

Ntaub Ntawv rau Cov Neeg Raug Txim
Txom Hauv Tsev, Raug Quab Yuam Deev
thiab Raug Soj



Tub Ceev Xwm Nyob Ntawm No Los Pab

Cov ntawv tshaj tawm no tau tso tawm los ntawm Kem Pej Xeeb Kev Nyab Xeeb, Phab Tswj Xeev Alaska Cov Tub Ceev Xwm, tsim tawm ntawm tus nqi \$ 0.33 ib daim ntawv los qhia rau cov neeg raug kev tsim txom hauv tsev, kev quab yuam deev, thiab raug soj txog lawv cov cai thiab cov kev pabcuam muaj rau lawv thoob plaws hauv xeev. Cov ntawv tshaj tawm no tau luam tawm hauv Anchorage, Alaska.

Hauv Paus

Phau ntawv no yog tsim los muab rau cov neeg raug tsim txom ntawm kev raug tsim txom hauv tsev, yuam deev thiab raug soj cov ntaub ntawv hais txog lawv cov cai thiab lub luag haujlwm tshwj xeeb ntawm tub ceev xwm nyob rau hauv cov xwm txheej no.

Nyob ntawm koj qhov kev sib raug zoo nrog koj tus neeg tsim txom lossis tus neeg txhaum/tus raug foob nyob hauv koj qhov xwm txheej, tsuas yog qee qhov ntawm phau ntawv no yuav pab tau rau koj. Tus tub ceev xwm uas muab phau ntawv no rau koj yuav tsum tau qhia koj uas ntu ntawm phau ntawv no thiaj li yog rau koj qhov xwm txheej.

Nqe I: Kev Txim Txom Hauv Tsev

Tub Ceev Xwm Nyob Ntawv Los Pab

Yog hais tias koj yog ib tug neeg raug txim txom los ntawm kev txim txom hauv tsev, thiab tub ceev xwm twb teb tias yuav pab koj, lawv yuav tau ua los ntawm txoj cai yog nyeem qee ntu ntawm phau ntawv no rau koj. Cov feem no tau hais tseg hauv cov kab daj. Lwm yam ntaub ntawv muaj yog rau tias koj xav paub ntxiv.

Yog tias koj yog ib tug neeg raug tsim txom los ntawm kev tsim txom hauv tsev thiab koj ntseeg tias yuav tsum tau tiv thaiv kev cai lij choj kom muaj kev nyab xeeb ntawm koj lub cev, koj muaj txoj cai thov kom tus tub ceev xwm pab los muab kev nyab xeeb rau koj, suav nrog kev thov daim ntawv tiv thaiv xwm txheej kub ntxhov ceev.

Koj kuj tseem tuaj yeem nug tau tus tub ceev xwm los pab koj kom tau txais cov khoom ntiag tug tseem ceeb xws li khaub ncaws, khoom siv ntawm chav dej lossis tshuaj rau koj thiab koj tus (cov) menyuam thiab nrhiav thiab coj koj mus rau qhov chaw nyab xeeb, suav nrog ib thaj chaw sib ntsib lossis chaw nyob tiv thaiv, qhov chaw nyob ntawm ib tug neeg hauv yim neeg lossis phooj ywg, lossis ib qho chaw nyab xeeb zoo ib yam.

Yog tias koj lossis koj tus (cov) menyuam xav tau kev kho mob koj tuaj yeem nug tus tub ceev xwm los pab koj nrhiav kev kho mob.

Muaj kev tsim txom hauv tsev/quab yuam deev li kev pabcuam tuaj yeem txuas ntxiv kev siv zog ntawm tub ceev xwm hauv kev muab vaj tse, kev kub ntxhov cuam tshuam, kev tawm tsam raug cai, kev pab thiab lwm yam khoom siv. Qee qhov ntawv muaj npe hauv "A Domestic Violence/Sexual Assault Program Is There To Help."

Tsev Hais Plaub Nyob Ntawv Los Pab

Koj kuj tseem muaj txoj cai sau ntawv foob hauv tsev hais plaub kom thov kev tiv thaiv uas tej zaum suav nrog ib co ntawm cov kev cai hauv qab no:

1. Txwv tsis pub tus neeg ua phem rau koj los hawv yuav ua phem lossis ua ib qho kev txhaum cai ntxiv ntawm kev tsim txom hauv tsev, soj lossis kev saib tsis taus.
2. Txwv tsis pub tus neeg ua phem rau koj los ntawm kev hu xov tooj, tiv tauj, lossis lwm yam sib txuas lus nrog koj, ncaj qha lossis tsis ncaj qha.
3. Tshem tawm thiab tshem tawm tus neeg ua phem rau koj los ntawm koj lub chaw nyob, tsis hais tus tswv cuab ntawm qhov chaw nyob.
4. Xaj kom tus neeg ua phem rau koj nyob deb ntawm koj lub chaw nyob, tsev kawm ntawv, chaw ua haujlwm, lossis lwm qhov chaw tshwj tseg uas koj lossis lwm tus neeg nyob hauv koj tsev neeg mus nyob kom nyab xeeb.

5. Txwv tsis pub tus neeg ua phem rau koj siv lossis nkag mus rau koj lub tsheb lossis ib lub tsheb koj nyob.
6. Txwv tsis pub tus neeg ua phem rau koj siv lossis muaj riam phom.
7. Hais kom tus neeg ua phem rau koj txo tej phom ntawm ntiag tug lossis muaj ntawm tus neeg ntawv yog lub tsev hais plaub pom tias lawv muaj riam phom tiag lossis siv phom thaum lub sijhawm uas qhov kev tsim txom tau tshwm sim.
8. Thov ib tug tub ceev xwm saib kev sib haum xeeb nrog koj mus rau koj lub tsev kom ntseeg tau tias koj muaj chaw nyob nyab xeeb, tsheb, lossis lwm yam khoom, suav nrog tug tsiaj (tsis hais txog cov tswv cuab), lossis kom ntseeg tau tias koj muaj kev nyab xeeb tshem tawm cov khoom ntawm tus kheej qhov chaw nyob.
9. Muab koj nrog ib tug menyuam tsis tau txwm hnuv nyoog nyob ib ntus thiab npaj mus ntsib nrog ib tug menyuam tsis tau txwm hnuv nyoog yog tias muaj kev nyab xeeb ntawm tus menyuam thiab tus neeg thov yuav tau kev tiv thaiv.

