ᐃᓄᐃᑦ ᑐᑦᑕᕐᕕᖓᑦ
Inuit Tuttarvingat

ᖃᓄᖅ ᐃᒥᐊᓗᒃ ᐊᒃᑐᐃᔪᓐᓇᖅᐸ ᐅᕕᒃᑲᐃᑦ/ᒪᒃᑯᒃᑐᑦ ᖃᓇᑕᖏᓐᓂᒃ?

ᖃᐅᔨᒪᕕᑦ ᐅᕕᒃᑲᐅᓪᓗᑎᑦ/ᒪᒃᑯᒃᑑᓪᓗᑎᑦ ᖃᓇᑕᐃᑦ ᐋᓐᓂᖅᑕᐅᓴᕋᐃᓐᓂᖅᓴᐅᔪᓐᓇᕐᒪᑦ ᐃᒥᐊᓗᖕᒧᑦ, ᓴᓂᐊᓂ ᐃᓐᓇᐅᓕᖅᑐᑉ ᖃᓇᑕᖓᓂᒃ?

ᖃᐅᔨᒪᓕᖅᑐᒍᑦ ᐃᓄᐃᑦ ᖃᓇᑕᖏᑦ ᐱᐳᐊᓂᖃᑦᑕᖕᒋᒪᑕ ᑭᓯᐊᓂ 20–ᖕᒋᓐᓂᒃ ᐅᑭᐅᖃᓕᖅᑎᓪᓗᒋᑦ. ᐅᕕᒃᑲᐅᓂᕐᓂᒃ/ᒪᒃᑯᒃᑐᓂᕐᓂᒃ, ᖃᓇᑕᐃᑦ ᓱᓕ ᐊᓯᔾᔨᖅᐸᓪᓕᐊᔪᒻᒪᓇᐅᖕᒪᑦ, ᐃᒥᐊᓗᒃᑐᖃᑦᑕᓂᕐᒧᑦ ᓱᕈᖅᑕᐅᓯᒪᔪᓐᓇᖅᑐᖅ ᐱᕈᑦᑎᐊᕈᓐᓇᕐᓂᖕᒐ. ᖃᓇᑕᐃᑦ ᐱᕈᑦᑎᐊᕈᓐᓇᖕᒋᐸᑦ, ᐱᒻᒪᓇᐅᓪᓗᓂᒃ ᐊᑲᐅᖕᒋᓕᐅᕈᑎᖃᓕᕈᓐᓇᖅᑐᑎᑦ ᐃᓐᓇᐅᓕᕈᕕᑦ.

ᒫᓐᓇᓵᖅ ᖃᐅᔨᓴᖅᑕᐅᓚᐅᖅᑐᑦ ᐃᓄᖕᓂᒃ ᓄᓇᕕᖕᒥ ᑕᑯᒃᓴᐅᑎᑦᑎᔪᑦ ᐃᒥᐊᓗᖕᒥᒃ ᐊᑐᕐᓂᕐᓗᖃᑦᑕᖅᓂᖅ ᒪᒃᑯᒃᑐᓂ ᐊᑲᐅᖕᒋᓕᐅᕈᑕᐅᓕᖅᐳᖅ. ᐃᒥᐊᓗᓗᐊᓯᑲᓪᓚᒃᑐᑦ (ᐊᖕᒋᔪᐊᓗᖕᒥᒃ ᐃᒥᐊᓗᒃᑐᑦ ᐊᑕᐅᓯᕐᒥ), ᐱᓗᐊᖅᑐᒥᒃ ᒪᒃᑯᒃᑐᓂ ᐊᕐᓇᓂ ᐃᓱᒫᓗᑕᐅᔪᒻᒪᓇᐊᓗᓕᖅᐳᖅ. [1]

