

2026 Ka hortagga iyo Fayoqabka Bulshada Sahanka Hindisaha Bulshada

Waxaannu daneynaynaa fikradahiinnna ku saabsan isticmaalka maandooriyaha ee dhallinta bulshadeenna. Jawaabahaaga ayaa gacan ka geysan doona ka warbixinta iyo sii wanaajinta barnaamijyada ka hortagga ee loogu talagalay dhallinteenna.

Sahankan soconaya 5-7 daqiiqo ayaa gebi ahaanba magac la'aan ah.

Waxaad ka gudbi kartaa su'aal kasta ama waqti kasta ayaad sahanka joojin kartaa.

Ma doonaysaa in aad oggaatid inbadan oo kusaabsan kooxdeena?

Waxaad noola soo xiriiri kartaa qaab teleefoon iyo qaab iimayl.

Fadlan jeex boggaan haddii aad jeceshahay in aad hore u qaadatid macluumaadkeena xiriirka.

Teleefoon: _____

Iimayl: _____

.....

Haddii aad jeceshahay in aynu kula soo xiriirno, fadlan hoos ku qor macluumaadkaaga xiriirka.

Macluumaadka xiriirka waxaa la gelinayaa meel ka baxsan sahankaan magac la'aanta ah.

Fadlan jeex qaybtan bogga ah una dhiib si gooni ah.

Magaca: _____

Lambarka teleefoonka: _____

Cinwaanka iimaylka: _____

Admin

Initials: _____ #: _____ Date: _____

SOMALI

Su'aalahaan hore ee la weydiyo waxay ku saabsan yihiin fikradahaaga iyo fahankaaga khuseeya ku xadgudubka maandooriyaha iyo walaaca caafimaadka dhimirka ee bulshadaada.

1. In intee le'eg oo dhibaato ah ayaad u maleynaysaa in mid kasta oo ka mid ah kuwan soo socda in ay ku hayaan dhallinta (fasalka 6aad – 12aad) bulshadaada?

	Dhibaato kuma aha	Dhibaato yar	Dhibaato dhexdhexaad ah	Dhibaato khatar ah	Ma garanayo
Isticmaalka khamriga	☐	☐	☐	☐	☐
Isticmaalka xashiishka	☐	☐	☐	☐	☐
Si xun u isticmaalka daawada la isu qoro (isticmaalka daawo iyada oo aan dad loo qorin ama in loo isticmaalo sidii aan la isugu qorin)	☐	☐	☐	☐	☐
Daroogo kale (hoos ku qeex*)	☐	☐	☐	☐	☐
Isticmaalka Tubaako	☐	☐	☐	☐	☐
Sigaarka-Elektarooniga ah ama badeecooyin kale ee elektarooniga ah ee la uumiyo	☐	☐	☐	☐	☐
In gaari la wado iyada oo la khamreysan yahay	☐	☐	☐	☐	☐
In gaari la wado iyada oo xashiish la dhuuqay	☐	☐	☐	☐	☐
Niyad-jab	☐	☐	☐	☐	☐
Isdilid	☐	☐	☐	☐	☐
Booc-boocsi	☐	☐	☐	☐	☐
Booc-boocsi baraha bulshada ah	☐	☐	☐	☐	☐

*Haddii aad kor ku calaamadaysay "Daroogooyin Kale", daroogadee?

2. In intee le'eg ayaad u maleynaysaa in ay dadku khatar ugu jiraan in ay nafsadooda dhibaato gaarsiyaan marka ay gaariga wadaan...

	Khatar ma laha	Khatar yar	Khatar dhexdhexaad ah	Khatar sare	Ma garanayo
iyagga oo khamreysan	☐	☐	☐	☐	☐
iyagga oo xashiish dhuuqey	☐	☐	☐	☐	☐

3a. Haddii dhallintu ay doonayaan in ay helaan xoogaa khamri ah, sidee ayay ugu fududahay in ay xoogaa helaan?

	Aad ugu fudud	Nooc fudeyd ah	Nooc adayg ah	Aad ugu adag	Ma garanayo
Dhallinta Dugsiga Dhexe (fasallada 6 ^{aad} -8 ^{aad})	☐	☐	☐	☐	☐
Dhallinta Dugsiga Sare (fasallada 9 ^{aad} -12 ^{aad})	☐	☐	☐	☐	☐

3b. Haddii dhallintu ay doonayaan in ay helaan xoogaa xashiish ah, sidee ayay ugu fududahay in ay xoogaa helaan?

