

# Phuah chommi tuanbia asiloah thildik-biatak?

## X Phuah chommi tuanbia

Nu cungah zaang-ennak siseh nu le pa tlukruannak timi khamnak cu nitalkei ram minung ruahnak a si.

## X Phuah chommi tuanbia

Nunphung pakhat chungtel si cu ahopaoh caah aa khatmi a si.

## X Phuah chommi tuanbia

Nunphung cu aa thleng lo.

Minung pakhatkhat nih hitin an chimmi na thei bal maw: kan mibu chungah hruaitu si ding asiloah innchungkhar ah a biapi mi biakhiahnak tuah ding cu nu hna rian a si bal lo?

## ✓ Thildik-biatak

Vawlei cung khuaza ramkip ah a ummi, a hlei in nu pawl nih nu le pa itluk-ruanlonak, zaang-ennak le hremnak cu caan saupi chung fakpi in an rak doh mi a si.

## ✓ Thildik-biatak

Nunphung caah thlennak cu a herhmi a si. Tuanbia timi cu duhthimnak in siseh pakhatkhat thil sining ruangah duhsah tein le hngalh ciammam tein aa thlengmi nunphung a si.

Hmunkhat ah rianttuan tti in, nu le pa itluk-ruanlonak kan donghter khawh, nu cungah zaang-ennak kan kham khawh.

## ✓ Thildik-biatak

Ahopaoh nih nunphung lei an hmuhton ning aa dang cio.

Nifatin kan tuahsernak in nunphung kan ser. Tahchunhnak ah, kan chungkhat hna, kan hawikom hna le kan mibu chung midang hna he zeitluk indah kan i lawhnak le kan i dannak kha kan ruah khawh.

A cung i phuahchommi tuanbia le thildik-biatak kong an tialmi hmanna nawl a kan petu Nule Ngandamnak Caah Nunphung Kip Zung (Multicultural Centre for Women's Health) cungah kan ilawm. Hihi an thilri ah aa telmi a si, Ramdangmi le ralzaam hna mibu chung ah nunphung le zaang-ennak he pehtlain phuahchommi tuanbia le thildik-biatak kong zuaucawhnak, (2020), rel khawhnak: [www.mcwh.com.au/challenging-myths-about-culture-and-violence-in-migrant-and-refugee-communities/](http://www.mcwh.com.au/challenging-myths-about-culture-and-violence-in-migrant-and-refugee-communities/)

Kum 2024 ah Victoria Upatnak le Himnak le Tlukruannak (Respect Victoria and Safe and Equal) nih Ni 16 Chung Nu le Pa Sinak-hram bunh in Zaang-ennak Dohnak cu khuachung mibu he pehtlainnak tuah in le iteltum ding in bawmhchanh awkah hmunkhat ah rian an tuan.

Victoria Upatnak nih Ni 16 Chung Nu le Pa Sinak-hram bunh in Zaang-ennak Dohnak cu a kurit, thawkpi hna i, tangka lei in Nule Ngandamnak Nichuahlei (Women's Health East) nih a bawmh hna. Hi nihhin, Melbourne nichuahlei ah Tlukruannak le Upatnak Caah Hmunkhat ah ([Together For Equality and Respect](#)) hawikom bu le zatlangbu hna nih an tuahmi thilri le cawlcanghnak lei in thanchonnak a bawmh.