ᖃᓄᖅ ᐃᒥᐊᓗᒃ ᐊᒃᑐᐃᓲᖕᒐᖕᒐᓛᑦ ᐱᕈᖅᐸᓪᓕᐊᔪᒥᒃ ᖃᓇᑕᒥᒃ

ᐃᒥᐊᓗᒃ ᐊᑦᑐᐃᔪᓐᓇᕐᒪᑦ ᐃᓚᖓᓂᒃ ᖃᓇᑕᕕᑦ, ᐱᒻᒪᓇᐊᓗᔾᔪᒃᑯᑦ ᐊᐅᓚᐅᔪᓐᓇᕐᓂᕐᒧᑦ ᐊᒻᒪᓗ ᐃᖅᑲᐅᒪᔪᓐᓇᕐᓂᕐᒥᒃ ᐊᒻᒪᓗ ᐃᓕᑦᑎᔪᓐᓇᕐᓂᕐᒥᒃ. ᐃᒥᐊᓗᖅᑕᕈᕕᑦ ᐊᒥᓱᐊᖅᑎᖅᑕᖅᓱᑎᒃ ᐊᖏᔪᐊᓗᖕᒥᒃᓗᓐᓂᑦ, ᐊᑲᐅᖕᒋᓕᐅᕈᑎᖅᑕᐅᓇᓇᐊᖅᐳᑎᑦ ᐊᐅᓚᔨᔪᓐᓇᕐᓂᖅ/ᐃᖅᑲᐅᒪᔪᓐᓇᕐᓂᖅ ᖃᐅᔨᒪᔭᒃᓴᓂᒃ ᐊᒻᒪᓗ ᐃᓕᑦᑎᔪᓐᓇᕐᓂᖅ ᓄᑖᓂᒃ ᐃᓕᓐᓂᐊᖅᑕᕐᓂᒃ, ᐃᒥᖅᓯᒪᓐᖕᒋᑎᑦᓗᑎᑦᓗᓐᓂᑦ. ᑕᒪᒃᑯᐊ ᐊᑲᐅᖕᒋᓕᐅᕈᑕᐅᔪᑦ ᑲᔪᓯᑐᐃᓐᓇᕈᓐᓇᖅᑐᑦ ᐃᓐᓇᐅᓕᖅᑎᓪᓗᑎᑦ.

ᐱᐊᑐᖅᑕᕈᕕᑦ, ᓴᓐᖕᒋᔪᒥᒃᓗᓐᓂᑦ ᐃᒥᐊᓗᖕᒥᑦ, ᐅᐊᐃᓂᒥᒃᓗᓐᓂᑦ, ᐊᒋᐅᔾᔭᒐᕐᓂᑦ ᓴᓗᒻᒪᖅᓴᐅᑎᒥᒃᓗᓐᓂᑦ, ᑯᕕᔪᒥᒃᓗᓐᓂᑦ ᐊᓯᖕᒋᓐᓂᒃ ᖃᓄᐃᑦᑐᑐᐃᓇᕐᓂᒃ ᐃᒥᐊᓗᖅᑐᒥᒃ, ᐊᓯᔾᔨᔪᑕᐅᔪᓐᓇᖅᐳᖅ ᖃᓇᑕᒧᑦ, ᐃᓱᒪᑯᑖᒍᓐᓇᕐᓂᕐᒧᑦ ᐊᔪᕐᓇᕈᑕᐅᓕᕐᓗᑎᒃ, ᐋᕐᕈᔪᓐᓇᓂᕐᒧᑦ, ᐊᒻᒪᓗ ᐊᑲᐃᑦᓕᐊᕈᑕᓂᒃ ᓱᔪᖅᓴᕈᓐᓇᓂᕐᒧᑦ ᑕᒻᒪᕐᓂᖕᒋᓐᓂᑦ. ᑕᒪᓐᓇ ᐊᑲᐅᖕᒋᓕᐅᕈᑕᐅᔪᓐᓇᖅᑐᖅ ᐊᖏᔪᐊᓗᖕᒥᒃ ᐃᓕᓐᓂᐊᕐᕕᖕᒥ, ᐊᐃᐸᓇᓐᓂᒃᑯᑦ ᐊᒻᒪᓗ ᓇᐅᒃᑯᑐᐃᓐᓇᑦᑎᐊᖅ ᐃᓅᓯᕐᒥᑦ.

ᖃᓇᑕᕗᑦ ᐅᕙᑦᑎᓐᓂᑦ ᖁᕕᐊᓱᒃᑎᑦᑎᕙᖕᒪᑦ, ᐋᓐᓂᐊᒥᑦ ᐃᑉᐱᓐᓂᐊᑎᑦᑎᕙᒃᑐᓂ, ᐱᐅᔪᓄᑦ ᐃᓱᒪᓕᐅᕈᑕᐅᕙᒃᑐᓂ, ᐊᓯᖕᒋᓐᓄᓪᓗ. ᐃᒥᕈᕕᑦ, ᖃᓇᑕᖅ "ᐳᐃᒍᓲᖕᒍᕗᖅ" ᖃᓄᖅ ᖁᕕᐊᓱᒋᐊᖕᒐ. ᑕᐃᒫᑎᒋ ᑕᒐᒐ ᐃᒥᐊᓗᒃ ᓴᓐᖕᒋᑎᒋᕗᖅ – ᐊᒐᕕᐊᕈᑕᐅᓕᕈᓐᓇᖅᑯᖅ "ᖁᕕᐊᓱᒍᑕᐅᔪᓄᑦ" ᐃᓗᓕᓇᔭᐅᔪᓄᑦ ᖃᓇᑕᕐᒦᑦᑐᓄᑦ.

