



Daim Ntawv Qhia Txog Kev Pab Cov Me Nyuam Pom Kev Tsim Txom Huav Tsev

Lub Kaum Hli Ntuj yog lub caij peb nco thiab txhawb qhia txog Kev Tsim Txom Huav Tsev, Serving Our Youth nrhiav tau hauv kev pab rau cov koom haum uas tau txais nyiaj (grantees) thiab lawv cov pej xeeb siv kom los txhawb tau cov me nyuam uas tau pom kev tsim txom huav tsev.

Laj Txheej Rau Pej Xeeb Ua Hauj Lwm Nrog Me Nyuam

- **Tsim kev ntseeg siab, kev txhawb nqa, thiab kev sib raug zoo nrog cov me nyuam koj ua hauj lwm nrog.**
 - Thaum muaj neeg laus ua zoo nyob hauv lawv lub neej qee sij hawm tsis tu ncuva nug ntshis thiab pab txhawb lawv ces yuav yog ib qhov kev tiv thaiv loj ([protective factor](#)) rau cov me nyuam uas tau pom kev tsim txom huav tsev.
- **Cuam tshuam cov lus mob, lus phem, los cov lus tsim txov thiab cwj pwm thaum koj pom. Nrog tsim cov lus sawv daws pom zoo siv hauv koj chav.**
 - Txawm yog me nyuam los sis neeg laus, qhia ncaj qha hais tias tus cwj pwm tswj neeg, hais lus phem, thiab kev tsim txom yuav siv tsis tau hauv koj lub chav. Yog koj tsis hais ua ntej lawv siv cov lus phem los cwj pwm phem, ces yuav ua rau koj lub chav tsis kaj huv rau cov me nyuam kawm ntawv, thiab yuav ua tau rau lawv haj yam ceeb ntshai.
- **Nkag siab zoo koj txoj hauj lwm uas yuav tsum qhia tawm thaum pom kev tsim txom (mandated reporter).**
 - Qhia tseeb kom cov me nyuam koj ua hauj lwm nrog nkag siab txog koj txoj haum lwm uas yuav tsum qhia tawm thaum pom kev tsim txom (mandated reporter), li no lawv thiaj li yuav tsis xav hais tias koj tau ntseeg siab rau lawv yog koj tau hu child protective services. Yog koj yuav tsum hu, tiv tauj tus neeg saib xyuas uas tsis tsim txom thiab ntsuas seb tus me nyuam txoj kev nyab xeeb puas yuav muaj teeb meem tshwm sim.
- **Tshawb ntsuas koj lub koom haum uas muaj laj txheej rau me nyuam seb puas muaj kev nyab xeeb zoo.**
 - Kev tshawb ntsuas thoob plaws lub koom haum yuav pab koj nkag siab zoo seb puas muaj kev pab cuam khoob qhov twg, thiab puas muaj kev nyab xeeb ntxiv kom pab zam txoj kev ceeb ntshai dua. [The BE SAFE Project has developed an evaluation form](#) yuav pab tau koj tshawb ntsuas.
- **Thaum nkag siab zoo txog cov pov thawj-raws li kev ua tau yuav pab txhawb me nyuam uas pom kev tsim txom**
 - U.S. Department of Justice thiab U.S. Department of Health and Human Services tau sau ua ke ib cov pov thawj-raws li kev ua tau rau kev tiv thaiv, kev pab cuam tshuam/kho, thiab laj txheej raws tus qauv rau me nyuam uas pom kev tsim txom.

