

CRAFT 2.1+N Nsemmsisa no

Ɔyarefoɔ no na ɛwɔ sɛ ɔyiyi ano

Mesɛ wo yiyi nsemmsisa no nyinaa ano **nokorɛ mu**, yɛbɛkora w'anoyie no **asumasɛm**.

ABOSOME 12 a atwam yi, nna dodoo sɛn na:

1. Wonomm biɛ, bobesa, anaasɛ anonneɛ biara a **ɛboro**? Sɛ ɛnye biara a twerɛ "0."
nna dodoo
2. Wode **bonsam tawa** (kanabi, wii, anwaduro, waase, anaasɛ deɛ wohyeeɛ, wotwee tutuobɔne anaa asrabɔne kɔɔ wo mu, anaa wodii bi) anaasɛ "**bonsam tawa a nipa aye**" (te sɛ "K2," "Spice")? Sɛ ɛnye biara a twerɛ "0."
nna dodoo
3. Wofaa **biribi foforoɔ biara sɛdeɛ ɛbɛba w'ani so** (te sɛ nnuɔbɔne, nnuro a wɔatwerɛ ama wo anaasɛ deɛ wo ara woakɔtɔ wɔ nnutɔnbea, ne nneɛma a wohua, wotwe anaasɛ wode wɔ wo ho)? Sɛ ɛnye biara a twerɛ "0."
nna dodoo
4. Wode **afidie a wode twe tutuobɔne* a nicotine ne/anaa aduhwam ahodoɔ wom**, anaasɛ wode **tobaako nneɛma di dwuma†**? Sɛ ɛnye biara a twerɛ "0."
**Bi te sɛ e-cig ahodoɔ, mod ahodoɔ, mfidie be te sɛ JUUL, deɛ wode twe tutuobɔne bi te sɛ Puff Bar, vape doroben, anaasɛ e-hookah ahodoɔ. †‡2ɛSigtɛte, sigaa, cigarillos, hookahs, tawa, asra, asra a afo, anaasɛ deɛ wode to nsuom.*
nna dodoo

KAN SAA AKWANKYERɛ YI ANSA NA WOATOA SO:

- Sɛ wode "0" to nnaka no NYINAA mu wɔ soro hɔ a, YI ASEMMISA 5 A ɛWɔ ASEɛ YI ANO NA GYAE.
- Sɛ wode "1" anaasɛ deɛ ɛboro saa too **Nsemmsisa 1. 2. anaa 3 mu** wɔ soro hɔ a, YI NSEMMISA 5-10 ANO Wɔ ASEɛ HA.
- Sɛ wode "1" anaasɛ deɛ ɛboro saa too 1}Nsemmsisa 4 mu wɔ soro hɔ a, YI NSEMMISA A ɛWɔ AKYIRE KRATAFA NO SO NO ANO.

Twa baako ho kanko

5. Woatena KAA bi mu a deɛ ɔretwi no, (a woka ho) na "aba n'ani so" anaasɛ na wanom nsaden anaasɛ nnuɔbɔne pɛn? **Daabi Aane**
6. Wotumi nom nsa anaasɛ nnuɔbɔne de GYE W'AHOME, nya atenka pa wɔ wo ho, anaasɛ de ka ebinom ho? **Daabi Aane**
7. Wotumi nom nas anaasɛ nnuɔbɔne berɛ wo nko ara wɔ hɔ anaasɛ aka wo NKO ARA? **Daabi Aane**
8. Wo WERE tumi firi nneɛma a woyeeɛ berɛ a na woaboro anaasɛ woafa nnuɔbɔne? **Daabi Aane**
9. W'ABUSUAFOD anaasɛ AYONKOFOD tumi ka kyere wo sɛ te wo nsanom anaasɛ nnuɔbɔnenom so anaa? **Daabi Aane**
10. Woako CHAW bi mu berɛ a worenom nsa anaasɛ adubɔne bi pɛn? **Daabi Aane**

KLENEKE ADWUMAYɛFOɔ NE APOMUDEN NSEnkORAEɛ NKAEBD:

Nsem a ɛwo kratafa yi so no ɔman kokoamusem mmara soronko (42 CFR Ɔfa 2) bo ho ban, a esi kwan sɛ obi beda nsem no adi gye sɛ wohyɛ da twerɛ pene so saa.

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Yɛasɛ kwan wɔ Center for Adolescent Behavioral Health Research (CABHRe), Boston Children's Hospital hɔ aye no foforo. Wopɛ sɛ wotie mu yie anaasɛ wonya bi wɔ kasa foforo mu a, hwɛ www.crafft.org

“Nsemmisa a εdidi so yi bisa fa kwan a wofa so de **mfidie a wode twe tutuobone a nicotine ne/anaa aduhwam wom**, anaase **tobaako nneema** di dwuma ho*. Twa w’anojie wo asemmisa biara ho kanko.

Twa baako ho kanko

1.	Woatu anamɔn se wobegyaε a woantumi annyae pen?	Aane	Daabi
2.	Woda so twe tutuobone anaase tobaako <u>seesei</u> εsiane se εye den se wobegyaε?	Aane	Daabi
3.	Woanya adwene bi se tutuobonetweε anaase tobaako reyε aka wo ho pen?	Aane	Daabi
4.	Wotumi nya atenka dennennen se wobεtwe tutuobone anaase wobenom tobaako?	Aane	Daabi
5.	Woanya atenka bi se εwo se wotwe tutuobone anaase wonom tobaako pen?	Aane	Daabi
6.	Woduru beaeε a wonni kwan se wotwe tutuobone anaase wonom tobaako, bi te se sukuu a, εye a na εye wo den?	Aane	Daabi
7.	Bere a wontweε tutuobone anaase wonnomm tobaako bere tenten bi akyi (anaase bere a woyεε w’adwene se wobegyaε)...		
a.	na εye wo den se wode w’adwene beεi biribi so εsiane se woantumi antwe tutuobone anaase woannom tobaako?	Aane	Daabi
b.	wo ho yeε wo basabasa εsiane se woantumi antwe tutuobone anaase woannom tobaako?	Aane	Daabi
c.	wonyaa atenka dennen bi se εwo se wotwe tutuobone anaase wonom tobaako?	Aane	Daabi
d.	wo ho pereε wo, wo ho teeteε wo, anaase na wontumi ntena εsiane se woantumi antwe tutuobone anaase woannom tobaako?	Aane	Daabi

*Mmoa nwoma:

Wheeler, K. C., Fletcher, K. E., Wellman, R. J., & DiFranza, J. R. (2004). Screening adolescents for nicotine dependence: the Hooked On Nicotine Checklist. *J Adolesc Health, 35*(3), 225–230;

McKelvey, K., Baiocchi, M., & Halpern-Felsher, B. (2018). Adolescents’ and Young Adults’ Use and Perceptions of Pod-Based Electronic Cigarettes. *JAMA Network Open, 1*(6), e183535.

KLENEKE ADWUMAYεFOJ NE APOMUDEN NSENKORAEε NKAEBJ:

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