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Inuit Tuttarvingat



Youth Relevant Resource Materials from Inuit Tuttarvingat of NAHO



National Aboriginal Health Organization (NAHO)
Organisation nationale de la santé autochtone (ONSA)
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September 2010



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Inuit Tuttarvingat (formerly known as the Ajunginiq Centre):

Inuit Tuttarvingat of the National Aboriginal Health Organization will advance and promote the health and well-being of Inuit individuals, families and communities by working in strong partnerships to collect information and share knowledge.

Inuit Tuttarvingat's six main goals are:

1. Conduct and promote research to enhance the health and well-being of Inuit.
2. Increase understanding and awareness of the health issues affecting Inuit.
3. Facilitate and promote research that is ethical, balanced, relevant and useful to Inuit.
4. Support and promote Inuit in pursuing health careers.
5. Preserve and promote Inuit traditional knowledge and healing practices.
6. Provide Inuit with knowledge of environmental health risks.

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National Aboriginal Health Organization (NAHO)
Organisation nationale de la santé autochtone (ONSA)
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Youth Relevant Resource Materials

Inuit Tuttarvingat of the National Aboriginal Health Organization has put this list together to showcase our youth related materials for Inuit students and youth. This document contains links to Inuit Tuttarvingat's video and audio clips, presentations, booklets, posters, websites and other materials on topics that are of interest to youth. It also includes products and activities that were created by Inuit youth for Inuit youth, such as creative video clips.

This list may be also of interest to teachers, school counsellors and youth workers because it provides a wide range of materials that can be used in a classroom, community, or youth program.

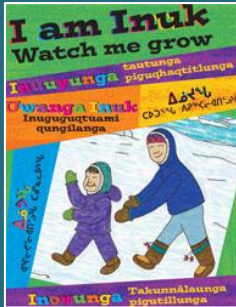
How To Use This Document

The materials are organized into five themes: health promotion, careers in health care, injury prevention, substance use, and research. Each resource in this listing contains the following information: the document's title, the year it was published, and a short description of what it is about. In order to make the resources in this list easy to access, we have provided: (1) hyperlinks that you click on to bring you directly to the online documents, and (2) web urls that you can type into a web browser to find the documents.

You can find most of our resources on our website, www.naho.ca/inuit. If you would like to order free hard copies of these materials, e-mail us at inuit@nahoc.ca or phone us toll-free at 1-877-602-4445. Check out our Facebook page, "Inuit Tuttarvingat", for new publications and news about our activities.

Section 1:

Health Promotion: improving your life and encouraging your friends



I am Inuk – Watch Me Grow (2010)

This colouring book is for children, so you may want to share it with your younger brothers, sisters and cousins. It has pictures you can colour of different things from Inuit life and culture. Alongside each picture, there is a healthy message about being proud of your Inuit culture, the importance of elders and family, how to build new skills, and feeling good about yourself. The messages are written in five dialects of the Inuit language, as well as English.

Hyperlink: [Colouring Book](#)

Url: www.naho.ca/inuit/e/resources/documents/IAmInukColouringBook_Final.pdf



How Can You Improve Your Emotional Health? (2010)

This fact sheet is targeted at male teens and adults, and it is part of our series on Inuit men's wellness. The fact sheet tells you what emotional health is, and includes some examples. It offers suggestions about how to deal with current and past emotions, ways for males to help improve their emotional health, and when they should think about getting help.

Hyperlink: [English version](#)

Url: www.naho.ca/inuit/e/resources/documents/MenemotionalhealthFactSheet_English.pdf

Hyperlink: [Inuktitut version](#)

Url: www.naho.ca/inuit/e/resources/documents/MenemotionalhealthFactSheet_Inuktitut.pdf



I Am Young and I Am Proud - TV episode (2009)

This is a recording of our live call-in TV show about Inuit youth, coping and endurance. This show was part of a larger TV series we did on Inuit wellness issues, called *Qanuqtuurniq – Finding the Balance*. You will see Inuit youth talking about how they face challenges and move forward. You will hear a lively discussion between a panel of youth, people in the audience, viewers on the phone, and youth who have connected to the show through Skype videoconferencing. This show was broadcast in the Inuit language and has English open captions. 2-hour episode:

