

Dhamaan dhalinta Oregon waxa ay mudan yihiin in ay faraxsanadaan, caafimaad qabaan misna noqdaan kuwo adag.

Fadlan inagu caawi in aan horumarino caafimaadka ardayda adigoo sameynaya sahmintan. Tani waa fursadi aad inagu ogeysiin laheyd waxa kasocdo iskuulkaaga iyo nolashaada. Tani waxa ay inaga caawineysa in aan fahano halka ardayda adigoo kale ay ku fiican yihiin iyo halka ay ku dhiban yihiin caawinaadna uuga baahan yihiin si ay guul uuga garaan.

Jawaabahaaga waxey ahaan doonaan kuwo sir ah oo qarsoon. Waxaan balan qaadeyna in cidna aysan arki doonin jawaabtaada.



Isticmaal kaliya Gadaal (Back) ama badhanka Xiga (Next) ee xaga hoose oo shaashada si aad dib uuga noqoto a su'aasha xigta ugu gudubto.

Inta aadan bilaabin kahor, waa in aad ogaato:

Tani in AYSAN imtixaan AHEYN.

Waxaan rabnaa in aad daacad ahaato. Xasuusnoow, cidna in aysan ogaan doonin jawaabtaada.

Majirto jawaab sax ah ama qalad ah.

Qasab ma ahan in aad sameyso sahmintan haddii aadan rabin.

Qasab ma ahan in aad ka jawaabto su'aal walbo oo aadan rabin in aad ka jawaabto.

Haddii aysan jawaabna ku habooneyn sida ugu mudan, dooro mida ugu soo dhaw.

Su'aal haddii lagu weydiiyo micnaheedu ma ahan in loo heysto in aad sameyneyso ama in ay caadi tahay in la sameyo.

Sababtoo ah sahmintu waa mid sir qarsoodi ah mana garaneyno adiga jawaabtaada, qofna lama daba gali karo. Haddii aad dareento in aad caawin u baahan tahay, fadlan la hadal qof weyn oo aad ku kalsoon tahay, sida waalid, macalin, ama lataliye. Tix nambaro aad waci karto ama fariin u qori karto si aad kaalmo u hesho ayaa sidoo kale lagu siin doonta dhamaadka sahmintu.

Isticmaal kaliya Gadaal (Back) ama badhanka Xiga (Next) ee xaga hoose oo shaashada si aad dib uuga noqoto a su'aasha xigta ugu gudubto.

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SURVEY VERSION – FROM SURVEY BEING ADMINISTERED/DO NOT ASK

Dooro nuuca sahmintaa

- 1 6^{aad}
- 2 8^{aad}
- 3 11^{aad}

AGREE TO PARTICIPATE

S1. Ma ogoshahay in aad ka qeyb qadato Sahminta Caafimaadka Ardayga (Student Health Survey - SHS)?

- 1 Haa
- 2 Maya

Waxaan rabnaa in aan fahano waxyaabaha aad daremeyso si markaa aan fikir fiican uga helno waxa aan si wanaagsan u sameyn karno si aan u caawino caruurta Oregon.

OVERALL HEALTH

Aan ka bilaawno in aan aragno guud ahaan sida aad adigu tahay.

-
1. Ma is leedahay in guud ahaan dareenkaaga iyo caafimaadkaaga maskaxeed waa mid...
 - 1 Aad iyo aad u wanaagsan
 - 2 Aad u wanaagsan
 - 3 Wanaagsan
 - 4 Dhex-dhexaada
 - 5 Xun
 - 7 Mahubo aniga
 - 8 Ma garanayo qu'aashan waxa ay iweydiineyso
 - 9 Waxaan jeclahay in aan ka jawaabin

 2. Ma is leedahay in guud ahaan caafimaadkaaga jirka uu yahay mid...
 - 1 Aad iyo aad u wanaagsan
 - 2 Aad u wanaagsan
 - 3 Wanaagsan
 - 4 Dhex-dhexaada
 - 5 Xun
 - 7 Mahubo aniga
 - 8 Ma garanayo su'aashan waxa ay iweydiineyso
 - 9 Waxaan jeclahay in aan ka jawaabin

Qasab ma ahan in aad ka jawaabto su'aal walbo oo aadan rabin in aad ka jawaabto. Bogga 5 ilaa

FUTURE PLANS – 11TH ONLY

3. ~~Intaan soo socoto midkee ayaad isleedahay wee ugu badan yahay in aad sameyso marka aad dugsi sare dhameyso? Waxaad dooran kartaa hal wax kabadan.~~ Laguma darin nooca fasalka 6aad.
- 01 Ku biir militariga
 - 02 Qabo shaqo waqti-buuxa
 - 03 Qabo shaqo shifti ah
 - 04 In aad ku biirto iskuulka farsamada ama ganacsiga
 - 05 In aad ku biirto kuleejka bulshada (community college)
 - 06 4-sanno in aad kuleej dhigato
 - 07 Wax kale
 - 97 Mahubo aniga
 - 98 Ma garanayo qu'aashan waxa ay iweydiineyso
 - 99 Waxaan jeclahay in aan ka jawaabin

CLIMATE CHANGE

Su'aalaha xigo ayaa wax kaa weydiin doono isbadalka cimilada.

-
4. ~~Ilaa iyo intee ayaad kalsooni ku qabtaa in isbadalka cimiladu uu yahay wax jiro oo dhacayo ama in uusan dhaceynin?~~ Laguma darin nooca fasalka 6aad.
- 1 Aad ayaan ugu kalsoonahay IN UUSAN dhaceynin
 - 2 Xooga ayaan ku kalsoonahay IN UUSAN dhaceynin
 - 3 Ma garanayo in uu yahay wax dhacayo ama waxaan dhaceynin
 - 4 Xooga ayaan ku kalsoonahay IN AY dhaceyso
 - 5 Aad ayaan ugu kalsoonahay IN AY dhaceyso
 - 8 Ma garanayo qu'aashan waxa ay iweydiineyso
 - 9 Waxaan jeclahay in aan ka jawaabin
-
5. ~~Ilaa intee ayaa inta badan dareenta istarees dareen (tusaale, caawin la'aan, walwalid ama murugo) ku saabsan mustaqbalka sababo la xiriiro isbadalka cimilada?~~ Laguma darin nooca fasalka 6aad.
- 1 Maya ebid
 - 2 Marmar dhifa
 - 3 Mar marka qaar
 - 4 Inta badan
 - 5 Aad iyo aad inta badan
 - 7 Mahubo aniga
 - 8 Ma garanayo qu'aashan waxa ay iweydiineyso
 - 9 Waxaan jeclahay in aan ka jawaabin
-
6. ~~Intii lagu jiray in 12ki bilood ee lasoo dhaafay, dareenkaaga ku saabsan isbadalka cimilada si xun ma u saameyay nolal maal meedkaaga (tusaale: awoodaada diirad saarid ama niyad siin, hurdo, cuno, baashaal, farxada xiriiradaada)?~~ Laguma darin nooca fasalka 6aad.
- 1 Maya ebid
 - 2 Marmar dhifa
 - 3 Mar marka qaar
 - 4 Inta badan
 - 5 Aad iyo aad inta badan
 - 7 Mahubo aniga
 - 8 Ma garanayo su'aashan waxa ay iweydiineyso
 - 9 Waxaan jeclahay in aan ka jawaabin

Qasab ma ahan in aad ka jawaabto su'aal walbo oo aadan rabin in aad ka jawaabto. Bogga 7 ilaa

SOCIAL MEDIA

Su'aallaha xiga ayaa wax kaa weydiin doono waqtiga aad aaladaha elektaroniga ku bixiso sida taleefanka, ismart foonka, laabtobka, Chromebook, ama tablet aan iskuulka loogu talo galin ama leyliga guriga.

7. ~~Ilaa intee ayaad taleefankaaga, laabtobkaga, Chromebook-gaga ama tablet-kaga fiirisa marka aadan iskuulka joogin? Laguma darin nooca fasalka 6aad~~
- 1 Mar 5-tii daqiiqo walbaha ama wax ka yar
 - 2 Mar 6-15-tii Daqiiqaba
 - 3 Mar nusa saaco ill saacadiiba
 - 4 Mar 2-4-tii Saacba
 - 5 Mar 4+ saacba
 - 6 Aniga malihi taleefan, ismart foon, laabtob, Chromebook ama tablet
 - 7 Mahubo aniga
 - 8 Ma garanayo qu'aashan waxa ay iweydiineyso
 - 9 Waxaan jeclahay in aan ka jawaabin

Ma u maleyneysa isticmaalkaga baraha bulshada (Instagram ama Tiktok) in walxahan soo socda ay ka dhigaan kuwo fiican ama aad u xun?	Aad iyo aad u fiican		Mana fiicno mana xumo		Aad iyo aad u xun		Ma garanayo su'aashan waxa ay iweydiineyso		Waxaan jeclahay in aan ka jawaabin
8. Sidee u daremeysa ama u aragtaa adiga jirkaaga?	1	2	3	4	5	7	8	9	
9. Fasalada iskuulka	1	2	3	4	5	7	8	9	
10. Xiirarada kaala dhaxeyo asxaabta ama qoyska	1	2	3	4	5	7	8	9	
11. Caafimaadkaaga maskaxda ama guud ahaan dareenkaaga bad qab	1	2	3	4	5	7	8	9	

Laguma darin nooca fasalka 6aad

Qasab ma ahan in aad ka jawaabto su'aal walbo oo aadan rabin in aad ka jawaabto. Bogga 8 ilaa

DEMOGRAPHICS – GRADE AND AGE

12. Waa maxay fasalkaaga?

- 1 Fasalka 6^{aad}
 - 2 Fasalka 7^{aad}
 - 3 Fasalka 8^{aad}
 - 4 Fasalka 9^{aad}
 - 5 Fasalka 10^{aad}
 - 6 Fasalka 11^{aad}
 - 7 Fasalka 12^{aad}
 - 8 Fasal kale
-

13. Meeqo sanno ayaa jirtaa?

- 01 10 sanno jir ama ka yar
- 02 11 sanno jir
- 03 12 sanno jir ama ka yar
- 04 13 sanno jir
- 05 14 sanno jir
- 06 15 sanno jir
- 07 16 sanno jir
- 08 18 sanno jir
- 09 19 sanno jir ama ka weyn
- 99 Waxaan jeclahay in aan ka jawaabin

DEMOGRAPHICS – RACE/ETHNICITY

Dadka kala duwan ayaa soo maray qibrado nolal kala duwan oo saameyn karto caafimaadkooda. Fadlan wax inooga sheeg shaqsiyadaada si markaa aan sida ugu wanaagsan ugu fahmi karno bulshooyinka kala duwan si aan u siino caawinaada ugu wanaagsan si qof walbo uu u noqdo mid caafimaad qabo oo guuleysta.

