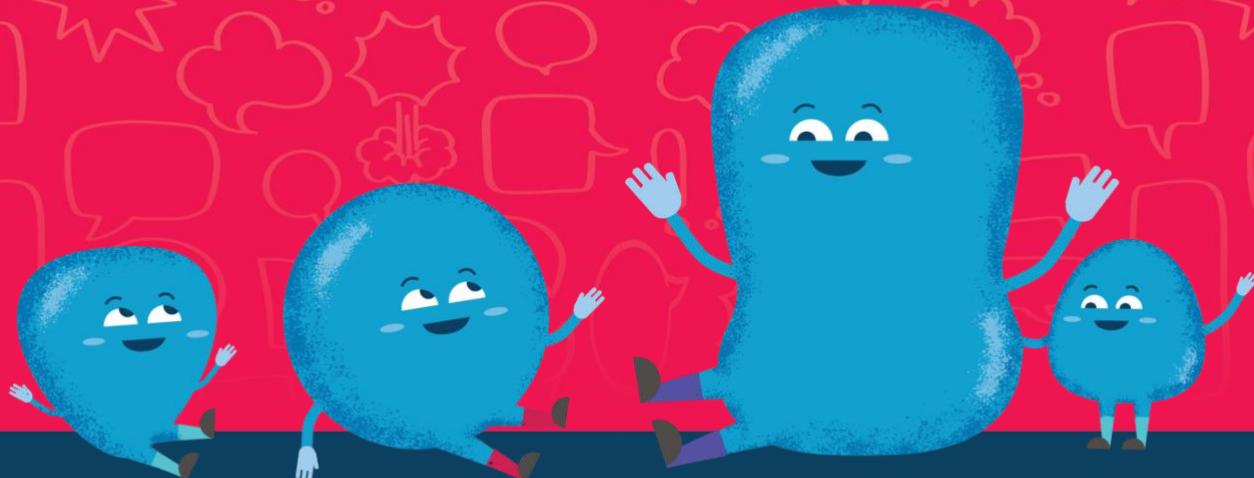


Panagpabaleg na anak dyad COVID-19

Pakabat ya Serbisyo Publiko/ Sersbisyo Publikon Pakabat

Introduksion ed Pakabat ya Serbisyo Publiko

- 1 ⚡ One-on-One time
- 2 ⚡ Mansiansan positibo
- 3 ⚡ Pansiansia na istruktura tan regular ya gagawaen
- 4 ⚡ Maoges ya kagagawa/ugali
- 5 ⚡ Kalma labat tan kontrol moy stress
- 6 ⚡ Pantongtong nipaakar ed COVID-19
- 7 ⚡ Paka-aral dyad panaggantil/panaggalaw
- 8 ⚡ Panagpabaleg na anak ed mainget ya abong tan komunidad
- 9 ⚡ No manpasnok tayo
- 10 ⚡ Pangkakasakey na pamilya
- 11 ⚡ Panseguro ya arawid peligro so ugaw no online
- 12 ⚡ Panagbudget ed pamilya



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United Nations Office on Drugs and Crime

Introduksion ed Pacabat ya Serbisyo Publiko

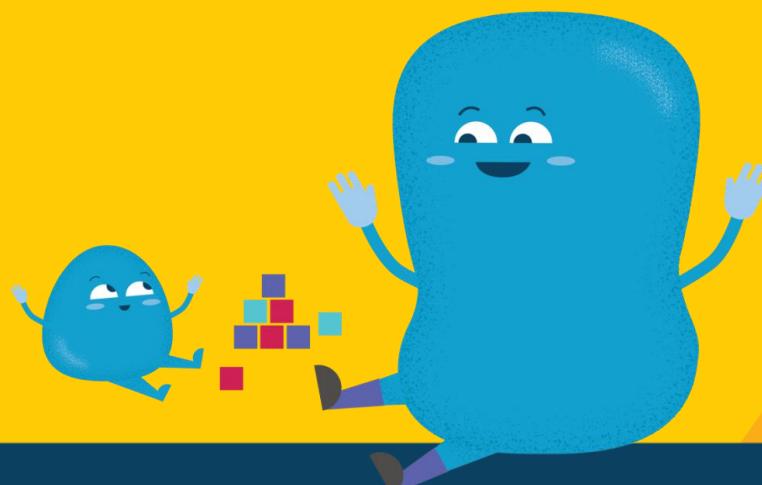
[Say akasulat ed leksab et mangiter na introduksion ya pacabat, ya nayarin iter diad gapo na serye na pacabat.]

