



Kev ua siab phem thiab thab plaub rau cov kawm ntawv uas muaj qhov tsis taus: Thawj 10 qhov tseeb uas cov niam cov txiv, cov kws qhia ntawv, thiab cov kawm ntawv yuav tsum paub

(Bullying and Harassment of Students with Disabilities: Top 10 facts parents, educators and students need to know — Hmong version)

1. Kev cais qhia (Statistics) — Cov kawm ntawv muaj qhov tsis taus yuav raug lwm tus ua siab phem rau ntau tshaj li cov sib luag zos uas tsis muaj qhov tsis taus.

Txawm tias tsuas muaj li 10 qhov kev tshawb fawb los xyuas txog kev ua siab phem rau cov me nyuam muaj qhov tsis taus loj hlob qeeb los, tag nrho cov kev tshawb fawb no yeej pom tias cov me nyuam no yeej raug lwm tus ua siab phem rau ob mus rau peb npaug ntau tshaj li cov luaj li lawv uas tsis muaj qhov tsis taus. ([Disabilities: Insights from Across Fields and Around the World: Marshall, Kendall, Banks @Gove \(Eds.\). 2009](#)). Ib qho kev tshawb fawb qhia tias li 60 feem pua ntawm cov me nyuam muaj qhov tsis taus tau qhia tawm tias muaj lwm tus ua siab phem rau lawv tas li yog muab piv rau cov kawm ntawv tag nrho ces tsuas muaj 25 feem pua. (Source: British Journal of Learning Support 2008)

Xav paub ntxiv, mus nrhiav [“Bullying Statistics.”](#)

2. Kev cuam tshuam – Kev ua siab phem yuav puas rau tus kawm ntawv rab peev xwm kawm ntawv.

Coob tus kawm ntawv muaj qhov tsis taus yeej tab tom ntsib txoj kev kawm tsis yooj yim nyob hauv chaw kawm ntawv. Yog tseem muaj lwm tus ua siab phem rau thiab ces tseem haj yam cuam tshuam rau lawv txoj kev kawm ntawv. Kev ua siab phem rau tsis yog qhov tseem tsis tau paub tab uas txhua tus me nyuam yeej pom muaj. Kev tshawb fawb qhia tias kev ua siab phem rau muaj cuab kav cuam tshuam ib tug me nyuam txoj kev tau cov kev kawm ntawv thiab yuav ua rau lawv:

- Tsis mus kawm ntawv thiab yuav muaj qhov tsis xav mus kawm ntawv ntxiv
- Yuav kawm tsis tau ntawv zuj zug
- Tsis muaj cuab kav xav tawm
- Tsis mob siab kawm kom tau ntawv li lawm
- Tso kev kawm ntawv tseg zuj zus

Xav paub ntxiv, mus saib koom haum PACER daim ntawv hais txog “Qhov sawv daws saib kev ua siab phem rau [“Common Views About Bullying.”](#)”

3. Lus tshab txhais — kev ua siab phem vim tus kawm ntawv muaj qhov tsis taus tej zaum yuav hais tau tias yog kev thab plaub.

Qhov chaw saib xyuas kev muaj vaj huam sib luag (The Office for Civil Rights (OCR)) thiab tseem fww fab tuav kev ncaj ncees (the Department of Justice (DOJ)), tau hais tawm tias tej zaum kev ua siab phem rau tseem yuav muab coj los xyuas tau li kev thab plaub thaum qhov no yog vim los ntawm tus kawm ntawv caj ces, cev nqaij daim tawv, hom neeg twg, poj niam los yog txiv neej, kev tsis taus, los yog kev cai coj.



Tej zaum tus cwj pwm thab plaub yuav yog:

- Tsis xav txais tos xws li hais lus phem, lam tau lam hu, lam tau lam cem, los yog lam tau lam hais
- Lam kos duab los yog sau lus cem
- Hem
- Ntaus
- Ua lwm yam uas yuav txaus ntshai, raug mob, los yog thuam

Nyeem daim ntawv sau tawm los ntawm tseem fwv fab kev kawm ntawv, tis npe hu ua [“Keeping Students with Disabilities Safe from Bullying.”](#)

4. Tseem fwv cov cai — Muaj kev tiv thaiv thiab cov cai tswj los pab rau cov kawm ntawv muaj qhov tsis taus uas raug lwm tus thab.