Fadlan wax inooga sheeg naftaada.

14. Waa maxay jinsigaaga qoomiyadeed ama farac? **Waxaad dooran kartaa hal wax kabadan.**
- | | | |
|-----|---|------------------|
| 100 | Dhaladka Mareykanka, American Indian ama Dhalad Reer Alaska | |
| 200 | Aasiyaan | |
| 300 | Madow ama Afrikaan Ameerikaan | |
| 400 | Hisbaanig ama Laatino | |
| 500 | Dhalad Hawaiian ama Pacific Islander | |
| 600 | Bariga Dhaxe | |
| 700 | Waqooyiga Afrika | |
| 800 | Cadaan | |
| 997 | Aniga ma hubo | UBOOD Q19 |
| 998 | Ma garanayo su'aashan waxa ay iweydiineyso | UBOOD Q19 |
| 999 | Waxaan jeclahay in aan ka jawaabin | UBOOD Q19 |

HADDII AAD DOORATAY DHALAD, HINDIDA MAREYKANKA AMA DHALAD REER ALASKA

Ma tahay... **Waxaad dooran kartaa hal wax kabadan.**

- | | |
|-----|--|
| 105 | Dhalad Mareykana (Indigenous American) |
| 101 | Hindida Mareykanka (American Indian) |
| 102 | Dhalad Reer Alaska |
| 104 | Canadian Inuit, Metis, ama First Nation |
| 103 | Dhalad Meksikaan, Bartahama Amerikan, ama Konfurta Amerikan |
| 195 | Wax kale ayaa aad ugu haboon
(Fadlan wax badan inoo sheeg) _____ |
| 197 | Mahubo aniga |
| 198 | Ma garanayo su'aashan waxa ay iweydiineyso |
| 199 | Waxaan jeclahay in aan ka jawaabin |

HADDII AAD DOORATAY AASIYAAN

Ma tahay... **Waxaad dooran kartaa hal wax kabadan.**

- 201 Hindi Aasiyaan
- 202 Kambodiyaan
- 203 Jayniis
- 204 Bulshooyinka Myanmar
- 205 Filipino/a/x
- 206 Hmong
- 207 Jabaaniis
- 208 Kuuriyaan
- 209 Laotian
- 210 Koonfur Aasiya
- 211 Fiitnamiis
- 295 Wax kale ayaa aad ugu haboon
(Fadlan wax badan inoo sheeg)_____
- 297 Mahubo aniga
- 298 Ma garanayo su'aashan waxa ay iweydiineyso
- 299 Waxaan jeclahay in aan ka jawaabin

HADDII AAD DOORATAY MADOW/AFRIKAANKA MAREYKANKA

Ma tahay... **Waxaad dooran kartaa hal wax kabadan.**

- 301 Madow
- 302 Afrikaan Amerikan
- 310 Afro-Karibiyaan
- 311 Afro-Latino/a/x
- 303 Jamaican
- 304 Haitian
- 308 Ethiopian
- 309 Somali
- 395 Wax kale ayaa aad ugu haboon
(Fadlan wax badan inoo sheeg)_____
- 397 Mahubo aniga
- 398 Ma garanayo su'aashan waxa ay iweydiineyso
- 399 Waxaan jeclahay in aan ka jawaabin

HADDII AAD DOORATAY LAATINO

Ma tahay... **Waxaad dooran kartaa hal wax kabadan.**

- 401 Mexican, Mexican American, Chicano/a
- 402 Puerto Rican
- 403 Cuban
- 404 Guatemalan
- 405 Honduran
- 407 El Salvadoran
- 420 Afro-Latino/a/x/e
- 495 Wax kale ayaa aad ugu haboon
(Fadlan wax badan inoo sheeg)_____
- 497 Mahubo aniga
- 498 Ma garanayo su'aashan waxa ay iweydiineyso
- 499 Waxaan jeclahay in aan ka jawaabin

HADDII AAD DOORATAY HAWA'IYAN/PACIFIC ISLANDER

Ma tahay... **Waxaad dooran kartaa hal wax kabadan.**

- 501 Dhaladka Hawaiian/Kanaka Maoli
- 502 CHAmoru (Chamorro)
- 503 Chuukese
- 504 Communities of the Micronesian Region
- 505 Fijian
- 506 Guamanian
- 507 Kosraean
- 508 Maori
- 509 Marshallese
- 510 Palauan
- 514 Samoan
- 515 Tongan
- 595 Wax kale ayaa aad ugu haboon
(Fadlan wax badan inoo sheeg)_____
- 597 Mahubo aniga
- 598 Ma garanayo su'aashan waxa ay iweydiineyso
- 599 Waxaan jeclahay in aan ka jawaabin

HADDII AAD DOORATAY CADAAN

Ma tahay... **Waxaad dooran kartaa hal wax kabadan.**

- 803 English
- 804 French
- 805 German
- 806 Greek
- 808 Irish
- 809 Italian
- 810 Norwegian
- 811 Polish
- 812 Romanian
- 813 Russian
- 814 Scottish
- 816 Spaniard/Spanish
- 817 Swedish
- 818 Ukrainian
- 895 Wax kale ayaa aad ugu haboon
(Fadlan wax badan inoo sheeg) _____
- 897 Mahubo aniga
- 898 Ma garanayo su'aashan waxa ay iweydiineyso
- 899 Waxaan jeclahay in aan ka jawaabin

HADDII AAD DOORATAY JINSIYO BADAN

Horay waxaad u dhahday in aad tahay in kabadan hal jinsiyad ama farac.

15. Ma jiraa mid aad isleedahay waa midka ugu weyn jinsi ama farac ahaan shaqsi ahaantada?
- 1 Haa, waxaa jiro hal jinsi weyn ama farac aan leeyahay
 - 2 Malihi hal farac weyn ama jinsi/Majiro farac jinsi oo aniga si qaasa u qeexaya shaqsiigaan ahay **UBOOD Q17**
 - 3 Waxaan isku sheega in aan ahay farac badne ama jinsi badne **UBOOD Q17**
 - 7 Aniga ma hubo **UBOOD Q17**
 - 8 Ma garanayo su'aashan waxa ay iweydiineyso **UBOOD Q17**
 - 9 Waxaan jeclahay in aan ka jawaabin **UBOOD Q17**

HADDII AAD DOORATAY JINSIYO BADAN

16. **Midkee** ayaad isleedahay waa jinsiyadaada ama faracaaga **ugu weyn**?
- 100 Dhaladka Mareykanka, American Indian ama Dhalad Reer Alaska
 - 200 Aasiyaan
 - 300 Madow ama Afrikaan Ameerikaan
 - 400 Hisbaanig ama Laatino
 - 500 Dhalad Hawaiian ama Pacific Islander
 - 600 Bariga Dhaxe
 - 700 Waqooyiga Afrika
 - 800 Cadaan
 - 997 Mahubo aniga
 - 998 Ma garanayo su'aashan waxa ay iweydiineyso
 - 999 Waxaan jeclahay in aan ka jawaabin

DEMOGRAPHICS – TRIBES

HADDII AAD DOORATAY DHALAD AMERIKAN, HINDIDA MAREYKANKA AMA DHALAD REER ALASKA

17. Ma ka diwaan gashan tahay qabiil jooga Maamul Gobolledka Oregon?
- | | | |
|---|---|--------------------|
| 1 | Haa, waan ka diwaan gashahay qabiil Oregon | |
| 2 | Maya, waxaan ka diwaan gashanahay qabiil ka baxsan Oregon | UBOOD Q19 |
| 3 | Maya, wax qabiil ah kama diwaan gashni | SKIP TO Q19 |
| 7 | Aniga ma hubo | UBOOD Q19 |
| 8 | Ma garanayo su'aashan waxa ay iweydiineyso | UBOOD Q19 |
| 9 | Waxaan jeclahay in aan ka jawaabin | UBOOD Q19 |

18. Qabiilada Oregon midkee ayaad ka diwaan gashan tahay?
- | | |
|----|---|
| 01 | Burns Paiute Tribe |
| 02 | Confederated Tribes ee Coos, Lower Umpqua, iyo Siuslaw Indians |
| 03 | Confederated Tribes ee Grand Ronde |
| 04 | Confederated Tribes ee Siletz Indians |
| 05 | Confederated Tribes ee Umatilla Indian Reservation |
| 06 | Confederated Tribes ee Warm Springs |
| 07 | Coquille Indian Tribe |
| 08 | Cow Creek Band ee Umpqua Indians |
| 09 | Klamath Tribes |
| 10 | Waxaan ka diwaan gashanahay qabiil kaduwan
(Fadlan wax badan iinooga sheeg) _____ |
| 97 | Mahubo aniga |
| 98 | Ma garanayo su'aashan waxa ay iweydiineyso |
| 99 | Waxaan jeclahay in aan ka jawaabin |

DEMOGRAPHICS – LANGUAGES

19. Luuqade ama luuqadahe ayaad guriga uuga hadashaan? **Waxaad dooran kartaa hal wax kabadan.**
- 01 English
 - 02 Spanish
 - 03 Amerikan Indian/Luuqadaha Dhaladka Reer Alaska
 - 04 Cantonese
 - 05 Mandarin
 - 06 Fiitnamiis
 - 07 Hawaiian
 - 08 Samoan
 - 09 Somali
 - 10 Russian
 - 11 ASL, PSE, turjimida istaraatijiga, iwm.
 - 95 Luuqad kale
(Fadlan wax badan iinooga sheeg) _____
 - 97 Mahubo aniga
 - 98 Ma garanayo su'aashan waxa ay iweydiineyso
 - 99 Waxaan jeclahay in aan ka jawaabin

DEMOGRAPHICS - HOUSELESSNESS

Halka aad ku nooshahay waxa ay saameyn kartaa caafimaadkaaga.

-
20. 30 ki maalin ee lasoo dhaafay, inta badan halkee seexaneysay?
- 01 Guriga waalidkeyga, eddo ama adeer hooyo ama qaabo qabo ama guriga masuulkeyga
 - 02 Guriga saaxiib, xubin qoyska, ama dadka kale sababtoo ah waxaan ku qasbanaa in aan gurigeyska kasoo tago ama waalidkeyga ama masuulkeyga ma awoodo guri
 - 03 Guriga xanaanada caruurta (foster home)
 - 04 Hoyga kaalmada ama guriyenta gargaarka degdega
 - 05 Hotel ama motel
 - 06 Gaari dhexdiisa, baarkaha, dhulka kaam, ama meelaha kale ee bulshada
 - 07 Meel gooniya oo aan saaxdo ma heysto
 - 95 Wax kale ayaa aad ugu haboon **(Fadlan wax badan inoo sheeg)** _____
 - 97 Mahubo aniga
 - 98 Ma garanayo su'aashan waxa ay iweydiineyso
 - 99 Waxaan jeclahay in aan ka jawaabin

DEMOGRAPHICS - FOSTER CARE

-
21. Waligaa malagu geyay guryaha xanaanada caruurta (foster care) ama ma joogtay guri wadar koxeed?
- 1 Haa
 - 2 Maya
 - 7 Mahubo aniga
 - 8 Ma garanayo su'aashan waxa ay iweydiineyso
 - 9 Waxaan jeclahay in aan ka jawaabin

DEMOGRAPHICS - DISABILITY

Waxaan rabnaa in aan fahano meeqo arday ayaa leh cuuryanimo muuqata, niyada, ama maskaxda.

