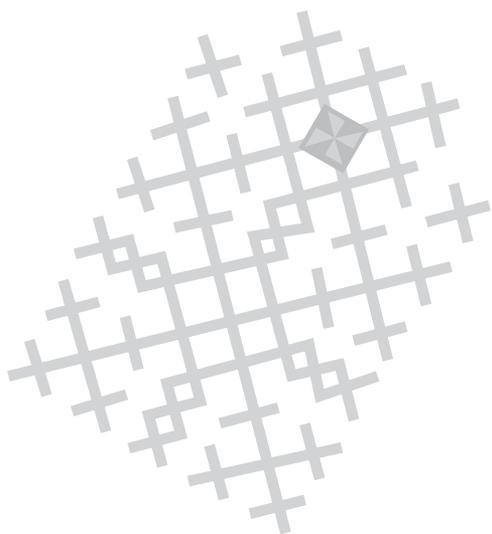


**Hmong**  
AIDS Education

**Basic Information  
About HIV/AIDS for  
Hmong Parents & Teenagers**

**For New Readers of English**

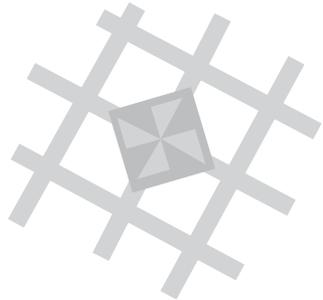




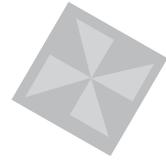
**Basic Information  
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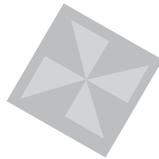
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## Why This Booklet Was Written

Minnesota has been the home of a large group of Hmong for many years—ever since the Hmong people were forced to leave their homes in Laos at the end of the Vietnam War. Many Hmong lived in refugee camps in Thailand before coming to the United States. When they finally got to the United States, they found a very different land than what they were used to.

Differences between Hmong and American ways of looking at things may make it hard for Hmong to understand healthcare and education in the United States, but it is very important to know about these things. There is a lot to learn about how to stay healthy and how to teach your children to stay healthy.

These things should be learned in a way that makes sense to the Hmong community. One major health issue is HIV/ AIDS. It is very important that Hmong parents and their children learn all about this dangerous disease and how to prevent it. This booklet will give you the information about HIV/AIDS that you need to know. It tells you about HIV/AIDS, sex and HIV/AIDS, how to change unhealthy behavior, and who is at risk for HIV/AIDS.

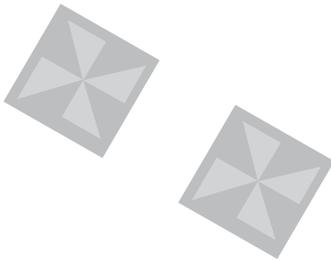


## Vim li cas thiaj muaj phau ntawv no

Ib txwm thawm Hmoob thoj nam khiav tsov rog Nyab Laj tawm Los Tsuas teb tuaj, Minnesota yog ib lub xeev uas Hmoob nyob coob tshaj plaws. Hmoob feem coob tauv pem nyob rau cov yeej thoj nam nyob rau Thaib teb ntev heev ua ntej tuaj Amelikas no. Thaum tuaj txog tim no lawd, lub neej, kev noj haus, teb chaws, huab cua txawv tas nrho.

Nyob txawv ntuj, muaj txawv txuj; tsawm li cas los peb Hmoob yuav tsum paub pom thiab to taub txog kev noj qab haus huv thiab kev kawm txuj nyob rau Amelikas no. Muaj ntau yam peb yuav tsum paub txog tias yuav ua li cas thiaj noj qab nyob zoo, thiab qhia peb tej me tub me nyuam txog tias yuav ua li cas thiaj li noj qab nyob zoo.

Ib qho tseem ceeb yuav tsum paub txog yog kab mob HIV/AIDS. Tseem ceeb kawg nkaus kom tsoom Hmoob thiab lawv tej tub ki paub txog thiab paub tiv thaiv, txhob kis tus kab mob HIV/AIDS. Phau ntawv no qhia txog tus kab mob HIV/AIDS uas sawv daws yuav tsum paub txog. Phau ntawv no yuav qhia txog HIV/AIDS, kev plees kev yig thiab HIV/AIDS, yuav coj yus tus cuj pwm pauv xeeb ceem li cas, thiab leej twg ntxim yuav thab tau thiab kis tus mob HIV/AIDS.



