



OREGON
HEALTH
AUTHORITY

2025 SHS Su'aallaha Sahminta - FASAIKA 11^{aad}

2025 SHS SU'AALLAHA SAHMINTA – FASALKA 11^{AAD}



OREGON
SHS

STUDENT HEALTH SURVEY

Shaxda Nuxurka

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NUUCA SAHMINTA - LAGA SOO BILAABO WAQTIGA SAHMINTA/HAWEYDIININ (SURVEY VERSION – FROM SURVEY BEING ADMINISTERED/DO NOT ASK)

Dooro nuuca sahminta

- 1 6^{aad}
- 2 8^{aad}
- 3 11^{aad}

OGOLAANSO (CONSENT)

S1. Ma ogoshahay in aad ka qeyb qadato Sahminta Caafimaadka Ardayga (Student Health Survey - SHS)?

- 1 Haa
- 2 May



CAAFIMAADKAGUUD (OVERALL HEALTH)

1. Ma is leedahay in guud ahaan dareenkaaga iyo caafimaadkaaga maskaxeed waa mid...
 - 1 Boqolkiiba boqol wanaagsan
 - 2 Aad ayee u fiican tahay
 - 3 Wuu fiican yahay.
 - 4 Waa iska meel dhaxaad
 - 5 Wuu xun yahay
 - 7 Mahubo aniga
 - 8 Ma garanayo su'aashan waxa ay iweydiineyso
 - 9 Waxaan jeclahay in aan ka jawaabin
2. Ma is leedahay in guud ahaan caafimaadkaaga jirka uu yahay mid...
 - 1 Boqolkiiba boqol wanaagsan
 - 2 Aad ayee u fiican tahay
 - 3 Wuu fiican yahay.
 - 4 Waa iska meel dhaxaad
 - 5 Wuu xun yahay
 - 7 Mahubo aniga
 - 8 Ma garanayo su'aashan waxa ay iweydiineyso
 - 9 Waxaan jeclahay in aan ka jawaabin



XAALADA-DARYEEL – SANADAHAKISIGA (WELL-BEING – ODD YEARS)

Waxaan rabnaa in aan fahano waxyaabaha aad daremeyso si markaa aan fikir fiican uuga helno sida aan u caawin karno ardayda Oregon.

Aan ka bilaawno in aan aragno guud ahaan sida aad adigu tahay.

3. Waa maxay walxaha nolashada ku jira ee kaa caawiya dareenka iyo caafimaadka maskaxda? **Waxaad dooran kartaa hal wax kabadan.**
- 01 Asxaabteyda
 - 02 Qoyska
 - 02 Wiilka ama gabadha shukansato ama lamaane
 - 03 La hadlida lataliye, dhaqtarka terabiga, ama xirfadle caafimaadka maskaxda
 - 04 Howlaha ama waxqabadyada iskuulka kadib (clubs, sports, iwm.)
 - 05 Jimicsiga
 - 06 Diin/Imaan (caabadeysiga, tagida kaniisada, isku imaadyada)
 - 07 Joornal qorashada
 - 08 Waqti ku qaadashada dibada/dabiiciga
 - 09 Xayawanada la heysto
 - 95 Wax kale ayaa aad ugu haboon **(Fadlan wax badan inoo sheeg)** _____
 - 97 Mahubo aniga
 - 98 Ma garanayo su'aashan waxa ay iweydiineyso
 - 99 Waxaan jeclahay in aan ka jawaabin



AAMINIDA – 8AAD IYO 11AAD – SANNADOKISIYA (TRUST – 8TH AND 11TH – ODD YEARS)

Sidaa adiga iyo dadka kale duwan aad u macmiiltan-taan ayaa saameyn karto caafimaadkaaga.

Waxaan rabnaa in aan ogaano ilaa iyo inta aad ku kalsoon tahay dadka kooxaha, hayadaha ama machadyada. Marka aan dhaheyno "aaminid", waxaan uula jeedna kuwa aad aaminsan tahay in ay run sheegaan, isku haleyn karto iskuna dayo in ay wax wanaagsan kuu sameyaan adiga iyo bulshada.

Aaminaad ilaa intee le'eg ayaad ku qabtaa...	Wax aaminaa da kuma qabo	Wax yar aaminaa da	Xooga aaminaad a	In badan aaminsa nahay	Mahubo aniga	Ma garanayo su'aashan waxa ay iweydiineyso	Waxaan jeclahay in aan ka jawaabin
4. Qoyskaaga	1	2	3	4	7	8	9
5. Dariskaaga	1	2	3	4	7	8	9
6. Dugsiyada (iskuulada)	1	2	3	4	7	8	9
7. Xanaanada caafimaadka	1	2	3	4	7	8	9
8. Booliiska	1	2	3	4	7	8	9
9. Dowlada	1	2	3	4	7	8	9



KOBACA WANAAGSAN EE DHALINTA – SANNADO KISIYA (POSITIVE YOUTH DEVELOPMENT (PYD) - ODD YEARS)

Jumladahan soo socdo, ayaa calaamadeynaya sida saxda aad adigu mar walbo u aragto.

10. Inta badan wax walbo waan sameyn karaa haddii aan isku dayo.

- 1 Aad iyo aad waa run
- 2 Waa run sax ah
- 3 Xooga waa run
- 4 Gabi ahaan run ma ahan
- 7 Mahubo aniga
- 8 Ma garanayo su'aashan waxa ay iweydiineyso
- 9 Waxaan jeclahay in aan ka jawaabin

11. Dhibteyda aniga ayaa xalisan karo.

- 1 Aad iyo aad waa run
- 2 Waa run sax ah
- 3 Xooga waa run
- 4 Gabi ahaan run ma ahan
- 7 Mahubo aniga
- 8 Ma garanayo su'aashan waxa ay iweydiineyso
- 9 Waxaan jeclahay in aan ka jawaabin

12. Waxaa nolasheyda ku jiro dad igu dhiiro galiya waxa iigu wanaagsan in aan sameyo.

- 1 Aad iyo aad waa run
- 2 Waa run sax ah
- 3 Xooga waa run
- 4 Gabi ahaan run ma ahan
- 7 Mahubo aniga
- 8 Ma garanayo su'aashan waxa ay iweydiineyso
- 9 Waxaan jeclahay in aan ka jawaabin

13. Waxaan aaminsanahay in aan isbadal ku sameyn karo bulshadeyda.

- 1 Aad iyo aad waa run
- 2 Waa run sax ah
- 3 Xooga waa run
- 4 Gabi ahaan run ma ahan
- 7 Mahubo aniga
- 8 Ma garanayo su'aashan waxa ay iweydiineyso
- 9 Waxaan jeclahay in aan ka jawaabin



CIMILADA ISKUULKA (SCHOOL CLIMATE)

Fadlan inoo sheeg ilaa sida ugu adag heerka aad ku raacsan tahay ama aad qilaafsan tahay jumladaha xiga.

