

U Kuurgalka Dhaqanka Dhalinyarada San Diyeego Ee Halista Ah Ee 2019 (2019 San Diego Youth Risk Behavior Survey)

U kuurgalkaan wuxuu ku saabsan yahay dhaqamada la xiriira caafimaadka. Waxaa loo sameeyey sidaad noogu sheegtid waxyaabaha aad sameysid oo saameeyo caafimaadkaaga. Maclumaadka aad soo gudbiso waxaa loo isticmaali doonaa in lagu wanaajiyo wax barashada ku saabsan caafimaadka oo loogu talagalay dhalinyarada oo adigoo kale ah.

Magacaaga HA KU qorin u kuurgalkaan. Jawaabaha aad bixiso waxay ahaan doonaan qarsoodi. Qofna ma ogaan doono waxaad qortid. Su'aalaha oga jawaab si ku salaysan waxa dhabta ah ee aad sameyso.

Buuxitaanka u kuurgalkaan waa wax uu qofka xor u yahay. Hadii aad ka jawaabto ama aadan ka jawaabin su'aalaha ma saamayn doonto buundada aad ku haysato galaaska. Hadii aadan raali ka ahayn inaad ka jawaabto su'aal, iska dhaaf oo waxba ka ku qorin.

Su'aalaha wax kaa weydiinaayo taariikhdaada waxaa loo isticmaali doonaa oo keliya in lagu sharaxo noocyada kala duwan ee ardayda oo buuxinaayo u kuurgalkaan. Maclumaadka looma isticmaali doono in lagu ogaado magacaaga. Waligeed lama sheegi doono magacyaasha.

Hubi inaad akhirisid su'aal kasta. Si dhammeystiran u buuxi wareegyasha (ovals). Markaad dhammeyso, waxaad dhegaysataa waxa uu kuu sheego qofka ku siinaayo u kuurgalka.

Aad ayaad oga mahadsan tahay caawinaadkaaga.

Habka looga jawaabaayo u kuurgalka (Directions)

- Waxaad isticmaashaa qalinka rasaasta uu No. 2 (#2 pencil) ku qoran yahay kaliya.
- Waxaad sameysaa calaamado madaw.
- Sidaan oo kale u buuxi jawaabta: A B ● D.

- Meeqo sano ayaad jirtaa?
 - 12 sano ama ka yar
 - 13 sano jir
 - 14 sano jir
 - 15 sano jir
 - 16 sano jir
 - 17 sano jir
 - 18 sano jir ama ka weyn
- Waa maxay jinsigaagu?
 - Dheddig
 - Lab
- Fasalkee dhigataa?
 - Fasalka 9aad
 - Fasalka 10naad
 - Fasalka 11naad
 - Fasalka 12naad
 - Iimo qorno fasal (ungraded) ama fasal kale
- Ma tahay Isbaanish ama Laatiin?
 - Haa
 - Maya
- Waa maxay jinsiyadaada (race)? **(Dooro hal jawaab ama ka badan.)**
 - Indiyaan Ameerikaan (American Indian) ama U Dashey Alaaska (Alaska Native)
 - Aasiya
 - Madoow ama Afrikaan Ameerikaan
 - U Dhashay Hawaii ama Jasiiradaha Kale Oo Koonfurta Ameerika (Pacific Islander)
 - Caddaan

- Intee in le'eg waaye dhererkaaga markaad kabahaaga qabin? Habka looga jawaabaayo u kuurgalka (Directions): Dhererkaaga ku qor sanduuqyaasha eberka ah oo xoogaha yar madaw (shaded blank boxes). Buuxi wareega (oval) u dhigma oo ku hoos yaalo lambar kasta.

Tusaale

Dherer ka	
Hal-beega dhererka lagu cabbiro oo loo yaqaano feet	Inji (Inches)
5	7
③	⑩
④	①
●	②
⑥	③
⑦	④
	⑤
	⑥
	●
	⑧
	⑨
	⑩
	11



7. Intee in le'eg waaye miisaankaaga markaad kabahaaga qabin?
 Habka looga jawaabaayo u kuurgalka
 (Directions): Miisaankaaga ku qor sanduuqyaasha eberka ah oo xoogaha yar madow (shaded blank boxes). Buuxi wareega (oval) u dhigma oo ku hoos yaalo lambar kasta.

Tusaale

Miisaan ka Rodol (Pounds)		
<i>1</i>	<i>5</i>	<i>2</i>
①	①	①
●	①	①
②	②	●
③	③	③
	④	④
	●	⑤
	⑥	⑥
	⑦	⑦

8. Midkee ka mid ah waxyaabaha soo socda ayaa sida ugu fiican kuu tilmaamaya?
- Qof jinsiga kale rabo
 - Qof jinsigiisa rabo
 - Qof labada jinsi rabo
 - Ma hubo
9. Dadka qaarkood markey is sharaxayaan waxay isku tilmaamaan inay yihiin transgender markey is dhahaan jinsiga ay ku dhasheen ayaa ka duwan sida ay oga fikiraan iyo ay ka dareensan yihiin jinsigooda. Ma tahay transgender?
- Maya, ma ihi transgender
 - Haa, waan ahay transgender
 - Ma hubi inaan ahay transgender
 - Ma ogi waxay su'aashaan i weydiineyso
10. Qofka muuqaal kiisa, qaab kiisa, labis kiisa, ama habka uu u socdo ama u hadlo ayaa laga yaabaa inay saameeyso sida ay dadka u tilmaamaan. Sidee u maleyneysaa inay dadka kale oo joogaa dugsiga ay kugu tilmaami doonaan?
- Aad dheddignimo
 - Badanaa dheddignimo
 - Xoogaha dheddignimo
 - U dhexeeya dheddignimo iyo ninnimo
 - Xoogaha ninnimo
 - Badanaa ninnimo
 - Aad ninnimo

4'ta su'aalood oo soo socda waxay wax kaa weydiin doonaan ammaanka.