-
22. Dhagool miyaa tahay ama dhibaato badan maku qabtaa in aad wax maqasho?
- 1 Haa
 - 2 Maya
 - 7 Mahubo aniga
 - 8 Ma garanayo su'aashan waxa ay iweydiineyso
 - 9 Waxaan jeclahay in aan ka jawaabin
-
23. Indhoole miyaa tahay ama dhib maku qabtaa in aad wax aragto, xitaa marka aad xiran tahay ookiyaale?
- 1 Haa
 - 2 Maya
 - 7 Mahubo aniga
 - 8 Ma garanayo su'aashan waxa ay iweydiineyso
 - 9 Waxaan jeclahay in aan ka jawaabin
-
24. ~~Sababo la xiriiro caqabado jirka, maskaxda, ama xaaladaha dareen, ma dareenta in ay dhib kugu tahay in aad wax diirada saarto, xasuusato ama go'aan ka gaarto? Laguma darin nooca fasalka 6aad~~
- 1 Haa
 - 2 Maya
 - 7 Mahubo aniga
 - 8 Ma garanayo su'aashan waxa ay iweydiineyso
 - 9 Waxaan jeclahay in aan ka jawaabin
-
25. Dhib badan miyaa ku qabtaa socodka iyo korida jaran jarada?
- 1 Haa
 - 2 Maya
 - 7 Mahubo aniga
 - 8 Ma garanayo su'aashan waxa ay iweydiineyso
 - 9 Waxaan jeclahay in aan ka jawaabin
-
26. Dhib miyaa ku qabtaa labisashada ama qabeysa?
- 1 Haa
 - 2 Maya
 - 7 Mahubo aniga
 - 8 Ma garanayo su'aashan waxa ay iweydiineyso

Qasab ma ahan in aad ka jawaabto su'aal walbo oo aadan rabin in aad ka jawaabto. Bogga 18 ilaa

9 Waxaan jeclahay in aan ka jawaabin

DEMOGRAPHICS – GENDER IDENTITY AND SEXUAL ORIENTATION

27. Waa maxay jinsigaaga shaqsi? **Waxaad dooran kartaa hal wax kabadan.**

- 01 Qof isku heysto rag iyo dumar (Two Spirit) **MUUJI HADDII UU YAHAY DHALAD DADKA LOOGU YIMID MAREYKANKA, DHALADKA AMERIKA AMA DHALADKA REER ALASKA**
- 02 Gabar ama Naag
- 03 Wiil ama Rag
- 04 Gabar-wiil ku dhalate/wiil-gabar ku dhashe (Demigirl/Demiboy)
- 05 Qof aan gabar ama wiil isku heysan (Nonbinary)
- 06 Qof marba wax isku sheego (Genderfluid)
- 08 Qof aan rag iyo dumarba isku heysan (Genderqueer)
- 09 Isweydiinaya wali
- 07 Qof aan rag iyo dumar isku heysan (Agender/No gender)

TUSI 20-25 KALIYA HADDII UU YAHAY DHALAD HAWAIIAN/PACIFIC ISLANADER

- 20 Fa'afafine
- 21 Fa'atane
- 22 Leiti
- 23 Mahu kane
- 24 Mahu wahine
- 25 Takatapui
- 95 Wax kale ayaa aad ugu haboon
(Fadlan wax badan inoo sheeg)_____

Mahubo jinsiga aan ahay aniga

- 98 Ma garanayo su'aashan waxa ay iweydiineyso
- 99 Waxaan jeclahay in aan ka jawaabin

28. MA U Qof jinsiyadiisi badalay (Transgender)?

- 1 Haa
- 2 Maya
- 7 Mahubo aniga
- 8 Ma garanayo su'aashan waxa ay iweydiineyso
- 9 Waxaan jeclahay in aan ka jawaabin

29. Waa maxay dareenka rabitaankaaga gogolo (sexual orientation)? **Waxaad dooran kartaa hal wax kabadan.**
- 02 Qof toosan
 - 01 Naag-naag rabto (Lesbian)
 - 07 Qaniis (Gay)
 - 03 Qof nin iyo naag rabo (Bisexual)
 - 04 Qof -qofkasta iska rabo (Pansexual)
 - 05 Qof aan jinsina rabin (Asexual ama Aromantic)
 - 06 Qof jinsiyada jiro aaminsaneyn (Queer)
 - 08 Isweydiinaya wali
 - 95 Wax kale ayaa aad ugu haboon
(Fadlan wax badan inoo sheeg) _____
 - 97 Aniga mahubo jinsiga galmo aan ahay
 - 98 Ma garanayo su'aashan waxa ay iweydiineyso
 - 99 Waxaan jeclahay in aan ka jawaabin

DEMOGRAPHICS - HEIGHT AND WEIGHT

Culeyskasta aad tahay waxaad noqon karta qof caafimaad qabo. Caafimaadka ma ahan cabirka jirka. Caafimaadku ma ahan tirada misaanka ka muuqato.

Waxaan ku weydiin doona culeyskaaga iyo dherarkaaga si aan u xisaabino Culeyska Mug ee Jirka (Body Mass Index - BMI) si aan u eegno jawiga guud ee ardayda. Ma fiirineyno BMI-ga qof gooniya, cidna ma ogaan doonto adiga jawaabtada.

30. ~~Marka kabahaaga kugu jiraan dhirirkaagu waa maxay? Qiyaastada ugu fiican waa caadi.~~
Laguma darin nooca fasalka 6aad

TUSAALE

Dherarka		Dherarka	
Feet	Inches	Feet	Inches
5	6		
③	①	③	①
④	①	④	①
●	②	⑤	②
⑥	③	⑥	③
⑦	④	⑦	④
	⑤		⑤
	●		⑥
	⑦		⑦
	⑧		⑧
	⑨		⑨
	⑩		⑩
	⑪		⑪

- 97 Mahubo aniga
98 Ma garanayo su'aashan waxa ay iweydiineyso
99 Waxaan jeclahay in aan ka jawaabin

31. ~~Marka aadan kabo wadan dhirirkaagu waa maxay? Qiyaastada ugu fiican waa caadi.~~
Laguma darin nooca fasalka 6aad

TUSAALE

Miisaanka			Miisaanka		
Pounds			Pounds		
1	6	5			
①	①	①	①	①	①
●	①	①	①	①	①
②	②	②	②	②	②
③	③	③	③	③	③
④	④	④	④	④	④
⑤	⑤	●	⑤	⑤	⑤
⑥	●	⑥	⑥	⑥	⑥
⑦	⑦	⑦	⑦	⑦	⑦
⑧	⑧	⑧	⑧	⑧	⑧
⑨	⑨	⑨	⑨	⑨	⑨

997 Mahubo aniga

998 Ma garanayo su'aashan waxa ay iweydiineyso

999 Waxaan jeclahay in aan ka jawaabin

[QADKA KAALMADA ISKU-DHEXYAACA CUNO CUNIDA](#)

Ururka Qaranka ee Anorexia Nervosa & Isku Dhexyaara Lala-Xiriiriyo (The National Association of Anorexia Nervosa & Associated Disorders - ANAD), waa hayad aan faa'ido doon aheyn waxa ay kaalmo iyo agab siisa shaqsiyaadka iyo qoysaska ay saameysay isku dhexyaaca cuno cunida (eating disorders), isku dhex yaaca cuno cunida, ama walaaca muqaalka jirka ee shaqsi. Waxa ay ku siinayaan agab bilaasha oo uu qof walbo oo u baahan kaalmo isticmaali karo.

1-888-375-7767

Website: <https://anad.org/get-help/eating-disorders-helpline/>

[MIDOWGA QARANKA EE ISKU DHEX YAACA CUNA CUNIDA](#)

Midowga ayaad ka heli kartaa qadka caawinaada tooska ah oo bilaash ah waxaana maamulo dhaqaatir-terabi sharciyeysan oo ku taqasusay isku dhex yaaca cuno cunida.

6:00 am ilaa 4:00 pm Waqtiga Pacific (Isniin ilaa Jimco)

(866) 662-1235

Email: info@allianceforeatingdisorders.com

POSITIVE YOUTH DEVELOPMENT, SCHOOL CLIMATE, ABSENTEEISM AND BULLYING

Jumladahan soo socdo, ayaa calaamadeynaya sida saxda aad adigu mar walbo u aragto.

32. Inta badan wax walbo waan sameyn karaa haddii aan isku dayo.

- 1 Aad iyo aad waa run
- 2 Waa run sax ah
- 3 Xooga waa run
- 4 Gabi ahaan run ma ahan
- 7 Mahubo aniga
- 8 Ma garanayo su'aashan waxa ay iweydiineyso
- 9 Waxaan jeclahay in aan ka jawaabin

33. Dhibteyda aniga ayaa xalisan karo.

- 1 Aad iyo aad waa run
- 2 Waa run sax ah
- 3 Xooga waa run
- 4 Gabi ahaan run ma ahan
- 7 Mahubo aniga
- 8 Ma garanayo su'aashan waxa ay iweydiineyso
- 9 Waxaan jeclahay in aan ka jawaabin

34. Waxaa nolasheyda ku jiro dad igu dhiiro galiya waxa iigu wanaagsan in aan sameyo.

- 1 Aad iyo aad waa run
- 2 Waa run sax ah
- 3 Xooga waa run
- 4 Gabi ahaan run ma ahan
- 7 Mahubo aniga
- 8 Ma garanayo su'aashan waxa ay iweydiineyso
- 9 Waxaan jeclahay in aan ka jawaabin

35. Waxaan aaminsanahay in aan isbadal ku sameyn karo bulshadeyda.

- 1 Aad iyo aad waa run
- 2 Waa run sax ah
- 3 Xooga waa run
- 4 Gabi ahaan run ma ahan
- 7 Mahubo aniga
- 8 Ma garanayo su'aashan waxa ay iweydiineyso
- 9 Waxaan jeclahay in aan ka jawaabin

Qasab ma ahan in aad ka jawaabto su'aal walbo oo aadan rabin in aad ka jawaabto. Bogga 23 ilaa

Maadaama aad waqtiga ugu badan ku qaadato iskuulka, waxaan rabnaa in aan ogaano sida aad u aragto iskuulkaaga. Fadlan inoo sheeg ilaa sida ugu adag heerka aad ku raacsan tahay ama aad qilaafsan tahay jumladaha xiga.