Say coronavirus ya pandemya naistorbo to so bilay na pamilya ed interon mundo. Dakel ya pamilya so naiirapan ya pansiansiaen ya okupado iray ogugaw tan teenager, tan atagey so lebel na stress tan panaburido. Balet amta tayon saray atateng et sinsia nen labay dan gawaen so angkad nayarian da para ed saray anak da!

Say "Playful Parenting" ya Pacabat et makatulong. Sarayan tip ya ginawa na saray ekspersto ed panagpabaleg na anak, tan saklaw ton amin so aspeto na bilay na pamilya - manlapo diad pakaaral ed panaggalaw tan pankontrol na stress angga ed pantungtong ya nipaakar ed COVID-19 tan panbudget na pamilya.

Mangibroadcast kami na [sakey]* ya tip ed panagpabaleg na anak agew agew diad untombok ya [12]* ya agew ed regular ya slot mi na 'Playful Parenting'. Mandengel para ed sikara ed [XX]* ya kada agew. Kumon ta makatulong iraya pian nayarian yo iyan mairap ya panaon - tan manliket ka tan manaral kaiba iray anak mo.

*Nayarin mangiarom so broadcaster no antokaman so duga.



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1 Panagpabaleg na anak dyad COVID-19 One-onOne Time

Pawil ed index

I-Click dya para say base ed
apan-aralan.

Arom ya salita

Aray tip parad sayan agew:

- Say One-on-one time so sangkamaongan ya regalo ya niiter mo.
- Tandaan so taluran step: Listen, Look, and laugh (Mandengel, Nengneng, tan Manelek)

Pakabat ya Serbisyo Publiko/Serbisyo Publikon Pakabat:

Mairap so lockdown ed amin ya pamilya, balet ta wala iray mainumay tan libre ya nayarin nagawa yo. Sali yo so man "one-on-one time" inagew-agew kaibay ogugaw tan teenager ya anak mo. Nayarin sikara so manpili na gawaen - singa manbasa na istorya. Odino pantuntungan yo so sakey a sikat ya too ya labay na anak mon teenager. Nayari met ya makaiba kayon man-linis tan man-oras na aray plato kabansag na panangansion yo. Lapud saya et nalikna na aray ogugaw ya sikara et importante tan aaroen ira.

Anggano dwamplon minutos labat kada agew et makatulong ed sikara ed sayan mairap ya panaon. Tandaan so taluran step: Listen, Look and Laugh (Mandengel, Nengneng tan Manelek)



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2 Panagpabaleg na anak dyad COVID-19 Mansiansan positibo

Pawil ed index

I-Click dya para say base ed
apan-aralan.

Arom ya salita

Aray tip parad sayan agew:

