



EEXDA AAN TOOSKA AHAYN EE DARYEELKA CAAFIMAADKA

Eexda = Fikradaha ama dareenka aan dhexdhexaadka ahayn oo muujinaya doorbid ama nacayb loo qabo shakhsi ama koox.

WAA MAXAY EEXDA QARSOON?

- Marka eexashada ay saamayn ku yeelato fahamkeenna, xiriirkeenna dadka iyo **go'aankeenna aynaan ogeen.**
- Marka eexdu ay dhacdo meel ka baxsan xakamayntayada.

XAGGEE BAY KA TIMAADAA EEXDA QARSOON?

Eexda aan tooska ahayn waxay ka timaadaa fariimaha, dabeecadaha, iyo fikradaha aan ka soo qaadanno adduunka aan ku nool nahay. Waxay saameeyaan asalkeena, waayo-aragnimadeena shakhsi ahaaneed, iyo duruufaha dhaqan.

MAXAA ABUURA KALA DUWANAANSHIYAHA CAAFIMAADKA?



Isir nacayb & takoor



Saboolnimada



Helitaanka agabka



Waxbarashada iyo sinnaan la'aanta shaqada



Helitaanka daryeelka caafimaadka



Taageerada bulshada

SIDEEN U NOQONAA KUWA OG WAX AANU WAX KA OGEYN?

1. Qaado Imtixaanka Ururka Daahsoon (IAT).
2. Shaki in dadku ay leeyihiin eex qarsoon. Wacyigelintu waa hal tallaabo oo u dhow beddelka dabeecadda.
3. Isticmaal aqoonta aad u leedahay habdhaqanka dadka ama caadooyinka la og yahay si aad u ogaatid meelaha ay ka muuqan karaan eexda.
4. Is weydii su'aalahan si aad u kordhiso wacyiga:
 - Intee in le'eg ayaan u badanahay/u yar ahay in aan xiriir la leeyahay?
 - Sideen u arkaa qofkan? Maxay tahay sababta aan sidan u dareemi karo? Waxaan isku dayi lahaa wax la mid ah haddii aan dareemay hab ka soo horjeeda? Sideen ku xaqiijin karaa in dareenadeyda aysan waxyeelo u keenin?



ILAHA XOGED EE WAXTARKA LEH

- Jaamacadda Gobolka Ohio: <https://womensplace.osu.edu/resources/implicit-bias-resources>
- Sanduuqa Haweenka: <https://womensfundcentralohio.org/gender-by-us/>
- Ururka Iskaashiga Tayada ee Ohio Perinatal: <https://www.opqc.net/health-equity>



Wixii macluumaad dheeraad ah, fadlan booqo:

<https://ohioap.org/education-cme-moc-ii/preventive-health-program/>