

တၢ်သ့ၣ်ညါနၢ်ပၢ်ဘၣ်ထွဲဟံၣ်ပူၤလီၤပူၤဒီးဟံၣ်ဖိလီၤဖိတၢ်စုဆူၣ်ခိၣ်တကး

Family and domestic violence awareness



ဟံၣ်ဖိလီၤဖိတၢ်စုဆူၣ်ခိၣ်တကးစံးတၢ်န့ၣ်မ့ၢ်ဝဲပုၤတၢ်ဂၤမၤဆါနၢ် မ့တမ့ၢ်မၤပျံၤမၤဖူးနၢ်န့ၣ်လီၤ.
တၢ်အံၤမ့ၢ်ဝဲပုၤတၢ်ဂၤတြီနၢ်လၢနကမၤတၢ်လၢနအဲၣ်ဒီးမၤ မ့တမ့ၢ်တၢ်လၢနလိာ်ဘၣ်မၤနီၢ်နီၢ်သ့ၣ်တဖၣ်.
နဝၤ, ပုၤလၢအဘၣ်ထွဲဒီးနၢ် မ့တမ့ၢ်နဟံၣ်ဖိလီၤဖိတၢ်ဂၤ-



- ကမၤဆါနၢ်, မ့တမ့ၢ်တဲနၢ်လၢကမၤဆါနၢ်
- တဟ့ၣ်နၢ်စ့နီၣ်တဘးဘၣ်
- တအဲၣ်ဒီးနရဲတံၤရဲသကိးဘၣ် မ့တမ့ၢ်တအဲၣ်ဒီးလၢနကထံၣ်လိာ်သးဒီးနဟံၣ်ဖိလီၤဖိဘၣ်
- တဟ့ၣ်နၢ်အခွဲးလၢနကထဲသကိးတၢ်ဒီးနတံၤသကိး မ့တမ့ၢ်ဟံၣ်ဖိလီၤဖိလၢလီၤတဲစိပူၤမ့တမ့ၢ်လၢ အ့ထၢၣ်နဲးပူၤဘၣ်
- တဟ့ၣ်နၢ်အခွဲးလၢနကမၤတၢ်လၢနအဲၣ်ဒီးမၤသ့ၣ်တဖၣ်ဘၣ်
- တဟ့ၣ်နၢ်အခွဲးလၢနကကူကၤတၢ်ကူတၢ်ကၤလၢနအဲၣ်ဒီးသိးသ့ၣ်တဖၣ်ဘၣ်
- ကိးနမံၤမ့တမ့ၢ်တဲအၢတဲသီနၢ်
- မၤနမၤတၢ်လၢနတအဲၣ်ဒီးမၤသ့ၣ်တဖၣ်
- မၤဝဲဒ်သိးနကတူၢ်ဘၣ်လၢနမ့ၢ်မိၢ်လၢအတဂ့ၤဘၣ်တဂၤ
- တဲနၢ်လၢအကမၤဟးဂီၤကွံာ်နလံာ်ခိၣ်ကီၢ် 'Visa'
- တဲပျံၤမၤပျံၤမၤဖူးနၢ်လၢကဟံၣ်ကွံာ်နဖိ
- တပျဲနအီၤကသံၣ်ဘၣ် မ့တမ့ၢ်တဟ့ၣ်နၢ်အခွဲးလၢနကထံၣ်လိာ်သးဒီးကသံၣ်သရၣ်ဖးဒိၣ်ဘၣ်



တမ့ၢ်တၢ်လၢအကြၢးဝဲဘၣ်ဝဲလၢပုၤတၢ်ဂၤကမၤဘၣ်နၢ်လၢတၢ်ဂ့ၢ်သ့ၣ်တဖၣ်အံၤတခါဂ့ၢ်တခါဂ့ၢ်န့ၣ်ဘၣ်.
ထံကီၢ်ပဒိၣ်တဲဝဲလၢနအိၣ်လၢဟံၣ်ဒီးတၢ်ပူၤတၢ်ဖျဲးမ့ၢ်တအိၣ်လၢနဂီၢ်ဘၣ်န့ၣ်နဟးထီၣ်ကွံာ်လၢဟံၣ်သ့ဝဲန့ၣ်လီၤ.
ပၤကီၢ်မ့ၢ်တဲသကိးတၢ်ဒီးနၢ်န့ၣ် တဲအီၤလၢနအိၣ်ဒီးတၢ်လီၤဘၣ်ယိၣ်ဒီးအဝဲသ့ၣ်ကမၤစၢၤနၢ်န့ၣ်လီၤ.