ᐃᓕᑦᑎᔪᓐᓇᕐᓂᕐᒥᒃ. ᐃᒥᐊᓗᖅᑕᕈᕕᑦ ᐊᒥᓱᐊᖅᑎᖅᑕᖅᓱᑎᒃ ᐊᖏᔪᐊᓗᖕᒥᒃᓗᓐᓂᑦ, ᐊᑲᐅᖕᒋᓕᐅᕈᑎᖅᑕᐃᓐᓇᓇᐊᖅᐳᑎᑦ ᐊᐅᓚᔨᔪᓐᓇᕐᓂᖅ/ᐃᖅᑲᐅᒪᔪᓐᓇᕐᓂᖅ ᖃᐅᔨᒪᔭᒃᓴᓂᒃ ᐊᒻᒪᓗ ᐃᓕᑦᑎᔪᓐᓇᕐᓂᖅ ᓄᑖᓂᒃ ᐃᓕᓐᓂᐊᖅᑕᕐᓂᒃ, ᐃᒥᖅᓯᒪᖕᒋᑎᑦᓗᑎᑦᓗᓐᓂᑦ. ᑕᒪᒃᑯᐊ ᐊᑲᐅᖕᒋᓕᐅᕈᑕᐅᔪᑦ ᑲᔪᓯᑐᐃᓐᓇᕈᓐᓇᖅᑐᑦ ᐃᓐᓇᐅᓕᖅᑎᓪᓗᑎᑦ.

ᐱᐊᑐᖅᑕᕈᕕᑦ, ᓴᓐᖕᒋᔪᒥᒃᓗᓐᓂᑦ ᐃᒥᐊᓗᖕᒥᑦ, ᐅᐊᐃᓂᒥᒃᓗᓐᓂᑦ, ᐊᒋᐅᔾᔭᒐᕐᓂᑦ ᓴᓗᒻᒪᖅᓴᐅᑎᒥᒃᓗᓐᓂᑦ, ᑯᕕᔪᒥᒃᓗᓐᓂᑦ ᐊᓯᖕᒋᓐᓂᒃ ᖃᓄᐃᑦᑐᑐᐃᓇᕐᓂᒃ ᐃᒥᐊᓗᖅᑐᒥᒃ, ᐊᓯᔾᔨᔪᑕᐅᔪᓐᓇᖅᐳᖅ ᖃᓇᑕᒧᑦ, ᐃᓱᒪᑯᑖᒍᓐᓇᕐᓂᕐᒧᑦ ᐊᔪᕐᓇᕈᑕᐅᓕᕐᓗᑎᒃ, ᐋᕐᕈᔪᓐᓇᓂᕐᒧᑦ, ᐊᒻᒪᓗ ᐊᑲᐃᑦᓕᐊᕈᑕᓂᒃ ᓱᔪᖅᓴᕈᓐᓇᓂᕐᒧᑦ ᑕᒻᒪᕐᓂᖕᒋᓐᓂᑦ. ᑕᒪᓐᓇ ᐊᑲᐅᖕᒋᓕᐅᕈᑕᐅᔪᓐᓇᖅᑐᖅ ᐊᖏᔪᐊᓗᖕᒥᒃ ᐃᓕᓐᓂᐊᕐᕕᖕᒥ, ᐊᐃᐸᓇᓐᓂᒃᑯᑦ ᐊᒻᒪᓗ ᓇᐅᒃᑯᑐᐃᓐᓇᑦᑎᐊᖅ ᐃᓅᓯᕐᒥᑦ.

ᖃᓇᑕᕗᑦ ᐅᕙᑦᑎᓐᓂᑦ ᖁᕕᐊᓱᒃᑎᑦᑎᕙᖕᒪᑦ, ᐋᓐᓂᐊᒥᑦ ᐃᑉᐱᓐᓂᐊᑎᑦᑎᕙᒃᑐᓂ, ᐱᐅᔪᓄᑦ ᐃᓱᒪᓕᐅᕈᑕᐅᕙᒃᑐᓂ, ᐊᓯᖕᒋᓐᓄᓪᓗ. ᐃᒥᕈᕕᑦ, ᖃᓇᑕᖅ "ᐳᐃᒍᓲᖕᒍᕗᖅ" ᖃᓄᖅ ᖁᕕᐊᓱᒋᐊᖕᒐ. ᑕᐃᒫᑎᒋ ᑕᒐᒐ ᐃᒥᐊᓗᒃ ᓴᓐᖕᒋᑎᒋᕗᖅ – ᐊᒐᕕᐊᕈᑕᐅᓕᕈᓐᓇᖅᑯᖅ "ᖁᕕᐊᓱᒍᑕᐅᔪᓄᑦ" ᐃᓗᓕᓇᔭᐅᔪᓄᑦ ᖃᓇᑕᕐᒦᑦᑐᓄᑦ.

ᖃᓄᐃᓕᔪᓐᓇᓇᕙᑦ ᐅᕕᒃᑲᐃᑦ ᐃᒥᐊᓗᒃᑳᖕᒐᒥᒃ?

