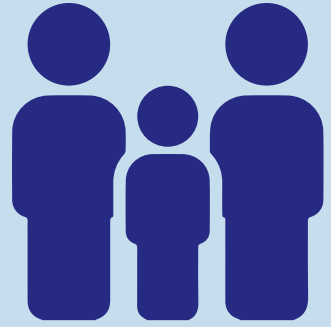


Apan adhikār aur jimwāri ke samjho: Gharelu aur parwārik



Hamlong ke sab ke pās adhikār aur jimwāri he aur hamlong sab ek surakchit, izzatwala, aur ek accha aur khusi wala rista mangta he. Hamlong ke sab ke lage i adhikār he ki bina hinsa, jisme gharelu aur parwārik hinsa samil he uske bina jiye. Aṣṭrelia me gharelu aur parwarik hinsa ke nai saha jae he aur hinsa aur abiuṣ se jon pririt he ulong ke bacahe ke khatin kanūn he.

SANCHEP ME

- Hamlong ke sab ke pās adhikar he ki ek nijhi rista me surakchit aur respektḍ mahsus kara jae.
- Koi bhi chāl chalan jon hinsa la he, ḍarae dhamkae la, ya rukāwaṭ kare la he to u gharelu aur pariwārik hinsa he, aur aisan chāl chalan kriminal ofens he jis ke karan jail hoe sake.
- Agar āp gharelu ya parwārik hinsa mahsus kara he to āp pulis ya koi ek trāinḍ kaunsala ke sampark kare sakta he 1800 737 732 pe kol kar ke. Agar āp surakshit nai he to imegensi namba 000 pe kol karo.

Gharelu aur parwārik hinsa konchi he?

Koi bhi chāl chalan jon hinsa la he, ḍarae dhamkae la, ya rukāwaṭ kare la he to u gharelu aur pariwārik hinsa he. I kriminal ofens he aur iske karan jail hoe sake he. Jada kar ke gharelu aur parwārik hinsa ek parwār ya ghar me hoe he, lekin agar āp ke koi parwār ke memba ya pāṭna jon wahi ghar me nai rahe jis me āp rahta he u bhi samil he. Aur rakam ke gharelu aur parwārik hinsa ke jānkari paj 2 pe he.

Gharelu aur parwārik hinsa ke asar kis pe paḍe he?

Gharelu aur parwārik hinsa sake sab rakam ke rista me koi ke bhi uppar asar kare. I khali admi aurat, ya gelfren aur boefren ke bic me nai lekin i sake pātnas, ladkan, aur parwār aur dost ke bic me hinsa rahe. I sake he purana ya abhi ke jismanik rista rahe, jisme u rista bhi samil he jon āp ḍaiṭing karta he ya sate rahta he, chahe ghar me ya ghar ke bahar.

GHARELU AUR PARWĀRIK HINSA ME ĀE SAKHE HE, LEKIN YAHA TAK SIMIT NAI HE:



SHARIRIK HINSA YA ABIUZ

Koi bhi kām jis se sharir ya propaṭi pe hani ya nukshan pahuche, jisme samil he ghōsa, jhapṭ, lāt marna, dhakelna, gatāi dabana, koi hatyār bahana ya istmāl karana



SEKSUAL ASAOLṬ

Koi bhi bina ijazat ke seksual kām jis me chōna, chumma lena, seksual apmān, dhamki ya mazak, kontrasepshan ke istmāl se inkār aur ek kanuni umar se chota baccha ke sathe sharirik sambandh.



RUKĀWAṬ KARE LA CHĀL CHALAN

Koi bhi harkat jaise picha karna, parwār aur dost se mile ke rōkna, āp ke uppar nigrani rakhna, āp ke pesnal tekst aur mesaj paṛhna, faun ke yus kare se rokna aur paisa ke pās nai pahuchan dena



BĀṬ SE ABUIZ

Koi bhi bāt jis ke maksad bezāti kare ke, choṭa dikhae ke ya ḍārae dhamkae ke jisme shamil he ulṭa siddha nām se balae ke ya akele me ya pablik me dhamki de ke



BACCHA PE HINSA

Ek baccha ke koi bhi rakam ke sharirik ya seksual abiuz, beparwāhi, gali galoch ya manshik abiuz ke sāmna kare ke paḍe ya shamil hoe ke paḍe. (koi bhi jiske kanūni ijazat se umar kamti he)



IMAOSHNAL ABIUZ

Koi bhi harkat jiske laksye he ki āp ke bharmae, ḍārae, kabu me kare ya choṭ pahuchae, jaise ki āp ke astityu pe, āp ke apne āp pe bharosa aur azādi pe sawal uṭhae, imaoshnal blekmail ya ātam hatya ke dhamki



PAISA KE ABUIZ

Koi bhi harkat jon ek insān ke paisa uske bina razi ke roke, koṅtrol kare ya durupyog kare, ya ek insān ke kām kare se roke.



