CHECKLIST FOR BENEFICIARIES

ዝርዝር መፈተሺ ንተጠቀምቲ

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It is never **EASY** to talk about this

Increasing dialogue, awareness, and victim-centred support for victims of forced marriages

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- ብዛዕባ ህይወትኩም ውሳነታት ክትገብሩ ዕድል ኣሎኩም ዶ?
- ኣብ ትምህርቲ ክትሳተፍ ወይ ክትሰርሑ ይፍቀደልኩም ዶ፣ ከምኡ እንተኾይኑ?
- ስልክኹም እንታይ ከም እትገብሩ ዝኾነ ሰብ ከይከታተለኩም ክትጥቀሙሉ ይፍቀደልኩም ድዩ
- ኣብ ገዛኹም ውሕስነት ይስምዓኩም ዶ?
- ንመጻምድትኹም ብናጻ ክትመርጹ ወይ ክትምርዖ ዘይምኽኣልኩም ክትውስኑ ትኽእሉ ዶ?
- ብዘይ ኣሉታዊ ሳዕቤን ናይ ሓዳር ፍትሕ? ብናጽነት ክትሓቱ ትኽእሉ ዲኹም?

ሕቶታት ወይ ስክፍታታት ኣለኩም ዶ?

ግዱድ ሓዳር ገበን እዩ። ብዛዕባ ህይወትኩም ውሳነታት ክትወስዱ፣ መጻምድትኹም ባዕልኹም ክትመርጹን ብዘይ ኣሉታዊ ሳዕቤን ክትፋትሑን ትክእሉ ይግባእ። በይንኩም ኣይኮንኩም። ንስኹም ወይ ትፈልጡዎ ሰብ ግዳይ ወይ ናይ ምኽን ሓደጋ ዘሎ እንተመሲሉኩም፣ ርኸቡ:-



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