Hyperlink: [Part 1](#)

Url: www.naasautit.ca/video/youth/chapter one youth_512K_Stream.wmv

Hyperlink: [Part 2](#)

Url: www.naasautit.ca/video/youth/chapter two youth_512K_Stream.wmv

Hyperlink: [Part 3](#)

Url: www.naasautit.ca/video/youth/chapter three youth_512K_Stream.wmv



I Am Young and I Am Proud – 1 hour highlights (2009)

This is a 1-hour video that shows you highlights from the 2-hour show about Inuit youth, coping and endurance. You will hear interesting discussions from youth and questions from viewers, see youth from Inuit communities who have connected to the show through Skype, and watch short videos about community youth projects.

Hyperlink: [1-hour highlights](#)

Url: [www.naasautit.ca/video/2010-02-26_Final one hour youth excerpts-Inuit lang+Engl- intro_512K.wmv](http://www.naasautit.ca/video/2010-02-26_Final%20one%20hour%20youth%20excerpts-Inuit%20lang+Engl- intro_512K.wmv)



I Am Young and I Am Proud – community videos (2009)

During the "I am young and I am proud" TV show, we played five pre-recorded videos about youth programs and activities that are trying to improve the situation for Inuit youth. These videos are in the Inuit language, with English subtitles. They include the following:

Inuusivut Project: Inuit Youth Media – video (2009)

In this video clip, you will see how Inuit youth use art, photographs, web videos and other methods to express themselves and share positive messages with other youth. The national Inuusivut Project was created by the Embrace Life Council in Nunavut, in partnership with the National Inuit Youth Council (NIYC) and other partners in other regions of Inuit Nunangat.

Hyperlink: [Video clip](#) Url: www.isuma.tv/hi/en/naasautit/inuusivut

(Length: 3 minutes 57 seconds)



Qanuippitali? Inuit Health Survey – video (2009)

See video footage about the first major survey of the health of Inuit living in Nunavut, the Inuvialuit Settlement Region and Nunatsiavut. During the "Qanuippitali? Inuit Health Survey", health workers and researchers travelled by ship to Inuit communities to ask young people (18 years and older), adults and children about their health and wellness. You will see what the research ship was like and how the surveys were done.

Hyperlink: [Video clip](#)

Url: www.isuma.tv/hi/en/naasautit/qanuippitali-inuit-health-survey-vignette

(Length: 4 minutes 41 seconds)



Project Life – video (2009)

Project Life is a youth wellness and suicide prevention program for the Maniilaq area of Alaska. In this video, you will meet a young Inupiaq woman whose life has been dramatically changed through the Project Life program. You see how Project Life uses digital story-telling to help Alaskan Native youth to connect with and express their culture. It also helps the youth learn about leadership.

Hyperlink: [Video clip](#) Url: www.isuma.tv/hi/en/naasautit/project-life

(Length: 5 minutes 5 seconds)



Inuvik Youth Centre – video (2009)

Young Inuit in smaller communities in the Inuvialuit region of the Northwest Territories have to move to Inuvik to attend high school or college, and leave their families and support systems behind. Since 1996 the Inuvik Youth Centre has been running programs for local youth and students who live there during the school year. In this video, you will meet several youth who hang out at the Inuvik Youth Centre and hear how the centre helped them in their new community.

Hyperlink: [Video clip](#) Url: www.isuma.tv/hi/en/naasautit/inuvik-youth-centre

(Length: 3 minutes 57 seconds)



Artcirq – video (2009)

You will see how Artcirq helps youth to express themselves physically and spiritually through traditional Inuit themes and circus acts. Artcirq was created in Igloodik, after several teenagers committed suicide. The program teaches youth about acrobatics, theatre and performing and also encourages self-esteem. Artcirq is very successful and has performed all over the world.

