

# PERSONAL SAFETY RULES

- + **Thuruk:** Mi tu pawhin an taksa nuam an tih loh ang zawng leh rinhlelhawma an khawih a, tumah hrilh loh tura thlem emaw, vau emaw an tawk a nih chuan, an mi rin zawng tak, an chhungte emaw, an zirtirtute emaw hrilh hre tura zirtir tur an ni.
- + **Ka duh lo:** Mi tu pawhin an taksa pengte dik lo taka khawih an tum chuan tih tak zet a, “Ka duh lo” ti ngam tura fuih thin tur an ni.
- + **Ring taka au va, tlanchhiat:** Mi tu pawhin nuam an tih loh zawng leh khawih dan him lova khawih an tum chuan ring taka auva tlanchhe tura zirtir tur an ni.
- + **Mahni indem loh:** Pawngsual emaw, khawihchhiat emaw an lo tawh palhin mahni inthiam loh leh indem mai lo tura fuih a, huaisen taka hmachhawn a, pangngai taka hun an hman leh theih dan tur kawng kawhmuh tur an ni.



National Commission for Protection of Child Rights

<https://ncpcr.gov.in>

## NAUPANGTE HUMHIMNA DANTE:

- United Nations Convention on the Rights of the Child:
  - ❖ He dan hi naupangte engti zawng pawha tihnat an nih lohna tura venhimna dan a ni.
- Prevention of Children from Sexual Offences (POCSO) Act:
  - ❖ Naupangte mipat hmeichhiatna lam hawia khawihchhiatna laka venhimna dan a ni.



**CHILD RIGHTS PROTECTION CELL**  
**DIRECTORATE OF**  
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**SCHOOL EDUCATION DEPARTMENT**  
**GOVERNMENT OF MIZORAM**



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# Personal Safety Rules

Sweet ka pe  
che anga sawtah  
sawn kal ang.

Ka duh lo.

# PERSONAL SAFETY RULES

## Naupangte himna a pawimawh

Dan hnuaih chuan mi tupawh kum  
18 la tling lo te hi naupanga chhiar an  
ni. An rilru a la puitling tawk lo va,  
mi dangte rin mai an awlsam hle.  
Thlem leh vau daih maite an awlsam  
em em a ni. Puitling zawk ten chu chu  
remchangah hmangin anmahni  
khawihchhiat phah nan an hmang  
thin. Chuvangin naupangte hi  
khawihchhiatna leh khuaikhemna  
laka anmahni inveng thiam thei tura  
zirtir a pawimawh em em a ni.

## Naupang khawihchhia/khuai khemtute

Naupang khuaikhem chingte hi  
rinhlelh kai lo tak, naupangin an  
hmelhriat leh an nel em em, hlauh en-  
a an en ngai reng reng lohte an ni fo.  
An hmelhriat ngai reng reng lohvina  
an khawihchhiat chu mi tlemte chauh  
an ni zawk.

**Engtin nge naupangte chu  
khawihchhiatna/khuaihkhemna lakah  
an inven ang?**

**+ An taksa enkawl uluk:**

Pathianin a duh taka a siam a ni  
tih an inhriatchian theih nan  
zirtir a, an taksa uluk taka  
enkawl thin tura fuih leh zirtir fo  
an tul. Miin an taksa nuam lo an  
tih ang zawnga khawih an tum  
chuan duh lo tura zirtir tur a ni.

**+ Vawnhim bik tur taksa pengte**  
*(private parts):* Taksa peng tin

hi a hluin a tha vek a. Mahse taksa peng vawnhim bik ngai, miin an ensak leh an khawihsak mai mai loh tur taksa peng a awm a ni tih zirtir tur a ni. Chung pengte chu an hmui, awm bawr, zunna leh eknate hi an ni. An dam lohva daktawr ten tul bik thila an en/khawih emaw, chhungten an bual emaw, tul bik thilah emaw chauh heng vawnhim bik ngai taksa pengte hi tihlen emaw khawih chauh tur

a ni tih naupangte hrilhhriat tur  
an ni.

- + *Inkuah:*** Chhungte leh တိမ္မတာ  
kuah hi a nuam hle a. Mahse  
inkuah dan him leh him lo thliar  
hrang thiam tura zirtir an ngai  
hle. Miin nuam lo an tih zawng  
taka an kuah chuan duh lo ngam  
tura zirtir tur an ni. Mi dangte  
nel dan chin tawk zirtir an ဖူး hle  
bawk.

**+ *Thilpek dawn:*** Naupangte hi  
anmahni duattu leh duhsaktu  
anga lang lakah pawh fimkhur  
thiam tura zirtir an ဖူး hle a. Mi  
tu pawhin thilpek an pekin, “*Ka*  
*tihsak manah che, ka pek manah*  
*che*” tia an taksa nuam lo an tih  
ang zawnga khawih an tum  
chuan duh lo va, hnial ngam tura  
zirtir an ဖူး hle. Thilpek an dawn  
rualin “*Ka lawm e*” tia kal sawn  
mai tur leh an chhungte hrilh  
lova tumah zui lo tura zirtir tur  
an ni.