugdi ku jiro: Qofka ayaan aqoon u laheyn waxa laga filayo. Waxuu ogyahay in laga filayo inuu shaqada ka soo dhalaalo laakin ma hubo sida uu taas ku gaari lahaa maxaa yeelay ma jiro qof uu ku daydo ama duckumentiyada tilmaama bixiya oo la raaco. Natijada ayaa noqoneysa in uusan waligiis dareemin inuu qabatay wax la sheegi karo.
- Culeyska doorka oo bata: Qofka ayaa maya dhihi karin asagoo sii xambaaranaya masuuliyado ka badan intuu wax ka qaban karay illaa uu ugu dambeynta ka basbeelo.

## Astaamaha lagu garto

Waxaa ugu horreya qunyar u socosho. Astaamaha ugu horreeya ayaa waxaa ka mid ah dareen xiiqsanaan niyadeed iyo mid jireed; dareen faquuqid, shaki, dulqaadyari, si xun wax u arag, iyo dareen inaan waxba la kala jeclaan illaa uu qofku ka billabo inuu qoonsado shaqada iyo dadka ka shaqeeyaba. Waxaa la gaaraa heer uu qofkii horay

sida aadka ah u daneyn jiray mashruuca ama kooxda uu xeyndaab isku wareejiyo illaa uu gaaro heer uusan waxba kala jecleyn.

- Xiiqsanaan niyadeed, maskaxeed iyo jireed
- Dereen kalmo-la'aan iyo rajo-beel
- Dareen marnaansho
- Astaamo jireed: madax xanuun, tabardarro, toгнаasho, qoor iyo dhabar xanuun, calool xanuun, miisaanka oo kordha, u adkaysiga cudurrada oo yaraada, hurdo xumo
- Astaamaha niyadda: niyadjab, kaalmo-la'aan, rajo-beel (“dhimashaa ii dhaantay”)
- Astaamaha maskaxeed: si xun wax u arag, ad-adeeg iyo ka fogaasho la xiriiridda dadka, shaki badan oo gala halkii arxanka.

Sida waayo-aragnimada uur-ku-taallo kasta oo kale ayaa dadku u janjeeraan in ey sameystaan farsamo difaac si loola tacaalo. Qaar ayaa ka caafimaad badan kuwa kale. Difaacyada aan caafimaadka laheyn waxaa ka mid ah inkiraad iyo aamindarro, waxayna keentaa: “xukuumadda ayaa cadowga ah”, adigoo is dhiga meesha dhiibbanaha ama qofka wax weeraraya, kalajabin: kaalmeeye/cadow; “ama waa nala jirtaa ama waa naga soo horjeeddaa”, iyo yareysi: “wax yar oo jirdil ah un...” Difaacyada waxtarka leh ayaa waxaa ka mid ah waxyaabaha qosolka leh iyo adigoo tamartaada dhanka wanaagsan u weeciya (ka qaybgalka howl wax- soosaar leh ama farshaxan).

### **Ka-hortagga iyo Ka-soo-Kabashada Basbeelka**

- JOOJI INKIRAADDA. Dhageyso xikmadda jirkaaga. Billaaw in adigoo xur ah aad qirato kurbooyinka iyo cadaadiska muuqda jir ahaan, maskax ahaan, ama niyaad ahaanba.
- JOOJI GOONI ISU SOOCIDDA. Wax walba ha qaban adigoo kaligaa ah! Samee ama cusboonee xiriir dhow oo aad la yeelato saaxiibbo iyo kuwa aad jeceshahay. U dhawaanshahu ma keeno oo kaliya inaad meel dhow wax ka aragto, waxuu kaloo ka hortagaa isku buuqidda iyo niyadjabka.
- BADDAL DURUUFHAHA AAD KU SUGANTAHAY. Haddii shaqadaada, xiriiradaada, xaaladda aad ku sugan tahay, ama qof uu hoos kuu sii jiidayo, isku day inaad duruufaha baddasho, ama haddii ey lagama maarmaan noqto, aad ka tagto.

- YAREE CAADAADISKA NOLOSHAADA KA JIRA. U fiirso meelaha ama dhinacyada kaaga baahan u dhugyeelasho xad-dhaaf ah kana howlgal sidii aad u yareyn laheyd cadaadiskaas.
- JOOJI KOOL-KOOLINTA FARAHA BADAN. Haddii aad si joogto ah u qaaddo mashaakilka iyo masuuliyadaha dad kale, baro inaad si sharaf leh faraha ugala baxdo. Isku day inaad adigu naftaada u hesho kool-koolin.
- BARO INAAD TIRAAHDO “MAYA”. Waxaad kaalmeyneysaa yareynta cadaadiska hadii aad naftaada u hadasho. Tani micnaheedu waxuu yahay inaad diiddo codsiyaal kale ama dalabaad la xiriira waqtigaaga iyo dareenkaaga.
- BILLAAW INAAD DIB U NOQOTO IYO INAAD GOYSO. Baro inaad qof kale u xilsaarto arrimaha la xiriira shaqada, guriga iyo saaxiibbada. Markaan, goysmada micnaheedu waxuu yahay adigoo badbaadinaya noloshada.
- DIB-U-QIIMEYN KU SAMEE QIYAMKAAGA. Isku day inaad ka soocdo qiyamka micnaha kuu leh kuwa ku-meel-gaarka ah iyo kuwa waqtigoodu kooban yahay, kuwa muhimka ah kuwa aan muhimka aheyn. Waxaad sidaas ku keydsaneysaa tamar iyo waqti, billaawna inaad dareento mid meel dhexe jooga.
- BARO XOWLIGA AAD U YEELEYSO NOLOSHAADA. Isku day inaad nolosho xakameyso. Tamarta aad heysato waa koobantahay. Hubso waxa laga rabo iyo waxa lagama maarmaanka u ah noloshada, dabadeedna billaaw sidii aad isgu miisaami laheyd shaqada iyo jaceylka, raaxada iyo nasashada.
- KA TAXADDAR JIRKAAGA. Ha u goyn cuntada, ha ku dhibin naftaada cunto qallafsan, ha ismoogeysiin baahida aad u qabto hurdada, hana jabin ballamada dhaqtarka. Isdaryeel dhinaca nafaqada.
- YAREE WALAACA IYO WALBAHAARKA. Isku day inaad walaaca quraafaadka ah si aad ah u yareyso – waxuu baddalayo ma jirto. Waxaad si wanaagsan xaladdaada wax ugu qaban karta haddii aad waqti yar ku qarash gareyso walaaca, waqti badana wax ka qabashada baahidaada dhabta ah.
- KAFTANKAAGA SII WAD. Ku billaaw inaad marar farxad iyo raynrayn leh noloshada soo dhexgaliso. Dad aad u tiro yar ayuu basbeelku ku dhacaa marka ay faraxasan yihiin.

Jirdilka iyo uur-ku-taallada ayaa ah waayo-aragnimooyin nolosha baddala. Awoodda uu qofku kula tacaali karo ayaa ku xiran waxyaabo badan: dabecadda qofka iyo awooddiisa uu wax kula-tacaalo, helitaanka nidaamyo taageero bulshadeed ama hey'adeed, iyo degaanka ku wareegsan ayaa dhammaantood door weyn ka ciyaara habka bogsashada. Waxaa xaqiiqo murugo leh ah in dadka oo dhan eysan awood u yeelan doonin in ey dib u soo kabsadaan. Mararka qaar ayaa dhibka dhacay uu si aad ah u weyn yahay. Degaannada oo idil ayaan bogsashada u suubaneyn. Waxaa si aad ah u adag in wax laga qabto waayo-aragnimooyinka uur-ku-taallada leh haddii uu wali qofku ku dhex noolyahay bulsho ey weli ka sii dhex socdaan xadgudubyo ballaaran oo xuquuqda aadanaha loo geysanayo. Hase yeeshee, cilmi-baaris ayaa muujineysa in dadka badankoodu ey awoodaan in ey si wanaagsan oo bogsadaan haddii ey helaan kaalmadii loo baahnaa, xataa meelaha ey ka jiraan duruufo liita, khatartana leh. Waxaa sidoo kale muhim u ah in la ogaado in bogsashadu ey muddo dheer qaadan karto. Waxaa jiri doona waqtiyo wanaagsan oo haddana ey ku daba jiraan waqtiyo xusuustu ey qarka u saarantahay in ey dusha timaaddo. Si kastaba ha ahaatee, haddii aad xaqiiqsato inaad kaligaa aheyn, iyo in ey jiraan dad naxariis badan oo diyaar kuula ah qaab kastoo ugu habboon, ha ahaato ayadoo ka timaadda qoyska, saaxiibada, hoggaamiyaasha diinta, dadka kula shaqeeya, deriska, kuwa kale oo difaaca xuquuqda aadanaha ama xataa beesha caalamka – markaas dabadeed ayaa shaqada bogsashada iyo wax ka qabashada uur-ku-taallada ey billaaban karta.

## Ololelyaasha Xuquuqda Aadanaha

Difaacayaasha xuquuqda aadanaha ayaa marka ey gudanayaan howlahooda ey ku difaacayan xuquuda aadanaha ee dadka kale waxey qalab ahaan u adeegsan karaan xeeladaha ololaha, howlaha qalqaalinta iyo u doodidda. Ujeeddada ololeha laga leeyahay ayaa ah in la helo isbaddal wanaagsan, ayadoo dadka ka dhigeysa kuwa fuliya ballamada ey qaadaan, gutana waajibaadkooda. Waxaa kaloo loo adeegsan karaa sidii loo abuuri lahaa wacyigalin ballaaran oo ku saabsan arrimaha qaarkooda. Waxaa qoraalkaan looga danleeyahay inuu bixiyo saldhigga muuqal guud oo ku saabsan sida loo sameeyo naqshadda xeeladaha olole lagu dabaqi karo arrimo kala duwan, eyna adeegsan karan ururo qabta howlo kala duwan.<sup>19</sup>

Ololelyaasha xuquuqda aadanaha ayaa ah waddo muhim ah oo lagu raadiyo joojinta tacaddiyada xuquuqda aadanaha, looguna magdhabo kuwa xuquuqdooda lagu tacaddiyay. Waxaa dhici karta in shaqsiyaad iyo bulshooyin ey u istaagaan xuquuqdooda (eeg sida beryahaan dambe uu u kobcay halganka muwaaddiniinta) ama in kuwa kale oo ayaga matalaya ey beddelkooda u ololeyaan, gaar ahaan marka eysan kuwa hore aqoon u laheyn xuquuqdooda iyo sida saameyn loogu yeesho sidii isbaddal u dhici lahaa. Sida uu qabo Qodabka 1aad ee Baaqa QM ee Difaacayaasha Xuquuqda Aadanaha<sup>20</sup> “Waxuu qof kasta xaq u leeyahay, shaqsi ahaan iyo asagoo ey wehliyaan kuwa kale, inuu kor u qaado iyo inuu u halgamo ilaalinta iyo xaqiijinta xuquuqda aadanaha iyo xorriyaadka asaasiga ah ee heer qaran, heer gobol iyo heer dowli ahba.” Dhabtii, waxuu qof kasta xaq u leeyahay inuu u ololeeyo xuquuqda dadka kale iyo kuwoodaba.

### Qorsheynta olole

Si ololehaagu u guuleysto, waxaa loo baahanyahay in la dajiyo ujeedooyin ku xiran isbaddalka aad dooneyso inaad keento. Ujeedooyinkaani waa in ey noqdaan kuwa mucayin ah, la cabbiri karo, la gaari karo, la xaqiijin karo, isla markaasna muddeysan. Si

aad u ogaato illaa iyo heerka ey mucayin yihiin iyo heerka ey yihiin kuwa la cabbiri karo, waa inaad ugu horreyntaba aad isweydiiso waxaad rajeyneyso, iyo waxaad fileyso in ey isbaddalaan marka uu ololehu dhammaado.

Marka labaad, waa inaad cilmi-baaris sameeyso si aad u ogaato xeeladda ololehaagu yeelanayo. Waxaa kaliya oo xeelad wax-ku-ool ah la sameyn karaa marka arrimaha meesha jira si dhammeystiran loo fahmo. Tan ayaa kuu saamaxaysa inaad qeexdo mushkiladda aad dooneyso inaad xalliso iyo inaad fahamto, tusaale ahaan, cidda ka masuulka ah tacaddiyada iyo sababta ey u dhacayaan. Sidoo kale, waa in markaad sameyneyso cilmi-baarista heshaa jawaabaha su’aalaha ey ka midka yihiin: **waa maxay** farriinta aan rabno inaan gudbino iyo **waa maxay** isbaddalka aan rabno inaan aragno? **Maxaan** u rabnaa isbaddalkaan? **Waa kuwee dadka** aan yoolka ka dhiganeyno – waa kuwee dadka danta ka leh iyo masuuliyiinta arrintaan saameynta ku leh? **Sideen** u sameynaa arrintaan iyo waa **kuwee** qalabka aan adeegsaneyno? Ma waxaan ku sameyneynaa internetka, telefon, warbaahin, casharo, doodo, bannaanbaxyo, bandhigyo, mase waxaan diyaarinaa cabashooyin qoraal ah? **Halkee baan** dadaalladeenna yool uga dhignaa? Ma waxay noqoneysaa heer degaan, qaran, gobol ama heer dowli ah? Ugu dambeyntii, **goorma** ayuu ololeheennu qabsoomayaa? Marka cilmi-baarista lagu sameynayo arrimaha ololeha, waxaa loo baahanyahay in meel la isla dhigo waddada ugu wanaagsan ee lagu gaari karo ujeedooyinka iyo sida la isugu darayo isticmaalka farsamooyinka kala duwan ee lagu sameeyo ololeha oo mar dambe aan gadaal uga hadli doono. Dood dhexmarta kooxda abaabuleysa ololeha kuna saabsan hababka la adeegsanayo ayaa waxter weyn yeelan doonta maadaam la isbarbardhigayo kuwa faa’iidada leh iyo kuwa khasaare keeni kara.

Waxaa halkaan ku qoran tusaale olole mucayan ah, ayadoo tallaabo-tallabo loo qaadayo hannaanka cilmi-baarista iyo qorsheynta.:

Waxaad tahay urur ka tirsan bulshada rayadka ah ee Uganda oo doonaya in la ansixiyo Xeerka Xiriirada Guriga. Waxaad u baahantahay inaad isweydiiso, maxaan ugu baahannahay in Xeerka la ansixiyo?

In la siiyo dumarka iyo raggaba sinnaan marka la fiiriyo arrimaha guurka, furriinka iyo hantida qoyska.

19 Qoraalka asalkiisii waxaa qoray Carol Magambo ayadoo Rachel Nicholson ey casriyeysay. Neil Blazevic ayaa ku daray dhextaalka Warbaahinta Bulshada (Cutubka 4.5).

20 Magaca Baaqa oo dhammeystiran ayaa ah: Declaration on the Right and Responsibility of Individuals, Groups and Organs of Society to Promote and Protect Universally Recognized Human Rights and Fundamental Freedoms. Si aad u hesho waxaad u mari kartaa: Office of the United Nations High Commissioner for Human Rights: <http://www.ohchr.org/english/law/freedom.htm>



Maxaa illaa iyo hadda loo ansixin waayay?

Waayo waxaa diidanaa qaar ka tirsan qeybaha bulshada.

Waa kuwee dadaka saameynta ku leh arrintaan?

Xildhibaannada, wasiirada iyo shaqaalaha Wasaaradda Jinsiga.

Haddaba sideen uga dhaadhicin karnaa inay waxqabtaan?

Taas ma ku gaari karnaa haddii aan si wadajir ah u saxiixno dhambaal cabashooyin qoraal ah, haddii aan sameyno mudaaharaadyo iyo bannaanbaxyo, mase waraaqo ayaan mid-mid ugu qoraa, mase qabashada kulammo ayaa ka wax-ku-oolsan?

Yaa kaloo ku mashquulsan arrintaan – ma la sameyn karnaa isku-xiro ururada kale ee bulshada rayadka ah? Goormaa ugu wanaagsan oo aan taas sameyn karnaa? Jawaabaha su'aalahaan ayaa ku siinaya saldhigyada xeeladaha ololehiinna.

Ololeynta ayaa sida badan lagu tilmaamaa in ey tahay wadahadal lala yeelanayo bulshada, ayadoo bulshada laga dhaadhicinaayo in ey si aan caadi aheyn u daneeyaan in ey taageeraan tallaabo ay dhici karto in eysan u laheyn faa'iido toos. Ujeeddada ololeynta ayaa ah in la abaabulo lana dhiirrigaliyo dad aad u badan ayadoo haddii si wanaagsan loo adeegsado ah qalab lagu abuuro isbaddal. Si olole loo billaabo waa in ey meesha jirtaa wacyigalin, tasoo loola jeedo in jiritaanka mushkiladda meel la isla dhigo, lana garanayo. Marka labaad, waxaa loo baahanyahay in dadweynaha iyo dhammaan inta ey quseyso ey hal dhinaca u wada jeestaan eyna isku afgartaan waxa mushkiladdu tahay, cidda ey asiibtay, cidda eedda leh iyo waxa ey yahiin xalalka suurtoogalka ah ee jiri kara. Markaas dabadeed, ayaa dadweynaha, ururada bulshada rayadka oo ey quseyso iyo cid kasta oo daneyneysa in ey ka qaybqaadato, la iskugu yeerayaa tanoo u baahan farsamo la wada heli karo intaan la qaadin tallaabadii ugu dambaysay. Marka la eego ololeha looga soo horjeedo xadgudubiyada xuquuqda aadanaha, Difaacaha Xuquuqda Aadanaha (DXA) ayaa ugu horreyntiiba u baahan in ey awood u yeelaan ama ey xaqijiyaan in kooxda yoolka ah (shaqsiyaad ama guud ahaanba dadweynaha) ey garanayaan xuquuqdooda, eyna qirayaan in xuquuqdooda lagu xadgudbay iyo in ey tahay in wax laga qabto, waxna laga qaban **karo** (fahamka in wax laga qaban karo ayaa ugu muhimsan).

Marka lagu dhaqaaqayo olole lagu joojinayo xadgudubiyada xuquuqda aadanaha, waa in DXA

yaqaan cidda uu wax u sheegayo, uuna awood u leeyahay inuu ayaga fahmo. Si tan loo gaaro waxaa muhim ah in la sameeyo “falaanqeynta danleyda” (*stakeholder analysis*). Waxaa jira kuwo horeyba “loo baddalay”, haddii si kale loo yiraahdo, kuwa horeyba u ogaa mushkiladda isla markaasna doonaya in la baddalo. Waxaa in baaris lagu sameeyo mudan halka iskaashi lagala sameyn karo kooxaha kale uu mowduucaagu quseeyo iyo halka isku-xiro kale laga sameyn karo. Dabadeedna, waxaa jira koox ey adagtahay in la gaaro si loogu gudbiyo xogta aad heyso, waayo waxey isu heystaan in ey wax walba oo ku saabsan xadgudubka xuquuqda aadanaha kaaga ogaal badan yihiin. Waxaa kooxdaan ku jiri kara xeerdajiyeyaasha. Waxaa loo baahanyahay in waqti iyo tamar loo huro kooxahaan si looga dhaadhiciyo xaqiiqooyinka iyo faa'iidooyinka ku jira ololehaan.

### Qorshaha/qalabka isgaarsiinta ololeha

Waxaa jira qalab kala duwan oo loo adeegsado qaadista ololeha. Waxaa muhim ah in la barto sida qalabka saxda ah loogu adeegsado shaqada taalla ayadoo la isticmaalayo xogta iyo kheyraadka la heli karo. Waxaa ka mid ah qalabkaan *waraaq qoris*: waxaa waraaqaha loo diraa dad gaar ah oo xadgudubiyadu ay quseeyaan ayadoo si cad loo sheegayo mushkiladda iyo waxa loo baahanyahay in la sameeyo si isbaddal loo helo. Waa fududdahay sida loo qoro, waana arrin shaqsiyadeed, waxaana laga faa'iideystaa shaqaalaha dowladda (marka la gudbiyo ama boostada la dhigo waxey toos ugu tageysaa qofka ey ku socoto ayadoo aan lagu oraneyn barri soo noqo) hase yeeshee, waxaa dhibka jira ka mid noqon kara qarashka lagu dirayo iyo ayadoo ey dhici karto in bulshooyinka qaarkood ey yartahay heerka ey wax ku aqrin karaan taasoo meesha ka saari karta dad ey suurtoogal ahayd in ey kaalmo geystaan.

*Qalqaalintu (lobbying)* waxay ku saabsantahay in dadka go'aanka gaara la siiyo fikrado iyo warar si saameyn loogu yeesho oo ey wax uga qabtaan tallaabada aad dooneyso in la qaado. Waxaa badanaaba tan loola jeedaa in lala kulmo saraakiisha dajiya qawaaniinta iyo siyaasadaha, in la gudbiyo waxyaabaha aad u hanqaltaageeyso iyo fikrado, in laga hortago doodaha dhinacyada kaa soo horjeeda, iyo in la muujiyo taageero ballaaran oo arrin loo hayo.

*Cabashooyin (petitions)* waa farriimo rasmi ah oo qoraal ahaan la isugu gudbiyo loona diro dad awood leh ayadoo looga codsanayo in ey soo saaraan war rasmi ah ama ay qaadaan tallaabo rasmi ah, waxaana codsiga la socda liis ay ku qoran yihiin dadka saxiixay. Sida caadiga ah waa wax fudud,

isla markaasna ay raqiis tahay sida loo abaabulo, waxayna muujiyaan heerka uu gaarsiisan yahay walaaca dadweynahu, waana waddo fudud oo dadweynahu ku muujinayaan taageerada.

*Warbaahinta* ayaa badanaaba fure u ah inuu ololehu guuleysto. Mid ka mid ah tallaabooyinka ugu horreeya oo aad warbaahinta isku bareyso ayaa ah adigoo u dira e-mail ama warsaxaafadeed aad ugu sheegeyso dhacdo ama tallaabo la qaadayo iyo meesha ay ka dhaceyso. Waxaad siisaa cinwaan xiiso leh, adigoo leh muuqaal, isla markaasna sameynaya dhacdooyin soo jiidanaya warbaahinta, una tababaraya dad gaar ah sida loola hadlo warbaahinta, yeelana afhayeen qaabilsan ololeha warbaahinta si looga hortago dad kala duwan oo bixiya fikrado kala duwan taasoo carqaladeyn karta ololeha. Qaab kale oo loo adeegsan karo warbaahinta ayaa ah ayadoo la sameeyo safar lagu kala bixinayo degaano kala duwan, halkaasoo laga soo jeedinayo khudbado arrinta ku saabsan. Waxaa tusaale ahaan ku jiri kara khudbado ey jeedinayaan dad ka badbaaday xadgudub loo geystay xuquuqdooda aadanaha ama difaaceyaal xuquuqda aadanaha oo soo bandhigaya waayo-aragnimadooda iyo caqabadaha jira. Badanaaba khudbooyinka safarada lagu soo jeedinayo ayaa yool ka dhigta dhageysteyaal gaar ah, sida garyaqaannada, xeer-dajiyeyaasha ama ardada jaamacadaha. Waxay tani soo jiidataa dareenka warbaahinta taasoo micnaheedu yahay in farriintu ey gaareyso dad aad u ballaaran. Marka qalabkaan loo adeegsanayo ololeha, waxaa loo baahanyahay in la tixgaliyo arrimo badan oo ay ka mid yihiin nooca uu yahay dadka aad yoolka ka dhiganeyso, sida farriinta loogu dhawaaqayo iyo sida ey u shaqeeyaan xaafiisyada warbaahinta kala duwan. Tusaale ahaan waxaa jiri kara xaruumo raadiye oo u janjeera dhinaca dhallinyarada taasoo keeneysa inuu gaaro dhageystayaal dhallinyaro ah. Taas micnaheedu waxuu yahay in haddii aad adeegsato radiyehaas ey kooxda yoolka kuu ahi tahay dhallinyaro. Waxaa kale oo loo baahanyahay inaad baadigoobto irdaha laga geli karo warbaahinta ey dadka yoolka kuu ahi la socdaan, dabadeedna aad hesho sida lagula xiriiri karo wariyeyaasha ku habboon.

*Dhacddooyinka fagaareyaasha* sida banaanbaxyada, mudaaharaadayada iyo muxaadaroooyinka ayaa ah farsamo wax-ku-ool ah, gaar ahaan marka la kicinayo dadweynaha lana soo jiidanayo dareenka warbaahinta; hase yeeshee waxaa loo baahanyahay in xayeysiin badan la

sameeyo si dadweynaha loo ogeysiyo loona helo ka soo qeybgalkooda.

*Taageerada dad can ah* in la helo ayaa ayaduna ah farsamo wax-ku-ool ah oo lagu ololeeyo ayadoo qof caan ah loo adeegsanayo inuu gacan-ka-geysto saameynta ra'yiga dadweynaha asagoo u yeelaya sumcad iyo qiimo arrinta loo ololeynaayo.

Ololeynta *internetka* lagu sameeyo ayaa sanadahaan dambe si aad ah u xoogeysaneysa ayadoo noqotay qaab lagula wadaago dad faro badan wararka iyo farriimaha ololeha. Bogagga internetka ee cabashooyinka qoraalka ah lagu gudbiyo oo ey ka mid yihiin Avaaz ayaa la adeegsaday si loo abaabulo taageero ballaaran oo loo hayo ololeyaal gaar ah iyo in la siiyo taageerayaasha awood ey ku qaadani tallaabo dhaqso leh, taasoo keentay natiijooyin la taaban karo.

Ma noqonayo qoraalkaan mid dhammeystiran haddii aan laga hadlin warbaahinta bulshada oo ka mid ah qalabka ugu cusub ee lagu ololeeyo ee la heli karo, taas oo u horumareysa si dhaqsiyo badan. Si aad u hesho dood qoto dheer, eeg dhextaalka ka hadlaya warbaahinta bulshada (Cutubka 4.5) oo ku qoran dhammaadka cutubkaan.

Ayadoo xannibaadyadii heystay warbaahinta horay u jiri-jirtay badankoodu eysan saameyn ku laheyn ayaa warbaahinta bulshadu gaari kartaa dad aan ku xirneyn hal degaan. Waxey kaloo warbaahinta bulshadu fursad siin kartaa bandhigga warar eysan warbaahinta horay u jiri-jirtay ka hadasheen haddii ey ula muuqato xaafiisyada warbaahintaas kuwa aan u qalmin in la tabiyo. Waxey bixisaa fursad lagu sheegayo sheekada oo dhammeystiran iyo fursad kale oo qofka adeegsanayaa uu ku soo gudbiyo markiisa sida ey la tahay iyo xataa inuu wadahadal la galo dad kale ayadoo faallooyiin goobtaas la dhigayo. Dabeecadda degdegsiimada leh oo warbaahinta bulshadu ku fiddo, maadaama eysan xannibeynin waqtiyada daabacaadda loo dajiyay iyo waqtiyada tabinta warka loo qoondeeyay, ayaa ka dhigeysa mid ka mid ah qalabka ugu wanaagsan oo la isku dhaafsan karo wararka ku saabsan xaalado si dhaqso leh isku baddalaya. Tusaale dhawaanahaan dhacay oo farsamadaan si wax-ku-ool ah loo adeegsaday ayaa aheyd muddadii uu socday kacdoonkii dhawaan ka dhacay Waqooyiga Afrika iyo Bariga Dhexe. Wararka ayaa lagu soo bandhigay fidiyow, *tweets* iyo *Facebook* si dunida loogu sheego waxa ka socday waddamadaan.

Marka la adeegsanayo internetka ama qaab kale ee warbaahinta bulshada, waa in la tixgaliyo amniga

khadka internetka.<sup>21</sup> Waxaa kale oo qalabkaani leeyahay nusqantiisa, gaar ahaan marka la eego sida loo heli karo. Dadka ololeha sameynaya ayaa u baahan xirfadaha iyo qalabka loogu baahanyahay sidii loo dhisi lahaa bar internet (website), ayadoo sidoo kalena dadka oo dhan eysan heli karin *internet*. Waxaa kaloo dhib badan sidii loo qiimeyn lahaa guusha barta internetka.

Si aad farriintaada u soo gudbiso waxaa talo ahaan wanaagsan in la adeegsado farsamooyin kala duwan oo lagu ololeeyo: tusaale ahaan, waxaa dadka qaarkiis ku qanci karaan in ey saxiixaan dhambaal cabasho, halka qaar kale ey dooni karaan in ey mowqifkooda ku soo bandhigaan muddaaharaad. Waxey tani dhiirrigalinaysaa sidii ey dad kala duwan uga qeybgali lahaayeen ololeha. In ololehu yeesho hal-ku-dhag ayaa noqon karta fikrad wanaagsan, waayo haddii aad hal-ku-dhagga muddo adeegsato, waxuu noqonayaa mid la yaqaan ayadoo ololehaaga lala xiriirinayo hal-ku-dheggaas.

Marka la adeegsanayo mid ka mid ah farsamooyinka ololeynta kor ku xusan, waxaa muhim ah, si guul loo gaaro, in farriinta si sax ah loo gudbiyo. Waxaad u baahantahay inaad farriintaada soo gudbiso ayadoo bayaan ah si ey dadku u fahmaan waxa uu ololehaagu ku saabsan yahay iyo waxa aad dooneyso inaad gaarto. Waa in farriinta aad dooneyso inaad gudbiso ey noqoto mid mucayin ah: tusaale ahaan ‘jooji dilka carruurta’ halkii aad ka gudbin laheyd farriin guud sida ‘waa in imminka caddaalad la helaa’, oo aan fasiraad ka bixineyn cidda aad caddaaladda u dooneyso iyo sababta aad ugu dooneyso. Farriintaada iyo sida loo gudbinayo ayaa loo baahanyahay in ey si cad ugu xirnaadaan ujeeddada ololeha iyo dadka aad dooneyso inaad gaarto: tusaale ahaan, warbixin faahfaahsan ayaa noqon karta qaabka ugu wanaagsan oo xukuumadda looga dhaadhicin karo in ey taageerto arrin gaar ah, laakin waxaa dhici karta in eysan soo jiidan dadweynaha. Waxey u badantahay in dadweynahu uu ka jawaabo dhinaca bani’aadaminnimada ay qaddiyaddu leedahay. Waxaa kale oo loo baahanyahay in wararka aad gudbineyso ey noqdaan kuwa la rumeysan karo, laguna kalsoonaan karo. Marka laga eego dhinaca soo jiidashada dhugta dadweynaha ayaa waxaa kaloo muhim ah goorta aad soo gudbineyso farriintaada. Tusaale ahaan, ma habboona inaad sii deyso war-saxaafadeed goor warka madaxdiisu uu ku sabsan yahay xaraashka dhul aad loo daneeyo tasoo hareyneysa ololehaaga. Markasta oo ay olole qaadayaan, waa in difaacayaasha xuquuqda aadanahu xusuustaan

21 Si aad u hesho macluumaad ballaaran oo ku saabsan amniga internetka eeg ‘Security in a Box’ by Front Line and Tactical Tech: <http://security.ngoinabox.org/> (/far iyo /car)

in warisgaarsintu tahay mid laba dhinac u socota, loona baahanyahay in labada dhinacba ey si firfircoon uga qaybqaataan. Dhug u yeelo sidii aad u heli laheyd warcelin (*feedback*) si aad u hubiso in farriintaada loo qaatay sidii looga danlaaha. Tan ayaa lagama maarmaan ah si loo helo warisgaarsiin wax-ku-ool ah.