10. Muab koj cai muaj thiab siv ib lub tsheb thiab lwm yam khoom siv tseem ceeb ntawm ntiag tug, suav nrog ib tug tsiaj, tsis hais txog cov tswv cuab ntawm cov khoom ntawv los xij.

11. Txwv tsis pub tus neeg ua phem rau koj kom txhob haus yeeb haus tshuaj.

12. Xaj kom tus neeg ua phem rau koj kom them nyiaj pab koj lossis ib tug menyuam tsis tau txwm hnuv nyoog lossis ib tug tsiaj uas koj saib xyuas.

13. Xaj kom tus neeg ua phem rau koj them nyiaj rov qab rau koj rau koj cov nuj nqis uas tsim kev tsim txom hauv tsev, suav nrog cov nqi kho mob, lossis rau koj cov nqi kom tau txais daim ntawv tiv thaiv.

14. Yuam tus neeg ua phem rau koj kom koom rau ib qho chaw ua haujlwm los ntawm tsoomfwv nrog lub luag haujlwm saib xyuas cov neeg raug kaw los ntawm kev ua txhaum cai cov kev pabcuam rau kev raug ntaus thiab tsim txom.

15. Yuam lwm yam kev ntseeg kom tso siab lub tsev hais plaub pom tau tias tsim nyog rau koj li kev nyab xeeb.

Cov Ntawv Tiv Thaiv

Cov ntawv koj xav tau kom muaj kev tiv thaiv muaj los ntawm tub ceev xwm lossis lub tsev hais plaub ze tshaj plaws. Nws tsis tas yuav muaj kws lij choj kom tau txais kev tiv thaiv, tabsis koj tuaj yeem sab laj tau rau ib tug kws lij choj yog tias koj xaiv.

Cov ntawv kuj tseem muaj nyob online ntawm <https://courts.alaska.gov/forms/index.htm> thiab lub vev xaib no tseem muaj cov lus qhia txog kev thov daim ntawv tiv thaiv.

Yog tias koj xav tau kev pab kom tau txais daim ntawv tiv thaiv, koj tuaj yeem hu xov tooj rau hauv koj lub chaw pabcuam txog kev tsim txom hauv tsev/kev quab yuam deev, koos haum tub ceev xwm thiab/lossis lub chaw pabcuam hauv cheeb tsam koj nyob. Cov no tej zaum yuav teev muaj nyob rau sab tom qab ntawm phau ntawv no.

Hauv 30 hnuv ua ntej, lossis hauv 60 hnuv tom qab, qhov sijhawm tas kas nuv ntawm ib daim ntawv tiv thaiv muab lossis txuas ntxiv hauv qab 18.66.100, tus neeg foob tuaj yeem thov lub tsev hais plaub kom txuas ntxiv daim ntawv tiv thaiv.

Hoob Kas Kws Lij Choj Nyob Ntawv Los Pab

Yog tias tus neeg tau ua txhaum raug foob, thiab koj xav raws cov kev txhim kho ntawm rooj plaub, koj hu tau rau Tus Kws Lij Choj hauv Cheeb Tsam li Chaw Ua Haujlwm ze tshaj plaws, lossis Chaw Hais Plaub Ntug li Chaw Ua Haujlwm. Lawv kuj tseem muaj ib tug neeg pab tsim txom/tus ua pov thawj uas muaj pab koj rau lub sijhawm ntawm rooj plaub.

Lub Vev Xaib Pabcuam Tiv Thaiv Neeg Raug Xwm Txheej

http://law.alaska.gov/departments/criminal/victims_assist.html

***Kab Das Peev Nyiaj Rau Tus Neeg Raug Tsim
Txom Los Ntawm Tus Neeg Ua Kev Ua Phem
Txhaum Cai**

Lub Xeev Alaska muaj ib daim Kab Das Peev Nyiaj Rau Tus Neeg Raug Tsim Txom Los Ntawm Tus Neeg Ua Kev Ua Phem Txhaum Cai, uas tuaj yeem them nyiaj rau cov neeg raug mob los ntawm tawv nqaij daim tawv lossis raug mob los ntawm kev xav ntawm kev raug ntaus uas txhaum cai. Cov nyiaj them no tuaj yeem suav kev kho mob rau koj qhov kev raug mob, cov neeg ua txhaum kev sib tham, xiam nyiaj txiag los ntawm koj vim koj raug mob thiab ntau dua. Koj tuaj yeem nrhiav tau kev thov los ntawm kev sib tham nrog Cov Txwj Laug ntawm:

Kab Das Peev Nyiaj Rau Tus Neeg Raug Tsim Txom Los Ntawm Tus Neeg Ua Kev Ua Phem Txhaum Cai ntawm 1 (800) 764-3040, lossis ntawm internet ntawm www.doa.alaska.gov/vccb/home.html

Hoob Kas ntawm Cov Neeg Raug Tsim Txom Txoj Cai Muaj

Hoob Kas ntawm Cov Neeg Raug Tsim Txom Txoj Cai Muaj muab kev pab hais txog kev cai lij choj rau cov neeg raug kev ua phem kom tau txoj cai uas lawv tau muaj nyob hauv txoj cai lij choj hauv Alaska thiab cov cai lij choj hais txog lawv kev sib cuag nrog txhua txoj cai lij choj thiab lub koos haum raug foob hauv xeev. Txoj kev pab lij choj no yog pab dawb xwb.

