መንእሰያትን ትንባኾን

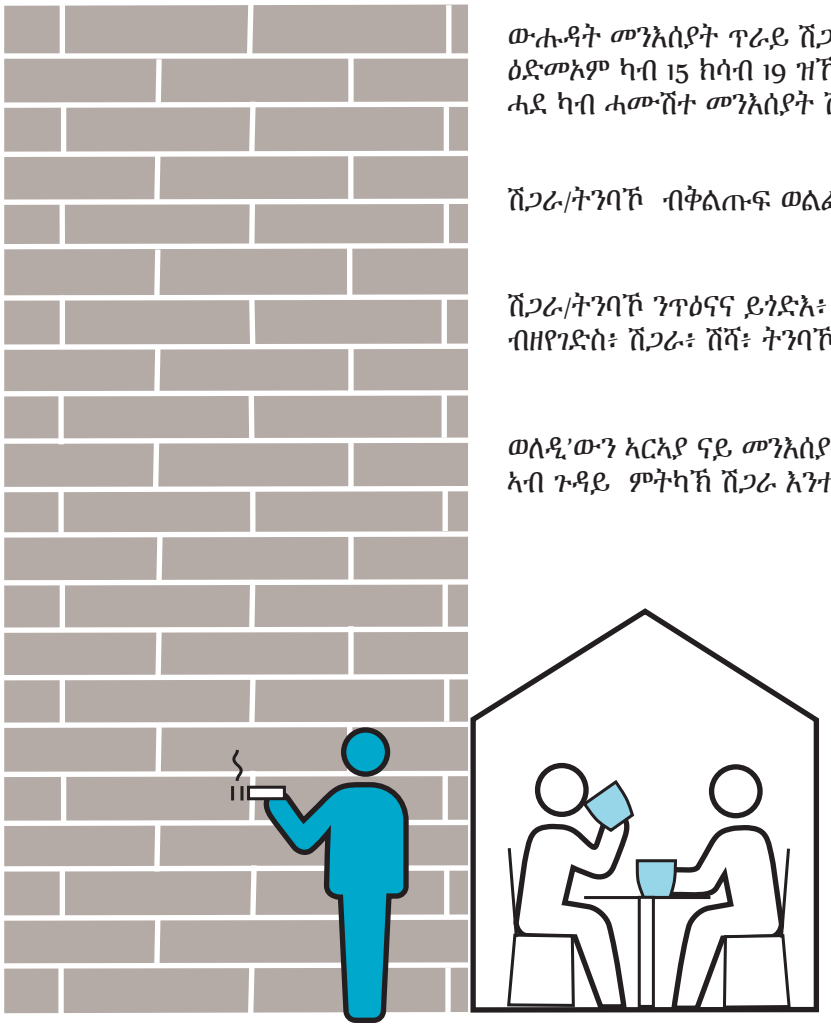
ወለዲ ንመንእሰያት እንታይ ክገብሩ ይኽእሉ?

ክንፈልጦ ዝግባኣና

ግዜ ንውሰድ. . .
... ምስ ወድና ወይ ጓልና ንዛረብ፥ ንያኣም'ውን ንስምዓዮም፥
... ዋላውን ንሕና ባዕልና ሽጋራ ነትክኽ እንተኾና -
ምስኣም ብዛዕባ ሓደገኛ ሳዕቤናት ትምባኾ ምዝርራብ።

ምትብባዕ . . .
... ብናእዳ ኣወንታዊ ባህሪይ ምህላው፥
... ብምሕጋዝን ምትብባዕን።

እንተድኣ ውላድኩም ሽጋራ ዘትክኽ ኮይኑ፥ ንስኹም ክትገብርዎ ዘለኹም፦
- ሽጋራ ኣብ ገዛ ይኹን ኣብ ቅድሜኹም ከትክኽ ዘይምፍቃድ፥
- ምትካኽ ንኪቓርጽ ምትብባዕ፥
- ንዝምልከቶ ቤት ጽሕፈት፥ ማእከል ምክልኻል፥ ከምኡውን ንሓኪም ሓገዝ ምሕታት



ውሑዳት መንእሰያት ጥራይ ሽጋራ የትክኹ።
ዕድመኣም ካብ 15 ክሳብ 19 ዝኾኑ፥ ብገምጋም
ሓደ ካብ ሓሙሽተ መንእሰያት ሽጋራ የትክኽ።

