

# Ma dareemeysaa welwel ku aaddan in canuggaaga dhawr iyo toban jirka ahi uu khamri cabyo?

Xirmadan qoraalka ahi waxay ku saabsantahay khamri, waxayna ulajeed-dadeedu tahay in ay ku siiso warbixin iyo taageero ku aaddan sida aad u caawin kartid canuggaaga dhawr iyo toban jirka ah.

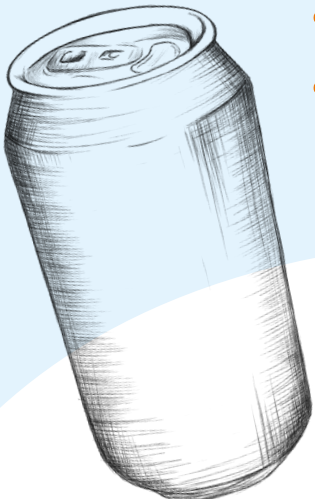
Khamrigu waa sun waxyeello u geysta maskaxda. Maskaxda dadka dhallinyarada ahi waxay u nugushahay saameynta, maadaama ay maskaxdu kobceyso ilaa da'da 25 jirka.

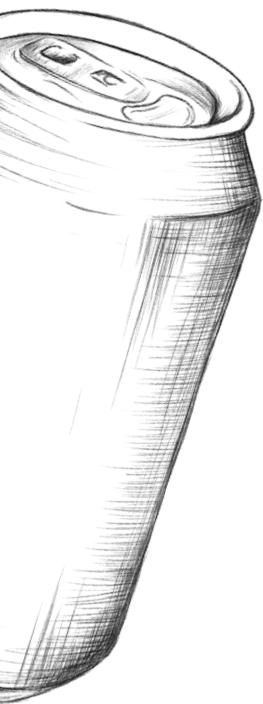
Khamrigu sun ayuu jirka u yahay, wuxuuna keeni karyaa dhaawacyo iyo cudurro. Wuxuu sidoo kale khamrigu leeyahay saameyn sarqaannimo, wuxuuna saameynayaa sida uu qofka cabayaahi wax u qiimeeyo.

Dhallinyaradu waxay naftoodu sheegaan in marka ay cabaan ay dhibaatoyin ugu dhacaan si ka badan marka aysan cabin. Tusaale ahaan, waxay noqon kartaa murugo, rabshado, shilal, galmo aan loo baahnayn, sarqaansaan gaari ku wadid ama in ay raacaan gaari uu wado qof sarqaansan.

## Xaqiiqooyin

- Systembolaget-ka waa inaad jirtaa 20 sano si aad uga iibsato khamriga.
- Maqaayadaha waa in aad jirtaa 18 sano si laguugu soo keeno khamri.
- Dukaamanka waa in aad jirtaa 18 sano marka lagaa iibinayo biirka dadweynaha.
- Qofku khamri ka iibiya qof aan qaangaar ahayn waxaa lagu ciqaabayaa ganaax ama xabsi.





## Maxaan sameyn karaa ka waalid ahaan?

Isku day inaad nolol maalmeedka uga hadasho wax kasta oo suurtagal ah. Sidaas ayey dabiici ku noqoneysaa in laga hadlo waxyaabo badan oo adadag, sida khamriga, daroogada ama galmada. Weydii su'aalo, dhagaysana. Xidhiidh dhowi wuxuu leeyahay saameyn difaac ah.

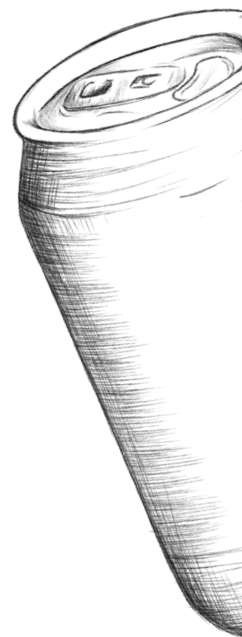
- Noqo qof warkiisu cadyahay! Carruurta waxay u baahan yihiin inay ogaadaan waxa khuseeya iyo waxa laga filayo.
- La hadal waalidiinta kale si aad u hesho taageero, ugana heshiisaan shuruuca hab dhaqanka ee wadajirka ah.
- Khamri ha u iibin, hana ku casuumin carruurtaada dhallinyarada ah.



