



# Orientation to Ontario

## LA DAGAALANKA ISIR NACAYBKA

Canada waa wadan ku aasaasmay guumaysi iyo soo galooti. Waxaa lagu yaqaanaa inay leedahay mid kamid ah bulshooyinka ugu kaladuwan caalamka oo dhan. Bulshadaan iyo dhaqanadaan isku dhafan ayaa abuuraaya caqabado gaar ah oo sii kordhaaya oo ku aadan xariirada aadanaha.

Takoorka isirka iyo isir nacaybka ayaa ka jira Ontario iyo Canada. Xaqiiqdaan waa in loo qaataa bar billoow si qaab sax ah xal loogu helo isir nacaybka iyo takoorka isirka ku salaysan.

### Isir nacaybka

Isir nacaybku waa fikir si toos ama dadban ku taageeraaya in hal koox ay hido ahaan ka saraysa dadka kale. Waxay badanaa ku dhisan tahay fikrado xun, caqiidooyin iyo ficilo. Waxay guumaysataa ayna liidaa dadka sabab la xariirta sifooyinka isirka, waxayna saamayn muuqata ku yeelatay nolosha bulshada, dhaqaalaha, siyaasada, iyo dhaqanka. Waxay door wayn ka ciyaadhaa kobcinta isir nacaybka.

Isir nacaybku wuxuu saameeyaa heerar badan: mid gaar ah ama shaqsi ku dhaca, mid shaqo ama nidaam, iyo mid bulsho. Waxaa lagu arki karaa nidaamyada ururada ama xarumaha iyo barnaamijyada iyo sidoo kale qaab keli ah oo lagu arko fikirka ama habdhaqanka dadka.

### Isir kala sooca

Isir kala sooca waxaa laga wadaa “hanaan ay bulshooyinku u abuuraan isirada xaduudo dhab ah, kala duwan oo aan sinayn qaabab saamayn ku leh dhaqaalaha, siyaasada iyo

### MA OTAHAY?

Inta laga doodaayo isir nacaybka, inay muhiim tahay in la tixgeliyo masaalixda aan qofku mutaysan, caqiidooyinka, faa'iidooyinka, helitaanka iyo/ama fursadaha ay helaan dadka aqlabiyada leh ee bulshada ama qadiyada. Fikirkaan ayaa badanaa loo yaqaanaa “faa'iidooyinka ay gaarka u helaan cadaanku”

nolosha bulshada.”

Qaybaha isir kala sooca waxaa lagu saleeyaa farqiyada, sifooyinka gaarka ah, iyo caadooyinka ay bulsho dooratay inay muhiimada saarto. Marka lagasoo tago qaybaha jirka, sifooyinka dadka

ee badanaa isir ahaan lagu colaadiyo waxaa kamid ah: lahdada ama qaabka ay u hadlaan, magaca, dharka iyo labiska, cuntada, caqiidooyinka iyo dhaqannada, dookhyada nasiinada, meelaha ay kasoo jeedaan, iyo muwaadinimada.

**Takoorka isirka** waa kala sooc kasta, fal, ama ficil, kas ama ka'a ah, oo lagu saleeyay isirka qofka, kaasoo leh saamayn uu culays ku saari karo qof ama koox, kaasoo aan saamaynayn kooxaha kale, ama xanibaaya ama xadidaaya helitaanka faa'iidooyinka ay heli karaan xubnaha kale ee bulshada.

### Khibradaha maalin kasta ee isir nacaybka

Tusaaleyaasha khibradaha maalin kasta ee isir nacaybka waxaa kamid noqon kara:

1-855-626-0002

[https://  
orientationontario.ca/](https://orientationontario.ca/)

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- Hadalka: Marka uu la dhaqmaayo macaamiisha Afrikaanka Canadianka ah, iibiyaha ayaa adeegsada luuqada hadal nacayb, isla wayni, ama sarbeeb ah.
- Eegmada: Daymo cadaawad ka muuqato ayaa lagu eegay qoys muslim ah kadib 9/11.
- Ficillada: Marka Jayniis Canadian ah uu kursi ka fariisto baska, dadka rakaabka ah ayaa ka kacaaya kursiga u dhow.

### La dagaalanka Isir nacaybka

Isir nacaybku wuxuu jebiyaa xuquuqda aadanaha, wuxuu dilaa sharafta aadanah, wuxuuna baabi'iyaa dimuqraadiya. Haddii aadan qaadin talaabo si aad ula dagaalanto isir nacaybka aamuskaaga ayaa noqonaaya astaan isir nacayb.

La dagaalanka isir nacaybku waa in la qaado tallaabooyin kahortag ah si loola dagaalamo cadaalad darada ku salaysan isirka loolana dagaalamo sinaan la'aanta ka jirta isbadellada awoodaha ee kooxaha iyo nidaamyada maamula. Waxay qusaysaa in si joogto ah loo qiimeeyo dhismeyasha, xeerarka, iyo barnaamijyada, ayadoo la xaqiijinaayo inay cadaalad yihiin una siman yihiin dadka oo dhan.

Kuma filna inaad keliya ahayn qof isir nacayb muujiya Kasoo horjeedka inaad ahayn qof isir gaar ah neceb waa in la dagaalanka isir nacaybka.