14. Waxaa jiro ugu yaraan hal macalin ama qof weyn oo aniga run ahaanti iga walwalo samaanteydana jecel.

- 1 Aad iyo aad waa run
- 2 Waa run sax ah
- 3 Xooga waa run
- 4 Gabi ahaan run ma ahan
- 7 Mahubo aniga
- 8 Ma garanayo su'aashan waxa ay iweydiineyso
- 9 Waxaan jeclahay in aan ka jawaabin

15. Waxaan dareema in aan ku nabad qabo iskuulka.

- 1 Aad ayaan ugu raacsanahay
- 2 Waan ku raacsanahay
- 3 Kuma raacsani
- 4 Xooga ayaan raacsaneyn
- 7 Mahubo aniga
- 8 Ma garanayo su'aashan waxa ay iweydiineyso
- 9 Waxaan jeclahay in aan ka jawaabin

CIMILADA ISKUULKA – SANNADO KISIYA (SCHOOL CLIMATE)

16. Waa ay fududahay in lala hadlo macalimiinta iyo dadka kale ee waaweyn ee jooga iskuulka.

- 1 Aad ayaan ugu raacsanahay
- 2 Waan ku raacsanahay
- 3 Kuma raacsani
- 4 Xooga ayaan raacsaneyn
- 7 Mahubo aniga
- 8 Ma garanayo su'aashan waxa ay iweydiineyso
- 9 Waxaan jeclahay in aan ka jawaabin



17. Waan ku faraxsanahay in aan iskuulkan joogo.

- 1 Aad ayaan ugu raacsanahay
- 2 Waan ku raacsanahay
- 3 Kuma raacsani
- 4 Xooga ayaan raacsaneyn
- 7 Mahubo aniga
- 8 Ma garanayo su'aashan waxa ay iweydiineyso
- 9 Waxaan jeclahay in aan ka jawaabin

Waxa ay ila tahay in iskuulkan soo dhaweeyo misna xushmeyo ardayda...	Aad ayaan ugu raacsanahay	Waan ku raacsanahay	Kuma raacsani	Xooga ayaan raacsaneyn	Mahubo aniga	Ma garanayo su'aashan waxa ay iweydiineyso	Waxaan jeclahay in aan ka jawaabin
18. Dhamaan jinsiyada iyo qoomiyadaha	1	2	3	4	7	8	9
19. Dhamaan dhaqamada	1	2	3	4	7	8	9
20. Dhamaan diimaha	1	2	3	4	7	8	9
21. Dhamaan jinsiyada dareen ee kale	1	2	3	4	7	8	9
22. Dhamaan jinsiyada kala duwan lab iyo dhedig	1	2	3	4	7	8	9
23. Kuwa cuuryanimada leh	1	2	3	4	7	8	9

24. Intii lagu jiray 30-ki maalin lasoo dhaafay, maalina ma ka maqneed iskuulka?

- 1 Haa
- 2 May
- 7 Mahubo aniga
- 8 Ma garanayo su'aashan waxa ay iweydiineyso
- 9 Waxaan jeclahay in aan ka jawaabin



NATIIJOYINKA – SANNADO KISIYA (GRADES - ODD YEARS)

25. Waa maxay gareedka sida caadiga aad iskuulka ka hesho?
- 1 Inta badan A's
 - 2 Inta badan B's
 - 3 Inta badan C's
 - 4 Inta badan D's
 - 5 Inta badan F's
 - 6 Midna gareedyada sare
 - 7 Mahubo aniga
 - 8 Ma garanayo su'aashan waxa ay iweydiineyso
 - 9 Waxaan jeclahay in aan ka jawaabin



DAAN-DAANSIGA DHIBATEYN (BULLYING)

Su'aallaha xiga waxa ay ku saabsan yihiin gardareysiga (bullying).

Haddii adiga ama qof aad garaneyso u baahan yahay caawinaad, kaalmo bilaash ah oo sir ah qofna ogaan doonin qofku yahay waad heli kartaa 24/7. Fadlan eeg Warqada Agabka Taagero (Support Resource Sheet) oo lagu sii doono marka aad dhameyso warbixinta sahmintan.

26. Intii lagu jiray 12 ki bilood ugu danbeyay, ma dhacday in laguugu gardareystay iskuulka xeyn-daabkiisa?

- 1 Haa
- 2 May
- 7 Mahubo aniga
- 8 Ma garanayo su'aashan waxa ay iweydiineyso
- 9 Waxaan jeclahay in aan ka jawaabin

27. Intii lagu jiray 12 ki Bilood ee lasoo dhaafay, ma lagu gardareystay adiga oo aan ku jirin xeyndaabka iskuulka?

- 1 Haa
- 2 May
- 7 Mahubo aniga
- 8 Ma garanayo su'aashan waxa ay iweydiineyso
- 9 Waxaan jeclahay in aan ka jawaabin

28. Intii lagu jiray 12 ki bilood ugu danbeyay, ma dhacday in laguugu daan-daansado si dhabateyn leh qadka internetka? Waxaad ku dartaa in laguugu dhibateyo fariin qoraaleed, Instagram, baraha bulshada kale, ciyaaraha onleynka, ama muuqaal baahinta tooska ah?

- 1 Haa
- 2 May
- 7 Mahubo aniga
- 8 Ma garanayo su'aashan waxa ay iweydiineyso
- 9 Waxaan jeclahay in aan ka jawaabin



HELIDA XANAANO – SANNADO KISIYA (ACCESS TO CARE - ODD YEARS)

Waxaan jecelnahay in aan aragno haddii aad heli karto xanaanada caafimaad ee jirka iyo maskaxda aad u baahan tahay.

29. Intii lagu jiray sanadkii hore, ma jiraan xanaano **caafimaadka jirka** aad u baahneyd misna aadan **helin**? (Waxad xisaabisa mar kasto oo aad isdhahday waxaad u baahan tahay in aad aragto dhaqtar, kalkaaliso, ama xirfadle kale ee caafimaad.)

- 1 Haa
- 2 May
- 7 Mahubo aniga
- 8 Ma garanayo su'aashan waxa ay iweydiineyso
- 9 Waxaan jeclahay in aan ka jawaabin

30. Intii lagu jiray sanadkii hore, ma jiraan xanaano **caafimaadka dareenka ama maskaxda** aad u baahneyd misna aadan **helin**? (Waxad xisaabisa mar kasto oo aad isdhahday waxaad u baahan tahay in aad aragto lataliye, shaqaale bulsho, ama xirfadle kale ee caafimaadka maskaxda.)

- 1 Haa
- 2 May
- 7 Mahubo aniga
- 8 Ma garanayo su'aashan waxa ay iweydiineyso
- 9 Waxaan jeclahay in aan ka jawaabin

31. Goorme ayaa kugu danbeysay oo aad tagtay dhaqtar ama kalkaaliso caafimaad si aad isku baarto adigo xanuunsaneyn ama dhaawac kusoo gaarin?

- 1 Intii lagu jiray sannadkii hore
- 2 Inta u dhaxeyo 1 iyo 2 sanno kahor
- 3 Wax ka badan 2 sanno kahor
- 4 Maya Ebid
- 7 Mahubo aniga
- 8 Ma garanayo su'aashan waxa ay iweydiineyso
- 9 Waxaan jeclahay in aan ka jawaabin

32. Waa goorme markii kuugu danbeysay ee aad ilkaha iska soo fiiriso, baarto, nadiifiso ilkaha, ama howlaha kale ee dentiistaha?

- 1 Intii lagu jiray sannadkii hore
- 2 Inta u dhaxeyo 1 iyo 2 sanno kahor
- 3 Wax ka badan 2 sanno kahor
- 4 Maya Ebid
- 7 Mahubo aniga
- 8 Ma garanayo su'aashan waxa ay iweydiineyso
- 9 Waxaan jeclahay in aan ka jawaabin



33. Waligaa suus maku galay? **Waxaad dooran kartaa hal wax kabadan.**

- 1 Intii lagu jiray sannadkii hore
- 2 Inta u dhaxeyo 1 iyo 2 sanno kahor
- 3 Wax ka badan 2 sanno kahor

HADDII MID KAMIDA INTAN SOO SOCOTA AAD DOORATAY, MA DOORAN KARTID JAWAAB KALE

- 4 Waligey suus ima galin
- 7 Mahubo aniga
- 8 Ma garanayo su'aashan waxa ay iweydiineyso
- 9 Waxaan jeclahay in aan ka jawaabin

34. Intii lagu jiray sannadkii hore, ma seegtay hal ama wax kabadan oo saacadood iskuulka sababo la xiriiro walxahan soo socdo? **Waxaad dooran kartaa hal wax kabadan.**

- 1 Waxaa igu dhacay ilig xanuun ama ilig aad ii xanuunay
- 2 Afka ayaa i xanuunayay
- 3 Waxaan ku qasbanaa in aan dentiistaha taho sababtoo ah ilig ama afka ayaa i xanuunay (Haku darin booqashoyinka joogtada ee qiimenta ilkaha.)
- 4 Waxaan ku qasbanaa in aan tago qolka gargaarka degdega ah sababtoo ah waxaa ixanuunayay ilig ama afka
- 5 Afka ayaa dhaawac iga soo gaaray anigoo isboortis ciyaarayo

HADDII MID KAMIDA INTAN SOO SOCOTA AAD DOORATAY, MA DOORAN KARTID JAWAAB KALE

- 6 Iskuulka uma imaan weynin dhamaan mid kamid ah sababahan
- 7 Mahubo aniga
- 8 Ma garanayo su'aashan waxa ay iweydiineyso
- 9 Waxaan jeclahay in aan ka jawaabin



CAAFIMAADKA MASKAXDA (MENTAL HEALTH)

Horay waxaan uuga soo hadalnay caafimaadkaaga maskaxda guud ahaan, hadda waxaan jecelnahay in aan ku weydiino dhowr su'aallod oo ku saabsan sida aad daremeyso.