Tsab cai kawm ntawv ntawm tib neeg muaj qhov tsis taus (The Individuals with Disabilities Education Act) yog tseem fwv ib tsab cai. Tsab cai no teev cia tias txhua tus me nyuam muaj qhov tsis taus thiab tsim nyog tau kev kawm ntawv tshwj xeeb thiab cov kev pab cuam nrog yuav tsum tau txais kev kawm ntawv dawb raws li kawm tau (Free Appropriate Public Education). Lub xeev fab kev kawm ntawv hauv txhua lub xeev yog qhov chaw tswj tsab cai no. Cov kawm ntawv uas tau txoj kev kawm ntawv tus kheej yuav tsum tau cov kev tiv thaiv raws txoj cai no.

Tseem fwv tshooj cai 504 ntawm tsab cai rov peem tsheej 1973 (pheej hu ua “tshooj 504” (Section 504 of the Rehabilitation Act 1973) thiab tshooj ob ntawm tsab cai txhawb tib neeg America muaj qhov tsis taus xyoo 1990 (Title II of American Disabilities Act of 1990) yog tseem fwv cov cai uas siv tau los tiv thaiv yog hais tias kev thab plaub no yuav tshem tau ib tug kawm ntawv muaj qhov tsis taus lub tsam thawj sib xws li lwm tus los tau txoj kawm ntawv. Qhov chaw saib xyuas kev muaj vaj huam sib luag yog qhov chaw tswj tshooj 504 thiab tshooj ob ntawm tsab cai txhawb tib neeg America muaj qhov tsis taus. Cov kawm ntawv uas tau kev pab los ntawm tshooj 504 los yog kev kawm ntawv tus kheej yuav tau cov kev tiv thaiv raws txoj cai no.

Nyob rau lub 10 hli, xyoo 2014, uas yog lub hli txwv kom txhob muaj kev ua siab phem hauv teb chaws, tseem fwv fab kev kawm ntawv qhov chaw saib xyuas kev muaj vaj huam sib luag tau sau ib tsab ntawv taw qhia rau cov tsev kawm ntawv kom lawv faj tias kev ua siab phem yog qhov tsis zoo thiab txhob lam ua siab ntev rau – nrog rau qhov ua phem rau 6.5 vam (million) me nyuam muaj qhov tsis taus.

Fab kev kawm ntawv sau tau ib tsab ntawv taw qhia mus rau cov kws qhia ntawv hais txog kev ua phem rau cov kawm ntawv muaj qhov tsis taus thiab piav meej pem txog feem xyuam ntawm sawv daws cov tsev kawm ntawv nyob hauv tshooj 504 ntawm tsab cai rov peem tsheej, tshooj II ntawm tsab cai txhawb tib neeg muaj qhov tsis taus, thiab tsab cai kawm ntawv ntawm tib neeg tsis taus. Yog tias ib tug kawm ntawv muaj qhov tsis taus raug ua siab phem rau, cov cai no hais kom tsev kawm ntawv yuav tsum saib xyuas kom sai thiab meej pem los soj xyuas qhov teeb meem thiab, yog tsim nyog, yuav tau tshawb cov hau kev los ua kom txhob muaj kev ua siab phem thiab txwv tsis pub kom muaj mus ntxiv.