## Wax ay waanaagsantahay in la ogaado

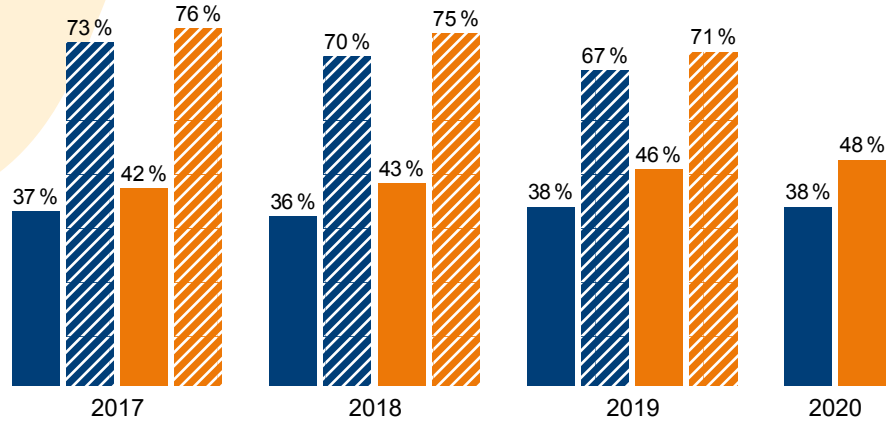
Dhallinyarada oo dhan khamri ma cabbaan. Dhallinyaro badan ayaa doorta inay gebi ahaanba ka fogaadaan. Inta badan dadka dhigta fasalka sagaalaad ma aysan cabbin khamri.

Waa khuraafaad in ay waaliddiintu micna tiri karaan khamriga iyagoo khamri ku casuumaya carrurtooda. Taas beddelkeeda, waxay baaritaannadu muujinayaan in dhallinyarada ay waalidkood ku casuumaan khamrigu ay cabbaan khamri ka badan kuwa aan waalidkood khamriga siinnin. Sidoo kale, sida ku cad baaritaannada, waxay dhallinyarada badankoodu u arkaan inay khalad tahay in waaliddiintu ay khamri u iibiyaan carrurtooda.



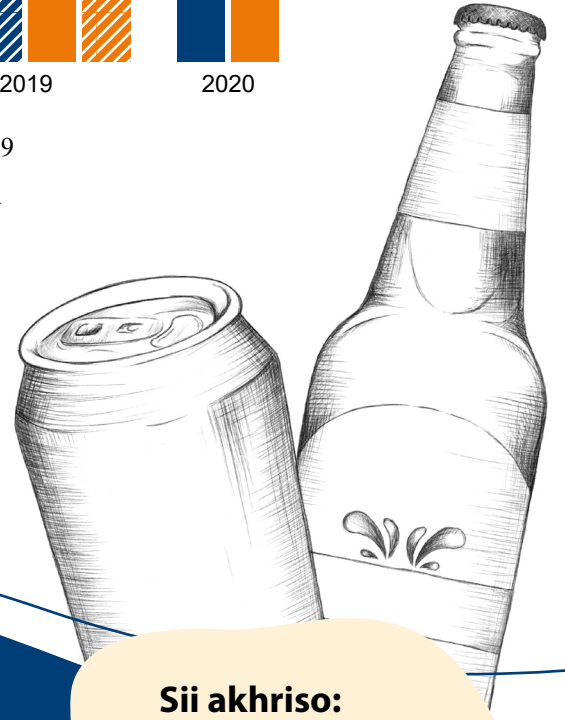
# Tira koob

Inta fasalka 9 iyo dugsiga sare ka cabtay khamri ugu yaraan hal mar 12:kii bilood ee la soo dhaafay:



- Wiilasha, Fasalka 9
- Gabdhaha, Fasalka 9
- ▨ Wiilasha, Dugsiga Sare ee sanadka 2
- ▨ Gabdhaha, Dugsiga Sare ee sanadka 2

caadooyinka daroogada ardayda iskoolka ', CAN 2020



## Sii akhriso:

[Tonårsparlören](#)

[Alkoholhjälpen.se](#)

[Youmo.se](#)

[1177.se](#)

**Yaad la xiriiri kartaa haddii aad su'aalo qabtid ama aad rabto caawimo iyo taageero?**

La xiriir caafimaadka ardayga dugsiga ilmahaaga, adeegyada bulshada ee degmada ama soo dhaweynta Mini-Maria ee degaankaaga ee qaabisha dhalinyarada qaba dhibaatooyinka khamriga ama daroogada kale.