11. Intee jeer ayaad xirataa suunka kursiga gaariga markaad **saaran tahay** gaari uu qof kale wado?
- Marnaba
 - Marar dhif ah
 - Mararka Qaarkood
 - Inta badan
 - Had iyo jeer

12. 30-kii maalmood ee la soo dhaafey, meeqa jeer ayaad **raacdey** gaari ama waxyaabaha kale oo sida gaariga loo wadi karo (other vehicle) **oo qofka wadey uu ahaa qof khamri soo cabey?**
- Marnaba ma raacin
 - 1 mar
 - 2 ama 3 mar
 - 4 ama 5 mar
 - 6 mar ama ka badan

13. 30-kii maalmood ee la soo dhaafey, meeqa jeer ayaad **wadey** gaari ama waxyaabaha kale oo sida gaariga loo wadi karo (other vehicle) **adigoo khamri soo cabey?**

- A. Ma wadin gaari ama waxyaabaha kale oo sida gaariga loo wadi karo 30-kii maalmood ee la soo dhaafey
- B. Marnaba ma wadin
- C. 1 mar
- D. 2 ama 3 mar
- E. 4 ama 5 mar
- F. 6 mar ama ka badan

14. 30-kii maalmood ee la soo dhaafey meeqa maalmood ee ka mid ah ayaad **dirtay fariinta taleefoonka ee qoraalka ah (text) ama iimayl** adigoo **wado** gaari ama waxyaabaha kale oo sida gaariga loo wadi karo?

- A. Ma wadin gaari ama waxyaabaha kale oo sida gaariga loo wadi karo 30-kii maalmood ee la soo dhaafey
- B. Marnaba ma sameyn
- C. 1 ama 2 maalmood
- D. 3 ilaa 5 maalmood
- E. 6 ilaa 9 maalmood
- F. 10 ilaa 19 maalmood
- G. 20 ilaa 29 maalmood
- H. Dhammaan 30'ka maalmood

10'ka su'aalood ee soo socda waxay wax kaa weydiin doonaan ficilada la xiriira rabshada (violence related behaviors).

15. 30-kii maalmood ee la soo dhaafey meeqa maalmood ee ka mid ah ayaad **xarunta dugsiga** u soo qaadatay **hub** sida xabad, mindi, ama bud (club)?

- A. Marnaba ma soo qaadanin
- B. 1 maalin
- C. 2 ama 3 maalmood
- D. 4 ama 5 maalmood
- E. 6 maalmood ama ka badan

16. **12-kii bilood ee la soo dhaafey**, meeqa maalmood oo ka mid ah ayaad qaadatey **xabad?** (**Ha tirinin** maalmaha aad xabad u qaadatey inaad wax ku ugaarsato (hunting) ama waxyaabaha oo shiish barka oo kale ah (target shooting).

- A. Marnaba ma qaadanin
- B. 1 maalin
- C. 2 ama 3 maalmood
- D. 4 ama 5 maalmood
- E. 6 maalmood ama ka badan

17. 30-kii maalmood ee la soo dhaafey meeqa maalmood oo ka mid ah **ayaaad aadin** dugsiga sababtoo ah waxaad dareentay inuu dugsiga ama wadada aad ku qaadatid ama oga imaatid aysan ammaan lahayn (unsafe)?
- Marnaba kama baaqanin
 - 1 maalin
 - 2 ama 3 maalmood
 - 4 ama 5 maalmood
 - 6 maalmood ama ka badan
18. 12-kii bilood ee la soo dhaafey meeqa jeer oo ka mid ah ayuu qof kuugu hanjabay (threatened) ama wax kugu gaarsiiyey (injured) **hub (weapon)** sida xabad, mindi, bud **adigoo joogtid xarunta dugsiga?**
- Marnaba igu ma dhicin
 - 1 mar
 - 2 ama 3 mar
 - 4 ama 5 mar
 - 6 ama 7 mar
 - 8 ama 9 mar
 - 10 ama 11 mar
 - 12 mar ama ka badan
19. 12-kii bilood ee la soo dhaafey meeqa jeer oo ka mid ah ayaa gashey **dagaal gacanta la isu la tagaayo adigoo jootid xarunta dugsiga?**
- Marnaba ma galin dagaal
 - 1 mar
 - 2 ama 3 mar
 - 4 ama 5 mar
 - 6 ama 7 mar
 - 8 ama 9 mar
 - 10 ama 11 mar
 - 12 mar ama ka badan
20. Weligaa ma lagugu qasbey inaad qof galmo la sameyso adigoo aadan rabin?
- Haa
 - Maya

21. 12-kii bilood ee la soo dhaafey meeqa jeer oo ka mid ah ayuu **qof aad isla socoteen ama aad is raac-raaceyseen** kugu qasbey inaad sameyso waxyaabo la xiriira galmada oo aadan rabin inaad sameyso? (Tiri waxyaabaha ka mid ah sida shumiska, taabashada, ama galmada oo qofka lagu qasbo.)
- Qofna ma la soconin ama ma raacin 12-kii bilood ee la soo dhaafey
 - Marnaba igu ma dhicin
 - 1 mar
 - 2 ama 3 mar
 - 4 ama 5 mar
 - 6 mar ama ka badan
22. 12-kii bilood ee la soo dhaafey meeqa jeer oo ka mid ah ayuu **qof aad isla socoteen ama is raac-raaceyseen** si kas ah jirkaaga wax u gaarsiiyey? (Tiri waxyaabaha ka mid ah sida feer la siku dhufto, meel sida darbiga oo kale la isku dhufto, ama dhaawac ka imaadey shay ama hub.)
- Qofna ma la soconin ama ma raacin 12-kii bilood ee la soo dhaafey
 - Marnaba wax ima gaarsiinin
 - 1 mar
 - 2 ama 3 mar
 - 4 ama 5 mar
 - 6 mar ama ka badan

23. 12-kii bilood ee la soo dhaafey meeqa jeer oo ka mid ah ayuu **qof aad isla socoteen ama is raac-raaceyseen** si kas ah isku dayey inuu ku xukumo ama dareenkaaga dhaawaco? (Tiri waxyaabaha ka mid ah sida in lagu sheegay qofka aad waqti la qaadan karto ama aadan waqti la qaadan karin, dadka hortooda lagugu ceebeeyey, ama lagu hanjabay hadii aadan sameynin wax ay rabeen inaad sameyso.)

