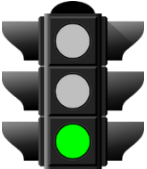

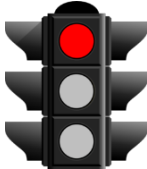


# Ku xakameynta neefsashadas of oo ciriiri noqota guriga dhexdiisa.

## Sideen dareemayaa maanta?

	<b>SOONAHA CAGAARKA AH</b>  <b>Adiga ayaa xakameyneysid.</b>	<b>SOONAHA JAALAHA AH</b>  <b>Tallaabo qaad maanta.</b> Soo wac: <b>877-282-8372</b>	<b>SOONAHA GADUUDKA AH</b>  <b>Tallaabo qaad hadda!</b> Soo wac: <b>877-282-8372</b>
Sidee bay tahay neefsahadayda?	<ul style="list-style-type: none"> <li>Nefsashadaydu waa caadi.</li> </ul>	<ul style="list-style-type: none"> <li>Waxaan i dhibta neefsashada inta aan sameynaayo waxa aan rabo in aan sameyo.</li> <li>Waxaan dareemayaa inaysan qolka lahayn dabeel ku filan.</li> </ul>	<ul style="list-style-type: none"> <li>Waxaan dareemayaa wareer iyo hurdo.</li> <li>Waxaan dareemayaa in aana heleynin dabeel igu filan.</li> <li>Wajigeysa, farahayga ama suulasha ayaa noqonayaan baluug.</li> </ul>
Miyaa dawadayda loogu tala galay dhibaata dhanka neefsashada i cawineysaa?	<ul style="list-style-type: none"> <li>Dawadayda waxay u egtahay inay i cawineysa.</li> </ul>	<ul style="list-style-type: none"> <li>Dawadayda uma eko mid ii cawineysa sida ay badanaaba ii cawineysay.</li> <li>Ma hubo daawada aan cuni karo.</li> </ul>	<ul style="list-style-type: none"> <li>Ma u eko in ay daawadayda habayaratee i caawineysa.</li> <li>Ma hubo waxa aan hadda sameyni karo.</li> </ul>
Firfircoonidayda sidee bay tahay?	<ul style="list-style-type: none"> <li>Heerka firfircoonidayda waa iska caadi.</li> </ul>	<ul style="list-style-type: none"> <li>Aad ayaan u daalayaa qabashada howlahaygi cadiga ahaa oo aan badanaa qaban jiray.</li> </ul>	<ul style="list-style-type: none"> <li>Sariirta ma ka soo kici karo aad ayaan u daciifay.</li> </ul>
Sideen u fikirayaa?	<ul style="list-style-type: none"> <li>Fikirkaygu waa nadiif.</li> </ul>	<ul style="list-style-type: none"> <li>waxaan daremaa in fikirkaygu yahay daciif ama uu sax ahay.</li> </ul>	<ul style="list-style-type: none"> <li>Dadka isiiya daryeelka waxay dhahaan wax micna leh ma sameeyi.</li> </ul>
Miyaan dareemayaa deganaan?	<ul style="list-style-type: none"> <li>Deganaansha ayaan dareemayaa.</li> </ul>	<ul style="list-style-type: none"> <li>Waxaan bilaabay dareenka deganaansha la'aan.</li> </ul>	<ul style="list-style-type: none"> <li>Waxaan dareemayaa deganaansha la'aan badan.</li> <li>Waxaan ahay mid walaac ama cabsi qabo.</li> </ul>
<b>Waxyaabaha aan sameeyo si ay iiga cawiyaan neefsashada</b>			
Waxaan adeegsadaa barkima si aan kor ugu tirsanaada.	Waxaan shidaa mirwaxad ama furaa daaqadaha.	Waxaan adeedsadaa heesa dibacsan, wadahalal ama _____ si ay iiga cawiyin in aan daganaado.	Tartiib u tijaabi, sanko neefta ka qaado, afkana na bixi neefta.
Fikradaha kale:			

© Xuquuqda nuqulka qoraalka Avera ee 2020 waxaa ilaaliyo xeerka Xuquuqda nuqulka ee Maraykanka. Dhamaan xuquuqda waa la ilaaliye. Maclumaadka la xiriira-caffimaadka ma looga tala galin inay badasho nasiixada xirfadleyaasha caffimaadka ama daryeelka ay ka helaan bukaanka bixiyayaasha daryelkooda caffimaad.

Hadafka Avera waa inay ku yeelato saamayn wax ku ool leh noolasha iyo caffimaadka ashqaasta iyo bulshada iyada oo ay bixinayaan adeegyo tayo leh oo ay hagaayaan qiyamka kiristaanka ah. Hadii aad u maaysid inay dhibaato kaa haysato qeybta bixinta bilkaaga, la xiriir xafiska ganacsi ee gobtaada ama shaqaalaha bilka. Waan ka hadli karnaa xulashooyinka lacag bixita ee adiga kuu furan.