# Health Education for the Hmong Community

## Why is it Difficult?

There are many reasons why Hmong teenagers are not able to get information on HIV/AIDS. Teens understand more English than their parents because they have grown up and gone to school in the United States. Hmong teenagers would prefer to read about HIV/AIDS in English, but their parents may not be able to. Our educational health booklets are in both English and Hmong.

There is another reason why Hmong youth have trouble learning about HIV/AIDS. In the United States we can talk about sex, but in many other cultures it makes people feel uncomfortable.

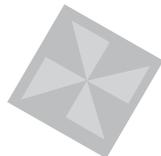
## Why is it Important to Talk about Sex?

HIV/AIDS can be related to sex, and keeping children safe means you have to talk about it.

Teenagers often live in two different worlds. One is school, the media, peers, and social activities, and the other is family and home life. The teen years are a time for exploration and wanting freedom, but freedom in the U.S. can involve danger.

Hmong teens are often less traditional than their parents. This may upset Hmong parents and may make talking to teens difficult. Teenagers sometimes join gangs to feel like they belong. Sex is often a part of gang life.

Changes in ideas make a new life hard. Hmong parents need to help their children stay safe and healthy. Some ideas may need to change, which is difficult. Hmong parents must be aware of their children's situations and needs. Talking about sex and sexuality is not done in Hmong culture, but youth still hear these things and need to discuss them and ask questions. If they cannot talk to their parents, often they will ask other teens who are not educated enough to give good information.



# Paub txog kev noj qab haus huv hauv Tsev Hmoob

## Nyuab li cas?

Muaj ntau yam kev cuam tshuam ua rau tsoom hluas Hmoob tsis paub txog tu kab mob HIV/AIDS. Tsoom me nyuam thiab tsoom hluas paub thiab hais lus Amelikas, niam txiv tsis paub; Sawv daws koom ib lub ru tsev, tsis koom ib xeem ncauj lus. Peb phau ntawv no sau ua lus Amelikas thiab lus Hmoob.

Ib qho uas cheem tsoom hluas Hmoob tsis paub txog HIV/AIDS, yog vim hauv Hmoob lub neej Hmoob tsis kam tham txog kev plees kev yig (sib deev) rau tej me nyuam, tej tub ki thawm ntxov yam li luag coj nyob rau lub teb chaws no.

## Vim li cas thiaj tseem ceeb yuav tham txog kev niam txiv?

Tus kab mob HIV/AIDS sib kis los ntawm kev ua plees ua yig, vim li no thiaj yuav tsum kom tsoom hluas paub txog.

Tsoom tub ntxhais hluas tsis tshua paub txog kev ceev faj xyuam xim. Rau lawv (tsoom hluas) ces cov txheeb ze uas tso siab tau yog tom tsev kawm ntawv, tej xov xwm, phooj ywg, thiab kev ua si lom zem. Lub neej hluas yeej yog ib lub sij hawm tshuaj ntsuam xyuas, sim yus kev ywj pheej...tab sis nco ntsoov tias kev ywj pheej muaj ciaj ciam thiab yuav coj kev kub ntxhov los tau rau yus thiab.

Nyob lub zwj ceeb no, tsoom Hmoob thiab lawv tej tub ki nyob ob lub ntiaj teb sib txawv. Li no kev txuas ncauj lus thiaj tsis yooj yim. Ntau leej hluas thiaj tau mus laj leeb vim lawv ntseeg phooj ywg, xum nrug thiab ncaim niam thiab txiv. Kev plees kev yig yog yam uas tsoom hluas lwj liam nrhiav.

Yuav pauv tswv yim, coj siab tshiab nyuab kawg. Tsoom niam txiv Hmoob yuav tsum paub pab tswj tej tub ntxhais kom nyob nrog kev noj qab nyob zoo. Peb yuav tsum paub pom txog tsoom tub ki tej kev xav, kev ntshaw, tswv yim. Txhob muab kev txaj muag los mus cheem; peb yuav tsum tau tham txog kev plees kev yig rau tej tub ki kom paub txog, vim yog peb tsis hais txog, tsis qhia, lawv yuav mus nug mus kawm ntawm lawv tej phooj ywg uas twb tsis paub thiab.

## **Don't Delay!**

“I was 14 when I first heard about virginity. My mother said all girls should be virgins until they get married,” said Mai Lee, who is now married with two children. Mai Lee believes that Hmong girls and boys should discuss sexual issues with their parents much earlier than 14 years old, but Hmong parents believe that their children should not have sex until marriage so they do not discuss the idea of sex until it might be too late.