- A. Qofna ma la soconin ama ma raacin 12-kii bilood ee la soo dhaafey
- B. Marnaba igu ma sameynin
- C. 1 mar
- D. 2 ama 3 mar
- E. 4 ama 5 mar
- F. 6 mar ama ka badan

24. Weligaa ma lagu siiyey lacag, meel aad joogto, cunto, ama wax kale oo qiimo leh oo laguugu bedelaayo galmo?
A. Haa
B. Maya

4'ta su'aalood oo soo socda waxay wax kaa weydiin doonaan ammaanka. Xoog-sheega waxaa waaye markuu 1 arday ama ka badan si joogta ah u foorjeeyo, u hanjabo, been ka sheego, wax ku dhufto, riixo, ama wax gaarsiyo arday kale. Xoog-sheeg ma aha markey 2 arday oo isku xoog iyo awood ah ay murmaan ama dagaalaan ama si saaxiibtinimo ah isku foorjeeyaan.

25. 12-kii bilood ee la soo dhaafey weligaa xoog ma laguugu sheegtay **xarunta dugsiga**?
A. Haa
B. Maya
26. 12-kii bilood ee la soo dhaafey weligaa xoog ma laguugu sheegtay **hab elektaroonig ah**? (Tiri xoog-sheega loo maro fariinta taleefoonka [texting], Instagram, Facebook, ama nooc kale oo ka mid ah warbaahinta bulshada [social media].)
A. Haa
B. Maya
27. 12-kii bilood ee la soo dhaafey meeqa jeer oo ka mid ah ayaa lagu dhibaateeyey sababtoo ah qof ayaa u maleeyey inaad tahay nin nimanka rabo, dumar dumarka rabto ama qof labada jinsi'ba rabo?
A. Marnaba ma la i dhibaateeynin
B. 1 mar
C. 2 ama 3 mar
D. 4 ama 5 mar
E. 6 mar ama ka badan
28. 12-kii bilood ee la soo dhaafey weligaa qof ma foorjeeysey ama waxyaabo ma ugu yeertey sababtoo ah waxaad u maleyneysey inuu qof kaas yahay nin nimanka rabo, dumar dumarka rabto, ama qof dumarka iyo raga rabo?
A. Haa
B. Maya

2'da su'aalood oo soo socda waxay wax kaa weydiin doonaan fariinta aan wanaagsanayn oo telefoonka la isugu diro oo loo yaqaano sexting.

29. 30-kii maalmood ee la soo dhaafey fariinta taleefoonka lagu diro (text) ama iimayl ahaan ma ku dirtay ama meel kale ma galisey sawirkaaga oo muujinaayo adigoo meel ka qaawan.
A. Haa
B. Maya

30. 30-kii maalmood ee la soo dhaafey sawirkaaga oo muujinaayo adigoo meel ka qaawan ma lagu diray fariinta taleefoonka (text) ama iimayl ahaan ama meel kale ma la geliyey adigoo aan ogoleyn?
- A. Haa
 - B. Maya
 - C. Ma hubo

34. 12-kii bilood ee la soo dhaafey, meeqa mar oo ka mid ah ayaad si dhab ah isku dayday inaad is disho?
- A. Marnaba isku ma dayin
 - B. 1 mar
 - C. 2 ama 3 mar
 - D. 4 ama 5 mar
 - E. 6 mar ama ka badan

Su'aasha ku xigta waxay wax kaa weydiin doontaa inaad naftaada dhaawacday.

31. 12-kii bilood ee la soo dhaafey meeqa mar oo ka mid ah ayaad sameysey wax aad si kas ah isugu dhaawacaysid adigoo aan dooneynin inaad dhimato, sida inaad kas isku jarto ama kas isku gubto?
- A. Marnaba ma sameynin
 - B. 1 mar
 - C. 2 ama 3 mar
 - D. 4 ama 5 mar
 - E. 6 mar ama ka badan

4'ta su'aalood oo soo socda waxay wax kaa weydiin doonaan dareenka murugada leh iyo isku dayida uu qofka isku dayaayo inuu is dilo. Mararka qaarkood dadka waxay dareemaan niyad-jab marka ay ka fikirkaan mustaqbalka markaas waxaa laga yaabaa inay ka fikirkaan inay is dilaan, taas oo ah waxay qaataan talaabo ay rabaan inay isku dilaan.

32. 12-kii bilood ee la soo dhaafey weligaa ma dareentay murugo ama rajo la'aan wax ku dhow maalin kasta **oo labo asbuuc ama ka badan oo isku xiga ah** oo sababtey inaad joojiso waxyaabo aad caadi ahaantii u sameyn jirtey?
- A. Haa
 - B. Maya
33. 12-kii bilood ee la soo dhaafey weligaa si **dhab ah** ma oga fikirtey inaad isku daydo inaad is disho?
- A. Haa
 - B. Maya

35. **Hadii aad isku dayday inaad is disho** 12-kii bilood ee la soo dhaafey, mar ka mid ah ma ku gaarey dhaawac, ama wax sun ah ma gashey jirkaaga, ama si xad-dhaaf ah wax ma u qaadatey (overdose) oo aad u baahatey inuu dhakhtar ama kal-kaaliye caafimaad kaa daaweeyo?
- A. **Isku ma dayin inaan is dilo** 12-kii bilood ee la soo dhaafey
 - B. Haa
 - C. Maya

2'da su'aalood oo soo socda waxay wax kaa weydiin doonaan cabitaanka sigaarka.

36. 30-kii maalmood ee la soo dhaafey meeqa maalmood oo ka mid ah ayaad cabtey cigaar?
- A. Marnaba ma cabin
 - B. 1 ama 2 maalmood
 - C. 3 ilaa 5 maalmood
 - D. 6 ilaa 9 maalmood
 - E. 10 ilaa 19 maalmood
 - F. 20 ilaa 29 maalmood
 - G. Dhammaan 30'ka maalmood
37. 30-kii maalmood ee la soo dhaafey, maalmaha aad sigaar cabtey, meeqa sigaar ayaad cabtey **maalintii**?
- A. Sigaar ma cabin 30-kii maalmood ee la soo dhaafey
 - B. In ka yar 1 sigaar maalintii
 - C. 1 sigaar maalintii
 - D. 2 ilaa 5 sigaar maalintii
 - E. 6 ilaa 10 sigaar maalintii
 - F. 11 ilaa 20 sigaar maalintii
 - G. In ka badan 20 sigaar maalintii

3-da su'aalood ee soo socda waxay wax kaa weydiin doonaan qalabka elektarooniga ah ee lagu cabo sigaarka (electronic vapor products) sida JUUL, Vuse, MarkTen, iyo blu. Qalabka elektarooniga ah ee lagu cabo sigaarka (electronic vapor products) waxaa ka mid ah e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, iyo mods.