ᐃᒥᐊᓗᒃ ᑐᕐᑯᓐᓇᖅᑑᔪᓐᓇᖅᑐᖅ ᐊᖏᔪᐊᓗᖕᒥᒃ ᐃᒥᖅᑐᖅᑕᖅᑖᖕᒐᑦ ᕿᓚᒻᒥᐅᔪᒃᑯᑦ. ᐃᒥᐊᓗᒃ ᑐᕐᑯᓐᓇᖅᑐᖅ ᑕᐃᒫᕐᓯᐊᖅ ᑐᑭᖅᑲᖅᐳᖅ – ᑎᒥ ᑐᕐᑯᓐᓇᖅᑐᑖᖅᓯᒪᔪᖅ ᐃᒥᐊᓗᖕᒥᒃ. ᐊᒃᓱᐊᓗᒃ ᒥᓇᐊᖅᑕᕐᓂᖅ ᓇᓗᓇᐃᒃᑯᑕᐅᕗᖅ ᓯᕗᓪᓕᐅᒐᔪᒃᑐᖅ ᐃᒥᐊᓗᖕᒥᒃ ᑐᕐᑯᓐᓇᖅᑐᖅᑕᖅᑐᓂ. ᐱᒻᒪᓇᐊᓗᖕᒥᒃ ᐅᐃᖅᒐᕐᓂᖅ, ᖃᐅᔨᒪᔪᓐᓂᖅᓯᒪᓂᖅ, ᐊᓂᖅᓵᕐᑎᐊᕈᓐᓇᐃᓪᓕᓂᖅ, ᐊᑦᑕᓇᖅᑐᒥᑦ ᓱᑲᑭᓗᐊᓕᕐᓂᖅ ᑎᒥᒃᑯᑦ, ᐊᒻᒪᓗ ᕿᖅᓱᖅᑕᕐᓂᖅ, ᐊᒻᒪᓗ ᑐᕐᑯᔾᔪᑕᐅᔪᓐᓇᖅᓯᓂ.

ᐃᒥᐊᓗᖅᑕᕐᓂᕈᕕᑦ ᒪᒃᑯᒃᑎᓪᓗᑎᑦ, ᐊᑦᑕᓇᖅᑐᒦᒍᓐᓇᖅᐳᑎᑦ ᐊᑐᕈᓐᓂᕈᓐᓇᐃᓕᔪᓐᓇᕐᓗᒍ ᐃᒥᐊᓗᒃ ᐅᐃᓇᓯᒪᓂᕐᒦᒃᓗᑎᑦ (ᐊᔪᓕᖅᓯᒪᓂᖅ ᓄᖅᑲᕈᓐᓇᕐᓂᕐᒥᒃ ᐃᒥᐊᓗᖕᒥᒃ). ᓱᕐᓗ ᐆᒃᑑᑎᒋᓗᒍ, ᖃᐅᔨᓴᖅᑕᐅᔪᓂ ᐊᑕᐅᓯᕐᒥᒃ ᖃᐅᔨᓚᐅᖅᑐᑦ ᑕᐃᒃᑯᐊ ᐃᓄᐃᑦ ᓇᐸᖕᒋᑦ ᐃᒥᐊᓗᖅᑕᕐᓇᐊᓕᓚᐅᕐᓂᑰᔪᑦ 14–ᓂᒃ ᓱᓕ ᐅᑭᐅᖅᑖᓚᐅᖅᑎᓐᓇᒋᑦ, ᐊᑐᐃᓐᓇᓇᐊᖅᑕᖅᓯᒪᓚᐅᖅᑐᑦ ᐃᓅᓯᕐᒥᓂ ᖃᖕᒐᑐᐃᓐᓇᖅ (ᐅᐃᓇᓯᒪᓗᐊᓕᖅᓯᑎᒃ ᓄᖅᑲᐅᑎᔪᓐᓇᐃᓪᓕᓯᒪᓪᓗᑎ) 9 ᐳᓴᓐᑎᑐᐃᓐᓇᐃᑦ ᐃᓄᐃᑦ (ᐅᕙᓐᓂᓂᑦ ᐊᑕᐅᓯᖅ ᖁᓕᐅᔪᓂ ᐃᓄᖕᓂ) ᐃᒥᐊᓗᑎᐊᓕᓚᐅᖅᓯᒪᔪᑦ ᐅᑭᐅᖅᑲᖅᑐᑎ 21–ᒥᒃ ᑭᖑᓂᐊᓂᓗᓐᓂᑦ ᓄᖅᑲᕈᓐᓇᐃᓪᓕᓯᒪᓪᓗᑎ. [2]