Hyperlink: [Video clip](#) Url: www.isuma.tv/hi/en/naasautit/artcirq-vignette

(Length: 3 minutes 34 seconds)



Pregnant or Planning to Be? (2009)

This fact sheet gives you information about things do if you are pregnant or if you are planning a pregnancy. These include seeing health care providers, getting regular exercise, and eating well. It includes some words of advice from Inuit elders.

Hyperlink: [English version](#)
 Url: www.naho.ca/inuit/e/resources/documents/FactSheetPrePregnancy_English.pdf

Hyperlink: [Inuktitut version](#)
 Url: www.naho.ca/inuit/e/resources/documents/FactSheetPrePregnancy_Inuktitut.pdf



Resilience: Coping with Life's Problems (2008)

This fact sheet explains what it means to be resilient, which is having the strength and skills to overcome difficult times in your life. The fact sheet lists things you can do to become more resilient and cope with problems you might have.

Hyperlink: [English version](#)
 Url: www.naho.ca/inuit/e/resources/documents/FactSheet1ResilienceEnglishFinal.pdf

Hyperlink: [Inuktitut version](#)
 Url: www.naho.ca/inuit/e/resources/documents/FactSheet1ResilienceInuktitutFinal.pdf

***Resilience: Overcoming Challenges and Moving on Positively (2007)***

There has been a lot of information written about the causes of low self-esteem, depression, and suicide in Inuit communities. But, it is just as important to learn more about what helps Inuit from being overwhelmed by difficult situations. This booklet focuses on the positive things that help you to cope with hard times in your life. It tells you about the coping skills that Inuit elders used in the past, and how these skills are still necessary today. The executive summary is available in English and Inuktitut syllabics.

Hyperlink: [Booklet](#)

Url: www.naho.ca/inuit/e/documents/2007-08-22ResilienceBook_final.pdf

***Nunaliit: A Radio Play Focusing on Inuit Health and Wellness (2005)***

This is a three-part play, recorded in Inuktitut. As you listen, you will follow a fictional Inuit family as they deal with overcrowded housing, relationship difficulties, stress and other issues in everyday life. The play was created for broadcast on radio stations in Inuit communities.

Order free hard copies of the CD and the posters by contacting Inuit Tuttarvingat. (Length: 1 hour)

Section 2:

Thinking of a Career in Health Care?



Careers in Maternity Care: Helping moms and their babies to have the best start

Midwives and maternity care workers provide wonderful services to women, families and communities in the North. In these short videos, you will see what is involved in being a midwife:

Maternity Care and Midwifery Training, Nunavut – video (2009)

You will hear about Nunavut Arctic College's training programs in maternity care and midwifery. The video takes you to the Rankin Inlet birthing centre, where Inuit graduates of the maternity care/midwifery program are practicing their profession. You will hear from the maternity care workers and midwives, as well as the people who trained them. The Health Council of Canada originally recorded this video in 2006. They gave Inuit Tuttarvingat permission to edit it for broadcast on our TV show "Birth, a joyous community event" in 2009. Recorded in the Inuit language, with English subtitles.

Hyperlink: [Video clip](#)

Url: www.isuma.tv/hi/en/naasautit/maternity-care-and-midwifery-training

(Length: 6 minutes 29 seconds)



Inuit Midwife Apprenticeship Program, Nunavik – video (2009)

You will see how the midwife apprenticeship program in Nunavik is unique because the training is based on traditional Inuit ways of learning and takes place in an Inuit community. You will see the midwives as they receive their licenses at a very special swearing-in ceremony in Quebec City. Recorded in the Inuit language, with English subtitles.

Hyperlink: [Video clip](#)

Url: www.isuma.tv/hi/en/naasautit/inuit-midwife-apprenticeship-program

(Length: 2 minutes 48 seconds)



Interviews with Inuit Midwives, Maternity Care Workers, and Nurses (2008)

Listen to audio clips about becoming a midwife, maternity care worker or nurse. They talk about their training and some of the most exciting moments in their careers.

