ᐱᖃᑎᒌᑦ ᐱᓂᕐᓗᒃᑕᖅᑐᒃ ᐊᒻᒪ ᖃᓇᑕᒃᑯᑦ ᐊᓐᓂᖅᓯᒪᓂᖅ (IPV ᐊᒻᒪ TBI)

ᐸᐅᒃᑑᑎᑦ
ᐃᓄᐃᑦ ᐊᖑᐃᑦ ᑲᓇᑕᒥ
PAUKTUUTIT
INUIT WOMEN OF CANADA

ᓱᓇᐅᕙᑦ ᐱᖃᑎᒌᑦ ᐱᓂᕐᓗᒃᑕᖅᑐᑦ ᐊᒻᒪ ᖃᓇᑕᒃᑯᑦ ᐊᓐᓂᖅᓯᒪᓂᖅ?

ᐱᖃᑎᒌᑦ ᐱᓂᕐᓗᒃᑕᕐᓂᖓᑦ (ᑕᐃᔭᐅᓯᕐᒥᔪᖅ ᐱᖃᑎᒥᓂᒃ ᐅᖓᑕᕐᓂᒃᑐᖅ) ᑎᒥᒃᑯᑦ, ᑯᔭᖕᓂᑯᑦ ᐊᒻᒪ ᐃᓱᒪᒃᑯᑦ ᐊᓐᓂᖅᑐᐃᓂᖅ ᐱᖃᑎᒋᔭᕐᒥᒃ. ᐱᖃᑎᒌᒃ ᐊᓐᓂᖅᑐᕋᐅᑦᑐᒃ ᐃᓱᒪᒃᑯᑦ ᓂᐊᕐᑯᖓ ᑎᒡᓗᒃᑕᐅᓗᓐᓂ, ᑮᓇᖓ, ᖁᖏᓯᓂᖓᓗᓐᓃᑦ, ᓇᒧᓇᒥᐊᖅ ᑎᒥᒃᑯᑦ ᐃᓱᒪᓇᖏᑐᒃᑯᑦ ᓂᐊᕐᑯᖓᓗ ᑐᐊᕕᖅᑐᒻᒥᒃ ᐅᐊᑕᐅᓗᓐᓂ. ᐃᓄᒡᓗᓃᑦ ᕿᒥᕐᓴᐅᒃᐸᑦ ᖃᓇᑕᖓᑕ ᐊᐅᖓ ᐃᖏᕋᔪᖕᓇᐃᕐᓗᓐᓂ.

ᑎᐊᓐᓇᐃᑐᖅᑕᕐᓱᒋᒍᐊᑦ ᖃᓄᐃᓕᐅᕆᓇᐊᖅᐱᑦ?

ᐃᖃᔪᖅᑎᒃᓴᒥᒃ ᕿᓂᓇᐊᖅᖅᐳᑎᑦ ᑎᐊᓐᓇᐃᑐᖅᑕᕐᓱᒋᓐᓂᕈᐊᑦ ᐃᓄᓯᕐᓂ ᐱᖃᑎᒌᑦ ᐱᓂᕐᓗᒃᑕᖅᑐᒃ ᐊᒻᒪ ᖃᓇᑕᒃᑯᑦ ᐊᓐᓂᖅᓯᒪᓂᖅ (IPV TBI) ᐊᓐᓂᐊᖅᑕᐃᓕᑎᑦᓱᔨᑦ ᖃᐅᔨᒪᔪᖕᓇᖕᒪᑕ ᐃᑲᔪᓇᐊᖅᕐᓂᕐᒥᖕᓂᒃ ᐱᖃᑎᒌᑦ ᐱᓂᕐᓗᒃᑕᖅᑐᒃ ᐊᒻᒪ ᖃᓇᑕᒃᑯᑦ ᐊᓐᓂᖅᓯᒪᓂᖅ ᐊᒻᒪ ᓱᓕ ᐊᓯᖏᓐᓂᒃ ᐊᓐᓂᕐᓂᑯᓐᓂᒃ ᐊᑐᒐᐅᒐᓂᓵᕐᓂᖓᓐᓂ. ᐊᑐᕐᓂᖅᐳᖅ ᐃᑲᔪᖅᑎᒃᓴᒥᒃ ᕿᓂᕐᓗᓐᓂ ᑐᐊᕕᖅᑐᒻᒥᒃ ᓂᐊᕐᑯᖑᕐᔪᐊᓕᕐᓂᕈᕕᑦ, ᑕᐅᑐᑦᓯᐊᕈᖕᓇᐃᕐᓂᕈᕕᑦ, ᑮᖅᓱᖅᑕᓕᕐᓂᕈᕕᑦ, ᑮᓇᒃᑯᑦ ᓂᐅᒃᑯᓪᓗ ᖃᐅᔨᒪᔪᖕᓇᐃᕐᓂᕈᕕᑦ, ᐅᖃᑎᐊᕈᖕᓇᐃᕐᓂᕈᕕᑦ, ᒥᓇᐊᖅᑕᓗᐊᓕᕐᓂᕈᕕᓪᓗ. ᐊᑑᑎᖃᒻᒪᓇᒃᐳᖅ ᓇᔭᖑᐃᑦ ᐱᑕᖃᓇᐊᖃᕐᓂᖓᓐᓂᒃ ᐃᑲᔪᕈᖕᓇᖅᑐᓐᓂᒃ ᐱᖃᑎᒌᑦ ᐱᓂᕐᓗᒃᑕᖅᑐᒃ ᐊᒻᒪ ᖃᓇᑕᒃᑯᑦ ᐊᓐᓂᖅᓯᒪᓂᖅ, ᓄᓇᕐᓯᖕᓂᓗᕙ.