Tsab ntawv sau tawm no tseem teev mus ntxiv tias kev ua siab phem los ntawm qhov zoo li cas los, tsis yog los ntawm qhov tsis taus xwb, tej zaum yuav ua rau ib tug kawm ntawv uas tau kev kawm ntawv tus kheej tsis tau txais kev kawm ntawv dawb raws li kawm tau uas tsev kawm ntawv muaj feem los muab rau. Nyob hauv tshooj 504, pab neeg npaj kev kawm los yog npaj kev kawm raws tshooj 504 no yuav tsum tuaj sib tham thaum muaj kev ua suab phem rau ib tug kawm ntawv muaj qhov tsis taus los txheeb xyuas seb tus kawm ntawv qhov xav tau puas tau hloov mus thiab txoj kev kawm ntawv dawb raws li kawm tau no puas tseem muaj mus ntxiv. Tsab ntawv no tseem hais ntxiv tias thaum qhov chaw saib xyuas kev muaj vaj huam sib luag tau txais daim ntawv qog qhia hais txog kev ua siab phem rau ib tug kawm ntawv muaj qhov tsis taus, qhov chaw no tseem yuav soj xyuas kev ua txhaum cai tsis muab kev kawm ntawv dawb raws li kawm tau, kev ua txhaum cai thab plaub vim muaj qhov tsis taus, los yog ob qho tib si, nyob ntawm qhov teeb meem no ho tshwm sim tau li cas.

Mus saib daim ntawv [2014 Dear Colleague Letter](#).

5. Xeev cov cai — Txhua lub xeev muaj cov cai txwv tsis pub muaj kev ua siab phem thiab qee lub xeev tseem muaj cov lus hais tshwj zias txog qhov tsis taus.

Ntxiv rau tseem fwm cov cai lawm, txhua lub xeev yeej muaj cov cai los hais txog kev ua siab phem. Qee lub xeev nyias tseem muaj cov lus hais tshwj zias txog cov kawm ntawv muaj qhov tsis taus. Ntau koog tsev kawm ntawv tseem muaj cov cai los hais tias yuav ua li cas thaum muaj kev ua siab phem tawm tuaj. Hu nrog koj koog tsev kawm ntawv tham thiab hais kom muab ib daim qauv ntawm tsab cai hais txog kev ua siab phem no rau koj.

Qhov yuav saib tau xeev cov cai kom tag tag, mus saib rau StopBullying.gov.

6. Cov qauv coj zoo - Qhov cov laus tawm los pab mas tseem ceeb heev

Cov niam txiv, cov kws qhia ntawv, thiab lwm tus laus yog cov tseem ceeb uas yuav ua tau cov thoob tswv yim pab rau tus kawm ntawv muaj qhov tsis taus. Yog ib qho tseem ceeb uas cov laus yuav tsum paub los nrog ib tug tham thaum muaj kev ua siab phem tawm tuaj. Qee cov me nyuam yeej muaj cuab kav tham nrog ib tug laus txog tej teeb meem lawv muaj thiab tej zaum kuj yuav qhia tau tej kev ua siab phem ntawd. Lwm tus kuj yuav ua xyem xyav los hais tawm tej xwm txheej no. Kuj yuav muaj ntau qhov paus ntsis rau qhov no: tej zaum tus kawm ntawv uas pheej ua siab phem rau lawv ntawd tau hem lawv tias kom txhob qhia leej twg los yog lawv yuav ntshai tias txawm yog lawv qhia lwm tus los, kev ua siab phem no tseem yuav muaj los yog tseem yuav phem tshaj qub.

Thaum npaj nrog cov me nyuam tham txog kev ua siab phem, cov laus (cov niam cov txiv, cov kws qhia ntawv) yuav tsum xav tias lawv yuav teb tus me nyuam cov lus nug thiab qhov lawv xav thiab lawv yuav ua tau li cas. Cov laus yuav tsum npaj ua tib zoo mloog yam tsis txhob rawm hais li cas, yuav tau muab qhov chaw kaj siab rau nws los tham txog qhov nws xav thiab txheeb xyuas seb yuav ua li cas mus ntxiv. Yeej tsis yog tus me nyuam qhov feem xyuam los daws kev ua siab phem li. Yog cov me nyuam ua tau li ntawd ces, lawv tsis tas yuav xub nrhiav kev pab los ntawm ib tug laus.

Xav paub ntxiv, mus nyeem koom haum PACER daim ntawv [“Nrog koj tus me nyuam tham txog kev ua siab phem.”](#)

7. Cov kev pab (Resources) — Cov kawm ntawv muaj qhov tsis taus muaj cov kev pab uas yeej tsim tshwj zias los pab lawv rau tej tsam thawj no.