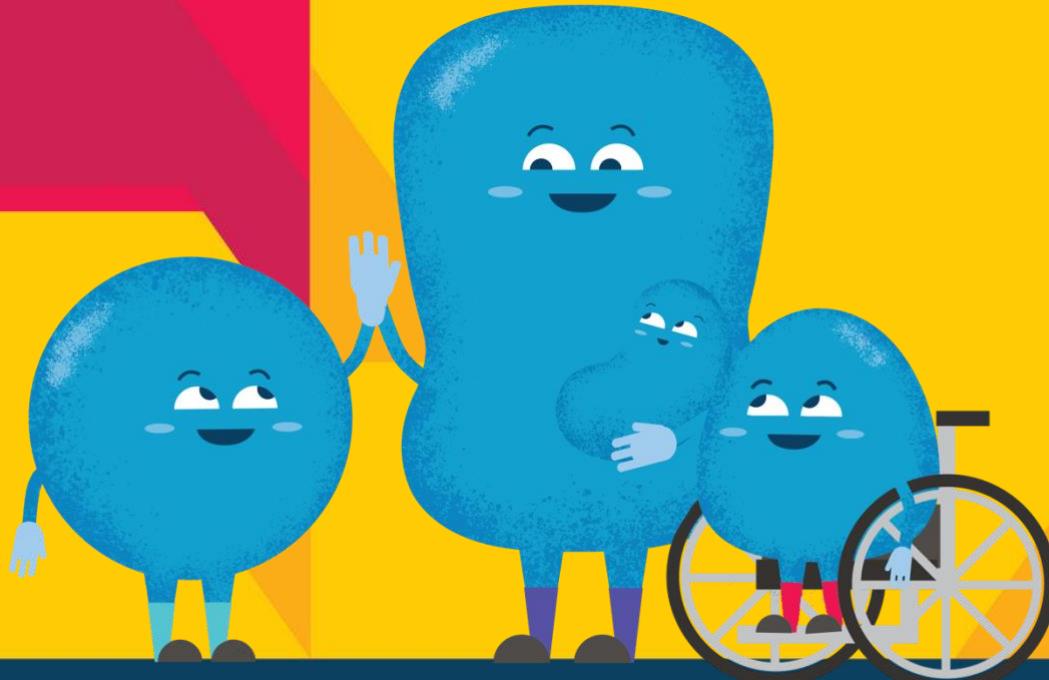
- Positibo ka labat
- Baleg so nagawa/naitulong na panagdayew
- Tepet moy sarilim - wala lay nibagak ya maong inagew-agew?
- Manpaktua - manpakalinew - mangasi

Pakabat ya Serbisyo Publiko/Serbisyo Publikon Pakabat:

No say ogugaw tan teenager et akulong ed abong, na-geget ira tan ag ununor. Pero wala ray nagawam!

Nengneng mo no walay gagawaen da ya maong tan dayew mo ira.
Makatulong iya pian mas manggawa ni ira na maong.

Tepet moy sarilim - wala lay nibagak ya maong inagew-agew? Tan dayew mo met so sarilim. Proud so intiron bansa parad sika.



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Panagpabaleg na anak dyad COVID-19

3 Pansiansia na istruktura tan regular ya gagawaen

Pawil ed index

I-Click dya para say base ed
apan-aralan.

Arom ya salita

Aray tip parad sayan agew:

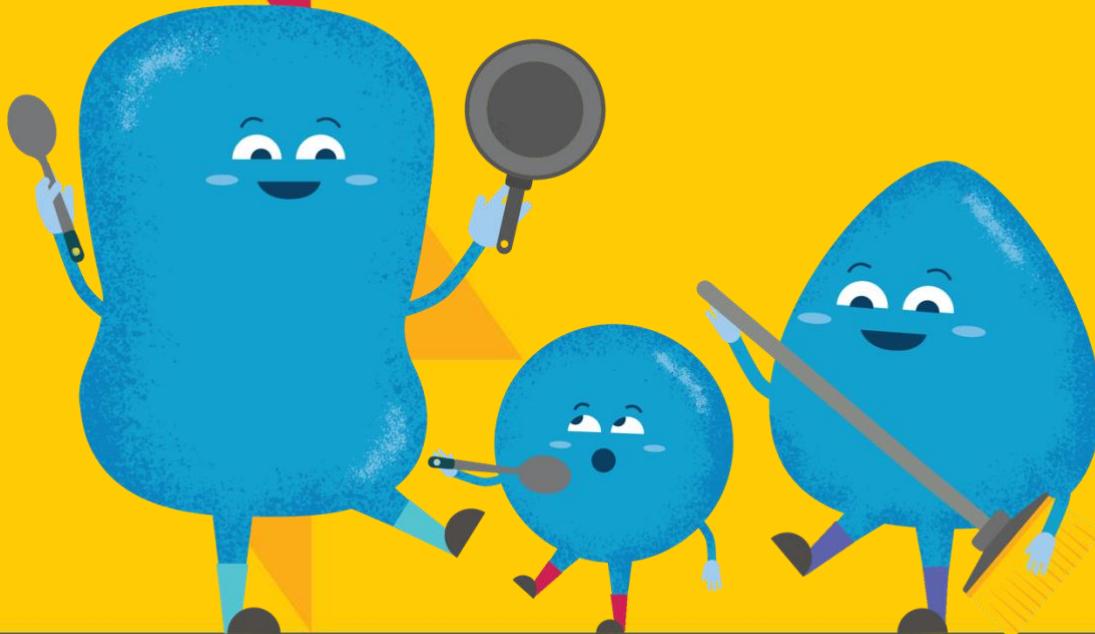
- ➊ Mansayaw na 'stop dance' pian maka-ersisyo.
- ➋ Ayos moy agew mo pyan makatrabaho tan makapan-galaw ka.
- ➌ Makaparakep na agew so walay oras ed gagawaen tan walay oras met ed panpainawa tan pangalaw.