35. Intii lagu jiray 30 maalin ee lasoo dhaafay, ilaa intee dareentay walwalid ama istarees inuu ku hayo?

- 1 Maya gabi ahaanba
- 2 Dhowr maalmood
- 3 Inkabadan kala bar maalmaha
- 4 Ugu yaraan maalin walbo
- 7 Mahubo aniga
- 8 Ma garanayo su'aashan waxa ay iweydiineyso
- 9 Waxaan jeclahay in aan ka jawaabin

36. Intii lagu jiray sanadkii hore, wali ma dareentay murugo aad u badan ama in aadan caawinaad heysan maalin kasto **mudo labo isbuuc ah ama wax ka badan oo isku xigo** ayadoo tani ay kaa joojisay in aad qabsano howlahii caadiga ahaa?

- 1 Haa
- 2 May
- 7 Mahubo aniga
- 8 Ma garanayo su'aashan waxa ay iweydiineyso
- 9 Waxaan jeclahay in aan ka jawaabin

37. Intii lagu jiray sannadkii hore, ma sameysay wax aad si ula kac ah naftaada ugu wax yeleyneso adigoo rabin in aad is disho, sida in aad is jarto ama si kas ah isku gubto?

- 1 Haa
- 2 May
- 7 Mahubo aniga
- 8 Ma garanayo su'aashan waxa ay iweydiineyso
- 9 Waxaan jeclahay in aan ka jawaabin



KA HORTAGA ISDILIDA (SUICIDE PREVENTION)

38. Intii lagu jiray sanadkii hore, ma ku fikirtay isku dayday in aad is disho?

- 1 Haa
- 2 May
- 7 Mahubo aniga
- 8 Ma garanayo su'aashan waxa ay iweydiineyso
- 9 Waxaan jeclahay in aan ka jawaabin

39. Intii lagu jiray sanadkii hore, ma isku dayday in aad is disho?

- 1 Haa
- 2 May
- 7 Mahubo aniga
- 8 Ma garanayo su'aashan waxa ay iweydiineyso
- 9 Waxaan jeclahay in aan ka jawaabin

SHAASHAD GOONI AH

Haddii aad u baahan tahay caawinaad dareen, wac ama fariin usoo dir qadka

tooska dhibaataada qaranka ee caafimaadka maskaxda **988**

waa bilaash waana mid caawintiisu sir tahay 24/7.



40. Waxaa jiro macalin ama qof kale weyn oo jooga iskuulkeyga oo aan ku aamin qabo haddii aan u baahdo in aan help caawinaad.

- | | | |
|---|------------------------------------|-----------|
| 1 | Haa | |
| 2 | May | UBOOD Q42 |
| 7 | Mahubo aniga | UBOOD Q42 |
| 8 | Ma fahansani su'aashan | UBOOD Q42 |
| 9 | Waxaan jeclahay in aan ka jawaabin | UBOOD Q42 |

41. Ilee intee suurto gal tahay in aad u tagto macalinkan ama qofkan weyn ee jooga iskuulka haddii aad caawinaad u baahan tahay?

- | | |
|---|--|
| 1 | Waa macquul |
| 2 | Xooga waa macquul |
| 3 | Xooga suurto gal ma ahan |
| 4 | Gabi ahaanba macquul maahan |
| 7 | Mahubo aniga |
| 8 | Ma garanayo su'aashan waxa ay iweydiineyso |
| 9 | Waxaan jeclahay in aan ka jawaabin |

42. Waxii ka baxsan saacadaha iskuulka, waxaa jirto goob amaan ah ama qof aan u tagi karo haddii aan u baahanahay caawinaad.

- | | | |
|---|--|-----------|
| 1 | Haa | |
| 2 | May | UBOOD Q44 |
| 7 | Mahubo aniga | UBOOD Q44 |
| 8 | Ma garanayo su'aashan waxa ay iweydiineyso | UBOOD Q44 |
| 9 | Waxaan jeclahay in aan ka jawaabin | UBOOD Q44 |

43. Ilee intee suurto gal tahay in aad tagto goob amaana ama qof iskuulka ka baxsan haddii aad caawinaad u baahan tahay?

- | | |
|---|--|
| 1 | Waa macquul |
| 2 | Xooga waa macquul |
| 3 | Xooga suurto gal ma ahan |
| 4 | Gabi ahaanba macquul maahan |
| 7 | Mahubo aniga |
| 8 | Ma garanayo su'aashan waxa ay iweydiineyso |
| 9 | Waxaan jeclahay in aan ka jawaabin |



WAXBARASHADA FAHANKA GALMADA (COMPREHENSIVE SEX EDUCATION)

Su'aallaha waxa ay wax kaa weydiinayaan mowduucyo laga yaabo in laguugu dhigay iskuulka intii lagu jiray sannadkii hore (2024-25).

-
44. Intii lagu jiray sanadkii hore, malaguugu dhigay iskuulka sida loo isticmaalo kondhomka si looga hortago uurka iyo cudurada infekshinka leyskugu gudbiyo galmada, oo ay kamid tahay HIV?
- 1 Haa
 - 2 May
 - 7 Mahubo aniga
 - 8 Ma garanayo su'aashan waxa ay iweydiineyso
 - 9 Waxaan jeclahay in aan ka jawaabin
-
45. Intii lagu jiray sanadkii hore, malaguugu dhigay iskuulka sida loo isticmaalo uur iska ilaalinta (birth control) ama meesha laga helo uur iska ilaalinta (birth control)?
- 1 Haa
 - 2 May
 - 7 Mahubo aniga
 - 8 Ma garanayo su'aashan waxa ay iweydiineyso
 - 9 Waxaan jeclahay in aan ka jawaabin
-
46. Intii lagu jiray sannadkii hore, ma laguugu dhigay iskuulka wax ku saabsan xiriirada wanaagsan iyo isxushmeynta?
- 1 Haa
 - 2 May **UBOOD Q48**
 - 7 Mahubo aniga **UBOOD Q48**
 - 8 Ma garanayo su'aashan waxa ay iweydiineyso **UBOOD Q48**
 - 9 Waxaan jeclahay in aan ka jawaabin **UBOOD Q48**
-
47. Waxaad ka fikirta casharada aad ku qaadatay sanad dugsiyeedki hore ee ku saabsan xiriirada wanaagsan oo xushmada ku dhisan, halka LGBTQ2SIA+ (lesbian, gay, bisexual, transgender, queer, two-spirit, intersex, asexual, etc.) dadka isku sheega in lagu daray casharada fasalka?
- 1 Haa, LGBTQ2SIA+ kuwa isku sheega waa lagu daray fasalada
 - 2 Maya, LGBTQ2SIA+ kuwa isku sheega laguma darin fasalada
 - 7 Mahubo aniga
 - 8 Ma garanayo su'aashan waxa ay iweydiineyso
 - 9 Waxaan jeclahay in aan ka jawaabin



CAAFIMAADKA GALMADA (SEXUAL HEALTH)

Su'aallaha xiga ayaa wax kaa weydiinaya dhaqanka caafimaadka galmada iyo isku taga galmo. Waxaad xasuusnata in jawaabahaagu ay ahaan doonaan kuwa sir ah. Qasab ma ahan in aad ka jawaabto su'aal aadan rabin in aad ka jawaabto.