Tsab ntawv teev kev kawm ntawv tus kheej (tsab IEP)

Cov kawm ntawv muaj qhov tsis taus uas muaj cai tau kev kawm ntawv tshwj xeeb raws li tsab cai kawm ntawv ntawm tib neeg tsis taus, yuav muaj tsab ntawv npaj kev kawm ntawv tus kheej. Tsab IEP yuav yog ib qho twj los pab npaj kom txhob muaj kev ua siab phem. Nco ntsoov tias, txhua tus me nyuam tau txais kev kawm ntawv tshwj xeeb yeej muaj cai tau kev kawm ntawv dawb raws li kawm tau, thiab kev ua siab phem yuav ua tau ib qho teeb meem rau txoj kev kawm li hais ntawd.

Xav paub ntxiv, mus nyeem koom haum PACER daim ntawv [“tsab ntawv teev kev kawm ntawv tus kheej thiab kev ua siab phem \(Individualized Education Program \(IEP\)\).”](#)

Tsab ntawv sau tawm rau cov ua hauj lwm ua ke (Dear Colleague Letter)

Tsab ntawv sau tawm rau cov ua hauj lwm ua ke xyoo [“2014 Dear Colleague”](#) los ntawm qhov chaw saib xyuas kev muaj vaj huam sib luag hais tawm tias kev ua siab phem hom twg los xij, tsis yog vim tus kawm ntawv muaj qhov tsis taus nkaus xwb, tseem yuav ua txhaum tau rau txoj kev kawm ntawv dawb raws li kawm tau, thiab tsab ntawv no tseem rov qhia tsev kawm ntawv qhov feem xyuam los daws tus cwj pwm coj uas yuav ua txhaum tau txoj kev kawm no los yog yuav yog ib qho thab plaub vim muaj qhov tsis taus.

Tsab ntawv sau tawm rau cov ua hauj lwm ua ke xyoo 2013 thiab kev xaus lus los ntawm qhov chaw saib xyuas kev kawm ntawv tshwj xeeb thiab kev rov peem tsheej qhia meej tias thaum kev ua siab phem rau ib tug kawm ntawv muaj qhov tsis taus yuav ua rau ib tug kawm ntawv tsis tau txais qhov txiaj ntsig ntawm txoj kev kawm

raws li hais nyob hauv tsab cai kawm ntawv ntawm tib neeg tsis taus, tsev kawm ntawv yuav tsum kho qhov teeb meem ntawd, tsis hais yuav yog qhov ua siab phem no yuav yog vim muaj qhov tsis taus los xij.

Tsab ntawv sau tawm rau cov ua hauj lwm ua kev xyoo 2010 los ntawm qhov chaw saib xyuas kev muaj vaj huam sib luag tau ceeb toom rau cov koog tsev kawm ntawv txog lawv qhov feem xyuas nyob hauv cov cai muaj vaj huam sib luag uas txwv tsis pub muaj kev saib tsis taus thiab thab plaub los ntawm caj ces, cev nqaij daim tawv, qhov chaw yug, poj niam txiv neej, qhov tsis taus, thiab kev ntseeg.

Tsab ntawv sau tawm rau cov ua hauj lwm ua ke xyoo 2000 los ntawm tseem fwm kev kawm ntawv qhov chaw saib xyuas kev muaj vaj huam sib luag thiab qhov chaw saib xyuas kev kawm ntawv tshwj xeeb thiab kev rov peem tsheej tau xa tawm rau cov koog tsev kawm ntawv thoob plaws teb chaws uas tau tshab txhais lo lus “kev thab plaub vim muaj qhov tsis taus.” Tsab ntawv no piav tias kev ua siab phem vim muaj qhov tsis taus yuav ua txhaum cov cai muaj vaj huam sib luag uas qhov chaw saib xyuas no tswj li qhov cuam tshuam nrog ib tug kawm ntawv txoj kev tau txais kev kawm ntawv tshwj xeeb raws li hais nyob tsab cai kawm ntawv ntawm tib neeg tsis taus (the Individuals with Disabilities Education Act).

