



ME SIMA YEKH KRISI KAY GARAVLAMA



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Resipe e dokumentesko

Sastipe qhavore,

Jangyen mi kay e Kosova sila yekh Kresi kay garavla tumen?

Akava kresi kharo Kresi vash Garavipe e Qhavoreshko sito miratimo kotar Sombeshipe e Kosovaka Republikako thay khuvgya pe zoralipe ano bersh 2020. Pe yekhuno vahti, Them thay ververutne organizacie tentinena te azhutinen e baren thay qhavoren te len kan sar te phiraven akava kresi.

Kresi sile pe resipe te garavel tumen kotar o sah forme e violencake, kola shay te aqhaven tumen te baryoven saste, te sikloven, te treteringyoven ani yekhuni qhand thay te realizinen tumare sunya! Akava kresi obliginla e Theme thay e baren te den sama thay te garaven tumen, bizo yaveripe, bazirindoy ano tumaro may shukar interesi.

Akava dokumenti titulimo **“Me sima yekh Kresi kay garavlama”** kreirisalo vash qhavore, kotar qhavore – e azhutipeya e barengo- e resipeya kay te azhutinel te sikloven vash o hakaya thay godornipya tumare sar dizune ano amaro than.

Ji kay tumen siklona vash tumare hakaya, akava azhutinla tumen te oven korkore jande sar o malipe amare thanesko manglape te evolvirinyol ani shukarni rig.

Prekal akava, khara tumen te siklova khetane!

E kamipeya,
Tumare amala kotar Save the Children Kosova/o

Samatredipya

- **Samatredipe:** Mothavipe kay dela ano kedimo ovipe o andripe vay kan leipe disosko;
- **Qhavoro:** Sakova personi talo 18 bersha;
- **Konventa e Yekhune Themyengi vash Qhavorengi Hakaya (Konventa e OYTH):** May pherdi lista e qhavorengi hakayengo kreirimi dayek ver. Oy sila 54 nenyta (thavdya) vay kotora kay hraminena o sah hakaya kay manglape te ovelolen o qhavore. Kerdi sar Deklaracia vash qhavorengi Hakaya ano 1923 kotar e formurutni Save the Children, Eglantyne Jebb. Miratimi kotar Savahtuni Asambleya e Yekhune Themyengi ano 1989, penjarindoy e rola e qhavorengi sar yekhune jene e malipeske;
- **Aqhavipe:** Te vakergyol diso kay na si mekhlo. Kana o khuvipe e qhavorengi sito “aqhavdo” ano yekh than, niyekh ano odova than na mekhla te khuvel e qhavoren;
- **Kampanya:** Tentipe vash te yaverinen diso kay pakyana kay sito bango;
- **Manushikane hakaya:** Bazikune hakaya vash soske o manusha ani sah lumia dakordingyona kay sako sile;
- **Krisi:** Yekh gendo e regulengo kay mothavena e manushenge yekhe thanesko vash ovipe sar te keren buti;
- **Nakrisiyune vay bizo krisi:** Mamuy krisi;
- **Pozitivuni disciplina:** Yekh na violencako ovipe thay respektipe e bayripesko thay komunikipesko e qhavorencar, kay inkurainela o evoliripe thay sasto siklipe;
- **Angloaqhavipe:** Aqhavipe disosko anglo se te ovel;
- **Garavipe:** Adikeripe disosko vay dayk kasko siguruno;
- **Ushkavipe:** Te sine kay o manushikane hakaya dayk kaske “ushkavgyona”, akava kanleinla kay olenge hakaya na respektisale;
- **Miraripe:** Kana diso akceptingyola ofisialune sar hakyuno thay mekhlo;
- **Them:** Sikavne, saslarne, profesionistya e sastipeske, policya, krisatorya, prokurorya, sevalutne, ofisialune thay institucie e Kosovaka Republikake Raipesko thay mangle komunengo;
- **O bare:** Dadalarya/dikhlarne, familiake jene thay komuniteteske jene;
- **Yuridikuno azhutipe:** Krisiyune godideipya, azhutipe thay reprezentipe ano hakaipeske procesya. Sito vash personya qhavore thay bare, kola na silen shaibe vash te garaven olenge hakaya ano sistemi e hakaipesko thay azhutinla odola personya te astargyon ano procesi;
- **Dikhipesko thavd:** Godinipe kay sile dayk jeno vash diso thay ovipe sar notadeinla odova;
- **Diskriminipe:** Nahakyuno treteripe thay na yekhuno yekh personesko vay grupa e manushengo bazirindo ano olengo avipe, bersha, poli, raca, ekonomikuno statusi, seksualuno orientipe, religia, samatrandime shaipya thay sasavo yaver aspekti e identitetesko;
- **Qalavipe:** Resipe vash te anel dukh, khuvipe, hasaripe vay yaver anamikipesko ovipe pederal dayek kaste sar krisipe disosko kay kergya vay na kergya;
- **Diniteti:** situacia vay kvaliteti te ove dinitetuno vash pakyavipe thay respekti;
- **Violenca:** Butya vay ovipya mangipea kay kerla yekh personi e yaver personeske vash te hasarel ole;
- **Psikolojikuni violenca:** Sasavo ovipe kay anela vay sile shaibe te anel hasari ano sastipe thay fizikuno avolviripe, mentaluno, ogesko, moraluno vay socialuno yekh personesko;

