

Ku keydi daroogada iyo aalkolada guriga si aamin ah

Qaad talaabooyinkan si aad uga hortagto dhalinyarada inay helaan waxyaabaha maanka dooriya sida **mirwaanada, aalkolada, daawooyinka, sigaarka iyo sigaarka elektarooniga** ee guriga

Best Starts for
KIDS  Seattle Public
Schools

Public Health
Seattle & King County 



2 La soco kadibna iska tuur

Ogsonooq noocyada iyo xaddiga walxaha maanka dooriyo aad haysato. Ka takhalus dawooyinka aan loo baahnayn ama dhacay. Raadi sanduuqa wax lagu rido ee kuugu dhow barta: takebackyourmeds.org.



1 Si aamin ah u keedi walxaha maanka dooriyo

Waxaad horeyba u keydisay waxyaabaha sida qalabka loo isticmaalo nadaafada iyo aaladaha halista ah meel aamin ah oo ka fog carruurta. Ula dhaqan walxaha maanka dooriyo sidaa oo kale. Meel ku xiro mirwaanada, aalkolada, daawooyin, iyo sigaar iyo sigaarka elektarooniga ah armaajo, sanduuq, ama khaanad.

3 La hadal dhalinyarada

Ka caawi dhalinyarada inay gaaraan go'aano caafimaad qaba. Ka hadal isticmaalka walxaha maanka dooriyo oo deji hadafyo cad. Ka hel talooyin ku saabsan sida loo qabto wada-hadalladan: starttalkingnow.org.

Substance Safety at home



1. Si aamin ah u keedi walxaha maanka dooriyo

25% ardayda dhigata fasalka 10-aad ee Magaalada Seattle ee soo sheegay inay cabayaan aalkolada ayaa sheegaya inay ka qaateen gurigooda fasax la'aan.

- Healthy Youth Survey, 2018



2. La soco kadibna iska tuur

Daawooyinka kiciya maanka sida (Ritalin, Adderall) ayaa ah kuwa ugu badan ee si qaldan u isticmaalaan ardayda dhigata fasallada 10aad iyo 12aad ee Seattle.

- Healthy Youth Survey, 2018



3. La hadal dhalinyarada

Carruurta wax ka barta halista ay leeyihiin isticmaalka aalkolada iyo daroogooyinka inta ay joogaan gurigooda aad ayay u yar tahay inay isticmaalaan. - Healthy Youth Survey, 2018

Wax Su'aalo ah? Nala soo xiriir! Caafimaadka Dadweynaha- Seattle & degmada King: **206-263-8955** Waxaa ku keenay adiga Dugsiyada Dadweynaha Seattle oo ay ku bixisay Waaxda Caafimaadka ee Gobolka Washington iyada oo lagu maalgelinayo Lacagta Xisaabta Marijuana, iyo degmada King Bilawga ugu Fiican ee Carruurta Levy.