



Protection from Sexual
Exploitation and Abuse
PSEA Network Myanmar



unicef
for every child

HLAWHHLAANG THAWN PAWLKOM AW LO DING



Nupa sualnak in hlaawknaak ngahtum tiah
zumhmang na thei sile sim thei nak nei ding

NA THINPHANNAAK LE TIHPANNAAK PAWL RUAHREL KHAWM DING:

HMIN:

PEHZOMNAK PHONE:



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KUM(18) TAANGLAM NUPA SUALNAK TUAH LO DING



Nupa sualnak in hlaawknaak ngahtum tiah
zumhmang na thei sile sim thei nak nei ding

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NUPA SUALNAK HRANGAH ZIANGMI THAWNKHAL IN THLENG HLAH



Nupa sualnak in hlaawknaak ngahtum tiah
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NA THINPHANNAAK LE TIHPANNAAK PAWL RUAHREL KHAWM DING:

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SINAK(RANK) CU NUPA SUALNAK IH HLAAWKNAAK AH HMANG HLAH



Nupa sualnak in hlaawknaak ngahtum tiah
zumhmang na thei sile sim thei nak nei ding

NA THINPHANNAAK LE TIHPANNAAK PAWL RUAHREL KHAWM DING:

HMIN:

PEHZOMNAK PHONE:



NANGMAH TEH NUPA SUALNAK NEHNAWR HMANGTU NA SI MAW?

NUPA SUALNAK NEHNAWR HMANG TIMI ZIANG ASI?



**Nupa sualnak nehnawr
daan tahthimnaak pawl:**

- Taksa ruangpi then (asilole) a bangrep mi zahmawh ih tuah.
- Zahmawh thawn pehpar aw in (silole) zohmawi lo in tong hmang.
- Zahmawh thawn pehpar mi thuhla pawl ziangti zawng khal in kuat awk.
- Nupa saul tlaang ding ngiar sawmnak
- A tul lo mi tongtham awknak

Kawlram sungih nunau hnatuan mi a hrek cu hnatuannaak hmun ah zahmawh lam nehnawr an tuar, nangmah lawng na si lo, na rinsan mi thawn ruatkawm aw, nangmah nehnawr na tuar sile midang pakhatkhat khal an tuar thei.

NA THINPHANNAAK LE TIHPANNAAK PAWL RUAHREL KHAWM DING:

HMIN:

PEHZOMNAK PHONE:

Nangmah le midang pawl humhim aw.
Bawmnak a lo pek tu, tuanvo nei tu pawl
na theih mi an um maw?



BAWMNAK THILRI PAWL HI ALAK (MANLO) IH PEK MI ASI

Bawmnak an lo pek ruangah
thildang pakhatkhat lo dil a theih lo.

A san'zawh huailo gamtatna te ko inla khia in.



**Nangmah le midang pawl humhim aw.
Bawmnak a lo pek tu, tuanvo nei tu pawl
na theih mi an um maw?**



BAWMNAK A LO PEK TU PAWL CU AN SINAK(RANK) KHA ASI LO ZAWNGIH HMAN A THEIH LO

**Bawmnak a lo pek tu pawl in nangmah cu nupa sualnak
tuah ding in sawm ngiar naak siseh (asilole) awkam in,
nuncan in siseh neh nawr a theih lo.**

A san'zawh huailo gamtatna te ko inla khia in.



Nangmah le midang pawl humhim aw.
Bawmnak a lo pek tu, tuanvo nei tu pawl
na theih mi an um maw?



BAWMNAK AN LO PEK RUANGAH THILDANG PAKHATKHAT LO DIL A THEIH LO

A san'zawh huailo gamtatna te ko inla khia in.



**Nangmah le midang pawl humhim aw.
Bawmnak a lo pek tu, tuanvo nei tu pawl
na theih mi an um maw?**



NAUHAAK LE KUM(18) KIM LO PAWL NUPA SUALNAK TUAH SIAN ASI LO

A san'zawh huailo gamtatna te ko inla khia in.



**Nangmah le midang pawl humhim aw.
Bawmnak a lo pek tu, tuanvo nei tu pawl
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BAWMNAK THILRI PAWL HI ALAK (MANLO) IH PEK MI ASI

**Bawmnak an lo pek ruangah
thildang pakhatkhat lo dil a theih lo.**

A san'zawh huailo gamtatna te ko inla khia in.



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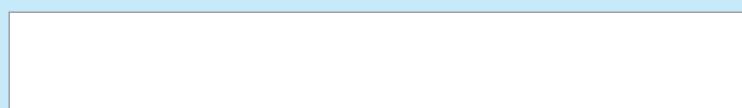
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BAWMNAK A LO PEK TU PAWL CU AN SINAK(RANK) KHA ASI LO ZAWNGIH HMAN A THEIH LO

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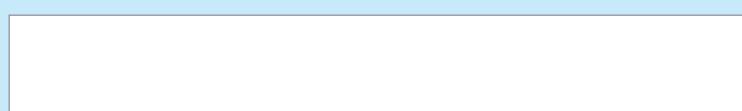
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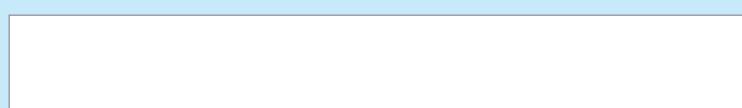
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