36. Waxaa jiro ugu yaraan hal macalin ama qof weyn oo aniga run ahaanti iga walwalo samaanteydana jecel.

- 1 Aad iyo aad waa run
- 2 Waa run sax ah
- 3 Xooga waa run
- 4 Gabi ahaan run ma ahan
- 7 Mahubo aniga
- 8 Ma garanayo su'aashan waxa ay iweydiineyso
- 9 Waxaan jeclahay in aan ka jawaabin

37. Waxaan dareema in aan ku nabad qabo iskuulka.

- 1 Si adag ayaan ugu raacsanahay
- 2 Waan ku raacsanahay
- 3 Kuma raacsani
- 4 Si adag ayaan u qilaafsanahay
- 7 Mahubo aniga
- 8 Ma garanayo su'aashan waxa ay iweydiineyso
- 9 Waxaan jeclahay in aan ka jawaabin

38. Waa ay fududahay in lala hadlo macalimiinta iyo dadka kale ee waaweyn ee jooga iskuulka.

- 1 Si adag ayaan ugu raacsanahay
- 2 Waan ku raacsanahay
- 3 Kuma raacsani
- 4 Si adag ayaan u qilaafsanahay
- 7 Mahubo aniga
- 8 Ma garanayo su'aashan waxa ay iweydiineyso
- 9 Waxaan jeclahay in aan ka jawaabin

39. Waan ku faraxsanahay in aan iskuulkan joogo.

- 1 Si adag ayaan ugu raacsanahay
- 2 Waan ku raacsanahay
- 3 Kuma raacsani
- 4 Si adag ayaan u qilaafsanahay
- 7 Mahubo aniga
- 8 Ma garanayo su'aashan waxa ay iweydiineyso
- 9 Waxaan jeclahay in aan ka jawaabin

40. Inta badan fasalkeyga waan ka mashquula in aan sameyo shaqada iskuulka sababtoo ah ardayda kale ayaa si xun u dhaqmaya, tusaale, waa ay hadlayaan ama is dagaalayaan.

- 1 Si adag ayaan ugu raacsanahay
- 2 Waan ku raacsanahay
- 3 Kuma raacsani
- 4 Si adag ayaan u Qilaafsanahay
- 7 Mahubo aniga
- 8 Ma garanayo su'aashan waxa ay iweydiineyso
- 9 Waxaan jeclahay in aan ka jawaabin

Waxa ay ila tahay in iskuulkan soo dhaweeyo misna xushmeeyo ardayda...	Aad ayaan ugu raacsanahay	Waan ku raacsanahay	Kuma raacsani	Xooga ayaan raacsaneyn	Mahubo aniga	Ma garanayo su'aashan waxa ay iweydiineyso	Waxaan jeclahay in aan ka jawaabin
41. Dhamaan jinsiyada iyo faracyada	1	2	3	4	7	8	9
42. Dhamaan dhaqamada	1	2	3	4	7	8	9
43. Dhamaan diimaha	1	2	3	4	7	8	9
44. Dhamaan jinsiyada dareen ee kale	1	2	3	4	7	8	9
45. Dhamaan rabitaanada galmo (sexual orientations)	1	2	3	4	7	8	9

Qasab ma ahan in aad ka jawaabto su'aal walbo oo aadan rabin in aad ka jawaabto. Bogga 25 ilaa

46. Kuwa cuuryanimada leh	1	2	3	4	7	8	9
---------------------------------	---	---	---	---	---	---	---

Laguma darin nooca fasalka 6aad

47. Waa maxay gareedka sida caadiga aad iskuulka ka hesho?

- 1 Inta badan A's
- 2 Inta badan B's
- 3 Inta badan C's
- 4 Inta badan D's
- 5 Inta badan F's
- 6 Midna gareedyada sare
- 7 Mahubo aniga
- 8 Ma garanayo su'aashan waxa ay iweydiineyso
- 9 Waxaan jeclahay in aan ka jawaabin

48. Intii lagu jiray 30-ki maalin lasoo dhaafay, maalina ma ka maqneed iskuulka?

- 1 Haa
- 2 Maya
- 7 Mahubo aniga
- 8 Ma garanayo su'aashan waxa ay iweydiineyso
- 9 Waxaan jeclahay in aan ka jawaabin

Su'aallaha xiga waxa ay ku saabsan yihiin gardareysiga (bullying).

Haddii adiga ama qof aad garaneyso u baahan yahay caawinaad, kaalmo bilaash ah oo sir ah qofna ogaan doonin qofku yahay waad heli kartaa 24/7. Fadlan eeg Warqada Agabka Taagero (Support Resource Sheet) oo lagu sii doono marka aad dhameyso warbixinta sahmintan.

49. Intii lagu jiray 30 ki maalin ee lasoo dhaafay, maku gardareystay ama daan-daansaday arday kale asagoo isticmaalaya **tiknoolajiyad**, sida fariin qoraaledka, internetka ama apps (fariimaha, baraha bulshada, ciyaaraha, liveka tooska (livestreaming), iwm.)?

- 1 Haa
- 2 Maya
- 7 Mahubo aniga
- 8 Ma garanayo su'aashan waxa ay iweydiineyso
- 9 Waxaan jeclahay in aan ka jawaabin

50. Intii lagu jiray 30 ki maalin ee lasoo dhaafay, malaguugu gardareystay **ISKUULKA** (oo ay kamid tahay xafladaha/howlaha-waxqabad ee iskuulka)? Tani waxaa kamid ah gardareysiga shaqsi ahaaned ama daan-daansiga aalladaha tiknolaji sida fariin qoraaled,

Qasab ma ahan in aad ka jawaabto su'aal walbo oo aadan rabin in aad ka jawaabto.Bogga 26 ilaa

internetka ama appska (fariin qorida, baraha bulshada, ciyaaraha, leyf ka lasoo galo (livestreaming) iwm.).

- 1 Haa
- 2 Maya
- 7 Mahubo aniga
- 8 Ma garanayo su'aashan waxa ay iweydiineyso
- 9 Waxaan jeclahay in aan ka jawaabin

MENTAL HEALTH AND SUICIDE PREVENTION

Horay waxaan uuga soo hadalnay caafimaadkaaga maskaxda guud ahaan, hadda waxaan jecelnahay in aan ku weydiino dhowr su'aallood oo ku saabsan sida aad daremeyso.

-
51. Intii lagu jiray 30 maalin ee lasoo dhaafay, ilaa intee dareentay walwalid ama istarees inuu ku hayo?
- 1 Maya gabi ahaanba
 - 2 Dhowr maalmood
 - 3 Inkabadan kala bar maalmaha
 - 4 Ugu yaraan maalin walbo
 - 7 Mahubo aniga
 - 8 Ma garanayo su'aashan waxa ay iweydiineyso
 - 9 Waxaan jeclahay in aan ka jawaabin
-
52. Intii lagu jiray sanadkii hore, wali ma dareentay murugo aad u badan ama in aadan caawinaad heysan maalin kasto **mudo labo isbuuc ah ama wax ka badan oo isku xigo** ayadoo tani ay kaa joojisay in aad qabsano howlahii caadiga ahaa?
- 1 Haa
 - 2 Maya
 - 7 Mahubo aniga
 - 8 Ma garanayo su'aashan waxa ay iweydiineyso
 - 9 Waxaan jeclahay in aan ka jawaabin
-
53. Intii lagu jiray sannadkii hore, ma sameysay wax aad si ula kac ah naftaada ugu wax yeleyneso adigoo rabin in aad is disho, sida in aad is jarto ama si kas ah isku gubto?
- 1 Haa
 - 2 Maya
 - 7 Mahubo aniga
 - 8 Ma garanayo su'aashan waxa ay iweydiineyso
 - 9 Waxaan jeclahay in aan ka jawaabin

54. Intii lagu jiray sanadkii hore, ma ku fikirtay isku dayday in aad is disho?

- 1 Haa
- 2 Maya
- 7 Mahubo aniga
- 8 Ma garanayo su'aashan waxa ay iweydiineyso
- 9 Waxaan jeclahay in aan ka jawaabin

55. Intii lagu jiray sanadkii hore, ma isku dayday in aad is disho?

- 1 Haa
- 2 Maya
- 7 Mahubo aniga
- 8 Ma garanayo su'aashan waxa ay iweydiineyso
- 9 Waxaan jeclahay in aan ka jawaabin

Haddii aad u baahan tahay caawinaad dareen, wac ama fariin usoo dir qadka tooska dhibaataada qaranka ee caafimaadka maskaxda **988 waa bilaash waana mid caawintiisu sir tahay 24/7.**

56. Waxaa jiro macalin ama qof kale weyn oo jooga iskuulkeyga oo aan ku aamin qabo haddii aan u baahdo in aan help caawinaad.

- | | | |
|---|------------------------------------|------------------|
| 1 | Haa | |
| 2 | Maya | UBOOD Q58 |
| 7 | Aniga ma hubo | UBOOD Q58 |
| 8 | Aniga ma fahansani su'aashan | UBOOD Q58 |
| 9 | Waxaan jeclahay in aan ka jawaabin | UBOOD Q58 |

57. Ilee intee suurto gal tahay in aad u tagto macalinkan ama qofkan weyn ee jooga iskuulka haddii aad caawinaad u baahan tahay?

- | | |
|---|--|
| 1 | Aad aye suurto gal u tahay |
| 2 | Xooga waa suurto gal |
| 3 | Xooga suurto gal ma ahan |
| 4 | Gabi ahaanba suurto gal ma ahan |
| 7 | Mahubo aniga |
| 8 | Ma garanayo su'aashan waxa ay iweydiineyso |
| 9 | Waxaan jeclahay in aan ka jawaabin |

58. Waxii ka baxsan saacadaha iskuulka, waxaa jirto goob amaan ah ama qof aan u tagi karo haddii aan u baahanahay caawinaad.

