Sain kena ren Mefingaweno me pwan Nongetamenon Nonineng non Semirit kena ra Ierin Sukun (ier 6-12)

Meta kopwene
nenengeni ren:


Ekkei ra tapweto ra kan iteiten pwanon sain kena ren nongetamenon nonineng semirit kena ra ierin sukun. Asisinin kena ra tongeni sakono fesen a fokkun watteno anongonongen won ierir, ekkiekir, maritar, ar tongeni sinei kena nein aramas, me pwan tetenin ar fofor ngeni kena. Nge ina
 chomong ekkei napenap ra kan iteiten pwano, anapenon ika koturutiwen kena kose tongeni awewenir non ekkena ra kan tameno fisir ren ruwow wik ika tameno seni ra kan popun ren nonineng.

* Anapenon ren fan fita a fis ren pwosino, kechiw, ika song.
* Apachanong nuwokus, nonineng kena, ika apetienon ren sakkun kena.
* Eis ren napenon ekkiek ngeni chok, kapasen apechakunen, ika amwochun inisin seni me mwan.
* Wattenon mecheresinon ningeringerin, song, netipengawenon, afiungeni, me/ika apechakun ngeni.
* Weiresinon an epwe ika nonom non mourunon, me/ika angei tanengaweno kena.
* Fokkun ngawenon siwinin non amongon/mongo a eni, me/ika foforun inisin ika wukukun pechakunen.
* A mochen epwe chon won pusin ii ika ese mochen epwe fofor fengen fiti chiechien kena ika family.
* Anapenon aweiresinon an epwe pwipwieoch ngeni pwan ekkoch semirit, chiechien kena, ika chon non an family kena.
* Ese mochen epwe fiti sukun.
* Osupwang kena fiti angangen sukun me pwan greitin kena.
* Apwangepwangenon an asiwinino ngeni sukun ika pwan ekkoch neni kena mei wor ateteninon.
* Iteiten metekin mekuren, amonun, ika ese mefi "pechakun."
* Anapenon napenapengawenon kena ika ese mochen fofor ngeni met ra tungor pwe epwe fori kena.
* Ngawen kapasen usun pusin ii me/ika nikinikin inisin.
* Fofor sefanin met kena ra fis ina ra punguno non feiengaw kena (kinas kena, pwono kena, kuunungawenon kena, chuun kena, ika feiengawen mekuren).
* ****Kapas kena usun namotongaweno, netipengaweno, ika anean pwe a kan mano.
 **Porausen aninis ren ifa usun eom kopwe ponu ngeni:**

**Semirit kena ra kan foforino ngeni fokkun napenon maritan inisir, memefin ekkiekir, me pwan brain nupwen ierin elementary schools kena. Ir ra mochen iteiten aninis, ekeitir, faatenon met ra mochen pwe epwe fis kena, me pwan asisinin fofor kena seni aramas watte kena me pwan mochen anapenon attun fansoun kena ar repwene kukut, forngeni osupwang me pwan fori finata kena won pusin iir nupwen a tumun me pwan fichino. Ei a kan mut ngenir ar repwe kaeo ar repwene tufich ne fofor ngeni popun nonineng kena, weweiti ar memef kena, ekkiek kena, me pwan napenaper kena, anapano pechakunen ekkiekir, me pwan anisir ar repwe forata sineier kena non pechakunen nefiner ngeni aramas.**
* Forata me pwan fori iteiten, met ra sinei epwe fis iteiten foforur iteiten ran kena mei pachenong taiso, mongo kena, me pwan fansoun bed.
* Apechakunano usun anamoten family kena me pwan forata faatenon awukuk kena me pwan met ra mochen kena ren napenaper.
* Iteiten kakapas fengen usun akot kena, kopwene faateno ne asinei ngenir usun met ewe a fis me pwan inet.
* Awora fansoun eom kopwe kakapas ngeni usun noninengino kena me pwan nonineng usun ekkena ina ra kan fisita, me pwan ekkiek fengen usun fofor ngeni kena.
* Aworano iteiten fansoun iteiten ra ren tumun, achufengen, awusening, me pwan fofor fengenin fofor kena.
* Apechakuna ngeni an epwe fofori mettoch me pwan wurumwot, me pwan forata pusin apwaranon inisin.
* Apechakuna fofor kena fiti chiechieochun chienen kena me pwan chiechien kena, mei pachenong pechakunenon foforun mwich kena.
* Mut ngeni finin kena usun fofor kena me pwan ekkoch finata kena nupwen a fich fansoun.
* Wurumwot fengen, apachanong wurumwot kena, fofor kena me nukun imw, pworuk, koen, me pwan awununun mettoch.
* Asosot fengen ren tetenin foforun angasanon nonineng kena usun chok taison ngasengas me pwan asoson brain kena.
* Eis ren aninis seni family, chiechier kena, aramas watte kena ra nukur, me pwan sensen sukun kena.
* Kapas ngeni dokterin semirit ika noun family dokter ren eom kopwe kakapas usun osupwangen semwenin kena, allergi kena, ika pwan ekkoch osukosuken semwen kena.
* Kokori emon chon sinenapen semwenin non mekur, chinapen non nenien nonom, ika aninis seni aninisin family ika pwe nonineng kena ra sopwesopweno.
* **Non ewe attun ren ew osukosuk, kori ika txt 988, ika chat non 988lifeline.org**