Su'aallaha qaar ayaa laga yaaba in ay ku soo xasuusiyaan dareemo iyo gucashooyin adag. Haddii adiga ama qof aad garaneyso uu ku jiro xaalad adag caawinaadna u baahan yahay.

- Wac 24/7: 800-273-8255
- Fariin u dir: 273TALK nambarkan 839863

Fadlan waxaad eegta Warqada Agabka Kaalmo ee wadooyin badan oo aad ku heli karto caawinaad sir ah oo qarsoon misna bilaash ah.

48. Waligaa galmo ma sameysay ama qof kale mala sameysay galmo?

- | | | |
|---|--|-----------|
| 1 | Haa | |
| 2 | May | UBOOD Q51 |
| 7 | Mahubo aniga | UBOOD Q51 |
| 8 | Ma garanayo su'aashan waxa ay iweydiineyso | UBOOD Q51 |
| 9 | Waxaan jeclahay in aan ka jawaabin | UBOOD Q51 |

49. Meeqo jir ayaa aheyd markii kuugu horeysay aad galmo sameysay ama aad xiriir galmo qof la sameyso?

- | | |
|----|--|
| 01 | 11 sanno jir ama ka yar |
| 02 | 12 sanno jir |
| 03 | 13 sanno jir |
| 04 | 14 sanno jir |
| 05 | 15 sanno jir |
| 06 | 16 sanno jir |
| 07 | 17 sanno jir ama ka weyn |
| 97 | Mahubo aniga |
| 98 | Ma garanayo su'aashan waxa ay iweydiineyso |
| 99 | Waxaan jeclahay in aan ka jawaabin |



50. Markii kuugu danbeysay aad galmo sameysay ama aad ficil galmo sameysay, qaab ama qaabab nuuce ah ayaad isticmaashen adiga iyo lamaanahaga si aad uuga hortagtaan uur ama infekshinka galmada leyskugu gudbiyo? **Waxaad dooran kartaa hal wax kabadan.**
- 01 Waligey ma sameynin wax ficil galmo ah oo keeni kara uur ama in infekshin lagu kala qaado MA DOORAN KARO JAWAAB KALE
 - 02 Kondhom ama nidaam kahortag kale
 - 03 kaniiniga ka hortaga uurka
 - 04 Kaniinga kilkisha lagaliyo (Contraceptive implant (Implanon ama Nexplanon))
 - 05 Kaniiniga garabka la galiyo (contraceptive patch)
 - 06 Cijirka la gashto (contraceptive ring)
 - 07 Depo-Provera (cirbada ahaan loo qaadan karo)
 - 08 Kaniinka hortaga degdega (Qorshaha B/subaxii la qaato)
 - 09 IUD (intrauterine aalada sida Mirena ama Paragard)
 - 10 Ka bixinta/Banaanka biyaha lagu daadiyo
 - 11 Qaabab kale
 - 12 Waxna ma aanan isticmaalin si aan uuga hortagno uur ama cudurada lagu kala qaado galmada

HADDII MID KAMIDA INTAN SOO SOCOTA AAD DOORATAY, MA DOORAN KARTID JAWAAB KALE

- 97 Mahubo aniga
- 98 Ma garanayo su'aashan waxa ay iweydiineyso
- 99 Waxaan jeclahay in aan ka jawaabin



QAMRI (ALCOHOL)

Su'aalaha xigo ayaa wax kaa weydiin doono cabitaanka qamriga. Waxaa kamid ah cabida biirka, qamriga, spiked seltzers sida White Claw ama Truly, iyo qamriga (liquor) "koob yaraha" sida rum, gin, vodka, ama whiskey. Su'aallahan marke timaado, cabitaanka qamriga kama mid ahan cabitaanka dhowr kabasho oo qamri (wine) arrimo diimeed awgeed.

51. Waligaa ma cabtay qamri marka laga tako dhowr kabasho?

- | | | |
|---|--|-----------|
| 1 | Haa | |
| 2 | Waligey qamri ma cabin | UBOOD Q54 |
| 7 | Mahubo aniga | UBOOD Q54 |
| 8 | Ma garanayo su'aashan waxa ay iweydiineyso | UBOOD Q54 |
| 9 | Waxaan jeclahay in aan ka jawaabin | UBOOD Q54 |

52. Meeqo jir ayaad aheyd markii kuugu horeysay ee aad cabto qamri marka laga reebo dhowr kabasho? 02 12 sanno jir ama ka yar

- | | | |
|----|--|--|
| 03 | 13 sanno jir | |
| 04 | 14 sanno jir | |
| 05 | 15 sanno jir | |
| 06 | 16 sanno jir | |
| 07 | 17 sanno jir ama ka weyn | |
| 97 | Mahubo aniga | |
| 98 | Ma garanayo su'aashan waxa ay iweydiineyso | |
| 99 | Waxaan jeclahay in aan ka jawaabin | |

53. Intii lagu jiray 30 ki maalin ee lasoo dhaafay, ma isku dayday in aad cabto ugu yaraan mar qamri?

- | | | |
|---|--|-----------|
| 1 | Haa | |
| 2 | May | UBOOD Q54 |
| 7 | Mahubo aniga | UBOOD Q54 |
| 8 | Ma garanayo su'aashan waxa ay iweydiineyso | UBOOD Q54 |
| 9 | Waxaan jeclahay in aan ka jawaabin | UBOOD Q54 |

54. Intii lagu jiray 30 ki maalin ee lasoo dhaafay, ma cabtay wax ka badan 5 cabitaan qamri oo isku xiga, dhowr saacadood gudahood?

- | | | |
|---|--|--|
| 1 | Haa | |
| 2 | May | |
| 7 | Mahubo aniga | |
| 8 | Ma garanayo su'aashan waxa ay iweydiineyso | |
| 9 | Waxaan jeclahay in aan ka jawaabin | |



XASHIISH (MARIJUANA)

Su'aallaha xiga waxa ay ku saabsan yihiin xashiishka. Tan micnaheedu waa xashiish ama caleenta xashiis (cannabis) nuuc kasta, mar marka qaar loo yaqaan xasuushka budada (weed), hash ama pot. Haku darin hemp-based ama CBD-kaliya agabyada.

55. Waligaa xashiish ma isticmaashay nuuc kastu ahaadoba?

- | | | |
|---|---|-----------|
| 1 | Haa | |
| 2 | Maya waligey ma isticmaalin xashiish ama cannabis | UBOOD Q61 |
| 7 | Mahubo aniga | UBOOD Q61 |
| 8 | Ma garanayo su'aashan waxa ay iweydiineyso | UBOOD Q61 |
| 9 | Waxaan jeclahay in aan ka jawaabin | UBOOD Q61 |

56. Meeqo jir ayaad aheyd marka isu dayday in aad isticmaasho xashiish markii kuugu horeysay?

- | | |
|----|--|
| 02 | 12 sanno jir ama ka yar |
| 03 | 13 sanno jir |
| 04 | 14 sanno jir |
| 05 | 15 sanno jir |
| 06 | 16 sanno jir |
| 07 | 17 sanno jir ama ka weyn |
| 97 | Mahubo aniga |
| 98 | Ma garanayo su'aashan waxa ay iweydiineyso |
| 99 | Waxaan jeclahay in aan ka jawaabin |

57. Intii lagu jiray 30 ki maalin ee lasoo dhaafay, ma isticmaashay xashiish?

- | | | |
|---|--|-----------|
| 1 | Haa | |
| 2 | Maya | UBOOD Q59 |
| 7 | Aniga ma hubo | UBOOD Q59 |
| 8 | Ma garanayo su'aashan waxa ay iweydiineyso | UBOOD Q59 |
| 9 | Waxaan jeclahay in aan ka jawaabin | UBOOD Q59 |

58. Intii lagu jiray 30 ki maalin ee lasoo dhaafay, Sidee u isticmaashay xashiishka?

Waxaad dooran kartaa hal wax kabadan.

