



## Waxbarashada Ilaalinta Ilmaha

### Macluumaadka loogu talaglay xannaaneeyayaasha iyo waalidiinta

Magaca dugsiga  
Name of school

Fasalada ka qaybqaadanaya  
Participating Year/s

Inta cashar ee toddobaadkii  
Number of lessons per week

Qofka dugsiga lagala xiriiro  
School contact person

Lambarka taleefanka ee xiriirka  
Contact telephone number

Gacaliye Xannaaneeyayaal iyo Waalidiin

Sannadkan ardeyda ku jirta fasalada kore waxay ku lug yeelan doonaan maadada khasabka ah ee Horumarinta Shakhsiyeed, Waxbarashada Jirka iyo Caafimaadka (Personal Development, Health and Physical Education (PDHPE)).

Ka qayb ahaan barnaamijka PDHPE waxaa ku jira waxbarashada ilaalinta ilmaha ee khasabka ah. Qaar ka mid ah tusmada lagu dhigayo waxbarashada ilaalinta ilmaha waxay la xiriirtaa arimo xasaasi ah. Dugsiga ayaa bari doona tusmadaan hab da'da ku haboon.

Tusmada khaaska ah ee la dhigan doono waxbarashada ilaalinta ilmaha waxaa lagu muujiyey bogga ku xiga.

Wixii macluumaad dheeraad ah ee ku saabsan waxbarashada ilaalinta ilmaha aad [Child protection and respectful relationships education](#) (waxbarashada xiriirada xushmada badan iyo ilaalinta ilmaha) qaybta website ka PDHPE ee Wasaaradda Waxbarashada.

Inta cashar ee toddobaadkii ee teeramkan waxbarashada ilaalinta ilmaha la bari doono waxaa lagu muujiyey kor.

Haddii aad jeelaan lahayd macluumaad dheeraad ah, fadlan la xiriir qofka dugsiga lagala xiriiro ee magaca iyo lambarka taleefanka kor lagu muujiyey.

## Adeega Turjumaanka Taleefanka

Haddii aad u baahan tahay turjumaan kaa caawiya la xiriirida dugsiga, fadlan ka wac Adeega Turjumaanka Taleefanka 13 14 50 oo turjumaan ku weydiiso luuqadaada. Xiriiriyaha ayaa wici doona dugsiga oo khadka soo gelin doona turjumaan kaa caawiya wada hadalka. Adeegan wax kharash ah laguguma dalici doono.

Mahadsanid

Maamule (Principal)

Tusmada lagu qaadan doono waxbarashada ilaalinta ilmaha waxaa ka mid ah:

The content which will be covered in child protection education includes:

(Staff to tick the relevant boxes below for Stage 2 content.)

Masuuliyadaha iyo xuquuqaha  
Rights and responsibilities

Masuuliyadaha iyo xuquuqaha xiriirka  
Rights and responsibilities in relationships

Dareenada iyo calaamadaha digniinta ee xaaladaha kala duwan  
Emotions and warning signs in different situations

Awooda xiriirada  
Power in relationships

Qaybaha jirka ee dumarka iyo ragga iyo isbedelada la xiriira qaangaarka  
Male and female body parts and puberty related changes

Xiriirada wanaagsan iyo shabakadaha taageerada ee lagu maareynayo isbedelka  
Positive relationships and support networks to manage change

Waxyaalahi laga filayo iyo waxa laga aaminsan yahay Jinsiga  
Gender stereotypes and expectations

Noocyada dhibaataynta  
Types of abuse

Dabeecada u xoog sheegashada iyo istiraatijiyadaha caawimaada loo weydiisto  
Bullying behaviour and strategies to ask for help

Garashada iyo ka jawaabida xaaladaha aan amaanka ahayn iyo kuwa amaanka ah  
Recognising and responding to safe and unsafe situations

Istaraajiyadka amaanka lagu ahaado ee caawimaada lagu codsado  
Strategies to stay safe and ask for help

Ula xiriirida iyo iskaashiga kuwa kale si ixtiraam badan  
Communicating and cooperating with others in a respectful way

Gaarida go'aamada amaanka ah ee xogta iyo amaankaba leh  
Making informed and safe decisions