ṬEKNOLJI SE ABUIZ

Jaise ki āp ke ijazat ke bina foṭo bāṭe, gali la mesaj ya ashnil kol kare, jhūṭṭha saosal miḍia akaunt se ek insān ke bejati ya nuksān ya hanikarak pausts



FOṬO SE ABUIZ

Jab koi ek insān ke ijazat ke bina uske inṭimat foṭo ke koi bāṭe, ya bāṭe ke dhamki de – to i kanūn ke khilaf he.



ADHYATMIK ABIUZ/ SANSKRITIK ABIUZ

Dharmik sikscha ya sanskritik ritiriwaj ke āḍ me koi rakam ke abiuz, ek sanskritik sampada ke nichai ya dharmik karikaram, jamin ya parwār se jude ke rukuwaṭ ke ek rakam ke adhyatmik ya sanskritik abiuz mana jae

Hinsa aur kanūn

Komanwelṭh, ṣṭaiṭ aur āṣṭrelai ke ṭerīṭrī sarkār hinsa roke ke khatin kadam līs he aur aprādhi ke kanūn ke hisab de ke khatin kanūn banais he aur jiske uppar gharelu abiuṣ hoe he ulong ke kanūn ke rasta se bacchae he.

Aisan koi bhi prastithi ya karan nai he ki hinsa ke swikār kara jae, chahe koi socche bhi ki uske sanghe kuch ulṭa bhae he. Koi dusra insān ke uppar hinsa karna Aṣṭrelia me gaer kanūni he aur ek **kriminal ofens** he. Kriminal ofens se āp ke uppar penaltī jaise fain aur jail hoe sake he aur iske karan āp ke āṣṭrelia me base pe asar paḍi.

Gharelu aur parwārik hinsa harkat ke **kriminal ofens** mana jae he aur kanūn se ḍanḍit he. Isme shāmil he

- mār piṭ
- seksual asaolt
- koi ke saifṭi ke khilaf dhamki dena
- piccha karna
- paisa ke abiuṣ
- chori ya propaṭi ke demaj
- proṭekshan oḍa ke ulanghan.

I jaruri he ki āp bhi konsent aur seksual harasment se jjuḍā āpan adhiḱār aur jimwāri ke samjho.



Ham konchi sakta kare agar ham ek abiuṣiv rista me he?

Agar āp (ya aur koi) khatra me he, ya agar āp ke dhamki mila he, sharirik choṭ ya seksual asaolt bhae he, to apne āp ke u stithi se nikalo (agar sakta he) aur apne āp ke bachae ke kahtin pulis ke tripal ziro (000) pe kol karo.

Agar āp sochta he ki āp ek abiuṣiv rista me he, ya koi aur he jiske āp janta he, to i jaruri he ki jitna hali hoe sake utna hali maddat lo. Koi se jiske āp biswas karta he chahe koi dost, parwār ke sadas, āp ke dokṭa ya kaunsla he us se bāt karo. I bahut jaruri he ki insān ke shaeta mile jis se jab ulong taiyār rahe tab āpan faisla banae sake.

Agar koi āp ke khilaf gharelu ya parwārik hinsa ke istmāl karis he, to Aṣṭrelia ke koi kōṭ ek ṣṭop oḍa de sake he jis se u abiuṣa āp ke nazdik āe nai sake. Ek 'proṭekshan oḍa' kanūn seṭ kare he jis ke u dusra insān mango fōlo karo, aur i gair kanūni he ki u insān agar u kanūn ke tuḍe he āp ke dhamki de ke khatin ya gharelu aur parwārik hinsa āp pe kar ke.

Kaisan sapoṭ sewa uplabd he?

