

Habeenka Qoyska loogu talagalay Waxbarashada Caafimaadka Galmada

Highline Public Schools
Maarso 15, 2023



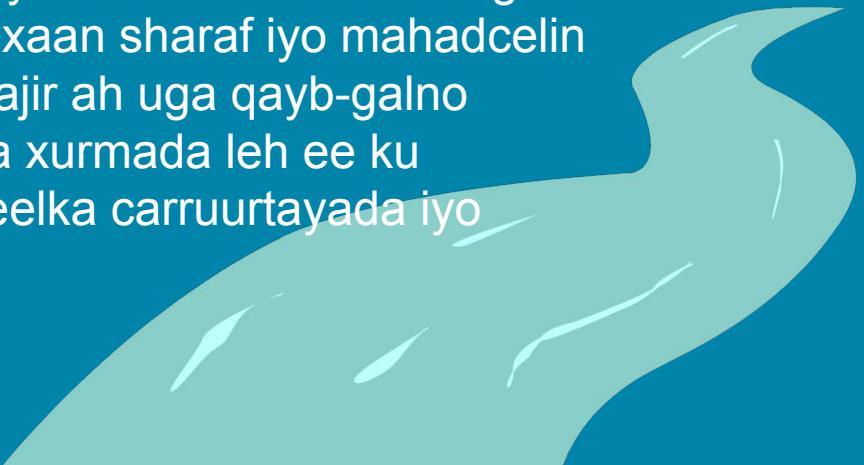
Balanteena

Arday kasta oo dhigata
Highline Public Schools

waxaa loo yaqaan
magaca, xoogga iyo
baahida, iyo ardayda
qalin jabisay oo u
diyaarsan mustaqbalka
ay doortaan.

AQOONSI DHULKA

"Waxaan ku bilaabaynaa in aan qirno in aan joogno dhulkii awoowaha oo ay maamulaan tan iyo wakhti hore oo ay sameeyeen dadka Salish ee Duwamish, Cagaaran, White, Cedar, iyo Upper Puyallup Rivers, qaar badan oo ka mid ah kuwan ayaa dhalaya muwaadiniinta casriga ah ee Qabiilka Hindiya ee Muckleshoot. Waxaan sharaf iyo mahadcelin u jeedineynaa inaan awoodno inaan si wadajir ah uga qayb-galno wada-hadalladan ku saabsan waddankooda xurmada leh ee ku saabsan mustaqbalka waxbaridda iyo daryeelka carruurtayada iyo dhallintayada xurmada leh."



Ajandaha

Dr. Laura Schneider

Agaasimaha Waxbarashada Sare

Derek Severson

Caafimaadka iyo Khabiirka PE

Laurie Dils

OSPI - Ku-xigeenka Agaasimaha
Waxbarashada Caafimaadka
Galmada

- Dulmarka waxbarashada caafimaadka galmada iyo sharciga gobolka
- Ujeedada waxbarashada caafimaadka galmada
- Hadafyada iyo dulmarka manhajka FLASH
- Xuquuqda Waalidka
- Suaal & Jawab



Su'aalo?

Su'aalaha ku qor kaarka 3x5
Dhig cidhifka miiskaaga
Waxaan ka hadli doonaa inta lagu
jiro Q&A dhamaadka casharka

Dulmarka Waxbarashada Caafimaadka Galmada

Waxaan barnaa waxbarashada caafimaadka galmada oo dhamaystiran si waafaqsan sharciga gobolka (RCW 28A.300.475) iyo siyaasadda degmada (Policy 2125).

FLASH (Nolosha Qoyska iyo Caafimaadka Galmada) waa manhajkeena buuxiya shuruudaha gobolka ee waxbarashada caafimaadka galmada.

FLASH waxa lagu bartaa fasalada 4-12. Wax ku saabsan caafimaadka galmada laguma barto fasalada K-3.

Waxbarashada Caafimaadka Galmada oo Dhameystiran

Fasalada 4-12, waxbarashadu waa inay noqotaa mid waafaqsan Heerarka Waxbarasho ee Waxbarashada K-12, waa inay noqotaa mid loo dhan yahay, iyadoo la adeegsanayo luqadda iyo xeeladaha aqoonsan dhammaan xubnaha fasallada la ilaaliyo, oo ay ku jiraan da'da ku habboon, caafimaad ahaan/cilmi ahaan, maclummaad loo dhan yahay oo ku saabsan:Habka korriinka jireed, nafsiyeed, iyo bulsheed ee uu soo maray shaqsiga