- **Fizikuni violenca:** Vastipe e sasave vastushesko vash te khuven thay dukhaven, kedipe e krlesko thay sasavo ovipe kay anela fizikuni dukh;
- **Trupesko krisipe:** Sasavo ovipe e krisipesko kay sile pe resipe te anela dukh vay darakeripe ko yaver, sar: maripe, tortura, khelavipe, trumipe, tharipe, pickipe, randipe, qamukaripe. Zoralo koshipa;
- **Mekhipe talo vast:** Na reagipe e mangipea vay bizo mangipea kotar e rig yekhe personesko, kova sito godorno vash bayripe, dikhipa vay edukipe e qhavoreshko, sar sebepi kolesko rizikingyola o jivdipe, fizikuno integriteti thay mentaluno thay evolviripe e qhavoreshko;
- **Abuzipe:** Sasavo ovipe vay na ovipe, resipea vay anglodikhlaro, kerdo kotar o dadalari, dikhlarno, pakyavutno personi vay nesavo yaver persopni ano pakyavipeski pozicia, vay autoriteti kay anela vay sile shaipe te anel fizikuno hasari, psikolojikuno, emocionaluni vay socialuno e qhavoreshke;
- **Qhelalo treteripe:** Sasavi forma e fizikune qhelale vastipesko thay/vay emocionaluno, seksualuno abuzipe, mekhipe talo vast, vay kinipe-bikipesko vastipe, vay yaver vastipe kay rizikinla o sastipe, evolviripe thay shukar dikhipa e familiako;
- **Masmedie:** Komunika e bare grupencar e manushengo kote informacia, godinipe, reklama, arteske ovipya, khelipe thay yaver forme e mothavipesko phiravgyona ki populacia;
- **Privatluko:** Situacia kote na aqhavgyona kotar o yaver vay kotar publikuni sama. Hako vash te adikeren sekretyune e personaluni informacia vay jandi numay vash yekh tikni grupa e manushengi;
- **Rodipe e mangipesko:** Rodipe e habasko vay lovengo sar forma e shukar mangipesko.
- **Trafikipe:** Kana kingyona vay bikinyona o nakrisiyune malya. Vash trafikipe vakergyola buti ver vash “trafikipe e drogako” vay “trafikipe e manushengo”. Kerde ovipya ano trafikipe sito bisigurune, hasarne thay nakrisiyune;
- **Armatimo konflikti:** Phare nashalipya e jivdipyengo e biarmatime manushengo, yaveripe e thanesko e bare manushenge grupengo thay ushkavipe e manushikane hakayengo;
- **Online:** Kana khuvena vay kontrolingyovena kotar yekh kompyuteri;
- **Institucia:** Yekh ofisialuni organizacia formirimi kay sila yekh vasni rola ano yekh malipe.

Principya vash garavipe e qhavoreshko

May shukar interesi e qhavoreshko: Ano sakova ovipe kote tumen arakhlona, Them thay o bare obligingyona kay te den anglipe tumare individualune mangipyenge thay te keren odova kay si may shukar vash tumenge. Tumaro may shukar interesi siguringyola kana tumen situmen kontrola pherdi vash tumari fizikuni, emocionaluni thay moraluni situacia thay kana akava treteringyola sar may vasno ovipe vash tumaro shukar ovipe.

Na-diskriminipe: Sah tumen, bizo nisavo yaveripe, situmen hako te treteringyoven yekhune. Akava sito biumlavdo te sine kay situmen yekh samatredimo janipe vay na, te sine kay sien qhavo vay qhay, kotar avena, savi qhib vakerna, koya si tumari kultura, kobar bersh situmen, kote jivdinena, koya si tumari religia, thay te sine kay jivdinena ani tumari qoroli familia vay barvale.

