



**Human Development and Sexual Health Terms
 from 2019 Ontario Curriculum**

Grade 1

English	Somali
<ol style="list-style-type: none"> 1. genitalia 2. body-positive language 3. respect 4. trusted adult 5. five senses 6. blind 7. hearing impaired 8. mental health 9. physical health 10. overall health 11. hygiene 12. hygienic procedures 13. transmission of disease 	<ol style="list-style-type: none"> 1. xubnaha taranka 2. jir-ka-hadalka wanaagsan 3. ixtiraam 4. qaangaar lagu kalsoon yahay 5. shan dareemeyaal 6. indhoole 7. maqalka naafo ka ah 8. caafimaadka dhimir 9. caafimaadka jirka 10. caafimaadka guud 11. nadaafadda 12. habraacyada nadaafadda 13. cudur gudbin



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Grade 2

English	Somali
1. stages of human development	1. marxaladaha koboca aadanaha
2. infant	2. dhallaan
3. child	3. cunug
4. adolescent	4. kuray
5. adult	5. qaangaar
6. older adult	6. qof weyn oo da' ah
7. consent	7. ogolaansho
8. trusted People	8. dad lagu kalsoon yahay
9. oral health	9. caafimaad afka ah
10. respect	10. ixtiraam
11. open communication	11. wadahadal furan



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Grade 3

English	Somali
<ol style="list-style-type: none"> 1. healthy relationships (characteristics of) 2. trusted people 3. respect 4. open communication 5. accepting differences 6. respecting differences 7. avoiding assumptions 8. being inclusive 9. boundaries 10. physical development 	<ol style="list-style-type: none"> 1. Xiriirro wanaagsan (sifooyinka) 2. dad lagu kalsoon yahay 3. ixtiraam 4. wadahadal furan 5. ogolaanshaha kala-duwanaanshaha 6. ixtiraamidda kala-duwanaanshaha 7. ka fogaanshaha mala-awaalka 8. ahaanshaha mid loo dhan yahay 9. xuduuddo 10. koboc jireed

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Grade 4

English	Somali
1. healthy relationships (characteristics of)	1. Xiriirro wanaagsan (sifooyinka)
2. trusted people	2. dad lagu kalsoon yahay
3. respect	3. ixtiraam
4. open communication	4. wadahal furan
5. accepting differences	5. ogolaanshaha kala-duwanaanshaha
6. respecting differences	6. ixtiraamidda kala-duwanaanshaha
7. avoiding assumptions	7. ka fogaanshaha mala-awaalka
8. being inclusive	8. ahaanshaha mid loo dhan yahay
9. boundaries	9. xuduuddo
10. physical development	10. koboc jireed

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Grade 5

English	Somali
1. trusted people	1. dad lagu kalsoon yahay
2. support services	2. adeegyada taageerada
3. trusted people	3. dad lagu kalsoon yahay
4. support services	4. adeegyada taageerada
5. adolescence	5. kuraynimo
6. puberty	6. baaluqnimo
7. pubic area	7. bisqanleyda ama gumaarka
8. reproductive system	8. habdhis tarmeedka
9. menstruation	9. ciso ama caado
10. spermatogenesis	10. koridda xawada/shahwada
11. threatening situations	11. xaalado halis-gelinaya
12. social-emotional learning skills	12. xirfadaha barashada dareen-bulsho
13. assertiveness	13. isla-qummaan
14. refusal skills	14. xirfadaha diidmada
15. intersecting factors	15. arrimo xiriir wada leh
16. self concept	16. sida ay qof ula ektahay
17. sexual orientation	17. dookh galmo
18. self-awareness	18. is-yaqaan
19. self-acceptance	19. is-ogolaansho
20. stereotypes	20. waxyaabo la iska aamino
21. stereotypical thinking	21. fikirka la iska aamino
22. social competency	22. kartida la dhaqan bulsho
23. cultural identity	23. aqoonsi dhaqameed
24. well-being	24. wanaag
25. physical well-being	25. wanaag jireed
26. mental well-being	26. wanaag dhimir
27. emotional well-being	27. wanaag dareen
28. external factors	28. arrimo dibadeed
29. stress	29. walbahaar
30. emotional stress	30. walbahaar dareen
31. interpersonal stress	31. walbahaarka shakhsiyaadka dhexdooda ah
32. coping strategies	32. istiraatiijiyadaha la qabsashada