	Aad ugu fudud	Nooc fudeyd ah	Nooc adayg ah	Aad ugu adag	Ma garanayo
Dhallinta Dugsiga Dhexe (fasallada 6 ^{aad} -8 ^{aad})	☐	☐	☐	☐	☐
Dhallinta Dugsiga Sare (fasallada 9 ^{aad} -12 ^{aad})	☐	☐	☐	☐	☐

4a. In intee le'eg ayaad u maleysaa in ay dhallintu halis ugu jiraan in ay naftoodu waxyeelleeyaan haddii ay hal ama laba jeer isku dayaan xashiish?

	Khatar ma laha	Khatar yar	Khatar dhexdhexaad ah	Khatar sare	Ma garanayo
Dhallinta Dugsiga Dhexe (fasallada 6 ^{aad} -8 ^{aad})	☐	☐	☐	☐	☐
Dhallinta Dugsiga Sare (fasallada 9 ^{aad} -12 ^{aad})	☐	☐	☐	☐	☐

4b. In intee le'eg ayaad u maleysaa in ay dhallintu halis ugu jiraan in ay naftoodu waxyeelleeyaan haddii ay si joogto ah isugu dayaan xashiis?

	Khatar ma laha	Khatar yar	Khatar dhexdhexaad ah	Khatar sare	Ma garanayo
Dhallinta Dugsiga Dhexe (fasallada 6 ^{aad} -8 ^{aad})	☐	☐	☐	☐	☐
Dhallinta Dugsiga Sare (fasallada 9 ^{aad} -12 ^{aad})	☐	☐	☐	☐	☐

4c. In intee le'eg ayaad u maleysaa in ay dhallintu halis ugu jiraan in ay naftoodu waxyeelleeyaan haddii ay adeegsadaan daawada la isugu qoro oo aan iyagga loo soo qorin?

	Khatar ma laha	Khatar yar	Khatar dhexdhexaad ah	Khatar sare	Ma garanayo
Dhallinta Dugsiga Dhexe (fasallada 6 ^{aad} -8 ^{aad})	☐	☐	☐	☐	☐
Dhallinta Dugsiga Sare (fasallada 9 ^{aad} -12 ^{aad})	☐	☐	☐	☐	☐

Maxay yihiin fikradahaaga?

5a. Ma u maleynaysaa in ay HAGAAG tahay in dhallintu ay khamro ku cabaan xafladaha haddii aysan noqonaynin kuwo sakhransan?

	Maya	Haa	Haa, balse keliya munaasabadaha gaarka ah
Dhallinta Dugsiga Dhexe (fasallada 6 ^{aad} -8 ^{aad})	☐	☐	☐
Dhallinta Dugsiga Sare (fasallada 9 ^{aad} -12 ^{aad})	☐	☐	☐

5b. Ma u maleysaa in ay HAGAAG tahay in waalidiinta ay carruurtooda guryaha ku siiyaan cabbitaano khamri ah?

	Maya	Haa	Haa, balse keliya munaasabadaha gaarka ah
Dhallinta Dugsiga Dhexe (fasallada 6 ^{aad} -8 ^{aad})	☐	☐	☐
Dhallinta Dugsiga Sare (fasallada 9 ^{aad} -12 ^{aad})	☐	☐	☐

5c. Ma kula tahay in inta badan dadka waaweyn ee bulshadeena ay dareemaan in ay HAGAAG tahay in waalidiinta ay carruurtooda guryaha ku siiyaan cabbitaano khamri ah?

	Maya	Haa	Haa, balse keliya munaasabadaha gaarka ah
Dhallinta Dugsiga Dhexe (fasallada 6 ^{aad} -8 ^{aad})	☐	☐	☐
Dhallinta Dugsiga Sare (fasallada 9 ^{aad} -12 ^{aad})	☐	☐	☐

6. Halkeed u maleysaa in ay dhallintu badanaa ka helaan daawooyinka la isu-qoro kuwaas oo aan u soo qorin takhtar? Dooro mid.

Guriga	Saaxiibo	In ay soo iibsadaan	Ma hubi
☐	☐	☐	☐
☐ Meel kale _____			

7. Haddii aad hadda la joogo guriga ku haysato daawo lagu soo qoray, halkeed inta badan dhigataa daawooyinka? Dooro mid.

Meel qarsoodi ah	Meel lagu xiro	Midkoodna	Labadaba (meel qarsoodi ah oo xiran)	Aan Ku Habboonayn
☐	☐	☐	☐	☐

8. Ma garanaysaa halka bulshadaada aad ku qubi karto daawooyinka lagu soo qorey ee aadan u baahnayn?

Haa	Maya
☐	☐

9. Waxaa jira koox mutadawaciin ah oo bulshadaada joogta kuwaas oo ka shaqeynaya in ay yareeyaan isticmaalka khamriga iyo daroogada kale ee dhallinta. Adigu ma ogtahay kooxdaan/isbaheysigan?