## **Stopping Teens from Having Irresponsible Sex**

Some Hmong community leaders believe that education about sex encourages teenagers to be sexual. One minister said, “Learning about prevention of sexual relationships means you are free and you can do it.” Since learning about HIV/AIDS means learning about ways to prevent sexually transmitted diseases (STDs), some people think this means that sex is ok as long as you're safe. Hmong parents do not want their children thinking that.

However, if community leaders do not support education on prevention, teenagers will have sex without knowing about disease prevention. All parents want to keep their children safe and all parents want their children to have good values, but sex does happen and you need to talk about safe sex.

## **About HIV and AIDS**

### **What is HIV/AIDS?**

You may have heard people use names like “bloody disease,” “sexual disease,” “transmitted disease,” or “lethal disease.” When people use these terms, they are really talking about HIV or AIDS. AIDS is caused by HIV, the human immunodeficiency virus.

## **Txhob sej!**

Maiv Lis hais tias: “Thaum kuv muaj 14 xyoo, kuv tham hluas, swb cev. Kuv niam hais tias ib leej ntxhais yuav tsum txhob muab nws cev poj niam rau leej twg ua ntej sib yuav.” Tam sim no nws muaj neej thiab ob tug me nyuam. Nws xav tias niam txiv yuav tsum tau nrog me nyuam tham txog kev ua neej, kev ua niam txiv ua ntej lawv muaj 14 xyoo...ib tsam lig dhau lawm, cheem tsis rov, pab tsis tau.

## **Kom tsoom hluas thoob tsiab, txhob liam rau kev plees kev yig**

Ib txhia xav tias yog tham txog kev ua niam txiv (plees yig) rau cov hluas ces yog haub lawv mus liam sim. Ib leej xib fwb hais tias: “Kawm txog kev plees yig ces yog qhia tau tias yus yeej ywj pheej thiab yus yeej ua tau.” Kawm txog HIV/AIDS yuav qhia kom peb paub tiv thaiv yus tus kheej thiab cheem kev sib kis kas ceem.

Yog peb tsis qhia, cov me nyuam yuav tsis paub, tsis ceev faj ras txog, tsam lawv tsis thoob tsiab lam kis tau uav, tau kas cees. Me nyuam yog peb lub neej yav pem suab, peb yuav tsum tau tswj thiab pab kom lawv tsim nuj, tsheej chim thiab noj qab nyob zoo.

## **Hais txog HIV thiab AIDS**



### **HIV/AIDS yog dab tsi?**

Nej yeej hnov txog uav, kas cees, thiab mob kis ntau yam tsav lawm. Muaj tej co yeej kho tsis tau; yog tau tus mob ntawd ces yeej tas yus txoj txi li lawm xwb. HIV yog tus kab mob uas tua tsav cawm hauv yus lub cev; AIDS yog tus mob uas txo yus txoj sia.

## What Does HIV Do?

Viruses are very bad because there is no cure for some of them. HIV cannot be cured. If you get HIV, your immune system becomes weak and your body has trouble fighting other germs and diseases. After awhile, the HIV turns into AIDS. If you have AIDS, you become very sick and need medicine or you can die.

## How Do You Get HIV/AIDS?

HIV is found in blood, semen, vaginal fluid, and breast milk.

You can get HIV/AIDS by:

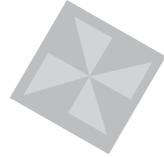
1. **Having Sex:** Anyone who has sex with someone who has HIV/AIDS without using a condom can get this disease. This includes anal, vaginal, and oral sex (if there is an open wound).
2. **Injecting Drugs:** Some people take drugs by injecting themselves with a needle. Used needles can spread HIV/AIDS. A needle can have blood on it even if you cannot see it. HIV/AIDS gets into your body if you use a needle with infected blood on it. Any needle put into your body should be new or carefully cleaned. American doctors always use clean needles, so there is no risk if you are at a medical clinic.
3. **Mother to Child:** If a woman has HIV/AIDS and is pregnant, she can give HIV/AIDS to her baby during birth or by breast-feeding. Doctors can help the mother keep her new baby safe by giving her new medicines while she is pregnant. It is very important for a new mother with HIV/AIDS to go to her doctor during pregnancy to make sure that her baby doesn't get HIV/AIDS.

## HIV ua dab tsi?

HIV yog ib tug kab mob phem heev, kho tsis tau. Yog yus tau HIV, yus lub cev tsis muaj cav cawm lawm, yuav ua rau yus nkees zuj zus xwb. Ib ntus tom qab, nws yuav huam los ua AIDS. Yog yus tau AIDS lawd, yeej yuav tsum kho xwb...los tseem muaj feem tias yuav tsis zoo no ntau kawg.