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33. caring adults

34. positive attitude

35. negative attitude

36. homophobia

37. hurtful comments

38. bullying

39. cyberbullying

40. sexual harassment

41. negative actions

33. daryeelka dadka waaweyn

34. dabecad wanaagsan

35. dabecad aan wanaagsaneyn

36. khaniis-naceyb

37. faallooyinka qalbi-xumada keena

38. xoog-sheegasho

39. xoogsheegsiga internet-ka ka dhaca

40. Dhibaateyn galmo

41. ficillo aan wanaagsaneyn

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Grade 6

English	Somali
1. respectful	1. ixtiraam leh
2. accepting	2. ogolaanaya
3. barriers	3. caqabado
4. sexually explicit material	4. agab qaawani muujiya
5. pornography	5. sawir ama filim qaawani ah
6. accessibility	6. gaarista
7. trusted adults	7. qaangaarro lagu kalsoon yahay
8. social-emotional learning skills	8. xirfadaha barashada dareen-bulsho
9. positive interactions	9. wada-tacaamulka wanaagsan
10. confidence	10. kalsooni
11. foundations of healthy relationships	11. aasaaska xiriirrada wanaagsan
12. adolescence	12. kuraynimo
13. factual information	13. macluumaad xaqiiqda la xiriira
14. reliable sources	14. ilo la isku halleyn karo
15. premature ejaculation	15. Biya-baxa degdegga ah
16. masturbation	16. siigaysi
17. consent	17. ogolaansho
18. stereotypes	18. waxyaabo la iska aamino
19. harmful assumptions	19. mala-awaalka waxyeello leh
20. gender roles	20. doorarka jinsiga
21. gender expectations	21. filashooyinka jinsiga
22. sexual orientation	22. dookh galmo
23. race	23. sinjiga
24. ethnicity	24. isirka
25. culture	25. dhaqanka
26. abilities	26. awoodaha
27. self concept	27. sida ay qof ula ektahay
28. social inclusion	28. u-dhammaanshaha bulshada
29. destructive social attitudes	29. dabeecadaha bulshada ee burburka keena
30. homophobia	30. khaniis-naceyb
31. racism	31. didab-takoor
32. discrimination	32. takoor



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33. prejudices	33. aragtiyada aan salka lahayn
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Grade 7

English	Somali
1. sexual health	1. caafimaadka galmada
2. abstinence	2. yareysasho
3. genital	3. Xubinta taranka
4. consent	4. ogolaansho
5. sex	5. galmo
6. Sexually Transmitted and Blood Borne Infections (STBBI's)	6. Caabuqyada Dhiigga Ka Dhasha ee Galmada Lagu Kala-qaado (STBBI's)
7. unplanned pregnancy	7. uurka aan la sii qorsheysn
8. protection	8. ilaalin
9. viral infection	9. caabuqa fayraska ah
10. HIV/AIDS	10. Cudurka AIDS/HIV
11. vagina	11. xubinta taranka ee dumarka (siil)
12. cervix	12. afka ilmo-galeenka
13. urethra	13. kaadi mareenka
14. penis	14. xubinta taranka ee ragga (gus)
15. Immune system	15. Habdhiska difaaca jirka
16. bodily fluids e.g., semen, blood, vaginal or rectal fluid, breast milk	16. dheecaanada jirka t.a., shahwada, dhiigga, dheecaanada siilka ama futada, caanaha naaska
17. harassment (verbal and social)	17. dhibaateyn(mid afka ah ama mid bulsho)
18. bullying	18. xoog-sheegasho
19. puberty	19. baaluqnimo
20. sexual orientation (e.g., heterosexual, gay, lesbian, bisexual, pansexual, asexual)	20. dookh galmo (t.a., qof hawaysta cayn-qofeed ka duwan, khaniis, khaniisad, qof hawaynsta caynkiisa iyo cayn-qofeedka ka duwan, aan ahayn lab ama dheddig toonna, qofka hawaysta cayn kasta)
21. gender identity (e.g., male, female, Two-Spirit, transgender)	21. aqoonsiga jinsiga (t.a., lab, dheddig, nimow-naageed, labeeb)
22. sexual intimacy	22. is-aqoonsi galmo

