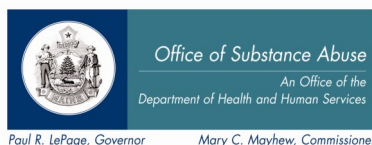


Shan qodob oo loogo hortogo dhaqamada khatarta ah

Kow <i>Yaree Gaaritaanka</i>	Labo <i>Bulshaynta</i>	Saddex <i>Xoojinta Iyo Dib Uxoojinta</i>	Afar <i>Badanaaba Kormeer Ilmahaaga</i>	Shan <i>Diyaarsanaw</i>
<p>Ka fogee ilmahaaga waxyaabah wax udhimi kara. Waxyaabah sunta kiimikada leh ee ay kamidka tahay alaabta wax lagu nadiifiyo, daawooyinka iyo aalkolada.</p> <p>Sababtu Waa Maxay? Ilmuhu si khalad ah ayay u isticmaali karaan alaabtaas.</p>	<p>Baro ilmahaaga saaxiiba -dood iyo waalidiintooda. Kala sheekayso waalidka kale Shuruucta aad kula dhaqantid ilmahaaga.</p> <p>Sababtu Waa Maxay? Waalidiintu waxay kawada shaqayn karaan siday ooga hortagi lahaayeen dhaqamada khatarta ah ee ilmuhu sameeyaan. La wadaag waalidiinta kale ilmahaagu waxyaabaha ee sameeyaan.</p>	<p>Ilmahaagu dibbadda intuusan ubixin kahor, xusuusi sharciyadaada. Had iyo jeerba hirgali sharciyadaada.</p> <p>Sababtu Waa Maxay? Markay waalidku aaminaan dhaqan dhaqamada kamid ah inuu xunyahay, ilmuhuna uma badna inay sameeyaan.</p>	<p>Ilmahaagu intaysan xaflada aadin kahor, waydii inay dad waawayn joogi doonaan xafladda iyo inkale. Kahubso arrintaas waalidka kale.</p> <p>Sababtu Waa Maxay? La socodka xaalka ilmahaaga waxay tusaysaa inaad iyaga daryeelaysid iyo inaad danaynayso dhaqankoodu.</p>	<p>Soojeed saacadaha ilmahaaga guriga laga rabo, kalana hadal ilmahaaga habeen koodii siduu ahaa. Haddaad soo jeedi karin buuxso saacadda.</p> <p>Sababtu Waa Maxay? ilmaha rumaysan waalidkood inay qaban doonaan way yartahay inay jabiyaan sharciga.</p>



Waxaa soo diyaariye Maine Office of Substance Abuse's Shanta qodob ee kormeerka waalidka, waxaa kaloo kala qeeyb qaatay Minority Health Program of the City of Portland Public Health and Human Services.

Qodobada badan oo lagaga hortago dhaqamada khatarta

Waalidku waxay qaban karaan shaqo badan inay ilmahooda u abuuraan dagaan nabadgalyo ah. Ku dhaqan shantan qodob markaad gurigaaga joogtid, lana shaqee dugsiga, ganacsatada iyo ciidanka nabadgeliyada si ay bulshadu nabad galiyo ugu sugnaato.

Iskuulka markaad joogtid maxaad samyn kartaa?	Maxaad ka dhax qaban kartaa bulshada dhaxdeeda?
<p><i>Marka laga hadlayo dhaqamada khatarta ah, ilmaha oo dhan khatar bay halis u yihiin. Waalidka, Macalimiinta, maamulayaasha iyo tababarayaashuba dhammantood saamayn bay ku yeelan karaan ilmaha dhaqankiisa.</i></p> <p><i>La shaqee dugsiga uu ilmahaagu dhigto si aad u abuurtid dagaan aamin ah. Ku dhiiri gali ilmahaaga inuu doorto waxyaabo wanaagsan. Waa kuwaan su'aalo aad waydiin kartid ilmahaaga dugsigooda.</i></p> <ul style="list-style-type: none"> • Dhaqamada Khatarta ah sida cabidda khamriga iyo cuniidda daroogada arimo muhim ah ma uyihiin dugsiga? • Sharciyada uu iskuulka kadajiyaya arrimahan maxay yihiin? • Sideed ku ogaan kartaa shuruucda dugsiga? • Side buu dugsiga u hirgaliyaa shuruucdiisa? Ciqaabta uu ardaygu mudanayo maxay tahay haddii uu jabiyo sharciyada dugsiga? • Caawimaad malaga helaya dugsiga haddii uu ogaado inuu ilmuhu ku jiro dhaqamo khatar ah? Kaalmada dugsiga waa sidee? • Sidee u caawin kartaa ama u xoojin kartaa sharciyada dugsiga ee kusaabasan dhaqamada khatarta ah? 	<p><i>Waxa jira waxyaalo kale oo aad ka samayn kartoo bulshada dhaxdeeda si aad ilmaha uga badbaadisoo khatarta ay ku dhici karaan.</i></p> <ul style="list-style-type: none"> • Caawi ganacsatada carruuta iyo dhallinyarada u abuura madadaalo wanaagsan, iyo hawlo nashaad oo amaan ah. • Tageer booliska markay xoojinayaan Qaanuunka. Waa sharci darro dad waawayn inay ilmaha siiyaan aalkool ama waxyaabo kale oo khatar ah. Waxaa kale oo sharcidarro ah dad waawayn oon qaraab ahayn inay ilmaha u ogaladaan in gurigooda khamri ay ku cabbaan. • Wac booliska haddad ogtahay meel ay ilmuhu kusamaynayaan wax sharci darro ah. Ama haddad ogtahay meel ay ilmuhu kahalaan alkool, daroogo, ama walxa kale oo khatar ah. • Waraaq u dir wargaysyada deegaanka ah adoo u caddaynaya muhim-madda ay leedahay mamnuucidda arrimaha ama hawlaha khatarta ah sida cabbitaanka ilmaha oon qaan gaarin ama isticmaalka daroogada. • Ku dhiiri gali waalid ka kale inay isticmaalaan ama kucamalfa -laan qodobada kormeerka ee waalidka.