ᐃᒥᐊᓗᖕᒥᒃ ᐊᑐᖅᑲᑦᑕᕐᓂᖅ ᐊᓯᔾᔨᖅᓯᓯᒪᔪᓐᓇᖅᑐᖅ ᐃᓱᒪᓕᐅᑦᑎᐊᕈᓐᓇᕐᓂᕐᒥᒃ ᐊᒻᒪᓗ ᐊᐅᓚᑦᑎᔪᓐᓇᑦᑎᐊᕐᓂᕐᓂᒃ ᐃᖕᒥᓂᒃ

1 ᑖᒃᑯᐊ ᖃᐅᔨᒪᔾᔪᑎᑦ ᐱᔭᐅᓯᒪᕗᑦ "ᐊᑐᖅᑕᐅᓂᖕᒋᓐᓂᒃ ᐃᒥᐊᓗᐃᑦ ᐊᓯᖕᒋᓪᓗ ᐋᖓᓄᔾᔭᓇᖅᑐᑦ ᓄᓇᕕᖕᒥᐅᓂ ᒪᒃᑯᒃᑐᓂ/ᐅᕕᒃᑲᕐᓂ: ᐱᒻᒪᓇᐅᔪᑦ ᖃᐅᔨᔭᐅᓯᒪᔪᑦ ᐊᐱᖅᓱᖅᑕᐅᔪᓂ". ᑎᑎᕋᖅᑕᖕᒋᑦ ᓱᑉ. ᐱᓗᐊᑦ ᐊᓯᖕᒋᓪᓗ C. Recherche et intervention sur les substances psychoactives – ᑯᐸᐃᒃ, 2007.

2 ᑖᒃᑯᐊ ᖃᐅᔨᒪᔾᔪᑏᑦ ᐱᔭᐅᓯᒪᔪᑦ "ᐅᕕᒃᑲᐃᑦ ᒪᒃᑯᒃᑐᑦ ᐃᒥᐊᓗᖅᑕᕐᓂᖕᒋᑦ ᑐᕋᖅᑐᑦ ᐃᓐᓇᐅᓕᖅᑎᓪᓗᒋᑦ ᐅᓗᓇᐊᓇᕐᓂᖕᒋᓐᓄᑦ ᓄᖅᑲᕈᓐᓇᐃᓯᒪᔾᔨᐅᓂᖅ ᐃᒥᐊᓗᖕᒥᒃ." ᑎᑎᕋᖅᑕᖕᒋᑦ ᓇ. ᑖᑦᓴ, R. Thatcher, in Circle Talk, Vol. 2, No. 3, 2006, ᒪᒃᐱᒐᐃᑦ. 18-19.

“ᐱᐅᓯᕆᔭᐅᓲᒥᒃ” ᐃᒥᐊᓗᖅᑕᐃᓐᓇᕐᓂᕐᒥᒃ ᐊᑐᑦᑕᐃᓕᒪᓇᓱᐊᕐᓗᑎᑦ – ᐊᓯᖕᒐᖏᓐᓂᒃ ᐃᓚᐅᖅᑕᑦᑕᕐᓗᑎᑦ ᖃᓄᐃᓕᐅᖅᑐᓂᒃ, ᐊᓯᖕᒐᖏᓐᓂᒃ ᓱᓕᕆᓕᑎᑦ ᐃᓱᒪᓗᓇᖅᑐᓂᑦ ᒥᑭᒡᓕᕝᓕᕈᑕᐅᓂᐊᖅᑐᓂᒃ, ᕿᓂᕐᓗᑎᒃ ᐊᓯᖕᒐᖏᓐᓂᒃ ᖁᕕᐊᓱᒍᑕᐅᖕᒐᕈᓐᓇᖅᑐᓂᒃ.

ᖃᓄᐃᓕᐅᕐᓂᕐᓂᒃ. ᑕᐃᒪᐃᓐᓂᖕᒐᓄᑦ “ᓱᕋᓯᒪᓂᖅ” (ᐃᒥᐊᓗᓗᐊᖅᓯᒪᓂᕐᒥᒃ) ᐃᓕᖕᓄᑦ ᓄᓇᒃᑰᕈᒪᒥᒃ ᐱᓂᕐᓗᒃᓴᕋᐃᓐᓇᕐᓂᖅᓴᐅᕗᖅ, ᐃᔪᒃᑲᓴᕋᐃᓐᓇᕐᓂᖅᓴᖅ, ᓂᖕᒐᐅᑎᓴᕋᐃᓐᓇᕐᓂᖅᓴᖅ ᐊᓯᒥᒃ ᐃᓄᖕᓂᒃ, ᐅᕝᕙᓗᓐᓃᑦ ᐃᒃᐱᒍᓱᑦᑎᐊᖏᓐᓂᖅᓴᐅᓇᖅᑐᖅ ᕿᑐᕐᖓᓂᒃ.