Haa	Maya
☐	☐

10. Ma tahay waalidka ama mas'uulka carruur dhigata fasalka 6aad-12aad?

Haa	Maya
☐	☐ haddii ay MAYA tahay, u gudub → Su'aasha 15

Waalidiinta/Mas'uuliyiinta – fadlan ka jawaan su'aalahan soo socda oo ku saleysan fasalka iskuulka ee uu dhigto/dhigtaan cunugaaga/carruurtaada. Haddii aad leedahay carruur labadaba dhigta dugsiga hoose iyo dugsiga dhexe, fadlan ka jawaab labada qaybood ee la bixiyay.

11. Waa maxay bayaanka UGU WANAAGSAN ee qeexaya wadhadalka aad la yeelatay cunugaaga ee ku saabsan isticmaalka khamriga 3 bilood ee la soo dhaafay? (Calaamadee dhammaan kuwa ku habboon cunugaaga/carruurtaada jirta da'da dugsiga sare/dugsiga dhexe ee kala duwanaanta da'da ee gaarka ah)

	11a. Dhallinkaaga Dugsiga Dhexe (fasallada 6 ^{aad} -8 ^{aad})	11b. Dhallinkaaga Dugsiga Sare (fasallada 9 ^{aad} -12 ^{aad})
Kala ma hadlin cunugeyga saddexdii bilood ee la soo dhaafay isticmaalka khamriga.	☐	☐
Waxaan u sheegay cunugeyga in khamriga uusan FIICNAYN iyo in ay cawaaqib ka dhalan karto haddii ay cabbaan.	☐	☐
Waxaan u sheegay cunugeyga in ay HAGAAG tahay in isaga/iyada ay cabbaan dhowr cabbitaanno munaasabadaha gaarka ah.	☐	☐
Waxaan u sheegay cunugeyga halista ay leedahay khamri cabbista carruurta iyo in aysan cabbin.	☐	☐
Waxaan u sheegay carruurteyda in kasta oo ay ka yar yihiin 21, in ay iyagga iska leeyihiin go'aanka in ay cabbaan khamriga iyo in kale.	☐	☐

12. Bayaannadan soo socda midkee SIDA UGU WANAAGSAN u sharxaya wadhadalka aad la yeelatay cunugaaga ee ku saabsan isticmaalka xashiishka 3dii bilood ee la soo dhaafay? (Calaamadee dhammaan kuwa ku habboon cunugaaga/carruurtaada jirta da'da dugsiga sare/dugsiga dhexe ee kala duwanaanta da'da ee gaarka ah)

	12a. Dhallinkaaga Dugsiga Dhexe (fasallada 6 ^{aad} -8 ^{aad})	12b. Dhallinkaaga Dugsiga Sare (fasallada 9 ^{aad} -12 ^{aad})
Kala ma hadlin carruurteyda saddexdii bilood ee la soo dhaafay isticmaalka xashiishka.	☐	☐
Waxaan u sheegay carruurteyda in xashiishka uusan FIICNAYN iyo in ay cawaaqib ka dhalan karto haddii ay isticmaalaan xashiish.	☐	☐
Waxaan u sheegay carruurteyda halisaha ay leedahay in dhalinta ay isticmaalaan xashiishka iyo in aysan cunin, dhuuqin, ama si kastaba u isticmaalin.	☐	☐
Waxaan u sheegay carruurteyda in kasta oo ay ka yar yihiin 21, in ay iyagga iska leeyihiin go'aanka in ay isticmaalaan xashiishka iyo in kale.	☐	☐

