



Rosemont High School

“Home of the Wolverines”

Nyob Zoo Niamtxiv lossis Tus Saibxyuas:

Tau muab cim tias cov xyoo thaum tseem hluas yog cov uas muaj kev xav ntau heev zoo li lub roller coaster ride uas mus siab thiab mus qis – nyuaj rau cov hluas, lawm cov niamtxiv, thiab cov kws qhia ntawv. Nws yog ib qho yooj yim los nyeem yuam kev txog kev ntxov siab uas zoo li cov tub/ntxhais hluas kev kub ntxhov; txawm li cas los, kev nyuab siab zoo li tshwm sim thaum lub hnuv nyoog tseem yau. Tsis tas li ntawd, cov feem pua kev tua tus kheej tau nce siab, thiab yog qhov thib ob uas ua rau kev tuag ntawm cov tub/ntxhais hluas hnuv nyoog 10-14 xyos (CDC, 2017).

Txoj hauv kev zoo tshaj plaws los tiv thaiv kev tua tus kheej yog muab coj los tham txog nws ncaj qha. Peb xav kom koj pib qhov kev sib tham nrog koj tus menyuam thaum ntxov thiab yuav tsum paub txog cov cim ceeb toom:

- Tham txog qhov xav tuag (xws li cov ntawv sau rau tej phooj ywg hauv social media)
- Xav tias tsis muaj kev cia siab, tshawj xeeb, tu siab, chim siab lossis ntxhov siab
- Muaj kev hloov pauv siab raws caij nyoog, tus cwj pwm, kev pw tsaug zog, lossis kev noj zaub mov
- Tshem tawm lossis cais tus kheej tawm ntawm cov phooj ywg thiab tsev neeg
- Muab tej yam khoom muaj nuj nqis rau lwm tus: khaub ncaws, khoom tseem ceeb, lwm yam

Yuav pab koj tus menyuam lcas:

- Saib txhua lo lus tham txog kev tua tus kheej li yog tiag, tsis hais tias yuav me npaum li cas
- Mloog koj tus menyuam hais lus nrog txoj kev to taub zoo txog kev tus siab thiab muab kev txhawb nqa tias to tau zoo txog nws kev tu siab.
- Tsis txhob cia ua ib qhov kev zais. Tham txog cov kev xav no thiab qhia rau koj tus menyuam txog qhov tseem ceeb ntawm nrhiav kev pab. (www.suicideispreventable.org)

Yog tias koj pom zoo txhawb nqa koj tus menyuam txoj kev koom nrog rau qhov kev cob qhia, KOJ TSIS TAS UA DAB TSI LI.

Yog tias koj TSIS xav cia koj tus menyuam koom nrog rau qhov SOS: Kev pab cob qhia txog Cov Cim Kev Tua Tus Kheej, thov xa ib tsab email nrog rau koj tus menyuam lub npe thiab qib kawm mus rau 3rd period teacher qhia txog tias koj tsis xav cia koj tus menyuam tuaj koom.

Yog koj muaj lug nug/kev txhawj xeeb txog txoj kev pab no, thov tsis txhob ua siab deb hu rau, School Counselor ntawm (916) 395-5130.