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**PAUKTUUTIT**  
INUIT WOMEN OF CANADA

Summer 2018

# Pauktuutit Inuit Women of Canada

## Resource Guide

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# Pauktuutit's Mandate

Pauktuutit is the national representative organization of Inuit women in Canada. We foster greater awareness of the needs of Inuit women, advocate for equality and social improvements, and encourage the full participation of Inuit women in their communities, regions and the national life of Canada.

## Vision

- Inuit women and families in safe, affordable and culturally relevant housing;
- every Inuit community to be able to respond to crisis and violence;
- happy, safe and healthy Inuit communities;
- Inuit women engaged at every political table that impacts them by building on relationships with government, other organizations, and communities;
- enhancing our youth advocacy;
- investing in childcare;
- showcasing Inuit women as proud and empowered;
- promoting and supporting Inuit women whether they live in urban centres or in Inuit Nunangat; and
- Inuit women in positions of leadership in both private and public sectors.



# Violence and Abuse Prevention

## Gender-Based Violence

### [National Inquiry on Missing and Murdered Indigenous Women and Girls](#)

This page has general information about the Inquiry and also includes links to Pauktuutit's Report on the Pre-Inquiry Consultation and the Strategic Plan for Inuit violence Prevention and Healing.

### [Pilimmaksarniq: Engaging Men and Boys in Reducing Violence Against Women and Girls](#)

This project is meant to increase awareness and to strengthen coping skills among Inuit men and boys in an effort to reduce gender-based violence within Inuit communities. The associated tool-kit linked here is a set of documents that provide the information necessary to begin a men's group.



# Violence and Abuse Prevention

## Residential Schools

### Virtual Quilt

The 'virtual quilt' is designed to give voice and expression to Inuit women's unique experiences and lasting impacts of Residential Schools as a national Residential Schools commemoration initiative.

### Virtual Quilt the Movie

### A Community Story

Pauktuutit in partnership with BluePrintForLife and the community of Kugaaruk, Nunavut, delivered a five-day intensive workshop that focused on Inuit adult survivors of Residential Schools and the intergenerational impacts of Residential Schools. The parallel streams of workshops were for adults and elders, ran by Pauktuutit, and for youth ages 14-21, run by BluePrintForLife. Both groups met together for the last two days.

### Taimainnut: An Introduction to Basic Counselling Skills

This booklet does not replace training and education. Rather, we hope it will assist women and men of all ages who find themselves involved in the lives of friends and family and who sometimes wish they had guidance in dealing with the problems that inevitably arise.



# Violence and Abuse Prevention

## Children & Youth

### Believe-Ask-Connect

A collection of resources to help people help others who are experiencing violence. You may have a relative, neighbour or co-worker experiencing violence and you don't know what to do or how to help. Here you will find posters with helpful words and suggestions, as well as video messages about violence and resilience. There is help and a brighter future.

Impact of Violence in the Home on Children Video

There is Help When you are Being Hurt Video

Thin Ice - Keeping Children Safe from Sexual Abuse Video

### The Hidden Face

A workshop on how to address the needs of child sexual abuse survivors.

### I'm Happy Because I'm Safe

The I'm Happy Because I'm Safe campaign has been developed to promote the protection of Inuit children and reduce the incidence of violence and child abuse.



# Violence and Abuse Prevention

## Children & Youth

[I'm Happy Because I'm Safe Continued](#)

[Online Safety for Kids 4-9 Factsheet](#)

[Online Safety for Kids 4-9 Video](#)

[Online Safety for Pre-Teens 10-12 Factsheet](#)

[Online Safety for Pre-Teens 10-12 Video](#)

[Online Safety for Teens 13-18 Factsheet](#)

[Online Safety for Teens 13-18 Video](#)

[Online Safety for Parents and Guardians Factsheet](#)

[Online Safety for Parents and Guardians Video](#)



# Health

## Sexual Health

### Tavva: National Inuit Sexual Health Strategy

The goal of Tavva is to advocate for meaningful Inuit involvement in the design, delivery and evaluation of culturally and linguistically appropriate awareness campaigns, community actions, prevention programs and health services that enable all Inuit to be sexually healthy throughout their lives.

### Ikajurniq: An Inuit Cascade of Care Framework for Sexually Transmitted & Blood Borne Infections

Ikajurniq – meaning “the act of helping” – is an Inuit-specific STBBI cascade of care that builds on the best practices in prevention and treatment of STBBIs in Canada. It recognizes both the particular challenges and the known enablers in reaching, testing and treating Inuit with STBBIs in Northern communities. The Inuit sexual health network believes that the cascades of care model can and should be applied in Inuit communities. By reaching and retaining more Inuit in the testing/diagnosis/treatment cycle, the burden of all STBBIs, including bacterial STBBIs, can be significantly reduced.





# Health

## Sexual Health

### Tukisiviit: Do You Understand?

Tukisiviit: Do You Understand? is intended to provide Inuit patients and caregivers, as well as health care professionals, plain language information in English and five major dialects of Inuktitut.

## Naturally Curious: Talking to Inuit Youth about Sexual Health

### Naturally Curious Resources

This projects aims to encourage Inuit adults and youth to learn more about sexual health and continue to normalize the conversation in their communities.

Facebook Page

Information Booklet

Presentation Guide



# Health

## Cancer

### Inuusinni Aqqusaaqtara – My Journey

My Journey has easy-to-read cancer information in English and regional dialects of Inuktitut for people with cancer, their caregivers and healthcare professionals. It gives information to people recently diagnosed with cancer to support them through their cancer journey. It is written especially for Inuit to understand cancer better and to make informed decisions. It will also help Inuit and healthcare professionals communicate with each other. The goal is to support Inuit people with cancer and improve their quality of life.

Book to Learn about Cancer

Personal Cancer Journal

### Kaggutiq Inuit Cancer Glossary

Kaggutiq contains helpful explanations of commonly used terms and procedures within the diagnosis and treatment of various forms of cancer.



# Health

## Hepatitis C

### National Aboriginal Hepatitis C Awareness Month

Pauktuutit Inuit Women of Canada, the Canadian Aboriginal AIDS Network, and Hepatitis Services, BC Centre for Disease Control have partnered on the National Aboriginal Hepatitis C Awareness Campaign. They have worked together to recognize the diversity and rights of Aboriginal Peoples regardless of residency, including the rights of Aboriginal Peoples to access and benefit from hepatitis C (HCV) prevention education and awareness, as well as related care, treatment and support to maintain a quality of life in a culturally appropriate manner.

I Feel Fine, Why Should I Get Tested? Poster

Tattooing and Piercing Safety Brochure

Women, Aging and Sexual Health Poster

Celebrate Life, Embrace the Changes Poster



# Social and Economic Development

## Urban Inuit Women

### Understanding the Needs of Urban Inuit Women

This research report analyzes why Inuit women move to urban areas from Inuit Nunangat, in addition to identifying the gaps in culturally-relevant services. Accompanying the research report are infographics which outline the 'push and pull' factors relating to the movement of Inuit women to urban areas, as well as urban-specific demographics (all major urban areas are included).

## Inuit Women in Business Network (IWBN)

### IWBN Mentorship Project

The final Mentorship project model is available in English and Inuktitut. This model includes the final model, facilitator's guide, and relevant resource presentations.

### IWBN Featured Profiles

We have published a variety of IWBN members' stories. Additionally, we have four testimonial videos featuring Network members.