38. Weligaa ma isticmaashey qalabka elektarooniga ah ee lagu cabo sigaarka?
- A. Haa
 - B. Maya

39. 30-kii maalmood ee la soo dhaafey meeqa maalmood ee ka mid ah ayaad isticmaashey qalabka elektarooniga ah ee lagu cabo sigaarka?
- Marnaba ma isticmaalin
 - 1 ama 2 maalmood
 - 3 ilaa 5 maalmood
 - 6 ilaa 9 maalmood
 - 10 ilaa 19 maalmood
 - 20 ilaa 29 maalmood
 - Dhammaan 30'ka maalmood
40. 30-kii maalmood ee la soo dhaafey sidee **inta badan** u heli jirtey qalabkaaga elektarooniga ah ee lagu cabo sigaarka? (Dooro **hal** jawaab keliya.)
- Ma isticmaalin qalabka elektarooniga ah ee lagu cabo sigaarka 30-kii maalmood ee la soo dhaafey
 - Waxaan ka soo iibsadey dukaanka yar (convenience store), dukaanka weyn (supermarket), dukaanka lagu iibiyo waxyaabaha raqiiska ah (discount store), rugta baasiinka (gas station) ama dukaanka lagu iibiyo qalabka loo yaqaano vabe.
 - Waxaan ka helay Intarnetka
 - Qof kale ayaan siiyey lacag si uu iigu soo iibiyo
 - Waxaan ka ammaahday qof kale
 - Waxaa i siiyey qof oo si sharciyan ah u iibsano karo waxyaabhaan
 - Waxaan ka qatey dukaan ama qof kale
 - Waxaan ku helay hab kale

Su'aasha ku xigta waxay wax kaa weydiin doontaa dhammaan waxyaabaha tubaakada (all tobacco products).

41. 12-kii bilood ee la soo dhaafey weligaa ma isku dayday inaad **joojiso** isticmaalka **dhamaan** waxyaabaha tubaakada oo ka mid ah sigaarka, sigaarka weyn (cigars), tubaakada aan qiiqa lahayn, shiishada ama tubaakada shiishada, iyo qalabka elektarooniga ah ee lagu cabo sigaarka?
- Ma isticmaalin waxyaaba kasta oo tubaakada 12-kii bilood ee la soo dhaafey
 - Haa
 - Maya

4'ta su'aalood oo soo socda waxay wax kaa weydiin doonaan cabitaanka khamriga. Waxaa ka mid ah noocyaasha khamriga oo loo yaqaano beer, wine, wine coolers, iyo liquor sida rum, gin, vodka, ama whiskey. Su'aalahaaneyto cabitaanka khamriga ka ma wadaan dhowr mar uu qofka kabado khamriga loo yaqaano wine uu qofka u cabaayo diin ahaan.

42. Meeqa sano ayaad jirtey marki aad cabtey khamrigii kuugu horeeyey aan ahayn dhowr kabasho?
- A. Waxaan ka ahayn dhowr kabasho weligeey ma cabin khamri
 - B. 8 sano ama ka yar
 - C. 9 ama 10 sano jir
 - D. 11 ama 12 sano jir
 - E. 13 ama 14 sano jir
 - F. 15 ama 16 sano jir
 - G. 17 sano jir ama ka weyn
43. 30-kii maalmood ee la soo dhaafey meeqa maalmood ee ka mid ah ayaad cabtey ugu yaraan hal cabitaan oo khamri ah?
- A. Marnaba ma cabin
 - B. 1 ama 2 maalmood
 - C. 3 ilaa 5 maalmood
 - D. 6 ilaa 9 maalmood
 - E. 10 ilaa 19 maalmood
 - F. 20 ilaa 29 maalmood
 - G. Dhammaan 30'ka maalmood

44. 30-kii maalmood ee la soo dhaafey meeqa maalmood ee ka mid ah ayaad si isku xigta u cabtey **4** cabitaan ama ka badan oo khamri ah, isku xigitaanka waxaa laga wadaa 2 saacadood gudahooda (hadii aad tahay **dumar**) ama ayaad si isku xiga u cabtey **5** cabitaan ama ka badan oo khamri ah, isku xigitaanka waxaa laga wadaa 2 saacadood gudahooda (hadii aad tahay **nin**)?
- A. Marnaba ma sameynin
 - B. 1 maalin
 - C. 2 maalmood
 - D. 3 ilaa 5 maalmood
 - E. 6 ilaa 9 maalmood
 - F. 10 ilaa 19 maalmood
 - G. 20 maalmood ama ka badan

45. 30-kii maalmood ee la soo dhaafey maxaa waaye tirada ugu badan ee cabitaan khamri ah oo aad si isku xigta u cabtey, isku xigitaankana laga wado 2 saacadood gudahooda?
- A. Ma cabin khamri 30-kii maalmood ee la soo dhaafey
 - B. 1 ama 2 cabitaan
 - C. 3 cabitaan
 - D. 4 cabitaan
 - E. 5 cabitaan
 - F. 6 ama 7 cabitaan
 - G. 8 ama 9 cabitaan
 - H. 10 cabitaan ama ka badan

3'da su'aalood ee soo socda waxay wax kaa weydiin doonaan isticmaalka daroogada (marijuana). Daroogada loo yaqaano marijuana waxaa kale oo loo yaqaanaa pot, weed, ama cannabis.

46. Intaad nooleed meeqa jeer ayaad isticmaashey daroogada loo yaqaano marijuana?
- A. Marnaba ma isticmaalin
 - B. 1 ama 2 mar
 - C. 3 ilaa 9 mar
 - D. 10 ilaa 19 mar
 - E. 20 ilaa 39 mar
 - F. 40 ilaa 99 mar
 - G. 100 mar ama ka badan
47. Meeqa sano ayaad jirtey marki ugu horeysey oo aad tijaabisey marijuana?
- A. Weligeey ma tijaabinin marijuana
 - B. 8 sano ama ka yar
 - C. 9 ama 10 sano jir
 - D. 11 ama 12 sano jir
 - E. 13 ama 14 sano jir
 - F. 15 ama 16 sano jir
 - G. 17 sano jir ama ka weyn
48. 30-kii maalmood ee la soo dhaafey meeqa mar ee ka mid ah ayaad isticmaashey marijuana?
- A. Marnaba ma isticmaalin
 - B. 1 ama 2 mar
 - C. 3 ilaa 9 mar
 - D. 10 ilaa 19 mar
 - E. 20 ilaa 39 mar
 - F. 40 mar ama ka badan

Su'aasha ku xigta waxay wax kaa weydiin doontaa isticmaalka marijuanada oo kiimikada lagu sameeyo (synthetic marijuana). Marijuanada kiimikada lagu sameeyo oo loo yaqaano synthetic marijuana waxaa kale oo loo yaqaanaa Spice, fake weed, K2, King Kong, Yucatan Fire, ama Skunk.