ᐅᕕᒃᑲᐃᑦ ᐃᒥᐊᓗᒃᓯᒪᔪᑦ ᐃᖕᒥᓂᒃ ᓴᐳᑎᖕᒋᓂᖅᓴᐅᓲᑦ ᑯᔭᓐᓂᒃᑯᑦ, ᑕᐃᒫᒃ ᐋᓐᓂᐊᓂᖅᑖᕈᓐᓇᖅᓱᑎᒃ ᐊᒻᒪᓗ ᓱᖓᐃᓕᕈᓐᓇᖅᓱᑎᒃ ᐊᕐᓇᐃᑦ ᓱᖓᐃᓕᕈᒪᑎᓐᓇᒋᑦ.

ᑭᖑᓪᓕᕐᒥ, ᐃᒥᐊᓗᒃᑐᖅᑕᑦᑕᕐᓂᖅ ᐋᖓᔭᕐᓇᖅᑐᖅᑕᑦᑕᕐᓂᕐᓗᓐᓃᑦ ᐃᓕᖕᓂᒃ ᕐᑯᕕᐊᓱᒍᓐᓇᐃᓕᓯᒪᔾᔪᑕᐅᔪᓐᓇᖅᐳᖅ, ᓴᐱᓕᖅᓯᒪᔾᔪᑕᐅᓗᓂ. ᐊᒥᓱᑦ ᐃᖕᒥᓃᕋᓱᐊᖅᑕᑦᑕᖅᓯᒪᕗᑦ ᐃᒥᐊᓗᒃᓯᒪᔪᕕᓂᐅᑎᓪᓗᒋᑦ.

ᓱᒐᒥ ᒪᒃᑯᒃᑐᑦ/ᐅᕕᒃᑲᐃᑦ ᐃᒥᐊᓗᖅᑕᑦᑕᖅᐸᑦ

ᐆᒃᑐᕋᕐᓂᖅ ᐃᒥᐊᓗᖕᒥᒃ ᐅᕕᒃᑲᐅᓪᓗᓂ/ᒪᒃᑯᒃᑑᓪᓗᓂ ᐊᑐᖅᑕᐅᒐᔪᒃᐳᖅ. ᐃᓚᖕᒋᑦ ᐱᔾᔪᑕᐅᖅᑕᑦᑕᖅᑐᑦ ᒪᑯᐊ ᐊᑐᕐᓂᕐᒧᑦ ᐃᒥᐊᓗᖕᒥᒃ ᐋᖓᔭᕐᓇᖅᑐᓂᓪᓗᓐᓃᑦ:

- ᖃᐅᔨᔪᒪᓂᖅ
- ᕐᑯᕕᐊᓱᒍᒪᓂᖅ, ᐊᒃᓱᕈᓗᐊᕈᓐᓃᕈᒪᓂᖅ, ᐃᓱᒪᓗᒍᒪᓐᖕᒋᓐᓂᖅ
- ᐱᖃᑕᐅᑦᑎᐊᕈᒪᓂᖅ
- ᐃᓐᓇᐅᔫᔭᕐᓂᖅ
- ᐱᖃᓐᓇᕆᔭᒥᓄᑦ ᐊᔭᐅᖅᑕᐅᓂᖅ

ᒪᒃᑯᒃᑐᒻᒪᕆᐅᑎᓪᓗᒋᑦ, ᓱᕈᓯᑦ ᑕᐅᑐᖅᑕᑦᑕᖅᐳᑦ ᓂᐅᕕᐊᒃᓴᐅᔪᓂᒃ ᑕᑯᒃᓴᐅᑎᑦᑕᐅᔪᓂᒃ ᐱᐅᔪᓂᖅ ᐃᓄᖕᓂᒃ ᖁᕕᐊᒥᔭᖅᑲᖅᑐᓂᒃ ᐃᓅᓯᕐᒥᓂᒃ – ᐃᒥᐊᓗᖕᒥᒃᓗ. ᐊᒻᒪᓗ, ᐱᔾᔪᑕᐅᓪᓗᑎᒃ ᐊᒥᓱᑦ ᐊᖓᔪᖅᑲᕆᔭᐅᔪᑦ ᐊᓯᖏᓪᓗ ᐃᓐᓇᐃᑦ ᐃᒥᐊᓗᖅᑕᑦᑕᕐᓂᖏᓐᓂᑦ, ᖃᓄᐃᖕᖏᓐᓇᓱᒋᔭᐅᕙᒃᐳᖅ ᒪᒃᑯᒃᑐᓄᑦ ᐃᒥᐊᓗᖅᑕᑦᑕᕐᓂᖅ.

