

**Hu moog teem caij nrug koj tug kw khu mob los yog chaw khu mob huv zog. Moog kuaj ncauj tsev mivnyuas NUB NUAUV.**

Kuv lub sij hawm moog kuaj ncauj tsev mivnyuas

Nub \_\_\_\_\_  
Sij Hawm \_\_\_\_\_  
Chaw Nyob \_\_\_\_\_

Xuv Tooj \_\_\_\_\_

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## Kuaj Ncauj Tsev Mivnyuas

Yog ib qhov kev kuaj kw zoo  
rua koj lub neej



Illustration By: Sheng Her

## *Teem caij moog kuaj ncauj tsev mivnyuas nub nua!*

### *1. Puas muaj tseeb tas kuv muaj kheesxawj ncauj tsev mivnyuas es kuv tsis paub tas kuv muaj?*

**Muaj tseeb-feem ntau yeej tsis nov mob le. Txhua txhua xyoo yaam mob nuav tau ua rua ntau tug quaspuj tau taag sim neej.**

### *2. Qhov nuav txhais tau le caag tsua kuv?*

**Txhais tau has tas kuv yuav tsum moog kuaj ncauj tsev minyuas. Qhov kev kuaj nuav yuav nrhav tau kheesxawj thaum nyam qhuav pib mob. Yog ntshav tau ntxuv, yuav khu tau zoo dua.**

### *3. Kev kuaj ncauj tsev mivnyuas yuav moog pes tsawg zag?*

**Feem ntau cov quspuj yeej moog kuaj txhua xyoo. Tabsis yog koj moog kuaj ntau xyoo es tsis muaj mob daab tsi, tej zag koj tus kw khu mob yuav tsis has kuam koj moog kuaj txhua xyoo.**

### *4. Qhov kev kuaj nuav yuav ua moog zoo le caag?*

**Tug kw khu mob yuav siv ib tug paas moog so cov noob nqaj ntawm lub ncauj tsev mivnyuas. Yuav siv sij hawm le ob peb feeb xwb.**

### *5. Kuv yuav moog kuaj ncauj tsev mivnyuas qhov twg?*

- ♦ **Kw khu mob lub chaw khu mob**
- ♦ **Chaw khu mob luj**
- ♦ **Chaw khu mob huv zog**

### *6. Leej twg txhaj le yuav tau moog kuaj ncauj tsev mivnyuas?*

*Yog tas koj:*

- ♦ **Muaj 18 xyoo rov sau los yog**
- ♦ **Koj muaj 18 xyoo rov huv es tau nrug txiv neej pw**

*Txawm koj laug lawm los tseem moog kuaj tau ncauj tsev mivnyuas.*

**Feem ntau, cov qauspuj kws tsis coj khaub dluag lawm los tseem yuav tau moog kuaj ncauj tsev mivnyuas.**

### *7. Vim le caag moog kuaj ncauj tsev mivnyuas txhaj le tseem ceeb rua kuv?*

**Vim nwg yuav qha tau rua koj tas koj muaj kheesxawj ncauj tsev mivnyuas. Yog nrhav tau thaum ntxuv yuav khu tau zoo.**

**Yog koj xaav paub ntxiv txug kev kuaj ncauj tsev mivnyuas, hu tau rua koom hum Hmong Women's Heritage Association (916) 394-1405.**