49. Intaad nooleed meeqa jeer ayaad isticmaashey daroogada loo yaqaano synthetic marijuana?
- A. Marnaba ma isticmaalin
 - B. 1 ama 2 mar
 - C. 3 ilaa 9 mar
 - D. 10 ilaa 19 mar
 - E. 20 ilaa 39 mar
 - F. 40 mar ama ka badan

Su'aasha ku xigta waxay wax kaa weydiin doontaa isticmaalka daawooyinka loo isticmaalo xanuunka oo u baahan inuu dhakhtar u qoro qofka (prescription pain medicine) iyadoo aan dhakhtar kuu soo qorin ama aad u isticmaashey si ka duwan siduu dhakhtarka ku dhahay u isticmaal. Su'aashaan darteed tirada ku dar daawooyinka sida codeine, Vicodin, OxyContin, Hydrocodone, iyo Percocet.

50. Intaad nooleed meeqa mar ee ka mid ah ayaad qaadatey **daawooyinka loo isticmaalo xanuunka ee u baahan inuu dhakhtar u qoro qofka (prescription pain medicine)** iyadoo aan dhakhtar kuu soo qorin ama aad u isticmaashey si ka duwan siduu dhakhtarka ku dhahay u isticmaal?
- A. Marnaba ma qaadanin
 - B. 1 ama 2 mar
 - C. 3 ilaa 9 mar
 - D. 10 ilaa 19 mar
 - E. 20 ilaa 39 mar
 - F. 40 mar ama ka badan

8'da su'aalood ee soo socda waxay wax kaa weydiin doonaan daroogooyin kale.

51. Intaad nooleed meeqa mar ayaad isticmaashey nooc **kasta** oo ah daroogada loo yaqaano cocaine oo ka mid ah nooca budada (powder), nooca kale oo loo yaqaano crack, ama nooca loo yaqaano freebase?
- A. Marnaba ma isticmaalin
 - B. 1 ama 2 mar
 - C. 3 ilaa 9 mar
 - D. 10 ilaa 19 mar
 - E. 20 ilaa 39 mar
 - F. 40 mar ama ka badan

52. Intaad nooleed meeqa mar ee ka mid ah ayaad urisey koolo, ama neefsatey waxyaabaha ku jira gasacyada wax lagu buufiyo (contents of aerosol spray cans) ama neefsatey wax ranji ah ama wax kale oo la buufiyo si aad ugu mirqaanto?
- Marnaba ma sameynin
 - 1 ama 2 mar
 - 3 ilaa 9 mar
 - 10 ilaa 19 mar
 - 20 ilaa 39 mar
 - 40 mar ama ka badan
53. Intaad nooleed meeqa mar ee ka mid ah ayaad isticmaashey daroogada loo yaqaano **heroin** (oo sidoo kale loo yaqaano smack, junk, ama China White)?
- Marnaba ma isticmaalin
 - 1 ama 2 mar
 - 3 ilaa 9 mar
 - 10 ilaa 19 mar
 - 20 ilaa 39 mar
 - 40 mar ama ka badan
54. Intaad nooleed meeqa mar ee ka mid ah ayaad isticmaashey daroogada loo yaqaano **methamphetamines** (oo sidoo kale loo yaqaano speed, crystal meth, crank, ice, ama meth)?
- Marnaba ma isticmaalin
 - 1 ama 2 mar
 - 3 ilaa 9 mar
 - 10 ilaa 19 mar
 - 20 ilaa 39 mar
 - 40 mar ama ka badan
55. Intaad nooleed meeqa mar ee ka mid ah ayaad isticmaashey daroogada loo yaqaano **ecstasy** (oo sidoo kale loo yaqaano MDMA)?
- Marnaba ma isticmaalin
 - 1 ama 2 mar
 - 3 ilaa 9 mar
 - 10 ilaa 19 mar
 - 20 ilaa 39 mar
 - 40 mar ama ka badan
56. Intaad nooleed meeqa mar ee ka mid ah ayaad qaadatey waxyaabaha loo yaqaano **steroid pills ama shots** adigoo aan dhakhtar kuu qorin?
- Marnaba ma qaadanin
 - 1 ama 2 mar
 - 3 ilaa 9 mar
 - 10 ilaa 19 mar
 - 20 ilaa 39 mar
 - 40 mar ama ka badan

57. Intaad nooleed meeqa mar ayaad isticmaashey irbad si aad jir kaaga ugu durtid daroogo kasta oo **sharci darro ah**?
- Marnaba ma isticmaalin
 - 1 mar
 - 2 mar ama ka badan
58. 12-kii bilood ee la soo dhaafey ma jiraa qof kuu soo bandhigay, kaa iibiyey, ama ku siiyey daroogo sharci darro ah adigoo joogtid **xarunta dugsiga**?
- Haa
 - Maya

11'ka su'aalood ee soo socda waxay wax kaa weydiin doonaan dhaqanka la xiriira galmada.

