

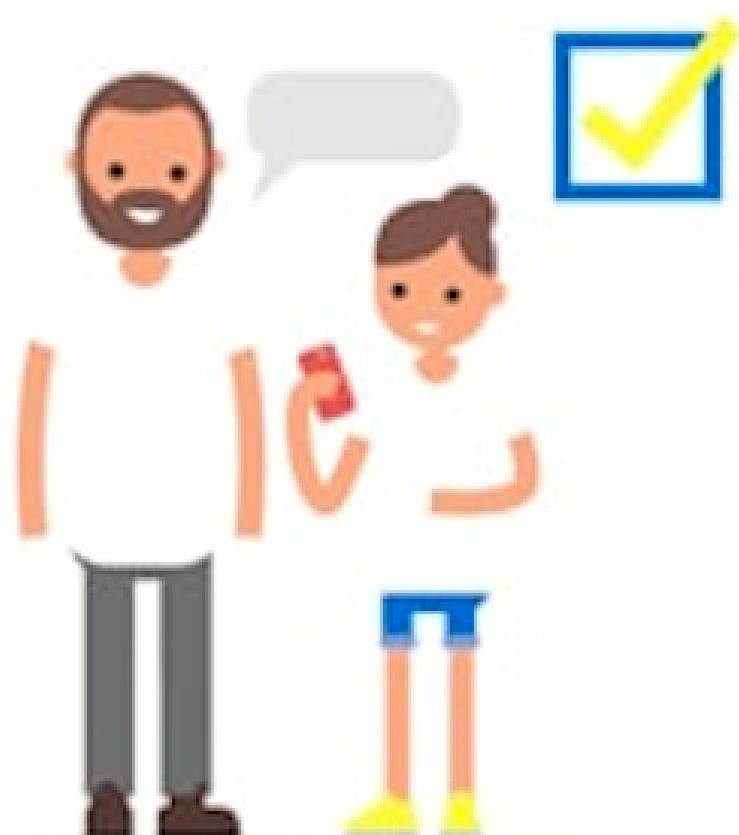


# Hnahnawhnak pe khotu hna

A chung i a ummu hi na fa caah a tha maw ti kha zoh. A chung i a ummi hna hi na fe a kum le a ngandamnak zohchih in a zoh dingah an tha maw.

Chanthal nun dawi i zuam.  
Bieber's le Beyonce chan hi zei ah na rel lem lai lo nain  
[Pedestrian.tv](#) le [news.com.au](#)  
hna hi zoh hna law chanthal na dawi khawhnak ding tampi an bomh lai.

Mah le mah izohkhenh thiamnak ding kha cawnpiaak.  
Thil pakhat khat an zohmi kha an i cawn i hriamnam ah an hman.



Nangmah he zoh ti dingin sawm.

Nan zoh ti tikah zeibantuk thil a rak laangmi kong paoh kha nan i ruah kho lai. A rak zoh cia mi ca hmanh ah san a tlai lai.

Zei kong dah a si ti kha rel.

A konglam kha na theih ahcun na fa nih a ruahmi chimh duhnak an ngeih deuh lai.

An hmuhmi kha a hman dih lo.  
Internet in a laang mi le a hmuhmi kha a hman mi an si dih lo ti kha tha tein chim.



Zoh a duh lomi cu na zoh a hau lo tiah chim.  
Na fa kha zalawng tein biakhiahnak tuah ter.

Bawmhnak hal khawhnak.

Khuazei ahdah bawmhnak hal khawh a si kha hngalhter law aho dah zalong tein a chonh duh kha hal.  
Tahchunhnak ah:  
[ReachOut \(or\) Kids helpline](#) tibantuk.