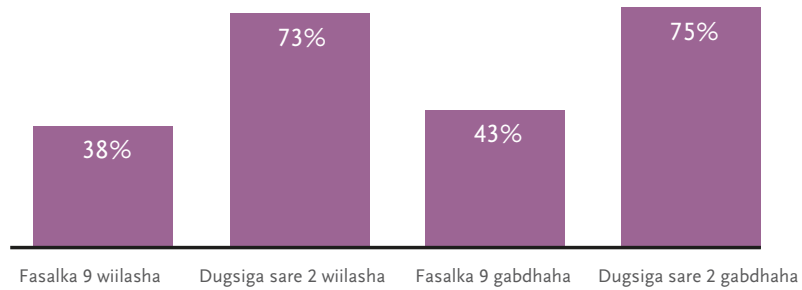


Inta ardey oo sannadkii ugu dambeeyay cabbay khamri, oo gobalka Västra Götaland 2016



Inta kala soo xiriir

Booliiska 114 14



Inta ka akhriso

[1177](#)

[UMO](#)

[The teenage phrasebook](#)

[CAN](#)



LÄNSSTYRELSEN
VÄSTRA GÖTALANDS LÄN
County Administrative Board

Source: Drug habits in Västra Götaland 2016, CAN

Ku socoto adiga waalidka ah

Ku saabsantahay khamriga



Sawir: Ida Edgren

Warbixin

- Tukaanka khamriga oo la dhaho Systembolaget qofka waa inuu 20 sano jir yahay haddii oo doonaayo inuu khamri ka iibsado.
- Markey makhaayad noqoto qofka waa inuu jira 18 sano haddii oo dooni khamri.
- Tukaamada cuntada oo iibsho khamriga bulshada qofka waa inuu jiro 18 sano.
- Qofkii u soo iibsho ama ka iibsado dad aan qaankarin khamri waxaa lagu xumikara ganaax ama xabsi.



Ku fikir in

Dhammaan dhallinyarada ma cabbaan khamri, oo tirada weey soo badan inta dhaheeyso ineysan dooneyn khamri. Tirada inta ugu badan oo dhallinyarada dhigato fasalka 9 ma eysan cabbin khamri. Waa iska sheego in waalidka arrinta khamriga ka bad-baadin karan haddii ayaga ey ku martiqaadan khamri. Baaritaanada isticmaalida mukhaadaraadka baa laga arkay i dhallinyarada oo waalidkooda ku martiqaadan khamri waa ka khamri cabbitaan badan yaahiin dhallinyarada kale oo la siin khamri.

Qofka waalidka badanaa wuu dareemi haddii ey wax sidii la doonaayay eysan eheen!



Saameynta khamriga

Khamri waa sun oo maskaxda dhaawici. Dhallinyarad maskaxdooda aad bey fududahay in la saameeyo maadaama maskaxda korin ku socdo ilaa laga gaari 25 sano.

Khamriga qofka weey sirkhaansiin iyo saameyn wax qiimeynta. Dhallinyarad waxey dhahan in ayaga la kulmaan dhib markey cabbaan haddii lala barbar dhigo markeysan cabbin. Waxaa kamid ahaan kara is khilaafid, jir dilm shil, suubin galmo aan dooneyn, sirkhaansan baabuur wadid ama dareewal sirkhaansan baabuur la raaci.



Maxaa aniga waalidka ah suubin kara?

- La suubso xiriir wanaagsan. Xiriir fiican haddii ey leeyahiin waalidka iyo canuga taas canuga wuxuu ka heli difaac wanaagsan.
- Xiisey, oo su'aalo weeydii haddii canugaaga dhallinyarad ku fikiri wax ku saabsan khamri.
- Warkaada ha cadaado! Carruurta waxey doonaayaan iney ogyahiin sida nidaamka yahay iyo waxa laga dooni.
- La hadal waalid kale iyo ka wada heshiia xeerar oo sidaa wax ka wada yeeleysiin.
- Ha usoo iibin iyo ha ku martiqaadin canugaaga dhallinyarada ah khamri.