



Protection from Sexual
Exploitation and Abuse
PSEA Network Myanmar



unicef 
for every child

HLAWHHLANGNU HE NUPA SINAK TUAH HLAH



Nupa sualnak tuahti duhnak ngei tiah lunghrin
ahcun theihternak na tuaht lai

NA THINPHANNAK NA LUNGRETHEIHNNAK I CEIHTI DING AH:

MIN:

PEHTLAIHNNAK:



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KUM 18 A TLING LO MI HE NUPA SINAK NAN TUAH LAI LO



**Nupa sualnak tuahpi duhnak ngei tiah lunghrinh
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NA THINPHANNAK NA LUNGRETHEIHNNAK I CEIHTI DING AH:

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NUPA SINAK TUAH DING AH ZEI BANTUK LEMSOINAK HMANH COHLAN HLAH



Nupa suainak tuahti duhnak ngei tiah lunghrin
ahcun theihternak na tuaht lai

NA THINPHANNAK NA LUNGRETHERNAK I CEIHTI DING AH:

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BOCHAN MI LE UPAT MI NA SINAK (RIANSANG) KHA NUPA SINAK HLAWKNAK CA AH HMANG HLAH



**Nupa sualnak tuahpi duhnak ngei tiah lunghrinh
ahcun theihternak na tuah lai**

NA THINPHANNAK NA LUNGRETHEIHNNAK I CEIHṬI DING AH:

MIN:

PEHTLAIHNNAK:



NUPA SINAK KONG AH NAMCHIH A HMANG MI NA SI MAW?

NUPASINAK LEI I NAMCHIH

TI MI CU ZEI DAH A SI?



Nupa sinak namchihnak he
a pehtlai mi tahchunhnak
hna:

- Pum i a cheubang asiloah
muisam umtu ning kha
nupa sinak he a pehtlai
mi cinkennak tuahnak.
- Nupa sinak he a pehtlai
mi asiloah biachiakha, mi
nihchuak capo chimnak.
- Nupa sinak he aa pehtlai
mi konglam kha a phun
phun in kuatnak.
- Nupa sinak tuah ding in
lemsoinak.
- A herh lo mi tonghthamn
Hika ah hin langhter lo mi
tahchunhnak tam pi a um
rih.

Kawlrām i rianṭuan mi nu hnarcheu uak nih an rianṭuannak ah nupa sinak lei he
pehtlai in hnahnawhnak le namnehnak an ton.

Nangmah lawng na si lo. Na zumh mi pakhatkhat he ceihmaiṭinak ngei. Nangmah
kha an namchih a si ah cun midang pakhat khat zong nih a in khawh ve

NA THINPHANNAK NA LUNGRETHEIHNNAK I CEIHTI DING AH:

MIN:

PEHTLAIHNNAK:

Nangmah le midang kha runveng hna.
Bawmhchanhnak rianṭuantu hna
kong zei dah na theih a herh?



BAWMHCHANHNAK THILRI HNA CU A
LAK IN PEK MI A SI CAAH ZEI HMANH
HAL DING A SI LAI LO

Nangmah kha bawmhchanhnak he i thlen ding in
thil thil pakhatkhat kha hal khawh a si lo.

Cohlen khawh lo mi tuahsernak a um ahcun duhlonak
langhternak tuah ko.



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BAWMCHANNAK RIANṬUANTU HNA NIH AN RIANṬUAN MI KHA HMANG IN HLAWKNAK TUAH KHAWH A SI LO

Bawmhchanhnak rian a ṭuantu hna nih nupa sinak lemsoinak
asiloah hmurka le tuahsernak hna in tuah khawh a si lo.

Cohlen khawh lo mi tuahsernak a um ahcun duhlonak
langhernak tuah ko.



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BAWMHCHANHNAK RIAN A ṬUANTU
HNA NIH BAWMHCHANH RUANG AH
NUPASINAK HE THLEN ASILOAH NUPA
SINAK TUAHPI KHAWH A SI LO

Cohlen khawh lo mi tuahsernak a um ahcun duhlonak
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**NGAKCHIA HNA (KUM 18 TANG)
HE NUPA SINAK TUAH
KHAWH A SI LO**

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**BAWMCHANNAK RIANṬUANTU HNA NIH
AN RIANṬUAN MI KHA HMANG IN
HLAWKNAK TUAH KHAWH A SI LO**

**Bawmhchanhnak rian a ṭuantu hna nih nupa sinak lemsoinak
asiloah hmurka le tuahsernak hna in tuah khawh a si lo.**

Cohlen khawh lo mi tuahsernak a um ahcun duhlonak
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