Hyperlink: [Interviews](#) Url: www.naho.ca/inuit/midwifery/english/stories.php

(Length: around 1 ½ to 2 minutes each)

There is also a 2-hour TV show that you can watch to learn even more about midwifery and maternity care and to see what some of the challenges and successes are. The show is called "Birth, a joyous community event". [More information](#): www.naho.ca/inuit/wellnessTV/maternity.php

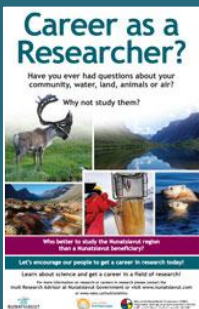


Career as a Researcher? Poster, Inuvialuit Settlement Region (2010)

This poster encourages youth to consider getting into research as a career. It was designed specifically for youth and shows photos of the Inuvialuit Settlement Region. We produced the poster with the Inuvialuit Regional Corporation. It is bilingual, with one language on each side.

Hyperlink: [Inuvialuktun/English poster](http://www.naho.ca/inuit/English_poster)

Url: www.naho.ca/inuit/e/ethics/documents/IRCPPoster-CareerasaResearcher-bilingual.pdf



Career as a Researcher? Poster, Nunatsiavut (2010)

This poster encourages youth to consider research as a career. It was designed specifically for youth and shows photos of the Nunatsiavut area in Labrador. We produced the poster with the Nunatsiavut Government. It is bilingual, with one language on each side.

Hyperlink: [Nunatsiavut/English poster](http://www.naho.ca/inuit/English_poster)

Url: http://www.naho.ca/inuit/e/ethics/documents/NUNATSIAVUTregional_bilingualweb.pdf



From Research to Action Poster (2010)

These posters were created jointly with Inuit Circumpolar Council (Canada) to encourage Inuit youth to consider a career in research. It shows that research can be used for decisions and activities at the local, provincial and territorial, national and international level. The design is double sided, with an Inuit language dialect on one side and English on the reverse. Posters:

Hyperlink: [Nunatsiavut/English](http://www.naho.ca/inuit/English)

Url: www.naho.ca/inuit/e/ethics/documents/ICC_Nunatsiavut_web.pdf

Hyperlink: [Nunavik/English](http://www.naho.ca/inuit/English)

Url: www.naho.ca/inuit/e/ethics/documents/ICC_Nunavik_web.pdf

Hyperlink: [Nunavut syllabics/English](http://www.naho.ca/inuit/English)

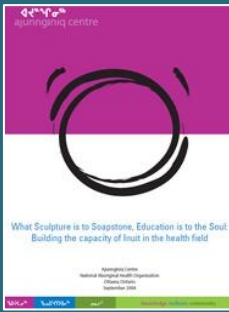
Url: www.naho.ca/inuit/e/ethics/documents/ICC_Nunavut_web.pdf

Hyperlink: [Inuinnaqtun/English](http://www.naho.ca/inuit/English)

Url: www.naho.ca/inuit/e/ethics/documents/ICC_Inuinnaqtun_web.pdf

Hyperlink: [Inuvialuktun/English](http://www.naho.ca/inuit/English)

Url: www.naho.ca/inuit/e/ethics/documents/ICC_Inuvialuktun_web.pdf



What Sculpture is to Soapstone, Education is to the Soul: Building the Capacity of Inuit in the Health Field (2004)

This is a report about what is needed at the high school and college or university level to help Inuit students who want to take health care training and courses. The report is based on the results of questionnaires we conducted with Inuit students who were attending college/university, those who had graduated from college/university, and with some who had dropped out of college/university. Their thoughts and recommendations are available in the report.

Hyperlink: [What Sculpture is to Soapstone, Education is to the Soul: Building the Capacity of Inuit in the Health Field](http://www.naho.ca/inuit/e/resources/documents/2004-09ACEducationSoapstoneReport.pdf)

Url: www.naho.ca/inuit/e/resources/documents/2004-09ACEducationSoapstoneReport.pdf



Building the Capacity of Inuit in the Health Field – poster (2005)

This is a poster presentation that gives you statistics from 2004 on the number of Inuit enrolled in high school and the number of graduates. It also provides the results of a questionnaire about the experiences and opinions of Inuit high school students, post-secondary students and graduates, educators, and those students who had left a post-secondary program.

