ᐊᐱᐸᓇᒃ ᐋᓐᓂᖅᓯᕆᓇᕝᕕᒃᑐᖅ ᐊᒻᒪ ᖃᕋᓴᒃᑯᑦ ᐊᓐᓂᖅᓯᒪᓂᖅ (IPV ᐊᒻᒪ TBI)

ᐸᐅᒃᑑᑎᑦ
ᐃᓄᐃᑦ ᐊᓐᓇᐃᑦ ᑲᓇᑕᒥ
PAUKTUUTIT
INUIT WOMEN OF CANADA

ᓯᓇᐅᕙᑦ ᐊᐃᐸᓈᑦ ᐋᓐᓂᖅᓯᕆᓇᕝᕕᒃᑐᑦ ᐊᒻᒪ ᖃᕋᓴᒃᑯᑦ ᐊᓐᓂᖅᓯᒪᓂᖅ?

ᐊᐃᐸᓈᑦ ᐊᓐᓂᖅᓯᕆᓇᕝᕕᒃᑐᑦ (ᑕᐃᔭᐅᓯᕐᒥᔪᖅ ᐊᐃᐸᓈᑦ ᐅᖓᑕᕐᓂᒃᑐᖅ) ᑎᒥᒃᑯᑦ, ᑯᔭᖕᓂᑯᑦ ᐊᒻᒪ ᐃᓱᒪᒃᑯᑦ ᐊᓐᓂᖅᑐᐃᓂᖅ ᐱᖃᑎᒋᔭᕐᒥᒃ. ᐱᖃᑎᒌᒃ ᐊᓐᓂᖅᑐᕋᐅᑦᑐᒃ ᐃᓱᒪᒃᑯᑦ ᓂᐊᕐᑯᖓ ᑎᒡᓗᒃᑕᐅᓗᓐᓂ, ᑮᓇᖓ, ᖁᖏᓯᓂᖓᓗᓐᓃᑦ, ᓇᒨᓇᒥᐊᖅ ᑎᒥᒃᑯᑦ ᐃᓱᒪᓇᖏᑐᒃᑯᑦ ᓂᐊᕐᑯᖓᓗ ᑐᐊᕕᖅᑐᒻᒥᒃ ᐅᐊᑕᐅᓗᓐᓂ. ᐃᓄᒡᓗᓃᑦ ᕿᒥᕐᓴᐅᒃᐸᑦ ᖃᓇᑕᖓᑕ ᐊᐅᖓ ᐃᖏᕋᔪᖕᓇᐃᕐᓗᓐᓂ.

ᑎᐊᓐᓇᐃᑐᖃᕋᓱᒋᒍᕕᑦ ᖃᓄᐃᓕᐅᕆᓇᐊᖃᖅᐱᑦ?

