



Bridging Refugee Youth & Children's Services

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## Ka hadalka maandooriyeyaashe- (Teens-Tobacco, Alcohol and Khat)

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## **Ka hadalka maandooriyeyaashe- (Teens-Tobacco, Alcohol and Khat)**

Ogaanshaha quraafaadka iyo fahamka xaqiiqda, waxay kaa caawinkaraan in aad kala halashid dhaliyaradaada arimaha ku saaban buuriga, khamriga iyo qaadka.

### **Buuriga**

Quuraafaad-cabista sigaarku way fiicantahay  
Xaqiiq-buurigu wuxuu keenee neef qadhmuun, ilko madoowbaad, neefta oo qofka dhibta, qufac, iyo dareenka oo isdhima. Markasta waxaa uu ka soo kankamaa dharkaaga iyo timahaaga. Sidaa oowgeed, sigaarku maaha jidka loo maro caafimaadka.

Quraafaad-sigaarku wuxuu kaa caawindoonaa in miisaanka jidhkaagu hoos u dhaco. Xaqiiq-markii laysku soo duuduubo, dadka sigaarka caba wayka miisaan yaryihiin kuwa aan cabin. Balse sigaarku kama badelo wax muuqda

Knowing the myths and understanding the facts will help you talk with your teen about "lighting up," drinking alcohol and chewing khat.

### **Tobacco**

Myth - Smoking is cool  
Fact - Tobacco causes bad breath, stained teeth, wheezing, coughing, and phlegm. It always makes your hair and clothes smell bad. Therefore, smoking is not the road to popularity.

Myth - Smoking will help with weight loss  
Fact - Overall, smokers weigh less than non-smokers. However, smoking is not likely to cause visible changes in weight. Exercise is healthier.

Myth - Tobacco can't hurt young

miisaanka qofka jimicsada ayaa ka caafimaad badan.

Quraafaad-tubaakadu ma dhaawici karto dadka dhaliyarada ah iyo dadka caafimaadka qaba. Xaqiiq-dhalinyarada waxaa laga yaabaa in ay ogyihiin in tubaakadu keeni karto jiro markii mudo dheer la cabo, sida sanbabada oo xirma ama kanser. Waxay kaloo u baahan yihiin in ay ogaadaan in tubaakadu dhinto shaqada sanbabada tasoo keenta in qofka sigaar yacabka ahi ku dhibaatoodo neefta markii uu damco in uu jimicsado ama cayaar ka qayb qaato. Ugu dabayntii, sigaarku waxaa ku jira curiyaasha qatarta ah sida Arsenic, Ammonia, iyo Formaldehyde oo caafimaadka aad ugu daran

Quraafaad-Sigaar cabis iyo tubaako ruug waa balwado riqiis ah Xaqiiq-Sigaarku wuxuu ka biloowdaa \$3.00 baakadhkiiba-ruuxa baakhad maalintiiba wuxuu ku qarash gareeyaa \$1000 sanadkii in uu sigaar cabo. Taasi waxay gowsaa 75 CDs' oo cusub.

## **Khamri**

Khamri waa Qatar kale oo soo foodsaarta betqabka caruurta. Khamri waa doorka koowbaad ee dhaliyaradu isku maandooriyaan, laakiin waa qatar wayn. Tusaale ahaan, dhalinyarada khamriga cabta waxaa dhacda in ay galaan shil baabuur, dagaal, galmo aan loo diyaar garoowbin, ama in ay iskuulka ka saaqidaan. Dadka

and healthy people.

Fact - Teenagers probably know that tobacco can cause long-term illness like emphysema or cancer. They also need to know it reduces the lung's ability to function, making breathing tough during exercise and athletics. Finally, cigarettes contain arsenic, ammonia, and formaldehyde.

Myth - Smoking and chewing are cheap habits

Fact - At \$3.00 per pack, a person who smokes a pack a day spends over \$1000 per year on cigarettes. That would buy about 75 new CDs.