Agar āp gharelu ya parwārik hinsa ke sikār he, ya agar āp apan pāṭna pe hinsa karta he, to i jaruri he ki āp jano ki sapoṭ uplabd he. Aṣṭrelia me dher sewa sanstha he jon u insān jis ke uppar gharelu aur parwārik hinsa bite he ya u usse bace mange he uske sapoṭ de he, aur sab ṣṭaiṭ aur ṭerīṭri alag alag rakam ke sewa pradān kare he. Āp sait sapoṭ ke khatin i dheyan me rakega:



Vegtigat surakcha aur sikiuriṭi,

āp sthanie pulis ṣṭaishan kol kare sakta he ya jae sakta he



Swast aur medikal sahāeta,

āp embulans ke kol sakta kare ya apan dokṭa ke sakta dekhe



Profesnal kraisis sapoṭ sewa

āp ke rasta de aur kaunsiling sapoṭ de



Kanūni sahāeta āp ke kanūn aur kanuni adhiḱār samjhe me maddat kare



Mānsik swast helpḷāin accha hoe ke parotshan aur kaunsiling sapoṭ de



- ek khushi aur accha rista ke suruwat hoe he respekṭad aur surakchit mahsus kare se.
- āp ke apan rista me izjat aur surakcha ke adhiḱār he.
- jon rista abiuṣiv he u thik nai he aur i gharelu aur parwārik hinsa ya seksual hinsa hoe sake he.
- Agar āp apan koi bhi rista ke bare me soch karta he jis me khushi nai he ya hinsa ke bartāo he, āp sakta he koṭekṭ kare 1800RESPECT 1800 737 732 pe ya onlain cheṭ kare.

Sōs: 1800RESPECT Neshnal Seksual Asaolt, Domestik Femli Vaelanz Kaunsiling Sebis

Kaha maddat lo ya koi se bāt karo



Kaha maddat lo ya koi se bāt karo

Agar āp ke sath seksual assault bhae he aur āp mangta he shikāyat kare, āp ke chahi he pulis ke hali se hali sampark karo. Agar āp surakchit nai he ya to ek emejensi he to 000 pe kol karo. Āp sewa seksual sapot sebis se bhi le sakta he, jaise ki 1800RESPECT 1800 737 732 pe.

Koi PALM skim me se hame sake maddat kare?

Ek nawa desh me accha se jindagi saware me kafi kathinai sake rahe lekin āp ke maddat ke khatin sapot aur subhidha uplabd he. Agar Aṣṭrelia me jindagi saware ke kahtin āp ke pās koi sawal he to āp apan bos se sakta puche. Agar u sawal ke jawab nai jane he, u sake āp ke batae kis se bāt karo, jis me samil he PALM skim sapot ke aur sewa jaise:



Kantri lāishan ofisa (CLO) ya laiba aṭechis

Āp sab wartamān CLO konṭekṭ ke bare me PALM websait
(<https://www.palmscheme.gov.au/contact>)
pe sakta pae.



PALM skim sapot sewa lain (1800 51 51 31) pe ya imail (palm@dewr.gov.au)

Plis dheyan rakhna ki sapot sewa lain aur imail inboks 8:30 am – 6.30 pm AEST pe nigrani rahe he – i samae ke bād ke kol khali bahut jaruri kām ke khatin mango raho.

Kaise sakta he ham gupt profesnal maddat le?



Aṣṭrelia me rahte agar āp ya koi jis ke āp janta he gharelu aur parwārik hinsa ke bare me aur jānkari mange he jane to āp niche taibal me dewal i sab infomaishan aur sapot sewa ke sakta he konṭekṭ kare. I sansthalong sake he āp ke sahi disha dikhae u sewa pāe ke khatin jon āp ke jarurat aur pahuch me he.

ASṬRELIA ME JARURI REFERAL AUR SAPOT SEWA

SEBIS	I KONCHI KARE HE?	KONṬEKṬ KE JĀNKARI
Imenjensi sewa	Aṣṭrelia ke main imenjensi sewa namba he tīn ziro (000) . Āp 000 pe kol kare sakta he agar āp pulis, faya ya embulans sewa ke agar uske turant jarurat he.	Faun: 000 Desh bhar me, 24/7
Sthaniye pulis ya embulans sewa	Agar stithi jaruri nai he to āp sthaniye pulis, faya ya embulans sewa ke namba khojo.	Apan sthaniye pulis ṣṭaishan ke khoje ke khatin isme khojo 'Find my local police station [your area]'.