Respektipe e dikhipeske thavdesko e qhavoreshko: Sakoya ver kana o Them thay o bare lena decisie thay ovipya kay direktune qalavela, tumen situmen hako te mothaven tromale tumaro

dikhipesko thavd thay tumare mangipya, ano phanglipe e bershea thay skala tumare pekipesko. Akava shay te keren korkore tumen vay prekal nesavo manglo reprezenti.

Evolviripe e janipyengo: Tumen situmen hako kay te baryoven thay te evolvirinen tumare janipya. Barindoy, tumen vijainena neve janipya vash te krisinen tumare ovipya thay te len decisie.

Garavipe e Qhavoreshko

Ani Kosova, ano sah ambientya kote tumen shay te arakhloven, aqhavgyona sah forme e violencake, sar may tele:

Vastipe e fizikune zoralipesko thay mentaluna presiako, anipe e darake shunipesko, telaripe e dinitetesko, telaripe, koshipe e telaripeske anavenca thay yaver ovipya e darakeripeske kay si phare, palem lugyardo keripe e ovipyengo e resipeya vash telaripe e yaver personesko, samatredipe e phiripyengo, hasaripe, bangaripe, darakeripe, duryaripe, diskriminipe, hasaipe, vay yaver forme na fizikune e treteripeske kay rizikinena tumaro shukar jivdipe.

Dadalarya/dikhlarne silen sheruno godornipe vash bayripe thay tumaro siguripe. Dayek ver, o bare (dadalarya/dikhlarne, edukatorya/sikavne, jene tumare komunitetesko) ayekha vi shay te decisinen khetane e Themeya thay tumencar e ovipyenca kay ka lelton pederal tumende.

Ayekha vi, Krisi sile pe resipe kay te azhutinel e Theme thay e baren kay te siklon pozitivuni disciplina e bayripeski thay tumare edukipeski. Phikoipe e barengo vash te vastinen pozitivuni disciplina azhutinla olen kay te alosaren konfliktya tumencar bizo violenca thay qhelalo treteripe. Akava kerla o jivdipe ano may shukar malipe vash savore.

Angloaqhavipe

Tumen situmen hako kay ma te nakhen thay te beshen ano yekh thanipe e manushencar kay na siton sigurune vash tumenge. O bare obligingyona te angloaqhaven o riziko ano vahti thay te anen pashe tumende manusha kay shay te garaven tumen.

Raportipe e rizikosko

Te sine kay **tumen shunena tumen** ano riziko, musay te raportinen e sura ani Policia vay Centro vash Socialuni Buti may pashe ani tumari komuna.

Te sine kay yekh yaver personi **dikhela** kay tumen sien ano riziko, ov/oy siton obligime te raportinen e sura ani Policia vash Centro vash Socialuni Buti may pashe ani tumari komuna.

Te sine kay yekh yaver personi **sile informacie** kay tumen sien ano riziko, ov/oy siton obligime te raportinen e sura ani Policia vay Centro vash Socialuni Buti may pashe ani tumari komuna.

Siguno akcesi ano hakaibe

Te sine kay sien rizikime vay sinetumen violenca, tumen situmen hako te mothaven tumaro jivdipe ano yekh siguruno thay amalipesko thanipe vash tumenge. Akava thanipe khargyola **Kher vash Garavipe e Qhavoreshko**. Them obligingyola te anel sah sevalutnen thay godorne

ofisalune ano akava kher, vash te len kan may buderi vash e sura vash te garaven tumen pe vahti.

Alternativuno dikhipe

Tumen musay te jivdinen ano thanipe kote o yaver garavena tumen, phikoinena thay silen sama vash tumenge. Te sine kay o dadalarya/dikhlarne na silen shaibe te den tumenge yekh akalendar, o Them obligingyola te arakhel phikoipe vash tumenge.

Tumen situmen hako te oveltumen sama thay siguripe ano yekh may shukar kher, te sine kay na jivdinena tumare biologikune dadalaryencar. Them obligingyola te vizitinel tumen lungyaripeya vash te dikhel te sine kay jivdinena loshale thay saste. Ji kay tumen baryovena, tumen situmen but shaibe vash te len godornipe thay te phiraven tumare hakaya.

Akcesi e qhavorengo e samatredipe shaipyenca

Te sine kay tumen situmen samatradime shaipya, tumen situmen sah hakaya ani pherdi rig thay yekhune. Them, thay o bare obligingyona te kreirinen yekh thanipe manglo vash tumare mangipya thay tumaro shukaripe.

