Väsby
Xarunta qaabilaada dhalinta

Anagu su'aalaha oo dhan ayaanu soo dhaweynaynaa

Miyaad qabtaa su'aalo ku sabsan galmada, **jacaylka** iyo xidhiidhka?

Miyaad qabtaa su'aalo ku sabsan **jidhkas** ida uu u eegyahay iyo sid uu u shaqeeyo?

Miyaad doonaysaa inaad cid kale sheekeysato xaaladaada **guriga?**

Miyaad qabtaa **dhibco** isku aragtey aad rabto inaad baadho?

Miyaad ka cabsooneysaa in cid laguu **guuriyo?**

Miyaad rabtaa inaad **nolosha guud ahaan** ahaan kala hadasho?

Miyaad ka fikireysaa inaad bilowdo **ka hortagga uurka,** ama inaad cusbooneysiisato warqada dhakhtarka?

Miyaad doonaysaa inaad hesho **kondhoom** lacag la'aana?

Miyaad dareemaysaa diiq ama **istarees?**

Miyaad doonaysa inaad sameyso **tijaabada uurka?**

Miyaad sameysaa galmo **aad ka xuntey?**

Miyaad doonaysa inaad qaadato kiniinka **uur joojiye degdeg ah?**

Miyaad doonaysaa inaad faraca, **aqoonsiga,** magacuyaalka cid kala hadasho?

Miyaad la nooshey qoys kuu **hanjabey** ama ku baadha?

Miyaad doonaysaa inaad iska baadho **cudurada lakala qaado?**

Miyay dhibaato kaa haysataa **cadho** iyo dagaalka?

Miyaad ka fikireysaa sida soo tuurku **uurku** dhaco?

Miyaad ka fikireysaa waxyaalaha **qaladka loo isticmaalo?**

... ama aad ka fikireysaa wax kale oo aad rabto inaad ka fikirto?

Anaga waxaad naga hadli kartaa waxkasta!

Waxaanu halka u joogna adiga dhalinta ee su'aalona ka qaba jidhka, galmada iyo nolosha guud ahaanba. Anaga waxaad na weydiin kartaa su'aalaha aanad rabin inaad su'aasho asxaabta, waalidka ama dadka kale ee waaweyn. Ama ha weynadaan ama ha yaraadaane. Waxaanu halkan u joogna inaanu ku taageero iyadoo aanu ku rumeysayno.

Waxaad Väsby Ungdomsmottagning kula kulmi kartaa umuliso iyo la taliyahe. Waxaad sidoo kale wakhti ka qabsan kartaa dhakhtarka dumarka iyo xidida. Anaga oo ah umulisooyin waxaanu kaa caawinaynaa su'aalaha ku sabsan jidhka, faraca iyo galmada. Tusaale ahaan waxaan ku siineynaa ka hortagga uurka ee saxa ah ama kondoom. Qofkasta wax ayuunbaa ku haboon. Waxaanu caawineynaa qof u la hadlo ama u baahan inuu ka hadlo nolosha ku adag. Inta badan waxa wanaagsan in lala wadaago fikirka qof ka baxsan.

Anaga halkan ka shaqeyna waxan haysanaa HBTQ-dibloomada.

In lana soo booqdo waa lacag la'aan iyadoo danban aanu ilaalino xeerka sir haynta.

Ku soo dhawow si aad wakhti uqabsto:

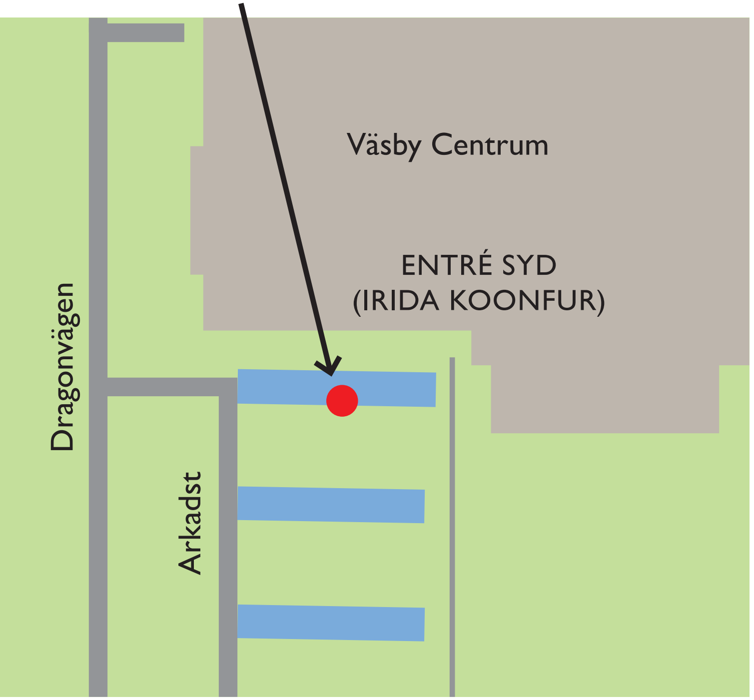
Telefoonka ku qabso: 08-590 972 53

Internedka ka qabso: www.upplandsvasby.se/vasbyum

Bogga internedka waxaad ka helaysaa wakhtiyada la iska yimaado (Drop In-tider) iyo macluumaad. Xasuusnow waxaad ka helaysaa macluumaad wanaagsan bogga www.umo.se

Halkan waxaad ka helaysaa Väsby Xarunta qaabilaada dhalinta

Cinwaanka booqashada: Dragonvägen 84 A, Upplands Väsby



Lal helli karro: Miyaad qabtaa su'aalo ku sabsan meesha ka hor intaanad soo booqan nagula soo xidhiidh email ama telefoonka. Ama ku qor wakhti qabsashada internedka inaad rabbto in lagula soo xidhiidho.