Marka la dajinayo naqshadda xeelad olole, waa inaad keento xalal ama talooyin la fulin karo, waaqicinta ah oo wax looga qabanayo mushkiladda aad raadineyso furdaaminteeda. Sida caadiga ah waxey kuwaani noqonayaan ra’yi soo-jeedin ku saabsan waxay kula tahay in la qabto si loo helo isbaddal, ayagoo ku wajahnaan kara dad kale oo arrintu ey quseyso. Waa halkaas meesha dadka go’aan gaarista leh ey ka helaan fikrado ey xaaladda wax uga qabanayaan iyo dhanka loo kacayaba.

Marka la abaabulayo olole waa in markasta la heystaa qorshe loogu talagalay haddii uu qalalaase dhaco ama qorshe B oo la isticmaalayo haddii xaalad deg-deg ah ey timaaddo. Waa in si dhaqso leh looga doodo waxa laga yeelayo khatarada dhici kara iyo sida loo furdaaminayo haddii qalalaase uu dhaco. Tusaale ahaan, waxaa dhici karta in adigoo bannaanbax sameynaya uu boolis kuugu hanjabo inuu ku xirayo haddii aadan joojin bannaanbaxaas. Waa halkaan meesha looga baahanyahay qorshaha B waayo waa in kooxdii aad sii maleyn karteen xaalado deg-deg ah oo dhici kara. Markaan oo kale ma waxaad joojineysaa ololehii dhammaantiis, mase waxaad u yeereysaa taageerayaasha awoodda leh si ey uga dhiidhiyaan xayiraadda, mase waxaad qabaneysaa shir jaraa’id adigoo xayiraadda u adeegsanaysa sidii ay sumacad ugu noqon laheyd ololehaaga?

Iskaashi aad la yeelato ururada kale ee DXA ayaad ku sii faafin karta farriinta ololeha si ey u gaarto dad kala duwan oo fara badan taasoo isla markaasna xoojineysa wax-ku-oolnimada ololeha. Waa arrin wanaagsan in la tilmaamo kooxaha ku taageeri doona, horeyna kuu taageeri jiray, iyo kuwa aad rajeyneyso in ey ku kaalmeyn karaan. Markuu ololehu ballaartaba arrintu waa sii wanaagsanaaneysaa. Tusaale ahaan, haddii uu hoggaamiye diineed dhinaacaaga ku soo biiro waxay u badan tahay inaad yool ka dhigato dad gaar ah oo aaminsan hoggaamiyahooda ama dad aan arrintaba tixgalin siiyeen haddii eysan “uga timaadeen” dhinaca masaajidka. Sidoo kale, kuwa xadgudubka geystay ayaan kala jeclaan laheyn haddii ey tahay koox u dooda xuquuqda aadanaha oo ‘iska buuqaya’ balse sheekadu wey isbaddaleysaa marka koox hoggaamiye diineed iyo/ama hoggaamiye dhaqameedyo ey ku soo biiraan. Tan ayaa keeneysa

muhimadda in laga soo qeybgaliyo dad kale oo fahamsan qaddiyadaada, diyaarna u ah iney kugu soo biiraan.

## **Qondeynta kheyraadka**

Ololeha ayaa sida badan u baahan dhaqaale. Sidaas darted kooxda ololeha sameyneysa ayaa u baahan in ey qiimeeyaan hantida iyo dadka la heli karo si ololeha loo qabto. Maxuu yahay kheyraadka aad heysato? Ma jirtaa fursad meelo kale taageero looga heli karo? Yaa shaqada gacan ka geysan kara maadaama y suurtoagal tahay in dadka badankiisu waqtigooda firaaqada ah ey ololeha ka shaqeeyaan? Su'aalahaan iyo kuwa kale oo badan ayey tahay in la isweydiyo muddada lagu gudo jiro qorsheynta ololeha madaama ey yihiin kuwa cayimaya qaabka iyo baaxadda uu ololehu yeelanayo waayo diyaarinta iyo fulinta ololeha ayaa qaata waqti badan iyo kheyraad badan. Mar kale, iskaashiga ayaa faa'iido yeelan kara ayadoo ururada kale ee DXA ey la imaan karaan maal ama dad aqoon leh iyo qalaba.

## **Qiimeynta Saameynta**

Muddada uu ololehu socdo iyo kaddiba waxaa lam huraan ah in la qiimeeyo saameyntiisa. Waxaa lagama-maarmaan ah in la isbarbardhigo natiijooyinka iyo ujeedooyinkii la qeexay horraantii ololeha. Waxaad u baahantahay inaad isweydiiso: Waa kuwee dadkaan gaarnay? Maxaan illownay inaan tixgalino? Ololehu ma keenay wax isbaddal ah? Ma isbaddalkaan dooneynaybaa? Maxaa ku xiga oo ey tahay inaan qabanno? Arrimahaan ayaa kooxda ololehu kala soo bixi karaan sawir cad oo ku saabsan waxa u qabsoomay iyo casharada ey barten oo loo adeegsan karo ololeha kan xiga. Daacadnimo iyo inuu qofku si wanaagsan u abbaaro dhaliilaha shaqadiisa ayaa lagama maarmaan u ah in la gaaro natiijo dhab ah.

Markaan isku soo duubno, qabashada ololeha ayaa qiimo leh haddii uu keenayo isbaddal dhab ah oo muddadiisu dheertahay. Waxaa mararka qaar adag in la cabbiro saameynta ololeha laakin waa in eysan taasi ku niyadjabin. Waxuu leeyahay fursad weyn oo isbaddal wanaagsan lagu gaari karo maadaama uu soo jiidanaayo taageerada dadweynaha una baddalayo taageeradaas tallaabo la qaadayo. Marka si wanaagsan loo adeegsado ayaa ololehu keenaa natiijooyin waaweyn oo lagula dagaallamayo xadgudubyada xuquuqda aadanaha ee ka jira dunida dacalladeeda asagoo keenaya in kuwii xadgudubyada geystay lala xisaabtamo.<sup>22</sup>

22 Si aad u hesho aqriskii dheeraad ah oo ku saabsan ololeyaasha

aqrisko: Amnesty Campaigning Manual adoo ka

## Warbaahinta Bulshada ee Lagu Ololeeyo

Waa in difaacayaasha xuquuqda aadanaha aqoon u yeeshaan isticmaalka teknoolojiyada warbaahinta bulshada ayna xeeladeeyaan sida ay ugu adeegsan karaan gaaritaanka yoolasha ololeha. Sidoo kale waa in teknoolojiyada cusub si adag loo baaro si loo ogaado waxtarkooda, taasoo u oggolaaneysa difaacayaasha xuquuqda aadanaha in ay gaaraan go'aanno ku salaysan xog iyo aqoon marka ay waqti iyo kheyraad u qoondaynayaan fulinta ololeyaasha xuquuqda aadanaha.

Ololeyaasha badankooda ayaa dabecad ahaan ah kuwa guud hase yeeshee marka, sabab kasta ha ku dhacdee, ololehaagu ku saabsan yahay xog gaar ahaaneed amase uu yoolkiisu yahay bulsho gaar ah, waa inaad dib u tixgalisaa sida aad u adeegsaneyso warbaahinta bulshada. Qalabka warbaahinta bulshada badankiisa ayaa u furan dadweynaha ayadoo qaababka aad ku sugayso amniga warisgaarsiinta qaarkeed si fudud loo jabin karo. Baraha warbaahinta bulshada ee kala duwan ayaa adeegsada qaabab kala duwan oo looga dhigi karo warisgaarsiinta kuwa gaar ahaaneed waana in la fahmo qiimaha ay sidooda u leeyihiin.

Marka laga gudbo tixgalinta gaarnimada iyo amniga ayaa waxaa jira su'aasha wax-ku-oolnimada. Farriin olole oo erayadeeda la wanaajiyay laguna gudbiyay warbaahinta bulshada ma baddali karto warqad rasmi ah, qoraal loo soo gudbiyay hey'ad ilaalisa xuquuqda aadanaha, ama kulan lala yeesho xilhayey ay arrintu quseyso. Qaar ka mid ah yoolasha ololeha ayey wanaagsantahay in lagu gaaro qaababkii hore ee la adeegsan jiray.

### Waa maxay warbaahinta bulshadu?

Warbaahinta bulshada ayaa ku billaabatay baro internet ay dadku kula xiriiri karaan saaxiibadood iyo qoysaskooda ayagoo iskugu gudbinaya warisgaarsiino shaqsi ah. Markii ay isku-xirada bulshadu si aad ah u caanbaxeen ayey sidoo kale noqdeen isku-xiro lagu qaybiyo waxyaabo nuxur leh. Marka qeyb ka mid ah nuxurka ay caan noqoto ayaa waxaa qofba u gudbiyaa qof kale ayadoo loo marayo isku-xirada bulshada, taasoo circa ku shareeysa dadka nuxurkaas dhageysanaya ama daawanaya. Tani markey dhacdo ayaa waxaa la yiraa nuxurkii 'farahuu ka baxay'.

Arrintaan ayaa kor u qaadeysa farqiga u dhaxeeya warbaahintii hore iyo tan bulshada. Waxey ku saabsantahay go'aan-gaaridda tifaftiridda iyo

daawadeyaasha/dhageyeyaasha. Markaan eegno warbaahintii hore, shirkado warbaahineed oo xididdeystay ayaa go'aan ka gaara waxa la sheegayo, cidda leh aragtida la qaadanayo, iyo sida loo dhiirrigalinayo, ayagoo dhammaan hoos imaanaya awoodda tifaftirid dhexe. Ma ahan in shirkadaha warbaahintu go'aaminayaan kaliya waxa la tabinayo iyo waxaan la tabineyn, balse waxey kaloo doortaan guud ahaanba farriinta la gudbinayo iyo raadka ay ku reebeyso aqristaha, iyo waliba go'aanka inuu noqonayo 'warka bogga hore' ama sheeko lagu duugay bartamaha jornaalka.

Marka la eego warbaahinta bulshada, nuxurku waxuu ka soo billaabanayaa ilo kala duwan ayadoo loo qeybiyo si waafaqsan aragtida aqristayaasha. Haddii aqristayaasha isku-xirka bulshada midkood uu u bogo qeyb nuxurka ka mid ah waxaa dhici karata inuu 'la wadaago' ama uu ka 'helo' nuxurka una diro xiriiradiisa ku jira isku-xiradooda bulshada. Haddii eysan nuxurka daneyneyn waa iska dhegatiraan.

Ayadoo jidkaan la raacayo ayaa warbaahinta qiimaha leh ee ku dhexjirta isku-xirada bulshada ee ballaaran, haddana isku dhex-yaacsan gaari kartaa 'danwadaagyo' maadaama shaqsiyaadku ay u gudbiyaan waxyaabaha nuxurka leh oo ay daneynayaan kaliya dad kale oo ay isku wax daneeyaan. Marka aad la falgasho warbaahinta bulshada adigoo ujeeddadaadu tahay shaqo xuquuqda aadanaha, waa inaad hesho danwadaagyada ku habboon xerada aad ka shaqeyso laguuna bartaa inaad xubin ka tahay danwadaagyadaas.

### Adeegsiga Warbaahinta Bulshada

Qalabka warbaahinta bulshada ayaa markasta isbaddalaya, ayadoo isku-xirada kala duwan ay sumcaddoodu kordheyso, haddana yaraaneyso markii muddo la joogaba. MySpace, oo ka mid ahaa horseedayasha ugu waaweynaa warbaahinta bulshada, ayaa sumcaddeedii lumisay muddadii u dhexeysay 2005 oo ah markii shirkadda lagu iibiyay \$580 milyan, iyo 2011 oo ah markii labaad oo la iibiyay laguna gaday \$35 milyan kaliya. Waqtiga la daabacayay buuggaan ayaa baraha isku-xirada bulshada ee ugu caansan waxaa ka mid ahaa Facebook, Twitter, Youtube, LinkedIn, Reddit, Digg, iyo Google+.

Xusuusnow in isku-xirada kala duwan ay faa'iido u leeyihiin ujeedooyin kala duwan. Twitter ayaa



ku takhasustay farriimaha qoraallada aadka u yar-yar oo sida badan ey ku jiraan isku-xir iyo xuruuf fure ah. Youtube ayaa ku takhasustay fidiyowga khadka internetka halka baraha Flickr ama Picassa ay bixiyaan adeegyo muuqaal ah. LinkedIn ayaa ah isku-xir bulsho ay adeegsadaan xirfadlayaashu, halka Facebook uu isku daro warbaahin noocyo badan oo loo isticmaalo warisgaarsiin shaqsi ah iyo mid xirfadlayaal.

Inkasta oo kala-duwanaanshahaasi u dhaxeeyo minbarada, ayaa haddana loo baahanyahay in la tixgaliyo xeelado mideysan marka la dejinayo ama la hirgalinayo xeeladdaada ku saabsan warbaahinta bulshada:

**Tilmaan iska bixi** – marka la eego ‘wararka xad dhaafka ah’ ee shabakada internetka, waxaa muhim ah inaad si cad u matasho ururkaaga iyo ololehaaga si qofka daawanaya uu si dhaqso leh oo fudud ugu fahmo. Doorro magac qeexaya shaqadaada adoo iska ilaalinaya erayo la soo gaabiyay oo haddana dheer (*long acronyms*). Ku dhaji calaamadda ururkaaga ama ololehaaga koontadaada iyo warisgaarsiintaada khadka internetka.

**Noqo il war laga helo oo la aamino** – u adeegso manbarkaaga warbaahinta bulshada inaad ku fidiso farriinta ololehaaga, nuxurkaaga asalka ah, iyo sidoo kale inaad dib ugu qeybiso nuxurada qiimaha leh oo aad ka hesho ilo kale. Marka aad si joogto ah u qeybiso nuxur qiimo leh oo ku saabsan mowduuca ololehaaga, waxaad noqoneysaa il laga aamino bulshada daneysa isla mowduucaas dhexdeeda. Haddii aad dariiqaan raacdo sumadda ololehaaga iyo ururkaaga ayaa xoogeysaneysa isla markaasna yeelaneya awood laga dhex aqoonsado xerada aad ka shaqeyso.

**Isku-xir iyo isla falgal** – ula falgalidda warbaahinta bulshada si joogto ah ayaa si wanaagsan kuugu xireysa ururada iyo dadka aad isku aragtida tihiin. Waxaa dhici karta inaad ogaato inaad la falgali karto ururo waaweyn ama shaqsiyaad caan ah iyo dadka go’aannada gaara haddii ey isticmaalaan qalab warbaahin bulshadeed taada la mid ah. Marka ey miro dhasho, u qaad wadhadalkaaga ‘meel albaabadu u xiran yihiin’ halkaasna kula wadaag wararka ama kala hadal sidii uu iskaashi idiin dhexmari lahaa adoo ku soo gudbinaya farriimo, email, ama telefon. Warbaahinta bulshada ayaa ah meel aad dib uga heleyso waxaad galiso: sidaad dad kale ula xiriirto ayaa lagugu soo jawaabaya, laguulana soo xiriirayaa.

**Hal-abuure noqo** – warbaahinta bulshada ayaa ah ifafaale cusub iyo goob hal-abuurkeedo badanayo.

Hal-abuur yeelo markaad qalabka warbaahinta bulshada u adeegsaneysa howshaada xuquuqda aadanaha. Samee olole wacyigalined oo maalmo badan soconaya adigoo maalin walba u diyaarinaya nuxur gooni ah. Ku martiqaad aqristeyaashaada in ey ka soo jawaabaan sheekooyinka shaqsiyadeed iyo fidiyowyaada la soo bandhigay (video-blogs). U ballanqaad abaalmarinno la siinayo qofkii soo gudbiya farshaxan, sheekooyin ama sugaan. Doodo dhexdhig xubnaha ururkaaga, ishana ku haay waxa ey ururada kale ka sameynayaan xeeladahooda warbaahinta bulshada.

**Ka bax qadka** – aqoonso in dhammaan dadka ka faa’iideysanaya iyo dadka kale ee danta ka leh howsha ururkaaga eysan awood u lahayn in ey kaala socdaan warbaahinta bulshada. Tijaabi sidii aad u adeegsan laheyd barnaamijyada ey ka mid yihiin FrontlineSMS markaad qeybineysa farriimaha SMS si aad farriintaada ugu baahiso dadka ka faa’iideysta iyo kuwa daneeya howlaha ururkaaga adoo u maraya farriimaha qoraalka ah. Ku dhiirrigali dadka sidii ey farriintada u faafin lahaayeen ayagoo waji-ka-waji ula hadlaya dadka kale ama in ey noqdaan safiirada ololehaaga ee degaanka. Howlaha iyo nuxurka warbaahinta bulshada aad leedahay dhexgali xeeldaha ururkaaga ee caadiga ahaa.

## Difaacayaasha Xuquuqda Aadanaha Haweenka - Baahida loo qabo Tallaabo Qorsheysan

Doorka muhimka ah oo ay ciyaaraan difaacayaasha xuquuqda aadanaha haweenka (DXAH) ayaa si aad ah sanadahaan dambe loo aqoonsaday. Hase yeeshee, caqabadaha iyo baahida gaarka ah oo ay leeyihiin ayaan gabi ahaanba la fahamsaneyn, sidoo kalena aan waxba laga qaban marka la eego gudaha dhaqdhaqaaqa xuquuqda aadanaha iyo dibaddiisaba. Qodobkaan ayaa ujeeddadiisu tahay inuu muuqaal guud ka bixiyo xaaladda ay ku sugan yihiin iyo caqabadaha horyaalla DXAH iyo sidoo kale qaabab suurto galinaya sidii ay gobolka Bariga iyo Geeska Afrika ugu heli lahaayeen ilaalin iyo tageero wanaagsan.<sup>23</sup>

### Caqabadaha

Qeexidda difaacayaasha xuquuqda aadanaha haweenka kuma saabsana haweenka difaaca xuquuqda aadanaha kaliya balse waxaa kale oo ay ku saabantahay ragga difaaca xuquuqda haweenka. Haddii aan eegno sida loo qeexay muddadii uu socday ololeha DXAH ee 2004,<sup>24</sup> "Difaacayaasha Xuquuqda Aadanaha Haweenka" waxaa ah haweenka ku howlan difaaca xuquuqda aadanaha oo loo yoolbeegsado cidda ay yihiin iyo sidoo kale dhammaan dadka ku howlan difaaca xuquuqda haweenka ee loo yoolbeegsado waxa ay qabtaan."<sup>25</sup>

Difaacayaasha xuquuqda aadanaha haweenka ayaa badanaaba waxaa soo foodsara caqabado badan taasoo ay ugu wacantahay ayagoo ah difaacayaasha xuquuqda aadanaha iyo ayagoo haween ah iyo/ ama ayagoo difaaca xuquuqda haweenka. Tani waxay ku timaaddaa ayadoo leh muuqaal takoorid joogto ah oo salka ku heysa qawaaniin dowladeed, kuwa dhaqameed iyo kuwa diineed. Xaqiiqada ah in difaacayaasha xuquuqda aadanaha haweenka ay ku dhex shaqeeyaan bulsho si aad ah uu raggu ugu xoog badan yahay oo haweenka u yeela dabecado ay ka mid yihiin is-dhiibid, xannaano-bixin iyo adeecid, ayaa sii adkeynaya inuu qofku u istaago xuquuqdiisa iskaa daa kuwa dadka kale. Tallaabooyinkaas ayaa isla markiiba waxaa loo tixgaliyaa wax khatar ku ah nidaamka jira (oo raggu ka arrimiyo), aydoo wax kama jiraan loo tixgaliyo

23 Qoraalka asalka ah waxaa lahaa Nora Rehmer, ayadoo ay casiriyeyeen Lynsey Allan iyo Carina Raj Maria Jacobs

24 Wararka iyo macluumaadka ololehaas iyo arrimaha la xiriiira waxaad ka heli kartaa <http://www.defendingwomen-defendingrights.org>.

25 International Consultation on Women Human Rights Defenders. Resource Book. (p.6) <http://www.defendingwomen-defendingrights.org/pdf/WHRD-Resource-English-press.pdf>

maadaama ay ka soo horjeedaan dhaqanka iyo caadooyinka. Xaqiiqada ah in badanaaba wali raggu muuqaal u yeelaan aragtida iyo qiyamka dadka degaanka ku nool iyo bulshooyinka ayaa sahlaya in awooddaan loo adeegsado sidii loogu muujin lahaa daadalladaan kuwa xun oo waxyeello u geysanaya bulshada, si arrimaha loogu hayo sida ay yihiin. Waxaa kaloo muhim ah in la tixgaliyo ragga ku howllan dhaqdhaqaaqa xuquuqda haweenka oo sidoo kale loo yeelbeegsado in ay caqabad ku yihiin 'nidaamka jinsiga' (labnimada iyo dheddignimada). Xuquuqda ay haweenka (iyo ragga qaarkiis) u doodaan sida u sinnaanta guurka, xaqa loo leeyahay dhulka iyo lahaansha mulkiyadda, xaqa loo leeyahay daryeel caafimaad iyo waxbarasho iwm, ayaa sida badan aan loo tixgalin in ay yihiin kuwa qiimo leh ama ansax ah. Jawaabta loo soo jeediyo difaacayaasha xuquuqda aadanaha haweenka ayaa sidaas darteed ah diidmo iyo wax kama jiraan, taas oo u horseedda ciqaab iyo xadgudub ay sameeyaan qoysaskooda, dadka degaanka iyo bulsho weyntaba.

### Tusaalooyinka ka imaanaya gobol-hoosaadka

Kenya:

Tusaalooyinka kaalmeynaya dooddaan ayaa badan, waxaana ka mid ah tan DXAH oo ka soo horjeeda Gudniinka Gabdhaha (GG) ee degaanka Somaalida ee Kenya. Markii ay si qasab ah qaraabadu ku gudeen gabadheeda, ayey waxey gurigeeda ka billowday olole looga soo horjeedo caado dhaqameedkaan aadka u baahsan. Waxey xusuusataa,

*"Markii ugu horreysay ee aan la imid fikradda ololeha ka soo horjeeda gudniinka gabdhaha, waxaa ka hor yimid diidmo iyo colaad muuqata oo ka imaanaysay dadkeyga. Waxaa la igu eedeeyay inaan keenay qiyam Reer Galbeed oo baddalaya dhaqankii Soomaalida. Xataa hoggaamiyeyaal diineed oo aaminsanaa in diintu ay fareyso gudniinka ayaa ka hor yimid halgankeygii. Hase yeeshee, tani waa faham khaldan. Waxaan noqday qofka looga sheekeysto magaalada, suuqa, xaafiisyada iyo xataa masaajidyada. Waxaa si sharaf-dhac ah la igu neynaasay "kintir". Tani igama weecin u halgamiddii xuquuqda haweenka; waxeyse saameysay*

*gabadheyda, dhinac bulsho iyo dhinac waxbarasho illaa ay ka baddalato dugsiyada Waqooyiga Kenya una wareegto Galbeedka Kenya.”*

Si ey u qabtaan howl-maalmeedkooda ayaa waxaa haweenka u ololeeya joojinta GG horyaalla caqabado waaweyn. Arrinta horumarka leh ee soo korodhay ayaa waxey tahay ansixinta qaanuunka ka soo horjeeda GG oo dhawaantaan soo baxay.<sup>26</sup> Qanuunka cusub ayaa sharci darro ka dhigaya in GG la sameeyo iyo in qof waddanka dibaddiisa la geeyo si loo sameeyo. Xubnaha ka tirsan Ururka Haweenka Barlamaanka ku jira ee Kenya (KEWOPA) ayaa ku sheegay in ey tahay maalin taariikhi ah:

“Waxaan halgamayey 18 sano si sharci gaan loo helo. Maanta ayaa ah maalintii madaxbannaanida haweenka. Ragga ayaa xorriyaddooda helay 1963 – laakin manta ayey haweenku ka heleen madaxbannaani gacmaha cadowga ah ee bulshada”<sup>27</sup> ayey tiri Safiya Cabdi Noor.

Inkasta oo sharci gu yahay tallaabo horay loo qaaday oo aan caadi aheyn, haddana waxaa loo baahanyahay wax sharci ga dhaafsan si loo dabargooyo caado dhaqameed xididdadeedu ay aad u dheer yihiin, taasoo galineysa DXAH in ey sii wadaan ololehooda.<sup>28</sup>

#### *Uganda:*

Markaan eegno Uganda, ururada haweenka ee kala ah Akina Mama wa Afrika, Action Aid International Uganda, Isis-WICCE iyo Uganda Women’s Network ayaa isku dayay in ey masraxa keenaan riwaayad lagu magacaabo “Vagina Monologues” oo ka hadleysay dhacdooyin aad u fara badan ee la xiriira gudniinka gabdhaha, isku-galmood dad aan isgeyn oo isla qoys ah, iyo tacaddi galmood oo lagu waxyeelleyay haween. Ruwaayadda oo lagu

26 BBC News Article “FGM: Kenya acts against unkindest cut” 8th September 2011. <http://www.guardian.co.uk/society/sarah-boseley-global-health/2011/sep/08/women-africa>

27 Ibid (eeg tixraaca kore) Sida qodobkaan warka uu sheegayo ayaa taariikhdiisii la qabtay kalfadhigii Midowga Afrika ee lagu soo jeediyay mamnuucidda GG waxaa horeyba sharci ka soo horjeeda u lahaa, Benin, Ivory Coast, Djibouti, Egypt, Eritrea, Ethiopia, Ghana, Guinea, Niger, Nigeria, Kenya, Central African Republic, Senegal, Chad, Tanzania, Togo iyo Uganda. Waxaa jira sagaal dal (oo ay ku jiraan kuwo uu sharci darro ka yahay) oo si baahsan loogu dhaqmo: Djibouti, Egypt, Eritrea, Ethiopia, Guinea, Mali, Sierra Leone, Somalia iyo Sudan, 85% haween ah ayaa la gudaa.

28 IRIN News Article “Kenya: Legislation failing to curb FGM/C” 2nd June 2011. <http://www.irinnews.org/report.aspx?reportid=92869>

guuleystay in lagu soo bandhigo Kenya ayaa waxaa mamnuucay Golaha Warbaahinta (Media Council) oo ku eedeeyay in ey karaama u yeeleyso waxa ey ku magacaawday galmo aan dabiici aheyn, sida siigada, haweenka isku taga iyo raga isku taga. Tallabada uu Golaha qaaday ayaa aheyd mid lagu cabburinayay xorriyadda bandhigga fikirka ayadoo marqaati ka ah awoodda ey raggu wali ku leeyihiin hay’adaha go’aanka gaara. Mar ey socotay dood guud oo aad u kululeyd ayaa qabanqaabiyayaashu waxey la kulmeen cadaawtinimo iyo sumcad dilid ey sameynayeen saraakiisha xukuumadda iyo madax kale. Dhacdo dhawaanahaan dhacday ayaa Wasiirka Hiddaha iyo Anshaxa (Minister of Ethics and Integrity) kula “taliyey” hotel caan ka ah Uganda in uusan u oggolaan in lagu qabto aqoon-isweydaarsi ku saabsanaa xuquuqda adeegayaasha galmoodka taasoo ku qasabtay qabanqaabiyayaashii in ey meel kale raadsadaan.

#### *Ethiopia:*

Sanadku markuu 2001, ayaa Xukuumadda Ethiopia waxey si ku-meel-gaar ah u laashay Ururka Garyaqaanada Haweenka Ethiopia (EWLA) ayadoo xayiraad ku soo rogtay koontooyinka lacagtu ugu jirtay sababna uga dhigatay wax ey ugu yeertay “qabashada howlo ka duwan kuwa uu qaanuuku u xilsaaray”.<sup>29</sup> Waxey dhacdaani ka dambeysay dhalleecen ay EWLA u soo jeedisay Wasaaradda Caddaaladda kuna saabsaneyd wax ka qabasho la’aanta shaqaaqo guri oo joogto aheyd. EWLA oo ka mid ah dhowrka urur samafal oo Ethiopia caanka ku ah howshooda la xiriirta sinnaanta iyo caddaalada bulshada ayaa lagu qasbay in ey faraha ka qaadaan boqolaal kiis oo la xiriira shaqaaqo guri muddadii la laalay howshooda. Tallaabadaan ey Xukuumaddu qaaday ayaa aheyd mid ey si cad u jabinaysay xorriyadda bandhigga fikirka iyo xaqa faafinta wararka. Hase yeeshee, EWLA ayaa mar dambe go’aan maxkamadeed loogu oggolaaday in ey dib u qabato howlaheedii, kaddib markii Wasiirkii Caddaaladda la baddalay. Xeelado ey tani ka mid tahay ayey wali xukuumadaha Bariga iyo Geeska Afrika adeegsadaan. Ayadoo ka jawaabeysa dhaqankaan ayaa Ergeyga Gaarka ah ee Qaramada Midoobay u qaabilsan xaaladda ey ku sugan yihiin difaacayaasha xuquuqda aadanaha, Margaret Sekaggya, ugu hadashay arrintaan warbixin la soo saaray Desember 2010 taasoo loo diyaarinayay kalfadhiga 13aad ee Golaha Xuquuqda Aadanaha. Ergeyga Gaarka ah ayaa soo jeedisay in aan dowladaha loo oggoleyn in ey hirgaliyaan tallaabooyin “cabsigalin, gooni-ula-bixid, hanti la

29 Human Rights Watch (2001) Ethiopia: Government Attacks Women Lawyers, October 17, 2001. <http://www.hrw.org/press/2001/10/ethiopia-1017-ltr.htm>

wareegid, shaqo laalid iyo ka saarid hannaanka wadaxaajoodiyada qaranka” taas oo ku saleysan takoorid.

