



Bridging Refugee Youth & Children's Services

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Dating and Relationship Violence = Kev Tsis Sib Haum Xeeb

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Keu Tsis Sib Haum Xeeb - Dating & Relationship Violence

Txoj kev nkauj kev nraug yog ib qho tib neeg muaj thiab yog ib qho zoo. Tab sis cov me nyuam hluas txoj kev sib raug yuav tsis zoo raws li xav los muaj. Tej zaum lawv yuav sib chim sib ntxub nrog lawv cov hluas nkauj los yog hluas nraug los muaj.

- Yog koj tus me nyuam muaj txoj kev sib hluv uas ua rau nws ntxhov siab, chim los yog ntshai, qhia rau nws tias nws yuav tsum ntseeg nws tus kheej thiab tso tseg mus.
- Qhia rau nws paub tias nws muaj cai hais tias "tsis kam." Tsis muaj ib tug hluas nraug los yog hluas nkauj twg muaj cai hais kom nws ua ib qho dab tsi los yog hnav ris tsho zoo li cas, los yog txw kom nws muaj cov phooj ywg zoo li cas, los yog yuam kom nws nrog lawv ua plees ua

Dating is normal and healthy. But sometimes relationships may not be positive. People may fight a lot with their boyfriend or girlfriend.

- If your teen or young adult is in a relationship that in anyway feels uncomfortable, awkward, or frightening, tell him or her to trust their feelings and get out.
- Tell them that they have the right to say "no". No boyfriend or girlfriend has the right to tell them what they can do or wear, what kind of friends they should have, or pressure them into sexual activity.

If you believe your teen is being mistreated, it is okay to forbid them from seeing that person, and seek outside help. Talk to respected family, friends or a professional. These issues are really hard for

yi.

Yog koj pom tias koj tus me nyuam raug luag tsim, koj muaj cai txwv tsis pub nws ntsib tus neeg ntawd lawm thiab muaj cai nrhiav kev pab los lwm qhov los. Mus tham rau ib tug neeg txheeb koj uas koj hwm taus, tej phooj ywg los sis ib tug neeg txawj ntse txog tej yam no. Tej yam no yeej nyuaj rau cov laus. Tiam sis xav seb ho yuav zoo li cas rau ib tug hluas. Me nyuam yaus yuav tsum paub tias kev sib haum xeeb zoo li cas thiab huv li cas. Kev paub txog tej no tseem ceeb heev. Koj pab tau lawv kawm yog muab koj ua kiag tus yam ntxwv rau lawv thiab nrog lawv tham.

Yog koj txhawj txog lwm tus es tsis tau yog kev kub ntshov maj, koj hu tau rau Koom Haum Asian Women United ntawm 651-646-2218. Los yog rau tus xov tooj yog 211, "First Call" koj nyob hauv nroog ntxaib los yog 1-800-543-7709 yog koj nyob deb nroog lawm. Qhia tias koj xav nrog ib tug neeg Hmoob tham no.

adults to deal with. Imagine what it's like for a young person. Being able to identify and be in healthy relationships are very important skills. Help them learn these skills through your example and by talking with them.

If you are concerned about someone's safety and it is not an emergency, call Asian Women United at 651-646-2118. Or call "211" First Call for Help in the Twin Cities or 1-800-543-7709 elsewhere in Minnesota. Ask to talk to someone who speaks Hmong.

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