

Xaqqiqaoyin la xiriira

Dhallinta yaryar iyo maan dooriyayaasha

The facts about
Young people and drugs

FRANK

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Lambarkaan kore waxaad ka helaysaa dad
afkaaga kugula hadlaya.
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Somali

Dhallinyarada iyo maan dooriyayaasha

Dhallinyaro badan ayaa isku dayaan inay waxyaabo cusub tijaabiyaan.

Marmarka qaarkood waxay isku dayaan waxyaabo aysan qoysaskoodu jeclaysan ama xumaan ugu muuqda. Tusaale ahaan waxaa laga yaabaa inay isku dayaan inay sigaar dhuuqaan, khamri cabbaan, galmood sameeyaan, naadiyada habeen dhaxa aadaan ama sida reer galbeedka u labistaan.

Waxaana suurogal ah inay maan dooriyayaal sharci darro ah tijaabiyaan.

Maxay dhallinyaradu maan dooriyayaasha u isticmaalaan?

Dhallinyaradu waxay maan dooriyayaasha u isticmaalaan:

- iyagoo raba inay waxyaabo cusub ogaadaan;
- iyagoo jecel dareenka lagu magacaabo 'high' ee ay helaan markay maan dooriyayaasha qaataan;
- iyagoon rabin in cidla looga tago marka saaxiibadood ay maan dooriyayaasha isticmaalayaan;
- iyagoo xiisaynaya inay sameeyaan wax sharciga ka soo horjeeda;
- iyagoo ku illoobi kara dhibaatooyinka haysta markay ku raaxaysanayaan waxa ay 'high' u yaqaaniin iyo;
- iyagoo si fudud maan dooriyayaasha ku iibsanaa kara.

Sidee ayaan ku garan karaa in qof dhallinyaro ah oo aan aqaani uu maan dooriyayaal isticmaalo iyo in kale?

Su'aashaan jawaabteedu ma fududa. Tusaale ahaan haddii qofka dhallinta yari uu u muuqdo qof wax sir ah qarintaya, arrintaasi waxay noqon kartaa qayb caadi ah oo koritaankiisa ka mid ah. Hase yeeshee waxaa jira calaamado kale oo kaaga digi kara in qofka dhallinta yar ay dhibaato haysato. Calaadahaasna waxaa ka mid ah in qofka dhallinta yari:

- uu u muuqdo mid daallan oo xanuunsan;
- uusan cunto fiican cunin;
- uusan kuu sheegin meesha uu u socdo iyo cidda uu raacayo toona;
- uusan iskuulka ama kulliyadda ku fiicnayn;
- uu soo daaho ama goor dambe baxo.

Haddii aad dareentid mid wax ka badan oo calaadahaan ah, waxay u badan tahay in dhibaato jirto. Haddii qofka dhallinta yari uu maan dooriyayaal isticmaalo, lagama yaabo inuu maan dooriyaha uga tago meelo aad ka heli doontid.

Hase yeeshee waxaa laga yaabaa inaad heshid waxyaabo loo isticmaalo qaadashada maan dooriyayaasha. Waxayaabahaas waxaa ka mid ah:

- warqad adag oo guban oo midabkeedu dugul yahay;
- xaashiyo alluuminiyam ah;
- kiniiniyo aan daawo ahayn;
- qasacyada cabitaanka oo meelo ka daldaloola;
- malgacadao gubtay;
- irbado iyo siliingooyin.

Maxay tahay inaan sameeyo haddii ay ila noqoto in qofka dhallinta yar ee aan aqaani uu maan dooriyayaal isticmaalo?

- ogsoonow in taas macneheedu aysan ahayn in qofkaasi uu qof xun yahay
- soo qaado buug yaraha la yiraahdo 'Xaqiiqooyin la xiriira... Helitaanka gargaarka maan dooriyayaasha.

Young people and drugs. Many young people want to try new things.

Sometimes they try things that their families do not like or think are wrong. For example, they might want to smoke cigarettes, drink alcohol, have sex, go to nightclubs or wear western fashions. And they might want to try illegal drugs.

Why would a young person take drugs?

Young people take drugs because they:

- want to have new experiences;
- like the feeling they get from taking drugs, called a 'high';
- do not want to be left out when their friends are taking drugs;
- find it exciting to do something that is against the law;
- can forget about their problems while they enjoy the 'high' and
- find it easy to buy drugs.

How can I tell if a young person I know is taking drugs?

There is no easy answer to this question. For example if a young

person is behaving strangely or appears to be keeping a secret, it could just be a normal part of growing up. But there are some other signs that could warn you that a young person has a problem.

These include the young person:

- looking tired and ill;
- not eating enough;
- not telling you where they are going or who they are with;
- not doing good work at school or college;
- staying out late or going out late.

If you notice more than one of these things, there might be a problem. If a young person is taking drugs, they probably will not leave them in a place

where you will find them. But you might find some things people use to take drugs. These include:

- bits of burnt tin foil with brown marks on them;
- bits of folded paper;
- pills that are not medicines;
- a soft drink can with holes in it;
- spoons that are burnt;
- needles and syringes.

What should I do if I think a young person I know is using drugs?

- remember that this does not mean that they are a bad person.
- get a copy of the leaflet called, 'The facts about...getting help with drugs'.