

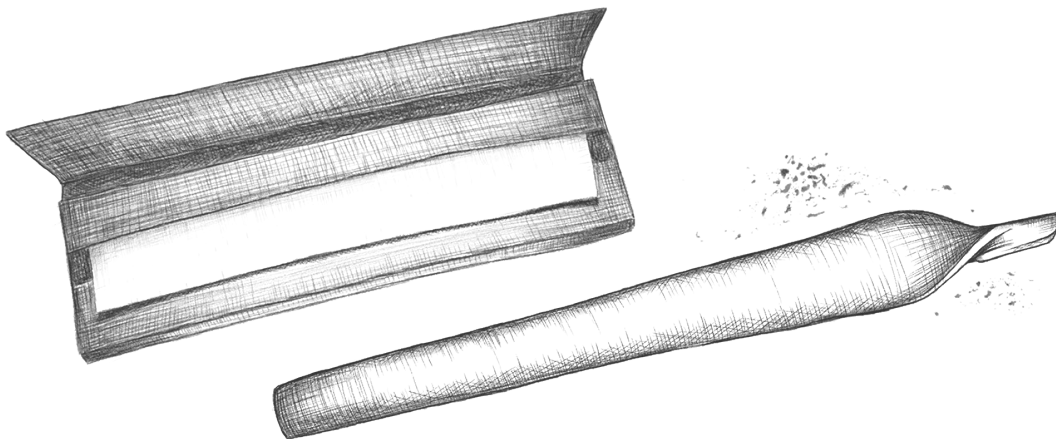
Ma dareemeysaa welwel ku aaddan in canuggaaga dhawr iyo toban jirka ahi uu uu cannabis cabyo?

Buug-yarahan wuxuu ka hadlayaa daroogada ugu badan ee sharci dar-rada ah ee dhallinyarada laga dhex helo - cannabis, waxayna ulajeedda-diisu tahay in uu ku siiyo aqoon iyo talooyin adigaaga waalid ah.

Dhallinyaro badan oo cabta cannabis waxay sheegaan in ay u arkaan in uu fiican yahay oo ay dareemayaan farxad iyo reyn-reyn, iyo sidoo kale degganaan iyo dabacsanaan.

Laakiin cannabis wuxuu sidoo kale leeyahay saameyn aan loo baahnayn. Maskax-du ayuu saameynayaa wuxuuna keeni karaa fikirka qofka oo dhantaalma iyo maahsanaan. Waxaa qofka ku adkaan karta in uu xasuusto waxyaabo dhawaan dhacay iyo in uu barto wax cusub. Cawaaqib kale oo halis ah waxaa ka mid ah walaac, dareen argagax leh oo qofka ku dhaca iyo niyad-jab.

Isticmaalka cannabiska ka dhalan kara waxyaabo fara badan oo bulshada la xirii-ra: dhibaato xagga dugsiga ah, saaxibbo beddelasho iyo khilaaf xagga guriga ah. Haddii canuggaaga dhawr iyo toban jirka ahi uu daroogo isticmaalyo waxay taasi keeni kartaa in ay ku adkaato in uu shaqo raadsado, helo ruqsad gaari wadid ama uu tusaale ahaan u dhoofa USA.



Xaqiiqooyin

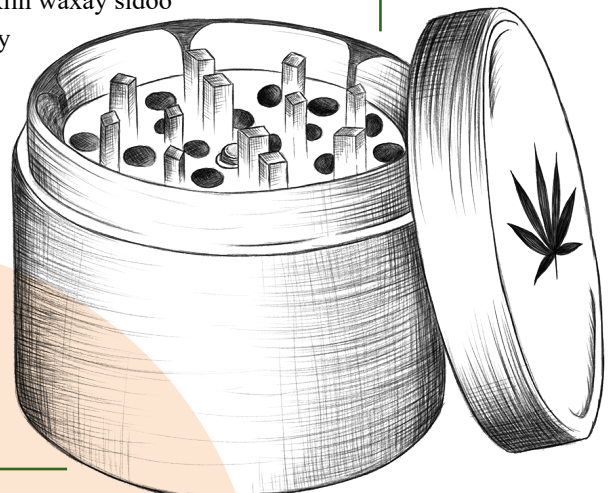
- Cannabis waa daroogada ugu badan ee sharci darrada ah ee laga dhex helo dhallinyarada.
- Maareyn kasta oo la xiriirta cannabis waa sharci darro - in la beero, la iibiyo, la iibsado, la isticmaalo iyo in la kaydiyo.
- Cannabiska maanta la isticmaalay waxaa ku jira THC (tetrahydro-cannabinol) ka badan kii hore. THC-gu waa maaddada qaadireysnaanta keeneysa ee cannabiska.
- Inta badan dhallinyarada cabta cannabisku waxay horay u cabi jireen sigaarka caadiga ah.
- Dad badan waxay cabsanyihiin khamri marka ay marka ugu horreysa tijaabinayaan cannabiska.
- Waxay noqotay wax iska caadi ah in cannabis lala isticmaalo Tramadol oo ah dawo lala meel dhigo daroogada.
- Habka ugu badan ee lagu helo cannabis waa iyada oo loo marayo saaxiibbada ama saaxiibbadooda, iyadoo mararka qaarkood la xafladeynayo.



Wax ay waanaagsantahay in la ogaado

Ka waalid ahaan way adkaan kartaa in aad ogaatid haddii canuggaaga dhawr iyo toban jirka ihi uu isticmaalayo cannabis. Daal, daneyn la'aan, indhaha oo gaduudan, macaan jeceyl iyo dabeecad isbedbeddelysa ayaa noqon kara calaamado muujinaya in ilmahaagu isticmaalayo daroogo — laakiin waxay sidoo kale macnaheedu noqon kartaa in ilmahaagu uu yahay dhawr iyo toban jir!

