



WADA SHEEKAYSIGA QOYSKA EE FASALLADA 3-5

XIRFADAHA XARIRKA EE NOLOSHA CASRIGA AH



Ka hadal sida Cunugaagu Uu Uga Dhigan karo Isdhexgallada Oonleenka kuwo Baashaal leh oo Saaxiibtinimo Abuuraaya

Cunugaaga ayaa baranaaya sida uu uga dhigaayo ciyaarihiisa oonleenka ah, fariin qoraallada, iyo isdhexgallada kale kuwo baashaal leh oo caafimaad qaba. U adeegso su'aalahaan si aad ugala hadasho sida uu qaab wanaagsan ugu adeegsan karo oonleenka uuna iskaga ilaalin karo xaaladaha khatarta gelinaaya.

Waydii sadexdaan su'aalood:

1. *Waxaan maqlay inaad daawatay muuqaal ku saabsan ciyaal ku ciyaaraayay gaym oonleen ah. Xog ma iga siin kartaa muuqaalka? Maxaa dhacay?*
2. *Sidee ayaad adigga (ama saaxiibadaa) ugula hadashaa dadka kale oonleenka? Ma u muuqataa mid kaduwan haddii fariin qoraalka loo babac dhigo ciyaar oonleen ah ama baraha bulshada, iwm.?*
3. *Waa maxay qaababka qaar ee aad uga dhigi karto isdhexgallada oonleenka kuwo baashaal leh oo saaxiibtinimo abuuraaya?*
 - Dhagayso:
 - *U naxariiso dadka aad la kulanto.*
 - *Soo sheeg iyo/ama iska xanib qof xaasid ah ama ku dhibaaya.*
 - *Iska ilaali dadka aadan aqoon ee oonleenka ku jira haddii ay ku cabsi geliyaan.*

Xog badan ka ogoow sida loogu sheegaysto oonleenka barta [commonsense.org/family-tips-about-online-relationships!](https://commonsense.org/family-tips-about-online-relationships/)

*Buuga tasmada qoyska ee casharka fasalka 4 **Ka dhigista Ciyaaraha Kuwo Baashaal iyo Saaxiibtinimo leh**, ama shaqada fasalka ee 3-5 **U adeegsiga Ciyaarta Dhanka Wanaagsan***



RELATIONSHIPS & COMMUNICATION

*We know the power
of words & actions.*