Tsev Kawm Ntawv

- **Yuav tsum npaj siab muaj kev txhawb kev nyab xeeb tom tsev kawm ntawv kom cov neeg ua hauj lwm hauv tsev kawm ntawv kawm tiav txog kev ceeb ntshai (trauma-informed) thiab nkag siab paub siv.**
 - Tej zaum, me nyuam kawm ntawv uas pom kev tsim txom hauv tsev yuav xav tau kev pab ntawv ntawm kev nyab xeeb hauv tsev nkawm ntawv (xws li, tseev kom muaj kev tiv thaiv los sis cia kom tus neeg saib xyuas uas tsis tsim txom tuaj tos tom tsev kawm ntawv xwb.)
- **Tham qhia rau cov tsev neeg thiab me nyuam kom lawv puab txog cov kev pab thiab kev pab cuam uas muaj nyob hauv lawv lub tsev kawm ntawv thiab hauv zej zog.**
 - Yuav kom yooj yim xav me nyuam thiab/los sis cov neeg saib xyuas tsis tsim txom kom ntsib kev cob qhia, nrhiav kev pab hais plaub, thiab nrhiav kev nyab xeeb ces yuav tsum tsim kev koom tes nrog cov koom haum pab cov raug tsim txom hauv tsev & quab yuam deev.
- **Txais txoj kev siv qhia txhawb kev ceeb ntshai hauv tsev kawm ntawv.**
 - Me nyuam kawm ntawv raug kev ceeb ntshai yuav muaj teeb meem ntawv lawv txoj kev xav, lawv cwj pwm, kev kawm ntawv, thiab kev nyab xeeb. Kev siv qhia txhawb kev ceeb ntshai nkag siab zoo txog kev ceeb ntshai uas yuav zoo li cas thiab paub txhawb me nyuam kawm ntawv txoj kev kom nyiaj taus. Yog xav paub ntawv txog cov tsev kawm ntawv uas puab txog kev ceeb ntshai, mus tau [National Education Association's Trauma-Informed Schools](https://www.nea.org/trauma-aware-schools) qhov website, los [TraumaAwareSchools.org](https://www.trauma-aware-schools.org).
- **Txhawb cov lus thaib laj txheej txog kev sib raug zoo hauv tsev kawm ntawv kom raug tas nrho cov qib kawm.**
 - Violence prevention programming can help assert healthy/unhealthy relationship behaviors and de-normalize violence. If possible, have a youth advocate or counselor in the room who can respond to potential disclosures from students.
 - Laj txheej tiv thaiv kev tsim txom pab txhawb kev cwj pwm sib raug zoo/tsis zoo thiab pab cuam tshuam kev tsim txom. Yog ua tau, muaj ib tug me nyuam sawv cev los tus kws counselor nyob hauv lub chav uas pab teb tau cov lus uas tshwm sim yog cov me nyuam kawm ntawv nthauv qhia.

Koom Nrog Txiv Neej thiab Me Nyuam Tub

- **Ua tus neeg muaj kev hlub thiab nyob ntawd tsis tu ncua.**
 - Peb puab meej hais tias thaum cob qhia cov me nyuam tub thiab tub hluas yuav tsum siv kev txhawb thiab muaj qauv kom pab txhim kho zoo—txawm koj yog ib tug txheeb ze, xib fwb, kws qhia (coach), los sis ib tus neeb ua hauj lwm rau me nyuam. Ob yam no yog lub tswv yim los koj kev rau me nyuam tub thiab tub hluas, tshwj xeeb tshaj yog cov uas pom kev tsim txom.
- **Coj nrog txoj kev xav thoob tsib to nrog (empathy)**
 - Dr. Brené Brown qhia, kev xav thoob tsib to nrog yog yam koj ua—tsis yog tej yam kev ua kom zoo dua los ua kom muaj kev cia siab, tab sis yog yam uas yuav tsim kom kev sib txuas kom thiab muaj kev sib txhawb. Yog muaj leej twg nthuav qhia dab tsi rau koj, nco ntsoov ua zoo mloog thiab teb nrog kev khuv leej, ua ntej koj pib nrhiav kev pab.

- **Yog muaj tej yam nyuab, tos los tsis ua li cas**
 - Kev tsim txom hauv tsev yuav ua tej yam kev xav tshwm sim uas nyuab thiab hais tsis tau tawm, tshwj xeeb yog txoj kev xav ntawm me nyuam tub thiab txiv neej xwb. Pub sij hawm rau koj tsim kev sib raug zoo kom muaj kev ntseeg khov kho rau lub caij uas yuav tham txog tej yam tsis yooj yim tom ntej.
- **Piav txog koj txoj kev ua ib tug txiv neej yawg, thiab qhia rau cov me nyuam tub thiab txiv neej.**
 - Ua zoo xav txog cov lus uas feem ntau siv xws li “ua cas koj ua tsis taus txiv” yuav tsim txoj kev xav tsis zoo txog txiv neeg yawg lub meej mom thiab tsim kev sib raug tsis nyab xeeb rau poj niam thiab me nyuam. Txiv neej muaj feem txiav txim tau rau lawv tus kheej kom koj tus yam ntxwv muaj kev nyab xeeb zoo thiab hais lus zoo, ua rau cov me nyuam tub thiab tub hluas lawv ua hauj lwm nrog xyaus tau.

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