



WADA SHEEKAYSIGA QOYSKA EE FASALLADA 6-8

## XIRFADAHA XARIRKA EE NOLOSHA CASRIGA AH



### **Ka hadal Sida Cunugaagu U diidi Karo Cadaadista ah Inuu Markasta Ku xirnaado**

Cunugaagu wuxuu baranayaa inuu muujiyo saamaynada saamaynada xun iyo kuwa fiican ee adeegsiga baraha bulshada ay ku leeyihiin saaxiibtinimada. U adeegso su'aalahaan si aad ugala hadasho sida loo adeegsado baraha bulshada si loo dhiso loona joogteeyo xariirada caafimaadka qaba loona diido cadaadiska ku xirnaanta markasta baraha bulshada.

Waydii sadexdaan su'aalood:

1. *Waxaan maqlay inaad fasalka uga hadashay sida aad u aragto baraha bulshada. Waa maxay khibradaadu? Ma mid wanaagsan baa? Ma mid xun baa? Ma mid isku dhafan baa?*
2. *Sida baraha bulshadu u saameeyeen saaxiibtinimadaada?*
3. *Waa maxay waxyaabaha aad samayn karto si ay kaaga caawiyaan inaad khibrad wanaagsan hesho marka aad adeegsanayo baraha bulshada aadna u diido cadaadiska ah inaad mar kasta khadka ku jirto?*
  - Dhagayso (ama talo sii haddii loo baahdo):
    - *Inaan badalo ogaysiisyadayda si aanan isku dayin ama u dareemin cadaadis ah inaan khadka iskaga jiro.*
    - *Inaan iskudayo inaan la wadaago aana wax usoo boosti gareeyo koox yar oo saaxiibo ah badalkii taas.*
    - *Inaan u cadeeyo saaxiibaday marka aan u baahan nahay inaan keligay ahaado ama aanan hayn waqti aan kula hadlo.*
    - *Inaan la shaqeeyo saaxibada si aan u go'aamino qaabka ugu fiican ee aan iskula xariiri karno.*

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



Buuga tusaalaha **Noloshayda Baraha Bulshada**, ama shaqada fasalka 6–8 **Saaxiibada iyo Baraha Bulshada**

RELATIONSHIPS & COMMUNICATION  
**We know the power  
of words & actions.**