## **Alcohol**

Alcohol is another threat to teens' well being. It is the number one drug of choice for teens, but it is dangerous. For instance, teens who drink are more likely to have a car crash, get into a fight, have unsafe sex, or experience school problems. Young people constantly get mixed messages from the media, adults and communities. Parents make a difference, being cited as the major reason why teens decide not to drink. Talk about alcohol and listen to what your teen says. Share the following information.

- Alcohol can damage every body organ. It also affects

dhalinyarada ahi waxay si joogta ah uga helaan fariimo is dhaafsan warbaahinta, dadka waawayn iyo bulshada guud. Waalidka is bedel wayn ayay keenaan, waxaana la ogsoonyahay in ay yihiin sababta koobaad ee dhalinyaradu u go'aansadaan khamri cabista. Kala sheekayso caruurtaada khamriga, dhagayso waxay ka aaminsanyihiin. La wadaag arimahan hoos ku xusun.

- Khamriga wuxuu dhaawici karaa xubin walba oo jidhka ka mid ah waxay kale oo uu qaribaa maskaxda iyo qofka in uu is celiyo
- Sharciga ayay ka soo horjeedaa in ruux ka yar 21 sano khamri cabo amaba helo
- Dadka kayar 21 ee hadana khamriga caba waxaa la ganaaxaai kariii lagac gaaraysa \$1,000
- Gobolka Minnesota, waa dambi wayn in khamri la siiyo ruux amaba laga iibiyo qof ka yar 21. Ruuxa qaangaarka ahi ee khamriga siiya ama u iibiya ruux ka yar 21 sano, waxaa lagu xukumi karaa halsono oo xabsi ah iyo \$3,000 oo ganaax ah. Qofka qaangaar ah waxaa kaloo lagu xukumi karaa qaandhow dhaawaca iyo qaasaraha ka yimaada hadii qofka dhalinyarada ahi shil keeno markii uu khamri cabay. Ugu dambayntii, midda ugu muhiimsani waa xasuusi dhalinyarada in khamrigu

the brain and self control.

- It is against the law for anyone under 21 to use or possess alcohol.
- Underage drinkers face up to a \$1,000 fine.
- In Minnesota, it is a felony to provide alcohol to a person under 21. The adult provider could face up to a year in jail and \$3,000 in fines. The adult could also be sued for any injury or damage caused by the underage drinker.
- Finally, remind them that alcohol is forbidden in Islam, and you don't allow alcohol.

## **Khat**

A harmful narcotic is Khat(Qat). Many people believed it was ok to chew Khat for young men in Somalia. However, it is against the law in America. People caught chewing Khat can be sent to jail. It is also bad for their health. Following are facts to discuss with your teens. It causes users to constantly divert income into Khat chewing, and ignore families' needs. It also causes

- Sleeplessness
- Nervousness
- Nightmares

xaaran ku yahay diinta  
Islaamka, adiguna aadan u  
ogolaan karin khamri.

For more information contact  
Community-University Health  
Care Center at (612) 638-0700.

## **Qaadka**

Qaadkuna waa maandooriye kale oo dhibaato keeni kara caafimaadka dhalinyarada. Dad badan ayaa waxay aaminsanyihiin in ay caadi tahay in wiilasha dhalinyarada ahi qaadka raamsadaan. Laakiin halkaan, America, sharciga ayey ka soo horjeedaa. Dadka lagu qabto xabsi ayaa loo taxaabi karaa. Caafimaadkoodana waa uu daran ayay. Wuxuu ku dhaliyaa kuwa isticmaalain ay hantidooda u janjeedhiyaan qaad cunis, sidaasna ay ku hilmaamaan qowskooda. Kuwa soo socda waxay ka midyihiin warbixino muhiim ah oo aad la wadaagi kartid dhalinyaradaada oo qaaku keeno.

- Hurdo la'aan
- Wareer iyo walwal markii afka laga qaado
- Qaroon iyo riyoonin foolxun

Wixii intaas dheer la xariir  
Community University Health Care  
Center lambarkoodu yahay (612)  
638-0700.

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