### Soo sheeg takoorka isirka

Haddii aad qabto su'aalo ama u baahan tahay taageero, fadlan la xariir:

- Haddii aad isleedahay in lagu gaystay takoor ku salaysan isir ama dhibaataayn, fadlan la xariir Maxkamada Xuquuqda Aadanaha ee Ontario oo aad ka helayso tribunalsontario.ca ama 1-866-598-0322
- Haddii aad u baahan tahay tallo sharci, la xariir Xarunta Taageerada Sharciga Xuquuqda Aadanaha oo aad ka helayso hrisc.on.ca ama 1-866-625-5179
- Si aad u hesho xog ku saabsan xeerarka iyo tusmooyinka takoorka isirka ku salaysan iyo arrimaha kale ee xuquuqda aadanadaha ee ka jira Ontario, la xariir Gudiga Xuquuqda Aadanaha ee Ontario oo aad ka helayso [ohrc.on.ca](http://ohrc.on.ca)

Haddii aad tahay dhibanaha danbi:

- Booqo kaydka xogta adeegyada dhibanaha oo aad ka helayso [ovss.findhelp.ca](http://ovss.findhelp.ca)
- Ka wac Laynka Taageerada Dhibanaha 1-888-579-2888 ama 416-314-2447 ee

### ILAHA XOGTA:

- Ontario Human Rights Commission: [ohrc.on.ca/en/racial-discrimination-race-and-racism-fact-sheet](http://ohrc.on.ca/en/racial-discrimination-race-and-racism-fact-sheet)
- The Canadian Charter of Rights and Freedoms: [justice.gc.ca](http://justice.gc.ca)
- Human Rights Legal Support Centre: [hrisc.on.ca](http://hrisc.on.ca) or 1-866-625-51
- Federal Anti-Racism Secretariat: [canada.ca/en/canadian-heritage/campaigns/federal-anti-racism-secretariat.html](http://canada.ca/en/canadian-heritage/campaigns/federal-anti-racism-secretariat.html)
- Canadian Heritage: [canada.ca/en/canadian-heritage/campaigns/anti-racism-engagement/resources.html](http://canada.ca/en/canadian-heritage/campaigns/anti-racism-engagement/resources.html)
- Anti-Racism Directorate: [ontario.ca/page/anti-racism-directorate](http://ontario.ca/page/anti-racism-directorate)
- How to be an antiracist by Ibram X. Ken

Aaga Greater Toronto, si aad ula hadasho la taliyaha xogta iyo isku xirka.

Si aad u soo sheegto danbi nacayb ku dhisan, wac booliiska deegaankaaga.

### Xeerka Xuquuqaha iyo Xoriyadaha ee Canada

Xeerku wuxuu difaacayaa xaqa aad u leedahay difaaca loo siman yahay iyo faa'iidada loo siman yahay ee sharciga adigga oo aan lagu takoorin sabab la xariirta isirkaaga, wadanka ama qoomiyada aad kasoo jeedo, midabkaaga, diintaada, jinsiga, da'da, ama naafada dhimirka ama jidhka. Xog ka ogoow Xeerka adoo booqanaaya Waaxda Cadaallada: [justice.gc.ca](http://justice.gc.ca) ama [findlink.at/constiacts](http://findlink.at/constiacts)

### Xeerka Xuquuqaha Aadanaha ee Ontario

Qof kasta oo ku nool Ontario wuxuu xaq u leeyahay inuu ka madax banaanaado takoorka isir nacaybka iyo dhibaataaynta loogu gaysto goobaha bulshada ee shaqada, adeegyada, badeecooyinka, xarumaha, guryaha, heshiisyada, iyo kamid ahaanshaha ururada ganacsiga iyo shaqada. Isirku waa bud-dhiga takoorka mamnuuca ah ee ku cad Xeerka wuxuuna wali muhiim u yahay dooda la xariirta isir nacaybka iyo takoorka. Wax badan ka ogoow xuquuqaha Aadanaha ee ka jira Ontario adoo booqanaaya Gudiga Xuquuqda Aadanaha ee Ontario: [ohrc.on.ca](http://ohrc.on.ca)

### QEEXITAANNADA MUHIIMKA AH

Qof cunsuri ah –Waa qofka taageera xeerka cunsuriga ah asagoo ku taageeraaya ficilkiisa ama inuu ka maamusan yahay ama muujiyo fikir cunsuriyadeed.

Qof diidan Cunsuriyada - Qof taageeraaya xeerka la dagaalanka isir nacaybka asagoo ku muujinaaya ficiladiisa ama muujinaaya fikir diidan cunsuriyada.

Cunsuriyada - Isku dhafka xeerarka cunsuriyada leh iyo fikradaha cunsuriyiinta oo abuuraaya caadina ka dhigaaya sinaan la'aanta isirada.

La dagaalanka Cunsuriyada - Isku darka awooda badan ee xeerarka la dagaalanka cunsuriyada oo keenaaya sinaanta isirada ayna xoojinayaan fikradaha la dagaalanka cunsuriyada.

Isha xogta: *Sida loo noqdo qof diidan cunsuriyada oo uu qoray Ibram X. Kendi*