Hyperlink: [Building the Capacity of Inuit in the Health Field](http://www.naho.ca/inuit/english/pdf/qaigitsi_poster.pdf)

Url: www.naho.ca/inuit/english/pdf/qaigitsi_poster.pdf



Qaigitsi! Health Careers Rock (2005)

This website has great information for Inuit students in high school, college or university who are looking for helpful tips for studying, taking notes, writing essays, and other things to be successful in school. You will also find advice on how to cope with living and studying in a new town/city, away from your home and family. You can read the latest news about health careers, find links to colleges and universities with health degrees/certificates, and links to bursaries and scholarships.

Hyperlink: [Qaigitsi! Health Careers Rock](http://www.naho.ca/qaigitsi/english/welcome.php)

Url: www.naho.ca/qaigitsi/english/welcome.php

Section 3: Injury Prevention: protecting yourself and others



Pot and Driving in the North Awareness Campaign (2006)

In 2006 we worked with the Canadian Public Health Association on the issue of marijuana (also known as pot) and driving safety in Aboriginal northern, remote and circumpolar communities. There was a special focus on Inuit communities. As a result, posters, fact sheets, a PSA and a teacher’s workbook were developed for Inuit communities in the North to raise awareness of the risks of driving high. We met with students in Inukjuak, Quebec to get ideas for the project. Before the project was finished, we used videoconferencing in Ottawa to get feedback from the students in Inukjuak.

[Web site](http://www.potanddriving.cpha.ca/3_north.html) Url: www.potanddriving.cpha.ca/3_north.html

[Resources for Inuit communities](http://www.potanddriving.cpha.ca/3_north_res.html) Url: www.potanddriving.cpha.ca/3_north_res.html

[Inuktitut Web site](http://www.potanddrivinginuk.cpha.ca/3_north.html) Url: www.potanddrivinginuk.cpha.ca/3_north.html

[Inuktitut resources](http://www.potanddrivinginuk.cpha.ca/3_north_res.html) Url: www.potanddrivinginuk.cpha.ca/3_north_res.html



Safe Use of Prescription Drugs (2008)

This fact sheet encourages you and your family to use medications safely. It has a list of questions that people should ask their health-care provider each time they get a new prescription for medicine.

Hyperlink: [English version](#)

Url:

www.naho.ca/inuit/e/resources/documents/FactSheet4PrescriptionsEnglishFinal.pdf

Hyperlink: [Inuktitut version](#)

Url:

www.naho.ca/inuit/e/resources/documents/FactSheet4PrescriptionsInuktitutFinal.pdf



What is Sudden Infant Death Syndrome? (2008)

This fact sheet explains SIDS, which is Sudden Infant Death Syndrome. It tells you what we know so far about things that may increase the risk of SIDS and what might help prevent it, like putting a baby on its back when sleeping, having a smoke-free home, and other ideas.

Hyperlink: [English version](#)

Url:

www.naho.ca/inuit/e/resources/documents/FactSheet3SidsEnglishFinal.pdf

Hyperlink: [Inuktitut version](#)

Url:

www.naho.ca/inuit/e/resources/documents/FactSheet3SidsInuktitutFinal.pdf

Section 4:

Substance Use, Smoking, Addictions: making healthier choices and getting help



How Does Alcohol Affect a Teenager's Brain? (2010)

This fact sheet explains why a teenager's brain may be more easily harmed by alcohol. It tells you how alcohol affects your brain, which is still developing in your teenage years. It also talks about some negative effects of alcohol, why youth use alcohol, and it offers ideas for cutting back, stopping, and reducing the harm that drinking causes.