- | | | |
|---|--|---------------------------|
| 1 | Haa | |
| 2 | Maya | UBOOD CUTUBKA XIGA |
| 7 | Aniga ma hubo | UBOOD CUTUBKA XIGA |
| 8 | Ma garanayo su'aashan waxa ay iweydiineyso | UBOOD CUTUBKA XIGA |
| 9 | Waxaan jeclahay in aan ka jawaabin | UBOOD CUTUBKA XIGA |

59. Ilee intee suurto gal tahay in aad tagto goob amaana ama qof iskuulka ka baxsan haddii aad caawinaad u baahan tahay? \

- | | |
|---|--|
| 1 | Aad aye suurto gal u tahay |
| 2 | Xooga waa suurto gal |
| 3 | Xooga suurto gal ma ahan |
| 4 | Gabi ahaanba suurto gal ma ahan |
| 7 | Mahubo aniga |
| 8 | Ma garanayo su'aashan waxa ay iweydiineyso |
| 9 | Waxaan jeclahay in aan ka jawaabin |

PHYSICAL ACTIVITY AND NUTRITION

60. Intii lagu jiray 7-dii maalin lasoo dhaafay, meeqo maalin ayaad jimicsi sameysay isku dar **ugu yaraan 60 daqiiqo maalintii?** (Isku wada dar waqtiga aad ku qaadatay howlahan waxqabad ama jimicsi oo sare u qaaday garaaca wadnahaaga misna kaa dhigay in aad neef tuurto mudo waqti ah.)

- 01 0 maalmood
- 02 1 maalin
- 03 2 maalmood
- 04 3 maalmood
- 05 4 maalmood
- 06 5 maalmood
- 07 6 maalmood
- 08 7 maalmood
- 97 Mahubo aniga
- 98 Ma garanayo su'aashan waxa ay iweydiineyso
- 99 Waxaan jeclahay in aan ka jawaabin

61. Intii lagu jiray 30 maalin lasoo dhaafay, ilaa intee ayaad gaajotay sababtoo ah raashin ku filan guriga ma uusan oolin?

- 1 Marna ama ugu badnaan marnaba
- 2 Hal mar isbuuci melahaas
- 3 2 ilaa 3 mar isbuuci
- 4 Ugu badnaan maalin walbo
- 7 Mahubo aniga
- 8 Ma garanayo su'aashan waxa ay iweydiineyso
- 9 Waxaan jeclahay in aan ka jawaabin

Hadda waxaad ka fikirtaa waxii aad cuntay iyo cabtay intii lagu jiray 7-dii maalin ee lasoo dhaafay. Waxaad ku dartaa dhamaan raashinka iyo macmacaanka aad cuntay mar-mar markaa soo kacday ilaa aad ka seexayo. Waa in aad habsataa in aad kusoo darto raashinka ka cuntay guriga, iskuulka, maqaayad, ama meel kale. Warbixintan waxaa loo isticmaalaya in lagu qiyaaso meeqo mar ayaad cuntaa qudaar iyo miro furuut.

62. Intii lagu jiray 7-dii maalin lasoo dhaafay, meeqo mar ayaad cuntay miro furuut? (Ha xisaabin cabitaanka furuutka.)

- 01 Aniga ma aanan cunin wax miro furuut ah 7-dii maalin ee lasoo dhaafay
- 02 1 ilaa 3 mar 7-dii maalin ee lasoo dhaafay
- 03 4 ilaa 6 mar 7-dii maalin ee lasoo dhaafay
- 04 1 mar maalintii
- 05 2 mar maalintii
- 06 3 mar maalintii
- 07 4 mar ama wax kabadan maalintii
- 97 Mahubo aniga
- 98 Ma garanayo su'aashan waxa ay iweydiineyso
- 99 Waxaan jeclahay in aan ka jawaabin

63. Intii lagu jiray 7-dii maalin lasoo dhaafay, meeqo mar ayaad cuntay qudaar?

- 01 Aniga ma aanan cunin wax qudaar ah 7-dii maalin ee lasoo dhaafay
- 02 1 ilaa 3 mar 7-dii maalin ee lasoo dhaafay
- 03 4 ilaa 6 mar 7-dii maalin ee lasoo dhaafay
- 04 1 mar maalintii
- 05 2 mar maalintii
- 06 3 mar maalintii
- 07 4 mar ama wax kabadan maalintii
- 97 Mahubo aniga
- 98 Ma garanayo su'aashan waxa ay iweydiineyso
- 99 Waxaan jeclahay in aan ka jawaabin

-
64. Intii lagu jiray 7-dii maalin ee lasoo dhaafay meeqo mar ayaad cabtay **soda** ama **pop** sida Coke, Pepsi, ama Sprite? (**Ha** ku darin dayit soda ama dayit pop)
- 01 0 mar 7-dii maalin ee lasoo dhaafay
 - 02 1 ilaa 3 mar 7-dii maalin ee lasoo dhaafay
 - 03 4 ilaa 6 mar 7-dii maalin ee lasoo dhaafay
 - 04 1 mar maalintii
 - 05 2 mar maalintii
 - 06 3 mar maalintii
 - 07 4 mar ama wax kabadan maalintii
 - 97 Mahubo aniga
 - 98 Ma garanayo su'aashan waxa ay iweydiineyso
 - 99 Waxaan jeclahay in aan ka jawaabin

ACCESS TO CARE

Waxaan jecelnahay in aan aragno haddii aad heli karto xanaanada caafimaad ee jirka iyo maskaxda aad u baahan tahay.

65. ~~Intii lagu jiray sanadkii hore, ma jiraan xanaano caafimaadka jirka aad u baahneyd misna aadan helin? (Waxad xisaabisa mar kasto oo aad isdhaaday waxaad u baahan tahay in aad aragto dhaqar, kalkaaliso, ama xirfadle kale ee caafimaad.)~~ Laguma darin nooca fasalka 6aad ^{HCNOMTPH}
- 1 Haa
 - 2 Maya
 - 7 Mahubo aniga
 - 8 Ma garanayo su'aashan waxa ay iweydiineyso
 - 9 Waxaan jeclahay in aan ka jawaabin

66. ~~Intii lagu jiray sanadkii hore, ma jiraan xanaano caafimaadka dareenka ama maskaxda aad u baahneyd misna aadan helin? (Waxad xisaabisa mar kasto oo aad isdhaaday waxaad u baahan tahay in aad aragto lataliye, shaqaale bulsho, ama xirfadle kale ee caafimaadka maskaxda.)~~ Laguma darin nooca fasalka 6aad ^{HCNOMTEM}
- 1 Haa
 - 2 Maya
 - 7 Mahubo aniga
 - 8 Ma garanayo su'aashan waxa ay iweydiineyso
 - 9 Waxaan jeclahay in aan ka jawaabin

-
67. ~~Waa maxay walxaha nolashada ku jira ee kaa caawiya dareenka iyo caafimaadka maskaxda? Waxaad dooran kartaa hal wax ka badan.~~ Laguma darin nooca fasalka 6aad
- 01 Asxaabteyda
 - 02 Qoyska
 - 02 Wiilka, ama gabadha shukansato ama lamaane
 - 03 La hadlida lataliye, dhaqtarka terabiga, ama xirfadle kale ee caafimaad
 - 04 Howlaha ama waxqabadyada iskuulka kadib (clubs, sports, iwm.)
 - 05 Jimicsiga
 - 06 Diin/Imaan (caabadeysiga, tagida kaniisada, isku imaadyada)
 - 07 Waxqorida joornalka
 - 08 Waqti ku qaadashada dibada/dabiiciga
 - 09 Xayawanada la heysto
 - 95 Wax kale ayaa aad ugu haboon
(Fadlan wax badan inoo sheeg)_____
 - 97 Mahubo aniga
 - 98 Ma garanayo su'aashan waxa ay iweydiineyso
 - 99 Waxaan jeclahay in aan ka jawaabin
-
68. Goorme ayaa kugu danbeysay oo aad tagtay dhaqtar ama kalkaaliso caafimaad si aad isku baarto adigo xanuunsaneyn ama dhaawac kusoo gaarin?
- 1 Intii lagu jiray sannadkii hore
 - 2 Inta u dhaxeyo 1 iyo 2 sanno kahor
 - 3 Wax ka badan 2 sanno
 - 4 Maya ebid
 - 7 Mahubo aniga
 - 8 Ma garanayo su'aashan waxa ay iweydiineyso
 - 9 Waxaan jeclahay in aan ka jawaabin
-
69. Waa goorme markii kuugu danbeysay ee aad ilkaha iska soo fiiriso, baarto, nadiifiso ilkaha, ama howlaha kale ee dentiistaha?
- 1 Intii lagu jiray sannadkii hore
 - 2 Inta u dhaxeyo 1 iyo 2 sanno kahor
 - 3 Wax ka badan 2 sanno
 - 4 Maya ebid
 - 7 Mahubo aniga
 - 8 Ma garanayo su'aashan waxa ay iweydiineyso
 - 9 Waxaan jeclahay in aan ka jawaabin

70. Waligaa suus maku galay? **Waxaad dooran kartaa hal wax kabadan.**

- 1 Intii lagu jiray sannadki hore
- 2 Waxey u dhaxeysa 1 iyo 2 sanno ka hor
- 3 Wax kabadan 2 sanno ka hor
- 4 Waligey suus ima galin
- 7 Mahubo aniga
- 8 Ma garanayo su'aashan waxa ay iweydiineyso
- 9 Waxaan jeclahay in aan ka jawaabin

71. ~~Intii lagu jiray sannadkii hore, ma seegtay hal ama wax kabadan oo saacadood iskuulka sababo la xiriiro walxahan soo socdo?~~ **Waxaad dooran kartaa hal wax kabadan.** Laguma darin nooca fasalka 6aad.

- 1 Waxaa igu dhacay ilig xanuun ama ilig aad ii xanuunay
- 2 Afka ayaa i xanuunayay
- 3 Waxaan ku qasbanaa in aan dentiistaha taho sababtoo ah ilig ama afka ayaa i xanuunaye (Haku darin booqashoyinka joogtada ee qiimenta ilkaha.)
- 4 Waxaan ku qasbanaa in aan ley geyo qolka gargaarka deg-dega ee isbitaalka
- 6 Iskuulka uma imaan weynin dhamaan mid kamid ah sababahan
- 7 Mahubo aniga
- 8 Ma garanayo su'aashan waxa ay iweydiineyso
- 9 Waxaan jeclahay in aan ka jawaabin

COMPREHENSIVE SEX EDUCATION, SEXUAL HEALTH AND VIOLENCE PREVENTION

Su'aallaha waxa ay wax kaa weydiinayaan mowduucyo laga yaabo in laguugu dhigay iskuulka intii lagu jiray sannadkii hore (2023-24).

