

# KALA HADLIDDA WAX KU SAABSAN MARIJUANA DHALINYARADA

Waxay noqon kartaa mid adag in la rumeysto, laakiin cilmi-baaris ayaa sheegtay markii ay timaado marijuana, waalidiinta iyo daryeel bixiyayaasha in ay yihiin ilaha macluumaadka ee loogu kalsoonyahay ee dhalinyarada.

Isku dey in aad fududeyso. Waxaad ka caawin kartaa dhalintaada in ay gaaraan go'aano wanwanaagsan oo ah in aysan isticmaalin marijuana, khamri, ama daroogooyinka kale markii aad **udejisid**, **soohdim**, aadna **la socotid**.

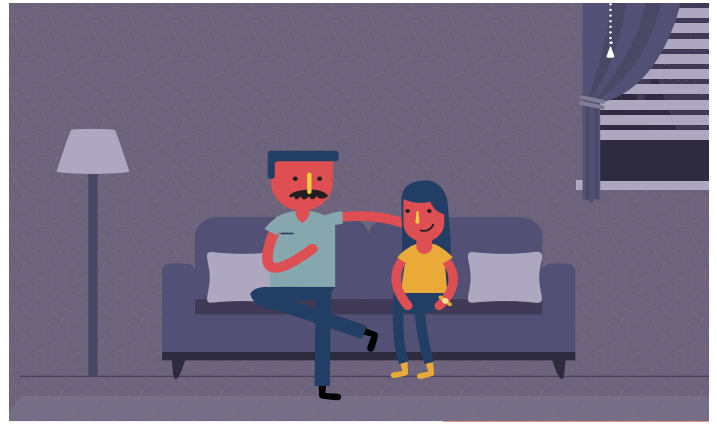


## 1 LA HADAL DHALINTAADA

Ulama jeedno wadahadalo dhaadheer, oo sirgaxan. Waxan ula jeednaa wadahadalo gaagaaban oo jilicsan. Laakiin tan ugu muhiimsan, waxan ula jeednaa in lala hadlo markasta. Ka qeybgelista dhalinyarada wadahadalada socda ee ku saabsan marijuana iyo daroogooyinka kale waxay siisaa fursado joogto ah oo ay ku wadaagaan waxna ku bartaan.

## 2 DHAGEYSO DHALINTAADA

Inta badan ee aad dhageysatid, waa inta badan ee aad fahantid waa kuma dhalintaadu iyo maxaa umuhiim ah iyaga.



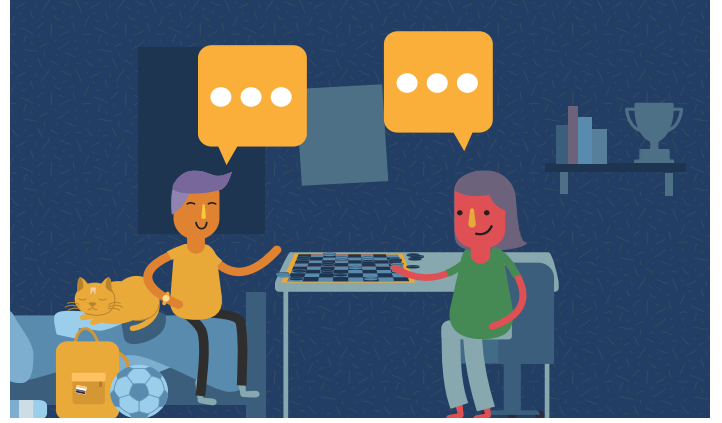
## 3 WAKHTI LA QAADO DHALINTAADA

Daawo filim. Socod lugree. Si kastaba ha ahaato howlaha adiga iyo dhalintaadu idin xiiso gelisa, marka walidiintu ay ku lug leeyihiin noloshooda, dhalintu aad bey ugu yartahay in ay isticmaalaan marijuana, khamri ama daroogooyinka kale.



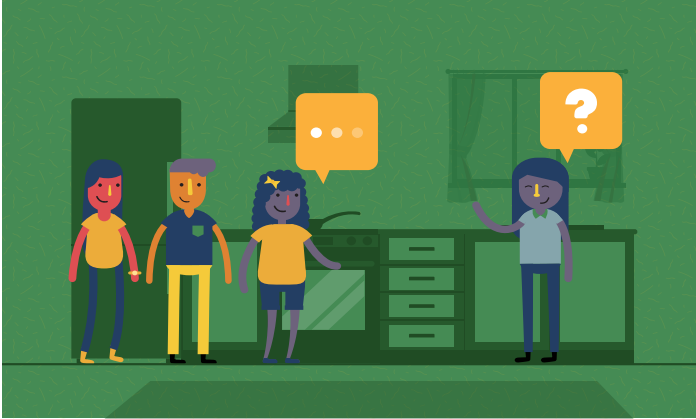
## WARKA CADEE, WAXAD KA HADLEYSIDNA SHEEG, OO JOOGTEE

Xeerarka iyo qiyamka qoyska ee ku saabsan isticmaalka marijuana waa muhiim. Waxaad uhorseedaysaa dhalintu in ay sameeyaan doorashooyin wanaagsan markii aad udejiso xeerar cadcad iyo cawaaqibka haddii la jebiyo.



## WEYDII KUMA, MAXAY, XAGEE, IYO GOORMA

Ku qaadashada wakhti si aad u ogaatid cida uuwiilkaaga/gabartaada wakhtiga la qaadanayo, meesha ay joogaan, iyo waxa ay sameynayaan waa dariiqo kale oo aad ku ogeysiineyso dhalintaada in aad ka taxadareysid.



## TUSAALE UNOQO

Caruurta waxa ay raacaan walidiintooda, xita marka ay noqoto isticmaalka marijuana. Ka fogow in aad ku isticmaashid marijuana ilmahaaga hortiiisa. Sidoo kale, u caddee dhalintaada in aadan u oggoleyn isticmaalkeeda.



## WAXDHEERI AH BARO:

- 1 Kuwani waa dhowr tallooyin ah si ay ucaawiyaan waalidiinta iyo dadka waaweyn ee kale ee lagu kalsoonyahay si ay ugala hadlaan dhalintooda isticmaalka marijuana ugana caawiyaan in ay gaaran go'aano wanwanaagsan. Wixii warbixin dheeraad ah, ka eeg **StartTalkingNow.org**.
- 2 Haddii dhalintaadu uu dareemo in uu aad ugu faraxsanyahay la hadalka ilmaha asaasaagiis ah, waxaa jira khad caawinaad sir ah oo ay ka shaqeeyaan dhalinyaro tababaran. Kudhiiri geli dhalintaada in ay wacaan, qoraal uqoraan, ama ay la sheekeystaan **1-866-TEENLINK (833-6546)**.
- 3 Haddii aad u maleyneysid in dhalintaadu ay ku dhibanyihiin isticmaalka marijuana ama maandooriyaha kale, la xiriir dhakhtarkooda ama wac **Washington Recovery Help Line 1-866-789-1511**.

**Xusuusnow, waxaad tahay qofka saamaynta ugu badan ku yeesha dhallinyartaada.**