- | | |
|----|--|
| 01 | Waan cabay (duub, bong, pipe, blunt) |
| 02 | Feeb ahaan (e.g., vape pen) |
| 03 | Waan cunay (brownies ahaan, keek, buskudka kuukiga, nacinac) |
| 04 | Waan cabay (shaah, cola, qamri) |
| 05 | Duub galis afka (Dabbed it) |
| 06 | Si kale ayaan u isticmaalay |



**HADDII MID KAMIDA INTAN SOO SOCOTA AAD DOORATAY, MA DOORAN KARTID
JAWAAB KALE**

- 97 Mahubo aniga
- 98 Ma garanayo su'aashan waxa ay iweydiineyso
- 99 Waxaan jeclahay in aan ka jawaabin



TUBAAKO (TOBACCO)

59. Waligaa ma ma isticmaashay shiishada, e-sigaarka ama tubaakoyinka kale sida sigaarada, tubaakada la ruugo, cigarillos, ama hookah?

- | | | |
|---|--|-----------|
| 1 | Haa | |
| 2 | May | UBOOD Q61 |
| 7 | Mahubo aniga | UBOOD Q61 |
| 8 | Ma garanayo su'aashan waxa ay iweydiineyso | UBOOD Q61 |
| 9 | Waxaan jeclahay in aan ka jawaabin | UBOOD Q61 |
-

60. Intii lagu jiray 30ki maalin ee lasoo dhaafay, walxahe isticmaashay? **Waxaad dooran kartaa hal wax kabadan.**

- | | |
|----|---|
| 01 | Sigaar |
| 02 | Agabka shiishada ama e-sigaarka ah |
| 03 | Tubaakada la ruugo, sida Skoal ama Copenhagen |
| 04 | Cigarillos ama sigaar yar cigars, sida Swisher Sweets |
| 05 | Hookah ama shiishada tubada la dhuuqa |
| 06 | Tubaako kale nuuce doonto ha ahaate |

HADDII MID KAMIDA INTAN SOO SOCOTA AAD DOORATAY, MA DOORAN KARTID JAWAAB KALE

- | | |
|----|---|
| 07 | Ma isticmaalin mid kamida walxahan bishii lasoo dhaafay |
| 97 | Mahubo aniga |
| 98 | Ma garanayo su'aashan waxa ay iweydiineyso |
| 99 | Waxaan jeclahay in aan ka jawaabin |
-

61. Intii lagu jiray bishii hore, waligaa ma isticmaashay tubaako la meceyay ama agabka shiishada sida nacinac kuleel, furuut, coffee, nacinac, ama mac macaan kale? Ka reeb xashiishka (marijuana).

- | | |
|---|--|
| 1 | Haa |
| 2 | May |
| 7 | Mahubo aniga |
| 8 | Ma garanayo su'aashan waxa ay iweydiineyso |
| 9 | Waxaan jeclahay in aan ka jawaabin |
-



KA HORTAGA QALAASAH IYO DHAAWAC (INJURY AND VIOLENCE PREVENTION)

SHAASHAD GOONI AH

Su'aallaha xiga waxa ay wax kaa weydiin doonaan qalalaasaha shukaansiga, dhibaateynta galmo, iyo qalalaasha guriga, ama ku tacdiyda dhibaateyn. Waxaad xasuusnata in jawaabahaagu ay ahaan doonaan kuwa sir ah. Qasab ma ahan in aad ka jawaabto su'aal aadan rabin in aad ka jawaabto.

Su'aallaha qaar ayaa laga yaaba in ay ku soo xasuusiyaan dareemo iyo gucashooyin adag. Haddii adiga ama qof aad garaneyso uu ku jiro xaalad adag caawinaadna u baahan yahay.

- YouthLine
Dhalinta ayaa diyaar u ah in ay caawiyaan maalin walbo laga bilaabo 4-10 pm PST (dadka waaweyn ayaa lagu heli karaa qadka taleefanka waqtiyada kale)
Wac: **877.968.8491**
U-dir fariin: **teen2teen lambarkan 839863B**
- Xadgudubka Galmo ee Qaranka (National Sexual Assault) 24-Saac Qadka Tooska:
1-800-656-HOPE (1-800-656-4673) ama [RAINN.org](https://rainn.org)
- Xadgudubka Guriga ee Qaranka (National Sexual Assault) 24-Saac Qadka Tooska:
1-800-799-SAFE (1-800-799-7233) ama thehotline.org

62. Waligaa malaguugu qasbay ama culeys laguugu saaray in aad sameyo ficil galmo adiga oo aadan rabin?

- 1 Haa
- 2 May
- 7 Mahubo aniga
- 8 Ma fahansani su'aashan
- 9 Waxaan jeclahay in aan ka jawaabin

63. Waligaa qof weyn dhibaato jir makugu sameyay? Tusaale, dharbaaxsho ama kala tuur, in wax laguugu soo tuuro ama makaa hor istaagay in aad baxdo markaa darentay in aysan amaan aheyn?

- 1 Haa
- 2 May
- 7 Mahubo aniga
- 8 Ma fahansani su'aashan
- 9 Waxaan jeclahay in aan ka jawaabin



KA HORTAGA QALAASAH IYO DHAAWAC SANNADO KISIYA (INJURY AND VIOLENCE PREVENTION – ODD YEARS)

64. Intii lagu jiray sannadkii hore, qof aad shukaansaneysay, la galmooneysay, la baashaaleysay ama dibada isku raaceysen ma ku dhibaateyay? Tusaale, dharbaaxsho ama kala tuur, in wax laguugu soo tuuro ama makaa hor istaagay in aad wax sameyso sida in aad baxdo?

- 1 Haa
 - 2 May
 - 7 Mahubo aniga
 - 8 Ma fahansani su'aashan
 - 9 Waxaan jeclahay in aan ka jawaabin
-

65. Intii lagu jiray sannadkii hore, qof aad shukaansaneysay, la galmooneysay, la baashaaleysay ama dibada isku raaceysen ma ma isku dayay in uu ku maamulo, ku dabci badalo, ama ku dhibaateyo maskaxiyan ama dareen ahaan? Tusaale, makuu sheegay qofka aad waqti la qaadan karto ama aadan la qaadan karin waxa aad xiraneyso iyo waxa aadan xiran karin, ku cebeyste ama kugu caayay dadka hortooda, ama isku dayay in uu ku maamulo asaga/ayadoo isticmaaleyso baraha bulshada?

- 1 Haa
 - 2 May
 - 7 Mahubo aniga
 - 8 Ma fahansani su'aashan
 - 9 Waxaan jeclahay in aan ka jawaabin
-

66. Qof aad shukaansaneysay, la galmooneysay, dibada isku raaceysen ma isticmaalay taleefankaaga, barahaaga bulshada ama aalad tiknolaji kale si uu kuu maamulo ama kuula socdo ama ku bahdilo ama kugu cebeysto wax aad si qaas ah ugula wadaagtay?

- 1 Haa
 - 2 May
 - 7 Mahubo aniga
 - 8 Ma fahansani su'aashan
 - 9 Waxaan jeclahay in aan ka jawaabin
-

67. Waligaa qof maku taabtay ama qabtay jirkaaga ama makaa bixiyay faallo galmo aadan rabin oo ku saabsan jirkaaga fasax la'aan?