## Caqabadaha Jinsjiga ku Saleysan

Caqabad aad u weyn oo hortaalla shaqada difaacayaasha xuquuqda aadanaha haweenka ayaa ah ayadoo galmoodka difaacayaasha uu badanaaba noqdo udub-dhexaadka ololeha looga soo horjeedo shaaqdooda. Badanaaba haweenka difaaca xuquuqda aadanaha ayaa la yoolbeegsada ayadoo ujeeddadu tahay in waxyeello loo geysto dumarnimadooda<sup>30</sup> sida xadgudub galmood iyo kufsi. Difaacayaasha dadka laga tirada badan yahay ee u dooda xuquuqda ragga isu-taga iyo haweenka isu-taga ayaa la kulmay weeraro ayadoo shaqadooda ey la socoto hanjabaad in kufsi lagu “daaweynayo”. ‘Cambaareyn dhinaca galmada’ (*Sexuality-baiting*) ayaa badanaaba la adeegsadaa si “cabsi loo galiyo, sharfta looga rido, wajigabax loogu sameeyo, loo cabburiyo, ama niyadda looga jabiyo si eysan haweenku uga hadlin arrimaha la xiriira galmoodka, xuquuqda aadanaha ee galmoodka iyo xuquuqda kaleba.”<sup>31</sup> Waxay tani yeelan kartaa muqaallo kala duwan oo badankooda looga dan leeyahay in waxyeello loo geysto sumcadda iyo xushmada difaacaha. Waxaa lagu shabbadeeyaa in ey yihiin *haween u galmoota dumarka, cir-laga-soo-tuur iyo dhaqan bi’iso* si loo karaama dilo, loogana dhigo kuwa sharciga ka baxsan xuquuqda ey difaacayaan iyo waliba xaqa in qofku uu kor u hadlo. Jogteynta in laga dhigo kuwa aan la soo hadal qaadin galmoodka iyo xuquuqda galmoodka ayaa kaalmeynaya kuwa isku dayaya in ey aammusiyaan difaacayaasha xuquuqda aadanaha ee haweenka.

## La-xisaabtan la’aanta Gabboodfalayaasha

Xadgudubyada loo geysto xuquuqda DXAH ayaa yoolbeegsada shaqsiga difaaca xuquuqda aadanaha haweenka iyo ururada u dooda xuquuqda haweenka. Dadka takoorka iyo xadgudubyada waaweyn u geysta xuquuqda difaacayaasha ayaa waxay iskugu jiraan Dowlad<sup>32</sup> iyo kuwa kale oo

30 A/HRC/16/44, Warbixinta Ergeyga Gaarka ah ee qaabbilsan Xaaladda Difaacayaasha Xuquuqda Aadanaha, Margaret Sekaggya, ey u soo gudbisay Golaha Xuquuqda Aadanaha 20kii Disember 2010. Waxaa laga helayaa faqradda 87 bogga 17. Waxey warbixintu xiganeyso war-iskaarsiin laga soo diray 2005 Central African Republic kuna saabsaneyd isku day kufsi loo geystay gabar ey dhashay haweeney difaace ah iyo kufsi loogu hanjabay qof u dooda LGBT ee Kenya.

31 Kor Ir. 6 bogga 8

32 Kor Ir.12 faqradda 107, bogga 20. “Ergeyga gaarka ah ayaa ka walaacsan xadgudubyada faraha badan ee muuqda in

ey ka mid yihiin xubno ka tirsan dadka degaanka iyo qoysaska difaacayaasha. In lagala xisaabtamo kuwa xadgudubka sameeyay falka ey geysteen ayaa ah howl dhib badan marka la eego degaanka guud ahaanba ey ku yartahay arxanka loo hayo difaacayaasha xuquuqda aadanaha haweenka iyo xuquuqda ay difaacayaanba. Inkasta oo xukuumadaha ka jira gobol-hoosaadka badankood ey qaateen halbeegyada xuquuqda aadanaha caalamka ayaa haddana sida ey ugu hoggansamaan ku xirantahay hadba sida ey la noqoto iyo qorshahooda siyaasadeed sida uu yahay. Taageerada ey xukuumadaha qaarkood u fidiyaan “arrimaha haweenka” ayaa badanaaba daaha laga qaadaa ayagoo ah xuub dusha saran kuna xiran hadba sida loo arko in ey dan ugu jirto aydoon si hufan wax looga qabaneyn sababaha ey ku qotomaan takoorka iyo sinnaanla’aanta joogtada ah. Gees-urixidda joogtada ah ee haweenka lagu hayo ayaa sii wiiqaya awoodda in ey caddaaladda horgeeyaan kuwa ku xadgudubay xuquuqdooda. Waxey tani ku sii dhabowday difaacayaasha xuquuqda aadanaha haweenka oo jabiyay waxa loo nisbeeyo in ey yihiin xeerar guud maadaama ey ka hadlaan xuquuq iyo waxayaabaha uu qofku xaqa u leeyahay. Madaxda ayaa siyaabo kala duwan awoodahooda u adeegsan kara sida joojinta diiwaangalinta urur ayagoo u eegaya howsha ey qabanayaan, muddada go’aan ka gaaridda dacwooyinka oo la dheereynayo iyo qashqashaadda ey ciidamada amnigu geysanayaan. Inkasta oo nidaamka caalamiga ah uu ku dhisan yahay la-xisaabtan iyo waajibbaad dowladaha ka saaran muwaaddiniintooda ayaa haddana ey adagtahay in wax laga qabto. Tabardarida beesha caalamka ka heysta in ey cadaadis saarto dowladaha xadgudubka sameeya ayaa badanaaba la muujiyay in ey la xiriirto maqnaasha awoodla’aan ka jirta arrimaha lagu tilmaamo dano qaran oo carrabka lagu dhufto ayadoo la tilmaamayo madaxbannaanida Dowladda. Waxey Ergeyga Gaarka ahi, Margaret Sekaggya si gaar ah u sheegtay doorka dowladaha iyo dhacdooyinka naxdinta leh ee la soo gudbiyay oo sheegaya in dowladaha xadgudubka geesta ey u muuqdaan in ey yoolbeegsadaan difaacayaasha xuquuqda haweenka iyo dadka laga tirada badan yahay.

Waxaa tacaddiyadaas u wehliya difaacayaasha kuwa kale oo ey u geystaan dadka aan dowladda ku xirneyn (*non-State actors*). Dadkaan kale ayaa waxaa ka mid ah xubnaha qoyska iyo dadka

ey geesteen wakiillada Dowladda, kuwaas ey ka mid yihiin saraakiisha booliska, milatariga, saraakiisha Xukuumadda iyo garsoorka. Xadgudubyadaan ayaa iskugu jira xabsi, qashqashaad, jirdil, dambi-u-yeelid, xukun khaldan iyo xataa magac-xumo, hanjabaadyo, iyo hanjabaadyo dhimasho iyo dil.”



degaanka, shirkadaha gaar ah, shaqaalaha warbaahinta, kooxaha hubaysan, ururada asal raac ah iyo hey'ado maaliyadeed ee dowli ah. Waxaa nasiibdarro ah in nidaamka qaanuunka caalamiga ah ee hadda jira uu tabardaranyahay marka la eego qodobadiisa la xiriira la-xisaabtanka dadkaas iyo sida loo dhaqangalinaayaba. Waajibaadyada dowladaha ka saran difaaca muwaadiniintooda iyo sidoo kale DXAH ayaa badanaaba la fulin, lana fulin karin. Sidaas darted, ayaa dadka xadgudubka geesta aan loola xisaabtamin. Xoogagga xagjirka ah ee siyaasadda ama/iyo kuwa diinta ayaa sida badan ku tunta xuquuqda rayadka ayagoo dajiya qawaaniin si ula-kac ah ciriiri u galiya xorriyadaha asaasiga ee bulshada. Waxaa badanaaba saldhig u ah yoolbeegsiga haweenka jinsigooda iyo doork ey bulshada ku dhex leeyihiin. Gaar ahaan, xaaladaha ey jiraan iska-horimaadyo hubaysan iyo ka go'idda dal ayaa dadka aan dowladda ku xirneyn yihiin kuwa xadgudubyada ugu badan u geesta xuquuqda aadanaha. Haweenka ayaa badanaaba la weeraraa, sharfatoodana meel looga dhacaa taasoo mar kale ku xiran doorkooda taranka iyo astaanta sharafta qoyska. Difaacayaasha xuquuqda aadanaha haweenka ee ka shaqeeya goobo iska-horimaad hubaysan ka jiro ayey soo wajahaan caqaabado badan maadaama ey yihiin difaacayaal isla markaasna ah haween taas oo markaas u nagleeya weeraro jinsiga u gaar ah. Difaacayaasha ayaa si gaar ah loola soo baxaa marka la weerarayo si loo muujiyo khatarta ka imaanaysa kor-u-hadalka iyo si dadka degaanka looga niyadjabiyo in ey ku daydaan. Si kastaba ha ahaatee, haddii ey yihiin xubanaha qoyska iyo dadka degaanka kuwa ku xadgudba xuquuqda difaacayaasha xuquuqda aadanaha haweenka, in lala xisaabtamo iyo in magadhow laga qaado ayaa sii adkaanaysa maadaama ey imaaneyso caaddifad iyo isku tiirsanaanta bulshada. Raadadka xun-xun oo howsha difaaca xuquuqda aadanahu ku rebaan qoyska iyo carruurta iyo sida xun uu qofka ey isku dhaxaan u arko, ayaa xannibi kara rabitaanka haweenka u qabaan in ey kor u hadlaan. Cabsida ey ka qabaan in la deyriyo iyo in bulshadu ka soo qaadaan waxaan jirin oo kale ayaa si fudud saameyn ugu yeelan kara in difaacayaashu ku dhiiradaan ka hadalka arrin xasaasi ah. Sida caadiga ah, marka loo hanjabo difaacayaasha waxaa yar meel ey ka heli karaan amni oo ka baxsan guryahooda. Xadgudubyada dhinaca jirka iyo dhinaca galmoodka oo ka yimada gudaha qoyska kana dhasha shaqada difaaca oo ey hawentuu qabato ayaa sida badan hey'adaha awoodda leh u tixgaliyaan "arrin guri" taas oo keeneysa inaan waxba loo raacin dadkii xadgudubka sameeyay. Xaaladahaan jira awgood, ayaa in la wanaajiyo la-xisaabtanka dadka dowladda ka baxsan oo xadgudubyada sameeya iyo aqoonsiga

xuquuqda difaaca xuquuqda aadanaha ee haweenka ey u leeyihiin in ey difaacaan xuquuqda dadka kale u tahay caqabad weyn oo jirta.

## Tallaabooyin yar-yar oo isbaddal keenaya

Sidee kale oo ilaalin wanaagsan lagu heli karaa difaacayaasha xuquuqda aadanaha haweenka? Waxaa hubanti ah in eysan jirin jawaab fudud. Hase yeseehee, markaan eegno faahfaahinta kore, waxaa caddaan noqoneysa in abbaarahu yeelanayo dhinacyo badan, ayadoo wax laga qabanayo sababaha ey ku qotomaan takoorka joogtada ah oo u keenaya DXAH khatro mucayan ah. Waa in ujeeddada tani ey noqotaa baddalidda sida ey u fakaraan kuwa xadgudubka geesta iyo dhisidda hey'ado bulshada ka dhex jira oo awood u leh siinta dhammaan muwaadiniinta ilaalin loo simanyahay ayadoo aan loo eegin jinsi. Tani isla markiiba ma dhaceyso, qoraalkanina kuma andacoon karo inuu xal u hayo sinnaan la'aanta joogtada ah ee ka jirta bulshadeenna. Hase yeeshee, waxuu isku dayayaa inuu bixiyo fikrado wax looga qabanayo nugaylnimada gaarka ah ee DXAH ee socda muddada dheer.<sup>33</sup> Ololeha dowliga ah ee DXAH ee kor ku xusan ayaa tusaale wanaagsan u ah isku-dayga lagu abuurayo isbaddal loo dhanyahay. Waxuu ka soo baxay dadaal isku-xiro ka dhexeeyey kooxo u doda xuquuqda haweenka iyo ururo xuquuqda aadanaha, kaasoo isku keenay aqoon iyo niyad ka imaanaysay meelo kala duwan. Ujeeddada lagu baaqay ee ololeha ayaa ahaa teegeeridda difaacayaasha xuquuqda aadanaha ee ka jira dunida dhammaanteed oo u halgamaya kor-u-qaadidda xuquuqda dadka kale. Si kastaba ha ahaatee, ololeha ayaa daneynaya inuu diiradda saaro difaacayaasha khatarta ku jira sababo la xiriira aqoonsiga galmoodkooda iyo/ama jinsigooda. Si tan loo helo ayaa waxaa culeys la saarayaa sidii "loo hormarin lahaa xeelado lagu falaanqeeyo iyo kuwa siyaasadeed oo loo dhanyahay oo lagu sii adkeynayo difaaca difaacayaasha xuquuqda aadanaha haweenka taaso loo marayo ayadoo mar kale la qirayo ballanqaadyada dowladaha oo dhan aqoonsadeen ee la xiriira mabaad'iida dimoqraaddiyadda iyo xuquuqda iyo xorriyaadka adanaha ee caalamiga." Haddii la sii jicliciyo, taas micnaheedu waxuu noqonoyaa in la sii wado dadaallada qaramada iyo kuwa dowliga ah oo is-dhinac socda si tixgalin loo siiyo waxyaabaha qaran u gaar ah isla markaana loo adeegsado

33 Qeybaha kale ee buuggaan ayaa talooyin ka bixinaya sida wax looga qabanayo walaacyada amniga ee shaqsiyeed. Eeg cutubyada "Difaacayaasha Xuquuqda Aadanaha oo loo Hanjabayo: Abbaaraha Amniga Goobta shaqadooda" iyo "Nidaamyada Caalamiga iyo kuwa Goboleed ee Loogu Talagalay Ilaalinta Difaacayaasha Xuquuqda Aadanaha".



xoogga dhaqdhaqaaq dowliga oo lagu billaabayo laguna riixayo sidii uu isbaddal u dhici lahaa. Tan micnaheedu waxuu yahay in DXAH ey u baahan yihiin in ey ayagu is abaabulaan. Marka laga eego heer qaran waxey caqabaddu noqoneysaa sidii loo mideyn lahaa DXAH iyo sidii ayaga oo wadajira ey u tilmaami lahaayeen waxyaabaha turanturada leh ee horyaala kuna saleysan shaqadooda iyo jinsigooda. Waa in ey tani dhacdaa ayadoo la tixraacayo nidaamka bulshadeed, qaanuuneed, siyaasadeed iyo dhaqameed oo ey ku dhex shaqeeyaan DXAH isla markaasna cayima takoorka lagu hayo iyo nugaylnimadooda. Waxaa kaliya oo nidaamyo micno leh oo lagu keeno isbaddal la sameyn karaa marka si cad loo falaanqeeyo sababaha ay ku qotomaan takoorka lagu hayo iyo amnila'aantooda. Kulamada qarameed ee lagu wadaxaajoodo oo ey ka mid yihiin kuwa lagu qabtay Togo iyo Nepal<sup>34</sup> ayaa noqon kara jid la raaco oo la isugu wada keenayo DXAH si ey falaanqeeyn iyo qorshe xeeladeysan u sameeyaan. Hase yeeshee waxaa lagama maarmaan u muuqda markasta oo la sameynayo olole ama iskaashi lagu raadinayo isbaddal in laga qeybgaliyo dhaqdhaqaaqa ballaaran ee xuquuqda aadanaha qaranka. Aburidda aqbalid guud iyo taageerada dhaqdhaqaaqa ballaaran ee difaacayaasha xuquuqda aadanaha ey u hayaan ansaxnimada sheegashada DXAH in ey noqdaan dhinaca la siman marka la difaacayo xuquuqda aadanaha ayaa ah mid ka mid ah ujeedooyinka.

Jidadka loo doortay in looga hadlo sababaha dhaliyey nugeylnimada gaarka ah ee DXAH ayaa si aad ah ugu xiran duruufaha qaranka. Hase yeeshee, olole lagu jaangooyay sidii wax looga qaban lahaa arrimahaan oo waafaqsan caqabadaha guud ee horyaal DXA ayaa keeni kara taageero saldhig ballaaran leh iyo saameyn waarta. Nidaamyada iyo tallaabooyinka la aqoonsaday ayaa u baahan in ey noqdaan kuwa qiimo u leh laguna dabbaqi karo duruufaha jira ee wax loogu sheegayo dadka muhimka ah – wadaxaajood lala yeesho bulshaweynta rayadka ah iyo wadaagga casharada laga bartay ololeynta iyo u doodidda ayaa faa'iido aad u weyn u yeelan kara qabanqaabinta olole waxku-ool ah oo yool leh. Ka-qeybgalinta dad aqoon durugsan iyo waayo-aragnimo u leh howshaan oo kale ayey tahay in la baadigoobo. Ujeeddada asaasiga ah ee tallaabo kasta oo la qaadayo waa in ey noqotaa abuuridda xaalad looga hadlayo walaacyada u gaarka ah DXA, ayna ka helayaan ilaalinta ku qoran dokumentiyada dowliga ah sida Baaqa QM ee DXA taasoo ay sameynayaan

34 Wararka kuwaan iyo kuwa kale oo la mid ah ayaa laga heli karaa <http://www.defendingwomen-defendingrights.org/actions.php>

xukuumadda, dadka aan dowladda ku xurneyn iyo bulshada rayadka.

Si loo qeexo baahida loo qabo tallaabo adag oo si wanaagsan loogu ilaaliyo DXAH waxaa loo baahanyahay in la fahmo baaxadda meelaha wax laga qaban karo eyna tahay in dhab ahaan wax looga qabto. U doodidda isbaddal qaanuuneed iyo mid siyaasadeed ayaa ah hal meel oo u baahan in si aad ah wax looga qabto. Qalqaalinta sidii Baaqa QM ee DXA loogu aqbali lahaa inuu noqdo nidaam qarameed oo qaanuun ahaan wax dabra iyo soo saarista tallaabooyin lagu xaqiijinayo dhowriddooda ayaa faa'iido u yeelanaya qaddiyadda guud ahaan DXA, gaar ahaanna DXAH ayadoo isla markaasna oggolaaneysa sidii loo xisaabin lahaa dadka aan dowladda ka socon oo ku xadgudba xuquuqda DXA.

Si kastaba ha ahaatee, qaanuunka oo wax laga baddalo ma ahan xalka kaliya. Isbaddalkaan ayaa u baahan inuu la jaanqaado yoolbeegsiga maskaxda iyo nidaamyada gacan ka geysta sii socoshada sinnaan-la'aanta hadda jirta iyo fikradaha jinsiga (raganimada iyo dumarnimada). Dhibaatooyinka soo noqnoqda ee heysta DXAH kana yimaada dadka dagaannkooda iyo qoysaskooda kuna saleysan shaqadooda ayaa u baahan tallaabooyin dheeraad ah oo bartilmaameed ka dhiganaya waxyaabaha la rumeysan yahay ee ku saleysan dhaqanka iyo caadooyinka. Sidaas darteed, waxaa muhim ah in olole iyo qiimo-galin laga sameeyo bulshada dhexdeeda.

Marka laga soo tago shaqada qalqaalinta ee kor lagu fadiray, DXAH ee goobta jooga ayaa waxaa ka heysta khataro gaar ah gudashada shaqooyinkooda ayadoo awoodda ey ku wanaajinayaan amnigooda aan wali si buuxda looga faa'iideysan. Qeybo kale oo ka mid ah buuggaan ayaa isku dayaya in ey siiyaan DXA xog ey u isticmaali karaan maareynta amnigooda iyo qiimeynta khatarta. Qeybta macluumaadka ee buugga ayaa sidoo kale bixineysa waxyaabo dheeraad ah oo marka la isku daro awood u yeelaya DXAH in ey kala soo baxaan casharo ku saabsan baahida gaarka ah ey u qabaan in ey amni helaan.

Ururo dhowr ah ayaa imminka kaalmeeya ilaalinta DXAH. Waxaana kuwaas ka mid ah Front Line iyo Urgent Action for Women oo sida loola xiriiri karo iyo warbixinno kooban oo ku saabsan howlaha ey qabtaan laga heli karo lifaaqyada buuggaan.

## Aqoonsi

Abuurista hindisayaal kala duwan oo lagu aqoonsanayo laguna sharfayo shaqada geesnimada leh ee DXA ayaa loo adeegsan karaa si loogu

faa'iideeyo ololaha loogu jiro sidii loo arki lahaa loona aqoonsan lahaa HDXA iyo caqabadaha gaarka ah ee horyaalla. Abaalmarinnada xuquuqda aadanaha<sup>35</sup> ee la siiyay difaacayaasha xuquuqda aadanaha haweenka ayaa loo adeegsan karaa wax shaqadooda u noqda dhiirrigalin muhim ah, taasoo wax u tareysa qaddiyadooda shaqsiga ah isla markaasna siinaya fursad lagu wanaajinayo sidii guulaha ey gaareen iyo caqabadaha horyaalla loo muujin lahaa.

Waxaa tusaale ka mid ah hindiseyaashaan loo soo qaadan karaa Abaalmarinta Dowliga ah ee Haweenka Geesiyiinta ah (International Women of Courage Award) oo 2010 isla bixiyeen Marwada Madaxweynaha Ameerikaanka, Michelle Obama iyo Xoghayaha Arrimaha Dibadda, Hillary Clinton.<sup>36</sup> Waxaa abaalmarinta la siiyay Garyaqaanad reer Kenya ah, Ann Njogu, oo ah Guddoomiyaha CREAW, oo ah rug qaanuuneed siisa haweenka tabaaleysan ee ku nool degaannada baadiyaha kaalmo qaanuuneed iyo aqoon-isweydaarsiyo ku saabsan xuquuqda haweenka. Hindisayayaasha kale ee xuquuqda aadanaha ee Ann qabatay waxaa ka mid ah kaalmadii ey ka geysatay ololeha ku saabsanaa sameynta dastuur cusub ayadoo ka shaqeysay mashaariic ku saabsanaa galmada, dhaxalka garoobyada iyo xoolaha laga bixyo gabdhaha la guursanyo. Xilligii ey shaqadeeda ku guda jirtay ayey Ann la kulantay dhinaca madow ee kor u qaadidda xuquuqda haweenka; waa loo hanjabay, waa la xiray, waana la weeraray. Inkastoo ey dhacayeen arrimahaan oo dhan ayaa haddana Ann waxey dooratay in ey sii waddo shaqadeeda, ayadoo soo bandhigtay in ey nafta u hureyso xuquuqda aadanaha.

Haddii aan isku soo duubno, waxaa muhim u ah DXAH in ey aqoonsadaan si firfircoona wax uga qabtaan caqabadaha horyaalla. Sida ugu wanaagsan oo tan loo sameyn karo ayaa ah ayagoo gacmaha isqabsada si ey u soo saaraan xeelado ku habboon sidii loola dagaallami lahaa sinnaan-la'aanta bulshada ka dhex jirta iyo sidii ey uga dhex muuqan lahaayeen dhaqdhaqaaqa xuquuqda aadanaha. Soo dabaalidda difaacayaasha kale ee xuquuqda aadanaha ayaa waxtar u yeelanya qaddiyada, ayagoo ka faa'iideysanaya awooddooda, isla markaasna ballaarinaya baaxadda saameyntooda. Aqoonsiga caqabadaha ka imaanaya dowladaha iyo dadka

35 Tusaale ahaan: Ginetta Sagan Fund Award, Front Line Award, Martin Ennals Award for Human Rights Defenders, REEBOK Human Rights Award or Robert F. Kennedy Human Rights Award.

36 Human Rights Watch, "Defending Women in Kenya" 19 April 2010. <http://www.hrw.org/en/news/2010/04/19/defending-women-kenya> (Accessed 1/12/11)

aan dowladda ku xirneyn ee horyaalla DXAH ayey tahay in ey udub dhexaad u noqoto doodda uurada dowliga ee xuquuqda aadanaha iyo hey'adaha kale oo ey quseyso marka ey ka qeybgalayaan shirarka uu ka mid yahay kan Golaha Xuquuqda Aadanaha ee QM. Marka la eego muddada fog, waxaa kaliya oo natiijo waarta dhalinaya xeelad laga fuliyo jiidaha dhammaantood.

## Difaaca dadka galmood ahaan laga tirada badanyahay (Sexual Minorities)

Arrinta ku saabsan dadka galmood ahaan laga tirada badanyahay ayaa si aad ah xasaasi uga ah Afrika. Kuwa u dooda haweenka isku galmooda (*lesbian*), raga isku galmooda (*gay*), kuwa labada jinsiba u galmooda (*bisexual*), jinsi-gudubka (*transgender*) iyo labeebka (*intersex*) oo dhammaantood marka la soo gaabiyo loogu yeero *LGBT*, ayaa kala kulma hanjabaadyo culculus dhinaca xukuumadaha iyo guud ahaanba bulshada taasoo ugu wacantahay qaddiyadda ay hormarinayaan. Xilligaan la joogo, dadka u ololeeya qaddiyaddaas ayaan ka heysan taageero dhaqdhaqaaqa ballaaran ee xuquuqda aadanaha, taasoo ah arrin niyad jab weyn u keenaysa. Dhaqdhaqaaqa *LGBTI* ayaa sidaas darteed waxaa horyaalla caqabado farabadan oo dibadda uga imaanaya. Hase yeeshee, waxaa jira caqabado ayaga ka dhex jirta iyo kuwa aragtiyeed oo wiiqaya awoodda ey si xeeladeysan isla markaasna xakameysan ugu socodsiiinayaan arrimahooda. Qodobkaan ayaa ujeeddadiisu tahay inuu ka bixiyo muqaal guud arrimaha *LGBTI* asagoo keenaya fasiraadyo isla markaasna qeexaya caqabadaha horyaalla dadka arrimahaan u ololeeya, kuna xiraya shaqadooda dadaalka ballaaran ee difaacayaasha xuquuqda aadanaha iyo xuquuqdooda.<sup>37</sup>

### Erey bixin

Ereyada la soo gaabiyay ee *LGBTI* ayaa isku-jirkooda loola jeedaa haweenka isku galmooda, raga isku galmooda, kuwa labada jinsiba u galmooda, kuwa jinsi-gudubka iyo kuwa labeebka ah, kuwaas oo daboolaya jihooyin galmood iyo aqoonsi jinsi kala duwan (*sexual orientations and gender identities (SOGI)*). *LGBTI* ayaa loo tixgaliyay eray ka ballaaran “dadka jnisigooda u galmooda” (*homosexual*) ama “ragga isku galmooda” (*gay*). Waxaa loola jeedaa jiho galmood oo ka duwan waxa loo tixgaliyo nidaamka galmoodka ka dhaxeeya jinsiyada kala duwan. Ereyga *lesbian* waxaa loola jeeda haweenka jecel, galmood ahaana ey soo jiitaan haween kaliya, halka *gay* loola jeedo ragga ey soo jiitaan ragga kaliya. Shaqsiyaadka *Bisexual* ayaa ah kuwa jecel ahaan iyo galmood ahaanba ey soo jiitaan rag ama haween.

Ereyga kooban ee *LGBTI* ayaa waxaa ka mid ah noocyo aqoonsi jinsi, sida ereyga ‘jinsi-gudub’ (*transgender*). Jinsi-gudub waxaa loola jeedaa shaqsiyaad aqoonsiga jinsigooda uusan galeyin

37 Qoraalkii asalka ahaa waxaa lahaa Nora Rehmer, waxaana casriyeeyay Lynsey Allan iyo Carina Raj Maria Jacobs

noocyada lab/dheddig oo ah tilmaamo badanaaba dusha laga saaro dadka marka ay dhashaan. Dhabtii, micnayaasha, waxyaabaha laga filayo, iyo waajibaadyada la socda noocyada jinsiga ee “lab” iyo “dheddig” ayaa ah wax ay dadku mala-awaaleen. Marka la barbardhigo ereyga bayoolojiga ee xubinta taranka ayaa loola jeeda xaaladaha jireed ee lahaanshaha xubnaha taranka labka ama dheddig. Xilliga dhalashada ama ka hor ayaa ilmaha la siiyaa magac lab ama dheddig taasoo ku xiran sida qoyska, umuliyayaasha iyo/ama dhaqaatiirtu u arkaan xubintooda taranka. Dadka jinsi-gudubka ah ayaa maskax ahaan, jir ahaan, niyad ahaan, galmood ahaan iyo/ama ruux ahaan dareema in ey yihiin jinsi ka duwan kan la siiyay xilliga dhalashada ama aan waafajin karin sida ey isku aqoonsadaan labada jinsiba.<sup>38</sup> Dadka *labeebka* (*intersex*) ah ayaa ah shaqsiyaadka uusan “jinsigooda” caddeyn marka lagu saleeyo xubnahooda taranka ama sida ay u dhisanyihiin hidde-sideyaalkoodu (*chromosomal structures*). Waxaa jira xaalado iyo tilmaammo kala duwan oo ereygaan la socda. Waa ifafaale noololeed (*biological syndrome*).<sup>39</sup>

### Caqabadaha horyaalla shaqsiyaadka LGBTI

Shaqsiyaadka *LGBTI* loo yaqaan ayaa waxey Afrika kala kulmaan khataro iyo caqabado kala duwan. Inkasta oo sida liidata ee loo qadariyo iyo qawaaniinta takoora dadka *LGBTI* ey gumeystayaashii keeneen ayaa haddana waxaa maanta sida badan cambaareynta bulshada oo marmarsiyo ka dhigta diinta iyo/ama dhaqanka u muujisaa falalka iyo iskutagga dadka isku jinsiga ah kuwo “ka baxsan Afrikaanka” iyo “wax ka soo horjeeda nidaamka dabiiciga”. Inkasta oo shaqsiyaadka jinsi-gudubku, iyo xiriirada ka dhaxeeya haweenka isku taga dhexdooda iyo ragga isku taga dhexdooda ey meelo badan oo ka tirsan Bariga iyo Geeska Afrika ugu jireen qaabab la aqbalay ka hor dullaankii xoogagga shisheeye ayaa haddana sida xun oo loo arko iyo qawaaniinta dambiga ka dhigeysa oo ey gumeystayaashu

38 Fasiraadda qaar ka mid ah ereyadaan ayaa wali la isku heystaa ayadoo la leeyahay si habboon uma sheegayaan xaqiiqooyinka ey isku dayayaan in ey fasiraan. Sida ey isku sheegaan shaqsiyaadka *LGBTI* qudhoodu ayaa ka duwanaa kara ereybixinta kore. Si kastaba ha noqotee, qodbkaani ma oggolaanayo inuu ka bixiyo dood buuxda arrimahaan.