ASTRELIA ME JARURI REFERAL AUR SAPOT SEWA		
SEBIS	I KONCHI KARE HE?	KONTEKT KE JĀNKARI
Helth Daarekt	Agar āp koi dokṭa ya koi meḍikal profesnal ke khoje mangta he to Helth Daarekt pe jao. Āp ulong ke sewa fainḍa se maddat apan nazdik khoj lega.	 Kol: 1800 022 222 Desh bhar me, 24/7  Web: https://www.healthdirect.gov.au/domestic-violence-and-abusive-relationships
1800RESPECT	Agar āp mangta he koi profesnal kaunsla se gharelu aur parwārik ya seksual asaolt ke bare me bāt kare mangta he, to i sanstha ek fri gupt sapot lain sewa de he. Āp ulong ke websait pe jae ke u sewa pae sakta he jon āpke sahyog dai accha aur khushi rista ke jankari khoje me.	 Faun: 1800 737 732 Desh bhar me, 24/7  Web: https://www.1800respect.org.au/
Ḍaizi faun ep	Ḍaizi ek ep he jon āp ke sthaniye jagha ke sapot sewa ke bare me jānkari de he. 1800RESPECT iske banais raha aur i frī he istamāl aur daunlaud kare ke aur jon insānlong iske istamāl kare he ulong ke saifti aur surakcha ke fichas he jon ulong ke pahchan ke gupt rakhe he.	 daunlaud karo apan ep sṭo se; ya Ḍaizi ep pe jao: https://www.1800respect.org.au/daisy
Menzlain Astrelia	Menzlain Astrelia ek telifaun aur onlain kaunsiling sewa he u admilong ke khatin jilong ke parwār ya rista ke chinta he.	 Faun: 1300 78 99 78  Web: https://mensline.org.au
Menz referral sebis	Menz referral sebis ek admilong ke parwārik hinsa ke telifaun kaunsiling sewa he jiske Astrelia bhar me No to Violence chalawe he aur i ek matr jagha he jaha admilong jon apan hinsa bartao ke jimwari le he sampark kare sake. Ulong u aurat aur admi jon apan mail paṭnas, dost ya parwār ke sads , aur sab rakam ke ajensis ke karamcharilong jon maddat khoje he apan klaintz jon admilong he ulong ke sahaeta de he.	 Faun: 1300 766 491 Bic hapta me 8am-9pm, Wikenḍ me 9am-5pm)  Web: https://www.ntv.org.au

ASTRELIA ME JARURI REFERAL AUR SAPOT SEWA		
SEBIS	I KONCHI KARE HE?	KONTEKT KE JĀNKARI
Femli Vaelenz Lao help	Femli vaelanz lao help ek neshnal websait he u insānlog ke khatin jon gharelu aur parwārik hinsa samhje mange he, kanūn aur kaha se maddat sake le.	 Websait pe jao, https://familyviolencelaw.gov.au , aur jānkari ke khatin i vishae pe jaise: Gharelu aur parwārik hinsa Gharelu hinsa odaz Kaise maddat lo
Femli edvokasi enḍ sapot sevbis (FASS)	Femli edvokasi enḍ sapot sevbis (FASS) ek kām la wakil aur sosai karamchari ke juḍa sewa he ulong ke khatin jon pariwārik hinsa se piṛit he. I komanwelth se fanḍaḍ he. Sab Astrelia ke sṭait aur ṭeritri ke pās Femli edvokasi enḍ sapot sevbis (FASS) he. FASS muft ke kanūni salha aur sewa joḍ ke de he ulong ke jon gharelu aur parwārik hinsa se piṛit he.	 ACT: 1300 654 314 NSW: 1800 551 589 NT: 1800 019 343. QLD: 1300 267 762 SA: (08) 8111 5300. TAS: 1800 431 157 VIC: (03) 8373 7917 WA: 1300 650 579  Pura kontekṭ, jagha aur Femli edvokasi enḍ sapot sebis ke har ek sṭait me femli vaelanz lao websait pe jao. https://familyviolencelaw.gov.au/fass/
iSaifti Komishna	iSaifti astrelians ke maddat kare he gambhir onlain abiuz aur gaer kanūni konṭenṭ ke roke ke aur uske samna kare ke. Ulong ke websait pe jao pata lagae ke ki kaise foṭo se juḍa abiuz ke ripot kara jae, konṭenṭ ke hataya jae, pulis ke ripot kara jae aur wagerah wagerah.	 Websait pe jao, https://www.esafety.gov.au/key-issues/image-based-abuse  Fekṭshit: Onlāin surakcha maiya bappa aur dekh-bhal kare wala ke khatin

Jab ki i maṭrial ke banae me sab dheyan rakha gae he, PALM skim, uske karamcharilong, volanṭias ya paṭnas koi jimwāri nai le he i fektshit ke jānkari me koi galti, chūṭ, bhul ke samband me jis ke karan koi insān ke koi hāni ya demaj hoe he i fektshit ke jānkari ke upar nirbhar rakhe ke karan. I fektshit me dewal jānkari ke banawa gae he khali ām jānkari ke khatin. Is ke irada nai he koi bhi kanūni ya profesnal salha ke jagha le ke. PALM skim ya uske paṭnas koi bhi jimwāri nai le he koi bhi jān ya anjān naticha jon i fektshit ke jānkari ke uppar nirbahr rakh ke nikla he.

