

# Wadahadal ku saabsan caafimaadka la xiriira galmada iyo la kulmidda xadgudubka



Su'aalahan waxaa dadka loo weydiiyaa si loo bixiyo daryeel iyo taageero wanaagsan. In laga jawaabo waa ikhtiyaari, adiga ayaana dooranaya su'aalaha aad rabto inaad ka jawaabto iyo jawaabta aad is leedahay waa tan kugu habboon.

<b>1. Meeqa sano ayaad jirtaa?</b> _____ sano							
<b>2. Muxuu yahay aqoonsigaaga jinsigu?</b> Aqoonsiga jinsiga waxaan ula jeednaa jinsiga aad isu aragto inaad tahay.	Gabadh <input type="checkbox"/>	Wiil <input type="checkbox"/>	Labaale isaga gudbay xudduudaha jinsiga <input type="checkbox"/>	Qof aan labaale ahayn (oo khibrad u leh ama u lahayn isaga gudbidda xudduudaha jinsiga) <input type="checkbox"/>	Ma ogi <input type="checkbox"/>	Ma rabo inaan meel isku tiriyo <input type="checkbox"/>	Wax kale <input type="checkbox"/>
<b>3. Muxuu yahay aqoonsigaaga galmadu?</b>	Qof labada jinsiba u galmooda <input type="checkbox"/>	Qof jinsiga kale u galmooda <input type="checkbox"/>	Qof jinsiga u galmooda <input type="checkbox"/>	Qof aa galmo xiiseyn <input type="checkbox"/>	Ma rabo inaan meel isku tiriyo <input type="checkbox"/>	Ma ogi <input type="checkbox"/>	Wax kale <input type="checkbox"/>
<b>4. Hoygaaga ka warran?</b>	Waxaan la degganahay waalidkey <input type="checkbox"/>	Waxaan la degganahay saaxib/lammaane <input type="checkbox"/>	Waxaan degganahay guri qoys/HVB/SIS <input type="checkbox"/>	Waxaan degganahay keligeey <input type="checkbox"/>	Waxaan u degganahay si kale <input type="checkbox"/>		
<b>5. Immisa jeer ayaad khamri cabtay sanadkii ugu dambeeyay?</b>				Marnaba <input type="checkbox"/>	1 mar bishiiba ama in ka yar <input type="checkbox"/>	2-4 jeer bishiiba <input type="checkbox"/>	2 jeer toddobaadkiiba ama in ka badan <input type="checkbox"/>
<b>6. Daroogo ma isticmaashay?</b> Tusaale ahaan cannabis, bensodiazepiner, kokain, tramadol, amfetamin, poppers ama daroogo kale.				Marnaba <input type="checkbox"/>	Haa, muddo hal sano ka badan ka hor <input type="checkbox"/>	Haa, sanadkii ugu dambeeyay gudihiisa <input type="checkbox"/>	

<b>7. Ma jirtaa cid ku xaddideysa ama ku xakameyneysa marka ay timaado, tusaale ahaan, doorashada lammaanahaaga, asxaabtaada, dharkaaga ama hawlaha waqtiga firaqada?</b> Tani xitaa way khuseysaa digitalka.	Haa <input type="checkbox"/>	Maya <input type="checkbox"/>	Ma ogi <input type="checkbox"/>
<b>8. Ma xaddidday ama ma xakameysay qof marka ay timaado, tusaale ahaan, doorashada lammaanaha, asxaabta, dharka ama hawlaha waqtiga firaqada?</b> Tani xitaa way khuseysaa digitalka.	Haa <input type="checkbox"/>	Maya <input type="checkbox"/>	Ma ogi <input type="checkbox"/>
<b>9. Ma lagu bahdilay, lagu handaday, lagu dhibaateeyay, lagu foorjeeyay ama si kale wax laguugu geystay?</b> Tani xitaa way khuseysaa digitalka.	Haa <input type="checkbox"/>	Maya <input type="checkbox"/>	Ma ogi <input type="checkbox"/>
<b>10. Adigu cid kale ma bahdishay, ma handaday, ma dhibaateysay, ma foorjeysay ama si kale wax ma ugu geysatay?</b> Tani xitaa way khuseysaa digitalka.	Haa <input type="checkbox"/>	Maya <input type="checkbox"/>	Ma ogi <input type="checkbox"/>
<b>11. Ma lagu dilay, ma lagu laaday, ma lagu kala tuuray ama si kale ma lagu waxyeelleeyay?</b>	Haa <input type="checkbox"/>	Maya <input type="checkbox"/>	Ma ogi <input type="checkbox"/>
<b>12. Adigu qof ma dishay, ma laadday, ma kala tuurtay ama ma waxyeelleysay?</b>	Haa <input type="checkbox"/>	Maya <input type="checkbox"/>	Ma ogi <input type="checkbox"/>
<b>13. Wax galmo la xiriira oo ka soo horjeeda rabitaankaaga ma lagu geystay?</b> Tani xitaa way khuseysaa digitalka. Tusaale ahaan inaad oggolaasho la'aan sameysay galmo ah siilka, afka, dabada ama falal kale oo galmo la xiriira, tani xitaa way khuseysaa xagga kaamirada intarnet. In qof uu kuugu hanjabaabay inuu faafin doono ama uu faafiyay sawirro/filmaan galmo oo adiga kugu saabsan, ama in lagu soo diray sawirro/filmaan galmo adigoon oggoleyn.	Haa <input type="checkbox"/>	Maya <input type="checkbox"/>	Ma ogi <input type="checkbox"/>
<b>14. Wax galmo la xiriira oo ka soo horjeeda rabitaanka qofka ma samaysay?</b> Tani xitaa way khuseysaa digitalka. Tusaale ahaan inaad oggolaasho la'aan sameysay galmo ah siilka, afka, dabada ama falal kale oo galmo la xiriira, tani xitaa way khuseysaa xagga kaamirada intarnet. Inaad ku hanjabtay inaad diri doontid ama aad faafisay sawirro/filmaan galmo oo qof kuu saabsan, qofkaas oon oggoleyn.	Haa <input type="checkbox"/>	Maya <input type="checkbox"/>	Ma ogi <input type="checkbox"/>