Hyperlink: [English version](#)

Url: www.naho.ca/inuit/e/resources/documents/AlcoholandTeenageBrain_Final.pdf

Hyperlink: [Inuktitut version](#)

Url: www.naho.ca/inuit/e/resources/documents/AlcoholandteenageBrain_FinalInuktitut.pdf



Inuit Youth Flip Camera Project: Tobacco Cessation Videos

Five Inuit youth were given flip video cameras to record interviews and stories about tobacco and quitting smoking. Each youth was creative and produced these stories:

Part 1: About the Inuit Youth Flip Camera Project (2010)

In this short video clip Kendra Tagoona, who was the project coordinator for the Inuit Tobacco-free Network, tells you about the Inuit Youth Flip Video Tobacco Cessation project.

Hyperlink: [Video clip](#) Url: www.youtube.com/watch?v=NpCQbprjB2w

(Length: 15 seconds)



Part 2: Elders' Perspectives on Tobacco (2010)

Elders Abraham and Meeka Arnakaq talk about why they quit smoking 20 years ago, and how they feel today.

Hyperlink: [English video](#) Url: www.youtube.com/watch?v=FIBwsTLUMgc

Hyperlink: [Inuit language video](#) Url: www.youtube.com/watch?v=UAswIOAVxTA

(Length: 3 minutes 52 seconds)



Part 3: *The Chevriers* (2010)

A family from Kangiqsualujjuaq, Quebec tells you about their experiences with quitting smoking, and how smoking has affected each of them and the rest of the family.

Hyperlink: [English video](#) Url: www.youtube.com/watch?v=QzQJm6Lt1R8

Hyperlink: [Inuit language video](#) Url: www.youtube.com/watch?v=4QUbpPsEVFA

(Length: 3 minutes 4 seconds)



Part 4: *Pangnirtung Youth* (2010)

Two youth from Pangnirtung, Nunavut talk about their views on smoking, quitting smoking and the pressures youth face to start smoking.

Hyperlink: [English video](#) Url: www.youtube.com/watch?v=QzQJm6Lt1R8

Hyperlink: [Inuit language video](#) Url: www.youtube.com/watch?v=b7rnXYdvwbq

(Length: 3 minutes 42 seconds)



Part 5: *Selma's Story* (2010)

Selma Ford, who is originally from Nain, Labrador, tells you about her experiences as a non-smoker, and how smoking has affected her family.

Hyperlink: [English video](#) Url: www.youtube.com/watch?v=l6yNTZg3rQU

Hyperlink: [Inuit language video](#) Url: www.youtube.com/watch?v=vA-dAvYMIg8

(Length: 3 minutes 50 seconds)



Part 6: *Quitting* (2010)

In this video, several Inuit talk about their personal experiences, tell you about their family members who have quit smoking, and how it has changed or improved their lives.

Hyperlink: [English video](#) Url: www.youtube.com/watch?v=FOyI2DUEz0I

Hyperlink: [Inuit language video](#) Url: www.youtube.com/watch?v=02bx78g8FLM

(Length: 4 minutes 44 seconds)



Part 7: Nain, Labrador Youth (2010)

Jennie Williams interviews youth in their early teens. Her video shows real opinions of youth from Nain, Labrador and how they truly think and feel about the issue of smoking.

Hyperlink: [English video](#) Url: www.youtube.com/watch?v=m2cEmrUfI00

Hyperlink: [Inuit language video](#) Url: www.youtube.com/watch?v=CFNljbsjSU

(Length: 4 minutes 18 seconds)



Part 8: Lindsey Quits (2010)

Lindsey Moorhouse, originally from Happy Valley-Goose Bay, Labrador, talks about her recent experiences with quitting smoking. She talks about her struggles, and what she has done to cope.

Hyperlink: [English video](#) Url: www.youtube.com/watch?v=MwMvv4wwLJw

Hyperlink: [Inuit language video](#) Url: www.youtube.com/watch?v=i01h_4gCOYA

(Length: 2 minutes 48 seconds)



Inuit Tobacco-free PSA (2010)

This is a Public Service Announcement (PSA) video created by the Inuit Tobacco-free Network.

