



Kuv coglus thiab qhia kuv tus menyuam kom:

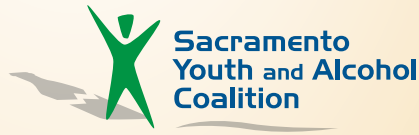
- Noj qab nyobzoo
- Rau siab kawm ntawv
- Tsav tshab xyuam xim
- Tsim kom muaj kev phoojywg zoo
- Kom ncau cuag lawv txojkev npau suav

Niamtxiv Daim Ntawv Coglus

Thov teb cov lus sab nraud thiab xa mus rau Sacramento Youth thiab Alcohol Coalition losis UC Davis Health System representative.



Pab tivthaiv cov hluas tsis tau muaj hnuabnyoog txog kev haus dejcawv!



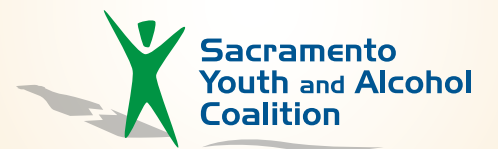
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Pab tivthaiv cov hluas kom txhob haus yeeb haus tshuaj



Niamtxiv/tus saibxyuas kev coglus



Koj puas paub?



- Kev quavcawv tseem tua cov hluas tuag coob tshaj kev haus yeeb haus tshuaj.
- 63 feempua ntawm cov hluas hais tias lawv xub pib haus cawv yog pib ntawm lawv lub tsev losis pib ntawm lawv cov phoojywg tsev.
- Kevcai lijchoj yuav rau txim hnyav rau cov menyuam tsis tau muaj hnuvnyoog uas haus cawv thiab tseem mus tsav tsheb. Qhov no txhais tias yog muaj cawv nyob hauv koj cov ntshav txog 0.01% koj twb ua txhaum kevcai lijchoj lawm yog koj tsis tau muaj 21 xyoos thiab koj mus tshav tsheb!
- 900 txojhia dim txhua xyoo nyob thoob tebchaws vim txoj kevcai tswj tsis pub cov tsis tau muaj 21 xyoos haus cawv thiab tsav tsheb.
- Cov hluas uas koom nrog lawv tsevneeg noj mov ua ke, 33% feempuas tsis quavcawv.



- Raws li cov hluas hais, niamtxiv yog tus #1 uas ua rau lawv quavcawv hauv lawv lub neej.
- Sib qhia siab thiab paub yus tsevneeg li keebkwm zoo yog ib qho uas muaj txiajntsim txog kev ib tug tso siab rau ib tug thiab sib nkag siab.



Ua niamtxiv zoo thiab ua qauv zoo

- Nrog menyuam tham thiab tsim kom muaj kev sib tham pem ua si nrog koj tus menyuam thiab txhawb kom nws nrog koj sib tham ua si tsis tu ncu.
- Ua yamntxwv zoo rau menyuam. Ntau yam nyob rau tiam no pheej txhawb txog kev haus dej haus cawv. Nco ntsoov saib tej xwmtxheej nyob rau tiam no, qhia menyuam txog yam tsis zoo ntawm tej xwmtxheej ntawd.
- Feem coob ntawm cov niamtxiv xav tias cov hluas tsis yog neeg quav cawv losis quav yeeb quav tshuaj. Feem coob cov hluas xav tias cov hluas uas quav cawv quav yeeb quav tshuaj muaj tsawg tsawg. Qhov uas ntseeg hais tias, “kuv tus menyuam yuav tsis muaj cwjpw plem quav cawv quav yeeb quav tshuaj” yog ntseeg cuav ntseeg yuamkev.
- Qhia meej meej thiab tsa muaj kevcai rau menyuam koj hauv tsev hais txog kev tsis zoo ntawm kev quavcawv quavyeeb quavtshuaj, yog tsis mlooglus tsis ua raws li hais, yuav tau rau txim rau. (nco ntsoov tsis yog rau txim uas txhaum nomtsev kevcai).
- Nco ntsoov khaws tej cawv thiab tshuaj uas koj muaj nyob hauv tsev. Hauv tsev yog qhov chaw uas cov hluas muab tau cawv thiab tshuaj los siv heev tshaj.
- Nrog menyuam tham txog yam tsis zoo uas nyob hauv internet losis txhob pub menyuam tso lawv npe, chawnyob duab rau hauv internet. Yog menyuam haus dej haus cawv hauv tsev “tswj tsis tau lawm,” hu rau tub ceevwm kom lawv tuaj pab hais.
- Nrog cov niamtxiv uas tsocai rau menyuam ua parties hauv lawv tsev tham kom meej kom txhob muaj kev haus dej haus cawv.
- Yog koj pom losis paub tias ib tug menyuam hluas twg haus cawv thiab yuav tsav tsheb, cheem txhob pub nws tsav tsheb, thiab hu mus rau nws niamtxiv losis tus sawvcev.

Txwv tus menyuam ntawd thiab qhia rau niamtxiv paub



- Peb, cov niamtxiv nyob hauv zejzoz, koom siab pomzoo ua thiab koj ib yam nkaus los qhia rau cov menyuam uas siv cawv siv yeeb siv tshuaj uas tsis tau muaj 21 xyoos, thiab qhia lawv paub meej tias kev siv yeeb siv tshuaj txhaum kevcai lijchoj thiab tsis zoo.
- Peb yuav tsis tsocai muab peb lub vaj lub tsev los siv ua chaw haus dej haus cawv uas tsis muaj ib tug laus saib xyuas. Yog peb yuav tawm nroog peb yuavtsum tau hais qhia rau yim uas nyob ntawm peb ib sab paub, losis qhia rau ib tug laus paubtab xyuam xim tias peb tsis nyob tsev lawm.
- Peb yuavtsum tsis pub muaj kev haus dej haus cawv losis haus yeeb haus tshuaj nyob peb tej vajtse, thiab peb yuav tsis tsocai rau lwmtus nqa dejcawv yeeb tshuaj tuaj ze peb tej tog vaj tog tsev.
- Peb yuav nrhiav kev pab peb cov menyuam cov phoojywg thiab lawv tej phoojywg kom txhob haus cawv thiab tsav tsheb yog thaum peb paub thiab pom lawv siv cawv thiab yeeb tshuaj.
- Peb yuavtsum tau saib xyuas kom meej thiab zoo tsis pub tej menyuam hluas sau tuaj ua tsheej pab ntawm peb tej tog vaj tog tsev uas tsis muaj ib tug laus nrog thiab yuav tsis pub muaj kev haus cawv haus yeeb haus tshuaj.
- Peb yuav zoo siab hlo tsocai rau niamtxiv los tej sawvcev hu tuaj nug losis tuaj xyuas kiag hauv peb tej vaj tse yog peb kam tsocai rau menyuam muaj party, peb zoo siab hlo qhia tias yog peb ua dabtsi, ua sijhawm thaum twg, muaj cov laus saib xyuas, thiab yog muaj lwmyam peb zoo siab qhia dawb paug.

Kuv yog ib tug niamtxiv/sawvcev uas nyob hauv lub zejzoz no, kuv hlub thiab txhawjxeeb txog tej hluas lub neej, Kuv txaus siab sau npe rau daim ntawv coglus no.

Niamtxiv/Tus sawvcev (sau npe)

Niamtxiv/Tus sawvcev (suamnpe)

Menyuam Tsev Kawmntawv Npe

Hnub