

- 👉 Naupang tharum thawhna hnuia sei lian leh hmu tamte hi an lo puitlin hnuah tharum thawh duh mi an ni chawk.
- 👉 Hmun him lo leh tawh sual tawh theihna hmun pumpelh hram tur a ni.
- 👉 Zan rei tak thlenga khawlaia len leh mahnia a fala awm fote chin loh a tha.
- 👉 Social Media atanga thian chhar tharte lakah fimkhur a ngai hle a, hriat chian lohte a fala kawm loh a him ber.
- 👉 Tharum thawhna leh hlei lenna i bul velah tawk an awmin heng a hnuia agency-te hnenah hian a rang thei ang bera briattir tur a ni.
  - Police station hnai ber
  - Hospital station hnai ber
  - Child Welfare Committee
  - Mizoram State Child Protection Society
  - Mizoram State Commission for Women



**Women Helpline  
Mizoram 181**  
**24 X 7 (Toll free)**

**0389 2317123**



**CHILD RIGHTS PROTECTION CELL**  
**DIRECTORATE OF**  
**STATE COUNCIL OF EDUCATIONAL RESEARCH AND TRAINING**  
**SCHOOL EDUCATION DEPARTMENT**  
**GOVERNMENT OF MIZORAM**

**THARUM THAWHNA  
LEH  
HLEI LENNA**

***laka inven dan***

**STOP!**

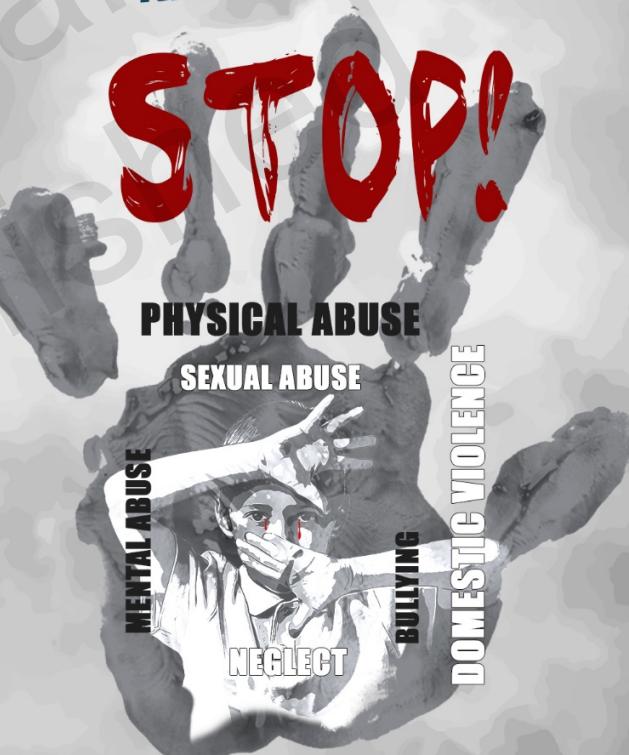
**PHYSICAL ABUSE**

**SEXUAL ABUSE**

**MENTAL ABUSE**

**BULLYING**

**DOMESTIC VIOLENCE**



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## Tharum thawhna chu eng nge ni?

- 👉 Tum reng vanga mi dangte laka tharum thawh – entir nan: taksa tihnat, thihna thlen, rilru hliam, rualban lohna emaw than lenna kawnga mi dang phak lohna.
- 👉 Khawvel pumah hian kum tinin tharum thawhna avangin mi vbc 1.5 an thi a ni.

## Hlei lenna chu eng nge ni?

- 👉 Mipat hmeichhiatna lam hawia khawih chhiatna, tihduhdahna, rilru leh taksa lama tihnatna tuin emaw a mi rin zawng tak, hlauh enah pawh a en lohte laka atanga a tawrh hi a ni.

## Tharum thawhna chi hrang hrangte:

### Physical abuse

Hnek/ben, nasa taka sawi/thing, nam thlu ̄huai, theh leng lawp, rek, pet, hal, tui so-a leihte hi miin mi dang chungah a thlentirin.

### Sexual abuse

Miin tu emaw chungah tihluihna emaw, bumna emaw hmanga mipat hmeichhiatna lam hawia chet lakna a neih hi a ni. Entir nan: fawh luih, taksa peng serh hran bik laite khawih sak.

### Mental abuse

Miin tum reng vanga mi dangte rilru a hliamin. Entir nan: hming dukdak lova inkoh, fiamthu thawh nana hman, vau ̄thaih/rik rap, mahni inhmu hniam tur leh hlutna nei lo leh ̄tangkai lova inhriatna neihtir.

### Bullying

Tuin emaw amah aia chak lo leh awm nem zawkte laka tihduhdahna a thlenin. Entir nan: Vau zamna, taksa tihnat, tharum thawhna.

### Neglect

Miin a dawn tur ang tawk ngaihsakna leh enkawlna dawng lova hlamchhiah a nihin. Entir nan: thawmhaw

ibel tur mumal pek loh, ei tur tha pek loh, inhumhimna pek loh, ngaihthah, zirna dawnfir loh, dam lohna leh hliam tawh chang pawha inenkawlna tha pek loh.

### Domestic violence

In chhungkhura tharum thawhna nupa karah emaw, chenpuite chungah emaw a thlenin.

## Tharum thawhna leh hlei lenna laka inven dan –

- 👉 Mi dangte nen inlaichinna tha neih tum flat tur a ni.

- 👉 Mi dangte nen harsatna kan neihin a rang thei ang bera chinfel tur a ni.

- 👉 Mahni dikna chanvo leh zahawmna vawnhim nachang hriat tur.

- 👉 Naupangte chu tharum thawhna nasa tak pho chhuahna film leh computer/mobile game entir leh khelhtir loh tur.