59. Weligaa ma sameysey galmo?
- Haa
 - Maya
60. Meeqa sano ayaad jirtey marki ugu horeysey oo aad sameysey galmo?
- Weligey ma sameynin galmo?
 - 11 sano ama ka yar
 - 12 sano jir
 - 13 sano jir
 - 14 sano jir
 - 15 sano jir
 - 16 sano jir
 - 17 sano jir ama ka weyn
61. **Marki ugu horeysey** oo aad sameysey galmo, meeqa sano ayuu kaa yaraa ama kaa weynaa qofka kale oo aad la sameysey?
- Weligey ma sameynin galmo?
 - 5 sano ama ka badan iga yaraa
 - 3 ilaa 4 sano iga yaraa
 - Da' isku dhow
 - 3 ilaa 4 sano iga weyn
 - 5 sano ama ka badan iga weynaa
 - Ma hubo

62. Intaad nooleed meeqa qof ayaad la sameysey galmo?
- Weligey ma sameynin galmo?
 - 1 qof
 - 2 qof
 - 3 qof
 - 4 qof
 - 5 qof
 - 6 qof ama ka badan
63. 3-dii bilood ee la soo dhaafey meeqa qof ayaad la sameysey galmo?
- Weligey ma sameynin galmo?
 - Waan sameyey galmo, laakiin ma ahayn 3-dii bilood ee la soo dhaafey gudahooda
 - 1 qof
 - 2 qof
 - 3 qof
 - 4 qof
 - 5 qof
 - 6 qof ama ka badan
64. Ma cabtey khamri ama ma isticmaashey daroogo intaad sameynin galmada **markii kuugu dambeysey**?
- Weligey ma sameynin galmo?
 - Haa
 - Maya
65. **Markii kuugu dambeysey** oo aad sameysey galmo adiga ama qofkii kale midkiin ma isticmaaley salbatiibo (condom)?
- Weligey ma sameynin galmo?
 - Haa
 - Maya

66. **Markii kuugu dambeysey** oo aad sameysey galmo maxaa waaye **hal** wax oo aad adiga ama qofkii kale isticmaasheen si aad **oga hortagtiin uurka?** (Dooro **hal** jawaab keliya.)
- Weligey ma sameynin galmo?
 - Waxna ma isticmaalin si aan oga hortagno uurka
 - Kiniinka ka hortaga uurka (Birth control pills)
 - Salbatiibo (condom)
 - Qalabka loo yaqaano IUD (sida Mirena ama ParaGard) ama qalabka la dhex-geliyo qofka oo loo yaqaano implant (sida Implanon ama Nexplanon)
 - Talaal (sida Depo-Provera), qalabka lagu dhejiyo qofka oo loo yaqaano patch (sida Ortho Evra), ama qalabka looga hortago uurka oo loo yaqaano birth control ring (sida NuvaRing)
 - Ka soo saar (withdrawal) ama qaab kale
 - Ma hubo
67. Meeqa mar ayaad qaadey uur ama qof kale uur u yeeshay?
- Marnaba ma qaadin ama qof kale u ma yeelin
 - 1 mar
 - 2 mar ama ka badan
 - Ma hubo
68. Weligaa ma ka qayb-qaadatey galmada afka?
- Haa
 - Maya
69. Intaad nooleed yaad la yeelatay xiriir ku saabsan galmada?
- Weligey ma yeelanin xiriir ku saabsan galmada
 - Dumar
 - Rag
 - Dumar iyo rag

2'da su'aalood ee soo socda waxay wax kaa weydiin doonaan miisaanka jirka.

70. Sidee ayaad **adiga** ku tilmaami lahayd miisaan kaaga?
- Aad u culeys yar
 - Xoogaha yar culeys yar
 - Wax u dhigma culeyska saxda ah
 - Xoogaha yar culeys badan
 - Aad u culeys badan

71. Midkee ka mid ah waxyaabaha soo socda ayaad isku dayeysaa inaad ka sameysid miisaan kaaga?
- A. Inaan miisaan **rido**
 - B. Inaan miisaan **siyaadsado**
 - C. Inaan ku joogo **miisaan keyga**
 - D. Isku **ma dayaayo inaan wax ka sameeyo** miisaan keyga

9'sha su'aalood ee soo socda waxay wax kaa weydiin doonaan cuntada aad cuntay ama cabitaanka aad cabtay 7-dii maalmood ee la soo dhaafey. Ka fikir dhammaan cuntooyinka buuxo (meals) iyo cuntooyinka fudud (snacks) oo aad cuntay laga bilaabo marki aad soo kacday ilaa aad ka seexatay. Hubi inaad ku dartid cuntooyinka aad ka cuntay guriga, dugsiga, maqaayadooyinka, ama meel kasta oo kale.

72. 7-dii maalmood ee la soo dhaafey meeqa mar oo ka mid ah ayaad cabtay **cabitaanka 100-kiiba 100 ka sameysan miraha (100% fruit juices)** sida cabitaanka oranjiga, tufaaxa, ama canabka? (Tirada **ha ku darin** cabitaanka loo yaqaano punch, Kool-Aid, cabitaanka ciyaaraha [sports drinks], ama cabitaanada kale ee leh dhadhanka miraha.)
- A. Ma cabin cabitaanka ka sameysan 100-kiiba 100 miraha 7-dii maalmood ee la soo dhaafey
 - B. 1 ilaa 3 mar 7-dii maalmood ee la soo dhaafey
 - C. 4 ilaa 6 mar 7-dii maalmood ee la soo dhaafey
 - D. 1 mar maalintii
 - E. 2 mar maalintii
 - F. 3 mar maalintii
 - G. 4 mar ama ka badan maalintii

73. 7-dii maalmood ee la soo dhaafey meeqa mar ee ka mid ah ayaad cuntay **miro (fruit)?** (Tirada **ha ku darin** cabitaanka miraha [fruit juice].)
- A. Ma cunin miro (fruit) 7-dii maalmood ee la soo dhaafey
 - B. 1 ilaa 3 mar 7-dii maalmood ee la soo dhaafey
 - C. 4 ilaa 6 mar 7-dii maalmood ee la soo dhaafey
 - D. 1 mar maalintii
 - E. 2 mar maalintii
 - F. 3 mar maalintii
 - G. 4 mar ama ka badan maalintii

74. 7-dii maalmood ee la soo dhaafey meeqa mar ee ka mid ah ayaad cuntay **saladhka ama khudrada cagaarka ah (green salad)?**
- A. Ma cunin saladhka ama khudrada cagaarka ah 7-dii maalmood ee la soo dhaafey
 - B. 1 ilaa 3 mar 7-dii maalmood ee la soo dhaafey
 - C. 4 ilaa 6 mar 7-dii maalmood ee la soo dhaafey
 - D. 1 mar maalintii
 - E. 2 mar maalintii
 - F. 3 mar maalintii
 - G. 4 mar ama ka badan maalintii