Upplands Väsby kommun

upplandsvasby.se • 08-590 970 00

UPPLANDS VÄSBY KOMMUN, 2015-03-19, KOMMUNIKATIONSENHETEN, 2016-10-20, 100 EX.

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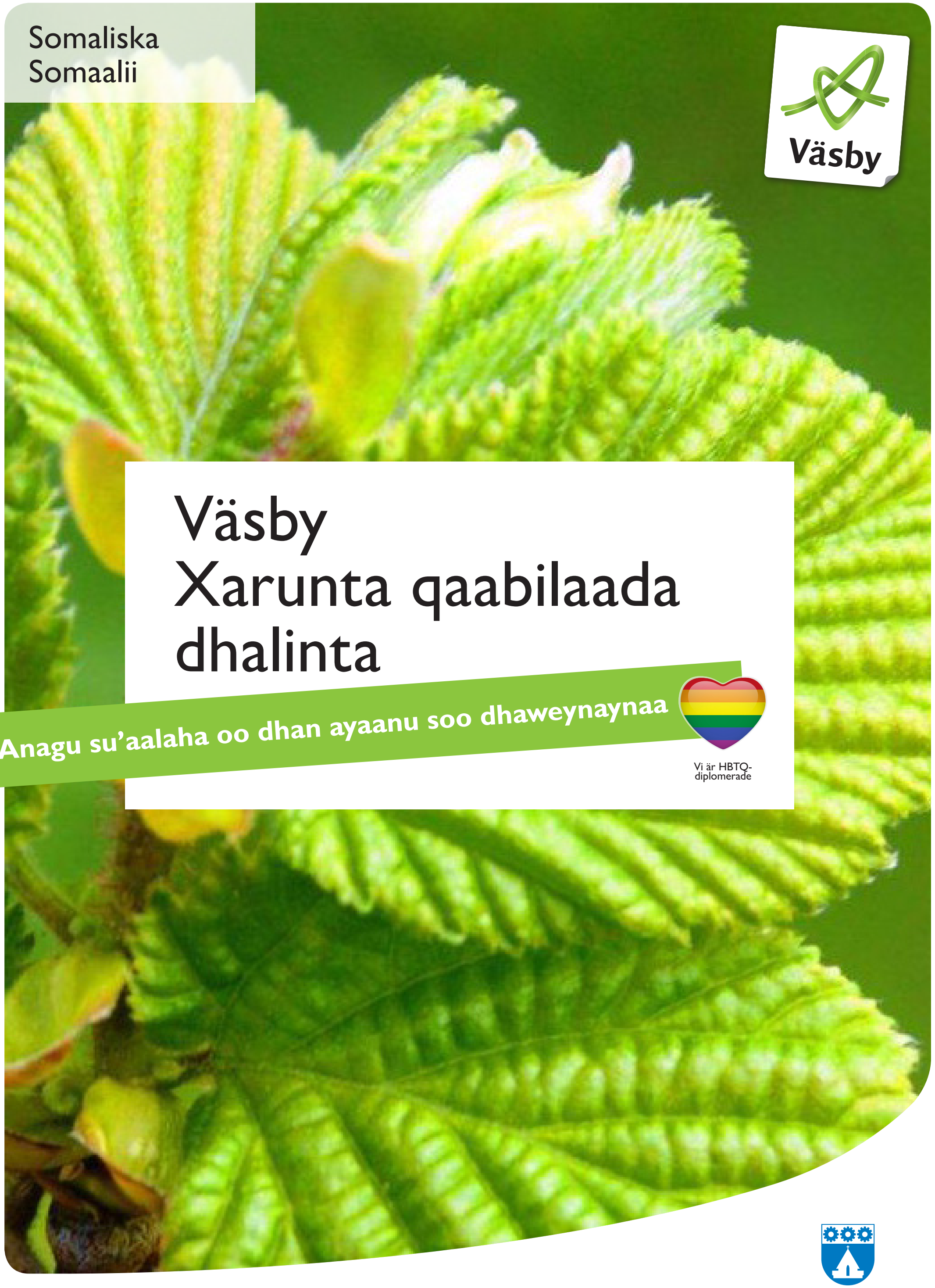
Väsby



Väsby Xarunta qaabilaada dhalinta

Anagu su'aalaha oo dhan ayaanu soo dhaweynaynaa

Vi är HBTQ-diplomerade

Stockholms läns landsting

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Upplands Väsby kommun