

Bilowga Wada Sheekaysiga 

“Waad ogtahay waan ka wada hadli  
karnaa wax kasta”



Isdilka ayaa noqon kara mawduuc cabsi badan inaad kala hadasho ilmahaaga dhawr iyo toban jirka ah, laakiin wada sheekaysi daacad ah ayaa ah sida aad gacan uga gaysan karto kahortaga isdilka. Inaad taqaano meesha aad ka bilaabayso ayaa wali kugu adkaan karta. Haddii aad u baahan tahay in lagaa caawiyo ka hadlisiin, ka hel agab bilaash ah, tilmaamo, iyo khayraad aad ku bilaabayso wada sheekaysiga barta **Up2SD.org**.

### Qaababka aad u caawin karto:

- Toos wax uga waydii isdilka. Ugama sii dari doonta xaaladaha—xaqiiqdii naf ayay badbaadin kartaa adoo tusinaaya inaad daryeelaysa.
- La samee wada sheekaysi joogto ah, oo furan oo ku saabsan dareennada iyo caafimaadka dhimirka si aad u dhisto kalsooni.
- Ma heli doontid dhammaan jawaabaha. Ka hadlideeda ayaa caawinaysa —u sheeg in goobtaani tahay meel amaan ah, oo dhagayso.
- Ku dhiiri geli furfurnaan adoo dhagaysanaaya bilaa xukumid, aan iska indho tirayn, ama yareysanayn dareenadiisa.
- Eega oo ka dooda noocyada khayraadka ku haboon.