ᓱᓇᐅᕙᑦ ᐊᓐᓂᖅᓯᒪᕐᓗᓐᓂ ᐱᖃᑎᒌᑦ ᐱᓂᕐᓗᓐᓂᖕᒋᓐᓄᑦ ᐅᖓᑕᕐᓂᑯᑦ?

ᐃᓄᒃ ᑐᕆᓇᒐᐅᔭᕆᐊᖃᖕᒋᓚᖅ (ᖃᐅᔨᒪᔪᖕᓇᐃᕐᓗᓐᓂ) ᐃᓱᒪᒥᒍᑦ ᐊᓐᓂᖅᐸᑦ. ᐅᑯᐊ ᖃᐅᔨᒪᔪᑕᐅᓯᖅᑐᑦ:

ᑎᒥᒃᑯᑦ	ᐃᓱᒪᒃᑯᑦ	ᐃᓱᒪᒃᑯᑦ ᖃᓄᐃᓕᐅᕈᓐᓗ
ᓂᐅᕐᑯᖑᓗᓂ ᓱᒋᖑᓗᓂᓗᕙ	ᐃᓱᒪᑎᐊᕐᓂᖅ ᐊᔪᕐᓂᖅ	ᕐᑯᕕᐊᓱᖏᓂᖅ
ᐅᐃᐸᔭᖑᓗᓐᓂ	ᓱᓇᒥᐊᓂᒃ ᐊᔪᕐᓂᖅ ᐋᕿᒃᓱᐃᓂᕐᒥᒃ	ᕐᑯᒃᓴᓱᖕᓂᖅ
ᒥᓇᐊᖑᓗᓐᓂ ᒥᓇᐊᖅᑕᕐᓗᓂᓗ	ᐊᐅᓚᔨᑎᐊᕈᖕᓇᐃᕐᓂᖅ	ᐃᒃᐱᒋᕐᔪᐊᕐᓂᖅ
ᑕᐅᑐᑎᐊᖏᓗᓐᓂ	ᓄᑖᓐᓂ ᐃᓕᑎᓐᓂᖅ	ᕐᑯᕕᐊᓱᖏᑕᕐᓂᖅ ᓂᖓᒃᑕᕐᓂᕐᓗ
ᖃᐅᒪᒃᓴᕐᓗᓐᓂ ᓂᐱᕐᑯᖅᑐᒃᖃᕐᓗᓂᓗ	ᐅᖃᔪᐃᖅᑕᕐᓂᖅ	ᓱᓂᓕᔪᐃᖅᑕᕐᓂᖅ
ᒪᑭᑕᕐᓱᐊᕐᓂᖅ ᐊᔪᕐᓗᓂ		
ᑕᖃᓴᕋᐃᓪᓗᓂ ᓄᑭᖃᖏᓗᓂᓗ		
ᕐᑯᕐᑯᐊᖅᑐᒻᒥᒃ ᑐᓴᓗᓂ		