Pakabat ya Serbisyo Publiko/Serbisyo Publikon Pakabat:

Mairap parad saray ogugaw, teeneger pati dyad sika no kapot so eskwelaan tan ag makapaway. Makatulong pian lanang ya positibo labat no walay lanang ya gagawen.

Planom ya maong so agew pian kaibay pankimey ed abong, gawad eskwelaan, galaw tan painawa. Nayarin untilong so ogugaw ya manplano.

No nayarian mo, manersisyoy ka inagew-agew. Nayarin man-galaw kayo ed abong na 'stop-dance'. Ipaway mo iray enerhiyam!



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4 Panagpabaleg na anak dyad COVID-19 Maoges ya kagagawa/ugali

Pawil ed index

I-Click dya para say base ed
apan-aralan.

Arom ya salita

Aray tip parad sayan agew:

- Say maoges ya kagagawa et sakey lingaw labat dyad maong ya kagagawa. Ibaan iray ogugaw ya onlingaw.
- Iwas, ilaban tan dayewen / Iwasan, protektaan tan dayewen
- Ipapaway na ogugaw so liknaan da dyad kagagawa da.

Pakabat ya Serbisyo Publiko/Serbisyo Publikon Pakabat:

Amin ya ogugaw tan teenager et mangagaway aliwa. Mas mairap so mangawa na maong no apokok/akulong. Makatulong kan manbawas na maoges ya kagagawa da.

Dayew mo so maong ya nagagawa da. Importante ya ed amin ya too - manlapud ugaw ya angkad teenager.

No mangagawa ira na maoges, itdan mo ira na warning pian walay tyansa da nin mangaway maong. Itdan ira na parusa ed maoges ya gawa da (singa alaen moy galaw-galw ya magano). Kasumpal to, itdan mo ira na tyansa ya mangawa na maong - tan dayew mo ira.



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5 Panagpabaleg na anak dyad COVID-19 Kalma labat tan kontrol moy stress

Pawil ed index

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apan-aralan.

Arom ya salita

Aray tip parad sayan agew:

- Maka-stress talaga yan panaon. Asikasom so laman mo, pian nasuportaan moy ogugaw mo.
- Nayarin apokok ka balet agmo bokbokor.
- Salim ya manrelax magano.
- Mangawa kay marakep parad sarilim
- Dengel moy ogugaw mo.

Pakabat ya Serbisyo Publiko/Serbisyo Publikon Pakabat:

Amin ya man-aalaga na ogugaw odino teenager dyad abong - deserve yo so dayew! (or dapat labat kayon dayewen!) Amta mi ya stressful (makapa-stress talaga) ya, katon itdan mo met na oras so sarilim. No pakiramdam mo et bokbokor mo, mitungtong ka ed sakey ya too. No naugip so ogugaw, manpainawa ka.

Salim ya simplen maganon untunda. Yurong ka, pikit ka. Dengel moy engas mo ya unloloob tan umpapaway. Pansin mo no antoy liknaan mo (pakiramdam). No ready ka la, mulagat ka.