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Grade 8

English	Somali
1. sexual health	1. caafimaadka galmada
2. sexual activity	2. fal galmo
3. sexual intimacy (e.g., hugging, kissing, holding hands, touching bodies and genitals, sexual intercourse)	3. is-aqoonsi galmo (t.a., habsiin, shummin, gacmo is-qabsasho, taabashada jirka iyo xubnaha taranka, wasmo)
4. self-concept	4. sida ay qof ula ektahay
5. gender identity (e.g., male, female, Two-Spirit, transgender)	5. aqoonsiga jinsiga (t.a., lab, dheddig, nimow-naageed, labeeb)
6. gender expression	6. muujinta jinsiga
7. sexual orientation (e.g., heterosexual, gay, lesbian, bisexual, pansexual, asexual)	7. dookh galmo (t.a., qof hawaysta cayn-qofeed ka duwan, khaniis, khaniisad, qof hawaynsta caynkiisa iyo cayn-qofeedka ka duwan, aan ahayn lab ama dheddig toonna, qofka hawaysta cayn kasta)
8. sexually transmitted blood borne infections - STBBI's	8. caabuqyada dhiigga ka dhasha ee galmada lagu kala-qaado - STBBI's
9. abstinence	9. yareysasho
10. contraception	10. hab kasta ee loogaga hortaggo uurka
11. consent	11. ogolaansho
12. fertility	12. bacrinnimo
13. sexual harassment	13. dhibaateyn galmo
14. exploitation	14. dhiig-miirasho
15. dating violence	15. tacadiga shukaansiga
16. affection	16. dareen

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Grade 9

English	Somali
1. sexual health	1. caafimaadka galmada
2. safety	2. bedqab
3. consent	3. ogolaansho
4. sexuality	4. dareenka jinsi
5. Sexually Transmitted Infections (STI's)	5. Caabuqyada Galmada Lagu Kala-qaado (STI's)
6. protection	6. ilaalin
7. abstinence	7. yareysasho
8. prevention	8. ka-hortag
9. unintended pregnancy	9. uurka aan la rabin
10. social relationships	10. xiriirrada bulshada
11. intimate relationships	11. xiriirrada isku soo dhowaanshaha
12. acceptance	12. ogolaansho
13. stigma	13. dhaleecayn
14. stereotypes	14. waxyaabo la iska aamino
15. homophobia	15. khaniis-naceyb
16. self-image	16. fikradda uu qof iska haysto
17. self-awareness	17. is-yaqaan
18. gender identity (male, female, two-spirited, transgender, transsexual, intersex)	18. aqoonsiga jinsiga (lab, dheddig, labbeeb, nimow-naageed)
19. sexual orientation (heterosexual, gay, lesbian, bisexual)	19. dookha galmo (qof hawaysta cayn-qofeed ka duwan, khaniis, khaniisad, qof hawaynsta caynkiisa iyo cayn-qofeedka ka duwan),



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Grade 10

English	Somali
1. exclusive relationships	1. xiriirrada gaarka ah
2. sexuality	2. dareenka jinsi
3. discrimination	3. takoor
4. heterosexism	4. hawaysashada cayn-qofeedka duwan
5. decision making	5. go'aan qaadashada



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Grade 11

English	Somali
1. personal skills	1. xirfado shakhsiiyeed
2. interpersonal skills	2. xirfadaha shakhsiyaadka dhexdooda ah
3. mental illness	3. xannuunka dhimirka
4. addictions	4. la-qabsiga balwadda
5. stigmatization	5. dhaleecayn
6. stigma	6. dhaleecayn
7. sexual health	7. caafimaadka galmada
8. reproductive health	8. caafimaad tarmeed
9. sexually active	9. galmo Ahaan firfircoon

**Human Development and Sexual Health Terms
from 2019 Ontario Curriculum****Grade 12**

English	Somali
<ol style="list-style-type: none">1. non sexual2. gender expression3. sexual attractiveness4. emotional support5. communication6. adapting7. coping8. conflict resolution9. bias10. stereotyping	<ol style="list-style-type: none">1. aan galmo ahayn2. muujinta jinsiga3. soo-jiidasho galmo4. taageero dareen5. war-isgaarsiin6. barasho7. la-qabsasho8. xallinta khilaafaadka9. dhan-u-eexasho10. wax la iska-aamino

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General Terms

English	Somali
<ol style="list-style-type: none"> 1. self-concept 2. relationship 3. harassment 4. HIV/AIDS 5. gender 6. gender based violence 7. Gay Straight Alliance (GSA) 8. discrimination 9. bullying 10. assault 11. abusive behaviour 12. sex 	<ol style="list-style-type: none"> 1. sida ay qof ula ektahay 2. xiriir 3. dhibaateyn 4. Cudurka AIDS/Fayruska HIV 5. jinsi 6. tacadiga jinsiga ku saleysan 7. Isbaheysiga Khaniiska iyo Qofka Toosan (GSA) 8. takoor 9. xoog-sheegasho 10. weerar 11. hab-dhaqanka xadgudubka leh 12. galmo