Alaska lub Hoob Kas ntawm Cov Neeg Raug Tsim
Txom Txoj Cai Muaj

1007 West 3rd Ave. Suite 205

Anchorage, AK 99501-1936

Xov Tooj: 1-907-754-3460

Fev: 1-907-754-3469

Hu Dawb: 1-844-754-3460

<https://ovr.akleg.gov/>

Tus Neeg Raug Tsim Txom Cov Ntaub Ntawv & Ceeb Toom Txhua Hnub (VINE)

Vine yog qhov kev pab pub dawb thiab tsis qhia npe los ntawm cov neeg raug ua phem rau siv xov tooj lossis internet mus tshawb cov ntaub ntawv hais txog lawv cov neeg raug ua txhaum cai nyob nrog kev saib xyuas thiab cuv npe txais xov tooj thiab email ceeb toom thaum lawv cov neeg txhaum cov kev cai lij choj tau hloov pauv.

Cuv npe rau kev ceeb toom tuaj yeem ua tau los ntawm ib qho ntawm ob txoj kev:

Xov Tooj lossis Online. Yog cuv npe los ntawm xov tooj, hu rau cov Lus Qhia Ntawm Tus Neeg Ua Txhaum Cai tus Xov Tooj Hu Dawb: (800) 247-9763.

Kev cuv npe online tuaj yeem ua tiav tau ntawm VINELink ntawm www.vinelink.com

Yog tias koj tsis paub meej tias koj tau cuv npe los yog xav tau kev pabcuam ntxiv ntawm cov neeg raug tsim txom, hu rau Lub Tsev Haujlwm Tiv Thaiv Cov Neeg Raug Xwm Txheej li kev pabcuam ntawm (877) 741-0741.

VINE tam sim no muaj nyob hauv 48 lub xeev - muaj nyob rau ntawm daim duab qhia sib cuam tshuam nyob rau VINELink (www.vinelink.com). Yog tus neeg ua txhaum cai rau koj nyob rau lub xeev uas koom rau hauv VINE, koj muaj peev xwm nrhiav tau cov ntaub ntawv ceev xwm ntawm VINELink. Cov ntaub ntawv ntxiv txog VINE tuaj yeem yog nyob ntawm www.appriss.com/VINE.html

TSEEM CEEB: VINE YOG IB CO NTAUB NTAWV QHIA XWB. TSIS TXHOB VAM KHOM RAU VINE LOSSIS LWM YAM KEV PABCUAM RAU KOJ LI KEV RUAJ NTSEG.

Lus Txhais ntawm Kev Tsim Txom Hauv Vaj Tse

Kev tsim txom hauv vaj tse yog txhais los ntawm lub Xeev ntawm Alaska los ntawm koj txoj kev sib raug zoo nrog tus neeg tsim txom koj lossis tus neeg raug liam/tus neeg raug foob hauv koj li xwm txheej. Cov kev sib raug zoo uas txhais txog kev tsim txom hauv vaj tse muaj raws li nram no:

1. cov neeg laus lossis menyuam yaus tsis tau nto hnuv nyoog lossis qub txij nkawm (tus txiv/tus pojniam lossis tus qub txiv/tus qub pojniam);
2. cov neeg laus lossis menyuam yaus tsis tau nto hnuv nyoog uas nyob ua ke lossis tau nyob ua ke (cov neeg nyob hauv tib chav tsev ua ke);
3. cov neeg laus lossis menyuam yaus tsis tau nto hnuv nyoog uas sib tham lossis tau sib tham (hluas nraug lossis hluas nkauj);
4. cov neeg laus lossis menyuam yaus tsis tau nto hnuv nyoog uas tau muaj lossis tau muaj dua kev sib deev hauv kev sib raug zoo;

5. cov neeg laus lossis menyuam yaus tsis tau nto hnuv nyoog uas muaj feem rau ib leeg ib tug mus txog qib plaub ntawm kev sib txheeb los ntawm ib caj ces, seb puas yog tag nrho lossis ib nrab ntshav lossis los ntawm kev coj los tu (thawj cov nus muag lossis ze dua, suav nrog cov kwv tij, cov viv ncaus, cov phauj/niam tais, cov txiv hlob/txiv ntxawm thiab pog yawg/niam tais yawm txiv);

6. cov neeg laus lossis menyuam yaus tsis tau nto hnuv nyoog uas sib txheeb los ntawm kev sib yuav lossis yav tag los sib txheeb los ntawm kev sib yuav (niam pog lossis txiv yawg/niam tais yawm txiv, kwv tij/nus niam tshiab los txiv tshiab coj los lossis muam/viv ncaus niam tshiab los txiv tshiab coj los, yawm yij/txiv laus txiv hluas lossis niam dab laug/niam tij niam ntxawm);

7. cov neeg muaj menyuam ua ke ntawm kev sib raug zoo; thiab

8. menyuam yaus tsis tau nto hnuv nyoog los ntawm ib tug tib neeg nyob ntawm ib qho kev raug zoo ntawm 1-7.

Thaum ib tug neeg npaj siab ua kom lwm tus neeg raug mob li kev sib raug zoo

Yog tias koj **tsis muaj** ib qho ntawm cov kev sib raug zoo nrog tus neeg phem/tus neeg raug foob hauv koj rooj plaub thiab koj rooj plaub yog ib qho raug soj lossis rooj plaub raug deev koj yuav tsum tau tshuaj xyuas cov ncauj lus qhia tshwj xeeb rau kev soj thiab/lossis cov neeg raug dag ntxias deev (ntu 2 thiab 3 hauv phau ntawv no). Piv txwv ntawm cov kev sib raug zoo uas tej zaum yuav tsis tsim nyog rau kev raug tsim txom hauv tsev yog:

1. phooj ywg lossis qub phooj ywg
2. tus neeg ua haujlwm ua ke lossis tus neeg ua haujlwm ua ke yav tas los
3. tus nai lossis tus nai yav tas los
4. neeg ua haujlwm lossis neeg ua haujlwm yav tas los
5. tus neeg nyob ze ntawm yus lub tsev lossis tus neeg nyob ze ntawm yus lub tsev yav tas los
6. tus neeg nrog yus kawm ntawv ua ke lossis tus neeg nrog yus kawm ntawv ua ke yav tas los
7. tus neeg yus paub tabsis tsis yog tus phooj ywg ze yus
8. tus neeg muaj cai saib xyuas
9. tus neeg ua haujlwm saib xyuas cov neeg raug kaw
10. tus neeg xav tau yus li kev pabcuam lossis tus neeg xav tau yus li kev pabcuam yav tas los
11. tus neeg yus tsis paub

