
QIIMAYNTA KHATARTA

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Xaaladaha khatarta daran waxay la xidhiidhaan korodhka khatarta dilka (dilitaanka qof) ee dumarka iyo raga ku jira xidhiidhka tacadiga leh. Ma saadaalin karno waxa dhici doona kiiskaaga, laakiin waxa aanu doonaynaa in aanu la socono khatarta khaarajinta nafta ee xaaladaha tacadiga iyo inaad eegto tirada xaaladaha khatarta ee xaaladadaada ku munaasabka ah.

Adiga oo isticmaalaya taariikhda, fadlan waxa aad calaamadigaa wakhtiga aad u malaynayso sanadkii la soo dhaafay markii uu ugu tacadiyay lamaanahaagy ama lamaanahaagii hore. Ku qor taariikhdaas inta ay le'ekeyd xaalado marka aad eegto miisaanka soo socda:

1. Dhirbaaxo, riixid, aan lahayn dhaawacyo iyo/ama damqasho mudo dheer ah
 2. Feedh, laad, nabaro, dilaac, iyo/ama damqasho joogto ah
 3. "Garaac", jug aad u daran, gubis, laf jabtay
 4. Ku hanjabida isticmaalka hub; dhaawac madaxa, dhaawac gudaha ah, dhaawac rasmi ah, ilmo soo dhaca ama ceejin* (u isticmaal © taariikhda aad ku sheegeyso ciijinta/cune u dhaga/kala joojinta neefsigaaga- tusaale ahaan 4©)
 5. Isticmaal hub; dhaawac hub (hadii wax kamid ah sharaxu uu yahay lambar sare, isticmaal lambar sare.)
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Ku calaamadi Haa ama Maya mid kasta oo kamid ah kuwa soo socda. ("Isaga" waxaa loola jeedaa ninka, lamaanaha, ninkaagii hore, lamaanihii hore, ama cid kasta oo wakhtigan tacadiga kugula kacda.)

- ____ 1. Miyuu tacadiga jidhku kordhay inta uu le'eg yahay ama inta ee jeer ee uu soo noqnoqdo sanadkii lasoo dhaafay?
- ____ 2. Miyuu leeyahay qori?
- ____ 3. Miyaad ka tagtay idinka oo wada deganaa sanadkii lasoo dhaafay?
3a. (Hadii aanad weligaa la dejin, halkan guji: ____)
- ____ 4. Miyuu shaqeeyaa?
- ____ 5. Miyuu weligii kuu isticmaalay hub ama miyuu kuugu hanjabay hub daran? (Hadi ay haa tahay, miyaa hubku ahaa qori? halkan sax: ____)
- ____ 6. Miyuu kuugu hanjabay inuu ku dilaayo?
- ____ 7. Miyuu iska ilaaliyay in loo xidho tacadiga guriga dhaxdiisa?
- ____ 8. Miyaad leedahay ilmo aanu isagu dhalin?
- ____ 9. Miyuu weligaa kugu khasbay inaad galmo samaysaan aanad doonaynin inaad samaysaan?
- ____ 10. Miyuu weligaa isku dayay inuu ku ciijiyo/cunaha kugu dhago ama inuu hawada kaa xidho?
10a. (Hadii ay haa tahay, miyuu sameeyay wax ka badan hal mar, ama miyaad suuxday ama miyir beeshay ama dawakhdan? sax halkan: ____)
- ____ 11. Miyuu isticmaalaa mukhaadaraad sharci daro ah? Mukhaadaraaska, waxa aanu uga jeednaa "uppers" ama amphetamines, "meth", speed, angel dust, cocaine, "crack", mukhaadaraadka wadooyinka lagu iibiyo ama isku dar.
- ____ 12. Ma sakhranbaa ama miyuu leeyahay balwad khamri?
- ____ 13. Miyuu maamulaa badanaa ama dhamaan hawlaha aad maalintii qabanayso? Tusaale ahaan, miyuu kuu sheegaa cida aad la saaxiibayso, goorta aad la kulmayso qoyskaaga, inta lacag ee aad isticmaali karto, ama goorta aad gaadhiga kaxaysan karto? (Hadii uu isku dayo, laakiin aanad ka yeelin, halkan guji: ____)
- ____ 14. Miyuu ku dilaa oo badanaa miyuu hinaasaa? (Tusaale ahaan, miyuu kugu yidhaahdaa: "Hadii aanan anigu iskakaa yeelan, cid kale kuma yeelanayso.")

- _____15. Miyuu weligaa ku garaacay adiga oo uur leh? (Hadii aanad weligaa uur u qaadin, halkan guji: __)
- _____16. Miyuu weligii ku hanjabay ama isku dayay inuu naftiisa gooyo?
- _____17. Miyuu ku hanjabnay inuu caruurtaada waxyeelleeyo?
- _____18. Miyaad aaminsan tahay inuu awoodo inuu ku dilo?
- _____19. Miyuu ku daba guraa ama ku basaasaa, kuugu hanjabaa qoraal ama fariimo, burburiyaa hantidaada, ama kula soo hadlaa wakhtiga aanad doonaynin inuu kula soo hadlo?
- _____20. Miyaad weligaa ku hanjabtay ama isku dayday inaad naftaada goyso?

_____ Wadarta Jawaabaha “Haa”

Mahadsanid. Fadlan kala hadal kaaliyahaaga caafimaadka, u doodahaaga, ama la-taliyahaaga wixii ku saabsan qaababka Qiimaynta Khatarta ee xaalada.