

Xaqiiqooyin la xiriira

# Xashiish

The facts about Cannabis

FRANK

0800 77 66 00

Lambarkaan kore waxaad ka helaysaa dad  
afkaaga kugula hadlaya.

[www.talktofrank.com](http://www.talktofrank.com)

DrugScope

020 7928 1211

[www.drugscope.org.uk](http://www.drugscope.org.uk)

For additional copies, please  
contact Prolog on 0870 2414680

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Somali

## Sidee ayay xashiishaddu (cannabis) dadka u saamaysaa?

Waxay dadka ka caawisaa inay xoogaa raaxo ah helaan. Dadka qaarbaa sheegay inay muusigga u macaaniso.

### Xashiishaddu (cannabis) waxay keeni kartaa:

- dhibaatooyin dhuunta ku yimaada;
- qofka oo sabab la'aan iska walwala.

Sidoo kale haddii qofku uu maskaxda ka jirran yahay (madaxa looga jiro), xashiishaddu (cannabis) dhibaataadiisa ayay sii kordhin kartaa.

### Sidee ayay xashiishaddu (cannabis) u egtahay?

Xashiishaddu waxay noqon kartaa:

- caleemo qallalan oo ur dheer ama
  - dhagax yar oo dugul ah.
- Waxaana markaas loo yaqaan xabagta xashiishadda.

### Sidee dadku xashiishadda u qaataan?

Dadka badankiis tubaakada ayay dhexgeliyaan oo dhuuqaan. Mamarna cuntada ayay ku darsadaan, tusaale ahaan kayga ama doolshaha.

### Magacyada kale ee xashiishadda (cannabis)

Xashiishadda (cannabis) waxaa kaloo loo yaqaan weed, draw, spliff, joint, puff, ganja.

Waxaa kaloo jira nooc xashiishadda ah (cannabis) oo aad u xoog badan oo loo yaqaan (skunk).

### Immisa lacag ah ayay xashiishaddu (cannabis) joogtaa?

Jabka xashiishadda ah (cannabis) ee jooga £12 wuxuu marka tubaakada lagu daro noqdaa 16 sigaar oo xashiishad ah.

### Sharci ahaan ma la oggol yahay?

Sharci ma oggola in aad xashiishad (cannabis) haysato (sida inaad jeebka ku haysato) ama gurigaaga ay taallo. Sidoo kale waa sharci darro inaad iibisid ama qof siisid xashiishadda (cannabis), xataa hadday saaxiibadaa yihiin dadk aad siinaysid.

### What does cannabis do to people?

It helps people relax. Some people say that it makes music sound better.

### Cannabis can cause:

- lung problems;
- people to be worried for no reason.

Also if a person has mental health problems (trouble with their mind), cannabis can make their problems worse.

### What does cannabis look like?

Cannabis can either come as:

- dried leaves with a strong smell or
- a small brown block. This is called cannabis resin.

### How do people take cannabis?

Most people smoke it with tobacco. Sometimes it is mixed with food, for example in a cake.

### Other names for cannabis

It is also called weed, draw, spliff, joint, puff, ganja.

There is also a stronger type of cannabis called skunk.

### How much does cannabis cost?

A block of cannabis that costs £12 will make 16 cannabis cigarettes when it is mixed with tobacco.

### Is it legal?

No. It is against the law to have cannabis on you (for example, in your pockets) or in your house. It is also illegal to sell or give cannabis to anyone, even friends.