Yuam Tsum Raug Ntes

Thaum tub ceev xwm paub txog ib qho teeb meem ntawm kev raug tsim txom hauv tsev lawv yuav tsum tau tshawb xyuas. Cov tub ceev xwm/ib pab tub rog yuav tsum tau ntes yog tias tej zaum yuav muaj (pov thawj) ib qho kev ua txhaum nrog kev sib ntaus hauv tsev uas muaj tshwm sim; tus neeg ua txhaum tau txheeb xyuas thiab tuaj yeem nyob hauv 12 teev ntawm qhov xwm txheej. Tom qab 12 teev, cov tub ceev xwm/ib pab tub rog tuaj yeem ntes tau tus neeg ua txhaum nrog lossis tsis nrog daim ntawv tshawb nrhiav tiv thaiv. Cov ntawv pov thawj suav nrog koj cov lus hais, cov lus hais ntawm lwm tus neeg, kev raug mob, khoom ntiag tug uas raug puas, thiab lwm yam. Nws yog lub luag haujlwm los ntawm lub xeev lossis tsoomfwv cov chaw khiav haujlwm rau "nias cov nqi." Yog tias tej zaum yuav muaj tias ib qho kev ua txhaum tau muaj tshwm sim tsuas yog cov tub ceev xwm thiab tus neeg raug foob, tsis yog tus neeg raug tsim txom, muaj qhov kev txiav txim siab uas ntes.

Cov Ntaub Ntawv Qhia Ntxiv rau Nyob Neeg Tau Raug los ntawm Kev Raug Tsim Txom Hauv Tsev

Thov tig mus rau tshooj IV hauv phau ntawv no, pib txij nplooj ntawv 25, kom tau txais cov ntaub ntawv ntxiv hais txog koj cov cai thiab cov kev pabcuam muaj nyob hauv koj lub zej zog.

Nqe II:
Raug Soj thiab Raug Yuam Deev
Cov Ntawv Tiv Thaiv

Tub Ceev Xwm Nyob Ntawv los Pab

Yog tias koj yog ib tug neeg raug tsim txom los ntawm kev raug soj thiab kev raug quab yuam deev **uas tsis yog kev tsim txom hauv tsev uas txhaum cai** thiab tub ceev xwm teb los pab koj, lawv yuav tsum tau muab phau ntawv no rau koj.

Yog tias koj yog ib tug neeg raug tsim txom los ntawm kev raug soj thiab kev raug quab yuam deev **uas tsis yog kev tsim txom hauv tsev uas txhaum cai** tub ceev xwm tuaj yeem thov koj li kev pom zoo (kev tso cai) rau ib qho kev xaj thaum muaj xwm ceev uas raug soj lossis kev quab yuam raug deev (72 teev).

Nplooj ntawv 13-15 ntawm phau ntawv no txhais kev tsim txom hauv vaj tse thiab thaum ib tug neeg npaj siab ua kom lwm tus neeg raug mob li kev sib raug zoo.

Cov Ntawv Tiv Thaiv

Yog tias koj yog ib tug neeg raug tsim txom los ntawm kev raug soj thiab kev raug quab yuam deev **uas tsis yog kev tsim txom hauv tsev uas txhaum cai**, koj muaj txoj cai ua daim ntawv foob hauv tsev hais plaub thov kom muab ib daim ntawv tiv thaiv uas yuav suav nrog ib qho hauv qab ntawm cov kev cai no:

1. Txwv tus neeg ua phem rau koj lossis soj los ntawm hauv yuav ua phem lossis soj lossis quab yuam deev.
2. Txwv tus neeg ua phem rau koj lossis soj los ntawm kev hu xov tooj, tiv tauj, lossis lwm yam txuas lus ncaj qha los yog tsis ncaj rau, nrog koj lossis ib tug tswv cuab ntawm koj tsev neeg (xws li koj tus menyuam lossis tus txij nkawm) tshwj xeeb yog npe los ntawm lub tsev hais plaub.

3. Qhia ncaj qha rau tus neeg ua phem kom nyob deb ntawm koj qhov chaw nyob, tsev kawm ntawv, qhov chaw ua haujlwm, lossis lwm qhov chaw uas koj nyob heev; li cas los xij, lub tsev hais plaub yuav xaj tus neeg tsim txom koj lossis tus neeg soj koj kom nyob deb ntawm lawv qhov chaw nyob ntiag tug, tsev kawm ntawv, lossis chaw ua haujlwm nkaus xwb yog tias lawv tau muab cov lus ceeb toom tiag tiag ntawm lub sijhawm kom tshwm ntsej muag thiab hnov txog ntawm tsab ntawv foob.

4. Xaj lwm yam kev txiav txim uas lub tsev hais plaub txiav txim siab yuav tsum tau tiv thaiv koj lossis koj cov tswv cuab hauv tsev neeg.

Cov kev soj thiab kev quab yuam deev ntev cov ntawv tiv thaiv kav li ib xyoos.

Hauv 30 hnuv ua ntej, lossis hauv 60 hnuv tom qab, qhov sijhawm tas kas nuv ntawm ib daim ntawv tiv thaiv muab uas muaj txuas ntxiv nyob rau hauv 18.65.850, tus neeg thov tuaj yeem thov rau lub tsev hais plaub rau kev txuas mus ntxiv ntawm cov ntawv tiv thaiv.

Cov ntawv koj xav tau kom muaj kev tiv thaiv muaj los ntawm tub ceev xwm lossis ntawm tsev hais plaub. Cov ntawv kuj tseem muaj nyob online ntawm www.state.ak.us/courts/forms thiab lub vev xaib no tseem muaj cov lus qhia pab ua ntaub ntawv rau ib daim ntawv tiv thaiv. Nws tsis tas yuav muaj ib tug kws lij choj kom tau txais ib daim ntawv tiv thaiv, tabsis koj tuaj yeem sab laj rau ib tug kws lij choj yog tias koj xaiv.