**15. Ma la kulantay wax dhib badan oo la xiriira filmaanta galmada?**

Tusaale ahaan inaad aragtay wax aan fiicneyn, ay adagtahay in la joojiyo dawashadooda, si xumaan leh kuu saameysay, ama qofi kugu qasabtay inaad daawato.

Haa  Maya  Ma ogi

**16. Intii aad koreysay, ma la kulantay in qof qoyskaaga ka mid ah loo geystay xadgudub nafsi ah, jireed ama galmo?**

Haa  Maya  Ma ogi

In la sameeyo galmo waxay macneheedu noqon kartaa in la sameeyo galmo siilka, afka ama dabada ah, laakiin saas uma baahna. Galmo waxay noqon kartaa wax kasta oo suurtagal ah, sida tusaale ahaan in qofka kale lala siigeysto, la is baashiyeeyo, la salaaxo ama ku salaaxo. Waxay dhici kartaa marka jir ahaan loo kulmo laakiin sidoo kale digital ahaan. Adiga ayaa go'aamineysid waqtigi kuugu horreeyay goorta uu ahaa

**Haddii aadan cidna la sameyn galmo way kuu dhammaadeen su'aalihii foomku imminka.**

**17. Immisa jir ayaad ahayd markii ugu horreysay ee aad qof la sameysay galmo?**

\_\_\_\_\_ sano

**18. Immisa qof ayaad la sameysay galmo 12-kii bilood ee ugu dambeeyay?** Tani xitaa way khuseysaa digitalka.

\_\_\_\_\_ qof

**19. Immisa jeer ayaad adiga iyo lammaanahaagu isticmaasheen kondom ama warqadda leefitaanka si aad isaga ilaalisaan cudurrada galmada?**

Mar walba  Marmar  Marbada

**20. Immisa jeer ayaad adiga ama lammaanahaagu isticmaasheen waxyaabaha uurka leesaga ilaaliyo?**

Tusaale ahaan kaniini, kan garabka la geliyo, kan hoosta la geliyo ama kondom.

Mar walba  Marmar  Marbada  Ma ogi  Ma taagna

**21. Ma qabtaa, ama ma kugu dhaceen kalamiidiya, jabto, waraabow, cagaarshow ama HIV?**

Haa  Maya  Ma ogi

**22. Adiga ama lammaanahaagu ma uureysatay iyadoon qorsheysneyn?**

Haa  Maya  Ma ogi

**23. Ma ku soo martay inaad sameysay ama laguugu sameeyay galmo ceejin ah?**

Galmada ceejintu waxay noqon kartaa in gaamaha ama wax kale lagu cadaadiyo qoorta si maskaxda looga xiro dhiigga, una yaraato hawa gaareysa. Tani xitaa way khuseysaa galmo aad keligaa sameyneyso.

Haa  Maya  Ma ogi

**24. Ma isticmaashay galmo si aad isu waxyeelleeyso, ama u maareyso dareen dhib badan?** Tani xitaa way khuseysaa digitalka.

Haa  Maya  Ma ogi

**25. Ma qaadatay wax lagaaga beddeshay galmo?** Tani xitaa way khuseysaa digitalka.

Waxay wuxu tusaale ahaan noqon karaan lacag, khamri, sigaar, daroogo, guri, cunto, hadiyado.

Haa  Maya  Ma ogi

**26. Ma bixisay lacag ama wax aad ku beddelaneyso galmo?**

Tani xitaa way khuseysaa digitalka. Waxay wuxu tusaale ahaan noqon karaan lacag, khamri, sigaar, daroogo, guri, cunto, hadiyado.

Haa  Maya  Ma ogi

**Fikrado kale ama arrimo aad rabto inaan ka hadalno:**

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