Cov qauv ntawv sau qhia qhov tshwm sim (Template letters)

Cov niam txiv yuav tsum nrog cov ua hauj lwm hauv tsev kawm ntawv tham txhua zaus thaum lawv tus me nyuam los qhia lawv tias muaj tus tau ua siab phem rau nws. Tej zaum cov niam txiv yuav siv tau cov qauv ntawv no los ua li qhov taw qhia sau tsab ntawv rau lawv tus me nyuam lub tsev kawm ntawv. Cov ntawv no muaj cov lus hais tawm thiab muaj “kab sau txuas ntxiv” uas yeej muab koj los sau tau raws li qhov tshwm sim rau tus me nyuam. **Koom haum PACER cov qauv ntawv** yuav siv tau ua ob lub hom phiav:

- Ib, daim ntawv no yuav qhia rau cov tswj hwm tsev kawm ntawv kom faj txog kev ua siab phem thiab qhov kev pab daws koj xav kom muaj.
- Ob, daim ntawv no yuav ua tau qhov tim khawv koj sau cia thaum koj mus hais txog cov xwm txheej. Daim qauv koj khaws cia no yuav tsum hais tawm raws li qhov tseeb thiab tsis muaj qhov koj xam pom los yog qhov koj tu siab nrog.

Ob daim ntawv – Daim sau hais txog “tus kawm ntawv uas muaj tsab IEP, Ceeb toom rau tsev kawm ntawv hais txog kev ua siab phem” thiab daim sau hais txog “tus kawm ntawv uas tau qhov kev pab txhawb hauv tshooj 504, Ceeb toom rau tsev kawm ntawv hais txog kev ua siab phem” – muaj rau cov niam txiv ntawm tus me nyuam muaj tsab IEP los yog tau kev pab hauv Tshooj 504. Tsab cai hais txog kev ua siab phem hauv ib lub xeev twg yuav siv tau rau txhua tus kawm ntawv raws li tsab cai ntawd teev cia. Thaum kev ua siab phem vim tus me nyuam muaj qhov tsis taus lawm ces yeej siv tau tseem fwm tsab cai raws li tshooj 504, tsab cai kawm ntawv ntawm tib neeg tsis taus, thiab tshooj ob ntawm tsab cai txhawb tib neeg America muaj qhov tsis tau.

8. Lub zog ntawm cov pom — ntau tshaj li 50 feem puas ntawm tej xwm txheej ua siab phem yeej tsis muaj lawm thaum muaj ib tug luaj li nws los cheem.

Cov kawm ntawv feem coob yeej tsis xav pom kev ua siab phem li tab sis tej zaum lawv yuav tsis paub tias yuav ua li cas thaum tshwm sim tuaj lawm. Kev thoob tswv yim ntawm cov loj sib luag-cov kawm ntawv hais sawv cev lwm tus- yog ib txoj hau kev los txhawb tau cov kawm ntawv lub zog los tiv thaiv cov raug lwm tus siab phem rau.

Kev thoob tswv yim ntawm cov loj sib luag ua tau ob qho hauj lwm: ib, cov kawm ntawv yuav yog cov pom qhov tshwm sim rau cov luaj li lawv ntau dua li cov laus pom thiab qhov lawv pab ntawd muaj zog heev. Ob, ib tug kawm ntawv hais lwm tus kom txhob ua siab phem yuav ua rau tus ntawd tsum ntau tshaj li ib tug laus hais.

Lus qhia tawm: Xav paub ntxiv, thov mus qib saib “[peer advocacy](#)”.

9. Kev thoob tswv yim pab tus kheej - Qhov tseem ceeb ntawm tus me nyuam txoj kev koom los muab kev txiav txim siab thiab los nrog npaj.

Kev thoob tswv yim pab tus kheej txhais tias ib tug me nyuam muaj qhov tsis taus muaj feem xyuam qhia ncaj qha rau lwm tus tias nws xav li cas thiab xav tau dab tsi. Cov kawm ntawv yuav tsum koom tes nrog cov kauj ruam siv los daws kev ua siab phem.