39 Waa fasiraadda ey bixisay hey'adda la yiraahdo Swedish Federation for Lesbian, Gay, Bisexual and Transgender Rights. Waxaad ka heleysaa <http://www.rfsl.se/?p=3307>

keeneen waxey yeesheen saameyn raagtay. Aaminaadahaan ayaa si ballaaran loo heystaa, si adagna looga difaaca dadka degaanka dhexdooda iyo bulsho weyntaba, warbaahinta iyo/ama madaxda sare, taasoo gabi ahaanba cuuryaamineysa in shaqsiyaadku isticmaalaan xuquuqda ey u leeyihiin sinnaanta iyo inaan la takoorin.

Caqabadaha horyaalla shaqsiyaadka *LGBTI* oo ku saleysan jihadood galmood iyo aqoonsiga jinsiga ayaa waxaa ka mid ah:

- Takoorid lagu sameeyo marka ey donaan iney helaan shaqo qoris, xannaano caafimaad, xog iyo amni;
- Jirdil, xarig aan qaanuunka waafaqsaneyn, karaamo-beel ayadoo lagu tacaddinayo xaqa uu qofku u leeyahay xorriyada iyo in si bani-aadannimo ku jirto loola dhaqmo;
- Weerar ey dowladdu raalli ka tahay oo ey geystaan xubnaha qoyska, qaraabada, “saaxiibada”, loo-shaqeeyayaalka, iyo dadka xabsiyada kula jira. Haweenka isku galmooda iyo dadka rag iyo dumarba u galmooda ayaa waxey la kulmaan kufsi aad u badan oo ey u geystaan ragga haweenka u galmooda (heterosexual). Ragga isku galmooda ayaa badanaaba waxaa xabsiyada ku kufsada ragga haweenka u galmooda;
- Diidmo la xirirta xaqa loo leeyahay caddaalad iyo magdhow;
- Cagajugleyn ayadoo loogu hanjabayo in shaaca laga qaadayo galmoodka uu qofku u jiheysanyahay haddii uusan bixin lacag, hanti kale iyo/ama in loo galmoodo, taasoo kor u qaadeysa nugeylnimadooda xagga caaddifadeed, xag dhaqaale iyo xag jireed;
- Aflagaado iyo sumcad-dilid.

Waxaa dhowr dal oo ku yaal Bariga iyo Geeska Afrika ka jira qawaaniin la dhaqangaliyo oo dambi ka dhigaya galmoodka dadka isku jinsiga ah. Shaqsiyaadka *LGBTI* ayaa la kulma qashqashaad iyo xabsi ey sida badan la socdaan in loola dhaqmo si karaamo-beel ah, jirdil, iyo aflagaadeyn. Badanaaba, waxaa si baahsan u jirta la-xisaabtanla’aan ey wehliso qawaaniin takoor oo loo adeegsado marmarsiiyo si shaqsiyaadka *LGBTI* loogu diido ilaalinta loo simanyahay oo qaanuunku farayo. Ku-takrifalka awoodda oo ey sameeyaan hey’adaha dowladda sida booliska oo ey ku waxyeelayaan ragga isku galmooda ayaa la banneystay ayadoo la

tixraacayo qawaaniinta mamnuucaya falalka isku galmoodka dadka isku jinsiga ah ayadoo sidoo kale lagu soo jeedinayo ra’yiga dadweynaha waxa loo nisbeeyay in ey yihiin damiir-xumida falalkaas.

Shaqsiyaadkaan ayaa sidoo kale badanaaba la kulma weerar iyo xadgudub loo geysanayo xuquuqooda sida jirdil, kufsi, xabsi, qashqashaad, aflagaado ku saleysan jihadadooda galmood/ aqoonsi oo kaliya. Xuquuqda asaasiga ah ee ku xusan Baaqa Caalamiga ee Xuquuqda Aadanaha iyo dastuurada dalalka ayaa loo diiday kuwa la ogyahay ama loo nisbeeyo in ey u galmoodaan jinsigooda ama jinsi-gudubka ah. “Shaqaaqada ka dhanka ah haweenka isku galmooda, ragga isku galmooda, kuwa labada jinsiba u galmooda, iyo dadka jinsi-gudubka ah ayaa badanaaba la sheegin, la diiwaangalin, ugu damambeyntiina aan la marin ciqaab. [...] Aamusnaantaan yaqyaqsiga leh ayaa waxey tahay diidmada ugu dambaysa ee mabaad’iida asaasiga ah ee caalamnimada xuquuqda. [...] Ka horistaggidda shaqsiyaadka *LGBTI* helitaanka ilaalintaan ayaa si cad u jabineysa qaanuunka xuquuqda aadanaha ee dowliga ah iyo halbeegyada guud ee aadaminnimada oo dhammaanteen na qeexaya”, ayey tiri Wakiilka Sare ee QM u qaabbilsan Xuquuqda Aadanaha, Louise Arbour.<sup>40</sup>

Natiijada ayaa noqotay in nololsha dhu-dhuumashada ku jirta ey ahaato caqabad shaqsiyaad badan oo *LGBTI* ka tirsan ey la-tacaalaan si ey uga hortagaan qashqashaad iyo xabsi. Tan ayaa isla markiiba wiiqeysa awoodda ey ku raadsanayaan waxbarasho, shaqo la hubo iyo helitaanka daryeel caafimaad. Tan ayaa ka dhigeysa kuwo niyad ahaan, bulsho ahaan iyo dhaqaale ahaanba u sii nuglaanaya. Dhowr cilmi-baaris ayaa aqoonsaday in dadka u galmooda jinsigooda laga horjoogsado barnaamijyada HIV/AIDS, sida baraarujinta, la-talinta, waxbarashada galmoodka ammaanka ah, iyo daaweynta. Natiijada ayaa noqotay in kooxdaan ey wali ku jiraan khatar heerkeedu sarreeyo.<sup>41</sup>

Sanadkii 2006, ayaa wargeyska ka soo baxa Uganda ee lagu magacaabo *The Red Paper* daabacay liiska magacyada, goobaha ey ka shaqeeyaan iyo meelaha ey deggenyihiin dadka lagu sheeo

40 Khudbad Xaafiiska Wakiilka Sare ee Qaramada Midoobay u qaabbilsan Xuquuqda Aadanaha, Marwo Louise Arbour ey ka jeedisay International Conference on LGBT (Lesbian, Gays, Bisexual and Transgender) Human Rights; Montreal, 26 July 2006.

41 Tusaale ahaan: International Gay and Lesbian Human Rights Commission (2007) Off the Map. How HIV/AIDS Programming is Failing Same-Sex Practicing People in Africa. <http://www.iglhrc.org/files/iglhrc/otm/Off%20The%20Map.pdf>

in ey u galmoodaan jinsigooda, kasoo cabsi ka dhexdhaliyay dadka *LGBTI*, asagoo si caddaan ah u jabiyay xuquuqda ey shaqsi ahaan ugu leeyihiin inaan la faragalin arrimahooda u gaarka ah (privacy). Daabacadda ayaa waxey dhalisay buuq, doodo iyo naceyb loo qaado dadka isku jinsiga ee isku galmooda, taas oo ey si wadeen wargeysyadu, eyna ka soo qaybgaleen siyaasiin sarsare iyo hogaamiyaasha diinta oo ku dhawaaqay in maxkamad la soo taago dadka jinsigooda u galmooda.<sup>42</sup> Sanadkii 2010 ayaa waregeyska Uganda ka soo baxa ee lagu magacaabo *Rolling Stone* sidoo kale daabacay liiska shaqsiyaad uu “dibadda ugu soo saaray” dadweynaha si loo daldalo. Natiijada ka dhalatay ayaa aheyd in dhowr qof oo ka mid ahaa dadka uu sawiradooda daabacay loo geysto qashqashaad.<sup>43</sup> Dadka ololeyta ayaa maxkamad soo taagay Wargeyska ayadoo aflagaaddadii magdhow laga siiyay. Sanadkii 2011 ayaa dhaqanka ‘dibad u saarka’ shaqsiyaadka u jiheysan dhinac galmood kale waxuu ku soo gabagaboobay geeri naxdin leh. David Kato oo caan ku ahaa u ololeynta *LGBTI* kana mid ahaa dadka lagu magacaabay qoraalkii uu daabacay wargeyska *Rolling Stone* ayaa si bahalnimo ah loo dilay Jannaayo 2011.<sup>44</sup>

Aflagaadeynta iyo sumcad ka dilidda lagu hayo shaqsiyaadka ka tirsan *LGBTI* ayaa gacan ka sii geysan kara ammaan-la’aantooda iyo xataa gees-urriixdda iyo tixgalinla’aanta uga imaanaya qoyskooda iyo bulsho weyntaba. Tan ayaa haddana sii kordhineysa nugeynimadooda dhinaca dhaqaalaha iyo dhinaca damiirka taasoo ku imaaneyna ayagoo laga saaro shaqada iyo taageerada bulsho ee qoyska iyo dadka degaankaba.

Marka arrimahaan la eego, aammusnaanta difaacayaasha xuquuqda aadanaha ee la yaqaan ayaa caqabad ku noqotay horumarinta fikradda caalamnimada xuquuqda aadanaha.

Takoorka qaababkaan ku yimaada oo ey sameeyaan hey’adaha, sharci-dajiyayaasha, difaacayaasha, dadweynaha iyo shaqsiyaadkuba ayaa si cad u tilmaamaya in ey meesha ka maqantahay sidii xuquuqda *LGBTI* loogu aqoonsan lahaa xuquuq aadami.

42 Human Rights Watch (2006) “Uganda: Press Homophobia Raises Fears of Crackdown. Government Campaign Against Gay and Lesbian Community Escalates”, September 8, 2006 <http://www.hrw.org/news/2006/09/07/uganda-press-homophobia-raises-fears-crackdown>

43 Qodob warka BBC “Attacks reported on Ugandans newspaper ‘outed’ as gay”, 22 October 2010 <http://www.bbc.co.uk/news/world-africa-11608241>

44 Qodob Warka BBC “Uganda gay rights activist David Kato killed”, 27th January 2011, <http://www.bbc.co.uk/news/world-africa-12295718>

## Ilaalin Qaanuuneed

Guddiga Xuquuqda Aadanaha (Human Rights Committee) ee Qaramada Midoobay ayaa 1994 xukun ka soo saaray kiiska *Toonen v Australia* asagoo sheegay in qaanuunka dowlad goboleedka Tasmania ee Australia oo mamnuucaya xiriir galmood oo dhexmara rag qaangaar ah, oo raalli ah, meel gaar ahna jooga uu yahay xadgudub lagu jabinayo xuquuqda asaasiga ah ee aadanaha.

Waxuu ku baaqay in farriimaha uu qorayo Qodobka 2(1) ee Axdiga Dowliga ah ee Xuquuqda Madaniga iyo Siyaasadda ee 1966 (*ICCPR*) ee ku saabsan takoorla’aanta ku saleysan “jinsiga” ey ku jiraan jihada galmoodka shaqsiga.<sup>45</sup>

Qodobka 2(1) ee *ICCPR*:

Dowlad kasta oo dhinac ka ah Axdigaan ayaa oggool in ey xushmeyso ayadoo u xaqiijineysa shaqsi kasta ee jooga dhulkeeda, ee hoos imaanaya awooddeeda, xuquuqda lagu aqoonsaday Axdigaan ayadoo aan sinnaba loo takoorin, ha ahaato sinji (race), midab, jinsi (sex), luqad, diin, siyaasad ama ra’yi kale, asal qarameed ama bulshadeed, hanti ama aqoonsi (satus) kale.

Natiijada tan ka dhalaneysaa ayaa micnaheedu yahay in aan qofna lagu sameyn karin takoori ku saleysan jihada galmoodkiisa/eeda. Laga soo billaabo xilligaas ayaa Guddiga Xuquuqda Aadanaha uu ku celceliyay muujinta walaaca uu ka qabo qawaaniinta mamnuucaya falalka galmoodka dhexmara dad isku jinsi ah oo loo fahmay in ey jabinayaan farriimaha uu qorayo *ICCPR*.

Qodobka 26 ee *ICCPR* ayaa sidoo kale siiya qof kasta ilaalin qaanuun oo loo simanyahay, ayadoo eysan jirin wax takoor ah, taasoo ku waajibineysa dowladaha in ey shaqsiyaadka *LGBT* ka ilaaliyaan wax kasta oo waxyeello u geysan kara iyo in ey meesha ka saaraan qawaaniin takoor oo oggolaanaya in si kala duwan dadka loola dhaqmo taasoo ku saleysan jihada galmoodkooda.

Qodobka 26 ee *ICCPR*:

Dadka oo dhan ayaa qaanuunka hortiiisa u siman, lehna ayadoo aan sinaba loo takoorin ilaalin qaanuun oo loo simanyahay. Sidaas darted, waa in qaanuunku reebo takoor kasta, qof kastana u dammaanad qaado ilaalin siman, wax-ku-oolna ah oo looga hortagayo takoor nooc uu doono ha ku

45 Tixraac kiiska *Toonen vs. Australia*, Communication No. 488/1992, UN Doc CCPR/C/50/D/488/1992, 4 April 1994.



salaysnaadee, sida sinji, midab, jinsi, luqad, diin, siyaasad ama ra'yi kale, asal qarameed ama bulshadeed, hanti, meel lagu dashay ama aqoonsi kale.

Farriimaha Axdiga Afrikaanka ee Xuquuqda Aadanaha iyo Dadyowga ee 1986 ayaa dammaanad qaada:

Qof kasta ayaa xaq u leh inuu ku raaxeysto xuquuqda iyo xorriyaadka lagu aqoonsaday, laguna dammaanad qaaday Axdigaan ayadoo sinnaba loo takoorin, ha ahaato sinji, koox isireed, midab, jinsi, luqad, diin, siyaasad ama ra'yi kale, asal qarameed ama bulshadeed, maal, meel lagu dhashay ama aqoonsi kale.<sup>46</sup>

Ayadoo la tixraacayo Qodobka 60<sup>47</sup> ee Axdiga oo oggolaanaya in laga shidaalqaato farriimaha qaanuunka dowliga ee xuquuqda aadanaha iyo xeerarka lagu qaatay Qaramada Midoobay dhexdeeda, ayaa tan micnaheedu yahay in go'aanadeeda ey hagaan xukunnada (jurisprudence) lagu go'aansaday hey'adaha xuquuqda aadanaha ee la midka ah.

Sanadkii 2006 ayaa la dajiyay Mabaad'iida Yogyakarta<sup>48</sup> si ey fasiraad uga bixiyaan sida loogu dabbaqayo qaanuunka dowliga ee xuquuqda aadanaha jihada galmoodka iyo aqoonsiga jinsiga. Waxey ku saabsantahay qanuunka dowliga ah ee xuquuqda aadanaha ee hadda jira, waxaan lagu dabbaqayaa jihada galmoodka iyo aqoonsiga jinsiga. Tusaale ahaan, Mabda'a 6aad ee xaqa faragalin la'aanta arrimaha gaarka ah (privacy) ayaa loo aqriyaa:

Qof kasta, ayada oo aan loo eegin jiho galmood ama aqoonsi jinsi, ayaa xaq u leh inuu ku raaxeysto faragalin la'aanta arrimihiisa/eeda gaarka ah ayadoo si aan loo aabboyeelin ama shaqrcidarro ah aan lagu soo xadgudbin arrimaha ey ka midka yihiin

46 Qodobka 1 ee Axdiga Afrikaanka ee Xuquuqda Aadanaha iyo Dadyowga 1986

47 "Golaha ayaa xiganaya qaanuunka dowliga ah ee xuquuqda aadanaha iyo dadyowga, gaar ahaan friimaha ku qoran xeerarka Afrikaanka ee kala duwan oo ku saabsan xuquuqda aadanaha iyo dadyowga, Axdiga Qaramada Midoobay, Axdiga Ururka Midowga Afrika, Baaqa Caalamiga ee Xuquuqda Aadanaha, xeerarka kale ee ay qaaten Qaramada Midoobay iyo dalalka Afrika ee ku saabsan xuquuqda aadanaha iyo dadyowga iyo sidoo kale farriimaha xeerarka kala duwan ee lagu qaatay Wakiillada Takhasuska leh ee Qaramada Midoobay oo ay xubin ka yihiin dhinacyada Axdigaan."

48 Waxaa laga heli karaa <http://www.yogyakartaprinciples.org/>

goyskooda, gurigooda ama isgaarsiistooda iyo sidoo kale in laga ilaaliyo weeraro sharcidarro ah oo loo geysto sharaftooda iyo sumcaddooda. Xaqa loo leeyahay faragalin la'aanta arrimaha gaarka ah ayaa sida caadiga ah ey ka mid yihiin doorashada in la shaac-bixiyo ama la qariyo xogta ku saabsan jihada galmoodka qofka ama aqoonsiga jinsigooda, iyo sidoo kale go'aannada iyo doorashooyinka ku saabsan qofka jirkiisa/eeda iyo galmoodkiisa/eeda iyo xiriirada kale ee qoku la leeyahay dadka kale ayadoo raalli laga yahay.<sup>49</sup>

15kii Juun 2011, ayaa Golaha Xuquuqda Aadanaha muddadii uu socday kalfadhigiisii toddob iyo tobnaad waxuu qaatay Qaraar<sup>50</sup> ku saabsan jihada galmoodka iyo aqoonsiga jinsiga. Xoogga uu qaraarkaan leeyahay ayaa ah dib-u-qiridda qaraaro hore oo kor u qaadayey, ilaalinayeyna xuquuqda aadanaha takoorla'aan, iyo sidoo kale go'aankiisii ahaa in la isugu yimaado dood kooxeed<sup>51</sup> arrintaan ku saabsan muddada uu socdo kalfadhiga 10aad ee Golaha Xuquuqda Aadanaha.

## Halganka LGBTI

Waxaa Afrika ka jira ururo *LGBTI* oo fara-ku-tirsi ah, taasoo ey ugu wacantahay duruufaha cadowtinimada qaanuuneed, siyaasadeed iyo dhaqan-bulshadeed oo ka jira dalal badan. Maadaama galmoodka dadka isku jinsiga ah ey qaanuun ahaan sharcidarro ka yihiin dalalka Bariga iyo Geeska Afrika badankood, ayaa u ololeynta xuquuqda *LGBTI* looga dhigay sharcidarro si toos ah ama si dadban taasoo ku imaaneyna qawaaniin iyo/ama nidaamka diiwaangalinta ururada samafalka. Tan ayaa hakineysa shaqada dadka ololeeya, maadaam loo baahyayahay shahaado diiwaangalined si wax looga qabto baahida maamuleed ee ururka. Waxaa ka mid ah kireysiga xaafiis, dhisidda saldhig deggan, aammaanna ah oo lagu howlgalo, furashada koonto banki

49 Mabda'a 6: [http://www.yogyakartaprinciples.org/principles\\_en.htm](http://www.yogyakartaprinciples.org/principles_en.htm)

50 Resolution on Human Rights, Sexual Orientation and Gender Identity. A/HRC/17/L.p/Rev.1. United Nations General Assembly of the Human Rights Council, seventeenth session. 15 June 2011. (<http://daccess-dds-ny.un.org/doc/UNDOC/LTD/G11/141/94/PDF/G1114194.pdf?OpenElement>)

51 Ibid faqradda 2 "Go'aamiyay in la iskugu yimaado shir kooxeed muddada uu socdo kalfadhiga 19aad ee Golaha Xuquuqda Aadanaha, oo war ka helay xaqiiqooyinka ku jira daraasada uu dalbay Sarkaalka Sare iyo in la helo wadaxaajood miro dhala, xog-ogaal ah, cad-caddaan ah, kuna saabsan arrinta qawaaniinta iyo dhaqamada takoorka ku dhisan iyo falalka gacan-ka-hadalka ah ee loo geysanayo shaqsiyaad, kuna saleysan jihada galmoodka iyo aqoosi jinsi."

oo loogu soo shubo deeqaha ama iibsiga qalab. Shuruudaha loo baahanyahay si loo socodsiiyo urur ayaa markasta aan aheyn kuwa ey buuxin karaan dadka ololeeya, haddana helitaanka tababar ayaa waxaa ciriirigalinaya takoorka ku saleysan jihada galmoodkooda iyo/ama aqoonsiga jinsigooda oo marka ugu horreysaba ka dhigay lagama maarmaan ololeyntooda.

Qeybsanaanta ka dhaxeeya dadka u ololeeya *LGBTI* iyo iska-hormaad dhexdooda ah oo ku saabsan arrimaha mudnaanta leh iyo hababka la adeegsanayo si loo hormariyo xuquuqda *LGBTI* ayaa weeqiya hufnaantooda.<sup>52</sup> Waxaa sidaas darteed lagama maarmaan ah in dadka u ololeeya *LGBTI* laga caawiyo xallinta khilaafaadka iyo sameysiga qorshe xeeladeysan si ey meel isugu geeyaan dadaalkooda iyo xooggooda si ay wax uga qabtaan caqabadaha imminka soo foodsaaray dadka galmood ahaan laga tirada badan yahay. Caqabado dheeraad ah ayaa dhaqdhaqaaqa gudahiisa ka dhalanaya kuwaas oo ku imaanaya is-aamindarro, khiyaamo iyo ku-takrifal awoodeed kuwaas oo ka dhashay gees-u-riixa fog ee dhinaca bulshada iyo dhaqaalaha iyo sidoo kale jiritaan la'aanta fursado oo ku qasbaya in badankoodu ey badbaadintooda shaqsiyadeed ka horumariyaan halganka ballaaran, ayadoo waliba ey jirto saameynta xun oo dhaqanka deeq-bixiyeyaasha ku reeben. Arrinka dambe, ayaa sida badan ku yimaada qaab cilmi-baaris aan dhammeystirneyn oo lagu qoondeeyo deeqaha, qiimeyn aan buuxin oo ku saabsan awoodda uu shaqsigu u leeyahay in uu wax ku maareeyo, iyo sidoo kale filasho aan caqligal aheyn oo la xiriirta natiijooyinka iyo diiwaangalinta marka loo fiiriyo awoodda ururada. Arrimahaan ayaa sida kaliya oo wax looga qaban karo ey tahay wadaxaajood dheer oo dhexmara dhammaan dadka ey quseyso, si loo xoojiyo awoodda uu dhaqdhaqaaqa wax uga qaban karo caqabadaha buuraha ah ee ayaga ka baxsan.

Jiritaanla'aanta kaalmo ka timaada ururada xuquuqda aadanaha ee soo jireenka ah ayaa lagu fasiri karaa mid la xiriirta nidaamka qaanuuneed ee cadaadiska ku dhisan iyo ra'yiga dadweynaha ee hadda jira sida uu ugu arko in ey tahay sharcidarro in dadka isku jinsiga ahi isku galmoodaan. Difaacayaasha xuquuqda aadanaha ee soo jireenka ah badankood ayaa ka baqa cadaadis uga yimaada dowladda marka ey difaacayaan xuquuqda dadka galmood ahaan laga tiro badanyahay. Waxaa taas sii dheer, in badanaaba xuquuqda *LGBTI* aan loo tixgalin kuwa ansax ah oo qiimo leh, taasoo badanaaba ku

52 Urgent Action Fund for Women's Human Rights (2005) *LGBTI Organizing in East Africa: The True Test for Human Rights Defenders*. <http://www.urgentactionfund.org/documents/UAF-LGBTI%20REPORT%20FINAL.pdf>

saleysan jaahilnimo. Waxey tani si cad u jabineysa caalaminnimada xuquuqda aadanaha oo ey tahay in difaacayaasha xuquuqda aadanaha kaalmeeyaan haddii ey tahay in sidaas loo aqoonsado (eeg Gogoldhigga Baaqa QM ee DXA). Sidaas awgeed, ayaa mid ka mid ah howlaha ugu waaweyn ee dadka u ololeeya waxey tahay in ey qaddiyadooda ku qalqaaliyaan difaacayaasha xuquuqda aadanaha. Waxaa habboon, in tan loo maro ayadoo la raacayo abbaare ku saleysan xuquuq, oo hoosta ka xariiqaya qiyamka asaasiga ah ee sinnaanta iyo takoorla'aanta ee ku qoran halbeegyada saldhigyada dowliga ah oo ey ka mid yihiin Baaqa Caalamiga ee Xuquuqda Aadanaha (UDHR), iyo Axdiga Afrikaanka ee Xuquuqda Adanaha iyo Dadyowga. Helitaanka kaalmada dhaqdhaqaaqa xuquuqda aadanaha ayaa lagama maarmaan u ah xoojinta codka dadka u ololeeya *LGBTI* iyo sumcadda qaddiyadooda marka ey abbaarayaan sharcidajiyayaasha iyo guud ahaan dadweynaha.

Si ey isbaddal u helaan, waxaa dadka *LGBTI* u ololeeya u baahanyihiin in ey si xeeladeysan wax uga qabtaan caqabadaha kor lagu xusay. Waxey dhawaanahaan ka heleen kaalmo dhaqdhaqaaqa xuquuqda aadanaha gudhiisa taasoo la xiriirta ololeha ey ugu jiraan sidii wax-kama-jiraan looga dhigi lahaa xeerarka iyo dhaqamada takoorka ku dhisan, inkastoo ey wali sii jiraan howlo badan oo wax-ka-qabasho u baahan.

Ka sokow dhisidda iskaashi adag oo lala yeesho bulshada rayadka, waa in dadka u ololeeya *LGBTI* ey dhammeeyaan jidadka uga furan hey'adaha dowliga ah, sida Qaramada Midoobay ama Golaha Afrikaanka ee Xuquuqda Aadanaha iyo Dadyowga. Nidaamka Qaramada Midoobay ee Hey'adaha Heshiiska<sup>53</sup> iyo Hababka Gaarka ah (Teaty Bodies and Special Procedures),<sup>54</sup> ayaa waxaa ku jira

53 Hey'adaha Heshiiska ayaa ah guddiyo khabiirto ah oo loo dhisay in ey dabaggaal ku sameeyaan sida dowladaha dhinacyada ah ugu hoggaansamaan farriimaha heshiisyad ey ka midka yihiin Heshiiska Dowliga ah ee Xuquuqda Madaniga iyo Siyaasadda (ICCPR), Heshiiska Dowliga ah ee Xuquuqda Dhaqaalaha, Bulshada iyo Dhaqanka (ICESCR), Heshiiska Lidka ku ah Jirdilka, iyo Dhaqan Kasta oo Naxariis-darro ah, Lid ku ah Adminnimada ama Liidid ah ama Ciqaab ah, Heshiiska Reebbanaanta Qaab kasta ee Takoor Lid ku ah Haweenka, Heshiiska Reebbanaanta Qaab Kasta ee Midab Takoor, Heshiiska Xuquuqda Carruurta iyo Heshiiska Daryeelka Xuquuqda Dhammaan Shaqaalaha Muhaajirinta ah iyo Xubnaha Qoysaskooda.

54 Hababka Gaarka ah ayaa ah khubaro Mowduuc iyo Dal oo uu magacaabay Guddiga Xuquuqda Aadanaha ee QM (oo hadda ah Golaha Xuquuqda Aadanaha ee QM) oo eegaya xadgudubyo gaar ah ama xadgudubyo ka dhaca dalal/dhulal gaar ah. Waxaa loo nisbeyn karaa in ey yihiin "ergey gaar ah," "wakiil gaar ah ee Xoghayaha Guud," "khabiir madaxban-

fursad lagu “dabaggalayo sida ey dowladahu ugu hoggaansamaan qaanuunka dowliga ee xuquuqda aadanaha iyo in ey talooyin arrinta ka bixiyaan. Falaanqeynta iyo gunaanadka Hababka Gaarka ah iyo Hey’adaha Heshiiska ayaa keeni kara isbaddallo ku dhaca qaanuunka iyo dhaqamada qaramada, maadaama ey dowladahu ku dadaalayaan in qawaaniintooda iyo siyaasadahooda waafajiyaan halbeegyada dowliga ah. [...] Soo gudbinta kiisas iyo wareysiyo muujinaya xadgudubyo soo noqnoqday oo quseeya xuquuqda *LGBTI* ayaa sidoo kale keeni kara in Hey’adaha Heshiiska iyo Hababka Gaarka ah ey siiyaan dareen gaar ah ilaalinta xuquuqda aadanaha ee arrintaan, oo ey ku jirto horumarinta xukunno (jurisprudence).”<sup>55</sup> Si ey awoood ugu helaan in ey tallaabo ka qaadaan, una saaraan cadaadis dowladda, ayaa Hey’adaha Heshiiska iyo Hababka Gaarka waxey u baahan yihiin warar la rumeysan karo oo aan caaddifad ku dhisneyn oo ey ku saleeyaan talo-bixinadooda. Waxey wararkaan ka heli karaan ururada dowliga ah, kuwa goboleed iyo kuwa degaanka ayagoo raacaya habab degsan. Amnesty International ayaa soo saartay dokumenti cinwaankiisu yahay, “Xuquuqda Aadanaha ee haweenka isku galmooda, ragga isku galmooda, dadka labada jinsiba u galmooda iyo dadka jinsigudubka ah: Saldhigga lagula shaqeynayo Hey’adaha Dabagalka Heshiiska ee Qaramada Midoobay iyo Hababka Gaarka ah ee Golaha Xuquuqda Aadanaha ee Qaramada Midoobay”<sup>56</sup> oo faahfaahin ka bixinaya fursadaha iyo hababka u furan dadka u ololeeya *LGBTI* sidii ey nidaamyadaan ugu adeegsan lahaayeen shaqadooda u ololeynta.

Habab la mid ah ayaa laga heli karaa Golaha Afrikaanka ee Xuquuqda Aadanaha iyo Dadyowga (ACHPR). Qodobka 55aad ayaa oggolaanaya u soo gudbinta Golaha cabashooyin ku saabsan jabinta farriimaha ku qoran Axdiga Afrikaanka oo ey geystaan dowladaha dhinacyada ah (oo lagu magacaabo Warisgaarsiin) kana imaanaya shaqsi ama urur marba haddii cabashadu ey la socon karto Axdiga Afrikaanka, lana dhammeeyo marka ey suurtoogalka tahay xalalkii laga heli karay qaranka (Qodobka 56(5)).<sup>57</sup> Golaha ayaa markaas

naan”, ama waxaa loo sameeyaa in ey yihiin “koox shaqo”.