Garavipe kotar hasarde substance

Vastipe e hasaripeske substancengo vash tumaro sastipe sito aqhavdo e krisea. Them thay o bare obligingyona kay te garaven tumen kay ma te len kotor ano vastipe, keripe, bikinipe thay ulavipe e narkotikune substancyengo, alkoholi, produktya e duhaneske thay sah hasaripeske produktya.

Garavipe kotar rakyake klubya thay bahtake khelipya

Tumenge na mekhloa te nakhen ano rakyake klubya, bahtake khelipeske lokalya vay te khelen online o bahtake khelipya, Them thay o bare na manglape te mekhen kay tumen te bikinien vay te kinen produktya rizikune vash tumaro sastipe thay siguripe.

Siguripe kotar masmedia

Niyekh nashti te obliginel tumente dikhen vay te angazhingyoven ano nesavo video, muzike, video khelipe, interneteski qham vay nesavo yaver komunikipesko vastushi kay rizikinla tumen.

Niyekh na mekhloa te mothavel tumenge, bikinil, del kiriya vay ulavel materialya (misal pustika, broshura, reviste, foto, piktura, video, khelipya ty) kay silen figura vay mothavipya e seksualune organyengo vay seksualuno aktiviteti, e resipeya te bayaren o seksualuno qalaripe.

Vash te informingyoven may buderi vash negativune efektya ayekha ovipyengo, tumen situmen hako te informingyoven kotar televizie, radio, portalya, kinema, thay interneteske qhamya tumare thanesko.

Hako vash privatipe

Sakova qhavoro sile hako vash privatipe. Tumen na situmen mangipe vash te ulaven tumare personalune informacie sakasa kay mangena te len odola. Personalune informacie astarena o nav thay anglo anav, biando dive, poli, beshipesko than, shkola, thay tumari sastipeski situacia.

Ayekha vi, tumen shay te adikeren tumare godinipya thay ideye privatune vash abokar vahti kobar tumenge na rizikingyola tumaro shukar ovipe thay na anela hasari nikaske.

Them thay o bare musay te siklon sar ma te ulaven e yaverencar tumare personalune informacie – savaht respektindoy tumaro diniteti. Niyekh (astardinoi vi o Them), nashti te astargyol ani tumari familia, pashe e surake kana o krisi obliginela olengo kotorleipe vash te garavel tumen.

Aqhavipe e qoripesko, bikinipesko thay trafikipe e qhavorengo

Niyekh na sile hako te qorel thay te trafikinel tumencar. Them thay o bare obligingyona te garavel tumen kay ma te qorgyoven kotar yekh personi, leindoy kotor dadalarya vay manusha kay silen sama vash tumenge. Bizo nisavo undripe vay yaver forma, niyekh na sile hako kay te obliginel tumen te roden habe, love thay diso yaver.

Mekhli thay aqhavdi buti vash qhavore

Akava Krisi garavela tumen kay ma te angazhingyoven ano phare butya thay rizikune.

Niyekh buti na manglape te aqhavel tumaro vahti vash siklipe, vash te nakhen ano aktivitetiya kote vijainena neve janipya vay vash te ashlinen.

Te sine kay tumen situmen 15 bersh ji pe 18, tumen shay te keren lokhe butya, kola na hasaren o siguripe, sastipe thay tumaro evolviripe.

Sakoya buti e qhavoreski, pokimi vay bipokimi, volonteruni buti, praktika thay angazhipe ano komuniteti shay te mekhlol ani baza e mekhipesko kotar dadalari/dikhlarno. Ini kay mekhlola, o bare obligingyona kay te notadeinen thay dikhlaren lugyaripeya tumaro siguripe.

Ji kay, Them thay o bare musay te garaven kotar o phare forme thay rizikune e butyako, kola na mekhlon vash niyekh bersh e qhavorengo. Odola forme astarena: vastipe kotar o bare vash olenge vijaipya (misalake rodipe e mangipesko, trafikipe, angazhipe ano seksualune aktivitetiya), produktipe, vastipe, ulavipe thay bikinipe e narkotikune substancengo thay alkoholi, angazhipe e konfliktesko armatimo vay maripe.

Edukipe thay Skoluipe

Akava Krisi aqhavela sakaste kay te ushkavel tumaro hako ano edukipe thay skoluipe. Sako tumendar musay te therel akcesi ano edukipe thay skoluipe, biumlavdo kotar ovipya tumare ani familia thay malipe. Angloskolake khera, shkole thay sah siklipeske centrya musay te oven

sigurune thana vash tumenge thay sah o bare kay kerna buti odothe kay te treterinen tumen ani siguriuni rig.