ሽጋራ/ትንባኾ ብቅልጡፍ ወልፊ የትሕዝ።

ሽጋራ/ትንባኾ ንጥዕናና ይጎድእ፥ ኩነታት ኣወሳስድኡ
ብዘየገድስ፥ ሽጋራ፥ ሽሻ፥ ትንባኾ/ሳፋ ... ወዘተ።

ወለዲ'ውን ኣርኣያ ናይ መንእሰያት እዮም፥ እዚ ዋላውን
ኣብ ጉዳይ ምትካኽ ሽጋራ እንተኾነ ሓቂ እዩ።

femmesTISCHE
Frauen sprechen über Gesundheit, Erziehung und Prävention

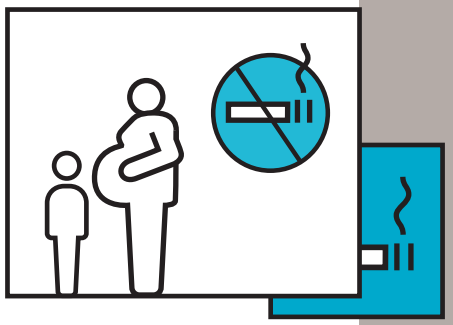
EWS GFD Expertengruppe Weiterbildung Sucht
Groupe d'experts Formation Dépendances

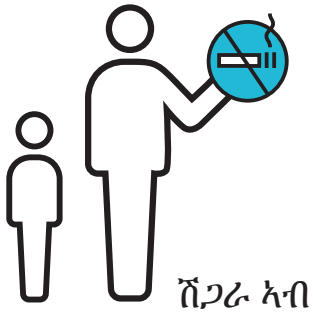
Ce projet est soutenu financièrement par le Fonds national de prévention du tabagisme.
Das Projekt wird durch den Tabakpräventionsfonds finanziell unterstützt.

ንቆልዓ ካብ ምትካኽ ሽጋራ ምክልኻል

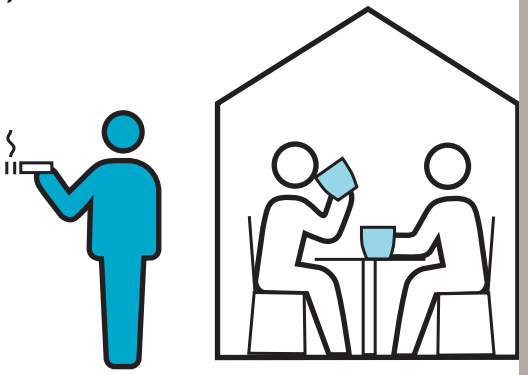
ወለዲ እንታይ ክገብሩ ይኽእሉ?

ሽጋራ ኣብ ግዜ ጥንሲ ኣይነትክኽ

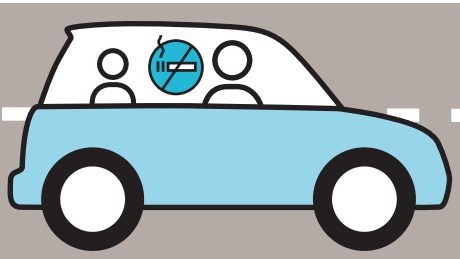




ሽጋራ ኣብ ጥቃ ቆልዓ ኣይነትክኽ



ሽጋራ ኣብ ደገ ወጺእና ነትክኽ፥
ዋላውን ጋሻ ይኹን፥ ትኪ ንገዛ
ከይኣቱ ማዕጾን ፍኒስትራን ንዕጾ



ሽጋራ ኣብ መኪና ኣይነትክኽ

ክንፈልጦ ዝግባኣና

ኣብ ግዜ ጥንሲ፦

ምትካኽ ሽጋራ ልዑል ሓደጋ ምኻድ ጥንስን፥
ቆልዓ ኣብ ዘይግዜኡ ምውላድን የስዕብ።
ምትካኽ ሽጋራ ኣብ ዕብየት ቆልዓ ሳዕቤን የኽትል።

ሳዕቤን ምትካኽ ሽጋራ ኣብ ንኣሽቱ ቆልዑ፦

- ብዙሕ ንብዓት፥ ቅርጸት፥ (ሕማም ኩብዲ)፥
- ዝለዓለ ሓደጋ ሃንደበታዊ ሞት ቆልዓ፥
- ሳሓ ኣብ ዓይኒ፥ ኣፍንጫ፥ ክሳድ፥ እዝኒ፥
- ከምኡውን ጉንፋዕ፥ ረኽሲ እዝኒ፥
- ኣዝማ፥ ሰዓል፥ ከስዕበልና ይኽእል።

ምትካኽ ሽጋራ ንጥዕና ቆልዑ ብዝያዳ ተነቃፊ ይገብሮ፥
ምኽንያቱ ደጋውን ውሽጣውን ኣካላቶም ገና ኣብ ምጉባዝ
ስለ ዝርከብ ብፍላይ ድማ ሳንቡኦም ብቀሊሉ ይጥቃዕ።

femmesTISCHE
Parlons ensemble de santé, d'éducation et d'intégration

EWS GFD Expertengruppe Weiterbildung Sucht
Groupe d'experts Formation Dépendances

Ce projet est soutenu financièrement par le Fonds national de prévention du tabagisme.
Das Projekt wird durch den Tabakpräventionsfonds finanziell unterstützt.