Yog tus neeg ua phem rau koj lossis tus neeg soj koj ua txhaum ib yam kev cai ntawm kev txiav txim, nws yog ib qho tseem ceeb heev tias koj hu rau tub ceev xwm tam sim ntawv los ntawm kev hu 911 lossis hu rau tub ceev xwm tam siv.

Hoob Kas Kws Lij Choj Nyob Ntawv Los Pab

Yog hais tias tus neeg ua txhaum tau raug foob, thiab koj xav raws rooj plaub no seb mus li cas rau li cas, koj tuaj yeem hu rau Tus Kws Lij Choj lub Hoobkas ua ze tshaj ntawm koj lossis Chaw ua Haujlwm Hauv Nroog Tus Kws Txiav Txim. Lawv kuj yuav muaj tus neeg ua haujlwm los pab tus neeg raug tsim txom/pov thawj rau lub sij hawm ntawm rooj plaub. Koj tuaj yeem nrhiav tau cov ntaub ntawv tiv tauj rau tus kwv txiav txim hauv zos lub hoobkas nyob tom qab phau ntawv no.

Nqe III:

Txoj Cai Ntawm Cov Neeg Raug Quab Yuam Deev

Raws li yog ib tug neeg raug tsim txom los ntawm kev raug quab yuam deev lossis yog ib qhov kev raug quab yuam tsim txom deev uas me, koj muaj cov cai tshwj xeeb hauv xeev cov cai lij choj. Hauv qab no yog ib co ntsiab lus ntawm koj ib cov cai:

- Koj yuav tsis raug them lub txim txhaum rau cov kev tshawb fawb ntawm cov kev soj ntsuam xyuas raug quab yuav deev;
- Yog tias kev nkag mus rau hauv koj lub cev yog ib qho tseem ceeb ntawm kev ua txhaum, koj tuaj yeem foob tau hauv tsev hais plaub xaj kom tus neeg ua phem rau koj (tus neeg raug foob) mus kuaj ntshav rau seb puas muaj tus kabmob HIV thiab lwm yam kab mob los ntawm kev sib deev. Koj muaj cai tau txais kev pab tawm tswv yim pub dawb, kev kuaj thiab xa mus rau cov chaw kho mob kom tsim nyog thiab cov kev pabcuam txhawb nqa;

- Koj lub npe tej zaum yuav tsis raug siv hauv tsev hais plaub cov ntaub ntawv tshwj tsis yog lub tsev hais plaub tso cai. Tabsis, thawj tug tsiaj ntawv ntawm koj lub npe thiab lub xeeb yuav raug siv;
- Cov pov thawj ntawm koj li keeb kwm sib deev yav dhau los lossis lwm yam ntaub ntawv yuav tsis tuaj yeem siv tau hauv tsev hais plaub (tsis raug cai) tshwj tsis yog tsev hais plaub nrhiav tau ib qho tseeb;
- Koj qhov kev txuas lus (sib tham) nrog koj tus neeg pab tawm tswv yim/tus neeg cev ncauj cev lus txwv yuav tsis pub lwm tus paub, tshwj yog tias lub meej mom tau zam lossis siv tau kev zam; thiab
- Tub ceev xwm yuav ua kom tsim nyog lawv li peev xwm qhia koj tias koj qhov kev ntsuam xyuas los ntawm kev quab yuam deev tau raug kuaj lawm. Qhov kev ceeb toom no yuav muaj qhia rau koj nyob hauv ob lub vij tom qab koj cov khoom tau kuaj.

Nqe IV:
Cov Ntaub Ntawv Qhia Ntxiv txog Cov Cai thiab Cov
Kev Pabcuam

- Koj li chaw nyob thiab chaw nyob hauv kev lag luam thiab cov xov tooj txwv yuav tsis pub lwm tus paub;
- Koj tsis tas yuav tham nrog tus kws tiv thaiv pab tawm tswv yim (tus neeg ua phem rau koj tus kws lij choj);
- Koj tuaj yeem thov tau ib tug kws txiav txim lossis lwm tus neeg tuaj thaum muaj ib qhov kev xam phaj nrog tus kws tiv thaiv pab tawm tswv yim lossis/thiab tus kws tshawb nrhiav rau kev tiv thaiv;

Yog tau tiv tauj los ntawm tus kws tiv thaiv pab tawm tswv yim lossis/ib tug kws tshawb nrhiav rau kev tiv thaiv, nws tsis ua li cas yog koj nug tias tus neeg ntawv yog leej twg (npe thiab qhov chaw lawv ua haujlwm) thiab ib tug xov tooj uas koj tuaj yeem hu tau lawv rov qab.

- Koj tuaj yeem thov koom tes nrog tus neeg ua phem rau koj li thawj tshwm ntsej muag ua ntej los ntawm lub tsev hais plaub thaum cov xwm txheej ntawm kev rho tawm hauv nkuaj tau teem tsa. Yog tias rooj plaub yog ib qho raug tsim txom hauv tsev lossis raug quab yuam deev, lub tsev hais plaub yuav tsum txiav txim koj cov lus thaum muaj kev txiav txim tso tus neeg tsim txom koj.

Xws li yog ib tug neeg raug tsim txom los ntawm ib qho kev ua txhaum koj kuj muaj txoj cai uas yuav tau qhia txog rau tag nrho cov rooj sib hais txog tus neeg raug foob, uas suav nrog:

- (1) thawj qho tshwm ntsej muag lossis teem chaw rau,
- (2) rooj sib hais txog rho tawm hauv nkuaj,
- (3) cov ntawv txiav txim ua ntej rooj hais plaub tshwm sim,
- (4) ua txhaum lossis hloov kev thov,
- (5) sib hais pem tsev hais plaub, thiab
- (6) muab txim txhaum.