- 1 Haa
 - 2 May
 - 7 Mahubo aniga
 - 8 Ma fahansani su'aashan
 - 9 Waxaan jeclahay in aan ka jawaabin
-



68. Waligaa ma aragtay qof iskuulka joogo oo jir ahaan, dareen ahaan ama galmo ahaan la wax yeleyneyso?

- 1 Haa
- 2 May
- 7 Mahubo aniga
- 8 Ma fahansani su'aashan
- 9 Waxaan jeclahay in aan ka jawaabin

BAD-BAADADA HUBKA - SANNADO KISYA (FIREARM SAFETY – ODD YEARS)

Dadka qaar ayaa ciyaar-ciyaar iskaga heysto qoryo (sida ugaarsiga ama ciyaaraha toogashada), in loogu isticmaalo beeraha ama difaacida guriga. Mararka qaar ayee awoodan si fudud in ay ku helaan qoray (inta badan waalidka ama masuulkooda oo ogeyn ama iyagoo fasax ka heysan) waxa ayna keeni kartaa in ay waxyeleyaan qof kale. Su'aasha xigta ayaa wax kaa weydiineysa surta galka in aad hesho qoray.

69. Haddii aad rabto, ilaa iyo intee ayee kugu qaadan kartaa in aad hesho misna isticmaasho qoray ayada oo uu waalidka ama dadka kale waaweyn adoo fasax ka heysan?

- 1 Ma awoodo in aan qoray helo
- 2 Wax ka yar 10 daqiiqo
- 3 Wax ka yar 1 saac
- 4 Wax ka yar 24 saac
- 6 24 saac ama wax ka badan
- 7 Mahubo aniga
- 8 Ma garanayo su'aashan waxa ay iweydiineyso
- 9 Waxaan jeclahay in aan ka jawaabin



DEEGAANADA - JINSIGA IYO FARACA (DEMOGRAPHICS - RACE AND ETHNICITY)

Dadka kala duwan ayaa soo maray qibrado nolal kala duwan oo saameyn karto caafimaadkooda. Fadlan wax inooga sheeg shaqsiyadaada si markaa aan sida ugu wanaagsan aan kuusiino kaalmada kugu haboon si aad u ahaato qof caafimaad qabo oo bulaalo.

Fadlan wax inooga sheeg naftaada.

70. Waa maxay jinsigaaga qoomiyadeed ama farac? **Waxaad dooran kartaa hal wax kabadan.**

- 100 Dhaladka Mareykanka, American Indian ama Dhalad Reer Alaska
- 200 Aasiyaan
- 300 Madow Ameerikaan ah
- 400 Hisbaanig ama Laatino
- 500 Dhalad Hawaiian ama Pacific Islander
- 601 Bariga Dhexe/ Waqooyiga Afrika/ SWANA (Southwest Asian/North African)
- 800 Cadaan

HADDII MID KAMIDA INTAN SOO SOCOTA AAD DOORATAY, MA DOORAN KARTID JAWAAB KALE

- 997 Aniga ma hubo **UBOOD Q82**
- 998 Ma garanayo su'aashan waxa ay iweydiineyso **UBOOD Q82**
- 999 Waxaan jeclahay in aan ka jawaabin **UBOOD Q82**

HADDII AAD DOORATAY DHALAD, HINDIDA MAREYKANKA AMA DHALAD REER ALASKA

71. Ma tahay... **Waxaad dooran kartaa hal wax kabadan.**

- 105 Dhalad Mareykana (Indigenous American)
- 101 Hindida Mareykanka
- 102 Dhalad Reer Alaska
- 104 Canadian Inuit, Metis, ama First Nation
- 103 Dhalad Meksikaan, Bartahama Amerikan, ama Konfurta Amerikan
- 195 Wax kale ayaa ku haboon si wanaagsan
(Fadlan wax badan inoo sheeg)_____

HADDII MID KAMIDA INTAN SOO SOCOTA AAD DOORATAY, MA DOORAN KARTID JAWAAB KALE

- 197 Mahubo aniga
- 198 Ma garanayo su'aashan waxa ay iweydiineyso
- 199 Waxaan jeclahay in aan ka jawaabin



HADDII AAD DOORATAY AASIYAAN

72. Ma tahay... **Waxaad dooran kartaa hal wax kabadan.**

- 201 Hindi Aasiyaan
 - 202 Cambodian
 - 203 Shiinees
 - 204 Bulshooyinka Myanmar
 - 205 Filipino/a/x
 - 206 Hmong
 - 207 Japanese
 - 208 Korean
 - 209 Laotian
 - 210 Koonfur Aasiya
 - 211 Fiitnaamis
 - 295 Wax kale ayaa ku haboon si wanaagsan
- (Fadlan wax badan inoo sheeg)**_____

HADDII MID KAMIDA INTAN SOO SOCOTA AAD DOORATAY, MA DOORAN KARTID JAWAAB KALE

- 297 Mahubo aniga
- 298 Ma garanayo su'aashan waxa ay iweydiineyso
- 299 Waxaan jeclahay in aan ka jawaabin

HADDII AAD DOORATAY MADOW/AFRIKAANKA MAREYKANKA

73. Ma tahay... **Waxaad dooran kartaa hal wax kabadan.**

- 301 Madow
 - 302 Mareykan Afrkikaanka ah
 - 310 Afro-Karibiyaan
 - 311 Afro-Latino/a/x
 - 303 Jameykaan
 - 304 Heytiyaan
 - 308 Itoobiyaan
 - 309 Somali
 - 395 Wax kale ayaa ku haboon si wanaagsan
- (Fadlan wax badan inoo sheeg)**_____

HADDII MID KAMIDA INTAN SOO SOCOTA AAD DOORATAY, MA DOORAN KARTID JAWAAB KALE

- 397 Mahubo aniga
- 398 Ma garanayo su'aashan waxa ay iweydiineyso
- 399 Waxaan jeclahay in aan ka jawaabin



HADDII AAD DOORATAY LAATINO

74. Ma tahay... **Waxaad dooran kartaa hal wax kabadan.**

- 401 Mexican, Mexican American, Chicano/a
- 402 Puerto Rican
- 403 Kuubaan
- 404 Guatemalan
- 405 Honduran
- 407 Salvadoran
- 420 Afro-Latino/a/x/e
- 495 Wax kale ayaa ku haboon si wanaagsan
(Fadlan wax badan inoo sheeg)_____

HADDII MID KAMIDA INTAN SOO SOCOTA AAD DOORATAY, MA DOORAN KARTID JAWAAB KALE

- 497 Mahubo aniga
- 498 Ma garanayo su'aashan waxa ay iweydiineyso
- 499 Waxaan jeclahay in aan ka jawaabin

HADDII AAD DOORATAY HAWA'IYAN/PACIFIC ISLANDER

75. Ma tahay... **Waxaad dooran kartaa hal wax kabadan.**

- 501 Dhaladka Hawaiian/Kanaka Maoli
- 502 Chamoru (Chamorro)
- 503 Chuukese
- 504 Bulshooyinka deegaanka Micronesian
- 505 Fijian
- 506 Guamanian
- 507 Kosraean
- 508 Maori
- 509 Marshallese
- 510 Palauan
- 514 Samoan
- 515 Tongan
- 595 Wax kale ayaa ku haboon si wanaagsan
(Fadlan wax badan inoo sheeg)_____

HADDII MID KAMIDA INTAN SOO SOCOTA AAD DOORATAY, MA DOORAN KARTID JAWAAB KALE

- 597 Mahubo aniga
- 598 Ma garanayo su'aashan waxa ay iweydiineyso
- 599 Waxaan jeclahay in aan ka jawaabin



HADII BARIGA DHEXE/ WAQOYIGA AFRIKA/ SWANA AAD DOORATAY

76. Ma tahay... Waxaad dooran kartaa hal wax kabadan.

611 Masaari

612 Ciraaqi

613 Iranian

614 Yuhuud israa'ili

615 Lebanese

616 Falastiini

617 Siiriyaan

618 Turki

695 Wax kale ayaa ku haboon si wanaagsan

(Fadlan wax badan inoo sheeg)_____

**HADDII MID KAMIDA INTAN SOO SOCOTA AAD DOORATAY, MA DOORAN KARTID
JAWAAB KALE**

627 Mahubo aniga

628 Ma garanayo su'aashan waxa ay iweydiineyso

629 Waxaan jeclahay in aan ka jawaabin



HADDII AAD DOORATAY CADAAN

77. Ma tahay... **Waxaad dooran kartaa hal wax kabadan.**

803 Af Soomaali

804 Faransiis

805 Jarmal

806 Gariik

808 Irish

809 Itaaliyaan

810 Norwegian

811 Polish

812 Romanian

813 Russian

814 Scottish

816 Spaniard/Spanish

817 Swedish

818 Ukrainian

895 Wax kale ayaa ku haboon si wanaagsan

(Fadlan wax badan inoo sheeg)_____

HADDII MID KAMIDA INTAN SOO SOCOTA AAD DOORATAY, MA DOORAN KARTID JAWAAB KALE

897 Mahubo aniga

898 Ma garanayo su'aashan waxa ay iweydiineyso

899 Waxaan jeclahay in aan ka jawaabin



WEYDII HADDII UU DOORTAY WAX KA BADAN HAL QOOMIYAD/JINSI

Waxaad ku jawaabtay in aad tahay in kabadan hal jinsiyad ama farac.