13. Marka ilmahaagu uu aado fiidkii banaanka ama maalmaha fasaxa ee todobaadka, in intee la'eg ayaad:

	Marnaba	Marar dhif ah	Mararka qaar	Inta badan	Mar walba
13a. Weyddiisaa qofka ay la jiri doonaan?					
Dhallinta Dugsiga Dhexe (fasallada 6 ^{aad} -8 ^{aad})	☐	☐	☐	☐	☐
Dhallinta Dugsiga Sare (fasallada 9 ^{aad} -12 ^{aad})	☐	☐	☐	☐	☐
13b. Weyddiisaa halka ay u socdaan?					
Dhallinta Dugsiga Dhexe (fasallada 6 ^{aad} -8 ^{aad})	☐	☐	☐	☐	☐
Dhallinta Dugsiga Sare (fasallada 9 ^{aad} -12 ^{aad})	☐	☐	☐	☐	☐
13c. Haddii ilmahayga uu ka qaybgalayo xaflad, waxaan hubsadaa haddii xafladda uu joogi doono qof weyn oo kormeere ah					
Dhallinta Dugsiga Dhexe (fasallada 6 ^{aad} -8 ^{aad})	☐	☐	☐	☐	☐
Dhallinta Dugsiga Sare (fasallada 9 ^{aad} -12 ^{aad})	☐	☐	☐	☐	☐
13d. Ma hubisaa haddii uu ilmahaagu yahay mid cabsan khamri ama daroogo (ma la hadashaa, ma urisaa, indhaha ma ka eegtaa)?					
Dhallinta Dugsiga Dhexe (fasallada 6 ^{aad} -8 ^{aad})	☐	☐	☐	☐	☐
Dhallinta Dugsiga Sare (fasallada 9 ^{aad} -12 ^{aad})	☐	☐	☐	☐	☐
13e. Cunugaaga waqti uu guriga ku imaanayo ma u qabataa?					
Dhallinta Dugsiga Dhexe (fasallada 6 ^{aad} -8 ^{aad})	☐	☐	☐	☐	☐
Dhallinta Dugsiga Sare (fasallada 9 ^{aad} -12 ^{aad})	☐	☐	☐	☐	☐
13f. Ma sugtaa cunugaaga ilaa uu guriga ka imaanayo?					
Dhallinta Dugsiga Dhexe (fasallada 6 ^{aad} -8 ^{aad})	☐	☐	☐	☐	☐
Dhallinta Dugsiga Sare (fasallada 9 ^{aad} -12 ^{aad})	☐	☐	☐	☐	☐

14. Sidee ayaad u maleynaysaa in ay u khalidan tahay in cunugaaga dhigta (fasallada 6^{aad}-12^{aad}) uu....

	Gebi ahaan khalad ma aha	Xoogaa yar khalad ah	Khalad ah	Aad Khalad u ah	Ma garanayo
14a. Khamri cabbo					
Dhallinta Dugsiga Dhexe (fasallada 6 ^{aad} -8 ^{aad})	☐	☐	☐	☐	☐
Dhallinta Dugsiga Sare (fasallada 9 ^{aad} -12 ^{aad})	☐	☐	☐	☐	☐
14b. Xashiish isticmaalo					
Dhallinta Dugsiga Dhexe (fasallada 6 ^{aad} -8 ^{aad})	☐	☐	☐	☐	☐
Dhallinta Dugsiga Sare (fasallada 9 ^{aad} -12 ^{aad})	☐	☐	☐	☐	☐
14c. Isticmaalo daawooyinka la isu qoro oo aan isagga loo qorin					
Dhallinta Dugsiga Dhexe (fasallada 6 ^{aad} -8 ^{aad})	☐	☐	☐	☐	☐
Dhallinta Dugsiga Sare (fasallada 9 ^{aad} -12 ^{aad})	☐	☐	☐	☐	☐

Tirakoobka Dadweynaha

15. Maxay tahay da'daada?

18-24	25-34	35-44	45-54	55-64	65+
☐	☐	☐	☐	☐	☐

16. Sidee hadda la joogo isu aqoonsataa? Dooroo dhammaan kuwa ku habboon.

Lab	Dheddig	Labeeb	Isweyddiia / aan hubin aqoonsiga jinsigeyga	Wax kale ayaa igu habboon
☐	☐	☐	☐	☐

17. Ma tahay qof u dhashay Hisbaanik, Laatiin/Laatiina ama asal ahaan Isbaanish ah?

☐ Haa ☐ Maya

18. Waa maxay qowmiyadaada? Dooroo dhammaan kuwa ku habboon.

Hindidda Mareykanka, Asal Ahaan u dhashay Alaska	Aasiyaan ama Maraykan Aasiyaan ah	Madow ama Afrikaanka Mareykan ah	Dhallad Hawaayaan ah ama qowmiyad kale oo ka timid Jasiiradaha Baasifiga	Caddaan
☐	☐	☐	☐	☐
☐ Qowmiyad kale _____				

19. Waa maxay luuqadaha looga hadlo gurigaaga? Dooroo dhammaan kuwa ku habboon.

Cambodian/Khmer	Af-Ingiriisi	Af-Ruush	Soomaali	Af-Isbaanish
☐	☐	☐	☐	☐
☐ Luuqad kale _____				

20. Maxay tahay shahaadada heerka jaamacadeed ee ugu sarreysa ama heerka waxbarashada iskuul ee aad dhammaysay?

Ka hooseeya dugsiga sare	Shahaaddo dugsi sare ama GED	Kulliyad xoogaa dhigtay	Ka qalinjebiyay jaamacad/kulliyad	Shahaaddo ka dambeysa shahaaddada koowaad ee jaamacadda
☐	☐	☐	☐	☐

21. Waa maxay furaha degaanka ee aad inta baddan ku nooshahay?

Waad ku mahadsan tahay ka qaybgalka sahankan!