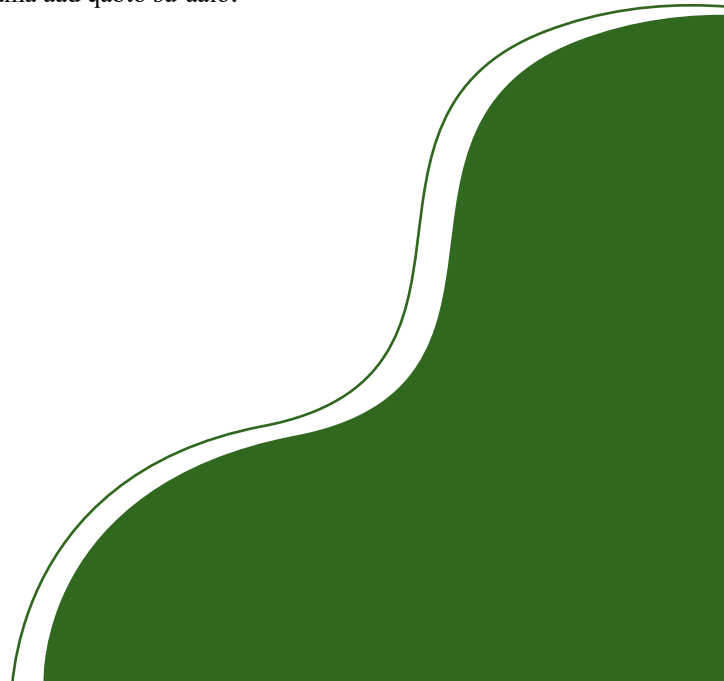
Laga yaabee in ay fuddahay in la ogaado qaar ka mid ah waxyaabo dheeri ah. Waxaad billaabi kartaa inaad ka fikirto haddii uu haysto warqado sigaar, maaha wax caadi ah in dhallinyaradu ay duubtaan sigaarka caadiga ah. Sawirka ku dhinac yaal wuxuu muujinayaa waxa looguyeero grinder. Waa qalab loo isticmaali karo in lagu yar-yareeyo mariwaanaha inta aan la duubin ka hor.



Maxaan sameyn karaa ka waalid ahaan?

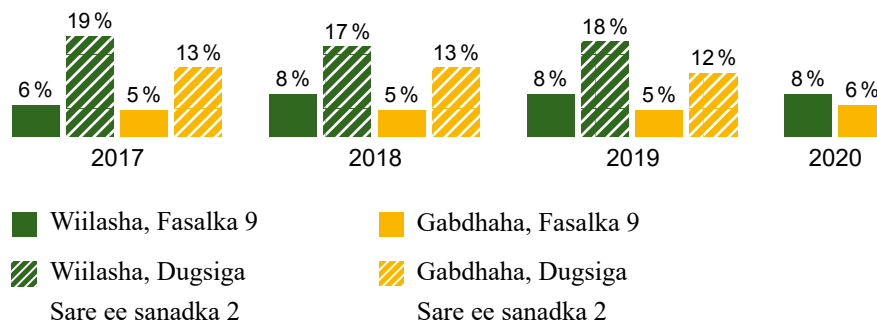
Isku day inaad nolol maalmeedka uga hadasho wax kasta oo suurtagal ah. Sidaas ayey dabiici ku noqoneysaa in laga hadlo waxyaabo badan oo adadag, sida khamriga, daroogada ama galmada. Weydii su'aalo, dhagaysana. Xidhiidh dhowi wuxuu leeyahay saameyn difaac ah.

- Ku kalsoonaw dareenkaaga. Haddii aad dareemeysid in ay wax khaldanyihiin, waxay u badantahay in ay taasi sax tahay.
- U sheeg inaad daneyneysid iyo in aad dhab ahaantii ka welwelsan tahay mararka qaarkood. U sharax waxa aad ka cabsanayso inay dhacaan.
- La hadal waalidiinta kale si aad u hesho taageero, ugana heshiisaan shuruudaha hab dhaqanka ee wadajirka ah.
- Ka taxaddir in ay dhallinyaradaadu sigaar cabto, kana baaqso in aad ilmahaaga ku casuuntid khamri. Isticmaalka Cannabisku wuxuu badanaa lala xiriirayaa sigaarka iyo tubaakada iyo khamriga.
- Waxaa fiican in aad canuggaaga dhallinta yar kala hadashid daroogooyinka iyo sida macluumaadka intarneetka shaki loo gelin karo. Waxaa jira bogag badan oo iibiya daroogada, faafiyana macluumaad khaldan.
- Haddii canuggaaga dhawr iyo toban jirka ahi uu isticmaalo daroogo, waxaa wax weyn u tari karta in aad halkaas joogtid, caawisid, kuna dhiirri gelisid in uu daryeel raadsado. La xiriir qaar ka mid ah kuwa laga helo dhammaadka buug-yarahan haddii aad welwelsan tahay ama aad qabto su'aalo.



Tira koob

Inta ardayda dhigata fasalka 9aad iyo dugsiga sare ee ka isticmaashay cannabis.



caadooyinka daroogada ardayda iskoolka ', CAN 2020



Sii akhriso:

Cannabishjalpen.se

Drugsmart.com

Youmo.se

Droghjalpen.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.