78. Ma jiraa mid aad isleedahay waa midka ugu weyn jinsi ama farac ahaan shaqsi ahaantada?

- | | | |
|---|---|------------------|
| 1 | Haa, waxaa jiro hal jinsi weyn ama farac aan leeyahay | |
| 2 | Malihi hal farac weyn ama jinsi/Majiro farac jinsi oo aniga si qaasa aniga ii qeexaysa. | UBOOD Q80 |
| 3 | Waxaan isku sheega in aan ahay farac badne ama jinsi badne | UBOOD Q80 |
| 7 | Mahubo aniga | UBOOD Q80 |
| 8 | Ma garanayo su'aashan waxa ay iweydiineyso | UBOOD Q80 |
| 9 | Waxaan jeclahay in aan ka jawaabin | UBOOD Q80 |

79. **Midkee** ayaad isleedahay waa jinsiyadaada ama faracaaga **ugu weyn**? RACEMAIN

- | | |
|-----|---|
| 100 | Dhaladka Mareykanka, American Indian ama Dhalad Reer Alaska |
| 200 | Aasiyaan |
| 300 | Madow Ameerikaan ah |
| 400 | Hisbaanig ama Laatino |
| 500 | Dhalad Hawaiian ama Pacific Islander |
| 601 | Bariga Dhexe/ Waqooyiga Afrika/ SWANA |
| 800 | Cadaan |
| 997 | Mahubo aniga |
| 998 | Ma garanayo su'aashan waxa ay iweydiineyso |
| 999 | Waxaan jeclahay in aan ka jawaabin |



DEEGAANADA – QABIILADA (DEMOGRAPHICS - TRIBES)

HADDII AAD DOORATAY DHALAD, HINDIDA MAREYKANKA AMA DHALAD REER ALASKA

80. Ma ka diwaan gashan tahay qabiil jooga Maamul Gobolledka Oregon?
- 1 Haa, waan ka diwaan gashahay qabiil Oregon
 - 2 Maya, waxaan ka diwaan gashanahay qabiil ka baxsan Oregon **UBOOD Q82**
 - 3 Maya, wax qabiil ah kama diwaan gashni **UBOOD Q82**

HADDII MID KAMIDA INTAN SOO SOCOTA AAD DOORATAY, MA DOORAN KARTID JAWAAB KALE

- 7 Aniga ma hubo **UBOOD Q82**
- 8 Ma garanayo su'aashan waxa ay iweydiineyso **UBOOD Q82**
- 9 Waxaan jeclahay in aan ka jawaabin **UBOOD Q82**

-
81. Qabiilada Oregon midkee ayaad ka diwaan gashan tahay?
- 01 Burns Paiute Tribe
 - 02 Confederated Tribes ee Coos, Lower Umpqua, iyo Siuslaw Indians
 - 03 Confederated Tribes ee Grand Ronde
 - 04 Confederated Tribes ee Siletz Indians
 - 05 confederated Tribes ee Umatilla Indian Reservation
 - 06 Confederated Tribes ee Warm Springs
 - 07 Coquille Indian Tribe
 - 08 Cow Creek band ee Umpqua Indians
 - 09 Klamath Tribes
 - 10 Waxaan iska diwaan galiye qabiilo kala duwan
(Fadlan wax badan inoo sheeg)_____
 - 97 Mahubo aniga
 - 98 Ma garanayo su'aashan waxa ay iweydiineyso
 - 99 Waxaan jeclahay in aan ka jawaabin



DEEGAANADA – LUUQADAHA (DEMOGRAPHICS LANGUAGES)

82. Luuqade ama luuqadahe ayaad guriga uga hadashaan? **Waxaad dooran kartaa hal wax kabadan.**

- 01 Af Soomaali
- 02 Spanish
- 03 Amerikan Indian/Luuqadaha Dhaladka Reer Alaska
- 04 Cantonese
- 05 Mandarin
- 06 Fiitnaamis
- 07 Hawaiian
- 08 Samoan
- 09 Somali
- 10 Russian
- 11 ASL, PSE, (Luuqada Dhagoolaha Mareykanka, Luuqada Pidgin Englishka, turjimida istaraatijiga, iwm.)
- 95 Luuqad kale (**Fadlan wax badan iinooga sheeg**) _____

HADDII MID KAMIDA INTAN SOO SOCOTA AAD DOORATAY, MA DOORAN KARTID JAWAAB KALE

- 97 Mahubo aniga
- 98 Ma garanayo su'aashan waxa ay iweydiineyso
- 99 Waxaan jeclahay in aan ka jawaabin



DEEGAANADA – HOY LA'AANTA (DEMOGRAPHICS - HOUSELESSNESS)

Halka aad ku nooshahay waxa ay saameyn kartaa caafimaadkaaga.

-
83. 30 ki maalin ee lasoo dhaafay, inta badan halkee seexaneysay? 01 Guriga waalidkeyga, eddo ama adeer hooyo ama qaabo qabo ama guriga masuulkeyga
- 02 Guriga saaxiib, xubin qoyska, ama dadka kale sababtoo ah waxaan ku qasbanaa in aan gurigeyga kasoo tago ama waalidkeyga ama masuulkeyga ma awoodo guri
- 03 Guriga xanaanada caruurta (foster home)
- 04 Guriyenta kumel gaarka ama guriyenta gargaarka degdega
- 05 Hoteel ama motel
- 06 Gaari dhexdiisa, baarkaha, dhulka kaam, ama meelaha kale ee bulshada
- 07 Meel gooniya oo aan saaxdo ma heysto
- 95 Wax kale ayaa aad ugu haboon **(Fadlan wax badan inoo sheeg)**____
- 97 Mahubo aniga
- 98 Ma garanayo su'aashan waxa ay iweydiineyso
- 99 Waxaan jeclahay in aan ka jawaabin

DEEGAANADA – GURIYAHA XANAANADA (DEMOGRAPHICS - FOSTER CARE)

84. Waligaa malagu geyay guryaha xanaanada caruurta (foster care) ama ma joogtay guri wadar koxeed?
- 1 Haa
- 2 May
- 7 Mahubo aniga
- 8 Ma garanayo su'aashan waxa ay iweydiineyso
- 9 Waxaan jeclahay in aan ka jawaabin

DEEGAANADA – GAAJO (DEMOGRAPHICS HUNGER)

85. Intii lagu jiray 30 maalin lasoo dhaafay, ilaa intee ayaad gaajotay sababtoo ah raashin ku filan guriga ma uusan oolin?
- 1 Marna ama ugu badnaan marnaba
- 2 Hal mar isbuuci melahaas
- 3 2 ilaa 3 mar isbuuci
- 4 Ugu badnaan maalin walbo
- 7 Mahubo aniga
- 8 Ma garanayo su'aashan waxa ay iweydiineyso
- 9 Waxaan jeclahay in aan ka jawaabin



DEEGAANADA – CUURYAANIMADA (DEMOGRAPHICS DISABILITY)

Waxaan rabnaa in aan fahano meeqo arday ayaa u baahan caawinaad dheeraad ah si ay iskuulka guul uuga gaaraan.