ᓄᖅᑲᕐᓂᖅ ᐅᕝᕙᓗᓐᓃᑦ ᐃᒥᓗᐊᖅᑕᑦᑕᕈᓐᓃᕐᓂᖅ

ᐃᒡᕕᓗᓐᓃᑦ ᖃᐅᔨᒪᐃᔪᓪᓗᓐᓃᑦ ᓇᒡᓕᒋᔭᐃᑦ ᐃᒥᐊᓗᓗᐊᖅᑕᑦᑕᖅᐸᑕ:

- “ᐱᐅᓯᕆᔭᐅᓲᒥᒃ” ᐃᒥᐊᓗᖅᑕᑦᑕᐃᓐᓇᕐᓂᕐᒥᒃ ᐊᑐᑦᑕᐃᓕᒪᓇᓱᐊᕐᓗᑎᑦ – ᐊᓯᖕᒐᖏᓐᓂᒃ ᐃᓚᐅᖅᑕᑦᑕᕐᓗᑎᑦ ᖃᓄᐃᓕᐅᖅᑐᓂᒃ, ᐊᓯᖕᒐᖏᓐᓂᒃ ᓱᓕᕆᓕᑎᑦ ᐃᓱᒪᓗᓇᖅᑐᓂᑦ ᒥᑭᒡᓕᕝᓕᕈᑕᐅᓂᐊᖅᑐᓂᒃ, ᕿᓂᕐᓗᑎᒃ ᐊᓯᖕᒐᖏᓐᓂᒃ ᖁᕕᐊᓱᒍᑕᐅᖕᒐᕈᓐᓇᖅᑐᓂᒃ.
- ᐃᓚᐅᖅᑕᑦᑕᕐᓗᑎᑦ ᓄᓇᓕᖕᒥᐅᑦ ᖃᓄᐃᓕᐅᕐᓂᖕᒋᓐᓂ ᐃᒥᐊᓗᓗᐊᔾᔭᐃᖅᓯᒪᖁᓪᓗᑎᑦ ᐊᒻᒪᓗ ᐋᖓᔭᕐᓇᖅᑐᑐᓗᐊᖅᑕᐃᓕᒪᖁᓪᓗᑎᑦ – ᐊᒥᓱᑦ ᐅᕕᒃᑲᐃᑦ ᐊᓯᔾᔨᖅᓯᒪᔪᑦ ᐅᖃᐅᓯᖃᖃᑦᑕᕐᓂᕐᒥᓄᑦ ᑕᒪᒃᑯᓂᖓ.
- ᓄᖅᑲᕈᓐᓇᐃᓪᓕᒍᕕᑦ ᓄᖅᑲᐅᒥᒍᓐᓇᖕᒋᒃᑯᕕᓪᓗᓐᓃᑦ ᐃᒥᐊᓗᖕᒥᒃ, ᐃᑲᔪᖅᑕᐅᔪᒪᒋᑦ. ᐅᖃᕐᕕᒃᓴᒥᒃ/ᓴᐃᒻᒪᖅᓴᐃᔨᒥᒃ, ᐋᓐᓂᐊᓯᐅᖅᑎᒥᒃ ᐊᓯᐊᓂᒃᓗᓐᓃᑦ ᐃᓐᓇᕐᒥᒃ ᓱᓕᔪᓇᔭᕐᓂᒃ. ᐃᓐᓇᐃᑦ ᐃᒥᐊᓗᖅᑕᑦᑕᕈᓐᓃᖅᓯᒪᔪᑦ ᐱᐅᔪᒃᑯᑦ ᐃᔾᔪᐊᒐᒃᓴᕐᑎᐊᕙᐅᕗᑦ ᐃᓅᓯᖅᑲᕈᓐᓇᕐᒪᑕ ᐅᖃᐅᔾᔨᕆᐊᖅᑎᕆᔪᓐᓇᖅᑕᑎᑦ.

ᐋᓐᓂᕈᑕᐅᓯᒪᔪᓐᓇᖅᑐᓂᑦ ᐃᒥᐊᓗᖅᑕᑦᑕᕐᓂᕐᒥᒃ

ᐊᓯᐊᒍᑦ ᐊᑦᑎᒃᓯᕆᐊᕈᑕᐅᓯᒪᔪᓐᓇᖅᑐᑦ ᐋᓐᓂᓯᓯᒪᔪᓐᓇᕐᓂᖕᒋᓐᓂᒃ ᐃᒥᐊᓗᖕᒥᒃ ᐱᔾᔪᑕᐅᔪᓂᒃ, ᐃᒪᐃᑦᑑᕗᑦ:

- ᓱᒃᑲᐃᑦᑐᒥᒃ ᐃᒥᐊᓗᖅᑕᑦᑕᕐᓂᖅ.
- ᐃᒥᐊᓗᖕᓂᕐᓂᒃ ᓂᕆᖅᑕᑦᑕᕆᑦ ᐃᒥᐊᓗᒃ ᐊᒃᑐᐃᔪᓐᓇᕐᓂᖓ ᓱᒃᑲᐃᒡᓕᒋᐊᖅᓯᒪᓂᐊᕐᒪᑦ.
- ᐃᒥᕐᓂᐊᖅᑕᑎᑦ ᐊᑯᓚᐃᒃᑐᒃᑯᑦ ᐃᒥᖅᐸᒡᓗᒋᑦ ᖃᑦᑏᓐᓇᐅᑎᒥᐊᖅᐸᒡᓗᒋᑦᓗ.
- ᓱᒃᑲᓕᔪᐊᓗᖕᒥᒃ ᐃᒥᖅᑕᑦᑕᓇᒃ.
- ᐃᓛᓐᓂᓐᓇᒃᑯᑦ ᐃᒥᐊᓗᖅᑕᑦᑕᕐᓂᖅ.
- ᐊᕐᑯᖅᑕᑦᑕᖕᒋᓐᓂᖅ ᓄᓇᒃᑰᕈᒪᒥᒃ ᖃᓄᐃᑦᑐᐃᓐᓇᕐᒥᒃ ᐃᒥᖅᓯᒪᓗᓂ ᐅᕝᕙᓗᓐᓃᑦ ᓱᓕ ᓱᕋᓯᒪᓗᑎᑦ.

ᖃᐅᔨᒋᐊᒃᑲᓐᓂᕐᕕᒃᓴᐃᑦ

ᑕᑯᓂᐊᕐᓗᑎᑦ ᐊᓯᖏᑦ ᓱᓕᔪᓂᒃᒃ ᐅᓂᒃᑲᕈᑎᑦ ᐃᒥᐊᓗᖕᒥᒃ ᐋᖓᔭᕐᓇᖅᑐᓂᓪᓗ ᐊᑐᖅᑕᑦᑕᕐᓂᕐᒥᒃ ᐅᕝᕙᓂ ᑐᕌᕈᒪᒥ www.naho.ca/inuit/i/resources

ᐃᒥᐊᓗᖕᒥᒃ ᐋᖓᔭᕐᓇᖅᑐᓂᓪᓗ ᖃᐅᔨᒪᔭᐅᓕᖅᑎᑦᑎᓂᕐᒧᑦ ᐊᑐᐊᒐᖅᑕᖅᑲᖅᐳᑦ ᐊᒥᓱᓂ ᐃᓄᐃᑦ ᓄᓇᖕᒋᓐᓂ. ᐅᖃᕐᕕᒋᓗᑦ ᐋᓐᓂᐊᓯᐅᖅᑎᓯ, ᐃᓱᒪᓕᓇᔨᓂᒃ ᐊᐅᓚᑕᐅᔪᑦ ᐅᕝᕙᓗᓐᓃᑦ ᐊᔪᓕᐅᖅᑲᓂᕐᒧᑦ ᐃᖃᓇᐃᔭᖅᑎᑦ.

ᐃᓄᐃᑦ ᑐᑦᑭᖅᓴᑦ
Inuit Tuttarvingat

1-877-602-4445
inuit@naho.ca
www.naho.ca/inuit/i/resources

ᐊᓯᖕᒋᑦ ᑐᑭᓯᒋᐊᕐᕕᐅᔪᓐᓇᕐᒥᔪᑦ:

Drinkingfacts.ca – ᖃᐅᔨᒪᔾᔪᑎᑦ, ᑕᕐᓇᔭᐅᑏᑦ, ᐊᐱᖅᑯᑎᕋᓛᓪᓗ ᐃᒥᐊᓗᖕᒥᒃ ᐊᑐᖅᑕᑦᑕᕐᓂᕐᒥᒃ ᑲᓇᑕᒥ ᐃᓄᓕᒫᓂᒃ ᐊᓐᓂᐊᖅᑐᓕᓇᓂᕐᒧᑦ ᑲᑐᔾᔨᖅᑎᑏᖕᒋᓐᓂᒃ: http://drinkingfacts.ca/english

ReachOut – ᖃᐅᔨᒪᔾᔪᑎᑦ, ᑕᕐᓇᔭᐅᑏᑦ, ᐅᓂᒃᑳᓪᓗ ᒪᒃᑯᒃᑐᓄᑦ ᑐᕋᖕᒐᔪᑦ ᐱᔾᔪᑎᖅᑲᖅᑐᑦ ᐃᒥᐊᓗᖕᒥᒃ ᐊᓯᖏᓐᓂᓪᓗ ᐋᖓᔭᕐᓇᖅᑐᓂ: http://au.reachout.com/find/issues/alcohol-other-drugs/alcohol

Keep Control – ᐋᓐᑎᐅᓇᔪᒥ ᓄᓇᖅᑲᖅᑳᖅᑐᑦ ᒪᒃᑯᒃᑐᑦ ᐃᓅᓯᕐᒥᓂᒃ ᐅᑎᖅᑎᕐᑎᔪᑦ ᐃᒥᐊᓗᖕᒥᒃ ᐃᓄᓕᒫᓂᒃ ᐊᓐᓂᐊᖅᑐᓕᓇᓂᕐᒧᑦ ᑲᑐᔾᔨᖅᑎᑏᖕᒋᓐᓂᒃ:
www.keepcontrol.ca/index.cgi