## Tau HIV/AIDS ntawm twg los?

HIV muaj nyob hauv ntshav, phev thiab kua mis.



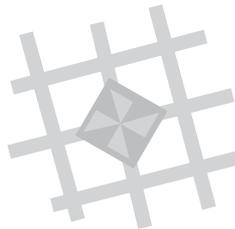
Tau HIV/AIDS los ntawm:

1. **Kev plees yig (sib deev):** Yog leej twg mus deev ib tus neeg mob HIV/AIDS yam tsis siv hnab tiv thaiv ces yeej yuav kis tau tus mob xwb...tsis hais yuav deev xwb, tsawm yuav siv lub ncauj, los lub nplos quav...yog muaj kiav txhab, yeej kis tau tib yam.
2. **Txhaj yeeb tshuaj:** Muaj tej tus neeg siv koob txhaj yeeb tshuaj rau nws tus kheej. Yog siv qub koob yuav kis tau tus mob los nkag rau yus lub cev. Txhua rab koob txhaj yuav tsum tshiab tas nrho tiv thaiv kis mob. Li no kws kho mob thiaj li siv koob tshiab txhua txhua zaus txhaj tshuaj.
3. **Niam kis rau me nyuam:** Yog ib leej niam tau HIV/AIDS, es nws xeeb tub, thiab/los nws pub nws mis rau me nyuam, nws yeej kis tau tus mob no rau nws tus me nyuam. Kws tshuaj yeej pab cheem tau kom tus me nyuam noj qab nyob zoo: muab tshuaj pab thiab tiv thaiv ua ntej. Li no, tseem ceeb kawg uas yog leej niam twg uas muaj HIV/AIDS, tab sis nws cev xeeb tub lawd, yuav tsum xyuas kws kho mob, nrhiav kev pab.

## Sexual Behavior

As they get older, boys and girls get curious about sex. Sometimes they want to have sex before they are ready. They should be taught when they are young about how babies are made and how HIV/AIDS and other diseases are spread. It is important for Hmong parents to teach their children about sex and how to stay healthy. This can be very difficult because they may feel uncomfortable talking about sex or not know what to say, but children need to know about it.

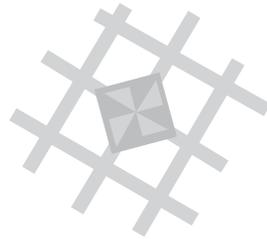
Many parents believe that it is very important for girls to wait until they are married to have sex. In Laos, girls get married when they were young so sex before marriage is not as big of a problem. In the United States, people cannot legally get married until they are 18 years old (or have parent consent). Many young people in the U.S. do not want to get married until they are older, but they often have sex before they are married. If someone chooses not to wait, it is very important that he/she has safe sex. Even though many parents do not want to their children to have sex, they still need to inform their children how to protect themselves during sex.



## Cuj pwm, xeeb ceem

Tub ntxhais hlob los, lawv yeej xav paub xav sim...txog kev plees yig. Tej zaum lawv kuj cauj heev. Lawv yuav tsum paub txog tej teeb meem no thaum yau: ua me nyuam li cas, ua cas thiaj kis HIV/AIDS, uav, kas cees. Niam txiv yuav tsum cob, qhuab qhia me nyuam txog kev plees yig, thiab kev noj qab nyob zoo. Txhob this qhov txaj muag...vim me nyuam yuav tsum paub.

Coob leej niam txiv xav kom tej ntxhais txhob swb cev ua ntej yuav txiv. Thaum ub tej ntxhais yuav txiv hluas hluas, tsis yog ib qho teeb meem loj. Tam sim no txoj cai, tus txhooj tswj tsis pub sib yuav ua ntej 18 xyoo, los yog tsis tau kev pom zoo los ntawm niam txiv. Coob tus hluas tsis xav sib yuav ntxov ntxov, tab sis xav ua niam txiv ua ntej. Yog li no, yuav tsum paub ceev faj, txuag kom tsis txhob muaj mob, kis uav tau kas cees los HIV/AIDS. Peb yuav tsum qhia thiab cob tej tub ki kom paub tab, xyuam xim thiab paub tiv thaiv lawv tus kheej.

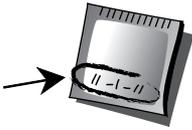


# Protection

## Condoms:

Both men and women can use condoms. Condoms stop girls from getting pregnant as well as from getting diseases like HIV/ AIDS if they are used correctly. Male condoms are used most often.

