



Australian Government
**Department of Education,
 Science and Training**

Maxay saaxiibadaa kaa sheegayaan?



DirectLine alcohol.vic.gov.au
1800 888 236 24 HOURS
 7 DAYS
CONFIDENTIAL ALCOHOL AND DRUG COUNSELLING AND REFERRAL LINE

Xagee ka heli kartaa caawimaad/macluumaad?

- Vic Parenting 9639 4111
www.vicparenting.com.au
- Party safe across Victoria 9854 2657
Road Safe Victoria www.roadsafe.org.au
- Keys Please 9854 2666
Parent Learner Driver Information www.vicroads.vic.gov.au
(Macluumaadka Darawalka Bartaha ee waalidka ah)
- Victoria Police www.police.vic.gov.au
Party Safe
- Australian Drug Foundation www.druginfo.adf.org.au
(Hay'adda Daroogada Australia)
(Partysafe brochure)
- Kala-Tallinta 1300 858 584 (Khadka lacag la'aanta)
Macluumaadka 1800 888 236 (Khadka lacag la'aanta)
- Association of Independent 9825 7200
Schools of Victoria
(Ururka Dugsiyada Madaxa-bannaan ee Victoria)
Student Wellbeing (Daryeelka Ardayda)
- Catholic Education Office 9267 0228
(Xafiiska Waxbarashada Kaatooliga)
CEPD/Youth Services
(CEPD/Adeegga Ardayda)
- Department of Human Services www.drugs.vic.gov.au
(Wasaaradda Adeegga Insaanka)

Department of Education
 and Training
 www.sofweb.vic.edu.au



Department of
Education & Training

**Ka hubso Xukuumadda Degeegaankaaga
 iyo Degmadaada wixii qorshayaalka
 Xafiidda Ammaanka ah ku saabsan**

Waalidka

Si ammaan ah u-damaashaadaya

Miyaad Ogtahay?

In bulshooyinka dugsiga si wadajir ah uga shaqaynayaan siday uga caawin lahaayeen dadka dhallin-yarada ah inay dareemaan inay yihiin kuwo awood la siiyey.

(Si ammaan ah u Wada-damaashaadid 2002 - *Celebrating Safely* 2002).

Dadka dhallin-yarada ah waxay waalidiinta u arkaan inay qayb muhiim ah u yihiin xeelad kasta oo looga hortagayo daroogada (Buugga Abuuridda Wada-Sheekaysiga 2002 - *Creating Conversations Manual* 2002).

Ayadoo ka mid ah koritaanka, dadka dhallin-yarada ah badanaa waxay tijaabiyaan dhaqanka khatar gelidda, oo ay ka mid yihiin daroogada, dharka, luqada iyo galmada (Caqli Yeelashada 2001 - *Get Wise* 2001).

Waalidiintu waa shakhsiyaadka ugu saamaynta weyn dhaqanka dadka dhallin-yarada ah. Waxaad qayb weyn ka qaadataa taageeridda sidii ilmahaagu u noqon lahaa mid ammaan ah oo sameeya go'aano wargashan.

Badiba dadka dhallin-yarada ah waxay ka fakaraan

Isticmaalka khamri faraha badan taas oo keeni karta matagid, wax qaybsiga, samaynta waxyaalo ceeb ah, caro xad-dhaaf ah iyo ceebta ka timaadda la socoshada saaxiibo khamri-cab badan.

Suurta-galnimada dadka aan lagu martiqaadin xafladda, dagaal ama rabshad.

Natijoooyinka aan fiicnayn ee ka yimaada galmada.

Waalidiintu waxay doonayaan inay ogaadaan waxa ka dhacaya Xafladda (Si Ammaan ah U-damaashaadidda 2002).

Waxyaalaha aad samayn karto si aad ugu dhiir-geliso dadka dhallin-yarada ah inay si ammaan ah u damaashaadaan

Ka-wada-hadlidda iyo iska-maqlidda arrimaha idiin khuseeya labadiinaba.

La xiriiidda waalidiinta martigeliyey xafladda, si looga hadlo martiqaadka, siinta khamriga, dad khudbeeya oo la keeno iyo la-socoshada waalid/ama qof waayeela ee carruurta.

Ku-talagal fiican u samee mararka qaarkood oo aad dejinayso ama aad qaadayso carruurta.

Qorshaynta Xafladda

Ka qaybgal qorshaynta, ka qaado fikradaha iyo xeeladaha wax caawinaya waalidiinta kale.

Casuumado u dir - waxyaalahan waxay ka caraysiin karaan dadka aan xafladda lagu casuumin.

Ka-jooji dadka dhallin-yarada ah inay keensadaan khamrigooda.

Cunto badan keen, waxaadna ku dhiirigelisaa cabidda cabbitaanada aan khamriku ku jirin (iska ilaali cabbitaanada uu khamriku ku jiro).

Qorshee wixii aad samayn lahayd haddii qof la martiqaaday uu jirado ama uu miyir-beelo.

La-socoshada waalidka ee carruurta waa tallaabo ammaan u ah dadka dhallin-yarada ah iyo waalidkoodaba.

Booliiska Victoria waxay leeyihiin barnaamijka Xafladda Ammaanka ah kaas oo ku siin kara taageero iyo caawimaad.

Xafladda Ka-dib

Fursad sii dadka dhallin-yarada ah oo aad kala hadasho xafladda. Tusaale:

Muusigga, saaxiibada, dhaqanka, qoob-ka-cayaarka iyo cuntada.