



# Tham nrog Koj Tus Me Nyuam Txog Kev Ua Si Game



Ua si game yog ib yam tab tom pib nrov npe rau txhua txhua lub hnuv nyoog thiab cov neeg tsim kho cov game tab tom tsom cov neeg hluas hluas. Txawm tias cov game no yuav lom zem, ntawm no yog tej co nqe lus cov neeg laus siv tau thaum txuas lus nrog lawv cov me nyuam kev ua si nrog game.

## Kev Txuas Lus Tawm Plaws yeej Tseem Ceeb

Coj li koj xav paub txog seb tej yam koj tus me nyuam ua yog dab tsi hauv nws lub xov tooj, tablet lossis lub ua si game. Nug cov lus nug thiab mloog nws cov lus teb. Tsis txhob tib thiab khaws koj txoj kev xav rau koj tus kheej lub sij hawm tam sim no.

### KEV PIB COV LUS THAM

*“Koj ua puas tau rau kuv saib seb yuav ua si nrog qhov game ko li cas puas tau?”*

#### Sij Hawm yog Txhua Yam

Xaiv ib lub sij hawm tsis muaj kev ntxhob siab tham, xws li thaum ua tej yam dab tsi nrog tsev neeg. Cov me nyuam yuav yeem nrog koj tham dua yog koj tsis ntsia lawv.

Ntau zaus, tham tsawg zog yuav zoo zog tham ib zaug, ntev zog.

#### Muab Pov Thawj thiab Ntaub Ntawv

Npaj tseg ntaub ntawv txog tej yam tsis zoo lossis tej yam zoo ntawm kev ua si game hauv yeeb yaj kiab lossis online. Piav qhia rau cov me nyuam tias tam sim no ntau hom game yeej muaj qee yam yus ua tau uas zoo li kev twv txiaj thiab ntau hom online game ua si uas dag ntxias neeg siv nyiaj. Qhia rau lawv tias kev twv txiaj yog ib qho txhaum kev txhaum cai thiab tsis muaj kev soj ntsuam kom raug kev raug cai.

Qhov no txhais tau tias yuav tsis muaj kev pov hwm tiv thaiv neeg ua si thiab cov neeg khiav txhawb nqa cov game no tej zaum kuj yuav coj tsis ncaj ncees.

### PIB KEV SIB THAM

*“Qhov game no puas thov kom koj them nyiaj?”*

#### Tsim Cov Cai Ua Ke

Me nyuam tag nrho cov hnuv nyoog yuav tsum tau thiab yeej xav tau kev cai tswj thiab cob lawv siv technology. Me nyuam yuav raws kev cai cob no ntau dua yog lawv pab tawm tswv yim tsim cov cai no.

Kev cai cob no tsim nyog muaj xws li kev caiv saib yeeb yaj kiab, hom game ua si, seb puas siv tau nyiaj thiab siv tau nyiaj ntau npaum cas, ib hnuv pes tsawg moo lossis hnuv twg ntawm lub lim tiam, thiab lwm hom cai raug kev raug cai rau koj tus me nyuam.

Ua raws li thiab tswj fwm tej kev raug txim.

#### Nrog Soj Ntsuam

Nrog saib koj tus me nyuam kev ua si game thiab soj ntsuam lub sij hawm ntev npaum cas thiab lawv puas siv nyiaj.

Thiab nrog soj ntsuam seb lawv nyob li cas – kev ua si game ua rau lawv xav li cas, lawv mloog li cas txog kev cai thiab tej kev raug txim.

#### Kev Nyob Nyab Xeeb

Nrog paub txog seb koj tus me nyuam tab tom txuas lus nrog leej twg online. Neeg laus yeej dag tau tias lawv yog me nyuam lossis tub ntxhais hluas thiab ntxias tau me nyuam qhia ntau yam txog ntawm lawv tus kheej rau lawv.

Nrog saib hauv cov websites thiab apps lawv tab tom nkag mus siv. Saib tej yam khu xab nas tshwm thiab kev thov qhia ntaub ntawv txog tus kheej thiab tej kev xa nyiaj.

### PIB KEV SIB THAM

*“Cia wb saib qhov app ua ke.”*

Muaj qee yam koj TSIS tsim nyog ua:


- o Tsis txhob tshem ib qho game lossis tua ib lub game kom tsis ua hauj lwm. Qhov no tsuas ua rau tus me nyuam muaj kev nyuab siab ntxhob siab thiab yuav tsis pab nrog qhov teeb meem ntawm nws tus cwj pwm.
- o Tsis txhob siv tej lub tswv yim txaus ntshai mus hloov cwj pwm. Txoj kev siv ntaub ntawv txau ntshai lossis cuav yuav tsis pab kom cwj pwm zoo zog thiab kuj tseem ua tau rau tej yam phem zog tuaj.


Me nyuam thiab tub ntxhais hluas mloog tej yam koj hais. Yog koj cia lawv paub tias koj yeej tshua txog lawv thiab txhawj xeeb txog lawv tus cwj pwm, qhov no yeej tseem ceeb rau lawv.


Kev ua si game yog ib txoj kev sib raug zoo thiab tej zaum yog ib txoj kev ib tug me nyuam txuas tau lus nrog tib neeg lawn tus. Kev sib raug zoo nrog phooj nrog ywg thiab lub zej lub zog tshwm sim los ntawm kev ua si game, yog ib qho tseem ceeb rau tus neeg ua si ntawv.


Tham nrog koj tus me nyuam txog nws txoj kev ua si game qhib lub qhov rooj rau lawv cev ncauj cev lus rau koj thaum twg nws muaj lus nug koj, lossis lawv xav tau kev pab.


**Kev Ua Si Game Puas Yog Ib Qhov Teeb Meem? Ntawm No Yog Qee Yam Yuav Tsum Saib Txog:**


 Tej yam hloov ntawm cwj pwm – xeeb xeeb txob, chim, tu siab

 Teeb meem nrog tsev kawm ntawv, phooj ywg lossis tsev neeg


 Tsis muaj siab ua dab tsi


 Teeb meem nrog kev noj qab haus huv, xws li pw tsawg zog lossis tsis noj zaub noj mov raws li kev tsim nyog


 Pheej xav ua si game – Tsum tsis tau

 Dag txog sij hawm ua si ntev npaum cas lossis siv nyiaj ntau npaum cas

**Kauj Ruam Tom Ntej yog Muaj Teeb Meem:**

 Saib zoo zoo tias koj tus me nyuam nyob nyab xeeb.

 Tham nrog ib tug neeg paub txog kev nyuab siab ntxho plawv lossis ib tug neeg ntseeg siab hauv koj lub zej zog.

 Tiv thaiv kev pab cuam txog nyiaj txiag thiab tshem nyiaj kom me nyuam thiaj siv tsis tau.



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As the state advocate for problem gambling, we are available for community presentations.

Minnesota problem gambling helpline  
1-800-333-HOPE (4673)

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