Asikasom so sarilim, pian nasuportaan (naasikasom) mo iray anak mo.



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CONTROL AND PREVENTION



6

Panagpabaleg na anak dyad COVID-19 Pantongtong nipaakar ed COVID-19

Pawil ed index

I-Click dya para say base ed
apan-aralan.

Arom ya salita

Aray tip parad sayan agew:

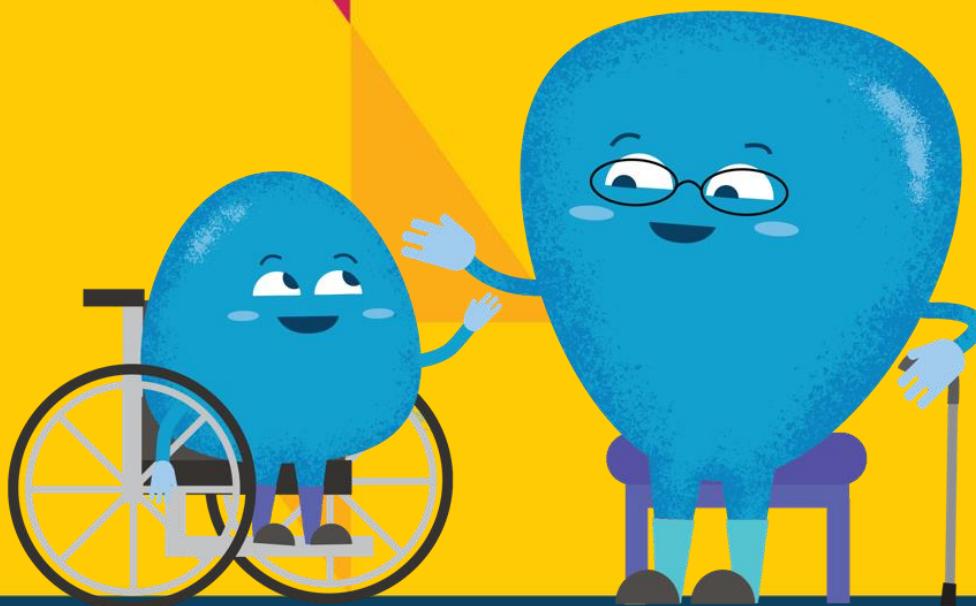
- 1 COVID-19 - say balon tungtungan ed komunidad
- 2 Knowledge is power - Ibagam (or isalitam) ya amin so say tua.

Pakabat ya Serbisyo Publiko/Serbisyo Publikon Pakabat:

Mapaga ka non panon yon pantungtungan iray anak mon ogugaw o teenager so Coronavirus? Ibagam labat ed sikara so tua.

Paolian mon mantepet ira. Ebatan moy tua. No ag mo amtay ebat, ibagam labat. Dakel ni so susubukan tayon naamtaan [ed saya].

Ipaliwawam ya anggapoy kinalaman na COVID-19 ed panangawes na totoo odino iner ka man ya panlalapuan da. Makayari tayon untilong ed mansasakit. Bangatan mo iran magmaliw ya bayani aliwan bully.



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7 Panagpabaleg na anak dyad COVID-19 Paka-aral dyad panaggantil

Pawil ed index

I-Click dya para say base ed
apan-aralan.

Arom ya salita

Aray tip parad sayan agew:

- Say gantil/galaw et seryoso
- Marakep ya pakaaralan so gantil/galaw
- Makapaliket ed amin ya edad so gantil/galaw
- Anggano dyad sangkamelagan ya abong, makagawa tayoy panaon tan espasyo pian makapangantil/galaw