75. 7-dii maalmood ee la soo dhaafey meeqa mar ee ka mid ah ayaad cuntay **baradho (potatoes)**? (Tirada **ha ku darin** cuntada loo yaqaano french fries, baradhada la shiilay [fried potatoes], ama cuntada loo yaqaano potato chips.)
- Ma cunin baradho 7-dii maalmood ee la soo dhaafey
 - 1 ilaa 3 mar 7-dii maalmood ee la soo dhaafey
 - 4 ilaa 6 mar 7-dii maalmood ee la soo dhaafey
 - 1 mar maalintii
 - 2 mar maalintii
 - 3 mar maalintii
 - 4 mar ama ka badan maalintii
76. 7-dii maalmood ee la soo dhaafey meeqa mar ee ka mid ah ayaad cuntay **karooto (carrots)**?
- Ma cunin karooto 7-dii maalmood ee la soo dhaafey
 - 1 ilaa 3 mar 7-dii maalmood ee la soo dhaafey
 - 4 ilaa 6 mar 7-dii maalmood ee la soo dhaafey
 - 1 mar maalintii
 - 2 mar maalintii
 - 3 mar maalintii
 - 4 mar ama ka badan maalintii
77. 7-dii maalmood ee la soo dhaafey meeqa mar ee ka mid ah ayaad cuntay **khudrad kale (other vegetables)**? (Tirada **ha ku darin** saladhka cagaarka ah, baradhada, ama karootada.)
- Ma cunin khudrad kale 7-dii maalmood ee la soo dhaafey
 - 1 ilaa 3 mar 7-dii maalmood ee la soo dhaafey
 - 4 ilaa 6 mar 7-dii maalmood ee la soo dhaafey
 - 1 mar maalintii
 - 2 mar maalintii
 - 3 mar maalintii
 - 4 mar ama ka badan maalintii

78. 7-dii maalmood ee la soo dhaafey meeqa mar ee ka mid ah ayaad cabtey **cabitaanka oo kookada camal ah (soda ama pop) oo ku jiro qasac, caag, ama dhalo** sida Coke, Pepsi, ama Sprite? (Tirada **ha ku darin** kuwa loo yaqaano diet soda ama diet pop.)
- Ma cabin soda ama pop 7-dii maalmood ee la soo dhaafey
 - 1 ilaa 3 mar 7-dii maalmood ee la soo dhaafey
 - 4 ilaa 6 mar 7-dii maalmood ee la soo dhaafey
 - 1 mar maalintii
 - 2 mar maalintii
 - 3 mar maalintii
 - 4 mar ama ka badan maalintii

79. 7-dii maalmood ee la soo dhaafey meeqa **koob oo caano ah** ayaad cabtey? (Tiri caanaha aad ku cabtey koob dhalo ah, ama koob caag ah, ama kuwa ku jiro baakadaha oo dugsiga la iska siiyo, ama aad ku cuntay cuntada loo yaqaano cereal. Caanaha lagaa siiyo dugsiga u xisaabi inuu u dhigmo hal koob.)
- A. Ma cabin caano 7-dii maalmood ee la soo dhaafey
 - B. 1 ilaa 3 koob 7-dii maalmood ee la soo dhaafey
 - C. 4 ilaa 6 koob 7-dii maalmood ee la soo dhaafey
 - D. 1 koob maalintii
 - E. 2 koob maalintii
 - F. 3 koob maalintii
 - G. 4 koob ama ka badan maalintii
80. 7-dii maalmood ee la soo dhaafey meeqa maalmood ee ka mid ah ayaad **cuntay quraac**?
- A. Marnaba ma cunin
 - B. 1 maalin
 - C. 2 maalmood
 - D. 3 maalmood
 - E. 4 maalmood
 - F. 5 maalmood
 - G. 6 maalmood
 - H. 7 maalmood

5'ta su'aalood ee soo socda waxay wax kaa weydiin doonaan dhaqdhaqaaqa jirka (physical activity).

81. 7-dii maalmood ee la soo dhaafey meeqa maalmood ee ka mid ah ayaad jirkaaga dhaqdhaqaaqsiiyey waqti isugeynta ah **ugu yaraan 60 daqiiqo maalintii**? (Isku dar dhammaan waqtiga aad ku bixisey wax kasta oo jirka looga dhaqdhaqaaqsiiyo oo kor u qaadey garaaca wadnahaaga [heart rate] iyo kugu kasbey inaad xoog u neefsatid marar ka mid ah.)
- A. Marnaba ma ahayn
 - B. 1 maalin
 - C. 2 maalmood
 - D. 3 maalmood
 - E. 4 maalmood
 - F. 5 maalmood
 - G. 6 maalmood
 - H. 7 maalmood

82. Maalmaha dugsiga ee caadiga ah (average school day) meeqa saacadood ayaad daawataa telefisiyoonka (TV)?
- Ma daawado telefisiyoonka maalmaha dugsiga ee caadiga ah
 - In ka yar 1 saacad maalintii
 - 1 saacad maalintii
 - 2 saacadood maalintii
 - 3 saacadood maalintii
 - 4 saacadood maalintii
 - 5 saacadood ama ka badan maalintii
83. Maalmaha dugsiga ee caadiga ah meeqa saacadood ayaad ciyaartaa waxyaabaha lagu ciyaaro ee loo yaaqaano video games ama computer games ama ayaad kumbuyuutarka u isticmaashaa wax aan ahayn shaqo dugsiga? (Tiri waqtiga aad ku bixisid ciyaaarta waxyaabaha loo yaqaano games, ama aad daawatid fiidyowyaal [videos], ama aad dirtid ama aad ka jawaabtid fariinta qoraalka ee telefoonka [texting], ama aad telefoonkaaga ka isticmaashid warbaahinta bulshada [social media], ama kumbuyuutarka, Xbox, PlayStation, iPad, ama mid kale oo kamid ah qalabka loo yaqaano tablet.)
- Ma ciyaaro waxyaabaha lagu ciyaaro ee loo yaaqaano video games ama computer games ama ayaad kumbuyuutarka u isticmaashaa wax aan ahayn shaqo dugsiga
 - In ka yar 1 saacad maalintii
 - 1 saacad maalintii
 - 2 saacadood maalintii
 - 3 saacadood maalintii
 - 4 saacadood maalintii
 - 5 saacadood ama ka badan maalintii

84. Markaad joogtid dugsiga asbuuc ka mid ah asbuucyaasha caadiga ah (average week) meeqa maalmood ee ka mid ah ayaad aadaa galaasyaasha wax barashada jir dhiska (physical education [PE] classes)?
- Marnaba ma ahayn
 - 1 maalin
 - 2 maalmood
 - 3 maalmood
 - 4 maalmood
 - 5 maalmood
85. 12-kii bilood ee la soo dhaafey meeqa kooxood oo ciyaaraha ayaad u ciyaartey? (Tiri koox kasta uu dugsigaaga maamulo ama ay kooxo ka tirsan jaaliyada maamulaan.)
- Kooxna
 - 1 Koox
 - 2 Kooxood
 - 3 kooxood ama ka badan

Su'aasha ku xigta waxay wax kaa weydiin doontaa shoog-maskaxeedka (concussions). Shoog-maskaxeedka (concussions) waxaa waaye markii ay jug oo gaartey madaxa sababto dhibaatooyin sida madax xanuun, dawakhaad (dizziness), inuu qofka wareero, inay qofka ku adkaato xusuusta ama ay ku adkaato inuu si xoog ah wax oga fikiro, matagid, aragtida oo shucaac ka galo, ama inuu qofka miyarka ka tago (knocked out).