- Horumarinta xirfadaha isdhexgalka iyo isgaadhsinta si ay ula xiriiraan, ixtiraam iyo wax ku ool ah, si loo yareeyo khataraha caafimaadka oo ay doortaan dabeecadaha caafimaadka qaba iyo cilaqaadka ku salaysan ixtiraam iyo kalgacal wadaaga, oo ka madax banaan rabshadaha, qasbida, iyo cabsigelinta
- Daryeelka caafimaadka iyo ilaha ka hortagga
- Horumarinta cilaqaad macno leh iyo ka fogaanshaha xidhiihada faa'iidada leh
- Fahamka saamaynta qoyska, asxaabta, bulshada iyo warbaahinta inta aad nooshahay oo dhan ku yeelanayaan xidhiihada galmada ee caafimaadka qaba
- Oggolaansho sugar iyo garashada iyo ka jawaabista si badbaado leh oo wax ku ool ah marka rabshad ama khatar rabshado jirto ama laga yaabo inay jirto, oo leh xeelado ay ku jiraan tababbarka goobjoogaha

Dulmarka Waxbarashada Caafimaadka Highline Dulmarka Waxbarashada Caafimaadka Highline

Fasalada K-5: Caafimaadka waxaa bara macalinka fasalka.

Fasalada 6-8: Caafimaadka waxaa lagu dhex daray maaddooyin kale
(Waxbarashada Jirka, Sayniska, La-talinta)

Fasalada 9-12: Caafimaadka ayaa looga baahan yahay hal simistar (0.5
dhibcood) sida qayb ahaan buuxinta shuruudaha qalin-jabinta Gobolka
WA.

Mawduucyada Muhiimka ah ee Waxbarashada

Caafimaadka ee Highline

Fayoobida	Nafaqada	Caafimaadka Dareenka Bulshada	Badbaadada	Caafimaadka Galmada	Isticmaalka Walaxda & Xadgudubka
<ul style="list-style-type: none"> • Cabirka Caafimaadka • Ka Hortagga Cudurrada • Falanqaynta Saamaynta • Helitaanka Macluumaadka Saxda ah • Isgaarsiinta • Go'aan qaadashada • Dejinta yoolka 	<ul style="list-style-type: none"> • Kooxaha Cuntada iyo Nafaqooyinka • Cabbitaannada • Summada Aqonta • Qaadashada Caloric iyo Kharashaadka • Ka Hortagga Cudurrada • Qorshaynta Nafaqeynta 	<ul style="list-style-type: none"> • Isku-kalsoonaanta • Sawirkha Jirka • Maareynta Cadaadiska • Muujinta Dareenka • Dhib, caga jugleyn, iyo cagajugleyn 	<ul style="list-style-type: none"> • Dhaawac • Gargaarka degdega ah • Ka Hortagga Rabshadaha 	<ul style="list-style-type: none"> • Anatomy, Taran, iyo Uurka • Qaan-gaarnimada iyo Horumarka • Is-aqoonsiga • Ka hortagga • Xiriirka Caafimaadka Wanaagsan • Sharciyada Gobolka Washington 	<ul style="list-style-type: none"> • Isticmaalka iyo Xadgudubka • Saamaynta • Ka hortagga • Daawaynta • Cawaaqibta Sharci

FLASH (Nolosha Qoyska iyo Caafimaadka Galmada) waa manhajka waxbarashada caafimaadka galmada ee degmada, oo ay soo saartay Caafimaadka Dadweynaha ee Degmada King.

Maxay Muhiim u tahay Waxbarashada Caafimaadka Galmada?

Marka loo eego Sahanka Dhallinyarada Caafimaadka leh ee 2018, 12.3% ardayda fasalka 8aad, 18.9% ardayda fasalka 10aad, iyo 25.2% ardayda fasalka 12aad ayaa lagu qasbay shumis, taabasho galmo ama galmo markii aanay rabin. ?

Cilmi-baaristu waxay muujinaysaa waxbarashada caafimaadka gal moodka ee dhammaystiran inay tahay mid muhiim ah oo wax ku ool ah xadgudubka galmada iyo istiraatijiyyadda ka hortagga rabshadaha.

Marka ardaydu bartaan oo ay horumariyaan xirfadaha la xidhiidha ogolaanshaha dhabta ah, waxay aad u awoodaan inay dejiyaan xudduudaha shakhsii ahaaneed, inay dareemaan ixtiraam, iyo inay ixtiraamaan xuduudaha kuwa kale.

FLASH waxay la socotaa sharciga gobolka iyo siyaasadda Highline

- FLASH waxa ay baraysaa nuxurka iyo xirfadaha ku habboon korriinka heerarka fasalka.
- FLASH waxa la sameeyay 1980-meeyadii waxaana la cusboonaysiiyay muddo ka dib si ay u noqoto mid caafimaad ahaan iyo xaqiiq ahaanba u cusub.