86. Ma waxaad ku jirtaa barnaamijka Waxbarashada Qaaska, heysta qorshaha 504, ama IEP (Shaqsiyaadka Barnaamijka Waxbarashada)?

- 1 Haa
- 2 May
- 7 Mahubo aniga
- 8 Ma garanayo su'aashan waxa ay iweydiineyso
- 9 Waxaan jeclahay in aan ka jawaabin

87. Dhagool miyaa tahay ama dhibaato badan maku qabtaa in aad wax maqasho?

- 1 Haa
- 2 May
- 7 Mahubo aniga
- 8 Ma garanayo su'aashan waxa ay iweydiineyso
- 9 Waxaan jeclahay in aan ka jawaabin

88. Indhoole miyaa tahay ama dhib maku qabtaa in aad wax aragto, xitaa marka aad xiran tahay ookiyaale?

- 1 Haa
- 2 May
- 7 Mahubo aniga
- 8 Ma garanayo su'aashan waxa ay iweydiineyso
- 9 Waxaan jeclahay in aan ka jawaabin

89. Sababo la xiriiro caqabado jirka, maskaxda, ama xaaladaha dareen, ma dareenta in ay dhib kugu tahay in aad wax diirada saarto, xasuusato ama go'aan ka gaarto?

- 1 Haa
- 2 May
- 7 Mahubo aniga
- 8 Ma garanayo su'aashan waxa ay iweydiineyso
- 9 Waxaan jeclahay in aan ka jawaabin



90. Dhib badan miyaa ku qabtaa socodka iyo korida jaran jarada?

- 1 Haa
- 2 May
- 7 Mahubo aniga
- 8 Ma garanayo su'aashan waxa ay iweydiineyso
- 9 Waxaan jeclahay in aan ka jawaabin

91. Dhib miyaa ku qabtaa labisashada ama qabeysa?

- 1 Haa
- 2 May
- 7 Mahubo aniga
- 8 Ma garanayo su'aashan waxa ay iweydiineyso
- 9 Waxaan jeclahay in aan ka jawaabin



DEEGAANADA - DHERARKA IYO CULEYSKA (8AAD IYO 11AAD) (DEMOGRAPHICS - HEIGHT AND WEIGHT (8TH AND 11TH))

Culeyskasta aad tahay waxaad noqon karta qof caafimaad qabo. Caafimaadka ma ahan cabirka jirka. Caafimaadku ma ahan tirada misaanka ka muuqato.

Waxaan ku weydiin doona culeyskaaga iyo dherarkaaga si aan u xisaabino Culeyska Mug ee Jirka (Body Mass Index - BMI) si aan u eegno jawiga guud ee ardayda. Ma fiirineyno BMI-ga qof gooniya, cidna ma ogaan doonto adiga jawaabtada.

92. Marka kabahaaga kugu jiraan dhirirkaagu waa maxay? Qiyaastada ugu fiican waa caadi.

Tusaale

Dherarka	
Feet	Inches
5	6
③	⑦
④	①
●	②
⑥	③
⑦	④
	⑤
	●
	⑦
	⑧
	⑨
	⑩
	⑪
Dherarka	
Feet	Inches



③	①
④	②
⑤	③
⑥	④
⑦	⑤
	●
	⑦
	⑧
	⑨
	⑩
	⑪

- 97 Mahubo aniga
- 98 Ma garanayo su'aashan waxa ay iweydiineyso
- 99 Waxaan jeclahay in aan ka jawaabin



93. Marka aadan kabo wadan dhirirkaagu waa maxay? Qiyaastada ugu fiican waa caadi.

Tusaale

Miisaanka		
Pounds		
1	6	5
0	0	0
●	1	1
2	2	2
3	3	3
4	4	4
5	5	●
6	●	6
7	7	7
8	8	8
9	9	9

Miisaanka		
Pounds		
0	0	0
1	1	1
2	2	2
3	3	3
4	4	4
5	5	5
6	6	6
7	7	7
8	8	8
9	9	9

- 997 Mahubo aniga
998 Ma garanayo su'aashan waxa ay iweydiineyso
999 Waxaan jeclahay in aan ka jawaabin



DEEGAANADA – SINAANTA AQOONSIGA JINSI IYO BADALKA RABITANKA GALMO (DEMOGRAPHICS - GENDER IDENTIFY AND SEXUAL ORIENTATION)

94. Waa maxay jinsigaaga shaqsi? **Waxaad dooran kartaa hal wax kabadan.**

- 01 Labo isbiiritle **MUUJI LABO ISBIIRITLE KALIYA HADDII UU ISKU SHEEGO IN UU YAHAY DADKA DHALADKA, AMEERIKAAN HINDIYA AMA DHALADKA ALASKA**
- 02 Gabar ama Naag
- 03 Wiil ama Nin
- 04 Gabar-wiil ku dhalate/wiil-gabar ku dhashe (Demigirl/Demiboy)
- 05 Qof aan gabar ama wiil isku heysan (Nonbinary)
- 06 Genderfluid
- 08 Qof aan rag iyo dumarba isku heysan (Genderqueer)
- 09 Isa-su'aalaya
- 07 Qof aan rag iyo dumar isku heysan (Agender/No gender)

TUSI 20-25 KALIYA HADDII UU ISKU SHEEGAYO DHALAD HAWAIIAN/PACIFIC ISLANADER

- 20 Fa'afafine
- 21 Fa'atane
- 22 Leiti
- 23 Mahu kane
- 24 Mahu wahine
- 25 Takatapui
- 95 Wax kale ayaa ku haboon si wanaagsan
(Fadlan wax badan inoo sheeg)_____

HADDII MID KAMIDA INTAN SOO SOCOTA AAD DOORATAY, MA DOORAN KARTID JAWAAB KALE

- 97 Mahubo jinsiga aan ahay aniga
- 98 Ma garanayo su'aashan waxa ay iweydiineyso
- 99 Waxaan jeclahay in aan ka jawaabin

95. Ma waxaa tahay qof jinsiyadiisi badalay (Transgender)?

- 1 Haa
- 2 May
- 7 Mahubo aniga
- 8 Ma garanayo su'aashan waxa ay iweydiineyso
- 9 Waxaan jeclahay in aan ka jawaabin



96. Waa maxay dareenka rabitaankaaga gogolo (sexual orientation)? **Waxaad dooran kartaa hal wax kabadan.**

- 02 Qof toosan
- 01 Naag-naag rabto (Lesbian)
- 07 Qaniis (Gay)
- 03 Qof nin iyo naag rabo (Bisexual)
- 04 Qof niyada ka dareema cid kasta (Pansexual)
- 05 Asexual ama Aromantic
- 06 Queer
- 08 Isweydiinaya wali
- 95 Wax kale ayaa ku haboon si wanaagsan
(Fadlan wax badan inoo sheeg) _____
- 97 Aniga mahubo jinsiga galmo aan ahay

HADDII MID KAMIDA INTAN SOO SOCOTA AAD DOORATAY, MA DOORAN KARTID JAWAAB KALE

- 98 Ma garanayo su'aashan waxa ay iweydiineyso
- 99 Waxaan jeclahay in aan ka jawaabin

DAACADNIMO (HONESTY)

97. In intee le'eg ayaad si daacad ah uuga jawaabtay su'aallahan?

- 1 Aniga aad iyo aad ayaan daacad u ahaa
- 2 Daacad ayaan ahaan inta badan
- 3 Aniga mar-mar ayaan daacad ahaa
- 4 Aniga daacad ma aanan aheyn gabi ahaanba

GUNAANUDKA (CLOSING)

Waxaan soo gaarnay dhamaadka sahmintu.

Waad ku mahdsan tahay waqtiga aad galisay ka jawaabida su'aallahan.

Waxaad iskaan saarta QR code-ka si aad u ragto goobaha ku caawin karo ama gacan kaa siin karo dhibaatooyinka aad hadda wajaheyso.