Hyperlink: [Video clip](#) Url: www.youtube.com/watch?v=-8JsGD-qcUY

(Length: 31 seconds)



How Can You Keep Gambling from Becoming a Problem? (2009)

This fact sheet describes gambling. It talks about how to know when gambling is a problem, how gambling can become an addiction, the effects of gambling too much, and how to keep gambling from becoming a problem.

Hyperlink: [English version](#)
Url: www.naho.ca/inuit/e/documents/FactSheet5GamblingEng.pdf

Hyperlink: [Inuktitut version](#)
Url: www.naho.ca/inuit/e/documents/FactSheet5GamblingInuk.pdf

The Risks of Using Crack Cocaine (2009)

This fact sheet is about the drug Crack Cocaine (also called Crack). You will learn that Crack is being used in the North, how and why people use it, the negative effects of Crack, and what you can do to help someone who is using it.



Hyperlink: [English version](#)

Url: www.naho.ca/inuit/e/resources/documents/FactSheetCrackCocaine_English.pdf

Hyperlink: [Inuktitut version](#)

Url: www.naho.ca/inuit/e/resources/documents/FactSheetCrackCocaine_Inuktitut.pdf



Crystal Methamphetamine (2008)

This is a fact sheet about crystal meth, a drug that is being used more and more in the North. It tells you about the harmful ingredients in the drug, its negative effects and some options for treatment and recovery for people who are addicted to meth.

Hyperlink: [English version](#)

Url: www.naho.ca/inuit/e/resources/documents/FactSheet2CrystalMethEnglishFinal.pdf

Hyperlink: [Inuktitut version](#)

Url: www.naho.ca/inuit/e/resources/documents/FactSheet2CrystalMethInuktitutFinal.pdf



Alcohol Abuse Fact Sheets (2006)

These four fact sheets were developed to share information about abuse of alcohol and some ways to deal with alcohol problems.

[Types of Alcohol Problems](#)

www.naho.ca/inuit/e/resources/documents/AlcoholProblems.pdf

[Inuktitut version](#)

www.naho.ca/inuit/e/resources/documents/TypesofAlcoholProblems-Inuk.pdf

[Alcohol and Your Body](#)

www.naho.ca/inuit/e/resources/documents/AlcoholandyourBody.pdf

[Inuktitut version](#)

www.naho.ca/inuit/e/resources/documents/AlcoholYourBody-Inuk.pdf

[Ideas for Safer Drinking](#)

www.naho.ca/inuit/e/resources/documents/2007-06-22SaferDrinking.pdf

[Inuktitut version](#)

www.naho.ca/inuit/e/resources/documents/IdeasforSaferDrinking-Inuk.pdf

[Simple Assessment Tests](#)

www.naho.ca/inuit/e/resources/documents/AssessmentTest.pdf

[Inuktitut version](#)

www.naho.ca/inuit/e/resources/documents/AssessmentTests-Inuk.pdf

Section 5:

Research: what is it about and how does it benefit communities?



Research and Research Ethics Fact Sheet Series

These fact sheets give you a good understanding of what research is, who is involved, how researchers work with Inuit, how research can benefit communities, and what the guidelines are for researchers. There are now nine fact sheets in this series. They are:

Research and Researchers - Fact Sheet #1 (2009)

This fact sheet describes what research is and tells you how and why research practices in Inuit regions are improving. It also explains who does research and for what reasons, and offers some basic decisions to be made when planning a research project.

Hyperlink: [English](#)

Url: www.naho.ca/inuit/e/ethics/documents/2009-05-11_FactSheet1_Final.pdf

Hyperlink: [Nunatsiavut dialect](#)

Url: www.naho.ca/inuit/e/ethics/documents/2010-02-04_FactSheet1_Nunatsiavut.pdf

Hyperlink: [Nunavik dialect](#)

Url: www.naho.ca/inuit/e/ethics/documents/2010-03-09_FactSheet1_FinalNunaviksyllabics.pdf

Hyperlink: [Nunavut Syllabics](#)