55 Amnesty International (2005) *The Human Rights of Lesbian, Gay, Bisexual and Transgender People: A primer to working with the United Nations Treaty Monitoring Bodies and the Special Procedures of the United Nations Commission on Human Rights*. AI Index: IOR 40/004/2005, p. 1. <http://web.amnesty.org/library/Index/ENGIOR400042005?open&of=ENG-347>

56 Ibid (tixraaca hore).

57 Eeg Amnesty International (2006) *A Guide to the African Charter on Human and Peoples’ Rights*. AI Index: IOR 63/005/2006. <http://web.amnesty.org/library/Index/>

go’aan ka gaaraya in la oggolaan karo cabashada. Haddii la oggolaado, waxuu u gudbinayaa Dowladda ey quseyso, oo laga codsanayo in ey ka jawaabto ayadoo fasiraad ka bixineysa kiiska iyo tallaabooyinka laga qaaday si xal loo gaaro. Markii wadatashi la sameeyo ayaa Golaha Guud (General Assembly) ee MA weydiisan karaa Golaha inuu daabaco natiijooyinka uu gaaray iyo inuu bixiyo talooyin. Haddii ey u muuqato in xadgudub weyn uu dhacay, baaritaanno dheeraad ah ayaa la amri karaa. Ergada Gaarka ee kala duwan ayaa ku dhiirrigaliyay shaqsiyaad, dadka ololeeya iyo ururo in ey soo sheegaan kiisas xadgudub si loo sameeyo baaritaan dheeraad ah, dowladahana loogala hadlo sidii ey wax uga qaban lahaayeen. Ayadoo Goobjooge ahaan looga qeybgalayo Golaha Afrikaanka ayaa la diyaarin karaa warbixinno lagu naqdinayo ama lagu saxayo warbixinnada ey soo gudbiyeen Dowladaha xubnaha ahi, taasoo ah nidaam kale oo loo adeegsan karo sidii xal loogu heli lahaa xadgudubyo dhacay, looguna ololeeyn karo sidii xuquuqda heer gobol looga xushmeyn lahaa.<sup>58</sup> Warbixin ey Xukuumad soo saartay ayaa waxaa dhawaanahaan u jawaabay Golaha Xuquuqda Aadanaha ee Ragga Isku Galmooda iyo Haweenka Isku Galmooda (IGLHRC) iyo Dadka Galmood ahaan laga Tirada Badanyahay ee Uganda (SMUG) jawaabtaas oo cinwaankeedu ahaa “Warbixin ku saabsan Xuquuqda Haweenka Isku Galmooda, Ragga Isku Galmooda, Galmood Laba Jinsiba, Jinsi-gudub ee Jamhuuriyadda Uganda, taasoo hoos imaaneysa Axdiga Afrikaanka ee Xuquuqda Aadanaha iyo Dadyowga”.<sup>59</sup> Waxaa warbaxintaan hareysan (shadow report) loo gudbiyay Golaha Afrikaanka muddadii uu socday Kalfadhigii 40aad, Nofember 2006 ayadoo ka jawaabeysay Warbixin Xilliyeedka ey soo diyaarisay Xukuumadda Uganda ee la soo gudbiyay Kalfadhigii 39aad. Warbixinnadaan hareysan ayaa bixinaya fursad lagu saxo khaladaadka xaqiiqada ku saabsan xadgudubka loo geystay xuquuqda shaqsiyaad *LGBTI* oo ey Dowlad sameysay, ayagoo buuxiya meelaha ka bannaan arrimaha *LGBTI* ee ka muuqda warbixinno xilliyeedyada Dowladaha. Talo-soo-jeedinnada ku saabsan sida Dowladda ey quseyso u dhaqmeysay si ey u saxdo mashaakilka, ayaa qeyb ka ah xeeladaha qalqaalinta oo markaas ey ku jirayaan xubnaha kale ee Golaha Afrikaanka si loo xisaabiyo Dowladda xubinta ah ee la xusay.

**Urur samafal oo ku dadaalay in uu helo goobjoognimada Golaha Afrikaanka ayaa ah**

ENGIOR630052006?open&of=ENG-373

58 Si goobjoogenimo loo helo, waxuu ururku u baahanyahay in si sharciga waafaqsan loo diiwaangaliyo. Wararka ku saabsan hababka la raacayo si codsi loo sameeyo ayaa la heli karaa

59 <http://www.iglhr.org/files/iglhr/reports/Uganda%20Shadow%20Report%20.pdf>

Midowga Haweenka Isku Galmooda ee Afrikaana (CAL). Codsiga goobjoognimada<sup>60</sup> ayaa la buuxiyay sanadkii 2008, ayadoo labo sano kaddib bishii Oktoobar 25dii 2010 la diiday codsigoodii. Golaha Afrikaanka ayaa ku dhacay inuu sheego sababta codsiga loo diiday inkastoo laba mar oo hore uu dib u dhigay.

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### **Kulanka Bulshada Dunida (*World Social Forum*)**

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Si isbaddal loo helo, ka sokow adeegsiga hey'adaha, waxaa kale oo dadka u ololeeya *LGBTI* u baahan yihiin in ey raadiyaan kulammo ey qaddiyadooda ku soo bandhigi karaan. Tusaale ahaan, waxaa kulamadaan ka mid ah Kulanka Bulshada Dunida oo ka dhacay Kenya Jannaayo 2007, halkaas oo ururada *LGBTI* oo ka kala yimid dunida daafaheeda, gaar ahaan Afrika ey u adeegsaden fursad ey kaga hadlaan caqabadaha horyaalla iyo sidii ey u bari lahaayen bulsho weynta xuquuqdooda iyo baahidooda. Waxey sameeyeen aqoonisweydaarsiyo, ayagoo sidoo kale abaabulay kalfadhiyo wadaxaajood oo dhowr ah, isla markaasna wararkooda u soo bandhigay dadweynaha. Jawaabta ey ka heleen dadka kale ee ololeeya iyo dadweynaha ayaa aheyd mid wanaagsan taasoo saldhig u noqotay sii socodsiinta ololehooda, gaar ahaan gudaha dowladda martida loo ahaa ee Kenya. Horumarka lagu gaaro kulamadaan ayey tahay in si xeeladeysan loo adeegsado, dadka ololeeyana ey dabaggal ku sameeyaan.

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### **Abaalmarinta Martin Ennals ee Difaacayaasha Xuquuqda Aadanaha 2011 (Martin Ennals Award for Human Rights Defenders 2011)**

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Markii ey jirtay da'da 21, ayaa Kasha Jacqueline Nabagesera billowday in ey la shaqeyso xuquuqda ragga isku galmooda ee Uganda. Laga soo billaabo xilligaas waxey aheyd afhayeen awood badan oo u dooda xuquuqda *LGBTI*. Kasha ayaa ka mid aheyd shaqsiyaadka ugu horreeyay ee dibedda soo dhiga aqoonsiga galmoodkeeda. Waxey la kulantay qashqashaad kaddib markii sanadkii 2007, muddadii uu Kenya ka socday Kulankii Bulshada Dunida, ey ka hadashay xushmada iyo dulqaadka daka isku jinsiga ah ee isku galmooda. Waa Aasasihii iyo Agaasimaha Freedom and Roam Uganda (FARUG). Magaca Kasha ayaa billowgii sanadkii hore ku soo baxay daabacaad ey qortay *Rolling Stone*. Waxaa Kasha sanadkii 2011

<sup>60</sup> [http://www.defendingwomen-defendingrights.org/cal\\_application.php](http://www.defendingwomen-defendingrights.org/cal_application.php)

lagu sharfay in ey qaadato Abaalmarinta Martin Ennals ee Difaacayaasha Xuquuqda Aadanaha. Inkasta oo ey qashqashaad guud la kulantay ayaa haddana Kasha waxey ku mitiday difaaca xuquuqda *LGBTI*.

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Si kastaba ha ahaatee, waxaa dadka u ololeeya xuquuqda *LGBT* laga rabaa in ey si taxaddar leh u qiimeyaan duruufaha ka jira dalalkooda. Caqabadda kowaad ayaa ah helitaanka dad la aamini karo oo lala shirkoobo, si la isugu afgarto waxa ey tahay in laga gaaro dalka gudahiisa, iyo in la cayimo sida taas si wax-ku-ool ah loogu sameyn karo. Waxaa muhim ah in la tilmaamo dadka ey u badantahay in ey qaddiyada kaalmeeyaan, oo sida badan laga xusho ururada haweenka ee degaanka ka jira, ururada xuquuqda aadanaha ee dowliga ah, ururada deeqda bixiya, shaqaalaha ururada dowliga ah, iyo ergada dibolomaasiyiinta. La sameysashada ururkaan oo kale isbaheysi ayaa yeelan kara natiijooyinka liita iyo kuwa wanaagsan. Ka faa'iideysiga awooddooda bulshadeed, siyaasadeed iyo dhaqaale ayaa xayeesiin ahaan caawimaad ka geysan kara, illaa iyo xadna xalaaleyn kara arrimaha *LGBTI*. Hase yeeshee, marka laga eego gacan si muuqata uu urur dowli ah ugu yeelanayo halgan degaanka ka socda, waxaa loo baahanyahay in kaalmada dowliga ah eysan hareyn isxilqaanka, dhabnimada iyo naftihurnimada dadka ololeha ka wada degaanka, maadaama ey dad badani aaminsanyihiin dooda ku saabsan in dadka isku jinsiga ah ee isku galmooda ey tahay arrin "dibedda ka timid" iyo wax "Afrikaankana ka baxsan". Dadka ololeeya ayaa sidaas darteed laga rabaa in ey isbaheeyso xeeladeysan la galaan taageerayaasha aydoo la tixgalinayo natiijo kasta ee suurtoagal ah, una adeegsadaan isbaheysiyadaan badidooda heerka sharcidajinta iyo sameynta siyaasadda. Dhinaca kale, deeq bixiyayaasha iyo ururada dowliga ah ayey tahay in markasta oo ey suurtoagal tahay ku daraan howlahooda qeyb ku saabsan *LGBTI*. Tusaale ahaan, in lagu martiqaado dadka u ololeeya *LGBTI* aqoonisweydaarsiyada iyo tababarada ayaa kor u qaadaya awooddooda ey ku difaacayaan xuquuqda shaqsiyaadka ka tirsan *LGBTI* ayagoo sidoo kale helaya fursad ey ugu gudbiyaan fikradahooda dadka kale ee xuquuqda u ololeeya, isla markaasna ku ogaanaya arrinka aadaminnimada oo sida badan laga tago marka laga doodayo dadka isku jinsiga ah ee isku galmooda. Haddii ey ku daraan shaqsiyaad *LGBTI* ka tirsan daryeelka caafimaadka galmoodka, iyo mashaariicda HIV/AIDS, waxey ururadu isku dayi karaan in ey la dagaallamaan dayaca ey kooxdaan kala kulmeen goobtaan, taasoo nugeynimadooda sii kordhisay.

Helitaanka taageerada bulshada rayadka ee



degaanka ayaa ah caqabadda ugu weyn ee soo foodsaartay dadka u ololeeya *LGBTI* ee Bariga iyo Geeska Afrika. Gees-u-riixa jooftada ah ee ka jirta gudaha dhaqdhaqaaqa xuquuqda aadanaha ee qaranka ayaa marka la fiiriyo ra'yiga dadweynaha iyo Dowladda diidaya sharcinimada qaddiyadda *LGBTI* taasoo gacan ka geysaneysa dambiyada laga galayo shaqsiyaadka *LGBTI*. In lagula kulmo xubnaha bulshada rayadka ah goob dhexdhexaad ah ayaa noqon karta billowga dabci wanaagsan. Ka soo qeybgalinta heerarka dambe ee kulamadaan dadka siyaadda iyo sharciyada dajiya ayaa saamaxaya in qalqaaloo loo galo sidii dambiilennimada looga saari lahaa dadka isku jinsiga ah ee isku galmooda. Horumarinta doodaha ayadoo laga eegayo dhinacyada xuquuqda aadanaha iyo qaanuunka, loona fulinayo si xirfadeysan, lagana heysto taageero bulshada rayadka, iyo haddii ey suurto gal tahay hey'adaha qaranka ee xuquuqda aadanaha, tusaale ahaan, Golaha Xuquuqda Aadanaha, ayaa gacan ka geysan kara sidii loo heli lahaa muuqaal cusub oo naxariis badan kuna saabsan qaddiyada meesha taal, taasoo oggolaaneysa in waxdaxaajood la sameeyo.

Sanadkii 2009 ayaa Uganda waxaa laga dhisay Isbaheysiga Bulshada Rayadka iyo Qaanuunka Dastuurka tasoo ka jawaabeysay Sharci-soo-jeedinta Lidka ku ah Isku Galmoodka Dadka Isku Jinsiga ah ee uu Baarlaman ka u soo gudbiyay Mudane David Bahati. Isbaheysiga ayaa ka kooban *LGBTI* iyo kuwa loogu yeero ururada soo jireenka ah oo doonayey in ey horistaagaan in Sharci-soo-jeedintu dhaqangasho iyo in loo howlgalo sidii loogu heli lahaa aqoonsi buuxa iyo xushmad xuquuqda galmoodka dhammaan dadka Uganda. Illaa iyo imminka lama dhaqangalin Sharci-soo-jeedinta taasoo badanka abaalkeeda ey leedahay cadaadis dowli ah iyo shaqada aan joogsiga laheyn oo ey wadaan Isbaheysiga iyo dadka ey la shaqeeyaan.

Wacyigalinta bulsho weynta ayaa loo baahanyahay in si wanaagsan loo qorsheeyo ayadoo la tixgalinayo waxyaabaha diin ahaan iyo dhaqan ahaanba sida aadka ah dadka ugu dhex baahsan oo ey aaminsan yihiin. In arrimaha *LGBTI* laga dhiirrigaliyo dhinacyada ey u badantahay in dad badan ka soo dhaweynayaan ayaa lama huraan ah si ey uga daadagto maskaxda dadka. Amnesty International ayaa cutub "Buugga ololeynta"<sup>61</sup> u hurtay sida loogu ololeeyo xuquuqda *LGBTI*<sup>62</sup>. Daraasad ey sameysay Urgent Action Fund for Women's Human Rights oo cinwaankeedu yahay "LGBTI oo Abaabuleysa

61 Amnesty International (2001) Campaigning Manual. Amnesty International Publications. <http://web.amnesty.org/pages/campaigning-manual-eng>

62 Waxaa kale oo aad eegtaa qodobka ku saabsan ololeynta ee caddadkaan.

Bariga Afrika: Tijaabada Dhabta ah ee Difaacayaasha Xuquuqda Aadanaha"<sup>63</sup> ayaa sheegeysa casharada laga bartay ololeynta *LGBTI* ee Koonfurta Afrika ayadoo bixineysa talooyin ku saabsan sida degaanka Bariga Afrika looga horumarin karo xuquuqda *LGBTI*. Sanadkii 2010 ayaa hey'adda Protection International daabacday bug loogu talay dadka u ololeeya *LGBTI* cinwaankeeduna yahay "Buugga Ilaalinta Difaacayaasha *LGBTI*"<sup>64</sup> oo gacan ka geysanaya sidii loo tilmaami lahaa khatarada amniga ee u gaarka ah difaacayaasha *LGBTI*, ayadoo bixineysa tallaabooyin la qaadi karo oo ku saabsan sidii loo wanaajin lahaa amniga shaqsiyadeed. Sidoo kale sanadkii 2010 ayaa G-Kenya Trust daabacday "Jidkayga, jidkaaga, ama jika XAQA (SAXDA) ah?"<sup>65</sup> oo ah buug fasiraad ka bixinaya xuquuqda lagu soo uruuriyay mabaad'iida Yogyakarta ee qiimaha u leh duruufaha Kenya.

Hadii la soo kobo, shaqsiyaadka *LGBTI* ee ku nool Bariga iyo Geeska Afrika ayaa waxaa soo foodsaaray xadgudubyo loo geysanayo xuquuqdooda aadanaha ee asaasiga ah. Inkasta oo sanadahaan dambe horumar la sameeyay ayaa haddana waxaa u yaalla dadka u dooda iyo difaacayaasha xuquuqda *LGBTI* caqabado fara badan sidii ey ugu heli lahaayeen in xuquuqda *LGBTI* guud ahaanba loogu aqbalo in ey ka mid yihiin xuquuqda aadanaha. Marka caqabadahaas lagu wajaho iskaashi dhexmara difaacayaasha xuquuqda aadanaha ee soo jireenka ah iyo kuwa difaacayaasha xuquuqda aadanaha ee *LGBTI* ayaa xadgudubyada loo geysto xuquuqda *LGBTI* oo ey ka mid yihiin qawaaniinta iyo dhaqamada takoorka ku salaysan si wax-ku-ool ah wax looga qaban karaa.

63 Urgent Action Fund for Women's Human Rights.

64 Waxaa laga heli karaa: <http://www.protectionline.org/Protection-Manual-For-LGBTI.html>

65 G-Kenya Trust (2010). My way, your way, or the RIGHT way?. Nairobi. Waxaa laga heli karaa: [www.gaykenya.com/GKT-BOOK.pdf](http://www.gaykenya.com/GKT-BOOK.pdf)



## Dokumentiyada Dowliga iyo kuwa Goboleed ee ku saabsan Ilaalinta Difaacayaasha Xuquuqda Aadanaha

The African Commission on Human and Peoples' Rights meeting at its 35 th Ordinary Session held from 21st May to 4 th June 2004, in Banjul, The Gambia;

**Recognising** the crucial contribution of the work of human rights defenders in promoting human rights, democracy and the rule of law in Africa;

**Seriously concerned** about the persistence of violations targeting individuals and members of their families, groups or organisations working to promote and protect human and peoples' rights and by the growing risks faced by human rights defenders in Africa;

**Noting with deep concern** that impunity for threats, attacks and acts of intimidation against human rights defenders persists and that this impacts negatively on the work and safety of human rights defenders;

**Recalling** that it is entrusted by the African Charter on Human and Peoples' Rights with the mandate to promote human and peoples' rights and ensure their protection in Africa;

**Reaffirming** the importance of the observance of the purposes and principles of the African Charter for the promotion and protection of all human rights and fundamental freedoms for human rights defenders and all persons on the continent;

**Bearing in mind** the Declaration on the Right and Responsibility of Individuals, Groups and Organs of Society to Promote and Protect Universally Recognized Human Rights and Fundamental Freedoms (Declaration on Human Rights Defenders);

**Mindful** that in the Grand Bay (Mauritius) Declaration, the Organisation of African Unity called on Member States "to take appropriate steps to implement the UN Declaration on Human Rights Defenders in Africa";

**Mindful** that the Kigali Declaration recognises "the important role that the human rights defenders play in the promotion and protection of human rights in Africa"

**Recalling** its decision to include on its agenda the situation of human rights defenders and to nominate a focal point on human rights defenders; **Now decides to appoint** a Special Rapporteur on human rights defenders in Africa for a period of two years with the following mandate:

- to seek, receive, examine and to act upon information on the situation of human rights defenders in Africa;
- to submit reports at every Ordinary Session of the African Commission;
- to cooperate and engage in dialogue with Member States, National Human Rights Institutions, relevant intergovernmental bodies, international and regional mechanisms of protection of human rights defenders, human rights defenders and other stake holders;
- to develop and recommend effective strategies to better protect human rights defenders and to follow up on his/her recommendations;
- to raise awareness and promote the implementation of the UN Declaration on Human Rights Defenders in Africa;
- Further decides to nominate Commissioner Jainaba Johm as the Special Rapporteur on Human Rights Defenders for the current duration of her mandate within this Commission;
- Reiterates its support for the work carried out by human rights defenders in Africa;

- Calls upon Member States to promote and give full effect to the UN Declaration on Human Rights Defenders, to take all necessary measures to ensure the protection of human rights defenders and to include information on measures taken to protect human rights defenders in their periodic reports;
- Invites its members to mainstream the issue of human rights defenders in their activities;
- Urges Member States to co-operate with and assist the Focal Point in the performance of his/her tasks and to provide all necessary information for the fulfilment of his/her mandate;
- Requests the African Union to provide adequate resources, assistance and support in the implementation of this Resolution.

Banjul, The Gambia, 4 June 2004

## **United Nations: Declaration on the Right and Responsibility of Individuals, Groups and Organs of Society to Promote and Protect Universally Recognized Human Rights and Fundamental Freedoms (1998)**

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*The General Assembly,*

*Reaffirming* the importance of the observance of the purposes and principles of the Charter of the United Nations for the promotion and protection of all human rights and fundamental freedoms for all persons in all countries of the world,

*Reaffirming* also the importance of the Universal Declaration of Human Rights and the International Covenants on Human Rights<sup>1</sup> as basic elements of international efforts to promote universal respect for and observance of human rights and fundamental freedoms and the importance of other human rights instruments adopted within the United Nations system, as well as those at the regional level,

*Stressing* that all members of the international community shall fulfil, jointly and separately, their solemn obligation to promote and encourage respect for human rights and fundamental freedoms for all without distinction of any kind, including distinctions based on race, colour, sex, language, religion, political or other opinion, national or social origin, property, birth or other status, and reaffirming the particular importance of achieving international cooperation to fulfil this obligation according to the Charter,

*Acknowledging* the important role of international cooperation for, and the valuable work of individuals, groups and associations in contributing to, the effective elimination of all violations of human rights and fundamental freedoms of peoples and individuals, including in relation to mass, flagrant or systematic violations such as those resulting from apartheid, all forms of racial discrimination, colonialism, foreign domination or occupation, aggression or threats to national sovereignty, national unity or territorial integrity and from the refusal to recognize the right of peoples to self-determination and the right of every people to exercise full sovereignty over its wealth and natural resources,

*Recognizing* the relationship between international peace and security and the enjoyment of human rights and fundamental freedoms, and mindful that the absence of international peace and security does not excuse non-compliance,

*Reiterating* that all human rights and fundamental freedoms are universal, indivisible, interdependent and interrelated and should be promoted and implemented in a fair and equitable manner, without prejudice to the implementation of each of those rights and freedoms,

*Stressing* that the prime responsibility and duty to promote and protect human rights and fundamental freedoms lie with the State,

*Recognizing* the right and the responsibility of individuals, groups and associations to promote respect for and foster knowledge of human rights and fundamental freedoms at the national and international levels,

*Declares:*

### **Article 1**

Everyone has the right, individually and in association with others, to promote and to strive for the protection and realization of human rights and fundamental freedoms at the national and international levels.

### **Article 2**

1. Each State has a prime responsibility and duty to protect, promote and implement all human rights and fundamental freedoms, inter alia, by adopting such steps as may be necessary to create all conditions necessary in the social, economic, political and other fields, as well as the legal guarantees required

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<sup>1</sup> Resolution 2200 A (XXI), annex.

to ensure that all persons under its jurisdiction, individually and in association with others, are able to enjoy all those rights and freedoms in practice.

2. Each State shall adopt such legislative, administrative and other steps as may be necessary to ensure that the rights and freedoms referred to in the present Declaration are effectively guaranteed.

### **Article 3**

Domestic law consistent with the Charter of the United Nations and other international obligations of the State in the field of human rights and fundamental freedoms is the juridical framework within which human rights and fundamental freedoms should be implemented and enjoyed and within which all activities referred to in the present Declaration for the promotion, protection and effective realization of those rights and freedoms should be conducted.

### **Article 4**

Nothing in the present Declaration shall be construed as impairing or contradicting the purposes and principles of the Charter of the United Nations or as restricting or derogating from the provisions of the 23

Universal Declaration of Human Rights, the International Covenants on Human Rights and other international instruments and commitments applicable in this field.

### **Article 5**

For the purpose of promoting and protecting human rights and fundamental freedoms, everyone has the right, individually and in association with others, at the national and international levels:

- (a) To meet or assemble peacefully;
- (b) To form, join and participate in non-governmental organizations, associations or groups;
- (c) To communicate with non-governmental or intergovernmental organizations.

### **Article 6**

Everyone has the right, individually and in association with others:

- (a) To know, seek, obtain, receive and hold information about all human rights and fundamental freedoms, including having access to information as to how those rights and freedoms are given effect in domestic legislative, judicial or administrative systems;
- (b) As provided for in human rights and other applicable international instruments, freely to publish, impart or disseminate to others views, information and knowledge on all human rights and fundamental freedoms;
- (c) To study, discuss, form and hold opinions on the observance, both in law and in practice, of all human rights and fundamental freedoms and, through these and other appropriate means, to draw public attention to those matters.

### **Article 7**

Everyone has the right, individually and in association with others, to develop and discuss new human rights ideas and principles and to advocate their acceptance.

### **Article 8**

1. Everyone has the right, individually and in association with others, to have effective access, on a non-discriminatory basis, to participation in the government of his or her country and in the conduct of public affairs.

2. This includes, inter alia, the right, individually and in association with others, to submit to governmental bodies and agencies and organizations concerned with public affairs criticism and proposals for improving their functioning and to draw attention to any aspect of their work that may hinder or impede the promotion, protection and realization of human rights and fundamental freedoms.

#### **Article 9**

1. In the exercise of human rights and fundamental freedoms, including the promotion and protection of human rights as referred to in the present Declaration, everyone has the right, individually and in association with others, to benefit from an effective remedy and to be protected in the event of the violation of those rights.
2. To this end, everyone whose rights or freedoms are allegedly violated has the right, either in person or through legally authorized representation, to complain to and have that complaint promptly reviewed in a public hearing before an independent, impartial and competent judicial or other authority established by law and to obtain from such an authority a decision, in accordance with law, providing redress, including any compensation due, where there has been a violation of that person's rights or freedoms, as well as enforcement of the eventual decision and award, all without undue delay.
3. To the same end, everyone has the right, individually and in association with others, inter alia:
  - (a) To complain about the policies and actions of individual officials and governmental bodies with regard to violations of human rights and fundamental freedoms, by petition or other appropriate means, to competent domestic judicial, administrative or legislative authorities or any other competent authority provided for by the legal system of the State, which should render their decision on the complaint without undue delay;
  - (b) To attend public hearings, proceedings and trials so as to form an opinion on their compliance with national law and applicable international obligations and commitments;
  - (c) To offer and provide professionally qualified legal assistance or other relevant advice and assistance in defending human rights and fundamental freedoms.
4. To the same end, and in accordance with applicable international instruments and procedures, everyone has the right, individually and in association with others, to unhindered access to and communication with international bodies with general or special competence to receive and consider communications on matters of human rights and fundamental freedoms.
5. The State shall conduct a prompt and impartial investigation or ensure that an inquiry takes place whenever there is reasonable ground to believe that a violation of human rights and fundamental freedoms has occurred in any territory under its jurisdiction.

#### **Article 10**

No one shall participate, by act or by failure to act where required, in violating human rights and fundamental freedoms and no one shall be subjected to punishment or adverse action of any kind for refusing to do so.

#### **Article 11**

Everyone has the right, individually and in association with others, to the lawful exercise of his or her occupation or profession. Everyone who, as a result of his or her profession, can affect the human dignity, human rights and fundamental freedoms of others should respect those rights and freedoms and comply with relevant national and international standards of occupational and professional conduct or ethics.



### **Article 12**

1. Everyone has the right, individually and in association with others, to participate in peaceful activities against violations of human rights and fundamental freedoms.
2. The State shall take all necessary measures to ensure the protection by the competent authorities of everyone, individually and in association with others, against any violence, threats, retaliation, de facto or de jure adverse discrimination, pressure or any other arbitrary action as a consequence of his or her legitimate exercise of the rights referred to in the present Declaration.
3. In this connection, everyone is entitled, individually and in association with others, to be protected effectively under national law in reacting against or opposing, through peaceful means, activities and acts, including those by omission, attributable to States that result in violations of human rights and fundamental freedoms, as well as acts of violence perpetrated by groups or individuals that affect the enjoyment of human rights and fundamental freedoms.

### **Article 13**

Everyone has the right, individually and in association with others, to solicit, receive and utilize resources for the express purpose of promoting and protecting human rights and fundamental freedoms through peaceful means, in accordance with article 3 of the present Declaration.

### **Article 14**

1. The State has the responsibility to take legislative, judicial, administrative or other appropriate measures to promote the understanding by all persons under its jurisdiction of their civil, political, economic, social and cultural rights.
2. Such measures shall include, inter alia:
  - (a) The publication and widespread availability of national laws and regulations and of applicable basic international human rights instruments;
  - (b) Full and equal access to international documents in the field of human rights, including the periodic reports by the State to the bodies established by the international human rights treaties to which it is a party, as well as the summary records of discussions and the official reports of these bodies.
3. The State shall ensure and support, where appropriate, the creation and development of further independent national institutions for the promotion and protection of human rights and fundamental freedoms in all territory under its jurisdiction, whether they be ombudsmen, human rights commissions or any other form of national institution.

### **Article 15**

The State has the responsibility to promote and facilitate the teaching of human rights and fundamental freedoms at all levels of education and to ensure that all those responsible for training lawyers, law enforcement officers, the personnel of the armed forces and public officials include appropriate elements of human rights teaching in their training programme.

### **Article 16**

Individuals, non-governmental organizations and relevant institutions have an important role to play in contributing to making the public more aware of questions relating to all human rights and fundamental freedoms through activities such as education, training and research in these areas to strengthen further, inter alia, understanding, tolerance, peace and friendly relations among nations and among all racial and religious groups, bearing in mind the various backgrounds of the societies and communities in which they carry out their activities.

### **Article 17**

In the exercise of the rights and freedoms referred to in the present Declaration, everyone, acting individually and in association with others, shall be subject only to such limitations as are in accordance with applicable international obligations and are determined by law solely for the purpose of securing due recognition and respect for the rights and freedoms of others and of meeting the just requirements of morality, public order and the general welfare in a democratic society.

### **Article 18**

1. Everyone has duties towards and within the community, in which alone the free and full development of his or her personality is possible.
2. Individuals, groups, institutions and non-governmental organizations have an important role to play and a responsibility in safeguarding democracy, promoting human rights and fundamental freedoms and contributing to the promotion and advancement of democratic societies, institutions and processes.
3. Individuals, groups, institutions and non-governmental organizations also have an important role and a responsibility in contributing, as appropriate, to the promotion of the right of everyone to a social and international order in which the rights and freedoms set forth in the Universal Declaration of Human Rights and other human rights instruments can be fully realized.

### **Article 19**

Nothing in the present Declaration shall be interpreted as implying for any individual, group or organ of society or any State the right to engage in any activity or to perform any act aimed at the destruction of the rights and freedoms referred to in the present Declaration.

### **Article 20**

Nothing in the present Declaration shall be interpreted as permitting States to support and promote activities of individuals, groups of individuals, institutions or non-governmental organizations contrary to the provisions of the Charter of the United Nations.

## European Union Guidelines on Human Rights Defenders (2008)

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### i. Purpose

1. Support for human rights defenders is already a long-established element of the European Union's human rights external relations policy. The purpose of these Guidelines is to provide practical suggestions for enhancing EU action in relation to this issue. The Guidelines can be used in contacts with third countries at all levels as well as in multilateral human rights fora, in order to support and strengthen on-going efforts by the Union to promote and encourage respect for the right to defend human rights. The Guidelines also provide for interventions by the Union for human rights defenders at risk and suggest practical means of supporting and assisting human rights defenders. An important element of the Guidelines is support for the Special Procedures of the UN Human Rights Council, including the UN Special Rapporteur on Human Rights Defenders and appropriate regional mechanisms to protect human rights defenders. The Guidelines will assist EU Missions (Embassies and Consulates of EU Member States and European Commission Delegations) in their approach to human rights defenders. While the primary purpose of the Guidelines is to address specific concerns regarding human rights defenders, they also contribute to reinforcing the EU's human rights policy in general.