72. ~~Intii lagu jiray sanadkii hore, malaguugu dhigay iskuulka sida loo isticmaalo kondhomka si looga hortago uurka iyo cudurada infekshinka leyskugu gudbiyo galmada, oo ay kamid tahay HIV? Laguma darin nooca fasalka 6aad~~

- 1 Haa
- 2 Maya
- 7 Mahubo aniga
- 8 Ma garanayo su'aashan waxa ay iweydiineyso
- 9 Waxaan jeclahay in aan ka jawaabin

73. ~~Intii lagu jiray sanadkii hore, malaguugu dhigay iskuulka sida loo isticmaalo uur iska ilaalinta (birth control) ama meesha laga helo uur iska ilaalinta (birth control)? Laguma darin nooca fasalka 6aad ^{CSEC}~~

- 1 Haa
- 2 Maya
- 7 Mahubo aniga
- 8 Ma garanayo su'aashan waxa ay iweydiineyso
- 9 Waxaan jeclahay in aan ka jawaabin

74. Intii lagu jiray sannadkii hore, ma laguugu dhigay iskuulka wax ku saabsan xiriirada wanaagsan iyo isxushmeynta?

- 1 Haa
- 2 Maya **UBOOD Q76**
- 7 Aniga ma hubo **UBOOD Q76**
- 8 Ma garanayo su'aashan waxa ay iweydiineyso **UBOOD Q76**
- 9 Waxaan jeclahay in aan ka jawaabin **UBOOD Q76**

75. ~~Waxaad ka fikirta casharada aad ku qaadatay sanad dugsiyeedki hore ee ku saabsan xiriirada wanaagsan oo xushmada ku dhisan, halka LGBTQ2SIA+ (lesbian, gay, bisexual, transgender, queer, two-spirit, intersex, asexual, etc.) dadka isku sheega in lagu daray casharada fasalka? Laguma darin nooca fasalka 6aad.~~

- 1 Haa, LGBTQ2SIA+ kuwa isku sheega waa lagu daray fasalada
- 2 Maya, LGBTQ2SIA+ kuwa isku sheega laguma darin fasalada
- 7 Mahubo aniga
- 8 Ma garanayo su'aashan waxa ay iweydiineyso
- 9 Waxaan jeclahay in aan ka jawaabin

Qasab ma ahan in aad ka jawaabto su'aal walbo oo aadan rabin in aad ka jawaabto. Bogga 37 ilaa

Su'aallaha xiga ayaa wax kaa weydiin doono caafimaadka galmada iyo isku taga galmo. Waxaad xasuusnata in jawaabahaagu ay ahaan doonaan kuwa sir ah. Qasab ma ahan in aad ka jawaabto su'aal aadan rabin in aad ka jawaabto.

Su'aallaha qaar ayaa laga yaaba in ay ku soo xasuusiyaan dareemo iyo gucashooyin adag. Haddii adiga ama qof aad garaneyso uu ku jiro xaalad adag caawinaadna u baahan yahay.

- Wac 24/7: 800-273-8255
- Fariin u dir: 273TALK nambarkan 839863

Fadlan waxaad eegta Warqada Agabka Kaalmo ee wadooyin badan oo aad ku heli karto caawinaad sir ah oo qarsoon misna bilaash ah.

76. ~~Waligaa galmo ma sameysay ama qof kale mala sameysay galmo?~~ Laguma darin nooca fasalka 6aad

- | | | |
|---|--|------------------|
| 1 | Haa | |
| 2 | Maya | UBOOD Q79 |
| 7 | Aniga ma hubo | UBOOD Q79 |
| 8 | Ma garanayo su'aashan waxa ay iweydiineyso | UBOOD Q79 |
| 9 | Waxaan jeclahay in aan ka jawaabin | UBOOD Q79 |

77. ~~Meeqo jir ayaa aheyd markii kuugu horeysay aad galmo sameysay ama aad xiriir galmo qof la sameyso?~~ Laguma darin nooca fasalka 6aad

- | | |
|----|--|
| 01 | 11 sanno jir ama ka yar |
| 02 | 12 sanno jir |
| 03 | 13 sanno jir |
| 04 | 14 sanno jir |
| 05 | 15 sanno jir |
| 06 | 16 sanno jir |
| 07 | 17 sanno jir ama ka weyn |
| 97 | Mahubo aniga |
| 98 | Ma garanayo su'aashan waxa ay iweydiineyso |
| 99 | Waxaan jeclahay in aan ka jawaabin |

78. ~~Markii kuugu danbeysay aad galmo sameysay ama aad ficil galmo sameysay, qaab ama qaabab nuuce ah ayaad isticmaashen adiga iyo lamaanahaga si aad uuga hortagtaan uur ama infekshinka galmada leyskugu gudbiyo? Waxaad dooran kartaa hal wax kabadan.~~
Laguma darin nooca fasalka 6aad
- 01 Waligey ma sameynin wax ficil galmo ah oo keeni kara uur ama in infekshin lagu kala qaado
 - 02 Kondhom ama habkale oo looga hortagi karo
 - 03 Kaniiniga ka hortaga uurka
 - 04 Kaniiniga kilkisha lagaliyo (Contraceptive implant (Implanon ama Nexplanon))
 - 05 Kaniiniga garabka la galiyo (contraceptive patch)
 - 06 Cijirka la gashto (contraceptive ring)
 - 07 Depo-Provera (cirbada ahaan loo qaadan karo)
 - 08 Ka hortaga uur degdega (Plan B/kaniiniga subaxa xiga la qaato)
 - 09 IUD (intrauterine aalada sida Mirena ama Paragard)
 - 10 Ka bixinta/Banaanka biyaha lagu daadiyo
 - 11 Qaabab kale
 - 12 Waxna ma aanan isticmaalin si aan uuga hortagno uur ama cudurada lagu kala qaado galmada
 - 97 Mahubo aniga
 - 98 Ma garanayo su'aashan waxa ay iweydiineyso
 - 99 Waxaan jeclahay in aan ka jawaabin

Su'aallaha xiga waxa ay wax kaa weydiin doonaan qalalaasaha shukaansiga, dhibaateynta galmo, iyo qalalaasha guriga, ama ku tacdiyda dhibaateyn. Waxaad xasuusnata in jawaabahaagu ay ahaan doonaan kuwa sir ah. Qasab ma ahan in aad ka jawaabto su'aal aadan rabin in aad ka jawaabto.

Su'aallaha qaar ayaa laga yaaba in ay ku soo xasuusiyaan dareemo iyo gucashooyin adag. Haddii adiga ama qof aad garaneyso uu ku jiro xaalad adag caawinaadna u baahan yahay.

- YouthLine
Dhalinta ayaa diyaar u ah in ay caawiyaan maalin walbo laga bilaabo 4-10 pm PST (dadka waaweyn ayaa lagu heli karaa qadka taleefanka waqtiyada kale)
Wac: **877.968.8491**
Fariin u dir: **teen2teen to 839863B**
- Xadgudubka Galmo ee Qaranka (National Sexual Assault) 24-Saac Qadka Tooska:
1-800-656-HOPE (1-800-656-4673) ama RAINN.org
- Xadgudubka Guriga ee Qaranka (National Sexual Assault) 24-Saac Qadka Tooska:
1-800-799-SAFE (1-800-799-7233) ama thehotline.org

79. ~~Intii lagu jiray sannadkii hore, qof aad shukaansaneysay, la galmooneysay, la baashaaleysay ama dibada isku raaceysen ma ku dhibaateyay? Tusaale, dharbaaxsho ama kala tuur, in wax laguugu soo tuuro ama makaa hor istaagay in aad wax sameyso sida in aad baxdo? Laguma darin nooca fasalka 6aad~~

- 1 Haa
- 2 Maya
- 7 Mahubo aniga
- 8 Ma fahansani su'aashan
- 9 Waxaan jeclahay in aan ka jawaabin

-
80. Intii lagu jiray sannadkii hore, qof aad shukaansaneysay, la galmooneysay, la baashaaleysay ama dibada isku raaceysen ma ma isku dayay in uu ku maamulo, ku dabci badalo, ama ku dhibaateyo maskaxiyan ama dareen ahaan? Tusaale, makuu sheegay qofka aad waqti la qaadan karto ama aadan la qaadan karin waxa aad xiraneyso iyo waxa aadan xiran karin, ku cebeyste ama kugu caayay dadka hortooda, ama isku dayay in uu ku maamulo asaga/ayadoo isticmaaleyso baraha bulshada? Laguma darin nooca fasalka 6aad.
- 1 Haa
 - 2 Maya
 - 7 Mahubo aniga
 - 8 Ma fahansani su'aashan
 - 9 Waxaan jeclahay in aan ka jawaabin
-
81. Qof aad shukaansaneysay, la galmooneysay, dibada isku raaceysen ma isticmaalay taleefankaaga, barahaaga bulshada ama aalad tiknolaji kale si uu kuu maamulo ama kuula socdo ama ku bahdilo ama kugu cebeysto wax aad si qaas ah ugula wadaagtay? Laguma darin nooca fasalka 6aad.
- 1 Haa
 - 2 Maya
 - 7 Mahubo aniga
 - 8 Ma fahansani su'aashan
 - 9 Waxaan jeclahay in aan ka jawaabin
-
82. Waligaa malaguugu qasbay ama culeys laguugu saaray in aad sameyo ficil galmo adiga oo aadan rabin? Laguma darin nooca fasalka 6aad.
- 1 Haa
 - 2 Maya
 - 7 Mahubo aniga
 - 8 Ma fahansani su'aashan
 - 9 Waxaan jeclahay in aan ka jawaabin
-
83. Waligaa qof maku taabtay ama qabtay jirkaaga ama makaa bixiyay faallo galmo aadan rabin oo ku saabsan jirkaaga fasax la'aan? Laguma darin nooca fasalka 6aad
- 1 Haa
 - 2 Maya
 - 7 Mahubo aniga
 - 8 Ma fahansani su'aashan
 - 9 Waxaan jeclahay in aan ka jawaabin

84. ~~Waligaa ma aragtay qof iskuulka joogo oo jir ahaan, dareen ahaan ama galmo ahaan la wax yeelnayo?~~ Laguma darin nooca fasalka 6aad

- 1 Haa
 - 2 Maya
 - 7 Mahubo aniga
 - 8 Ma fahansani su'aashan
 - 9 Waxaan jeclahay in aan ka jawaabin
-

85. ~~Waligaa qof weyn dhibaato jir makugu sameyay? Tusaale, dharbaaxsho ama kala tuur, in wax laguugu soo tuuro ama makaa hor istaagay in aad baxdo markaa darentay in aysan amaan aheyn?~~ Laguma darin nooca fasalka 6aad

- 1 Haa
- 2 Maya
- 7 Mahubo aniga
- 8 Ma fahansani su'aashan
- 9 Waxaan jeclahay in aan ka jawaabin

SUBSTANCE USE, DRUG-FREE COMMUNITIES AND PROBLEM GAMBLING

Su'aalaha xigo ayaa wax kaa weydiin doono cabitaanka qamriga. Waxaa kamid ah cabida biirka, qamriga, spiked seltzers sida White Claw ama Truly, iyo qamriga (liquor) "koob yaraha" sida rum, gin, vodka, ama whiskey. Su'aallahan marke timaado, cabitaanka qamriga kama mid ahan cabitaanka dhowr kabasho oo qamri (wine) arrimo diimeed awgeed.