ᐃᖃᔪᖅᑎᓴᓴᒥᒃ ᕿᓂᓇᐊᖃᖅᐳᑎᑦ ᑎᐊᓐᓇᐃᑐᖃᕋᓱᒋᓐᓂᕈᕕᑦ ᐃᓄᓯᕐᓂ ᐊᐃᐸᓈᑦ ᐱᓂᕐᓗᒃᑕᖅᑐᒃ ᐊᒻᒪ ᖃᕋᓴᒃᑯᑦ ᐊᓐᓂᖅᓯᒪᓂᖅ (IPV TBI) ᐊᓐᓂᐊᖅᑕᐃᓕᑎᑦᓱᔭᑦ ᖃᐅᔨᒪᔪᖕᓇᕐᒪᑕ ᐃᑲᔪᕆᐊᖃᕐᓂᕐᒥᖕᓂᒃ ᐊᐃᐸᓈᑦ ᐋᓐᓂᖅᓯᕆᓇᕝᕕᒃᑐᑦ ᐊᒻᒪ ᖃᕋᓴᒃᑯᑦ ᐊᓐᓂᖅᓯᒪᓂᖅ ᐊᒻᒪ ᓱᓕ ᐊᓯᖏᓐᓂᒃ ᐊᓐᓂᕐᓂᑯᓐᓂᒃ ᐊᑐᒐᐅᒐᓂᓵᕐᓂᖓᓐᓂ. ᐊᑐᕐᓂᖅᐳᖅ ᐃᑲᔪᖅᑎᓴᓴᒥᒃ ᕿᓂᕐᓗᓐᓂ ᑐᐊᕕᖅᑐᒻᒥᒃ ᓂᐊᕐᑯᖑᕐᔪᐊᓕᕐᓂᕈᕕᑦ, ᑕᐅᑐᑦᓯᐊᕈᖕᓇᐃᕐᓂᕈᕕᑦ, ᕿᖅᓱᖅᑕᓕᕐᓂᕈᕕᑦ, ᑮᓇᒃᑯᑦ ᓂᐅᒃᑯᓪᓗ ᖃᐅᔨᒪᔪᖕᓇᐃᕐᓂᕈᕕᑦ, ᐅᖃᑎᐊᕈᖕᓇᐃᕐᓂᕈᕕᑦ, ᒥᕆᐊᖅᑕᓗᐊᓕᕐᓂᕈᕕᓪᓗ. ᐊᑑᑎᖃᒻᒪᕆᒃᐳᖅ ᐊᓐᓂᐊᑕᐃᓕᑎᑦᑎᔨᑦ ᐱᑕᖃᕆᐊᖃᕐᓂᖓᓐᓂᒃ ᐃᑲᔪᕈᖕᓇ ᖅᑐᓐᓂᒃ ᐊᐃᑉᐸᓈᑦ ᐱᓂᕐᓗᒃᑕᖅᑐᒃ ᐊᒻᒪ ᖃᕋᓴᒃᑯᑦ ᐊᓐᓂᖅᓯᒪᓂᖅ, ᓄᓇᕐᓯᖕᓂᓗᕙᕝ.

ᓯᓇᐅᕙᑦ ᐊᓐᓂᖅᓯᒪᕐᓗᓐᓂ ᐱᖃᑎᒌᑦ ᐱᓂᕐᓗᓐᓂᖕᒋᓐᓄᑦ ᐅᖓᑕᕐᓂᑯᑦ?

ᐃᓄᒃ ᑐᕆᓇᒐᐅᔭᕆᓇᐊᖃᖕᒋᓚᖅ (ᖃᐅᔨᒪᔪᖕᓇᐃᕐᓗᓐᓂ) ᖃᕋᓴᕐᒥᒍᑦ ᐊᓐᓂᖅᐸᑦ.
ᐅᑯᐊ ᖃᐅᔨᒪᔪᑕᐅᓯᖅᑐᑦ:

ᑎᒥᒃᑯᑦ	ᖃᕋᓴᒃᑯᑦ	ᖃᕋᓴᒃᑯᑦ ᖃᓄᐃᓕᐅᕈᓲᓪᓗ
ᓂᐅᕐᑯᖑᓗᓂ ᓱᒋᖑᓗᓂᓗᕙ	ᐃᓱᒪᑎᐊᕈᖕᓇᖕᒋᓐᓂᖅ	ᓄᒫᓱᓂᖅ
ᐅᐃᑉᔭᖑᓗᓐᓂ	ᑭᓱᒥᐊᓐᓂ ᐊᔪᕐᓗᓂ ᐋᕿᒃᓱᐃᓂᕐᒥᒃ	ᕐᑯᒃᓴᓱᖕᓂᖅ
ᒥᕆᐊᖑᓗᓐᓂ ᒥᕆᐊᖅᑕᕐᓗᓂᓗ	ᐊᐅᓚᔨᑎᐊᕈᖕᓇᐃᕐᓂᖅ	ᐃᒃᐱᒋᔭᓗᐊᕐᓂᖅ
ᑕᐅᑐᑎᐊᖕᒋᓗᓐᓂ	ᓄᑖᓐᓂ ᐃᓕᑎᓐᓂᖅ	ᕐᑯᕕᐊᓱᖕᒋᑕᕐᓂᖅ ᓂᖓᒃᑕᕐᓂᕐᓗ
ᖃᐅᒪᒃᓴᕐᓗᓐᓂ ᓂᐱᕐᑯᖅᑐᒃᖃᕐᓗᓂᓗ	ᐅᖃᔪᐃᖅᑕᕐᓂᖅ	ᓱᓂᓕᔪᐃᖅᑕᕐᓂᖅ
ᒪᑭᑕᕐᓱᐊᕐᓂᖅ ᐊᔪᕐᓗᓂ		
ᑕᖃᓴᕋᐃᓪᓗᓂ ᓄᑭᖃᖕᒋᓗᓂᓗ		
ᕐᑯᕐᑯᐊᖅᑐᒻᒥᒃ ᑐᓴᓗᓂ		