### ii. Definition

2. The definition of human rights defenders, for the purpose of these Guidelines, draws upon operative paragraph 1 of the UN Declaration on the Right and Responsibility of Individuals, Groups and Organs of Society to Promote and Protect Universally Recognised Human Rights and Fundamental Freedoms (see Annex I), which states that "Everyone has the right, individually and in association with others, to promote and to strive for the protection and realisation of human rights and fundamental freedoms at the national and international levels".

3. Human rights defenders are those individuals, groups and organs of society that promote and protect universally recognised human rights and fundamental freedoms. Human rights defenders seek the promotion and protection of civil and political rights as well as the promotion, protection and realisation of economic, social and cultural rights. Human rights defenders also promote and protect the rights of members of groups such as indigenous communities. The definition does not include those individuals or groups who commit or propagate violence.

### iii. Introduction

4. The EU supports the principles contained in the Declaration on the Right and Responsibility of Individuals, Groups and Organs of Society to Promote and Protect Universally Recognised Human Rights and Fundamental Freedoms. Although the primary responsibility for the promotion and protection of human rights lies with States, the EU recognises that individuals, groups and organs of society all play important parts in furthering the cause of human rights. The activities of human rights defenders include:

- documenting violations;
- seeking remedies for victims of such violations through the provision of legal, psychological, medical or other support;
- combating cultures of impunity which serve to cloak systematic and repeated breaches of human rights and fundamental freedoms; and
- mainstreaming human rights culture and information on human rights defenders at national, regional and international level.

5. The work of human rights defenders often involves criticism of government policies and actions. However, governments should not see this as a negative. The principle of allowing room for independence of mind and free debate on a government's policies and actions is fundamental, and is a tried and tested way of establishing a better level of protection of human rights. Human rights defenders can assist governments in promoting and protecting human rights. As part of consultation processes they can play a key role in helping to draft appropriate legislation, and in helping to draw up national plans and strategies on human rights. This role too should be recognised and supported.

6. The EU acknowledges that the activities of human rights defenders have over the years become more widely recognised. They have increasingly come to ensure greater protection for the victims of violations. However, this progress has been achieved at a high price: the defenders themselves have increasingly become targets of attacks and their rights are violated in many countries. The EU believes it is important to ensure the safety of human rights defenders and protect their rights. In this regard it is important to apply a gender perspective when approaching the issue of human rights defenders.

#### **iv. Operational Guidelines**

7. The operational part of these Guidelines is meant to identify ways and means of effectively working towards the promotion and protection of human rights defenders, within the context of the Common Foreign and Security Policy.

#### **Monitoring, reporting and assessment**

8. EU Heads of Mission are already requested to provide periodic reports on the human rights situation in their countries of accreditation. The Council Working Party on Human Rights (COHOM) has approved the outline of fact sheets to facilitate this task. In line with these fact sheets Missions should address the situation of human rights defenders in their reporting, noting in particular the occurrence of any threats or attacks against human rights defenders. In this contexts HoMs should be aware that the institutional framework can have a major impact on the ability of human rights defenders to undertake their work in safety. Issues such as legislative, judicial, administrative or other appropriate measures, undertaken by States to protect persons against any violence, threats, retaliation, de facto or de jure adverse discrimination, pressure or any other arbitrary action as a consequence of their legitimate exercise of any of the rights referred to the UN Declaration on Human Rights Defenders are all relevant in this regard.

9. The EU Heads of Mission are requested to deal with the situation of human rights defenders at meetings of local working groups on human rights. Where it is called for, HoMs should make recommendations to COHOM for possible EU action, including condemnation of threats and attacks against human rights defenders, as well as for demarches and public statements where human rights defenders are at immediate or serious risk. HoMs may decide to conduct an urgent local action to support human rights defenders who are at immediate or serious risk, and to report on their action to COHOM and other relevant working parties with recommendations concerning the scope for following up the European action. HoMs should also report on the effectiveness of EU action in their reports. Furthermore, Missions should pay particular attention to the specific risks faced by women human rights defenders.

10. The HoM reports and other relevant information, such as reports and recommendations from the Special Rapporteur on Human Rights Defenders, other UN Special Rapporteurs and Treaty bodies and the Commissioner for Human Rights of the Council of Europe as well as non-governmental organisations, will enable COHOM and other relevant working parties to identify situations where EU action is called for and decide on the action to be taken or, where appropriate, make recommendations for such action to PSC/ Council.

#### **Role of EU Missions in supporting and protecting human rights defenders**

11. In many third countries, EU Missions (Embassies of EU Member States and European Commission Delegations) are the primary interface between the Union and its Member States and human rights defenders on the ground. They therefore have an important role to play in putting into practice the EU's

policy towards human rights defenders. EU Missions should therefore seek to adopt a proactive policy towards human rights defenders. They should at the same time be aware that in certain cases EU action could lead to threats or attacks against human rights defenders. They should therefore, where appropriate, consult with human rights defenders in relation to actions which might be contemplated. If action is taken on behalf of the EU, EU Missions should provide feedback to human rights defenders and/or their families.

Measures that EU Missions could take include:

- preparing local strategies for the implementation of these guidelines, with particular attention to women human rights defenders. EU Missions will bear in mind that these Guidelines cover human rights defenders who promote and protect human rights, whether civil, cultural, economic, political or social. EU Missions should involve human rights defenders and their organisations in the drafting and monitoring of local strategies;
- organising at least once a year a meeting of human rights defenders and diplomats to discuss topics such as the local human rights situation, EU policy in this field, and application of the local strategy for implementing the EU Guidelines on human rights defenders;
- coordinating closely and sharing information on human rights defenders, including those at risk;
- maintaining suitable contacts with human rights defenders, including receiving them in Missions and visiting their areas of work; consideration could be given to appointing specific liaison officers, where necessary on a burden-sharing basis, for this purpose;
- providing, as and where appropriate, visible recognition for human rights defenders and
- their work, through appropriate use of the media – including the internet and new information and communication technologies – publicity, visits or invitations for such purposes as presenting prizes they have obtained;
- where appropriate, visiting human rights defenders in custody or under house arrest and attending their trials as observers.

## **Promoting respect for human rights defenders in relations with third countries and in multilateral fora**

12. The EU's objective is to influence third countries to carry out their obligations to respect the rights of human rights defenders and to protect them from attacks and threats from non-State actors. In its contacts with third countries, the EU will, when deemed necessary, express the need for all countries to adhere to and comply with the relevant international norms and standards, in particular the UN Declaration. The overall objective should be to bring about an environment where human rights defenders can operate freely. The EU will make its objectives known as an integral part of its human rights policy and will stress the importance it attaches to the protection of human rights defenders. Actions in support of these objectives will include the following:

- where the Presidency or the High Representative for the Common Foreign and Security Policy or the Personal Representative of the SG/HR on Human Rights or EU Special Representatives and Envoys or representatives of the Member States or the European Commission are visiting third countries, they will, where appropriate, include meetings with human rights defenders during which individual cases and the issues raised by the work of human rights defenders are addressed, as an integral part of their visits;
- the human rights component of political dialogues between the EU and third countries and regional organisations, will, where relevant, include the situation of human rights defenders. The EU will underline its support for human rights defenders and their work, and raise individual cases of concern whenever necessary. The EU will be careful to involve human rights defenders, under the most appropriate arrangements, in the preparation, follow-up and assessment of the dialogue in accordance with the EU Guidelines on human rights dialogues;



- EU Heads of Mission and EU Embassies will remind third countries' authorities of their obligation to implement effective measures to protect human rights defenders who are or could be in danger;
- working closely with other like-minded countries notably in the UN Human Rights Council and the UN General Assembly;
- recommending, where appropriate, to countries when they are under the Universal Periodic Review of the Human Rights Council that they bring their legislation and practices into line with the UN Declaration on Human Rights Defenders;
- promoting the strengthening of existing regional mechanisms for the protection of human rights defenders, such as the focal point for human rights defenders and national human rights institutions of the OSCE Office for Democratic Institutions and Human Rights, the Commissioner for Human Rights of the Council of Europe, the Special Rapporteur on Human Rights Defenders of the African Commission on Human and Peoples' Rights and the special Human Rights Defenders Unit within the Inter-American Commission on Human Rights, and the creation of appropriate mechanisms in regions where they do not exist.

### **Support for Special Procedures of the UN Human Rights Council, including the Special Rapporteur on Human Rights Defenders**

13. The EU recognises that the Special Procedures of the UN Human Rights Council (and the individuals and groups carrying them out: Special Rapporteurs, Special Representatives, Independent Experts and Working Groups) are vital to international efforts to protect human rights defenders because of their independence and impartiality and their ability to act and speak out on violations against human rights defenders worldwide and undertake country visits. While the Special Rapporteur on Human Rights Defenders has a particular role in this regard, the mandates of other Special Procedures are also of relevance to human rights defenders. The EU's actions in support of the Special Procedures will include:

- encouraging States to accept as a matter of principle requests for country visits under UN Special Procedures;
- promoting, via EU Missions, the use of UN thematic mechanisms by local human rights communities and human rights defenders including, but not limited to, facilitating the establishment of contacts with, and exchange information between, thematic mechanisms and human rights defenders;
- since the Special Procedure mandates cannot be carried out in the absence of adequate resources, EU Member States will support the allocation of sufficient funds from the general budget to the Office of the United Nations High Commissioner for Human Rights.

### **Practical supports for Human Rights Defenders including through Development Policy**

14. Programmes of the European Union and Member States aimed at assisting in the development of democratic processes and institutions, and the promotion and protection of human rights in developing countries – such as the European Instrument for Democracy and Human Rights – are among a wide range of practical supports for assisting human rights defenders. These can include but are not necessarily limited to the development cooperation programmes of Member States. Practical supports can include the following:

- supporting human rights defenders, as well as NGOs that promote and protect human rights defenders' activities, through such activities as capacity building and public awareness campaigns, and facilitating cooperation between NGOs, human rights defenders and national human rights institutions;
- encouraging and supporting the establishment, and work, of national bodies for the promotion and protection of human rights, established in accordance with the Paris Principles, including, National Human Rights Institutions, Ombudsman's Offices and Human Rights Commissions.

- assisting in the establishment of networks of human rights defenders at international level, including by facilitating meetings of human rights defenders both within and outside the EU;
- seeking to ensure that human rights defenders in third countries can access resources, including financial resources, from abroad and that they can be informed of the availability of those resources and of the means of requesting them;
- ensuring that human rights education programmes promote, inter alia, the UN Declaration on Human Rights Defenders;
- providing measures for swift assistance and protection to human rights defenders in danger in third countries, such as, where appropriate, issuing emergency visas and facilitating temporary shelter in the EU Member States.

### **Role of Council Working Parties**

15. In accordance with its mandate COHOM will keep under review the implementation and follow-up to the Guidelines on Human Rights Defenders in close coordination and cooperation with other relevant Council Working Parties. This will include:

- promoting the integration of the issue of human rights defenders into relevant EU policies and actions;
- undertaking reviews of the implementation of these Guidelines at appropriate intervals;
- continuing to examine, as appropriate, further ways of cooperating with UN and other international and regional mechanisms in support of human rights defenders;
- reporting to the Council, via PSC and COREPER, as appropriate on an annual basis, on progress made towards implementing these Guidelines.

## Macluumaad ku saabsan Farsamooyinka Dowliga iyo kuwa Goboleed

### Nidaamyada Goboleed iyo Kuwa Dowliga

#### Golaha Afrikaanka ee Xuquuqda Aadanaha iyo Dadyowga (ACHPR)

Waxaa lagu dhisay Axdiga Afrikaanka ee Xuquuqda Aadanaha iyo Dadyowga oo dhaqangalay 21kii Oktoober 1986 kaddib markii ey ku aqbaleen Nairobi (Kenya) sanadkii 1981 Golaha Guud ee Madaxda Dowladaha yio Xukuumadaha Ururka Midowga Afrika (UMA). Waxuu Golaha Afrikaanka ee Xuquuqda Aadanaha iyo Dadyowga u xilsaaranyahay xaqiijinta horumarinta iyo ilaalinta Xuquuqda Aadanaha iyo Dadyowga ee dhammaan Qaaradda Afrika. Xaruunta Golaha waxay ku taallaa Banjul, Gambia.

**African Commission on Human and Peoples' Rights**  
**31 Bijilo Annex Layout, Kombo North District**  
**Western Region**

**P. O. Box 673**

**Banjul, The Gambia**

**Email: [achpr@achpr.org](mailto:achpr@achpr.org)**

**Tel: (220) 4410 505 / 4410 506**

**Fax: (220) 4410 504**

Official Site: <http://www.achpr.org>

#### Khariidada tubta loola Shaqeynayo Bulshada Rayadka: Habka ey Dowladahu u Wargalinayaan Golaha Xuquuqda Aadanaha iyo Dadyowga

Adeegga Dowliga ee Xuquuqda Aadanaha (International Service for Human Rights), Ururka Caddaaladda, Nabadda iyo Dimoqoraadiyada (Association for Justice, Peace and Democracy) , iyo Xuquuqda Aadanaha ee Conectas (Conectas Human Rights ) (2011)

Axdiga Afrikaanka ayaa saaraya masuuliyado cayiman Dowladaha Xubnaha ka ah Midowga Afrika (MA) si ay dalalkooda uga dhaqangaliyaan Axdiga Afrikaanka. Gaar ahaan, Dowlad kasta oo dhinac ka ah waxaa saran waajibaaadka in ey labadii sano mar, laga soo billaabo taariikhda uu Axdigu dhaqangalay, u soo gudbiso warbixin ku saabsan tallaabooyinka qaanuuneed iyo kuwa kale oo ey ka qaaday sidii ey u hirgalisay xuquuqda iyo xorriyaadka lagu aqoonsaday, laguna dammaanadqaaday Axdiga (Qodobka 62). Waa fursad lagu qiimeynayo tallaabooyinka ey Dowladahu u qaadeen sidii loo hormarin lahaa xuquuqda lagu ilaaliyay AAXAD

(ACHPR) iyo hab-maamuuseedyada, lagu aqoonsado caqabadaha horyaalla sidii loo xaqiijin lahaa xuquuqdaas iyo sidii loo soo saari lahaa talooyin lagu wanaajinayo dhaqammada Dowladda. Waxaa lagama maarmaan ah ka qeybgalka bulshada rayadka si loo helo qodobka ka dhan ah warbixinnada xukuumadaha taas oo xaqiijineysa in Golaha uu helo sawirka dhabta ah ee xaaladda jirta. Guud ahaan, Dowladaha dhinacyada ah ayaa muujiyay in ey ka cagajiidayaan ka qeybgalka hannaanka: Dowladaha dhinacyada ah badankooda ayaan sidii la rabay u soo gudbin warbixinnada; Dowladaha ayaa ku dhacay in ey si firfircoon ula falgalaan AAXAD; Golahuna ma laha awood uu ku xaqiijiyay inuu sameeyo dabaggalkii la rabay iyo dhaqangalinta talooyinka. Qiyaastii tiro aad u yar ayaa si joogto ah uga qaybgala kalfadhiyada AAXAD ayadoo kuwa ka qeybgala eysan badanaaba diiradda saarin habka ey Dowladahu u soo gudbiyaan warbixinnada. Waxaa intaas dheer, ayadoo talooyinka la heli karo ee ku saabsan sida ey bulshada rayadka uga qaybgalaan howlaha AAXAD eysan sidaas u eegin habraacaan. Khariidaddaan muujineysa tubta la raacayo ayaa ah dadaal wax looga qabanayo dulduleeladaan, ayadoo ururrada bulshada rayadka (UBR) ku dhiirrigalineysa inay si ballaaran uga qaybgalaan habraacaan. Waxay bixineysaa warar asaasi ah, ayadoo fasiraad ka bixineysa caqabadaha jira, sidoo kalena nala wadaageysa tilmaamo ku salaysan waayo-aragnimooyinka UBR oo ku saabsan sidey ula shaqeeyeen AAXAD.

Link: [http://www.ishr.ch/component/docman/doc\\_download/1325-road-map-to-the-ahcpr-english](http://www.ishr.ch/component/docman/doc_download/1325-road-map-to-the-ahcpr-english)

Af Faransiis: [http://www.ishr.ch/component/docman/doc\\_download/1326-roadmap-to-the-achpr-french](http://www.ishr.ch/component/docman/doc_download/1326-roadmap-to-the-achpr-french)

#### Xeerarka Habraaca Golaha Afrikaanka ee Xuquuqda Aadanaha iyo Dadyowga (Rules of Procedure of the African Commission on Human and Peoples' Rights)

Xeerarka Habraaca ayaa dhisaya dokumentiyada tilmaamaya howl maalmeedka Golaha Afrikaanka ee Xuquuqda Aadanaha iyo Dadyowga. Waxaa ka mid ah xubnaha uu Golaha ka kooban yahay, xilkiisa, farsamooyinka la raacayo marka warbixin la sameynayo iyo farsamooyin dheeraad ah.

Link: <http://www.achpr.org/english/ROP/Rules%20of%20Procedure.pdf>

### **Axdiga Afrikaanka ee Xuquuqda Aadanaha iyo Dadyowga**

Axdiga Afrikaanka ee Xuquuqda Aadanaha iyo Dadyowga (Banjul Charter) oo dhaqangalay 1986 ayaa ah nidaamka xuquuqda aadanaha ee ugu muhimsan gobolka.

Barta Rasmiga ah: [http://www.achpr.org/english/\\_info/charter\\_en.html](http://www.achpr.org/english/_info/charter_en.html)

Af Faransiis: [http://www.achpr.org/francais/\\_info/charter\\_fr.html](http://www.achpr.org/francais/_info/charter_fr.html)

### **Dokumenti Tilmaamo ka Bixinaya Axdiga Afrikaanka ee Xuquuqda Aadanaha iyo Dadyowga (A Guide to the African Charter on Human and Peoples' Rights)**

Amnesty International (2006)

Dadka u ololeeya xuquuqda aadanaha iyo ururada samafalka ee Afrika ayaa kor u qaadi kara shaqadooda la-xisaabtanka xukuumadaha marka ey iskaashi la sameeyaan Golaha Afrikaanka ee Xuquuqda Aadanaha iyo Dadyowga. Ujeeddada laga leeyahay Hagaha Tilmaamo Ka Bixinaya Golaha Afrikaanka ayaa ah inuu ka caawiyo ururada samafalka ee Afrika iyo difaacayaasha xuquuqda aadanaha ee kale si ay u helaan jid ay u maraan helitaanka taageerada Golaha Afrikaanka.

Barta Rasmiga: <http://www.amnesty.org/en/library/info/IO63/005/2007>

Af Ingiriisi: <http://www.amnesty.org/en/library/asset/IO63/005/2007/en/6796e85a-d36a-11dd-a329-2f46302a8cc6/ior630052007en.pdf>

Af Carabi: <http://www.amnesty.org/en/library/asset/IO63/005/2007/en/0af52585-9319-4850-b08a-d648d53da5d2/ior630052007ara.pdf>

Af Faransiis: <http://www.amnesty.org/en/library/asset/IO63/005/2007/en/0df88665-58ec-4214-aa0f-0685522634a0/ior630052007fra.pdf>

### **Dabaaldega Axdiga Afrikaanka oo 30 Jirsaday: Dokumenti Tilmaamo Ka Bixinaya Nidaamka Xuquuqda Aadanaha Afrikaanka (Celebrating the African Charter at 30: A Guide to the African Human Rights System)**

Xaruunta Xuquuqda Aadanaha ee Jaamacadda Pretoria & AAXAD (Human Rights Centre at The University of Pretoria & ACHPR (2011))

Dokumentiga ayaa si kooban uga hadlaya taariikhda Axdiga Afrikaanka, guulaha uu gaaray Golaha Afrikaanka ee Xuquuqda Aadanaha iyo Dadyowga,

hey'addeeda dabaggalka, asagoo saadaal ka bixinaya caqabadaha mustaqbalka imaan kara. Inkasta oo Golaha Afrikaanku uu illaa iyo imminka ahaa hey'adda xuquuqda aadanaha ee Afrika ugu muhimsan, ayaa waxaa dhammeystir ku sameeya Maxkamadda Afrika ee Xuquuqda Aadanaha iyo Dadyowga (*African Court on Human and Peoples' Rights*), iyo Guddiga Khubarada Afrikaanka ee Xuquuqda iyo Ilaalinta Carruurta (*African Committee of Experts on the Rights and Welfare of the Child*). Hey'adahaan iyo Dokumentiyada lagu asaasay ayaa sidoo kale laga hadlay si loo helo sawir dhammeystiran oo ku saabsan nidaamka xuquuqda aadanaha ee Afrikaanka.

Af Ingiriisi: [http://www.pulp.up.ac.za/pdf/2011\\_13/2011\\_13.pdf](http://www.pulp.up.ac.za/pdf/2011_13/2011_13.pdf)

Af Faransiis: [http://www.pulp.up.ac.za/pdf/2011\\_14/2011\\_14.pdf](http://www.pulp.up.ac.za/pdf/2011_14/2011_14.pdf)

### **Ergeyga Gaarka ah ee AAXAD u Qaabbilsan Difaacayaasha Xuquuqda Aadanaha ee Afrika (ACHPR Special Rapporteur on Human Rights Defenders in Africa)**

Si la mid ah nidaamka QM ee hababka gaarka (kooxo shaqo, khabiiri madaxbannaan iyo ergo gaar ah) ayaa sidoo kale MA u leeyahay habab gaar ah. Ergeyga gaarka ah ayaa ka shaqeeya arrimaha difaacayaasha xuquuqda aadanaha Afrika.

Barta Rasmiga: [www.achpr.org/english/\\_info/index\\_hrd\\_en.html](http://www.achpr.org/english/_info/index_hrd_en.html)

### **Qaraarka AAXAD ee Ilaalinta Difaacayaasha Xuquuqda Aadanaha Afrika (ACHPR Resolution on the Protection of Human Rights Defenders in Africa)**

Qaraarkan ayaa ah dokumentiga rasmiga ee sheegaya xilka Ergeyga Gaarka ah ee Difaacayaasha Xuquuqda Aadanaha.

Barta Rasmiga: [http://www.achpr.org/english/\\_info/hrd\\_res\\_appoin\\_3.html](http://www.achpr.org/english/_info/hrd_res_appoin_3.html)

### **Midowga Yurub**

#### **Dokumentiyada MY ee ku saabsan Difaacayaasha Xuquuqda Aadanaha (EU Guidelines on Human Rights Defenders)**

Taageerada la siiyo difaacayaasha xuquuqda aadanaha ayaa ah arrin waqti hore la dajiyay oo ka mid ah siyaasadda xiriirka dibedda ee xuquuqda aadanaha Midowga Yurub. Ujeeddada laga leeyahay

Dokumentiyadaan ayaa ah in ey bixiyaan talooyin la dabbaqi karo oo lagu hormarinayo tallaabada MY ka qaadayso arrintaan. Waxaa Dokumentiyadaan loo adeegsan karaa marka lala xiriirayo dalalka saddaxaad heerkii ey doonto ha ahaatee iyo marka laga qeybgalayo shirarka xuquuqda aadanaha looga hadlayo oo ey dhinacayo badan ka soo qaybgalaan, si loo taageero loona xoojiyo daadallada socda oo MY ku dooneyso in kor loogu qaado laguna dhiirrigaliyo xushmeynta xaqa loo leeyahay in la difaaco xuquuqda aadanaha.

Link: <http://www.consilium.europa.eu/uedocs/cmsUpload/GuidelinesDefenders.pdf>

### **Midowga Yurub: U Kicidda Caqabadda Horyaalla Ilaalinta Difaacayaasha Xuquuqda Aadanaha (European Union: Rising to the Challenge of Protecting Human Rights Defenders) Amnesty International (2008)**

Waxaa buuggaan loogu talagalay kuwa sida tooska ah ugu howlan hirgalinta 'Dokumentiyada Yurub ee ku Saabsan Difaacayaasha Xuquuqda Aadanaha'. Ujeeddada laga leeyahay Dokumentiyada "ayaa ah bixinta talooyin la dabbaqi karo oo lagu hormarinayo tallaabada MY" ey qaadeyso ee la xiriirta difaacayaasha xuquuqda. Haddii si buuxda loo hirgaliyo, waxaa jireysa fursad ballaaran oo isbaddal lagu keeni karo. Ujeeddada dokumentigaan ayaa ah xoojinta talooyinka ey Amnesty International ku soo saartay warbixinteedii 2007 iyo in la qaado tallaabo dheeraad ah, wax-ku-ool ah, nidaamsan isla markaasna si joogto ah loogu taagerayo, laguna ilaalinayo difaacayaasha xuquuqda aadanaha.

Barta Rasmiga ah: <http://www.amnesty.org/en/library/info/EUR01/009/2008/en>

Af Ingiriis: <http://www.amnesty.org/en/library/asset/EUR01/009/2008/en/af7612f2-3eb0-11dd-9656-05931d46f27f/eur010092008eng.pdf>

Af Faransiis: <http://www.amnesty.org/en/library/asset/EUR01/009/2008/en/9433a40d-6d26-11dd-8e5e-43ea85d15a69/eur010092008fra.pdf>

### **Qaramada Midoobay Baaqa Qaramada Midoobay ee Difaacayaasha Xuquuqda Aadanaha (1998)**

Baaqa QM ee ku saabsan Xaqa iyo Masuuliyadda Shaqsiyaadka, Kooxaha iyo Hey'adaha Bulshada si loo Horamariyo loona Ilaaliyo Xuquuqda Aadanaha iyo Xorriyaadka Asaasiga ah ee Caalamku Aqoonsaday (oo loo yaqaan marka la soo gaabiyo Baaqa QM ee Difaacayaasha Xuquuqda Aadanaha)

ayaa xeerinaya halbeegyada dowliga ee ilaaliya howsha difaacayaasha xuquuqda aadanaha ee ku nool dunida daafaheeda. Waxuu aqoonsanyahay sharciyadda howsha xuquuqda aadanaha iyo baahida loo qabo ilaalinta howshaas iyo kuwa sameeyaba. Sida uu qabo Baaqu, waxaa difaace xuquuqda aadanaha ah qof kasta oo ka shaqeeya horumarinta iyo ilaalinta xuquuqda aadanaha. Qeexiddaan ballaaran waxaa soo hoos galaya xirfadlayaasha iyo kuwa xirfadlaaweyaasha ah ee ka shaqeeya xuquuqda aadanaha, mutadawaciinta, wariyayaasha, garyaqaannada iyo qof kasta oo kale oo qabta, xataa si mar-soo-dhacaal ah, howl xuquuqda aadanaha ku saabsan.

Barta Rasmiga: <http://www.ohchr.org/EN/Issues/SRHRDefenders/Pages/Declaration.aspx>

### **Baaqa Caalamiga ee Xuquuqda Aadanaha**

Baaqa Caalamiga ee Xuquuqda Aadanaha, oo Golaha Guud ee QM aqbalay 10 Disember 1948, ayaa ah natiijada waayo-aragnimada laga dhaxlay Dagaalkii Dunida ee Labaad. Markii uu dhammaaday dagaalkaas, lana dhisay Qaramada Midoobay, ayaa beesha caalamku axdi ku martay in aan mar kale la oggolaan xasuuq la mid ah kii dhacay iska-horimaadkaas. Hoggaamiyayaasha dunida ayaa go'aansaday in lagu xoojiyo Axdiga QM khariidadda tubta la raacayo si loo dammaanadqaado xuquuqda qof kasta leeyahay, meeshuu doono ha ku noolaadee.

Barta Rasmiga ah: <http://www.un.org/en/documents/udhr/>

### **Ergayga Gaarka ah QM u Qaabilsan Xaaladda Difaacayaasha Xuquuqda Aadanaha**

Xilka ku saabsan xaaladda difaacayaasha xuquuqda aadanaha ayaa waxaa dhisay sanadkii 2000 Golaha Xuquuqda Aadanaha (asagoo ah Hab Gaar ah) si loo taageero hirgalinta Baaqa ku saabsan Difaacayaasha Xuquuqda Aadanaha ee soo baxay 1998. Qaraarkii 7/8 ee 2008 iyo qaraarkii 16/5 ee 2011 ayaa Golaha Xuquuqda Aadanaha ku go'aansaday in la sii wado xilka difaacayaasha xuquuqda aadanaha muddo saddax sano ah oo xiriirsan. Qofka xilka imminka haya, Marwo Margaret Sekaggya ayaa waxaa magacaabay Golaha Xuquuqda Aadanaha bishii Marso 2008. Marwo Sekaggya ayaa ah Garsoore reer Uganda ah, horeyna u aheyd Guddoomiyaha Guddiga Xuquuqda Aadanaha Uganda muddadii u dhaxeysay 2006 iyo 2008. Waxey xubin ka aheyd laga soo billaabo 2006 illaa 200 Xoogga Shaqo ee Heerka Sare ee Qaramada Midoobay u Qaabilsan Hirgalinta Xaqa Horumarka (*UN High Level Task Force on the*



*Implementation of the Right to Development).*

Barta rasmiga ah: <http://www2.ohchr.org/english/issues/defenders/index.htm>

Habka Cabashada: <http://www.ohchr.org/EN/Issues/SRHRDefenders/Pages/Complaints.aspx>

### **Faallo ku saabsan Baaqa difaacayaasha xuquuqda aadanaha (2011) (Commentary to the Declaration on human rights defenders (2011))**

'Faallada ku saabsan Baaqa difaacayaasha xuquuqda aadanaha' ayaa ah dokumenti 100 bog ka kooban oo sheegaya xuquuqda ku qoran Baaqa, taasoo badanaaba ku saleysan wararka ey heleen iyo warbixinnada ey soo saareen labada Ergey ee Gaarka ah ee qaabilsan xaaladda difaacayaasha xuquuqda aadanaha, Hina Jilani (200-2008) iyo Margaret Sekaggya (laga soo billaabo 2008), muddadii ahayd 11 sano ee la soo dhaafay.

Laga soo billaabo xaqa loo leeyahay ilaalin iyo xorriyada ra'yiga iyo soo bandhigidda fikirka, illaa iyo xaqa war-isgaarsiinta lala yeelanayo hey'adaha dowliga ah iyo helitaanka deeq, 'Faallada' ayaa falaanqeyneysa waxa ey xuquuqdaani ku saabsantahay iyo waxa loo baahanyahay si loo xaqiijiyo hirgaliintooda. Waxaa kale oo ey ka hadlaysaa xannibaadyada iyo xadgudbyada badanaaba soo foodsaara difaacayaasha, aydo bixineysa talooyin sahlaya sidii ey dowladdu u hirgali laheyd xaq kasta.