ᐃᓚᖏᑦ ᐃᓄᐃᑦ ᐱᓗᐊᕐᓂᖅᓴᐅᕙᖕᒪᑕ ᐱᖃᑎᒌᑦ ᐱᓂᕐᓗᒃᑕᖅᑐᒃ ᐊᒻᒪ ᖃᓇᑕᒃᑯᑦ ᐊᓐᓂᖅᓯᒪᓂᖅ ᓴᖏᓗᐊᕈᖕᓇᐃᖅᐸᒃᐳᑦ ᑕᓕᖏᑦ ᑕᐅᑐᑦᓯᐊᕈᖕᓇᐃᕐᓗᑎᒡᓗ ᐅᖃᕐᓂᕐᓗ ᐊᔪᓕᖅᓗᑎᒃ. ᐃᓚᖏᓪᓕ ᐱᖃᑎᒌᑦ ᐱᓂᕐᓗᒃᑕᖅᑐᒃ ᐊᒻᒪ ᖃᓇᑕᒃᑯᑦ ᐊᓐᓂᖅᓯᒪᓂᖅ ᐱᐊᓂᒃᑐᓐᓂᒃ ᐃᓱᒪᓕᖅᐸᒃᐳᑦ ᓱᓇᒃᑑᒪᑎᐊᕈᖕᓇᐃᕐᓗᑎᒃ ᐊᓐᓂᖅᓯᒪᓂᕐᒥᖕᓂᒃ ᖁᕕᐊᓱᖏᑦᓯᐊᕐᓂᕐᒥᖕᓂᒃᓗ ᐃᓱᒪᓗᐊᒻᒧᑦ.

ᖃᓄᖅ ᐊᑯᓂᐅᑎᒋᓂᐊᖅᐸ ᐱᐅᓯᓂᐊᕐᓗᓐᓂ?

ᐋᕿᒃᑕᐅᓂᐊᕐᓗᓐᓂ ᐱᐅᓯᓂᐊᕐᓗᓐᓂᓗ ᑭᖑᓂᖓᓐᓂ ᐱᖃᑎᒌᑦ ᐱᓂᕐᓗᒃᑕᖅᑐᒃ ᐊᒻᒪ ᖃᓇᑕᒃᑯᑦ ᐊᓐᓂᖅᓯᒪᓂᖅ ᐊᓯᖏᓐᓂᒃ ᐱᔪᑎᒃᓴᖃᖕᓇᖅᑐᖅ ᐊᓐᓂᕐᓯᒪᓂᐅᑉ, ᐊᖏᑕᐅᒃᐸᑦ ᐊᕐᓇᐅᒃᐸᓗᕙ, ᐊᓯᖏᓐᓂᒃ ᐊᓐᓂᐊᕐ-ᓂᖅᓚᐅᖅᐸᑦ, ᐃᓱᒫᓗᓗᐊᓚᐅᕐᓂᖅᐸᑦ, ᓯᓂᒍᖕᓇᐃᖅ-ᓯᒪᓚᐅᕐᓂᖅᐸᑦ, ᐃᓱᒪᒥᒍᓪᓗ ᐊᓐᓂᐊᓚᐅᕐᓂᖅᐸᑦ ᐃᔅᓗᐊᖅᓴᐅᑎᑐᖅᑕᕐᓂᖅᐸᓪᓗ. ᐃᓚᖏᑦ ᐊᓐᓂᐊᕈᖕᓇᐃᖅᓯᒪᔪᑦ ᐱᐅᓂᖅᓴᐅᓕᖅᐸᒃᐳᑦ ᐱᓇᓱᐊᕈᓱᑦ ᐊᒥᓲᖏᑐᑦ ᑕᕿᓪᓗ ᑭᓯᐊᓐᓂ ᐊᓯᖏᓪᓕ ᒥᐊᓂᓇᔭᐅᔭᓇᐊᖃᖅᐸᒃᐳᑦ ᐃᑲᔪᓚᐅᓗᑎᓪᓗ. ᐊᑑᑎᖃᖅᐳᖅ ᖃᐅᔨᒪᓗᓐᓂ ᐱᐅᓯᕙᓪᓕᐊᓂᕐᒥᒃ ᐊᕋᒍᓐᓂᒃ ᐅᓄᖅᑐᓐᓂᒃ ᐱᓗᕿᓚᐅᕐᓂᐅᑉ ᑭᖑᓂᖓᓐᓂ, ᐊᑯᓂᐅᖏᑐᒻᒥᒃ ᐋᕿᒐᔭᖏᑲᓗᐊᕐᓂᕈᕕᑦ ᒪᒥᓴᖅᑕᐅᓗᑎᓪᓗ.