ᐃᓚᖏᑦ ᐃᓄᐃᑦ ᐱᓗᐊᕐᓂᖅᓴᐅᕙᖕᒪᑕ ᐊᐃᐸᓈᑦ ᐱᓂᕐᓗᒃᑕᖅᑐᒃ ᐊᒻᒪ ᖃᕋᓴᒃᑯᑦ ᐊᓐᓂᖅᓯᒪᓂᖅ ᓴᖏᓗᐊᕈᖕᓇᐃᖅᐸᒃᐳᑦ ᑕᓕᖏᑦ ᑕᐅᑐᑦᓯᐊᕈᖕᓇᐃᕐᓗᑎᒡᓗ ᐅᖃᕐᓂᕐᓗ ᐊᔪᓕᖅᓗᑎᒃ. ᐃᓚᖏᓪᓕ ᐊᐃᐸᓈᑦ ᐋᓐᓂᖅᓯᕙᒃᑐᑦ ᐊᒻᒪ ᖃᕋᓴᒃᑯᑦ ᐊᓐᓂᖅᓯᒪᓂᖅ ᐱᐊᓂᒃᑐᓐᓂᒃ ᐃᓱᒪᓕᖅᐸᒃᐳᑦ ᓱᓇᒃᑑᒪᑎᐊᕈᖕᓇᐃᕐᓗᑎᒃ ᐊᓐᓂᖅᓯᒪᓂᕐᒥᖕᓂᒃ ᖁᕕᐊᓱᖕᒋᑕᕐᓂᖅ ᐊᓐᓂᖅᓯᒪᓂᖅ, ᓄᓇᕐᓯᖕᓂᓗᕙᕝ.

ᖃᓄᖅ ᐊᑯᓂᐅᑎᒋᓂᐊᖅᐸ ᐱᐅᓯᓂᐊᕐᓗᓐᓂ?

ᐋᕿᒃᑕᐅᓂᐊᕐᓗᓐᓂ ᐱᐅᓯᓂᐊᕐᓗᓐᓂ ᑭᖑᓂᖕᒐᓐᓂ ᐱᖃᑎᑦᑎᑦ ᐱᓂᕐᓗᒃᑕᖅᑐᒃ ᐊᒻᒪ ᖃᓇᑕᒃᑯᑦ ᐊᓐᓂᖅᓯᒪᓂᖅ ᐊᓯᖏᓐᓂᒃ ᐱᔪᑎᒃᓴᖃᕈᓐᓇᖅᑐᖅ ᐊᓐᓂᕐᓯᒪᓂᐅᑉ, ᐊᖑᑕᐅᒃᐸᑦ ᐊᕐᓇᐅᒃᐸᓗᕙ, ᐊᓯᖏᓐᓂᒃ ᐊᖑᑕᖅᑕᕐᓂᖅᐸᑦ, ᐃᓱᒪᒥᒍᓪᓗ ᐊᓐᓂᐊᓚᐅᕐᓂᖅᐸᑦ, ᓯᓂᒍᓐᓇᐃᖅᓯᒪᓚᐅᕐᓂᖅᐸᑦ, ᐃᓱᒪᒥᒍᓪᓗ ᐊᓐᓂᐊᓚᐅᕐᓂᖅᐸᑦ ᐃᔅᓗᐊᖅᓴᐅᑎᑐᖅᑕᕐᓂᖅᐸᓪᓗ. ᐃᓚᖏᑦ ᐊᓐᓂᐊᕈᖕᓇᐃᖅᓯᒪᔪᑦ ᐱᐅᓂᖅᓴᐅᓕᖅᐸᒃᐳᑦ ᐱᓇᓱᐊᕈᓱᑦ ᐊᒥᓱᖏᑐᑦ ᑕᕐᕿᓪᓗ ᑭᓱᐊᓐᓂ ᐊᓯᖏᓪᓕ ᒥᐊᓂᓇᔭᐅᔭᓇᐊᖃᓕᖅᐸᒃᐳᑦ ᐃᑲᔪᐅᓗᑎᓪᓗ. ᐊᑑᑎᖃᖅᐳᖅ ᖃᐅᔨᒪᓗᓐᓂ ᐱᐅᓯᕙᓕᐊᓂᕐᒥᒃ ᐊᕋᒍᓐᓂᒃ ᐅᓄᖅᑐᓐᓂᒃ ᐱᓗᕿᓚᐅᕐᓂᐅᑉ ᑭᖑᓂᖕᒐᓐᓂ, ᐊᑯᓂᐅᖕᒋᑐᒻᒥᒃ ᐊᕿᒐᔭᖕᒋᑲᓗᐊᕐᓂᕈᕕᑦ ᒪᒥᓴᖅᑕᐅᓗᑎᓪᓗ.