<http://www.ohchr.org/Documents/Issues/Defenders/CommentarytoDeclarationondefendersJuly2011.pdf>

### **Khaladaadka Aadanaha, Xuquuqda Aadanaha: Dokumenti tilmaamaya farsamaooyinka xuquuqda aadanaha ee Qaramada Midoobay (Human Wrongs, Human Rights: A guide to the human rights machinery of the United Nations) Northern Ireland Human Rights Commission & British Irish Rights Watch (2011)**

Dokumentigaan ayaa ka caawinaya ururada samafalka, garyaqaanada iyo shaqsiyaadka si ey u helaan waddo ey ku dhexmaraan farsamooyinka kala duwan ee xuquuqda aadanaha ee Qaramada Midoobay. Farsamooyinka ayaa dadka aan aqoonta u laheyn ugu muuqan kara kuwa qallafsan, balse ah haddii dokumentiga la raaco, kuwo dhabtii la gaari kari karo, eyna fududdahay sida loo isticmaalo. Inkasta oo guud ahaan loogu talagalay aqristayaasha Britain iyo Ireland, haddana wararka iyo macluumaadka uu dokumentigu xambaarsanyahay

ayaa faa'iido u yeelanaya dadka ku nool dalal badan oo dunida daafaheeda ka jira.

Link: <http://www.frontlinedefenders.org/manuals/human-wrongs-human-rights>

## **Mid kale**

### **Dadaallada Norway ku Taageereyso Difaacayaasha Xuquuqda Aadanaha: Hage loogu Talagalay Wasaaradda Dibadda (2010) (Norway's Efforts to Support Human Rights Defenders: Guide for the Foreign Service (2010))**

Waxaa la isku dubariday dokumentiyo loogu talagalay safaaradaha oo ku saabsan taageeridda difaacayaasha xuquuqda aadanaha, si loo xoojiyo taageerada laba-dhinaclaha ah oo Norway u fidinayso kooxdaan. Ujeeddada ugu muhimsan ee dokumentiyadaan ayaa ah sidii loo kaalmeyn lahaa Wasaaradda Arrimaha Dibadda iyo ergada Norway dibadda u fadhiya si ay u nidaamiyaan tallaabooyinka ey qaadayaan iyo dardargalinta dadaallada lagu taageerayo difaacayaasha xuquuqda aadanaha iyo shaqadoodaba. Waxuu Machadka Adeegga Dibadda (Foreign Service Institute) diyaariyay cutub ku saabsan difaacayaasha xuquuqda aadanaha oo ka mid ah tababar la xiriira xuquuqda aadanaha oo internetka laga barto taasoo ka mid ah tillaabooyinka lagu dhisayo awoodda shaqaalaha.

Link: [http://www.regjeringen.no/en/dep/ud/Documents/veiledninger/2010/hr\\_defenders\\_guide.html?id=633052](http://www.regjeringen.no/en/dep/ud/Documents/veiledninger/2010/hr_defenders_guide.html?id=633052)

## Macluumaad loogu talagalay Difaacayaasha Xuquuqda Aadanaha

### Ilaalinta iyo Amniga Difaacayaasha Xuquuqda Aadanaha

#### **Buug Cusub oo ku Saabsan Ilaalinta Difaacayaasha Xuquuqda Aadanaha Protection International (2009)**

Ujeeddada laga leeyahay buuggaan cusub ayaa waxay tahay inuu siiyo difaacayaasha xuquuqda aadanaha aqoon dheeraad ah iyo dhowr qalab oo faa'iido u yeelan kara wanaajinta fahamkooda la xiriira amniga iyo ilaalinta. Waxaa la rajeynayaa in buuggu oo kaalmo ka geysto tababbarka amniga iyo ilaalinta asagoo difaacayaasha ka caawin doona sidii ey ayagu u qiimeyn lahaayeen khatarta una qeexi lahaayeen xeerarka iyo hababka amniga oo ku habboon xaaladdooda gaarka ah. Waxaa buuggaani ka dhashay in ka badan 25 sano oo waayo-aragnimo ah ee xubnaha hey'adda Protection International -IP- oo ka shaqeyneysay qawaaniinta xuquuqda aadanaha iyo aadaminnimada iyo ilaalinta DXA iyo kooxoha kale ee nugul. Waayo-aragnimada xubnaha PI ayaa ka soo uskuntay xiriirkii ey hore ula lahaayeen howl-wadeennadii goobta iyo qaab-dhismeedkii Peace Brigades International -PBI. Waxaan helnay fursad aan ka barano, kulana wadaagno waayo-aragnimooyin iyo aqoon boqollaal difaacayaal oo goobta jooga, iyo sidoo kale aqoon-isweydaarsiyo, kulammo, iyo doodo ku saabsan amniga. Badanka nuxurka uu buuggu xambaarsanyahay ayaa hore loogu dabbaqay shaqo ilaalin ama lagu tababaray difaacayaal ka soo qeybgalay aqoon-isweydaarsiyo. Waxuu buuggaani yahay miraha ka dhashay waxyaabaha la isdhaafsaday, annagoo mahad weyn uga heynta difaacayaashii lugta ku lahaa gacan-ka-geesashadooda.

Link: <http://www.protectionline.org/New-Protection-Manual-for-Human>

#### **Front Line: Buug-shaqo oo amniga ku saabsan: Tallaabooyinka la qaadi karo si loo badbaadiyo difaacayaasha xuquuqda aadanaha ee khatar ku jira (Front Line: Workbook on security: Practical steps for human rights defenders at risk) Front Line (2011)**

Buuggaan shaqo ee amniga ku saabsan ayaa loo habeeyay si kor loogu qaado wacyiga la xiriira arrimaha amniga iyo si looga kaalmeeyo difaacayaasha xuquuqda aadanaha tixgalinta sidii

ey u yareyn lahaayeen khatarada. Waxuu buugaan shaqo marsiinayaa difaacayaasha xuquuqda aadanaha tallaabooyinka lagu dajinayo qorshe amni – oo loogu talagalay shaqsiyaad ama ururo. Waxuu raacayaa abbaare nidaamsan oo lagu qiimeynayo xaaladda amnigoodu ku sugan yahay, laguna sameynayo xeelado iyo tabab lagu yareynayo khatartaas iyo nugeylnimada.

Link: [http://www.frontlinedefenders.org/files/Workbook\\_ENG.pdf](http://www.frontlinedefenders.org/files/Workbook_ENG.pdf)

#### **Amniga oo sanduuq ku jira (Security in a Box) Front Line & Tactical Technology Collective (2011)**

Amniga oo sanduuq ku jira ayaa ah dadaal ey iska kaashadeen Tactical Technology Collective iyo Front Line. Waxaa loo abuuray sidii loo dabooli lahaa baahida amniga iyo khasuusiyaadka (waxyaabaha gaarka kuu ah) kombiyuutarada dadka u ololeeya iyo difaacayaasha xuquuqda aadanaha. Waxaa ka mid ah Amniga sanduuqa ku jira buug-yar oo sheegaya sida wax loo sameynayo, kaas oo ka hadlaya arrimo dhowr ah oo muhim u ah amniga kombiyuutarada. Waxuu kale uu bixinaya Dokumentiyaal dhowr ah oo tilmaamo bixiya (*Hands-on Guides*), oo mid kasta uu ku jiro barnaamij kombiyuutar gaar ah oo lacagla'aan ah ama qalab barnaamij kombiyuutar oo furan, iyo farrimo ku sheegaya sidaad u isticmaali laheyd qalabkaas si aad u sugto amniga kombiyuutarkaaga, u ilaaliso xogtaada ama u xafiddo khasuusiyaadkaaga markaad war-iskaarsiin internet sameyneyso.

Barta Rasmiga ah: <http://security.ngoinabox.org/>

Af Ingiriis: <https://security.ngoinabox.org/en>

Af Faransiis: <https://security.ngoinabox.org/fr>

Af Carabi: <https://security.ngoinabox.org/ar>

#### **Dokumenti Tilmaamo ka Bixiya Ilaalinta Aqoonsigaaga iyo Amnigaaga markaad Adeegsaneyso Internetka iyo Telefonada Gacanta (2011) (A Practical Guide to Protecting Your Identity and Security Online and When Using Mobile Phones (2011))**

Waxaa dokumentigaan loo diyaariyay muwaaddiniinta ku nool Bariga Dhexe iyo Waqooyiga Afrika oo doonaya in ey si ammaan leh teknolojiyada u adeegsadaan marka ey war-iskaarsiin sameynayaan, abaabulayaan ama ey wadaagayaan macluumaad (warbixinno, warar, warbaahin iwm), waxaase adeegsan kara qof kasta

oo internetka isticmaalaya, meeshii uu doono ha joogee, doonayana inuu ilaaliyo khasuusiyaadkooda iyo amnigooda. Waxaa loo diyaariyay dad kala duwan oo aqoonta ey Kombyuutarada u leeyihiin tahay meel dhexaad isla markaasna doonaya in ey ogaadaan tallaabooyinka ey qaadi karaan si ey u sugaan amnigooda marka ey adeegsanayaan internetka iyo teleefonada gacanta. Waxuu dokumentigaani leeyahay talooyin iyo qalab lagu yareyn karo jaajuusnimada iyo dabaggalka, difaaca khasuusiyaadka, iyo wax-ka-qabashada faafreebka. Waxuu ka hadlayaa: sida adoo amni heysta aad u adeegsaneyso email, ulana sheekeysan karto dad kale, sidaad u sameysaneyso afgarad (password) wanaagsan, sida aad Kombyuutarkaaga uga ilaalin lahayd fayrusyada iyo qalabka wax jaajuusa, sida looga wareegsado faafreebka internetka adigoo aan lagu garan, tabaha amniga loo adeegsan karo telefonada gacanta, asagoo kugu xiriirinaya baro macluumaad dheeraad ah aad ka heleysa.

Link: [http://www.protectionline.org/IMG/pdf/fcea379753a53a03bf\\_ofm6bnld6.pdf](http://www.protectionline.org/IMG/pdf/fcea379753a53a03bf_ofm6bnld6.pdf)

### **Maareynta Amniga Howlgalka Degaan Shaqaaqo ka Jirto (2010) (Operational Security Management in Violent Environments (2010) Humanitarian Practice Network (2010)**

Laga soo billaabo daabacaaddii kowaad ee Dib U Eegidda Dhaqan Wanaagga 8 ee Maareynta Amniga Howlgalka Degaanno Shaqaaqo ka Jirto (Good Practice Review 8 on Operational Management in Violent Environments) ee tobaneeyo sano ka hor, ayaa waxaa si aad ah isku baddalay degaanka amniga dunida. Duruufo cusub ee dagaal ayaa abuuray ilo cusub oo cabsigalinaya tallaabooyinka loo qaadayo dhinca aadminnimada dowliga ah. Shaqaaqada sii kordheysa oo lagu hayo shaqaalaha samafalka iyo howlgalladooda, sida badashada afduubka iyo weerarada halista ah oo lagu qaadayo, ayaa saameyn culus ku yeeshay shaqada gurmada aadminnimada ee duruufaha amni-darradu ka jirto. Markaas ayaa hey'adaha qudhoodu si aad ah ugu baraarugeen baahida loo qabo in amni iyo badbaado loo helo shaqaalahooda. Ayadoo ka jawaabeysa isbaddaladaan ayaa hey'adda la yiraahdo Humanitarian Practice Network daabacday caddad cusub ee GPR 8. Caddadka cusub ayaa casriyeeyay qoraalkii asalka ahaa isla markaasna ku daray mowduucyo cusub, sida dhinacyada amniga ee barnaamij u sameynta 'maareynta fog', dhaqanka wanaagsan ee xiriirinta amniga hey'adaha ka dhaxeeya, iyo sida loo dabaggalo, loo wadaago, loona falaanqeeyo wararka amniga. Caddadka cusub

ayaa sidoo kale bixinaya abbaare dhammeystiran oo lagu maareeyo dhacdooyinka culus, gaar ahaan afduubka iyo madaxfurashada, waxuuna ka hadlayaa arrimo la xiriira khatarta argagixisada.

Link: <http://www.odihpn.org/hpn-resources/good-practice-reviews/operational-security-management-in-violent-environments-revised-edition>

### **Kamerooyin Meelkasta: Caqabadaha iyo Fursadaha Xilligaan ka jira Isgooyaska Xuquuqda Aadanaha, Fidiyowga iyo Teknolojiyada (Cameras Everywhere: Current Challenges and Opportunities at the Intersection of Human Rights, Video and Technology) Witness (2011)**

Warbixintaan ayaa weydiineysa su'aalo adag oo ku saabsan sida loo ilaaliyo, awoodna loogu yeelo kuwa isku daya in ey fidiyow ku soo bandhigaan caddaalad-darrooyinka jira. Waxey bixineysaa taalooyin gaar ah oo ku saabsan tallaabooyin dhaqso leh oo mustaqbalka la qaadi karo si loo yareeyo khatarta kuwa halista galiya noloshooda. Warbixintaan ayaa ah tallaabo muhim ah oo lagu fahmayo sida looga faa'iideysto awoodda fidiyowga iyo teknolojiyada si awood loogu yeelo dadka halganka ugu jira ilaalinta iyo difaaca xuquuqda aadanaha. Waxaan ku jirnaa casrigii teknoolojiyadu wax baddaleysay.

Af Ingiriis: <http://witness.org/cameras-everywhere/report-2011/inquiry-form>

Af Carabi: [http://witness.org/sites/default/files/downloads/ce\\_exec\\_summary\\_arabic-final2.pdf](http://witness.org/sites/default/files/downloads/ce_exec_summary_arabic-final2.pdf)

### **Dhaqamada ugu Wanaagsan iyo Casharada Laga Bartay Ilaalinta Difaacayaasha Xuquuqda Aadanaha: Qawaaninta, Siyaasadda Qaramada iyo Waaxaha Difaacayaasha (Mujallad I)( Protection of Human Rights Defenders Best Practices and Lessons Learned: Legislation, National Policies and Defenders' Units (Volume I)) Protection International (2009)**

Sanadahaan dambe ayaa dhowr dowladood waxey soo saareen nidaamyada qarameed gaar ah oo lagu ilaaliyo difaacayaasha, kuwaas oo dhammaantood ka jira dalal eysan ka jirin nidaam ilaaliya difaacayaasha xuquuqda aadanaha. Nidaamyadaan (qawaaniin, siyaasado waxqabad, xaafiisyo) ayaa la dhisay kaddib markii uu cadaadis ka yimid (iskaashina wehliyo) ururada xuquuqda aadanaha qaramada iyo kuwa dowliga ah, ayadoo la adeegsaday kaalmada

qaanuuneed ee muhimka ah ee Baaqa QM ee Difaacayaasha Xuquuqda Aadanaha.

Haddii aan nahay **Protection International** horumarkann ayaa nagu dhaliyay inaan daraasad ku sameyno hindisooyinkaan qarmeed: maxey yihiin, maxeyse ka kooban yihiin? Sidey ku yimaadeen, sidee u shaqeeyaan, waase maxay saameynta ey ku yeelanayaan ilaalinta difaacayaasha? Waxaan dhisnay koox daraasad sameysa (oo ka kooban garyaqaano iyo khubaro ilaalineed), waxaan sameynay wareysiyo aad u badan oo aan la yeelanay rag iyo dumar difaacayaal ah iyo saraakiil dowladeed oo ka tirsan 16 dal oo ku kala yaal saddax qaaradood. Waxaa kale oo aan ku dhaqaaqnay hannaan aan ku uruurineyno, kuna falaanqeyneyno nidaamyada qawaaniinta lagu hirgaliyo ee heer qaran (annagoo isla markaasna baareyna kuwa caalamka iyo kuwa gobolka ka jira). Waxaan helnay oo kaliya muddadii ey daraasaddu socotay hindiseyaal noocaan ah oo ka yimid ururrada samafalka ee Brazil, Colombia, Guatemala, Mexico iyo Peru (Bartamaha iyo Koofurta Amerika), Uganda iyo Jamhuuriyadda Dimoqoraadiga ee Kongo (Afrika) iyo Nepal (Asiya). Inkasta oo ey jiri karaan dhowr urur oo ka shaqeynaya arrimo ilaalin la xiriira, gacan-ka-geysasho muhim ahna sameynaya ayaa haddana Guatemala (UDEFUGUA), Uganda (EHAHRDP) iyo Colombia (Somos Defensores Programme) oo kaliya ey leeyihiin saddex Waaxood ee difaacayaal oo si gaar ahaaneed ey u dhiseen bulshada rayadku. Waa horseedyaasha xeradaan, waxayna ka mid yihiin marka lagu daro Protection Desks oo ey dhistay PI iyo ururada kaalmeeya (sida Peace Brigades International), kooxaha bulshada rayadka oo howsha kaliya oo ey qabtaan tahay ilaalinta difaacayaasha goobta.

Link: <http://focus.protectionline.org/-Protection-of-human-rights->

**Dhaqamada ugu Wanaagsan iyo Casharada Laga Bartay Ilaalinta Difaacayaasha Xuquuqda Aadanaha: Dhinacyada Howlgalka Ilaalinta Difaacayaasha (Mujallad II) (*Protection of Human Rights Defenders Best Practices and Lessons Learned: Operational Aspects of Defenders Protection (Volume II)*)**  
**Protection International (2009)**

Mujalladaaan labaad, “Barnaamijyada Ilaalinta Difaacayaasha”, ayaa falaanqeynaya dhinacyada la dhaqangalin karo ee barnaamijyada ilaalinta: tallaabooyinka ey ka kooban yihiin, sida uu qaab-dhismeedkoodu yahay, iyo natiijooyinkooda. Waxuu buuggu diiradda saarayaa saddax dal oo

barnaamijyadooda ilaalinta ku saabsan la baaray, kuwaas oo kale ah Brazil, Guatemala iyo Colombia.

Link: <http://www.protectionline.org/Protection-of-human-rights,10400.html>

Carabi: [http://www.protectionline.org/IMG/pdf/manual\\_arabic\\_pi\\_\\_1st\\_edition\\_2009\\_\\_web.pdf](http://www.protectionline.org/IMG/pdf/manual_arabic_pi__1st_edition_2009__web.pdf)

## **Difaaca Xuquuqda Aadanaha**

### **Dabagalka iyo Baarista dilalka Siyaasadeed (Monitoring and Investigating Political Killings)**

**Amnesty International & CODESRIA (2000)**

Dabbaqidda mabaadii’da guud ee ku saabsan dabaggalka iyo diiwaangalinta gaarka u ah xaaladaha la socodka kiis lagu tuhunsanyahay inuu la xiriirto dil siyaasadeed.

Link: [http://www.protectionline.org/IMG/pdf/spa\\_killings.pdf](http://www.protectionline.org/IMG/pdf/spa_killings.pdf)

### **Ukweli – Dabgalka iyo Diiwaangalinta Xadgudubyada Xuquuqda Aadanaha ee Afrika (Ukweli - Monitoring and Documenting Human Rights Violations in Africa)**

**Amnesty International & CODESRIA (2000)**

Buug-gacmeedkaan iyo buug-yareyaalka la socda ayaa soo-saaristoodu jawaab u aheyd codsiyo la xiriira baahi degaanka Afrika looga qabo abbaare si wax-ku-ool ah, xirfadeysan, isla markaana sal ku leh degaanka oo lagu sameyn karo dabagalka iyo diiwaangalin, xaqiiqadana lagu raadin karo. Buugaagtaan isla socda ayaa raadinaya sidii loo fududeyn lahaa dabaggalka, diiwaangalinta iyo xaqiiqo-raadinta ey sameynayaan ururada iyo shaqsiyaadaka u ololeeya xuquuqda aadanaha taas oo ku saleysan dhaqammada ugu wanaagsan iyo waayo-aragnimooyinka difaacayaasha xuquuqda aadanaha ee Afrikaanka.

Link: [http://www.protectionline.org/IMG/pdf/Ukweli\\_eng.pdf](http://www.protectionline.org/IMG/pdf/Ukweli_eng.pdf)

### **Maxkamadda Dowliga ee Dambiyada – Xog loogu Talagalay Difaacayaasha Xuquuqda Aadanaha (The International Criminal Court - Information for Human Rights Defenders) Front Line**

Frontline Defenders ayaa daabacay buug ku saabsan Maxkamadda Dowliga ah ee Dambiyada oo loogu



talogalay difaacayaasha xuquuqda aadanaha. Waxuu buuggaani xambaarsan yahay xog muhim ah oo ku saabsan sida ey Maxkamaddu u shaqeyso, sida loola xiriiri karo, iyo sida uu shaqsi u adeegsan karo Maxkamadda.

Link: <http://www.frontlinedefenders.org/manuals/the%20international%20criminal%20court>

**Tabo Cusub ee Xuquuqda Aadanaha: Macluumaad loogu Talogalay Dadka Ka Shaqeeya (New Tactics in Human Rights: A Resource for Practitioners)**

**Tabo Cusub ee Xuquuqda Aadanaha (New Tactics in Human Rights) (2004)**

Dunida daafaheeda iyo heerar kasta, tuulo yar iyo xukuumadaha qaramada iyo sidoo kale heerarka ugu sarreeya caddaaladda dowliga ah, dadweynaha ayaa abuuraya isla markaasna adeegsanaya habab cusub oo ey kor ugu qaadayaan wax-ku-oolnimada shaqadooda. Mashruuca Tabaha Cusub ee Xuquuqda Aadanaha ayaa gacanta ku dhigay cusbooneynta tabaha asagoo la wadaagaya kuwa kale ee u hanqaltaagaya horumarinta xuquuqda aadanaha.

Link: <http://www.newtactics.org/ToolsforAction/TheNewTacticsWorkbook/Readordownloadfiles>

Af Carabi: <http://www.newtactics.org/ar/tools/new-tactics-human-rights-resource-practitioners>

Af Faransiis: <http://www.newtactics.org/fr/tools/new-tactics-human-rights-resource-practitioners-french>

Af Sawaxili: <http://www.newtactics.org/sw/tools/new-tactics-human-rights-resource-practitioners>

**Hirgalinta Xorriyadda Bandhigga Ra'yiga: Liis lagu hubiyo Hirgalinta Baaqa Mabaadii'da Xorriyadda Ra'yiga ee Afrika (Implementing Freedom of Expression A Checklist for the Implementation of the Declaration of Principles on Freedom of Expression in Africa) Article 19 (2006)**

Liisgaan wax lagu hubinaayo ayaa si gaar ah loogu hindisay ururrada bulshada rayadka ee Afrika iyo meelo kale oo doonaya in ey sameeyaan falaanqeyn dhammeystiran oo ku saabsan heerka hirgalinta Baaqa Mabaadii'da Xorriyadda Bandhigga Ra'yiga (*Declaration of Principles on Freedom of Expression*) ee dal kasta oo Afrika ka tirsan. Waxuu liisku u saamaxayaa ururada bulshada rayadka ee ka shaqeeya arrimaha la xiriira xorriyadda bandhigga ra'yiga iyo xog-helidda sidii loo hubin lahaa dulduleellada ka jira shuruudaha lagu xaqiijinayo,

laguna ilaalinayo xorriyadda bandhigga ra'yiga. Waxuu liisku u tarjumayaa si dhammeystiran qodob kasta oo Baaqa ka mid ah, asagoo bixinaya faahfaahin ballaaran oo ku saabsan sida ey tahay in loo hirgaliyo, looguna talogalay xorriyadda bandhigga ra'yiga.

Link: <http://www.article19.org/data/files/pdfs/tools/africa-foe-checklist.pdf>

**Dabaggalka Shaqaaqada ay Dowladdu ka Dambeyso ee Afrika (Monitoring state-sponsored violence in Africa) Qodobka 19 (2000)**

Waxaa dokumentigaan tilmaamaha bixinaya loogu talogalay in lagu dabagalo shaqaaqada ey dowladdu ka dambeyso ee Afrika ka dhaca, gaar ahaan waxaan ugu yeerno "cadaadis aan rasmi aheyn": howlo qarsoodi ah oo gacanta xukuumaddu ey qarsoon tahay ama dhar kale loo galiyay. Hase yeeshee, xirfadaha badankood ayaa loo isticmaali karaa xaalado kala duwan. Inkasta oo loogu talogalay dadka uu u ololeeya xuquuqda aadanaha ee Kenya, Nigeria iyo Koofurta Afrika, ayaa haddana waxaan rajeyneynaa in uu faa'iido u leeyahay tababarada dabaggalka Afrika dhammaanteed iyo waliba meelo kale. Dadka u ololeeya xuquuqda aadanaha waxey xor u yihiin in ey fududeeyaan ama ey waafajiyaan qeybaha dokumentigaan baahidooda gaarka ah, ayagoo sidoo kale ku turjumi kara afafka degaanka.

Link: <http://www.article19.org/data/files/pdfs/tools/monitoringviolenceafrica.pdf>

**Buug Khadka Internetka ku Jira oo ku Saabsan Xuquuqda Dhaqaale, Bulsho iyo Dhaqan (Economic, Social and Cultural Rights Online Manual) Front Line (2003)**

Front Line ayaa u xilsaarty SERA (Social and Economic Rights Action Center) in ey soo saarto buug khadka internetka ku jira oo si gaar ah uga hadlaya xuquuqda Dhaqaale, Bulsho iyo Dhaqan.

Link: <http://www.frontlinedefenders.org/manuals/eco-soc-cul>

**Buugga Xuquuqda Madaniga iyo Siyaasadda (Civil and Political Rights Manual) Front Line (2003)**

Front Line ayaa u xilsaartay La-taliyayaal Xuquuqda Aadanaha in ey soo saaraan buug khadka internetka ku jira oo loogu talogalay difaacayaasha xuquuqda



aadanaha ee ka shaqeyya Xuquuqda Madaniga iyo Siyaasadda.

Link: <http://www.frontlinedefenders.org/manuals/frontline-civil-political-rights>

Af Ingiriis: <http://www.frontlinedefenders.org/manual/en/>

Af Carabi: <http://www.frontlinedefenders.org/manual/ar/>

Af Faransiis: <http://www.frontlinedefenders.org/manual/fr/>

### **Warbaahinta iyo caqabadaha ka jira tabinta wararka xuquuqda aadanaha (*Journalism, media and the challenge of human rights reporting*)**

**International Council on Human Rights Policy (2002)**

Ujeeddada warbixintaan ayaa ah in laga doodo dhibaatooyinka ka jira tabinta arrimaha la xiriira xuquuqda aadanaha iyo sidii loo dajin lahaa casharada lagala soo bixi karo waayo-aragnimooyinka kala duwan si loogu helo tallooyin caafimaad qaba dadka ka shaqeyya warbaahinta, kuwa siyaasadda dajiya, iyo kuwa u dooda xuquuqda aadanaha. Ujeeddada ayaa ah wanaajinta tayada iyo joogteynta shaqada xeradaan.

Link: [http://www.ichrp.org/files/reports/14/106\\_report\\_en.pdf](http://www.ichrp.org/files/reports/14/106_report_en.pdf)

### **Difaacayaasha Xuquuqda Aadanaha Haweenka**

**Jawaab Deg-deg ah oo loogu Talagalay Difaacayaasha Xuquuqda Aadanaha Haweenka Halista ku Jira: Khariidad u Sameyn iyo Qiimeyn Hor-u-dhac ah (*Urgent Responses for Women Human Rights Defenders at Risk: Mapping and Preliminary Assessment*) Association for Women's Rights in Development (2011)**

AWID oo ah urur u dooda xuquuqda haweenka iyo Isbaheysiga Dowliga ah ee Difaacayaasha Xuquuqda Aadanaha Haweenka (Women Human Rights Defenders International Coalition) ayaa dib u eegid ku sameeyay jawaabo deg-deg ah oo aad u ballaaran eyna heli karaan Difaacayaasha Xuquuqda Aadanaha Haweenka (DXAH) ee halista ku jira ee ku kala nool dunida daafaheeda. Warbixintaan ayaa qeexaysa noocyada macluumaadyada iyo xeeladaha la heli karo si loogu jawaabo xaaladaha deg-degga ah ee ku saabsan shaqaaqo ka dhan ah DXAH iyo sidoo kale

qaar ka mid ah ururada kuwaas bixiya.

Daabacaaddaan ayaa qeyb ka ah tixane cusub oo AWID la soo saareyso Dalladaa Dowliga ah ee Difaacayaasha Xuquuqda Aadanaha Haweenka. Ujeeddada laga leeyahay tixaneha DXAH ayaa ah kor u qaadista wacyiga la xiriira mucluumaadka ka jira sidii taageero loogu fidin lahaa, loona difaaci lahaa DXAH iyo xaqiijinta sidii dadka u ololeeya xuquuqda haweenka ee dunida daafaheeda ku nool ey u heli lahaayeen xogta loo baahan yahay iyo in ey si fudud u helaan macluumaadkaan.

Af Ingiriis: <http://www.awid.org/Media/Files/WHRD-Urgent-Responses-ENG>

Af Carabi: <http://www.awid.org/Media/Files/urgent-responses-arabic>

### **Xaqiijinta Xuquuqda – Macluumaad Loogu Talagalay Aqoon-isweydaarsiyo ku Saabsan Joojinta Shaqaaqada Dhanka ka ah Haweenka (*Making rights a reality - toolkits for workshops on stopping violence against women*)**

**Amnesty International (2004)**

Dokumenti tilmaan ka bixinaya waajibaadyada dowladaha ka saaran sidii ey xuquuqda haweenka uga dhigi lahaayeen kuwo xaqiiqo ah – hirgalinta waajibaadyada ku qoran heshiisyada iyo qaanuunka dowliga ah ee caadada ku saleysan kuna saabsan xushmeynta, ilalinta iyo hirgalinta xuquuq aadanaha, qaanuun ahaan iyo ku-dhaqan ahaan.

Link: <http://www.amnesty.org/fr/node/867>

**Buug Xambaarsan Macluumaad ku Saabsan Difaacayaasha Xuquuqda Aadanaha Haweenka (*Resource Book on Women Human Rights Defenders*) International Consultation on Women Human Rights Defenders (2005)**

Qoraallo la isku soo ururiyay oo laga soo jeediyay kulamadii Wadatashiga Dowliga ah ee Difaacayaasha Xuquuqda Aadanaha Haweenka (*the International Consultation on Women Human Rights Defenders*) oo lagu qabtay Colombo, Sri Lanka, muddadii u dhaxeysay 29 Nofember – 2 Disember 2005. Qoraallada ayaa loo habeeyay shan qeybood: fasiraadda duruufka iyo saldhigga ololeha, taariikhda iyo aragtida ka dambeysa erey-bixinnada, arrimaha muhimadda sare leh ee ku wajahan haweenka difaacayaasha xuquuqda aadanaha, talooyin la xiriira sidii loo heli lahaa xeelado ilaalin, iyo sidii haweenka ka shaqeyya baadigoobka caddaaladda ey u heli

lahaayeen cid ey la xisaabtamaan.