## Instructions for Using A Male Condom:



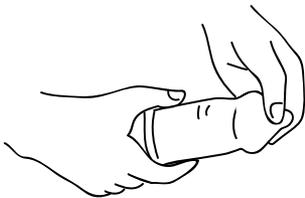
1. Check the “use by” date on the condom. Do not use old condoms because they do not work.



2. Take it out of the package. Make sure it is not ripped or torn. Watch your fingernails!



3. Only put the condom on when the penis is hard. Hold the tip of the condom in place. Unroll the rest of it down to the bottom of the penis. (Use lubricant if you want.)



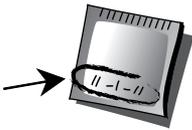
4. When you are done, take it off carefully so the sperm does not spill!

# Tiv Thaiv

## Siv hnab:

Txiv neej poj niam los yeej siv hnab tiv thaiv tau. Siv hnab, yuav tiv thaiv kom txhob kis kas cees, uav, thiab HIV/AIDS. Hnab rau txiv neej yog yam luag siv tshaj.

## Yuav siv hnab txiv neej li cas:



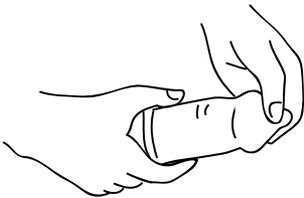
1. Xyuas lub sij hawm teev cia saum lub plhaub. Yog dhau caij nyoog lawd, txhob siv...vim yuav tsis zoo.



2. Rho lub hnab tawm los. Tib zoo xyuas saib nws puas to los ntuag tso mam siv.



3. Looj rau tus noov uas twb nruj/khov txaus lawm. Plhws lub hnab los looj rau. (siv roj, yog tias yus xav)

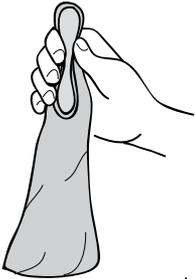


4. Thaum ua hauj lwm tas lawd, maj mam qho lub hnab tawm los, dej thiaj tsis txeej.

# Instructions for Using A Female Condom:



1. Take the condom out of the package. Make sure it is not ripped or torn. Watch your fingernails!



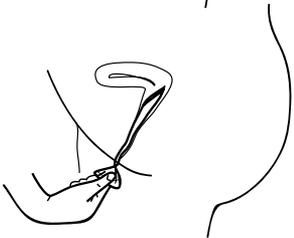
2. Hold the inner ring between your thumb and middle finger. Squeeze.



3. Put the condom inside as far as it will go. Make sure it is not twisted.



4. The outer ring should be outside the vagina.

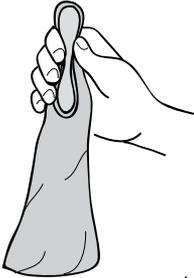


5. When you are done, take the condom out before you stand up. Twist the outer ring and pull it out gently.

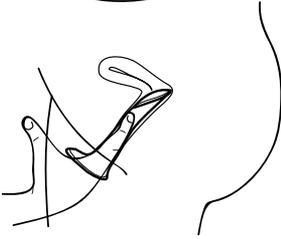
## Siv hhab rau poj niam:



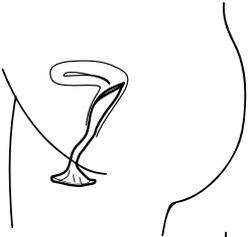
1. Tev lub hhab tawm ntawm nws lub plhaub los. Tib zoo, txhob ua ntuag.



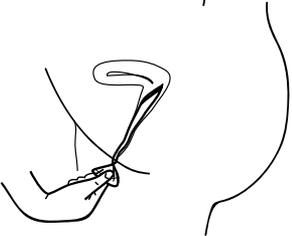
2. Muab tus ntiv xoo thiab ntiv taw nyem lub kauj hauv.



3. Tsij lub hhab mus kom tob li yuav tob tau. Tib zoo, txhob pub zij.



4. Lub kauj nraum, cia nyob sab nraud.



5. Thaum siv hauj lwm tas lawd, txhob rawm sawv, tuav lub kauj nraum, ntswj, thiaj maj mam rub tawm los.

# A Project of the International Health Education Alliance

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DIVA MN is a non profit 501(C)3 grant making organization composed of individuals working in creative industries who are committed to raising money to impact HIV/AIDS in Minnesota. Since 1986, DIVA MN has granted more than \$3 million dollars throughout Minnesota for innovative programs to prevent HIV/AIDS and treat those living with the disease.

AIDS Education  
For Parents & Teenagers  
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Hmong\_a08-04