Hadafka Manhajka FLASH

FLASH waxa loogu talagalay in lagu taageero dhalinyarada samaynta doorashooyin caafimaad qaba:
Ka fogaanshaha galmada
Isticmaalka ilaalinta marka ay galmo samaynayaan
Raadinta daryeel caafimaad marka ay u baahan yihiin
La xiriirka si wax ku ool ah qoysaskooda
Ixtiraamka go'aamada dadka kale ee ah inaan galmo la samayn



FLASH & Qoysaska

Hal hadaf oo manhajka FLASH waa in la wanaajiyo xiriirka qoysaska iyo xiriirka iyo caafimaadka galmada. ? Tan waxa ku jira laylisyada qoyska ee ikhtiyaarka ah si ardaydu ay ula yeelan karaan wada hadal gaaban oo diirada saaraya xubnaha qoyska si ay wax badan uga bartaan qiyamka iyo waxa laga filayo dadka waaweyn ee muhiimka ah noloshooda



**Maxay ardaydu qabtaan
wax ka baro FLASH?**

***FLASH waxa uu la jaan qaaday
heerka waxbarashada gobolka
WA ee caafimaadka**



Fasalka K-3

Wax ku saabsan caafimaadka
galmada laguma barto fasalada
K-3.

Waxbarashadu waxay diiradda
saartaa xirfadaha nolosha si ay
uga caawiso ardayda inay
fahmaan dareenkooda,
dejiyaan yoolalka, xalliyaan
mashaakilaadka iyo la
jaanqaadka kuwa kale
(barashada shucuurta
bulshada).

Fasalka 4-5

Waxbarashada caafimaadka galmada oo dhamaystiran waxay dhacdaa hal mar fasaladan. Kahortagga HIV/AIDS waxa la baraa sanad walba.

- Isku-kalsoonaanta iyo Go'aan-qaadashada
- Saaxiibtinimada & Doorarka Jinsiga
- Oggolaanshaha iyo Xirfadaha Goob joogaha
- Ka warbixinta Xadgudubka Galmada
- Habka Taranka & Qaan-gaadhnimada
- Uurka & HIV/AIDS

Fasalka 6-8

Waxbarashada caafimaadka galmada oo dhamaystiran waxa la dhigaa laba jeer inta lagu jiro fasaladan. Kahortagga HIV/AIDS waxa la baraa sanad walba.

- Habka Taranka & Uurka
 - Hanuuninta Galmada & Aqoonsiga Jinsiga
 - Xeerarka Shukaansiga iyo Oraahda Maya
 - Ka hortagga STD-yada & HIV/AIDS
 - Kondhomyada & Hababka Xakamaynta Dhalmada
-

Fasalka 9-12

Waxbarashada caafimaadka
galmada ee dhamaystiran
waxay dhacdaa laba jeer inta
lagu jiro dugsiga sare.

- Dejinta Cimilada
- Habka Taranka & Uurka
- Hanuuninta Galmada & Aqoonsiga Jinsiga
- Dib u dhigista fikradaha jinsiga
- Xiriirka Caafimaadka Wanaagsan
- Qasab & Oggolaanshaha
- Badbaadada onlaynka ah & Ka Hortagga Rabshadaha Galmada
- Ka-hortagga & Hababka Xakamaynta Dhalmada
- Kondhomka & Ka Hortagga Uurka, HIV & STD-yada
- Baaritaanka HIV iyo STD-yada kale
- Isgaarsiinta & Go'aan Qaadashada
- Horumarinta Caafimaadka Dugsiga

Waa maxay Xuquuqdayda Waalid/Masuul ahaan?

Waalidiinta iyo dadka ardayda masuulka ka ah waa in uu dugsigu ogeysiyyaa 30 maalmood ka hor inta aan la qorshaynayn waxbarashada oo ay awoodaan in ay dib u eegaan dhammaan agabka waxbarashada. ?

Waalidiintu waxay dooran karaan carruurtooda qaar ama dhammaan tilmaamaha waxbarashada caafimaadka galimada (HIV / AIDS waa in marka hore la eego). ?

Foomamka dhaafitaanka waxaa laga heli karaa bogga Waxbarashada Caafimaadka Galimada ee shabakada degmada.

 **HIGHLINE**
PUBLIC SCHOOLS

**Waiver
Sexual Health E
Curriculum & In**

Student Participation in Sexual Health Education

According to state law and district policy, a parent or legal guardian may excuse their child from participating in any, or all, classes related to sex education after they have previewed the materials. If you do not want your child to participate, you must notify the school in writing.

Unless this form is completed and returned, we assume that you give your consent to allow your child to participate in HIV/AIDS and sexual health education.

Please submit one form per child.

My child may not attend or participate in

a) _____ the HIV/AIDS prevention lessons only
b) _____ all of the Family Life and Sexual Health Education lessons (FLASH)
c) _____ only the specific lessons identified below (please identify which lessons)

Your child will be provided alternative educational experiences during the instructional times have identified above.

Wixii macluumaaad dheeraad ah

Macluumaaadka ku saabsan siyaasadaha gobolka iyo degmada, oo ay ku jiraan macluumaaadka ku saabsan manhajka:

Highline Website: highlineschools.org/FLASH

Mareegta Caafimaadka Dadweynaha ee Degmada King:
kingcounty.gov/health/flash

Xafiiska Kormeeraha Guud ee Waxbarashada Dadweynaha ee Washington: Waxbarashada Caafimaadka Galmada

Su'aalo & Jawaabo