ဝံသးစူၤကွၢ်ဆူညါတကဘျးလၢနကဒီးန့ၢ်ဘၣ်အါထီၣ်တၢ်ဂ့ၢ်တၢ်ကျိၤအဂီၢ်. **English version on back >**



ပျာအကလေးကမေးစားနဲ့အိတ်စွဲကိးဝဲဒ်န့ဉ်လီၤ.

နကိးဘဉ်-

'Centre for Non-violence' တၢ်ဆစူးကါတၢ်စုဆူဉ်ခိဉ်တကးလီၢ်ခါဉ် (၁၈၀၀ ၈၈၄ ၂၉၂) (မ့တမ့ၢ်)

www.cnv.org.au/we-are-here-to-help

Safe Steps (၂၄)န့ဉ်ရံဉ် ကိးဝဲဒ်ခိးဘဉ်ဟံဉ်ဖိယိဖိတၢ်စုဆူဉ်ခိဉ်တကးတၢ်မေးစားလီၢ်ခါဉ်သးလီၤကျိၤ (၁၈၀၀ ၀၁၅ ၁၈၈)

'In Touch' တၢ်ဆဲးတၢ်လၢအါမံၤအါကလုာ်လၢအထီဒါဟံဉ်ဖိယိဖိတၢ်စုဆူဉ်ခိဉ်တကးလီၢ်ခါဉ်သး (၁၈၀၀ ၇၅၅ ၉၈၈)

'In Touch' မ့ၢ်ဝဲဒ်ကိးဝဲဒ်ခိးဘဉ်ပုၤသ့ပုၤဘဉ်ခိဖျိတၢ်မေးစားဟံဉ်ဖိယိဖိတၢ်စုဆူဉ်ခိဉ်တကးအတၢ်မေးစားလီၢ်ခါဉ်သးလၢအမၤသကိးတၢ်ဒီးပိာ်မုာ်လၢအသးလီၢ်သးကျဲ ဒီးပုၤဘဉ်ကိးဘဉ်ခဲသ့ဉ်တဖဉ် ယုာ်ဒီးဟံဉ်ဖိယိဖိဒီးပုၤတဝၢသ့ဉ်တဖဉ်န့ဉ်လီၤ. www.intouch.org.au

နမ့ၢ်လီၤဘဉ်လၢတၢ်ကိတၢ်ခဲအပူၤန့ဉ် ကိးဘဉ် '000' တဘျီယိတက့ၢ်.

တၢ်သးကညိလၢတၢ်မေးစားပယုၤအဂီၢ်တအိဉ်လ့ၤတက့ၢ်ဘဉ်.

Family and domestic violence awareness

Family or domestic violence is when someone hurts you, or makes you feel scared. It's when someone stops you doing the things you want or need to do.

Your husband, wife, partner or family member might do one of these things to you:

- Hurt you, or tell you they will hurt you.
- Not let you have any money.
- Not let you have friends, or see your family.
- Not let you talk to friends or family on the phone or internet.
- Not let you do the things you want to do.
- Not let you wear the clothes you want to wear.
- Call you names or say bad things to you.
- Make you do things you don't want to do.
- Make you feel like you're a bad parents.
- Tell you they will cancel your visa.
- Threaten to take your children away.
- Not let you have medicine or see a doctor.

It's not okay if someone is doing any of this to you. The government says you can leave your house if you are not safe at home.

If the police speak to you, tell them you are unsafe and they will help.

There are also other people who can help.

You can call:

Centre for Non-Violence: 1800 884 292 or visit www.cnv.org.au/we-are-here-to-help

Safe Steps 24-hour family violence response centre crisis response line: 1800 015 188

In Touch Multicultural Centre Against Family Violence: 1800 755 988. In Touch is a specialist family violence response service that works with women from migrant and refugee backgrounds and their families and communities: www.intouch.org.au

If you are in danger, **call 000 straight away!**

Remember - there is never an excuse for abuse.