ᐃᓄᓯᖃᕐᓗᓐᓂ ᐱᖃᑎᒌᑦ ᐱᓂᕐᓗᒃᑕᖅᑐᒃ ᐊᒻᒪ ᖃᓇᑕᒃᑯᑦ ᐊᓐᓂᖅᓯᒪᔪᑦ ᐊᔪᕐᓇᕐᓂᖅᓴᐅᓯᖅᐳᑦ ᐋᕿᒃᐸᓕᐊᓂᖅ ᐃᓱᒪᒃᑯᑦ, ᐊᔪᕐᓴᖅᓂᖅᓴᐅᐸᓗᓂᓗ ᕿᒪᖕᓂᕐᒥᑦ ᐃᓱᒪᒃᑯᑦ ᐊᓐᓂᐊᕐᓂᕐᒥᑦ. ᐊᔪᕐᓇᖏᑦᐸᑦ, ᖃᓄᐃᓇᖏᑐᒻᒧᑦ ᑕᖃᐃᖅᓯᕆᐊᖅᑐᕐᓂᑎᑦ ᓱᔪᖕᓇᐃᖅᓯᕆᐊᖅᑐᕈᖕᓇᖅᐳᑎᑦ.

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ᐊᑭᖃᖏᑦᑐᖅ: 1-800-667-0749
ᓱᑲᑦᑐᒃᑯᑦ: 613-238-1787

ᑎᑎᕋᐅᔭᖕᑎᑦ – CommPassion Creative

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ᕿᑐᕋᓇᑦ ᐊᑐᕐᓂᓗᒃᑕᐅᔪᑦ ᓴᐳᓐᓂᐊᖅᑎᖓ ᑲᖏᖅᑖᓐᓂᕐᒥ: (867) 645-2039

ᓄᓇᕗᑦ ᑲᒪᑦᓯᐊᖅᑐᑦ ᐃᑲᔪᖅᑕᐅᕙᖓ (24/7)
(867) 979-3333
ᐅᕙᓗᓐᓂᑦ 1-800-265-3333

ᐅᒃᐱᓇᓗᒍ. ᐊᐱᓇᓗᓐᓂ. ᑲᑎᑕᐅᓗᓐᓂ ᐱᓕᕆᔪᑏᑦ
https://www.pauktuutit.ca/abuse-prevention/children-and-youth/believe-ask-connect

ᐊᑐᕐᓂᓗᒃᑕᐅᔪᖅ ᐊᒻᒪ ᐃᓱᒪᒥᒍ ᐊᓐᓂᒐᐅᔪᑉ ᐃᑲᔪᕈᑎᖕᒋ https://abitoolkit.ca

ᓯᕗᓪᓕᐅᑉᓗᑎᒃ ᐃᑲᔪᖅᐸᒃᑐᑦ ᐊᒻᒪ ᐊᓐᓂᐊᖅᑕᐃᓕᓂᕐᒥᒃ ᐱᓕᕆᐊᖃᖅᑐᑦ

ᐱᖃᑎᒌᒃ ᐊᓐᓂᖅᑕᕋᐅᑉᐸᒃᑐᒃ ᐃᓱᒪᒃᑯᑦ ᐊᓐᓂᒐᐅᓂᕐᒥᒃ ᐃᓕᓐᓂᐊᕈᑏᑦ (ᓯᕗᓪᓕᐅᑉᓗᑎᒃ ᐃᑲᔪᖅᐸᒃᑐᑦ ᕿᒫᕕᓐᓂᒃ ᐱᓕᕆᖃᑎᖅᑐᑦ ᐊᒻᒪ ᐃᓱᒪᒃᑯᑦ ᐊᓐᓂᖅᑕᐅᓯᒪᔪᑦ ᐃᑲᔪᖅᑎᖏᑦ)
https://abitoolkit.ca/

ᐃᓱᒪᒃᑯᑦ ᐊᓐᓂᒐᐅᓂᕐᒥᒃ ᐃᓕᓐᓂᐊᕈᑏᑦ (ᐊᓐᓂᐊᖅᑕᐃᓕᓂᕐᒥᒃ ᐱᓕᕆᐊᖃᖅᑐᓐᓄᑦ)
https://abitoolkit.ca

ᑐᑭᓯᑲᓂᕐᕕᑦ:

ᐱᐊᕋᓱᑦ: www.parachute.ca

ᐋᓐᑎᐊᕆᐅᑉ ᐃᓱᒪᓕᕆᓂᕐᒧᑦ ᐃᑲᔪᖅᑕᐅᕕᖓ:
www.onf.org