

## SIDEEN KULA SOO QAADAA?

*Waa kuwan qaar ka mid ah talooyinka aad arrinta kula soo qaadeyso wiilkaaga ama gabadhaada:*

Raadi waqti aad mowduuca si dabiici ah ugu soo qaado, tusaale, markaad aragto xayeyiin kasiino ama ogaato in saaxiib uu lacag ku guuleystay ama khasaaray.

Marka hore su'aalo weydii. Ka hor inta aadan siin war ama u bandhigin fikradahaada sahmi ilmahaaga fikrad-diisa iyo dareenkiisa ku saabsan khamaaridda.

Khamaarka wuxuu dhalinyarada u yahay mowduuca is wada burinaya. Si gaar ah wax ugu sheeg marka aad ka hadleyso khamaaridda iyo caqi-idooyinkaaga.

Samir lahaaw. Laga yaabee in aay qaadato wadahadalo dhowr ah inta uu ka fahmayo ilmahaaga fikradaha aad dooneyso inaad u gudbiso.

Haddii aad dooneyso war dheeraad ah, booqo The Responsible Gambling Council ah website-kiisa

[www.responsiblegambling.org](http://www.responsiblegambling.org)



### *The Responsible Gambling Council ah wuxuu Diiradda-saarayaa Si-xoog leh Ka-hortagga*

The Responsible Gambling Council ah waa urur madax banaan, oo aan-faaido doon ahayn eeyna ka go'an tahay ka-hortagga khamaaridda dhibaatada leh. RGC wuxuu hindistaa oo baraa barnaamijyo wacyigelin ah oo waxqabad sare leh. Golaha wuxuu tilmaamaa qaadashada howlaha ugu fiican ee ka-hortagga khamaaridda dhibaatada leh iyagoo adeegsanaya cilmi-baaris iyo baafin wareed.



**Sababta aay  
muhiim u tahay  
inaad ilmahaaga  
dhowr iyo toban  
jirka ah kala  
hadasho  
khamaarka**

**IYO SIDA LOO SAMEEYO**

Somali

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## MAXAY MUHIIM U TAHAY?

**Dhowr iyo toban jirada waxay arkaan sawiro khamaarid qiyaastii maalin walba.** Waxay si fudud ugu arki karaan dukaanka geeska xaafadda ku yaalla tikidhada baqtiyaanasiibka ama TV-ga oo aay shidaan ayeey ku arki karaan tartan turub.

**Dhowr daraasadood ayaa muujiyey in boqolkiiba seddex ilaa afar dhowr-iyo-toban-jirada aay la kulmaan dhibaatooyin khamaaridda ah. Markii aay gaaraan da'da 18, khatarta ah in aay yeeshaan dhibaato khamaar waxay ku dhowaataa labalaab.**

**Dhalinyarada uma arkaan khamaaridda wax khatar ah.** Inkastoo dhowr-iyo-toban-jirada aay helaan fariimo badan oo noocyo mowduucyo kala duwan oo ah ka hortag iyo ogaasho, qaar badan ma oga, ama kama wel-welaan, khatarta suuragalka ah ee la xiriirta khamaaridda.

**Dhowr-iyo-toban-jirada sannado yar ayaa ka xiga in aay si sharci ah u khamaaraan.** Waa muhiim in ilmahaaga dhowr-iyo-toban-jirka ah uu helo warka ka hortagga khamaaridda dhibaataada leh – goortasoo ah marka dabeecadaha iyo fikradaha la xiriira khamaarka aay yeeshaan. Tan labaad, dhowr-iyo-toban-jirada horey ayeeyba ugu jireen howlo khamaar ah. Laga yaabee in aay tahay sharad doolar ama laba ah ee ciyaar xeege (hokey) ama turub, laakiin dhibaataada weey sii xoogeysan kartaa.

fahmidda

isgaarsiinta

Waa ciyaar kaliya



khatarada

## SIDEEN KU DIFAACI KARAA?

Dhowr-iyo-toban-jirada fahma in khamaarka uu khatar leeyahay waxay u badan tahay in aaysan yeelan dhibaato khamaar. Waalidiinta waxay ku difaaci karaan caruurtooda kala hadalka khataradaas.

Waalidiinta aan marna ku soo qaadin mowduuca dhowr-iyo-toban-jiradooda laga yaabee in aaysan ogeyn in sida aay u dhaqmaayaan aay ku gaarsiinayaan nooc fariin ah oo ku saabsan khamaarka: Waalidiinta laga yaabee in aay ciyaaraan baqtiyaanasiib, bingo ama ciyaaro kasiino oo aay u muuqdaan in aay ku raaxeysanayaan waayoaragnimadooda; laga yaabee in aaysan khamaarinba, ha ahaato damiirkooda dartii ama in aaysan daneyneyninba; laga yaabee in aay lacag fara badan geliyaan khamaar oo aay gadaal ka qoomameeyaan.

Waalid ahaan, waa muhiim inaad garato saameynta dabeecadahaaga iyo fikradahaaga aay ku leeyihiin caruurtaada.

Kala hadlidda ilamaagaha dhowr-iyo-toban-jirka ah khamaarka waa hab aad ku hubineyso inaad ugu sheegto waxa saxa ah ee aad dooneyso inaad u gudbis.

### Ma Ogeyd...

Tiro cajiib ah oo ah 63% 18 ilaa 24 jirada ayaa xog-ururin dhoweyd rumeysnaa in fursadda aay ku guuleysanayaan aay tahay 50/50 ama ka fiican.

## MAXAY U BAAHAN YIHIIN IN AAY OGAADAAN?

**Khamaar in uusan ahayn hab lacag lagu sameeyo.** Ganacsiyada khamaarka waxaa loo sameeyey in laga helo lacag ka badan tan aay bixiyaan. Tan macnaheedu waa in waqtiga markuu sii socdo, dadka in aay khasaarayaan wax ka badan inta aay faa'iidayaan.

Dhamaan qaababka khamaarka — makiinada-ha lacagaha lagu rido, baqtiyaanasiib, turub internetka lagu ciyaaro, iwm. Waa isku wada mabda'. Dadka badankood weey khasaarayaan si aay tiro aad u yar ugu guuleystaan wax weyn.

Dhamaan dadka dhibaataada khamaarka leh sida aay u badan yihiin waxay leeyihiin rajo been ah oo ah in aay iyaga yihiin kuwa waxa weyn ku guuleysan doona.

**Khamaarka wuxuu kuu keeni karaa dhibaato khatar leh.** Cilmi-baaris ayaa muujineysa in dhalinyara u arkaan khamaarka “madadaalo”, “wax fiican” iyo “reynreyn”. dhowr-iyo-toban-jirada waxay u baahan yihiin in aay ogaadaan in khamaarka uu faraha ka bixi karo. Inuu keeni karo cawaaqib xumo xoog leh sida mid iska cad oo ah inaad weyso lacag iyo alaabtaada shaqsiga ah. Waxaa kaloo lagu waayi karaa waxyaabo aan muuqan: dareenada qiimaha-nafsadda, fursado waxbarasho, iyo sidoo kale aaminaadda iyo ixtiraamka qoyska iyo saaxiibadaa.

Booqashada kasiinada waxaa lagu tilmaamay in aay tahay caadada cusub ee lagu noqdo qof weyn, taasoo la mid ah qaadashada ruqsadda gaari-wadidda ama gelitaanka baararka khamriga