Kev thoob tswv yim pab tus kheej yog qhov paub hais tias yuav tau:

- Hais pab koj tus kheej
- Piav qhia qhov koj txawj, qhov tsis taus, qhov xav tau, thiab qhov xav kom muaj
- Muaj feem xyuam rau koj tus kheej
- Kawm kom paub koj txoj cai
- Nrhiav kev pab, los yog paub tias yuav nug leej twg, yog koj muaj lus nug

Tus tib neeg raug ua siab phem rau yuav tsum koom tes txiav txim siab tias yuav ua li cas rau txoj kev ua siab phem ntawd. Qhov koom tes li no muaj cuab kav ua rau cov kawm ntawv pom tau qhov lawv xav tias yuav tswj tau tej xwm txheej, thiab pab lawv faj tau tias yeej muaj tus puav yuav cuab pob ntseg mloog, yuav pab li cas, thiab tso siab tau tias qhov lawv xam pom thiab cov twv yim yeej tseem ceeb.

Cov me nyuam hluas: Xav paub ntxiv tias koj muaj cuab kav ua tau dab tsi, thov mus saib PACER qhov **“Yeeb yam: Puas tshwm sim li no rau koj (Drama: Is it Happening To You)?”**

Qhov npaj rau tus kawm ntawv ua yog ib txoj kev los pab thoob tswv yim. Qhov no muaj 3 kauj ruam los tshawb xyuas qhov ua tau tshwj zias thiab pom qab chua los daws qhov xwm txheej:

1. Tshab txhais qhov xwm txheej
2. Xav tias qhov xwm txheej no yuav tshwm sim tau txawv li cas
3. Sau cia cov kauj ruam yuav tau ua

Lus qhia tawm: Xav paub ntxiv, thov mus qib saib **“self-advocacy”**.

10. Zej zog li dej num – Paub tias tsis yog koj ib leeg xwb

Thaum cov kawm ntawv raug lwm tus ua siab phem rau, lawv pheej ntseeg tias tsuas tshwm sim rau lawv tib leeg xwb, thiab tsis muaj leej twg pab li. Qhov tseeb, tsis yog lawv ib leeg xwb.

Yeej muaj cov tib neeg, zej zog, thiab koom haum uas chawj txog. Tsis yog tib leeg yuav txo kom txhob muaj kev ua siab phem tau thiab yeej tsis lam yog tus me nyuam qhov feem xyuam los hloov qhov sam sim tshwm sim rau nws. Tsis tsim nyog ib tug twg yuav tau kev ua siab phem rau. Txawm li cas los xij, txhua tus tib neeg yuav tsum tau txais kev saib taus thiab hwm li ib tug tib neeg. Txhua tus yeej muaj feem xyuam – thiab muaj ib tes dej num los daws – xws li tsev kawm ntawv, cov niam txiv, cov kawm ntawv, thiab zej zog yuav tau koom tes ua hauj lwm ua ke los hloov kom muaj kev zoo tawm tuaj.

Cov niam txiv, xav paub ntxiv tias koj yuav ua tau dab tsi los pab koj tus me nyuam thiab tsim kom muaj lub tsev kawm ntawv thiab zej zog los sib koom tau, thov mus saib **“Qhov cov niam cov txiv yuav tsum paub txog kev ua siab phem (What Parents Should Know About Bullying).”**

Hais kom koj tus me nyuam lub tsev kawm ntawv los koom nrog txoj kev qhia online dawb hu ua **“The We Will Generation,”** qhov tsim los txhawb kom muaj kev sib tham ntawm cov kawm ntawv ib tug rau ib tug los qhia, tawm tswv yim, thiab txhawb kom cov sib luag zos los tsim tau lub tsev kawm ntawv muaj kev hlub tshua thiab kab ntsab rau sawv daws. Mus saib kev nqua hu **“The We Will Generation.”**

Qhia rau cov kawm ntawv tias tsis yog lawv xwb. Hais kom xa cov twj qhia (toolkits) hauv online uas yog qhov los npaj los tsim kom cov zej zog los koom ua kev tiv thaiv kev ua siab phem – thiab txoos ua ke los sib tham, qhia, thiab tawm tswv yim kom muaj kev hlub tshua, kev txhawb thiab kev cia siab rau cov uas tau raug ua siab phem rau. Mus saib kev nqua hu **“Tsis yog koj xwb. Peb nyob ntawm no pab koj (You’re Not Alone. We’re Here For You).”**