Koj kuj tseem xaiv tau mus pem qhov teem caij rau lub rooj sib hais los tsis mus. Koj kuj mus ntsib tim ntsej tim muag lossis hauv xov tooj. Cov neeg raug tsim txom cov cai cia koj tuaj yeem hais txog lub tsev hais plaub pem cov rooj hais plaub txog rho tawm hauv nkuaj, hloov kev thov, mus sib hais, thiab muab txim txhaum.

Tus neeg raug foob thawj qhov tshwm ntsej muag lossis kev teem rau koj rooj plaub yog teev nyob nram qab ntawm phau ntawv no.

Rau cov ncauj lus kom ntxaws ntawm txhua cov cai muab rau cov neeg raug tsim txom hauv Alaska mus mus rau <https://ovr.akleg.gov/>

Yog koj tsis muaj internet siv nug koj tus neeg cev ncauj cev lus rau cov neeg raug tsim txom, tus kws txiav txim lossis tus neeg raug tsim txom tus kws ua pov thawj los pab kom koj tau txais ib daim ntawv theej.

Yog koj muaj lus nug txog koj cov cai koj tuaj yeem hu tau rau koj tus neeg cev ncauj cev lus rau cov neeg raug tsim txom, tus kws txiav txim lossis tus neeg raug tsim txom tus kws ua pov thawj. Cov xov tooj rau cov neeg no thiab lawv cov hoobkas tau teev npe nram qab phau ntawv no. Koj kuj tseem tuaj yeem hu tau rau Alaska Lub Hoobkas rau Cov Neeg Raug Tsim Txom Txoj Cai (OVR). OVR cov ntaub ntawv tiv tauj muaj npe nyob rau nplooj 10 hauv phau ntawv no.

Ib Qho Kev Pabcuam Rau Cov Neeg Rau Tsim Txom Hauv Tsev/Neeg Raug Quab Yuam Deev Nyob Ntawv Los Pab

Hu rau lub hoobkas uas teev tseg rau tom qab phau ntawv no. Yog tiv tauj tsis tau lub hoobkas koj tuaj yeem hu rau lub hoobkas tub ceev xwm ze tshaj plaws rau lub npe thiab xov tooj ntawm qhov chaw nyob tiv thaiv lossis kev pabcuam nyob ntawm koj cheeb tsam. Ib tug neeg cev ncauj cev lus ntawm qhov chaw pabcuam kuj yuav muab ib tug xov tooj ntawm cov hauv qab no:

- Chaw nyab xeeb tiv thaiv thiab kev npaj nyab xeeb
- Cov ntaub ntawv raug cai
- Pab koj ua daim ntaub ntawv tiv thaiv
- Mus pem rooj hais plaub nrog koj
- Nrog koj mus pem tsev kho mob lossis tsev kuaj mob rau ib qho kev kuaj tshuaj ntsuam xyuas raug quab yuam deev
- Hu xov tooj 24 teev daws teeb meem
- Tshev thauj mus rau qhov chaw tiv thaiv
- Pab ua cov ntaub ntawv rau Kev Raug Tsim Txom Li Nyiaj Poob

- Khaub ncaws thiab khoom siv hauv tsev
- Ntawv thiab nam txog kev raug tsim txom hauv tsev, kev raug quab yuam deev thiab kev tsim txom menyuam yaus
- Kev nkag mus rau lwm cov kev pab hauv zos xws li:
 - vaj tse
 - kev pabcuam rau pej xeem
 - kev kawm lossis kev ntuas tswv yim
 - dej caw/siv tshuaj kho/menyuam
 - saib xyuas kev ua haujlwm
 - kev kho mob
 - kev pabcuam kev cai lij choj

Txwv tsis pub lwm tus paub

Alaska muaj cov kev cai tiv thaiv tsis pub lwm tus paub yog koj txiav txim siab mus nrhiav kev pabcuam los ntawm ib qhov kev pabcuam rau cov neeg raug tsim txom hauv tsev lossis cov neeg raug quab yuam deev. Cov kev pabcuam no muaj kev cai tswj nruj ntawm kev tsis pub lwm tus paub. Cov kev cai lij choj nyob rau hauv Alaska tiv thaiv kev sib txuas lus ntawm cov neeg raug kev tsim txom hauv tsev thiab cov neeg raug quab yuam deev thiab cov neeg cev ncauj cev lus tshwj tsis yog rau tej co xwm txheej.

Nplooj ntawv 30

Tus neeg cev ncauj cev lus yog dabtsi?

Lub luag haujlwm ntawm tus neeg cev ncauj cev lus yog muab kev txhawb, ntaub ntawv, thiab cov khoom siv rau tus neeg raug tsim txom. Cov neeg cev ncauj cev lus tuaj yeem pab nrog ntau qhov chaw sib txawv ntawm cov nplooj ntawv ua ntej no. Ib tug neeg cev ncauj cev lus yog ib tug mloog thiab tsis txiav txim. Cov neeg cev ncauj cev lus tsis ua kev tshawb nrhiav, ua kev soj ntsuam ntawm cov tog neeg koom lossis ib txwm ua tim khawv hauv tsev hais plaub.

Nws yog ib qho tseem ceeb kom nco ntsoov tias ib tug neeg cev ncauj cev lus yuav hais lus sawv cev rau koj nkaus xwb yog thaum koj thov thiab taw qhia. Hauv kev rau siab kom ntseeg tau tias khiav tau zoo rau koj, ib tug neeg cev ncauj cev lus tuaj yeem pab tswj hwm ib qho haujlwm kev sib raug zoo nrog cov tswv cuab ntawm cov tub ceev xwm, tus txiav txim thiab cov tsev hais plaub. Cov neeg cev ncauj cev lus muaj sijhawm 24 teev ib hnuv los pab koj.