-
86. Waligaa ma cabtay qamri marka laga tako dhowr kabasho?
- | | | |
|---|--|------------------|
| 1 | Haa | |
| 2 | Waligey qamri ma cabin | UBOOD Q90 |
| 7 | Aniga ma hubo | UBOOD Q90 |
| 8 | Ma garanayo su'aashan waxa ay iweydiineyso | UBOOD Q90 |
| 9 | Waxaan jeclahay in aan ka jawaabin | UBOOD Q90 |
-
87. ~~Meeqo jir ayaad aheyd markii kuugu horeysay ee aad cabto qamri marka laga reebo dhowr kabasho?~~ Laguma darin nooca fasalka 6aad
- | | | |
|----|--|--|
| 02 | 12 sanno jir ama ka yar | |
| 03 | 13 sanno jir | |
| 04 | 14 sanno jir | |
| 05 | 15 sanno jir | |
| 06 | 16 sanno jir | |
| 07 | 17 sanno jir ama ka weyn | |
| 97 | Mahubo aniga | |
| 98 | Ma garanayo su'aashan waxa ay iweydiineyso | |
| 99 | Waxaan jeclahay in aan ka jawaabin | |
-
88. Intii lagu jiray 30 ki maalin ee lasoo dhaafay, ma isku dayday in aad cabto ugu yaraan mar qamri?
- | | | |
|---|--|------------------|
| 1 | Haa | |
| 2 | Maya | UBOOD Q90 |
| 7 | Aniga ma hubo | UBOOD Q90 |
| 8 | Ma garanayo su'aashan waxa ay iweydiineyso | UBOOD Q90 |
| 9 | Waxaan jeclahay in aan ka jawaabin | UBOOD Q90 |
-
89. ~~Intii lagu jiray 30 ki maalin ee lasoo dhaafay, ma cabtay wax ka badan 5 cabitaan qamri oo isku xiga, dhowr saacadood gudahood?~~ Laguma darin nooca fasalka 6aad
- | | | |
|---|--|--|
| 1 | Haa | |
| 2 | Maya | |
| 7 | Mahubo aniga | |
| 8 | Ma garanayo su'aashan waxa ay iweydiineyso | |
| 9 | Waxaan jeclahay in aan ka jawaabin | |
-

Qasab ma ahan in aad ka jawaabto su'aal walbo oo aadan rabin in aad ka jawaabto. Bogga 44 ilaa

Su'aallaha xiga waxa ay ku saabsan yihiin xashiishka. Tan micnaheedu waa xashiish ama caleenta xashiis (cannabis) nuuc kasta, mar marka qaar loo yaqaan xasuushka budada (weed), hash ama pot. Haku darin hemp-based ama CBD-kaliya agabyada.

90. Waligaa xashiish ma isticmaashay nuuc kastu ahaadoba?

- | | | |
|---|---|------------------|
| 1 | Haa | |
| 2 | Maya waligey ma isticmaalin xashiish ama cannabis | UBOOD Q94 |
| 7 | Aniga ma hubo | UBOOD Q94 |
| 8 | Ma garanayo su'aashan waxa ay iweydiineyso | UBOOD Q94 |
| 9 | Waxaan jeclahay in aan ka jawaabin | UBOOD Q94 |

91. ~~Meeqo jir ayaad aheyd marka isu dayday in aad isticmaasho xashiish markii kuugu horeysay?~~ Laguma darin nooca fasalka 6aad

- | | |
|----|--|
| 02 | 12 sanno jir ama ka yar |
| 03 | 13 sanno jir |
| 04 | 14 sanno jir |
| 05 | 15 sanno jir |
| 06 | 16 sanno jir |
| 07 | 17 sanno jir ama ka weyn |
| 97 | Mahubo aniga |
| 98 | Ma garanayo su'aashan waxa ay iweydiineyso |
| 99 | Waxaan jeclahay in aan ka jawaabin |

92. Intii lagu jiray 30 ki maalin ee lasoo dhaafay, ma isticmaashay xashiish?

- | | | |
|---|--|------------------|
| 1 | Haa | |
| 2 | Maya | UBOOD Q94 |
| 7 | Aniga ma hubo | UBOOD Q94 |
| 8 | Ma garanayo su'aashan waxa ay iweydiineyso | UBOOD Q94 |
| 9 | Waxaan jeclahay in aan ka jawaabin | UBOOD Q94 |

93. ~~Intii lagu jiray 30 ki maalin ee lasoo dhaafay, Sidee u isticmaashay xashiishka?~~
~~Waxaad dooran kartaa hal wax kabadan.~~ Laguma darin nooca fasalka 6aad

- | | |
|----|---|
| 01 | Waan cabay (duub, bong, pipe, blunt) |
| 02 | Feeb ahaan (e.g., vape pen) |
| 03 | Waan cunay (brownies ahaan, keek, buskudka kuukiga, nacnac) |
| 04 | Waan cabay (shaah, cola, qamri) |
| 05 | Duub galis afka (Dabbed it) |
| 06 | Si kale ayaan u isticmaalay |
| 97 | Mahubo aniga |
| 98 | Ma garanayo su'aashan waxa ay iweydiineyso |
| 99 | Waxaan jeclahay in aan ka jawaabin |

Qasab ma ahan in aad ka jawaabto su'aal walbo oo aadan rabin in aad ka jawaabto.Bogga 45 ilaa

Su'aallaha xiga ayaa wax kaa weydiin doono isticmaalka opioidka dhaqtarku qoro.

94. Waliga ma isticmaashay dawada opioidka dhaqtarku qoro sida Oxycontin, Percocet, Vicodin, ama Codeine adigo uusan dhaqtar kuuso qorin ama si ka duwan sida uu dhaqtarka kuugu sheegay in aad isticmaasho?
- | | | |
|---|--|------------------|
| 1 | Haa | |
| 2 | Maya | UBOOD Q96 |
| 7 | Aniga ma hubo | UBOOD Q96 |
| 8 | Ma garanayo su'aashan waxa ay iweydiineyso | UBOOD Q96 |
| 9 | Waxaan jeclahay in aan ka jawaabin | UBOOD Q96 |

-
95. Intii lagu jiray 30-ki maalin ee lasoo dhaafay, ma isticmaashay dawada opioidka dhaqtarku qoro sida Oxycontin, Percocet, Vicodin, ama Codeine adigo uusan dhaqtar kuuso qorin ama si ka duwan sida uu dhaqtarka kuugu sheegay in aad isticmaasho? RXOP30DAY
- | | | |
|---|--|--|
| 1 | Haa | |
| 2 | Maya | |
| 7 | Mahubo aniga | |
| 8 | Ma garanayo su'aashan waxa ay iweydiineyso | |
| 9 | Waxaan jeclahay in aan ka jawaabin | |

Su'aallaha xiga ayaa wax kaa weydiin doono isticmaalka dawooyinka kale.

96. ~~Waligaa ma isticmaashay dawooyinka/daroogoyinka sida daroogada budada (cocaine), ecstasy, LSD, shrooms (mushrooms oo lagu sarqaamo), heroin, fentanyl ama meth?~~ Laguma darin nooca fasalka 6aad
- | | | |
|---|--|------------------|
| 1 | Haa | |
| 2 | Maya | UBOOD Q98 |
| 7 | Aniga ma hubo | UBOOD Q98 |
| 8 | Ma garanayo su'aashan waxa ay iweydiineyso | UBOOD Q98 |
| 9 | Waxaan jeclahay in aan ka jawaabin | UBOOD Q98 |

-
97. ~~Intii lagu jiray 30-ki maalin ee lasoo dhaafay, ma isticmaashay daroogoyinka sida daroogada budada (cocaine), ecstasy, LSD, shrooms, heroin, fentanyl ama meth?~~ Laguma darin nooca fasalka 6aad
- | | | |
|---|--|--|
| 1 | Haa | |
| 2 | Maya | |
| 7 | Mahubo aniga | |
| 8 | Ma garanayo su'aashan waxa ay iweydiineyso | |
| 9 | Waxaan jeclahay in aan ka jawaabin | |

98. Waligaa ma ma isticmaashay shiishada, e-sigaarka ama tubaakoyinka kale sida sigaarada, tubaakada la ruugo, cigarillos, ama hookah?

- | | | |
|---|--|-------------------|
| 1 | Haa | |
| 2 | Maya | UBOOD Q100 |
| 7 | Aniga ma hubo | UBOOD Q100 |
| 8 | Ma garanayo su'aashan waxa ay iweydiineyso | UBOOD Q100 |
| 9 | Waxaan jeclahay in aan ka jawaabin | UBOOD Q100 |

99. Intii lagu jiray 30ki maalin ee lasoo dhaafay, walxahe isticmaashay?
Waxaad dooran kartaa hal wax kabadan.

- | | |
|----|---|
| 01 | Sigaar |
| 02 | Agabka shiishada ama e-sigaar |
| 03 | Tubaakada la ruugo, sida Skoal ama Copenhagen |
| 04 | Cigarillos ama sigaar yar cigars, sida Swisher Sweets |
| 05 | Hookah ama shiishada tubada la dhuuqa |
| 06 | Tubaako kale nuuce doonto ha ahaate |
| 07 | Ma isticmaalin mid kamida walxahan bishii lasoo dhaafay |
| 97 | Mahubo aniga |
| 98 | Ma garanayo su'aashan waxa ay iweydiineyso |
| 99 | Waxaan jeclahay in aan ka jawaabin |

100. ~~Intii lagu jiray bishii hore, ma aragtay xaveysiin lagu xaveysiinayo tubaako ama agabka xashiiska gudaan gudahiiis, boor ama hab onleyn ah? Laguma darin nooca fasalka 6aad~~
ADTOB30

- | | |
|---|--|
| 1 | Haa |
| 2 | Maya |
| 7 | Mahubo aniga |
| 8 | Ma garanayo su'aashan waxa ay iweydiineyso |
| 9 | Waxaan jeclahay in aan ka jawaabin |

WEYDIIN HADDII AAN ISTICMAALAY SIGAAR 30-KI MAALIN LASOO DHAAFAY

101. ~~Intii lagu jiray bishii lasoo dhaafay, ma cabtay sigaar ka menthol?~~ Laguma darin nooca fasalka 6aad.