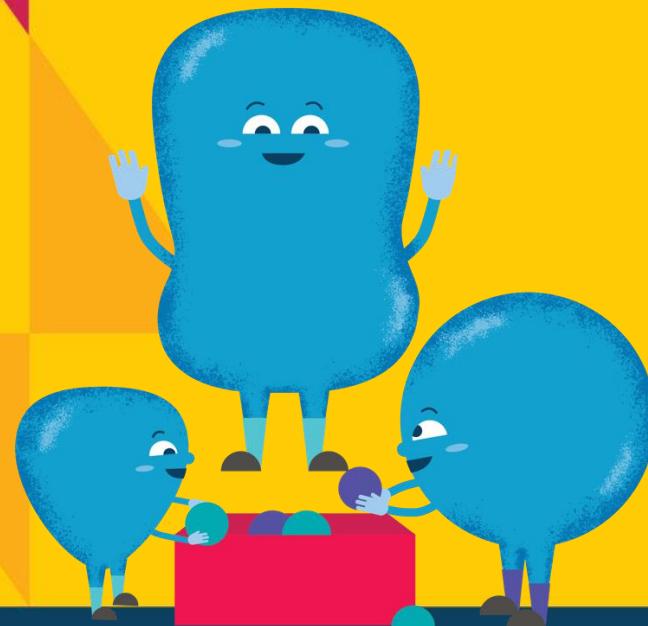
Pakabat ya Serbisyo Publiko/Serbisyo Publikon Pakabat:

Akolong ed abong kaibay anak yon ogugaw o teenager? Maka-aral irad panag-gantil/galaw.

Sali yon man-galaw galaw. Sayaw kayo tan eyag kayoy "tunda! [or just "Stop"]. Insan manbitla kay ayep tan aligen yon amin so galaw to.

Manimbento kayo na istorya - balang sakey mangiter na sentence/pangungusap.

Pantepet moy anak mon teenager na aray quiz questions ed sikayo.



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8

Panagpabaleg na anak dyad COVID-19

Panagpabaleg na anak ed mainget ya abong tan komunidad

Pawil ed index

I-Click dya para say base ed
apan-aralan.

Arom ya salita

Aray tip parad sayan agew:

- Mairap no mainget so panaayaman mo.
- Tandaan moy patakaran tan tulungan mo iray anak mon natalusan ira man.
- Gawam ya makapaliket.
- Marakep so panagersisyso para ed laman tan isip mo.
- Manpaiba ka - mangawa kay schedule ya tomboken yo.

Pakabat ya Serbisyo Publiko/Serbisyo Publikon Pakabat:

No wala tayo ed mainget ya abong o komunidad, mairap para ed ogugaw tan teenager so lockdown - mairap met parad sikatayo!

No nagagawa na anak mon ogugaw tan teenager so social distancing (unarawid arom ya too), man-oras na lima tan onbiig, ibagam ed sikara ya proud ka ed sikara (or malikeliket ka ed gagawen da)

Salim so manersisyso inagew-agew ya kaiba ira - anggano manlokloksa kayo labat ed abong. Makatulong ya pian unkasil tayo tan nabawasan so stress.

No sobra met lay irap, engas kay aralem ya maminlima. Marakep so ginawam!



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9 Panagpabaleg na anak dyad COVID-19 No Manpasnok Tayo

Pawil ed index

I-Click dya para say base ed
apan-aralan.

Arom ya salita

Aray tip parad sayan agew:

- ➊ Makapa-pasnok so COVID-19
- ➋ Arawi kan magano angkad kalmado ka la
- ➌ Dyad balang sakey ya makapa-pasnok ed sika, wala met so makapaimis ed sika. Hamon moy sarilim ya anapen iray makapaimis ed sika.
- ➍ Sansakey ya agew labat so panbilay/ Sakey ya problema labat kada agew

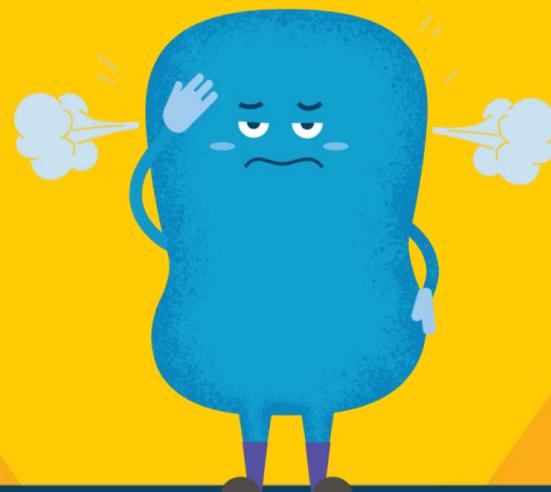
Pakabat ya Serbisyo Publiko/ Serbisyo Publikon Pakabat:

Say lockdown tan panaburido et pakasengegan na pamasnok tayo ed saray anak tayon ogugaw tan teenager. Wala iray makatulong ya simple labat.

Salim so unengas na aralem ya maminlima, pian mas unkalma ka.

Bawasan so kakainom na alak odino ag ka lan talaga uniinom, lalo no abangon ni iray ogugaw.

Ibabaga na siyensya ya no ag tayo eeyagan o sasakitan iray anak tayon ogugaw tan teenager, makakatulong ya ed brain development da. Atan so tuan tagumpay/ success.



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10 Panagpabaleg na anak dyad COVID-19 Pangkakasakey na pamilya

Pawil ed index

I-Click dya para say base ed
apan-aralan.

Arom ya salita

Aray tip parad sayan agew:

- No ag naiwasan so onbiig - (samantalam) gawam ya makabuluhan tan ienjoy mo.

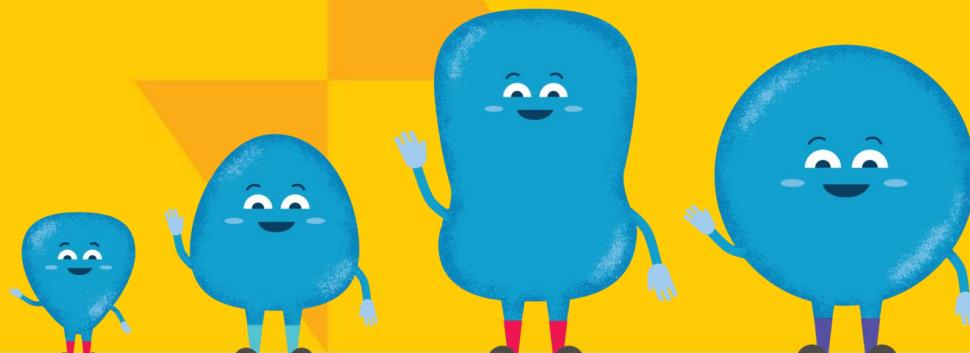
No sarag yon amin so untogtog , makagawa so pamilya na marakdakep ya musika

Pakabat ya Serbisyo Publiko/Serbisyo Publikon Pakabat:

Mairap parad amin so manpirmi dyad abong ya kaibay pareparehon too. Balet say ugali tayo et makaapekto ed saray anak tayon ogugaw tan teenager - tan makaapekto met ed amin dyad pamilya

Salim so manusar na positibon salita. Ibagam ed sikara so gabay mon gawaen da nen say ag mo gabay ya gawaen da. Insan dayew mo ira no nagawa dan maong. Manpaiba ka ed saray arom ya matatakken ed pamilya - tan pankimey mo met so ogugaw ya nayari parad edad da.

Tandaan mo, mairap yan panaon parad amin, balet arayan simplen nayarin gawaen et makatulong pian mas undakep so pankakaiba tayo ed abong.



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PARENTING FOR
LIFELONG HEALTH

Maestral.