Koj Tuaj Yeem Pab Tiv Thaiv Koj Tus Kheej

- Tham nrog ib tug phooj ywg ntseeg siab lossis txheeb ze.
- Nrhiav kom paub cov chaw nyob tiv thaiv thiab tsev nyob nyab xeeb ua ntej koj xav tau lawv.
- Muaj cov duab thaij los ntawm koj li kev raug mob; koj tuaj yeem siv tau lawv tom ntej.
- Muaj lub chim qhia rau cov neeg nyob ze koj lub tsev thaum koj xav tau kev pab thiab nug cov neeg nyob ze koj lub tsev hu rau tub ceev xwm yog tias lawv hnov tej yam suab txawv los ntawv koj lub tsev.
- Khaws nyiaj, ntaub ntawv tseem ceeb, khaub ncaws, cov yuam sij tsheb thiab lwm yam khoom tseem ceeb kom nyob ib qho chaw zoo.
- Qhia koj cov menyuam siv xov tooj lossis xov tooj cua hu rau tub ceev xwm yog tias muaj xwm txheej ceev.
- Hu rau tub ceev xwm thaum nws muaj kev nyab xeeb thiab koj tuaj yeem tau txais daim ntawv tiv thaiv los ntawm tsev hais plaub.
- Ntsib nrog ib tug neeg cev ncauj cev lus los ntawm chaw nyob tiv thaiv lossis lwm yam kev pabcuam tsim los pab lossis nrog ib tug phooj ywg thiab npaj ib qho homphiaj rau kev nyab xeeb. Xyaum lub homphiaj npaj no nrog koj cov menyuam.

Paub Tias Qhov Kev Tsim Txom Tsis Yog Tim Koj

- Paub tias tsis muaj ib yam dabtsi uas koj ua yuav ua rau raug tsim txom.
- Paub tias tsis muaj ib tug neeg muaj txoj cai los tsim txom koj.
- Paub tias koj tsis yog tib tug ua raug cuam tshuam xwb, menyuam yaus los ntawm kev ua phem hauv vaj hauv tsev muaj kev nyuaj siab, ntxhov siab, kev ntshai, kev ntseeg tus kheej qis thiab hnov taus tias lawv tau ua kev txhaum.
- Paub tias feem ntaus cov menyuam yaus uas tau tu nrog kev tsim txom paub siv kev ua phem raws li ib txoj hauv kev los tswj lwm tus los ntawm kev siv lub hwj chim thiab kev quab yuam. Kev ua phem tso cai muab cov teeb meem txuas ntxiv mus thiab kev kub ntxhov ntau zaus nce mus dhau sijhawm.

- Paub tias kev sib raug zoo nyob hauv kev ntshai, lub hwj chim, thiab kev tswj hwm yog kev ua phem.
- Paub tias lwm tus nkag siab vim li cas koj yuav xav kom nyob thiab uas tawm hauv kev sib raug zoo tsis yooj yim.
- Paub tias kev tsim txom feem ntau yuav muaj phem zuj zus mus, heev dua, thiab ntau heev dua. Txawm tias xaus txoj kev sib raug zoo tej zaum yuav tsis txaus tiv thaiv koj ntawm kev phom sij yog tias tsis muaj kev txhawb nqa los ntawm lwm tus neeg.
- Paub tias muaj kev pab.

Cov Neeg Raug Tsim Txom Hauv Tsev & Raug Quab Yuam Deev Cov Kev Pabcuam

ANCHORAGE

AWAIC

Abused Women's Aid in Crisis

100 W. 13th Avenue Anchorage, AK 99501

907-279-9581 (Hoobkas)

Xov tooj 24-teev daws teeb meem: 907-272-0100

www.awaic.org

VFJ

Victims for Justice

1057 W. Fireweed Lane, Suite 101 Anchorage, AK 99503

907-278-0977

www.victimsforjustice.org

STAR

Standing Together Against Rape

1057 W. Fireweed Ln, Ste 230 Anchorage, AK 99503

907-276-7279 (Hoobkas)

Xov tooj 24-teev daws teeb meem: 907-276-7273

800-478-8999 (Hu-Dawb)

www.staralaska.com

BETHEL

TWC

Tundra Women's Coalition

P.O. Box 2029 248 6th Avenue Bethel, AK 99559

Xov tooj 24-teev daws teeb meem:

907-543-3456 (Hauv Zos)

800-478-7799 (Hu-Dawb)

www.tundrapeace.org

CRAIG

HOPE

Helping Ourselves Prevent Emergencies

404 Spruce Street Craig, AK 99921

Xov tooj 24-teev daws teeb meem:

907-826-4673 (Hauv Zos)

www.hope4pow.org

CORDOVA

CFRC

Cordova Family Resource Center

P.O. Box 863 Cordova, AK 99574

Xov tooj 24-teev daws teeb meem:

907-424-4357 907-424-5674 (Hauv Zos)

866-790-4357 (Hu-Dawb)

htwww.cordovafamilyresourcecenter.org/

DILLINGHAM

SAFE

Safe and Fear Free Environment

P. O. Box 94 21 G Street West Dillingham, AK 99576

907-842-2320 (Hoobkas)

Xov tooj 24-teev daws teeb meem:

Nplooj ntawv 36

EMMONAK

Emmonak Women's Shelter
P.B. Box 207 Emmonak, AK 99581
Xov tooj 24-teev daws teeb meem:
907-949-1443 (Hauv Zos)
www.emmonakshelter.org

FAIRBANKS

IAC Interior Alaska Center for Non-Violent Living
726 26th Avenue Fairbanks, AK 99701
Xov tooj 24-teev daws teeb meem:
907-452-2293 (Hauv Zos)
800-478-7273 (Hu-Dawb)
www.iacnvl.org

HOMER

South Peninsula Haven House
3776 Lake St, Ste 100 Homer, AK 99603
Xov tooj 24-teev daws teeb meem:
907-235-8943 (Hauv Zos)
800-478-7712 (Hu-Dawb)
www.havenhousealaska.org

HOOPER BAY

Hooper Bay Women's Shelter Sea Lion Court #4
P.O. Box 261 Hooper Bay, AK 99604

JUNEAU

AWARE

Aiding Women in Abuse and Rape Emergencies

P.O. Box 20809 Juneau, AK 99802

Xov tooj 24-teev daws teeb meem:

907-586-1090 (Hauv Zos)