86. 12-kii bilood ee la soo dhaafey meeqa mar ayuu kugu dhacay shoog-maskaxeed oo kaa soo gaarey ciyaar aad ciyaareysey ama adigoo si kale jirkaaga u dhaqdhaqaaqiinaayo (physically active)?
- A. Marnaba iguma dhicin
 - B. 1 mar
 - C. 2 mar
 - D. 3 mar
 - E. 4 mar ama ka badan

5'ta su'aalood ee soo socda waxay wax kaa weydiin doonaan wax barashada ku saabsan waxyaabaha khuseeyo caafimaadka iyo galmada (sexual health education) oo lagugu barey dugsiga.

87. Weligaa dugsiga ma lagugu barey qaaditaanka (infection) AIDS ama HIV?
- A. Haa
 - B. Maya
 - C. Ma hubo
88. Weligaa dugsiga ma lagugu barey sida loo isticmaalo salbatiibo (condom) sida looga hortago uurka ama cudurada la isugu gudbiyo galmada (sexually transmitted diseases [STDs]) oo ka mid ah HIV?
- A. Haa
 - B. Maya
 - C. Ma hubo

89. Weligaa dugsiga ma lagugu barey meelaha laga heli karo adeegyada waxyaabaha khuseeyo caafimaadka iyo galmada (sexual health services) sida qalabka looga hortago uurka (birth control), salbatiibo (condoms), ama baaritaanka ama daaweynta HIV ama cudurada kale ee la isugu gudbiyo galmada (sexually transmitted disease [STD])?
- A. Haa
 - B. Maya
 - C. Ma hubo

90. 12-kii bilood ee la soo dhaafey macalin ama qof kale oo weyn oo joogo dugsiga ma kugu caawiney inaad heshid meel aad isaga baari kartid HIV ama cudurada kale ee la isugu gudbiyo galmada (sexually transmitted disease [STD])?
- A. 12-kii bilood ee la soo dhaafey ma u baahanin inaan helo meel la isaga baari karo HIV ama STD
 - B. Haa
 - C. Maya
91. 12-kii bilood ee la soo dhaafey macalin ama qof kale oo weyn oo joogo dugsiga ma kugu caawiney inaad heshid meel aad ka heli kartid qalabka looga hortago uurka (birth control)?
- A. 12-kii bilood ee la soo dhaafey ma u baahanin inaan helo meel laga heli karo qalabka looga hortago uurka
 - B. Haa
 - C. Maya

8'da su'aalood ee soo socda waxay wax kaa weydiin doonaan mawduucyo kale oo la xiriira caafimaadka.

92. Weligaa ma lagaa baarey HIV oo ah cudurka sababo AIDS? (Tirada **ha ku darin** baaritaanada aad sameysey hadii aad dhiig bixisey [donated blood].)
- A. Haa
 - B. Maya
 - C. Ma hubo
93. 12-kii bilood ee la soo dhaafey ma lagaa baarey cudur la isugu gudbin karo galmada (sexually transmitted disease [STD]) aan ahayn HIV, sida chlamydia ama gonorrhea?
- A. Haa
 - B. Maya
 - C. Ma hubo

94. Goorma ayey ahayd waqtigi kuugu dambeeyey oo aad dhakhtarka ilkaha u aadey inuu fiiriyo afkaaga (check-up), ama ku baaro (exam), ama nadiifiyo ilkahaaga, ama uu ka shaqeeyo waxyaaba kale oo ku khuseeyo ilkahaaga ama afkaaga?
- A. 12-kii bilood ee la soo dhaafey
 - B. Inta u dhexeysa 12-kii bilood iyo 24-tii bilood ee la soo dhaafey
 - C. In ka badan 24-tii bilood ee la soo dhaafey
 - D. Marnaba
 - E. Ma hubo

95. Weligaa dhakhtar ama kal-kaaliye caafimaad (nurse) ma kuu sheegay inaad qabtid neefta loo yaqaano asthma?

- A. Haa
- B. Maya
- C. Ma hubo

96. Habeenada dugsiga ee caadiga ah (average school night) meeqa saacadood oo hurdo ayaad heshaa?

- A. 4 saacadood ama ka yar
- B. 5 saacadood
- C. 6 saacadood
- D. 7 saacadood
- E. 8 saacadood
- F. 9 saacadood
- G. 10 saacadood ama ka badan

97. Ma ku raacsan tahay ama ma diidan tahay inuu dugsigaaga leeyahay cawaaqib cad oo loogu talagalay ardayda xoog u sheegta ama dhibaateeyo ardayda kale?

- A. Aad ayaan ugu raacsanahay
- B. Waan ku raacsanahay
- C. Ma hubo
- D. Waan diidanahay
- E. Aad ayaan u diidanahay

98. Ma ku raacsan tahay ama ma diidan tahay dareenka inaad u dhowdahay dadka jooga dugsigaaga?

- A. Aad ayaan ugu raacsanahay
- B. Waan ku raacsanahay
- C. Ma hubo
- D. Waan diidanahay
- E. Aad ayaan u diidanahay

99. 12-kii bilood ee la soo dhaafey sidee ayaad ku tilmaami lahayd buundooyinka aad ku haysatid dugsiga (grades in school)?

- A. Badanaa A
- B. Badanaa B
- C. Badanaa C
- D. Badanaa D
- E. Badanaa F
- F. Midna buundooyinka (none of these grades)
- G. Ma hubo

Inta waxaa waaye dhammaadka u kuurgalka.

Aad ayaad oga mahadsan tahay caawinaadkaaga.