

JINGGABAT TU MATJ?

NOMO FILIM SHEIM BA TOKABA

GROG EN DRUGS

Drugs en alkohol gin meigim yu filim gudwan fo lil wail den afta longtaim dat grog en drugs meigim yu fil nogudwan. Grog en gunja meigimbat yu spiritit wikwan. Im meigim yu lusimbat femili mob, komyniti en koltja bla yu.

Im impotin yu jidan seif. Dis kainda prablam im hepin wen yu dringimbat grog en yusimbat drugs.



STOP DUIMBAT THINGS NOMO IDIMBAT DAGA IDIMBAT TU MATJ DAGA FILIMBAT ENGRIWAN SILIP OLDEI LA BED OLDEI FILIM SEDWAN TU MATJ SILIP FAITFAITBAT GARRA FEMILI NOMO JIDAN GUDWEI NOMO GADIM MONI BLA DAGA FILIMBAT WIKWAN NOMO SILIP GUDWEI FILIMBAT SEDWAN FAITFAITBAT GARRA OLA FRENS MEIGIM OLA FEMILI EN FREN MOB WORIBAT JINGGABAT NOGUDWEI BLA DAI FILIMBAT GILTIWAN NOMO GEN JINGGABAT GUDWEI NOMO DUIMBAT GUDWAN THING ENI MO DUIMBAT OLA NOGUDWAN THINGS BRABLI BADWAN FILING LA YU BODI

ALKAHOL

Alkohol im biya, saida, wain, spiritit en hombru. Maitbi yu kolumbat difrinwei laik grog, tjatj, buis, drink o pis. Alkohol im meigim yu smelim, teistim en lisenbat najawei. Im meigim yu jingabat, filimbat en ektimbat difrinwei. Det elkahol im meigim ola pipul fil gudwan bat seimtaim bla yu bodi im duimbat ola ekshan slobala en yu nomo jandap streitbala. Wen yu filimbat mijelp sedwan dat Alkohol gen meik yu mo sed en angrî.

YARNDI-GUNJA

Najamob wed bla Yarndi o Gunja wi kolumbat kenibis, marawana, gras, pot, doap en wid. Yarndi meigimbat yu bodi wek slobala en yu nomo filim brabliwei en bla yu main im fogitbat ebrijing. Yu nomo gen duimbat things gudwei. Wen yu oldei yusimbat yarndi im meik yu jingabat ola rongwei bla duimbat things. Dat yarndi meik yu fil lasiwan en yu nomo fil laik duimbat eni kain wek. Im gen meik yu fil mo wos.

AIS KRISTIL METH

Najamob neim bla Ais im kol kristil meth, emfitamins laika difrinwan teblits, powda, likwidwan en shabu. Im brabli strongiswan drug. Dismob drugs dei spidimap yu bodi en gibitbat yu tu matj eniji. Dijan drug meigimbat yu bodi fil laika nobodi o najing gen ardimbat yu. Dijan ais meigimbat yu duim ola rong things laik habimbat seks gada no condom en draibimbat modiga jigibalawei. Wen yu yusimbat ais yu nomo fil laiga yu wanda idimbat daga o habimbat gudwan silip. Bla yu maind im ol oba da plais en yu mait luk en lisenbat pipul toktokbat bat najing deya im meigim yu medwan la gabarra.

JIDAN SEIFWAN

No eni seif lebel wen yu yusimbat drug en grog. Wen yu yusimbat eni kain drug enijing gen hepin. Medisin gen meigim yu habim nogud filing tu. Ip yu yusimbat drugs en grog dijan iya sombala wei yu gen jidan seifwan.

- Sipimbat ba yu drink, nomo drinkim kwikbala
- Testimbat dat drugs basdam, maitbi im rili strongwan
- Nomo miksimap ba yu drugs. Im brabli dedliwan
- Yusim ola klinwan spun, fok en naif
- Nomo draibimbat modiga. Kipimbat moni bla teksî o wanbala fren gen deigim yu hom
- Idimbat daga bifo yu drinkimbat grog o yusimbat drugs, drinkim bigmob woda
- Wen yu bundubundu nomo yusim drugs o drinkimbat grog
- Nomo drinkim grog o yusimbat drugs ip yu gadim skul, yunibersiti o wek neks dai
- Drinkimbat grog brom bodl gada lid (seif brom spaikimbat)
- Lukafta yu frens
- Lukafta yu helth
- Rimimba tu habimbat res, idim daga, silip en libum drugs fo lil wail
- Kolum embyulins (000) ip things go nogud