Link: <http://www.forum-asia.org/?p=5422>.

### **Talooyin ku saabsan Hirgalin Jinsi u Gaar ah ee Dokumentiyada Midowga Yusub ee ku Saabsan Difaacayaasha Xuquuqda Aadanaha (Recommendations for Gender Specific Implementation of the European Union Guidelines on Human Rights Defenders)**

Qoraalkaan qabyada ah ayaa fasiraad guud ka bixinaya talooyin la hirgalin karo looguna talogalay Ergada MY (oo ey ku jiraan safaaradaha iyo qunsullada dowladaha xubnaha ka ah iyo Ergada MY) marka ey hirgalinayaan “Xaqiijinta Ilaalinta–Dokumentiyada Midowga Yurub ee ku Saabsan Difaacayaasha Xuquuqda Aadanaha” (“Ensuring protection – the European Union Guidelines on Human Rights Defenders” (EU Guidelines)). Waxaa si gaar ah loogu talogalay sidii loo xaqiijin lahaa in difaacayaasha xuquuqda aadanaha haweenku u heli lahaayeen kaalmada iyo ilaalinta ey mudan yihiin.

Link: <http://www.omct.org/violence-against-women/statements/2006/11/d18321/>

### **Xeeladaha Amniga ee Difaacayaasha Xuquuqda Aadanaha Haweenka: Ku-adkeysii, Geksi, Iska-caabbin, Jiritaan (Women Human Rights Defenders Security Strategies: Insiste, Persiste, Resiste, Existe) Urgent Action Fund (2008)**

Iska-caabbin (*Resiste*) ayaa noo keenesya codadka difaacayaasha xuquuqda aadanaha haweenka (DXAH) ee ka imaanaya dunida daafaheeda. Qof kasta oo haween ah ayaa ka hadleysa waayo-aragnimadeeda shaqsiyadeed ee la xiriirta halganka ey kaga soo horjeedo shaqaaqada iyo takoorka ka jira duruufo dhinacyo badan leh – xaalado iska-horimaad cad ama dahsoon, shaqaaqo hubeysan oo ababbulan iyo sidoo kale xag-jirnimo ka soo kordheysa Iran, Colombia, Nepal, Burma, Thailand, Algeria, Tunisia, Bosnia, Serbia iyo Jamhuuriyadda Dimoqoraadiga ee Kongo. Iska-caabbin ayaa ah safar iyo dabaaldeg qiimo leh ee adkeysii. Waa xeeladaha la yaabka leh ee u suurto galinaya DXAH in ey badbaadaan, bullaalaan eyna guuleystaan – inkasta oo ey howshu leedahay caqabado iyo khatar, isla markaasna ey yar yihiin kheyraadka iyo kaalmada la heli karo. Iska-caabbin ayaa soo bandhigeysa fikradda ‘amni isku-xiran’ – oo uu hindisay halgamaa reer Colombia ah eyna sii wadeen DXAH ee kale oo ku kala nool dunida daafaheeda: waa fikrad dhammaanteen noogu yeereysa inaan dib u fasirno

fikradda la ciidamiyeeyay, oo aan isku xirneyn ee ‘amniga’ iyo in la aqoonsado in amni isku-xiran uu ku saabsan yahay in laga dareemo ammaan dhinac kasta oo nolosheenna ka mid ah – laga soo billaabo awoodda aan u leenahay cunno siinta qoyskeenna illaa laga gaaro inaan si xur ah uga hadalno xukuumadaheenna.

Link: <http://urgentactionfund.org/index.php?id=144>

Af Ingiriis: <http://urgentactionfund.org/assets/files/Resiste/Resiste-Final-Web.pdf>

Af Faransiis: [http://urgentactionfund.org/assets/files/uaf-pubs/FINAL\\_WEB\\_French\\_Insiste\\_Persiste.pdf](http://urgentactionfund.org/assets/files/uaf-pubs/FINAL_WEB_French_Insiste_Persiste.pdf)

Af Carabi: <http://urgentactionfund.org/assets/files/Resiste/Insiste%20Persiste%20Resiste%20Existe%20Arabiska.pdf>

### **Difaacayaasha Dadka laga Tirada Badanyahay**

#### **Xuquuqda Haweenka isku Galmooda, Ragga isku Galmooda, Laba-galmoodle, Jinsi-gudub: Aragtida Xuquuqda Aadanaha (Lesbian, Gay, Bisexual, and Transgender Rights: A Human Rights Perspective) (2000)**

Manhajkaan ayaa loogu talogalay inuu si wado ka-baaraandagga baarista iyo tallaabada masuuliyadeed oo ey ka qaadayaan ardayda dugsiyada sare arrimaha ku saabsan *LBGT*. Waxuu manhajkaani ugu duwanyahay manaahijta kale asagoo eysan dooddiisu ku saabsaneyn duruufaha xuquuqda madaniga iyo siyaasadda balse la xiriirto duruufaha ballaaran ee xuquuqda aadanaha. Xuquuqdaan ayaa waxaa ku jira, sida uu qeexayo baaqa Caalamiga ee Xuquuqda Aadanaha, arrimo ey ka mid yihiin xuquuqda waxbarashada, aqoonsi, amni, kulammo, bandhig ra’yi, shaqo, iyo caafimaad oo dhammaantood qiimo u leh doodda imminka ku saabsan xuquuqda haweenka isuku galmooda, ragga isku galmooda, laba-galmoodle iyo kuwa jinsi-gudubka.

Link: <http://www1.umn.edu/humanrts/edumat/hreduseries/TB3/toc.html>

#### **Buugga Ilaalinta Difaacayaasha LGBTI (Protection Manual for LGBTI Defenders) Protection International (2010)**

*Protection International (PI)* ayaa ka shaqeyneysay dhowr sano ilaalinta difaacayaasha xuquuqda aadanaha. Waxaa illaa imminka ey shaqadeedu badanaaba diiradda saareysay difaacayaasha

xuquuqda aadanaha ee soo jireenka ah oo ka dhex shaqeeya xaalado ey ka jiraan iska-horimaadyo furan. Markaan la yeelanay wadhadallo difaacayaal kala duwan oo ka shaqeeya xuquuqda Jihada galmoodka iyo aqoonsiga jinsiga (SOGI) ayaa waxaa noo caddaaday inaan u baahannahay inaan ballaarino waxaan diiradda saareyno iyo shaqadeennaba si aan ugu darno waxyaabaha gaarka u ah oo soo wajaha qeybtaan ka tirsan beesha difaacayaasha xuquuqda aadanaha. Waxaan muddo dhowr bilood ah wadnay doodo badan oo aan la yeelanay difaacayaal kala duwan oo isugu jira kuwa la yaqaan iyo kuwa “aan la aqoon” kuna saabsaneyd qaabka ey arrintani yeelaneyso. PI ayaa ku howlgashay faallooyin iyo dhaliilo laga soo jeediyay buugteedii hore ee loogu talo galay ilaalinta difaacayaasha, waxeyna billowday in ey eegto sidey wax uga qaban laheyd baahida loo qabo in la timaamo waxyaabaha gaarka ah. Ayadoo u mareysa shaqadii ey la qabatay difaacayaasha *LGBTI* ee Nepal eyna ku raaceen difaacayaasha kale ee ku kala nool dunida daafaheeda ayaa waxey PI billowday in ey tilmaanto arrimaha la wadaago oo saameeya beesheenna iyo kuwa difaaca. Cilmi-baaris ballaaran ayaa la qaaday ayadoo lala tashaday ilo asaasi ah iyo kuwa dheeraad ah, waxeyna PI billowday in ey waafajiso nidaamkii loogu talagalay difaacayaasha la yaqaan arrintaan.

Buugga ayaa ka dhashay gacan-ka-geysashada dad badan oo ka baxsan waaxda cilmi-baarista iyo tababarada ee PI. Waxaa loogu talagalay inuu noqdo mid la hirgalin karo, soo jeedinaya su’aalo, dhalinaya doodo ka dhaca ururada dhexdooda iyo waliba dalladeenna guud dhexdeeda. Waa maxay micnaha in ey ku jiraan ereyo la soo koobay oo marba marka dambeyna sii badanaya ayadoo aan la qaadaneyn doodaheenna iyo ajendooyinkeenna balse la qaadanayo tallaabooyinkeenna amniga si loo xaqiijiyo in ey dalladu si dhab ah u qabato shaqadeeda ilaalinta? Buugga ayaa la tijaabiyay, lana waaafajiyay duruufaha gaar ahaaneed ayadoo PI rajeyneyso inuu xuub-dhacsan doono, siina ahaan doono mid nuxurkiis uu qiimo u yeesho beesha *LGBTI*. Waxaa kaliya oo uu sidaas sameyn karaa haddii difaacayaasha *GBTI* ey ka qeyb qaataan hannaanka billowday.

Link: <http://www.protectionline.org/Protection-Manual-For-LGBTI.html>

**Xuquuqda Aadanaha ee Haweenka isku Galmooda, Ragga isku Galmooda, Laba-galmoodlaha, iyo Jinsi-gudubka: Buug Saldhig u ah la Shaqeynta Hey’adaha Dabaggalka Heshiisyada ee Qaramada Midoobay iyo Hababka Gaarka ah ee Golaaha Xuquuqda Aadanaha ee Qaramada Midoobay (*The Human Rights of Lesbian, Gay, Bisexual and Transgender People: A primer to working with the United Nations Treaty Monitoring Bodies and the Special Procedures of the United Nations Commission on Human Rights*) Amnesty International (2005)**

Ujeeddada laga leeyahay dokumentigaan ayaa ah in ey tilmaan asaasi ka bixiso sida ururada samafku ey u adeegsan karaan Hey’adaha Dabaggalka Heshiiska ee Qaramada Midoobay (oo loogu yeero “Hey’adaha Heshiiska”) iyo Hababka Gaarka ah ee Golaaha Xuquuqda Aadanaha (Golaaha) marka ey doonayaan in ey keenaan kiisas ku saabsan kor-u-qaadista iyo ilaalinta xuquuqda aadanaha ee haweenka isuku galmooda, ragga isku galmooda, laba-galmoodlaha ama jinsi-gudubka. Waxuu dokumentigu bixinayaa talooyin la dabbaqi karo oo la xiriira sida loogu adeegsan karo hey’adahaan si kor loogu qaado kiisas gooni-gooni ah iyo sidoo kale xaalado guud ee xadgudubyo xuquuqda aadanaha ee dadka LGBT.

Link: <http://www.amnesty.org/en/library/info/IOR40/004/2005>.

**Mabaadii’da Yokyakarta (The Yokyakarta Principles )(2006)**

Sanadkii 2006, ayaa ayadoo laga jawaabay xadgudubyo soo noqnoqday oo si wanaagsan loo diiwaangaliyay, waxaa isugu yimid Yogyakarta, Indonesia, koox khabiirro ku ah xuquuqda aadanaha oo magac ku leh dunida si ey sharraxaad uga bixiyaan mabaadii’ dowli ah oo la xiriira jihada galmoodka iyo aqoonsiga jinsiga. Natijaduna waxey noqotay Mabaadii’da Yogyakarta: dokumenti caalami ah oo tilmaamaya xuquuqda aadanaha asagoo sheegaya halbeegyo qaanuuneed oo dowli ah ee qabanaya ciddii jabisa oo ey tahay in Dowladaha dhammaantood dhowraan. Waxey ballanqaadayaan mustaqbal nooc kale ah oo dadka dhammaantood oo dhashay ayagoo xor ah kana siman karaamada iyo xuquuqda ey fulin karaan xaqqaas qaayaha leh ee qofku la dhashay.

Link: <http://www.yogyakartaprinciples.org/>

## Ururada La Shaqeyaya Difaacayaasha Xuquuqda Aadanaha

### Ururada

#### Amnesty International

Urur samafal oo saldhigiisu yahay UK oo u dooda inuu qof kasta uu ku raaxeysto dhammaan xuquuqda aadanaha ee ku qoran Baaqa Caalamiga ee Xuquuqda Aadanaha iyo halbeegyada dowliga ee kale ee xuquuqda aadanaha.

Barta Rasmiga: <http://www.amnesty.org>

#### Article 19

Urur samafal oo saldhigiisu yahay UK una dooda xorriyadda bandhigga ra'yiga, sida uu qorayo Qodobka 19aad ee Baaqa Caalamiga ee Xuquuqda Aadanaha.

Barta Rasmiga: <http://www.article19.org>

#### Avocats Sans Frontières

ASF ayaa wax ka qabata dalalka xuquuqda aadanaha aan laga xushmeyn, halka shaqaaqada siyaasadeed iyo iska-horimaadyada hubeysan ey ka taliyaan, iyo halka lagu tunto nidaamyada qaanuunka. Caddaaladda ayaa, dalalkaas, sidii la doono laga yeelaa, ayadoo aan dammaanad qaadin amniga dadweynaha. Iska-horimaadyada ayaa sidii habbooneyd looga xallin maxkamadaha hortooda. Dadka xuquuqdooda lagu xadgudbay ayaa u leexda caddaalad ey gacmahooda ku raadsadaan (vigilante justice), taasoo isu rogta qaanuunka kan ugu xoogga weyn ama u xoolo badan, taas oo gacan ka geysata abuuritaanka jawi shaqaaqo.

Barta Rasmiga: <http://www.asf.be/>

#### Committee to Protect Journalists (CPJ)

Guddiga Ilaalinta Wariyayaasha (Committee to Protect Journalists) ayaa ah urur madaxbannaan oo aan aheyn faa'iido doon oo kor u qaadaya xorriyadda warbaahinta dunida oo dhan asagoo difaacaya xuquuqda wariyayaashu u leeyihiin tabinta wararka ayaga oo ka cabsaneynin in loo aaneeyo.

Barta Rasmiga: <http://www.cpj.org>

#### Commonwealth Human Rights Initiative (CHRI)

Waa urur madaxbannaan, dhex-dhexaad ah, samafal dowli ah, oo u xilsaaran xaqiijinta hirgalinta

xuquuqda aadanaha ee dalalka Barwaaqosooranka. Waxaa 1987 dhisay dhowr urur oo xirfadlayaal ah oo ka jira Barwaaqosooranka. Waxey aaminsanaayeen, inkasta oo Barwaaqosooranku siinayo dalalka xubnaha ka ah qiyam iyo mabaadii' lagu shaqeyn karo iyo madar kor loogu qaadi karo xuquuqda aadanaha, haddana aan sidii la rabay la iskaga xilsaarin arrimaha xuquuqda aadanaha ee Barwaaqosooranka.

Barta Rasmiga: [www.humanrightsinitiative.org/](http://www.humanrightsinitiative.org/)

#### European Centre for Development Policy Management (ECDPM)

ECDPM ayaa gacan ka geysata sidii loo yareyn lahaa 'sinnaan-la'aanta' ka jirta sida loo sameeyo siyaasadda ee u dhaxeysa dalalka loo yaqaan ACP (Afrika, Caribbean iyo Pacific) iyo Midowga Yurub. Waxaa arrintan la sameyn karaa marka la xoojiyo awoodaha ururada guud iyo kuwa gaarka ah ee aan faa'iido-doonka aheyn ee ka jira dalalka ACP si ey u wanaajiyaan horumarintooda siyaasadeed iyo iskaashigooda dowliga ah. ECDPM ayaa sidoo kale la shaqeysa xukuumadaha iyo ururada ka jira Yurub sidii ey u kordhin lahaayeen wax-ku-oolnimada siyaasadahooda iyo nidaamyadooda horimarinata.

Barta Rasmiga: <http://www.ecdpm.org/>

#### Front line

Ujeeddada gaarka ah ee ka dambeysay asaaska Front Line ayaa aheyd ilaalinta Difaacayaasha Xuquuqda Aadanaha, dadka si nabdoon uga shaqeyaya dhammaan xuquuqda ku qoran Baaqa Caalamiga ee Xuquuqda Aadanaha (BCXA). Front Line ayaa ah Saldhigga Dowliga ah ee ilaaliya difaacayaasha xuquuqda aadanaha. Waxaan u shaqeynaa si aan u qaadno tallaabo dhaqso leh, wax-ku-oolna ah oo aan ku kaalmeyneyno ilaalinta difaacayaasha xuquuqda aadanaha ee ku jira khatar si ey u sii wataan shaqadooda ayagoo ah dadka ugu muhimsan ee isbaddal doonka ah.

Barta Rasmiga: [www.frontlinedefenders.org](http://www.frontlinedefenders.org)

#### Human Rights First

Human Rights First (HRF) ayaa aaminsam in dhisidda xushmeynta xuquuqda aadanaha iyo in qaanuunka wax lagu xukumo uu kaalmeynayo sidii loo xaqiijin lahaa sharafta uu qof kasta leeyahay iyo joojinta kali-talisnimada, xagjirnimada,



dulqaadla'aanta, iyo shaqaaqada. HRF ayaa leh bog internetka oo ku saabsan difaacayaasha xuquuqda aadanaha lagana heli karo kiisas, warbixinno iyo xogta dalalka.

Barta Rasmiga: <http://www.humanrightsfirst.org/>

HRF ayaa sidoo kale leh barnaamij ku saabsan difaacayaasha xuquuqda aadanaha oo ku kooban arrimaha ey ka midka yihiin kaalmeynta difaacayaasha xuquuqda aadanaha ee dhibaato loo geystay iyo difaacayaasha xuquuqda aadanaha ee khatar ku jira:

Email: [defenders@humanrightsfirst.org](mailto:defenders@humanrightsfirst.org)

### **Human Rights House Network**

Waxaan ilaalinaa, awood u yeelnaa, isla markaasna kaalmeynaa ururada xuquuqda aadanaha degaanka, annagoo la mideyna isku-xirka dowliga ee Guryaha Xuquuqda Aadanaha (Human Rights Houses).

Barta Rasmiga: <http://humanrightshouse.org/>

### **Human Rights Watch**

Human Rights Watch ayaa ah urur madaxbannaan ee samafal oo kaalmo ka hela shaqsiyaad gaar ah iyo hey'ado ka jira dunida oo dhan. Human Rights watch ayaa loogu talagalay ilaalinta xuquuqda aadanaha ee dadka ku kala nool dunida daafaheeda. Human Rights Watch ayaa soo bandhigta xogta iyo wararka ku saabsan xaaladda ey ku sugan yihiin difaacayaasha xuquuqda aadanaha ee dunida daafaheeda ku kala nool.

Barta Rasmiga: [www.hrw.org/](http://www.hrw.org/)

### **Interights**

Interights ayaa ujeeddadeedu tahay hirgalinta xuquuqda aadanaha taasoo loo marayo qaanuunka, siinta ilaalin iyo magdhow, gaar ahaan gobollada iyo arrimaha xeelad ahaan diiradda loo saarayo; iyo awood u yeelidda garyaqaannada iskaashiga kala dhaxeeyo ayadoo kor loo qaadayo sidii ey si wax-ku-ool ah ugu adeegsan lahaayeen qaanuunka si ey u ilaaliyaan xuquuqda aadanaha. Waxey kaalmeynaa garyaqaannada, garsoorayaasha, ururada samafalka iyo dhibbanayaasha degaanka ayadoo jaangooneysa waxqabadyo looga jawaabay baahida heysata koox iyo gobol kasta. Waxey ka shaqeysa dhammaan dalalka soo koraya iyo kuwa horumaray.

Barta rasmiga: <http://www.interights.org>

### **International Commission of Jurists**

International Commission of Jurists (ICJ) ayaa qiimeysa sidii mudnaan, xiriirsanaan iyo hirgalin loo siin lahaa qanuunka iyo mabaadii'da dowliga ah ee hormariya xuquuqda aadanaha. ICJ ayaa bixisa aqoon qaanuuneed, heer qaran iyo iyo heer dowli ahba, si loo xaqiijiyo in horumarrada ka jira qaanuunka dowliga ah ey waafaqaan mabaadii'da xuquuqda aadanaha iyo sidii halbeegyada dowliga ah looga dhaqangalin lahaa heer qaran.

Barta Rasmiga: <http://www.icj.org>

### **International Federation for Human Rights (FIDH)**

FIDH ayaa ah urur samafal dowli ah oo difaaca xuquuqda madaniga, siyaasadda, dhaqaalaha iyo dhaqanka ee ku qoran Baaqa Caalamiga ee Xuquuqda Aadanaha. Waxey ka shaqeysaa xerada qaanuunka iyo siyaasadda si loo abuuro loona xoojiyo nidaamyada dowliga ah ee loogu talagalay Xuquuqda Aadanaha iyo dhaqangalkooda.

Barta Rasmiga: <http://www.fidh.org>

### **International Lesbian and Gay Association**

ILGA ayaa ah isku-xir dowli ah oo ey ka tirsan yihiin kooxo qarameed iyo kuwa degaaneed, waxaana loogu talagalay sidii loogu heli lahaa xuquuq siman dadka ku kala nool dunida daafaheeda, kana tirsan haweenka isku galmooda, ragga isku galmooda, laba-galmoodlaha, iyo jinsi-gudbka. Tan iyo markii la asaasay 1978 ayaa ILGA tahay ururka kaliya ee smafal oo dowli ah, aanan aheyn faa'iido-doon, oo bulshadu saldhig u tahay oo takoorka ku saleysan jihada galmoodka qofka u soo bandhiga in uu yahay arrin caalami ah.

Barta Rasmiga: <http://ilga.org>

### **International Service for Human Rights (ISHR)**

ISHR ayaa ah urur dowli ah ee u adeega difaacayaasha xuquuqda aadanaha. Waxey kor u qaaddaa horumarka, xoojinta, u adeegsiga si wax-ku-ool ah, iyo hirgalinta qawaaniinta iyo nidaamyada dowliga iyo kuwa degaaneed ee loogu talagalay ilaalinta iyo kor u qaadista xuquuqda aadanaha.

Barta Rasmiga: <http://www.ishr.ch>



## **New Tactics for Human Rights Project (NTHRP)**

Laga soo billaabo 1999 ayaa NTHRP ka shaqeyneysay in ey siiso macluumaad dadka u dooda xuquuqda aadanaha si ey u helaan xalal ku dhisan tabo cusub oo lagu wajahayo caqabado degaan gaar ah. Macluumaadkaan ayaa awood u yeelaya halgamayaasha si ey khariidad ugu sameeyaan caqabadaha u gaarka ah goobta ey ka howlgalaan, una tilmaamaan abbaarayaasha ka shaqeeyay duruufo kale si ey tabahaas u waafajiyaan ugana hirgaliyaan degaankooda.

Barta Rasmiga: <http://www.newtactics.org/>

## **Norwegian Ministry of Foreign Affairs**

Ilaalinta difaacayaasha xuquuqda aadanaha ayaa mudnaan weyn ku leh siyaasadda xuquuqda aadanaha ee Norway. Ujeeddada guud ayaa ah in dadaallada kor loogu qaadayo laguna difaacayo xuquuqda aadanaha ee dhammaan dunida daafaheeda loo sameyn karo aydoo eysan dabrin wax cariiri ama khatar galinaya difaacayaasha xuquuqda aadanaha ama qoysaskooda. Norway ayaa si firfircoon gudaha QM iyo ururada kale ee dowliga ah kor ugu qaadda dadaallada lagu kaalmeynayo difaacayaasha xuquuqda aadanaha.

Marka la eego heer qaran ayaa badanka ergada diblomasiyadeed ee Norway u xilsaaran yihiin qaadista tallaabooyin kala duwan iyo ololeyaal mideysan oo lala sameynayo jilayaal dowliga ah oo lagu taageerayo shaqadooda. Difaacayaasha xuquuqda aadanaha ayaa ah dad muhim ah oo ey kaashanayaan ergadeenna diblomaasiyadeed.

Barta rasmiga: <http://www.regjeringen.no/en/dep/ud.html?id=833>

## **Observatory for the Protection of Human Rights Defenders**

International Foundation for Human Rights (FIDH) oo ey wehliso World Organisation Against Torture (OMCT) ayaa dhisay Observatory for the Protection of Human Rights Defenders. Observatory ayaa leh laba abbaare: mid looga hortagayo ama xalal loogu raadinayo xaalado cadaadin iyo mid gacan looga geysanayo abaabul dowliga ah oo lagu qirayo waxqabadyada difaacayaasha xuquuqda aadanaha iyo baahida loo qabo ilaalintooda heer gobol iyo heer caalamiba.

Barta Rasmiga: [http://www.fidh.org/rubrique.php3?id\\_rubrique=180](http://www.fidh.org/rubrique.php3?id_rubrique=180)

Email: [Appeals@fidh-omct.org](mailto:Appeals@fidh-omct.org)

## **Protection International**

Difaacayaasha Xuquuqda Aadanaha ayaa ka mid ah jilayaasha muhimka ah ee si loo helocaddaalad la dagaallama is-xisaabinla'aanta; waxey astaan lagama maarmaan ah u yihiin dhisidda iyo xoojinta nabadda iyo dimoqoraadiyeenta. Waxay si joogto ah ula kulmaan weeraro iyo cabsigalin. PI ayaa gacan ka geysata xoojinta amniga iyo ilaalinta DXA ayadoo abaabusha dadka qaranka iyo kuwa dowliga ah (baarlamaannada, xukuumadaha, QM, muwaaddiniinta caadiga ah, warbaahinta) siisana dhinacyada ey quseyso iyo kuwa ka faa'iideystaba aqoonta iyo qalabka loo baahyanahay si ilaalinta goobta loogu daro qorsheyaasha iyo barnaamijyada shaqo. Barnaamijkaan ayaa sidoo kale fududeeya is-dhaafsiga waayo-aragnimada degaanka iyo xoojinta dhaqamada wanaagsan ee DXA dhexdooda.

Barta Rasmiga: <http://www.protectioninternational.org/>

## **Reporters Without Borders (RSF)**

Reporters Without Borders ayaa difaaca wariyayaasha iyo kalkaaliyayaasha warbaahinta ee xabsiga loo dhigay ama dhib loogu geystay qabashada howshooda ayadoo soo bandhigta sida xun oo loola dhaqmo iyo jirdilka loogu geysto dalal badan, isla markaasna la dagaallanta faafreebka iyo qawaaniinta wiiqa xorriyadda saxaafadda, siisana kaalmo lacageed sanad kasta wariyeyaal iyo goobo saxaafadeed oo tiradoodu lagu qiyaaso 300 (si looga bixiyo qarashka qareennada, daryeelka caafimaad iyo qalab) iyo sidoo kale qoysaska wariyayaasha la xiray, ayadoo ka shaqeysa wanaajinta badqabka wariyayaasha, gaar ahaan kuwa ka soo warbixnaya goobaha ey dagaalladu ka jiraan.

Barta Rasmiga: <http://en.rsf.org>

## **Urgent Action Fund**

Urgent Action Fund ayaa ah sanduuqa kaliya ee dowliga ah ee dunida oo dhan ka jira oo loogu talagalay haweenka, kaasoo loo habeeyay inuu jawaab deg-deg ah bixiyo. Meelaha kale ee muhimka ah oo uu ka howlgalo ayaa ah ilaalinta difaacayaasha xuquuqda aadanaha haweenka.

Official Link: <http://www.urgentactionfund.org/>

Africa branch (Nairobi): <http://www.urgentactionfund-africa.or.ke/>

Tel: (+254) 020 2301740

Fax: (+254) 020 2301740

Office cell: +254 726577560

Email: [info@urgentactionfund-africa.or.ke](mailto:info@urgentactionfund-africa.or.ke)

## **Witness**

WITNESS ayaa ah urur samafal ee dowli ah oo adeegsada awoodda fidiyowga iyo sheekooyinka si uu ugu furo indhaha dunida xadgudubyada xuquuda aadanaha. Waxaa isla asaasay 1992 Peter Gabriel oo musikada tuma, ahna qof u dooda xuquuqda aadanaha, Human Rights First iyo Reebok Human Rights Foundation.

Barta Rasmiga: <http://witness.org/>

## **World Organization Against Torture (OMCT)**

Xogheynta Dowliga ee OMCT oo ku taal Geneva, ayaa siisa daawo, taageero qaanuuneed iyo/ ama mid bulsho boqollaal dhibbaneyaal oo la jirdilay ayadoo maalin kasta xaqijisa in ey dunida ku baahiso codsiyo deg-deg ah si loo ilaaliyo shaqsiyaad iyo in lala dagaallamo la-xisaabtan-la'aanta. Barnaamijyo gaar ah ayaa u saamaxa in ey siiso kaalmo qeybo dadka nugul ka mid ah, sida difaacayaasha xuquuqda aadanaha. Ayadoo howlaheeda ku dhex jirta ayaa OMCT sidoo kale u gudbisaa warisgaarsiin goono-gooni ah iyo warbixinno hababka gaarka ah ee Qaramada Midoobay, ayadoo si firfircoon uga qeybqaadata horumarinta xeerarka dowliga ah ee lagu ilaaliyo xuquuqda aadanaha.

Barta Rasmiga: <http://www.omct.org>

Mashruuca Difaacayaasha Xuquuqda Aadanaha ee Bariga iyo Geeska Afrika (East and Horn of Africa Human Rights Defenders Project) (EHAHRDP) ayaa xoojinaya howsha difaacayaasha xuquuqda aadanaha (DXA) ee dhammaan gobol-hoosaadka asagoo yareynaya u nuglaashadooda khataraha lagu waxy-eelleynayo, isla markaasna xoojinaya awooddooda si ey si wax-ku-ool ah ugu difaacaan xuquuqda aadanaha.

EHAHRDP ayaa ah xogheynta EHAHRD-Net, oo ah shabakad ey ku jiraan in ka badan 75 urur oo u dooda xuquuda aadanaha kana jira kow iyo toban dal oo gobol-hoosaadka ka tirsan: Burundi, Djibouti, Eriterea, Ethiopia, Kenya, Rwanda, Soomaaliya (oo ay la socoto Somaliland), South Sudan, Sudan, Tanzania iyo Uganda.



East and Horn of Africa Human Rights Defenders Project  
Human Rights House, Plot 1853, Lulume Rd., Nsambya  
P.O Box 70356 Kampala Uganda  
Phone: +256-312-256-820  
Fax: +256-312-256-822  
Email: [program@defenddefenders.org](mailto:program@defenddefenders.org), [hshire@yorku.ca](mailto:hshire@yorku.ca)  
Web : <http://www.defenddefenders.org>

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