Url: www.naho.ca/inuit/e/ethics/documents/2010-03-09_FactSheet1_FinalNunavutsyllabics.pdf

Hyperlink: [Inuinnaqtun](#)

Url: www.naho.ca/inuit/e/ethics/documents/2010-02-09_FactSheet1_Inuinnaqtun.pdf

Hyperlink: [Inuvialuktun](#)

Url: www.naho.ca/inuit/e/ethics/documents/2010-02-09_FactSheet1_Inuvialuktun.pdf



Participating in Research - Fact Sheet #2 (2009)

You will read about the guidelines that researchers have to follow when they do research, and how these guidelines came into place. You will learn about the rights that people have when they participate in research studies and some of the questions they might want to ask before getting involved.

Hyperlink: [Fact Sheet #2](#)

Url: www.naho.ca/inuit/e/ethics/documents/2009-05-11_FactSheet2_Final.pdf

**Individual Informed Consent for Research - Fact Sheet #3 (2009)**

This fact sheet explains one very important rule in research: getting 'informed consent' from the research participants. It tells you about the different kinds of consent, who can give informed consent, and what questions to ask before giving total or partial consent.

Hyperlink: [Fact Sheet #3](#)

Url: www.naho.ca/inuit/e/ethics/documents/2009-05-11_FactSheet3_Final.pdf

**Benefits and Risks of Health Research - Fact Sheet #4 (2009)**

This fact sheet explains why we need health research. It tells you that health researchers need to be clear to participants and communities about: expected health and other benefits from the research; any possible risks; and whether there are any financial benefits to participating in the research.

Hyperlink: [Fact Sheet # 4](#)

Url: www.naho.ca/inuit/e/ethics/documents/2009-05-11_FactSheet4_Final.pdf

**Privacy and Confidentiality in Research - Fact Sheet #5 (2009)**

This fact sheet explains that researchers are required to have informed consent (full permission) from research participants. The researcher needs to inform the participants about how their personal and private information or knowledge will be used now or later on in the study, and how it will be protected and stored. You will learn terms such as 'secondary use' and 'accidental disclosure'.

Hyperlink: [Fact Sheet # 5](#)

Url: www.naho.ca/inuit/e/ethics/documents/2009-05-11_FactSheet5_Final.pdf

**Using Human Samples in Health Research - Fact Sheet #6 (2009)**

This fact sheet tells you why some health research requires the collection of samples of body tissues and how this collection is regulated. It explains that researchers must seek informed consent (permission), and that they are required to clearly explain possible affects of taking a sample and also how the samples are to be used now or in the future, stored and destroyed.

Hyperlink: [Fact Sheet # 6](#)

Url: www.naho.ca/inuit/e/ethics/documents/2009-05-11_FactSheet6_Final.pdf



Sharing and Reporting Results - Fact Sheet #7 (2009)

You will learn that informed and respectful research includes communicating with the participants and communities before, during and after the research process. It describes good researcher-community relationships and gives examples of how to include communities in interpreting and sharing the research results.

Hyperlink: [Fact Sheet # 7](#)

Url: www.naho.ca/inuit/e/ethics/documents/2009-05-11_FactSheet7_Final.pdf



Research Permits and Licences - Fact Sheet #8 (2010)

The existing requirements for researchers to conduct research in Inuit regions are outlined in this fact sheet. A map of Inuit Nunangat, showing the four Inuit regions and their location within Canada, helps visualize which areas and communities are covered by regional permit and licensing requirements.

Hyperlink: : [Fact Sheet # 8](#)

Url: http://www.naho.ca/inuit/e/documents/FactSheet8_UpdatedMay2010.pdf



Guidelines for Research Involving Inuit - Fact Sheet #9 (2010)

This fact sheet gives you a brief overview of general and ethical guidelines for research involving Inuit. There are many guidelines that help ensure that research is respectful of Inuit. Web links to these guidelines are included in the fact sheet.

Hyperlink: [Fact Sheet # 9](#)

Url: www.naho.ca/inuit/e/documents/FactSheet9_FINAL_Mar31.pdf