- | | |
|---|--|
| 1 | Haa |
| 2 | May |
| 7 | Mahubo aniga |
| 8 | Ma garanayo su'aashan waxa ay iweydiineyso |
| 9 | Waxaan jeclahay in aan ka jawaabin |

Qasab ma ahan in aad ka jawaabto su'aal walbo oo aadan rabin in aad ka jawaabto.Bogga 47 ilaa

WEYDIIN HADDII AAN ISTICMAALAY TUBAAKO AMA AGAB SHIISHAD 30-KI MAALIN EE LASOO DHAAFAY

102. ~~Markii ugu horeysay ee aad isticmaasho tubaako am agabka shiishada, agab nuuce ah ayaad isticmaashay? Laguma darin nooca fasalka 6aad.~~
- 1 Sigaar
 - 2 Tubaakada la ruugo
 - 3 Cigarillo ama sigar yar
 - 4 Hookah/shiishad
 - 5 E-sigaarka ama agabka shiishada
 - 6 Agab nuuc kale
 - 7 Mahubo aniga
 - 8 Ma garanayo su'aashan waxa ay iweydiineyso
 - 9 Waxaan jeclahay in aan ka jawaabin

WEYDIIN HADDII AAN ISTICMAALAY TUBAAKO AMA AGAB SHIISHAD 30-KI MAALIN EE LASOO DHAAFAY

103. ~~Intii lagu jiray bishii hore, waligaa ma isticmaashay tubaako la meceyay ama agabka shiishada sida nacaac kuleel, furuut, coffee, nacaac, ama mac macaan kale? Ka reeb xashiishka (marijuana). Laguma darin nooca fasalka 6aad~~
- 1 Haa
 - 2 May
 - 7 Mahubo aniga
 - 8 Ma garanayo su'aashan waxa ay iweydiineyso
 - 9 Waxaan jeclahay in aan ka jawaabin

WEYDIIN HADDII AAN ISTICMAALAY TUBAAKO AMA AGAB SHIISHAD 30-KI MAALIN EE LASOO DHAAFAY

104. ~~Intii lagu jiray bishii lasoo dhaafay, halkee ka heleyse tubaakadaada ama agabka shiishada? **Waxaad dooran kartaa hal wax kabadan.** Laguma darin nooca fasalka 6aad~~
- 1 Dukaan ama kaalinta shidaalka
 - 2 Asxaabta ama xubnaha qoyska 21 ama wax ka weyn
 - 3 Saaxibada ama xubnaha qoyska 21 ka yar
 - 4 Internetka
 - 5 Ila kale
 - 7 Mahubo aniga
 - 8 Ma garanayo su'aashan waxa ay iweydiineyso
 - 9 Waxaan jeclahay in aan ka jawaabin

Qasab ma ahan in aad ka jawaabto su'aal walbo oo aadan rabin in aad ka jawaabto.Bogga 49 ilaa

Su'aallahan soo socda waxa ay ku saabsan yihiin adiga, waalidkaaga, asxaabtada waxa aad ka aaminsan tihiin qamriga, tubaakada, iyo daroogyinka kale.

Ilaa in intee le'eg ayaad adigu umaleyneysa in dadku u bareeraan in ay halis galiyaan naftooda (jir ahaan ama siyaaboyin kale) haddii ay;	Halis jirin	Halista yar tahay	Halista Dhex dhexaad tahay	Halista weyn tahay	Mahubo aniga	Ma garanayo su'aashan waxa ay iweydiineyso	Waxaan jeclahay in aan ka jawaabin
105. Cabida shan ama wax kabadan oo cabitaanka qamriga mar ama labo mar isbuuca?	1	2	3	4	7	8	9
106. Cabida hal baakad ama wax ka badan oo sigaar ah maalintii?	1	2	3	4	7	8	9
107. Isticmaalka e-sigaar ama agabka shiishada, sida Juul?	1	2	3	4	7	8	9
108. Isticmaalka xashiishka (marijuana) (mar ama labo mar isbuuci)	1	2	3	4	7	8	9
109. Isticmaalka dawooyinka dhaqtarka soo qoro ee aan ayaga loogu talo galin?	1	2	3	4	7	8	9

Qasab ma ahan in aad ka jawaabto su'aal walbo oo aadan rabin in aad ka jawaabto. Bogga 50 ilaa

In teee le'eg ayuu waalidkaaga u arkaa in ay qalad tahay in aad adiga isticmaasho	Wax qalad ah uma arkaan gabi ahaan	Wax yar qaldan ah	Qalad	Qalad saa'ida	Mahubo aniga	Ma garanayo su'aashan waxa ay iweydiineyso	Waxaan jeclahay in aan ka jawaabin
110. Cabida mid ama labo cabitaan qamro ugu yaraan maalin walbo?	1	2	3	4	7	8	9
111. Sigaar cabida?	1	2	3	4	7	8	9
112. Isticmaalka xashiishka?	1	2	3	4	7	8	9
113. Isticmaalka dawooyinka dhaqtarka soo qoro ee aan adiga lagugu talo galin?	1	2	3	4	7	8	9

In teee le'eg ayee asxaabtaada u arkayaan in ay qalad tahay in aad adiga isticmaasho	Wax qalad ah uma arkaan gabi ahaan	Wax yar qaldan ah	Qalad	Qalad saa'ida	Mahubo aniga	Ma garanayo su'aashan waxa ay iweydiineyso	Waxaan jeclahay in aan ka jawaabin
114. Cabida mid ama labo cabitaan qamro ugu yaraan maalin walbo?	1	2	3	4	7	8	9
115. Sigaar cabida?	1	2	3	4	7	8	9
116. Isticmaalka xashiishka?	1	2	3	4	7	8	9
117. Isticmaalka dawooyinka dhaqtarka soo qoro ee aan adiga lagugu talo galin?	1	2	3	4	7	8	9

Qasab ma ahan in aad ka jawaabto su'aal walbo oo aadan rabin in aad ka jawaabto. Bogga 51 ilaa

Haddii aad rabtid adiga, in intee le'eg ayee kuu fududahay in aad hesho...	Aad ayee u fudeed u tahay	Xooga fudeyd	Xooga adag	Aad u adag	Mahubo aniga	Ma garanayo su'aashan waxa ay iweydiineyso	Waxaan jeclahay in aan ka jawaabin
118. Qamri biir (beer), wine ama liquor adag (tusaale, vodka, whiskey ama gin)?	1	2	3	4	7	8	9
119. Sigaar?	1	2	3	4	7	8	9
120. E-sigaar ama agabka shiishada, sida Juul?	1	2	3	4	7	8	9
121. Xashiish?	1	2	3	4	7	8	9
122. Dawooyinka dhaqtarka soo qoro ee aan adiga lagugu talo galin?	1	2	3	4	7	8	9
123. Shrooms (mushrooms ku sarqaaminayo) ama psilocybin?	1	2	3	4	7	8	9
124. Daroogoyinka kale sida cocaine, ecstasy, LSD, heroin, fentanyl ama meth?	1	2	3	4	7	8	9
125. Qori cabaysan oo bilaa waalid ah ama fasax la'aan waalid?	1	2	3	4	7	8	9

Laguma darin nooca fasalka 6aad

126. Waxaa jirto goob ama shaqsi aan u tagi karo haddii aan u baahanahay caawinaad ku saabsan **dhibaatada isticmaalka maandooriyaha** aan isticmaalo **ama qof aan jeclahay isticmaalo**. Laguma darin nooca fasalka 6aad.

- 1 Haa
- 2 May
- 7 Mahubo aniga

Qasab ma ahan in aad ka jawaabto su'aal walbo oo aadan rabin in aad ka jawaabto. Bogga 52 ilaa

- 8 Ma garanayo su'aashan waxa ay iweydiineyso
- 9 Waxaan jeclahay in aan ka jawaabin

Su'aallaha xiga waxa ay ku saabsan yihiin qamaarka.

-
127. Qamaarka, ama qamaarka ciyaaraha (betting), waa halis galinta wax qaaliya (lacag, saacad, soda, iwm) ee ciyaar ama dhacdo si aad ugu guuleysato lacag ama wax kale oo qiimo leh. Fadlan dooro DHAMAAN nuucyada qamaarka aad sameysay 3 bilood ee lasoo dhaafay.
- 01 Qamaar ma aanan ciyaarin intii lagu jiray 3 bilood ee lasoo dhaafay **U GUDUB CUTUBKA**
 - 02 Ciyaaraha isboortiga ee aan awoodin in aan ciyaaro (qamaar dhigashada natiijada ciyaaraha, goolasha, baqtiyanasibka (raffle), pool, iwm.)
 - 03 Xirfadaha ciyaaraha aan ciyaaro (isboortiska, video games, dares, iwm.)
 - 04 Ciyaaraha baqtiya nasiibka ee aan ciyaaro (turubka, laan dhuuga, Lotería, iwm.)
 - 05 Ciyaaraha baqtiyansiibka (scratchoffs, PowerBall®, Megabucks™, iwm.)
 - 06 Qamaarka qadka internetka (isticmaalka lacag sax ah oo aad ku iibsato dhibco ama sanduuq baqtiyansiiba e-sports, ciyaaraha casino, video games, iwm.)
 - 07 Wax qabadyada kale ee aan qamaarka dhigto ama ku qamaartamo
 - 97 Mahubo aniga
 - 98 Ma garanayo su'aashan waxa ay iweydiineyso
 - 99 Waxaan jeclahay in aan ka jawaabin

WEYDIINTA HADDII AAD QAMAAR CIYAARTAY 3 BILOOD LASOO DHAAFAY

Intii lagu jiray 3 bilood ee lasoo dhaafay, ilaa in intee le'eg ayaad ciyaartay...	Maya Ebid	Mar marka qaar	Inta badan waqtiga	Ugu badnaan Marwalbo	Mahubo aniga	Ma garanayo su'aashan waxa ay iweydiineyso	Waxaan jeclahay in aan ka jawaabin
128. Waxaan u ganbiyay asxaabta iyo qoyska aan qamaar ciyaarin si aan waqti ula qaato asxaabta ama xubnaha qoyska qamaarka ciyaaro?	1	2	3	4	7	8	9
129. Waxaan dareemay in aan qabe dhibaato qamaar ciyaarida?	1	2	3	4	7	8	9
130. Waxaaad qamaartankaaga ka qarisay waalidka iyo xubnaha kale ee qoyska ama macalimiinta?	1	2	3	4	7	8	9

Laguma darin nooca fasalka 6aad.

HONESTY

131. In intee le'eg ayaad si daacad ah uuga jawaabtay su'aallahan?

- 1 Aniga aad iyo aad ayaan daacad u ahaa
- 2 Daacad ayaan ahaan inta badan
- 3 Aniga mar-mar ayaan daacad ahaa
- 4 Aniga daacad ma aanan aheyn gabi ahaanba

CLOSING

Waxaan soo gaarnay dhamaadka sahmint.

Waad ku mahdsan tahay waqtiga aad galisay ka jawaabida su'aallahan.

Waxaad iskaan saarta QR code-ka si aad u ragto goobaha ku caawin karo ama gacan kaa siin karo dhibaatooyinka aad hadda wajaheyso.

WAXAAD SOO GALISA QR CODE-KA TAAGERADA ARDAYDA