Sastipe, Jivdipe, aqhipe ano jivdipe thay evolviripe

Tumen situmen hako kay te baryoven saste. O thema thay o bare musay te oven sah kay sito shaibe kay o qhavore thay tikne qhavore ma te meren.

Them musay te siguringyol kay te therel centrya e familiaruna medicinako thay saslaripeske khera pashe tumenge, kay ka den kualitativuno dikhipe thay kay tumen ma te pokinen vash odola servisya. Ayekha vi, Them musay te sigurinel kay o sastipeske profesionistya te vizitinen tumen ano kher vash te len kan tumare sastipeske mangipya.

Niyekh na sile hako te ulavel e yaverencar o informacie vash tumaro sastipe, pashe te sine kay si musayutno.

Habe, sastipe thay shukar jivdipe

Tumen situmen hako te han saste thay te informingyoven kota o bare kola habe siton may shukar vash tumenge.

O them thay o bare obligingyona te den tumenge shuzho pani e piyipesko, naturako thanipe bizo himipe thay yaver thanipya bizo aksidentya.

Ayekah vi, Them musay te sigurinel kay o daya/dikhlarne tumare siton saste, anglo thay palo kay te biyanen pere qhavoren.

Hakaibe ano tumaro shukaribe

Them thay o bare obligingyona te treterinen tumen respekteya thay te sine kay kergyen nesavo na krisyuno ovipe. Vash seabepi e bershengo thay tumare evolviripesko, biumlavdo savo ovipe kergyen, Them phiravela hakaibe ano tumaro interesi may shukarno.

Them obligingyola te del tumenge yekh siguruno thanipe thay amalipesko ji kay tumen mothavena o ovipya tumare na krisyune ovipesko. Ayekha vi, Them obligingyola te phikoinel tumen kay te phiraven odoya situacia prekal nesavo aktiviteti kay azhutinela tumaro komuniteti.

Te sine kay si mangipe, tumen situmen hako vash yuridikuno azhutipe bizo pokipe kotar o Them.

Kote shay te direktingyovav vash azhutipe?

Kana shunena tumen rizikime, tumen shay te raportinen ko Them, kova garavla tumen prekal Kosovaki Policia thay Centro vash Socialuni Buti ani tumari komuna. On siton gatisarde vash tumenge ano sakova vahti thay sakote kote sien.

Kosovaki Policia – sila vash obligipe kay te azhutinel tumen thay te garavel tumen, tumari familia thay sah e manushen ano tumaro komuniteti. Ko shrd, Kosovaki Policia ka shunel tumendar vash odova so ulo thay palo odova ka kerel buti te ledeinel e Themeya thay e

barencar vash te azhutinel tumen. Tumen shay te kontaktinen e Kosovaki Policia ano sakova vahti kotar o fiks telefoni thay mobilyune gendya e telefoneske: **192** vay ano gendo **080019999** kote o kharipya siton anonimune, bizo pokipe thay konfidencialune.

Tumen shay te biqhalen tumare informacie ini ani elektronikuni adresa:
info@kosovopolice.com

Centro vash Socialuni Buti- sila pe resipe te azhutinel tumen thay te dikhel tumen thay e baren, kola na silen garavipe vay kola nashti te arakhen azhutipe vash olenge mangipya. Socialune butikerne siton bare kay kerna buti ano akala centrya ani tumari komuna.

Siton vi nesave grupe e sevalutnengo ano Them, kola ulavena godornipe yekhune vash te garaven tumen. Akala grupe garavena tumen sigurindoy kay tumare hakaya respektingyona thay phiravgyona sar ani familia, ayekha vi ani shkola, siklipeske centrya, sasalaripeske khera, centro e familiarune sastipesko thay tumaro komuniteti.

Akala grupe khargyona '**Konsili vash Qhavorengë Hakaya**', kova kergyola kotar sevalutne kay kerna buti vash Them ano thanekso niveli thay '**Ekipa vash Qhavorengë Hakaya**', kova kergyola kotar sevalutne kay kerna buti ano komunaluno niveli. Akala grupe kedingyona nesave ver ano bersh vash te diskutinen te sine kay o institucie pherena o obligipya thay planya e Themeske vash tumaro garavipe thay siguripe.

Akava dokumenti kerdilo kotar Save the Children Kosova/o ano ledeipe e Ofisea vash Shukarno Raipe thay Ministria vash Edukipe, Skencia, Tehnologia thay Inovacia, e financiarune phikoipea kotar Meridian Express.