



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
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NA THINPHANNAAK LE TIHPANNAAK PAWL RUAHREL KHAWM DING:

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NUPA SUALNAK HRANGAH ZIANGMI THAWNKHAL IN THLENG HLAH



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



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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

Kawlrang sungih nunau hnaturan mi a hrek cu hnatuannaak hmun ah
zahmawh lam nehnawr an tuar, nangmah lawng na si lo, na rinsan mi
thawn ruatkhawm 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.



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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.

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

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

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**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
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