ᐃᓄᓯᖃᕐᓗᓐᓂ ᐱᖃᑎᒌᑦ ᐱᓂᕐᓗᒃᑕᖅᑐᒃ ᐊᒻᒪ ᖃᕋᓴᒃᑯᑦ ᐊᓐᓂᖅᓯᒪᔪᑦ ᐊᔪᕐᓇᕐᓂᖅᓴᐅᓯᖅᐳᑦ ᐊᕿᒃᐸᓕᐊᓂᖅ ᐃᓱᒪᒃᑯᑦ, ᐊᔪᕐᓴᖅᓂᖅᓴᐅᐸᕐᓗᓂᓗ ᕿᒪᖕᓂᕐᒥᑦ ᐃᓱᒪᒃᑯᑦ ᐊᓐᓂᐊᕐᓂᕐᒥᑦ. ᐊᔪᕐᓇᖕᒋᐸᑦ, ᖃᓄᐃᓇᖕᒋᑐᒻᒧᑦ ᑕᖃᐃᖅᓯᕆᐊᖅᑐᕐᓂᖅᐳᑎᑦ.

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

ᑎᑎᕋᐅᔭᖕᑎᑦ – CommPassion Creative

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ᕿᑐᕋᓈᑦ ᐊᑐᕐᓂᓗᒃᑕᐅᔪᑦ ᓴᐳᓐᓂᐊᖅᑎᖓ
ᑲᖏᖅᑑᓐᓂᕐᒥ: (867) 645-2039

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

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

ᐊᑐᕐᓂᓗᒃᑕᐅᔪᖅ ᐊᒻᒪ ᖃᓇᑕᒃᑯᑦ ᐊᓐᓂᒐᐅᔪᑦ ᐃᑲᔪᕈᑎᖏ https://abitoolkit.ca

ᓯᕗᓪᓕᐅᐸᓗᑎᒃ ᐃᑲᔪᖅᐸᒃᑐᑦ ᐊᒻᒪ ᐊᓐᓂᐊᖅᑕᐃᓕᓂᕐᒥᒃ ᐱᓕᕆᐊᖃᖅᑐᑦ

ᐊᐃᐸᓈᑦ ᐊᓐᓂᖅᑕᐅᕙᒃᑐᒃ ᖃᓇᓴᒃᑯᑦ
ᐊᓐᓂᒐᐅᓂᕐᒥᒃ ᐃᓕᓐᓂᐊᕈᑏᑦ
(ᓯᕗᓪᓕᐅᐸᓗᑎᒃ ᐃᑲᔪᖅᐸᒃᑐᑦ ᕿᒪᕕᖕᓂᒃ
ᐱᓕᕆᖃᑎᖃᖅᑐᑦ ᐊᒻᒪ ᖃᕋᓴᒃᑯᑦ
ᐊᓐᓂᖅᑕᐅᓯᒪᔪᑦ ᐃᑲᔪᖅᑎᕆᑦ)
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ᐃᓱᒪᒃᑯᑦ ᐊᓐᓂᒐᐅᓂᕐᒥᒃ ᐃᓕᓐᓂᐊᕈᑏᑦ
(ᐊᓐᓂᐊᖅᑕᐃᓕᓂᕐᒥᒃ ᐱᓕᕆᐊᖃᖅᑐᓐᓄᑦ)
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ᑐᑭᓯᑲᓂᕐᕕᑦ:

ᐱᐊᕋᓱᑦ: www.parachute.ca

ᐋᓐᑎᐊᕆᐅᓪ ᖃᕋᓴᕐᒧᑦ ᐃᑲᔪᖅᑕᐅᕕᒃ:
www.onf.org