CENTERS FOR DISEASE
CONTROL AND PREVENTION

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United Nations Office on Drugs and Crime

11 Panagpabaleg na anak dyad COVID-19

Panseguro ya arawid peligro so ugaw no online

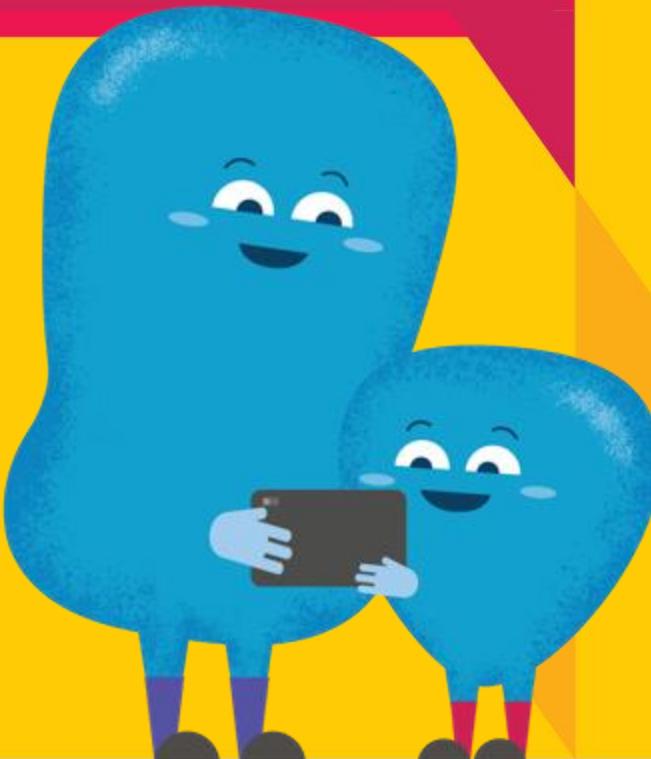
Pawil ed index

I-Click dya para say base ed apan-aralan.

Arom ya salita

Aray tip parad sayan agew:

- 1 Amtaen moy gunggona, amtaen mo met so risgo
- 2 Say safety (seguridad) na ugaw dyad panagusar day internet et walad limam (akasalalay ed sika) - kontrol mo, bantayan, pasal mod marakep ya panag-usar tan man-isip na duga
- 3 Bantayan moy anak mo tan sikay unebat na aray tepet da - makatulong man ya baleg.



Pakabat ya Serbisyo Publiko/Serbisyo Publikon Pakabat:

Saray ogugaw tan teenager natan et lanang lan online. Naitutuloy day apasalan dan bilay no konektado ira ed saray kaaro da... balet ta delikado met iya.

Nayarin aray matatakken et puntiryaen da iray ogugaw o teenager para ed sekswal ya aktibidades, makanengneng iray maoges ya babantayan, o mangiter iray personal ya impormasyon ya nayarin makasakit o manpahamak ed sikara.

Say sangkamaongan ya gawaen pian naseguron arawid peligro so ogugaw dyad internet et say pantuntongan yo no PANON TO tan ANGGAD KAPIGAN iran nayarin man-internet. Usar moy parental controls. Masiansia kay dakel ya "offline" ya oras parad arom ya gagawaen. Insan say sangkamaongan ed amin et lanang kan mitungtong ed saray anak mo. Say lukas ya komunikasyon so makaarawi ed disgrasya ed sikara (No lanang kayon mantutontong arawi irad disgrasya)

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12 Panagpabaleg na anak dyad COVID-19

Panagbudget ed pamilya

Pawil ed index

I-Click dya para say base ed
apan-aralan.

Arom ya salita

Aray tip parad sayan agew:

- Mangawa kay budget ya unduga ed amin ya kailangan na pamilyam.
- Ag nayari so surpresa - iplano so nakaukolan tan say gabay yo.
- No wala lay COVID-19 siguradon nakaulolan lan iplano so kayarian yo.



Pakabat ya Serbisyo Publiko/Serbisyo Publikon Pakabat:

Dakel ya too so naistress ed kwarta natan nisenggeg ed COVID-19. Balet ta wala iray nagawam pian makatulong.

Mananap kay tulong ya iiter na gobyerno tan arom iran organisasyon. Nengneng mo iray pakabat o notice, tan tepet mo iray arom ya totoo.

Mangawa kay budget para ed pamilya kaibam iray anak mon ogugaw tan teenager. Mandesiyon kayo no antoy pangastusan yon binulan. Makatulong iya ed stress, tan makatulong ed sika ya nasarag mo iyan mairap ya panaon.



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