800-478-1090 (Hu-Dawb)

www.awareak.org

KETCHIKAN

WISH

Women in Safe Homes

P.O. Box 6652 Ketchikan, AK 99901

Xov tooj 24-teev daws teeb meem:

907-225-9474 (Hauv Zos)

800-478-9474(Hu-Dawb)

www.ketchikanwish.org

KENAI/SOLDOTNA

LSC

The LeeShore Center 325

Spruce Street Kenai, AK 99611

Xov tooj 24-teev daws teeb meem:

907-283-7257 (Hauv Zos)

www.leeshoreak.org

KODIAK

KWRCC

Kodiak Women's Resource & Crisis Center

P.O. Box 2122 Kodiak, AK 99615

Xov tooj 24-teev daws teeb meem:

907-486-3625 (Hauv Zos)

888-486-3625 (Hu-Dawb)

www.kwrcc.org

KOTZEBUE

MFCC

Maniilaq Family Crisis Center

P.O. Box 38 Kotzebue, AK 99752

Xov tooj 24-teev daws teeb meem:

907-442-3969 (Hauv Zos)

1-888-478-3969 (Hu-Dawb)

www.maniilaq.org

PALMER

AFS

Alaska Family Services

1825 S. Chugach St Palmer, AK 99645

Xov tooj 24-teev daws teeb meem:

907-746-4080 (Hauv Zos)

866-746-4080 (Hu-Dawb)

www.akafs.org

NOME

BSWG Bearing Sea Women's Group

P.O. Box 1596 Nome, AK 99762

Xov tooj 24-teev daws teeb meem:

907-443-5444 (Hauv Zos)

800-570-5444 (Hu-Dawb)

www.beringseawomensgroup.org

PETERSBERG

WAVE

Working Against Violence for Everyone

PO Box 415 Petersburg, AK 99833

Xov tooj 24-teev daws teeb meem:

907-518-0555

www.petersburgwave.org

SEWARD

SCS

Seaview Community Services
302 Railway Avenue Seward, AK 99664
Xov tooj 24-teev daws teeb meem:
907-224-3027
888-224-5257 (Hauv Zos)
www.seaviewseward.org

UNALASKA

USAFV

Unalaskans Against Sexual Assault & Family Violence
P.O. Box 36 Unalaska, AK 99685
Xov tooj 24-teev daws teeb meem:
907-581-1500 (Hauv Zos)
800-478-7238 (Hu-Dawb)
hwww.usafvshelter.org/

SITKA

SAFV

Sitkans Against Family Violence
P.O. Box 6136 Sitka, AK 99835
Xov tooj 24-teev daws teeb meem:
907-747-6511 (Hauv Zos)
800-478-6511 (Hu-Dawb)
www.safv.org

UTQIAGVIK

AWIC

Arctic Women in Crisis
5125 Herman Street Utqiagvik, AK 99723
Xov tooj 24-teev daws teeb meem:
907-852-0261 (Hauv Zos)
800-478-0267 (Hu-Dawb)
www.north-slope.org

VALDEZ

AVV

Advocates for Victims of Violence

P.O. Box 524 Valdez, AK 99686

Xov tooj 24-teev daws teeb meem:

907-835-2999 (Hauv Zos)

800-835-4044 (Hu-Dawb)

www.avvalaska.org

Sau ua kev pab rau lub cim xeeb

Nplooj ntawv 42

Sau ua kev pab rau lub cim xeeb

Nplooj ntawv 43

**Ntaub Ntawv hais txog Ceeb Toom ib qho kev xoom
xaim ntawm kev tsim txom menyuam yaus lossis
tsis saib tsis xyuas rau Cov Tub Ceev Xwm***

Hoobkas ntawm Kev Pabcuam rau Menyuum Yaus:

Xov Tooj: 1-800-478-4444

Email: ReportChildAbuse@alaska.gov

http://dhss.alaska.gov/ocs/Pages/childrensjustice/reporting/who_mr.aspx

Neeg Laus Cov Kev Pab Tiv Thaiv:

Xov Tooj: 1-800-478-9996

<http://dhss.alaska.gov/dsds/Pages/aps/apsreportinfo.aspx>

* Ib tug neeg twg tuaj yeem tshaj tawm ib qho kev tsim txom ntawm menyuum yaus lossis tsim txom los ntawm ib tug neeg laus uas pab tsis tau nws tus kheej.

Tswv Yim muab rau Cov Neeg Raug Tsim Txom Los Ntawm Kev Raug Zawm Caj Dab rau Tub Ceev Xwm

Nws yog ib qho tseem ceeb kuv ceeb toom koj tias raug zawm caj dab yog ib qho loj heev thiab tuaj yeem ua rau raug mob sab hauv, raug mob rau lub hlwb thiab/lossis ncuu kev noj qab haus huv xws li mob stroke, teeb meem mob qog, nchuav menyuum thiab/lossis kev tuag. Kev tshawb fawb qhia tau tias yog koj raug zawm caj dab txawm ib zaug xwb los, koj muaj 750% ntau dua yuav tau tua los ntawm koj tus khub. Peb xav kom koj nrhiav kev kho mob tam sim ntawv ntawm ib chav saib xyuas mob ceev lossis los ntawm ib tus kws kho mob uas muab kev pab thiab nug rau kev pab los ntawm ib tug neeg cev ncauj cev lus.

***Ntaub Ntawv Tseem Ceeb**

Tus Thawj Tub Rog/Tus Tub Ceev Xwm (npe thiab hoobkas):

Hu rau #:

Rooj Plaub Raws Txoj Cai ntawm Tub Ceev Xwm #:

Kev Raug Tsim Txom Hauv Tsev/Raug Quab Yuam Deev Lub Chaw Pabcuam:

Tus Kws Lij Choj hauv Cheeb Tsam/Kws Txiaiv Txim Lub Hoobkas:

***Tsab Ntawv Ceeb Toom Qhia Txog Thawj Qho Tshwm Ntsej Muag**

Tus raug foob thawj qho tshwm ntsej muag lossis kev teem rau koj rooj plaub uas yuav muaj:

Vas thib:

Sijhawm:

Qhov chaw nyob: