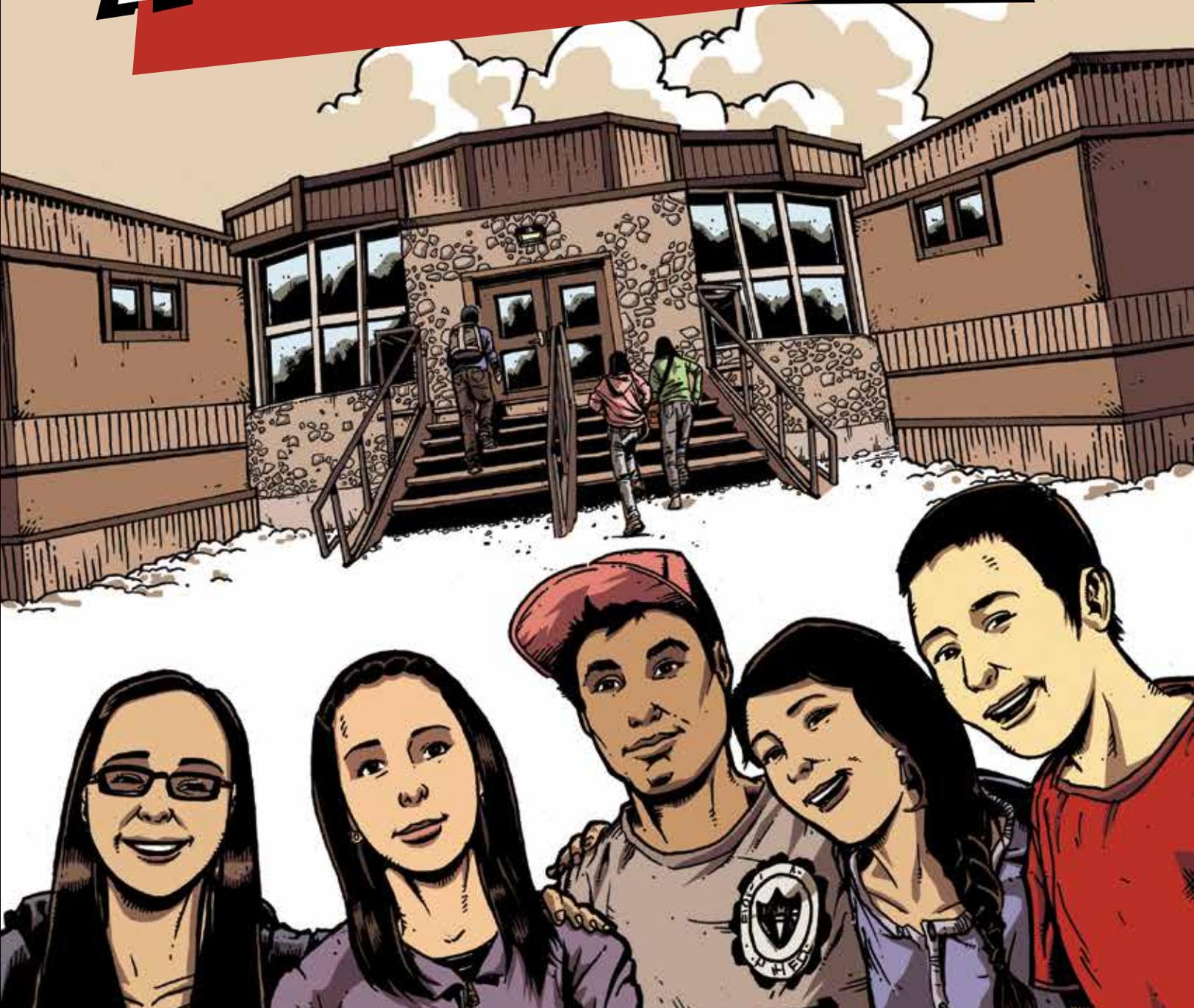


KITUNIGLIQAAK



Ilihaiyit Ikayuutihait Makpiraangnga

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Ilihaiyit Ikayuutihait Makpiraangnga



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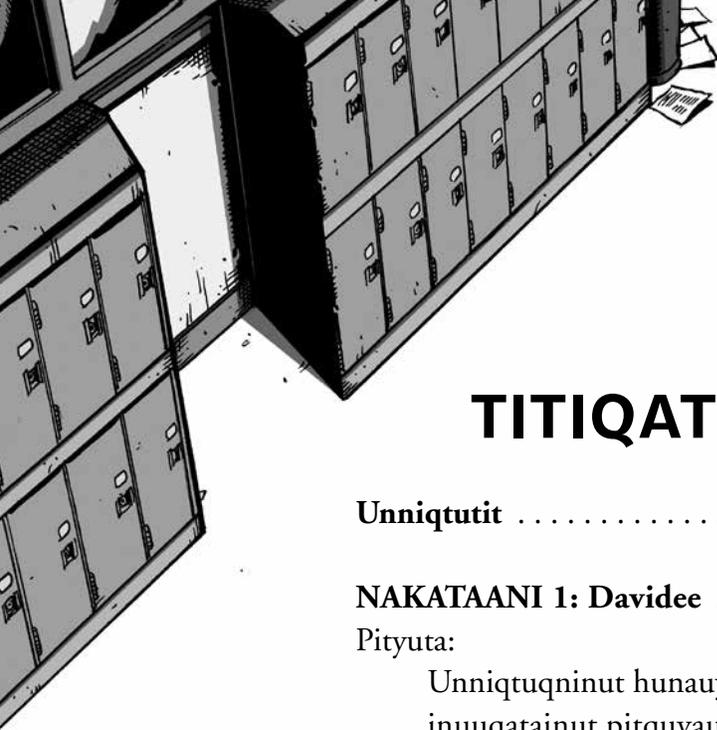
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Una piqaqnia pinguqtauhimayuq kiinauyakhainit tuniyaunit tapkunanga Aaniaqaqngittuligiyyikkut
Kanatami tapkunangalu Inungnut Aaniaqtailiniq Haavktit Kanatami.

Titigaqtauuyq Kanatami

Makpigaliurtat Kavamatkut Nunavut.



TITIQTAT HUNAUYANGI

Unniqtutit iv

NAKATAANI 1: Davidee 1

Pityuta:

Unniqtuqninut hunauyangit tapkuat ihumagiyauyut inuuqatainut pitquyauvaknit qanuqlu aktuaniqagiangit ivaniqmun pitquhit. Kangiqhimayangit nakuunit taphuma nakuuyumik piqatigikniq.

NAKATAANI 2: Jessie 12

Pityuta:

Kangiqhimedia atuqpiaqnia utaqivallirniq ivaniqmut huliniqmik tuhaumatitnilu piqatigiyat ivaniqmutlu piqatigilaqtat.

NAKATAANI 3: Michael 24

Pityuta:

Ilitnirik tapkuninga pityutit hanmiyai angutit angutihiurtit, aqnait aqnaqhiurtit, tamatkiknik pittagtut, apiqhuqnilu inuit. Atugahuaqtitnit naamagiyauuni upiginitlu tamaita inuit, qanugitkaluaqtitlugit piqatigittaqtai ivaqattarniqmun.

NAKATAANI 4: Annie 31

Pityuta:

Hatqiqtitnirik atuqpiaqtut tuhagakhat piplugit hingaiyanguqtailiniq ivaniqmutlu tunittaqnit aaniagutit.

NAKATAANI 5: Tamaita 47

Pityuta:

Naunaiqni tapkuat inuit, inait, piqaqnitlu ikayuqtikhaqhiuqvikhat.



Unniqtutit

Unipkauhit

Ukiakhangani 2010, tapkuat Aaniaqaqnanngittuliqiyikkut tapkuatlu Ilinniartuliqiyikkut ikayuqtigiktut akhuqyumininut atuqniqpat aaniaqtailiniqmun atugahuaqunit tuhagakhat atuqtaulat pivaliatitninut tapkuat Aulajaaqtut ilihaityutikhat puqtuniliknut 7 tikitlugu 9. Atuqtitlugit tapkuat uqauhiunit, ivaniqmun aaniaqtailiniq naunaiqtauyuyq hivulliutyaqninut pityuta tapkunanga tamatkiknit ilihaityutikhat aaniaqtailiniqmutlu atugahauqtitnit piiplugit. Tamna ihumaginia tapununga ivaniqmun aaniaqtailiniq takuyakhat unikalit pihimayuyq ayyikkutapyanit havanguyuyq Nunatsiaqmi, atuliqtauplunilu Nunavutmun piplugit tamatkiumakhinit, amihunit-pinahuaqnit pityuhia. Tapkuatitungittuq atuqtauvaktutuqanut ivaniqmun ilihautit pitquhit, unipkaliuqhimayuyq-piplugu hanayauyuyq pinahualaqnit allatqit atatyutilat ivaniqmun aaniaqtailiniq pityutit pihimayut atuinaqninut, tuhaqniqtut, alianaqtutlu.

Ivaniqmun Aaniaqtailiniq Nunavutmi

Nunavut atuinaqtuq piqaqni amihuqpiarnik amigaitnit ivaniqmun nutittarnit aaniagutit (STI-ngit), tahapkuatut chlamydia tamnalugu gonorrhea. Ilagiplugitlu, tapkuat qangahaq puqtuhivallianit piyauhimanit syphilis naunaigutauyut piyaqaqninut nakuutqiyamik aaniaqtailiniq atugahuaqunit tahapkununga hivuganaittumik ivaniq tapkuatlu STI-ngit. STI-ngit pihimayai 75 pusauyut tuhaqhitauttaqnit aaniagutit tahamani nunatagaayumi, amihuniqhatlu pityutit atuqpaktut inuuhuktuni inungni ukiulgit 15 tikitlugu 24. Ilagiplugitlu puqtunilipat amigaitnit aaniagutit, tahapkuat pitquhit pityutauyut nakungittumun ivaniqmun aaniaqtailinit qanugitni tahapkunani inuuhuktuni Nunavummiut:

- Nunavummiut atulaqniqhaulguqtut ivaniqmun pitquyaunit ukiukitlutik (ivaniq hivulliqlik ukiuqaqhuni 13-nik tunganiluniit) (Freeman 2012).
- Amigaitqiyat ilihaqtit piqtunilikni 9 tamnalugu 10 ivaqattaliqpaktut Nunavutmi nunaqyuaqmiunganit (Freeman 2012).
- Nunavummiut tuhaqhitaiyut amihuniqhanik amigaitnit aqnaquttit hingaiyaunit (Statistics Canada 2012).

Ivaniqmun Aaniaqtailiniq Ilihautiginin Nunavutmi

Tamna 2003-mi naunaiyainiq ivaniqmun aaniaqtailiniqmut ihumagiyaunit pitquhitlu Nunavutmi naunaiqtai tapkuat 67 pusauyut inuuhuktut naunayqtaunit ihumagiyat ivaniqmut aaniaqtailiniqmun iliharniq pihimayai naamangittut (Cole 2003). Inuuhuktut pinahuaqtut ilagiit havaktat tapkunanga Aaniaqarnangittuliyikkut uqaqtai inuuhuktut piyumayut tuhaqhitaavaligumaninut ivaniqmut aaniaqtailiniq tapkuatlu ilihavikni havagutit pitaqvikkumayat inikha uumunga iliharniqmik (Youth Voices 2013).

Pivaliatitnit Kitunigliqaak

Pivaliatitnit ivaniqmun aaniaqtailiniq iliharniq piqaqnit, tapkuat Aaniaqarnangittuliyikkut naunaiqtuqattartai tapkuat hivuligutit nakuuniqpaniklu pitquhit hatqiqititai tapkuat Kanatamiuni Katimayiqyuat Ivaniqmun Aaniaqtailiniq, tapkuat Kanatamiuni Hivuligutit Ivaniqmun Aaniaqtailiniqmun Iliharniq tapkunanga Inungnut Aaniaqtailiniqmut Havaktit Kanatami, tapkuatlu Nunavut-piplugit naunaiyainiq ivaniqmun aaniaqtailiniq.

Piplugit tahapkuat ahiilu piqaqviunit, *Kitunigliqaak* pihimayai tahapkuat atuqpiartut maliktakhat:

1. *Kitunigliqaak* ikayuqniat ilihavikni ilihaiyinuut ilihainit inuuhuktunik ivaniqmut aaniaqtailiniqmik aaniaqtailiniqmutlu niguagakhanik.
 - Ilihavit hunniunaittut ilagiyat nakuuniqpat atuqnit piqaqtitninut ivaniqmut aaniaqtailiniqmik ilihimanit inuuhuktut.
 - Pilaqnit ilihimanit piyaqaqpiartut inuuhuktunut piyanginik nakuuyumik niguaqhinit.
2. *Kitunigliqaak* hanahimayuuq-tahamani-Nunavutmi ivaniqmut aaniaqtailiniq iliharniq piqaqnit piyainik atuqpiartut ivaniqmun aaniaqtailinit pityutit, ilautitlugit nakuuyumik piqatigiknit, angutaunit aqnaunit naunaiqni, STI-ngit, qanuqlu imiqluk aktualaqnit ihumaliurniq.
 - Hanalgut hanayauyuq tapkunangat Nunavummiut, itilitquhiqnut tugangayuq, takuminaqtuqlu pilagutigivalliqtai atuttiaqnik nakuuyumik ilihautiginin atuqtakhat ivaniqmun aaniaqtailiniq.

Tapkuat ilagiyait tapkuat *Kitunigliqaak* pivaliatitauhimayut tapkunanga Nunavutmingaqhimayut titigaqtit tiliugayut tapkunanga Ilinniartuliyikkut havaktinit. Tamna pityuhia ilaqaqmiyuqtauq pinahuaqnit ilagiit inuuhuktunut, Nunavut tugaqnit piksanut, kipuktaqnitlu tamaitnut hitamat atuqtauyalgit uqauhiit.

Taiguaqniahaqlugit Kitunigliqaak

Una ilagiyat nakuuniqpaq ilihautiginia pivikhaqaqaqlutit ilihimaliqni ilihautiyatit. Ilai ilihaqtut ihumagilaqtat pityutaunia ivaniqmun aaniaqtailiniq ayuqnagutaunia uqauhigiyakhaq, taimaittumiklu nakuuniqpaq atuqtitnia ilihaqtut hugitluaguiqatyuk ilihagatigini ilikniklu ilihaiyigiyautitlutit.

- Unnirtuqlugu *Kitunigliqaak*, uqautilugit tapkuat ilihaqtut tamna *Kitunigliqaak* pivaliatitauhimayuq tahamangat Nunavutmingaqtumit titigaqtauyuk tiliugutiqaqhuni Nunavummiutnit inuuhuktunit, Nunavut takuyakhat piksat, kipuktitauplunilu tamaitnut hitamat atuqtauyalgit uqauhiit.
- Apigilugit ilihaqtut hunanik ilihimayagigiakhaitnik ivaniqmun aaniaqtailiniqmik uqaqatigiliqplugit. Una nakuuyumik pityutaulaq kangiqhivalligianganut tapkuat ilihaqtut hivuagut kangiqhimanit ivaniqmun aaniaqtailiniqmun pityutitut. Ilanga ihumagiyaq piyanga una pipkaqni ilihaqtut pinguqtitni kangiqhimatyutitut nunauyaliurniq (ihumamun nunauyaq). Pinguqtittangani tamna ihumamun nunauyaq ivaniqmun aaniaqtailiniqmik, tiliurlugit ilihaqtut titigaqninik tapkuat tukungit “ivaniqmun aaniaqtailiniq” qitqanut alilayumut titigaqpallialugitlu tahamna avataa makpigap taiguhiqniktugangayunik ivaniqmun aaniaqtailiniqmik. Una nakuuyuk naunaiyutaunia qanugittangit hivuagut ilihimanit.
- Unnirtuqlugu tapmna pityut ivaniqmun aaniaqtailiniq ilihavigiyaqni pipkaqlugit ilihautiyatit qungiaqniat tamna *Kitunigliqaak* documentary. Una qungiaq pipkaqtai ilihaqtut unipkautainik tuhagakhat hanayaunianik *Kitunigliqaak*, takukhaupkaqhugit Nunavummiut inuuhuktut uqaqatigiknit ivaniqmun aaniaqtailiniqmut pityutit tamnalul *Kitunigliqaak* ilikkut. Nakuqpiartuq tunngahautikhanik, takupkaqhugit ilihaqtut naamaknianik uqauhiginit tahapkuat pityutit hanmiyait tamaita Nunavummiut.

Taiguaqlugit Kitunigliqaak Tamatkiqharlugit

Hivulliqmik, taiguaqlugu *Kitunigliqaak* nungukhaqlugu pitquplugit ilihaqtut tuhaqnit tamaita tuhagakhat piniahaqlugit tainiit pityutaunita ilangit ihumagiyaunitluniit. Ilihaqtut pinahualat, tiliuqlugitluniit qaphit ilihaqtut uuktuqninik qinamikluqak talvangat *Kitunigliqaak* taigualatlu nipituyumik atuni atuqtakhait kinaunit uqauhigiyait titiqanit.

Taiguaqlugit Kitunigliqaak Atauhiqtarlugit Taiguat Kingutqiktaqlugit

Kitunigliqaak aviktuqhimayut taiguakhanut. Taiguphaqlugu *Kitunigliqaak*, nutqaqtitlugu taiguarniit atuni taiguakhat nunguttangata uqauhigiyakhait tapkuat ilihaqtut ihumaginit ilihagatikmingnut.

Una piqarniq aviktuqhimayut atuniqtitninut, atunilu thapkuat maliktai ilait pitquhit unipkauhinut. Atuniquhimanit piqaqtut qaphinik uqaqahiutigiyakhat apiqutit huliniitlu tugangayut tapkununga pityutit ilitquhit hanmiyayut talvani *Kitunigliqaak*. Tahapkuat iliyaulat pityutai ilitpaliqviuttaqnikhainut tapkuat pityutauvalliqlit. Naunaipkutagiplugit, pitquhia Annie unipkauhialu piqataunit tapkununga atuniqninut piplugit STI-nut hinagiyauniqmutlu.

Ilagiagutit Tuhaqhittit Ilihaiyinut

Itqaumalugit tapkuat ilihaqtut ilitapnit allatqinut pitquhi nigiuilaitavutlu tamaita ilihaqtut kiuniaqnit ayyikkiktumik taihimayunut ilihaiyutaunit atugakhaliat. Ila allatqit ilitnirnut pitquhit qanugitni apquhalaqtatit ilalgit tuhaaniqmun, tautuknirmun, aktuanirmun, ihumaliurtitnahuarniqmutlu. Atuqpiartuq itqaumanit piyaqaqnitit atuqpalianinik tahapkuat hunat piplugit ilihagaitigininut puqtunit ilihautiyavit.

Titiquqhimayut ataani ilia atuqguminaqtut ilitauninut atugakhaliat ikayulaqtukhat ilihaqtunut ayuqharniqhanut ilitnahuarniqmun, takupkaqlugitluniit ilia ayurnaqlit upluq tamaat ilihavikni havakhait. Ilihaqtut, ilihaiyit, angayuqatlu havaqatigigialgit nakuuniqhamik ilihagutit ilitquplugit pilaqninut pingutitainilu nakuuyumik, hanattiarniqmik, aniguittiaqplugit ilihavikni atuqpaktainut.

Ihuaqhaqhimayumik pipkaqlugit tamaitnut takuyauninik ilihautiginiahaqlugit:

- Piqaqtitlugit uqauiqmun titigaqhimayuniklu tiliuqnit.
- Pingutitlugit atuqattagakhait pilaqtitni ilihagutit naunaiyaqnit kangiqhimani ilihagatimignut.
- Piqaqtitaqlugit utiqtarviginit atuqpiartut havakhait.

Aatulilaqnit ihumagiyakhat piyakhaitnut, havanguyut, uuktutayutlu:

- Nailigiaqlugit piyakhait aviklugitluniit piyakhait ilakhaitnut.
- Piqaqtitni uigugaqnit pivikhai iniqtiqninut piyakhait.
- Piqaqtitni ilagiqni pivikhait taiguaqninut piyakhainik.
- Piqaqtitni ikayugutit titigaqninut tuhaqpaliayat piyaqaqni.
- Atugutit inuuqatit ikayugutit uqauiyiginitlu.

Tuhaqvikhat:

Cole, M. (2003). Youth sexual health in Nunavut: a needs-based survey of knowledge, attitudes and behaviour.

Freeman, J., King, M., Briand, P., and Pickett, W. (2012). Health and Health-Related Behaviours among Young People: Nunavut.

Statistics Canada (2012a). Pregnancy outcomes, by age group, Canada, provinces and territories 2001 to 2005; Table 106-9002.

Government of Nunavut (2013). Youth Voices on Sexual Health: Nunavut.



ILIHAIYINUT PIQAQKIT NAUNAIPKUTAT ***KITUNIGLIQAAK***

NAKATAANI 1: DAVIDEE

Ilihaiyimut Tuhaqhit

Ihulitniani atuqni ilihaityutit, takuniaqtatit titiqat uqauhiuyunut apiqutit. Niguagakhaqalaqtutit atuqninik tapkuat piplugit:

- Piqatigipkqlugit ilihagtut tamatkiqlugit ilihagtigit uqauhigininik;
- Atuqlugit tuniyakhat ilihagtunut kiuninik inmingnut piqatiqaqlutikluniit; tamnaluniit
- Tunilugit ilihagtut kiutqunit atauhiqmik malguknikluniit apiqutinik titigaqlugit unipkaliugaqnut.

Tuniyakhat tukliinut malguk atuqtaulak piqaqtitauyut nunguani atuni ilihaityutit.

Pityuta

Unniqtuqninut hunauyangit tapkuat ihumagiyauyut inuuqatainut pitquyauvaknit qanuqlu aktuaniqagiangit ivaniqmun pitquhit.

Kangiqhimayangit nakuunit taphuma nakuuyumik piqatigikniq.

Ikaqnikha

1½ tikitlugu 2 ikagat

Tuniyakhat

1. Piqatigiknit
2. Itqaityutit Apiqutit
3. Titigaqtat Kiutyutit



Pityuhit

Ilanga I: Ukiuqatigit Pitquinit

Unniqtutit: 15 minitsit

- Unniutilugit ilihaqtut tapkuat hivulliit ilagiyat uuma ilihaiyutit pihimayai ihumagiyaunit inuuqatiginut pitquyauttarniit.
- Titigaqlugit tahapkuat tukiliugutit talvunga akitnarmi titigaqvikmun apigilutitlu ikayutukhamik taiguarninut ilihqatimingnut:
 - o **Inuuqatigit:** Inuuqatigit inuit ukiuqatigipaktut ayyikiipyaktuniklu atuqhimaniigit inuuhilgitlunit.
- Tukliani, pipkaqlugit ilihaqtut havaqatigikni ilagiktitlugit hitamauttaqlugit ihumaliugianganik tukiliugutitut inuuqatigiknit pitquittaqninut, apigilugitlu uuktuqtukhanik atuqqatigiknirmun tukiliugutimingnik ilihqatimingnut. Titigaqlugit atuqniqpat unniqnit tapkunanga tukiliugutit akitnarmi titigaqvikmun alilayuquyuamiluniit titigaqvikmun.
- Titigaqlugit tahapkuat tukiliugutini tukiliugutit akitnarmi titigaqvikmun alilayuquyuamiluniit titigaqvikmun:
 - o **Inuuqatigit pitquinit** tamna inuliquutinut pitquinit ilagiyainit inuup inuuqatiminit ilaitnut huliniqnut, atuliquininut ilia pinnagiyaunit, ahiiluniit malikhaquninut pinahuaqhugit namagiquyauninut.
- Uqautilugit ilihaqtut: “Ayuqnaitniqhamik unniqninik, ukiuqatigit pitquinittamna pitquinigiyat ilannaqit inuitlu ilihimayatit pipkaiyut hunamik piyumangitaqnik (piyumalingitaqnikluniit), taphumingatut ivaniqmik. Piquqtuq pingahunik allatqinik qanugittunit inuuqatigit pitquininik.”
- Titigaqlugit tahapkuat naunaipkutut akitnarmi titigaqvikmun alilayuquyuamiluniit titigaqvikmun:
 - o Naunaittuq inuuqatigit pitquinit, tahapkuatut: “Tamaqmik piliqtat—piyukhauyutitlu.”
 - o Ulamniqhaiyut inuuqatigit pitquinit, tahapkuatut: “Ivahimaittutit, kangiqhimangittutit.”
 - o Tiliugiyut inuuqatigit pitquinit, tahapkuatut: “Piniaqtutit nagligigukma.”

Davidee Uqauhigi: 10 minitsit

- Unniutilugit ilihaqtut tapkunani *Kitunigliqaak*, Davidee akhut aktuayauyuq inuuqatigiyaminit pitquyaunit ilannamingnit ivaniqmun. Ilaali, inuuqatiginit pitquyaunit pityutauniqpanguyunaqhiyuq amihuniqhanit inuuhuktunit piqatauninut ivavakninut piyumaliqtitnagit.
- Atuqtitlugu ilihaqatigit uqaqatigikni piplugit tahapkuat apiqutit:
 1. Kia pitquqpiaqta Davidee ivayakhanik?
 - o Kiutyut: Ilaita ilannai ilihaqvikmin.
 2. Hungmat pinahuaquyaulguqa?
 - o Kiutyut: Ihumapluni kihimipituligiame ilannaminit pihimaittanganik.
 - o Kiutyut: Ayyikkuhiutiyumagami.
 3. Qanuq una aktuava piqatigiknianut aqnautiminut, Jessiemun?
 - o Kiutyut: Una ihuittumik aktuanilik piqatigiknianut. Paatiqtuni, Davidee pipikaqta Jessie tunngatingitnianik hangani ilannaqmi pitquqpiaqhugu ivaniqmik.
 - o Kiutyut: Jessie ningaktuq naluliqhunilu ilitquhianik.
 4. Qauqtut aktuava pilagahuginianut?
 - o Kiutyut: Nakuungittumik. Davidee piyumayuq ilannaqmitut ayyikkuhiqninik, kihimik ihumaaluktuq piqatigiyamnik Jessiemik, qanugiliugiakhaq naluliqhunilu.
 5. Qanuqtut aktuavait huliniit?
 - o Kiutyut: Ilaali, Davidee ningaktuq hatqiqtiliqhugulu timiminut atuqtitlugu ilihaqvikmi haakiqtut ulapqiniani.

Ilagit Havaknit Hatqiqtitailu: 20–30 minitsit

- Unniqtutilugit ilihaqtut atuqtaulauqpaknia inuuhuktunut ikpiguhuknit pitquyauninut ivaniqmik. Uqautilugit, “Ilaani ikpiknaqtuyalaq tamaitnit pitquiqpiaqnit ivatquyauplutit: ilannatit, angutautit aqnautitluniit, qungianit, TV-mitluniit. Kihimik ihumamiqtutit ivayumaguvit, naamaktuqlu uqallagiami ‘imannaq.’”
- Aviklugit tapkuat ilihaqatigit ilagiinut hatamauttaqlugit.

- Atuni ilagiit uqaqatigiktukhat inuuqatiginin pitquyauninut tamatkiumalutik pinahuaqni pingahunik kiutyutikhanik qanuqluniit hugiaguhikhanik inuuqatigit pitquininut.
- Apigilugit atuni ilagiit hatqiqtitininik kiutyutimingnik ilihaqatigiinut.
- Hatqiqtititaqata, pipkaqlugit ilihaqtut kiuninik kitutliqak kiuyaungitgut apiqutit.

Ilanga 2: Nakuuyumik Piqatigiknit

Unniqtutit Uqauhiunitlu Apiqutit: 15–20 minitsit

- Uqautilugit ilihaqtut tapkuat huliniit pibahuaqniat nakuuyumik piqatigikniqmik, Ilautitlugit ilannagiknit nakuuyumiklu ayyikkuhiqtakhatqiktut inuit.
- Apigilugit uqauhigilugitlu tahapkuat apiqutit:
 1. Qanuq tamna piqatigiknia Davidee pihimania taphumunga Sam allauva taphumunga piqatigiknia ahiinut ilannainut?
 - o Kiutyut: Piplugu Sam angayukhiukmat atuqhimayukhaukmatlu taimattauq atuliqtanut, qanugiliulaq nakuuyumik ayyikkuhigakhatqiknia taphumunga Davideemun.
 - o Kiutyut: Sam pipkalaqta Davidee amihunik nakuuyunik uqautinia piqatigikninut taphumunga Jessiemik.
 2. Hunamik uqautivauk Sam taphumunga Davideemun piqatigiknianik tamna Jessie?
 - o Kiutyut: Sam uqautiya Davidee nagligiyanga Jessie, upigiyaqaqta.
 3. Qanuq upiguhukniq tukiqaqpa nakuuyumik piqatigikniqmik?
 - o Kiutyut: Kangiqhimaqatigikniq atuni kiklilittautainik (ilautitlugit ivaniqmun kiklilittautit)
 - o Kiutyut: Ikayuqtuiniq atuni nakuuyuni atugangat nakuungittunilu
 - o Kiutyut: Iquqattangitlutik inmingnut (uqauhigilugit hatqiumayumik qanuqtut ihumayakhaq)
 - o Kiutyut: Ukpighuutiniq
 - o Kiutyut: Uqaqatigilarniq iqhihimaittumik qanuq ihumagiyauniagiakhaq
 4. Qanuqlu ahiinik uqauyilaqa Sam taphumunga Davideemun?
 5. Pinahuaqlugit uqauhiit, tahapkuatut:
 - o Kiutyut: “Ivaniq piyakhaungittuq ‘anigutikaphuknikhaq.’”

- o Kiutyut: “Piinagianingitkuvit uqauhiginiani, piinagianingittutit.”
 - o Kiutyut: “Upiguhuutiniq inmingnut pihimapkagahuarniqlu atuni aaniaqtailiniqmik hivuganaitniqmiklu.”
6. Qanuqtut tamna Sam nakuuva angutitut ayyikkuhigakhatqikpa taphumunga Davideemun?
- o Kiutyut: Sam uqalartuq hatqiumayumik taphumunga Davideemun ivaniqmik piqatigiknianiklu Jessiemik.
 - o Kiutyut: Ayyikutagingitai ahii ilannait, Sam ilihautiya Davidee upiginianik Jessie qanuqtutlu ihuaqhihimanikhat nakuuyumik alianaqtumiklu piqatigiknit.
 - o Kiutyut: Sam ayyikkuagingitai atuqtauvaknit angutit pikaphugumayut “piyanganik” hugingitailu piqatimik ikpigiyainik.

Ilgit Havaknit Hatqiqtitailu: 15–20 minitsit

Atulaq Aungiakhaq: <https://www.youtube.com/watch?v=XQrGxoUxRUc>
 What’s Your Relationship Reality?

Ilihaiyumun Tuhahit: Una qungiaq piyaulaq piqatiginut is available on the accompanying *Kitunigliqaak* DVD qungiaq. Tamna qungiaq piyuq ilagiinik inuuhuktut qanuqlu ihumayangit piqatigikniqmum, nagliguhukniq, ivaniqmiklu. Naalaklugit qanuq uqauhikhait taphumunga Facebook titigaqtautiniqlu, avittarniq, why somhungmatlu ilia inuuhuktut pivakni nakuungittunik piqatigikniqnut, ahiiilu.

- Uqauhigilgaqlugit apiqutit qulaanittut tamnalu (augumakpat) Qanngiaqnia tamna YouTube qungiaq piqatigiplugit ilihaqtut, titigaqlugit tahapkuat tallimat qanugitnit akitnarmi titigaqvikmun alilayuquyamutluniit titigaqvikmun apigilugitlu ilagiit unniqtuqninik. Atuqlugit uqauhiit pinahuaqqaklugit pinguqtitninik ilagiit tukiliugutai:
 - o Upiguhukniq
 - o Havagittiarnit
 - o Kangiqhimaniq
 - o Pinahuarnit
 - o Nagliguhukniq

Unniqtutit:

Upiguhukniq: Upiguhukniq tukilik naalagutiniq, pinnaginit atuni ihumagiyarnut, naalakniqlu hukhaqhiugutaittumik pipluni. Upiguhukniq ilaqaqmiyurtauq pinahuartaqnit kangiqhimanahuarni ilitturhaqnitlu ahiita ikpigiyait.

Piyaqaqtunut: Havattiartaqniq tukilik ahigiyatit utaqilaqnit piyakhanut iliknik—piniarniqnik havaginianitit pilarnititlu ilihimaniqtit ihuurtunut ihuittunutlu.

Kangiqhimaniiq: Kangiqhimaniiq tukilik ilihimanit taphuminga inungmik, hunamik tamna piyumayuq piyaliklu, qanuqlu ihumayanga. Tukilik ilvit pilaqnit ahivit ikpigiyainik ihumaginilu qanuqtut inuuhiq piyanga ahiknit ihumagiyauunit.

Pinahuarniiq: Pinahuarniiq piqatigikniqmun tukilik ilvit akhut havakpaknit takukhaupkaqni upiguhuknit, nagliguhuknit, pinahuaraqpaknit piplugit ahitit.

Nagliguhukniq: Nagliguhukniq tukilik ihumaluguhukpakniq pinahuaraqpakniqlu ahivit inuup ikpigiyainut, piyaqaqnit, piyumanitlu, hunatlu nakuuniqhayangi taphumunga inungmut. Tukilik nagliguhukniq nakuuginialuniit tamna inuk piqatittumianialu tamnalut/tamnaluniit naalaknia tamna.

- Unniqturlugit ilihaqatigiinut tapkuat nakuuniqpat piqatigiknit, tukilgit piqatigiknit ilannagit, angayuqat, ilihaiyit, piqatigivaktatit piqannaatit, ahiilu qanugitnit tamatkiknit inuit piqatauyut tamaitni tahapkuat qanugitninit.
- Aviklugit tapkuat ilihaqatigit ilagiktitlugit hitamanut.
- Pitqulugit atuni ilagit atauhiqmik tapkunangat tallimat qanugitnit titigaqhimayut qulaani.
- Tuniuqaqlugu **Tuniyakhat 1: Piqatigikniit**, tapkuat unniqtuqtai allatqit ihumagiyat piqatigikniit-piqatiginit angayuqat, ilannait, piqannagiyamut piqatigiyaq.
- Unniutilugit tapkuat ilagit pinguqtitniaqta malguk naunaipkutak hunanut inuuhuktut tapkununga tuniyakhat takukhaultaqtai tapkuat pitqunit nakuunit.
- Iniqata, atuni ilagit tuhaqhitautiginiaqta naunairtaqtik

Uqaqatigikniq Apikutit/Tuniyakhat/Titigaqтанut Kiutyut: 10 minitsit

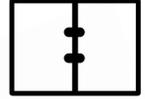
1. Unniqtuqlugu piqatigiyat inuuhiqni aliahugutigiyat ihumaginiqnut. Hunat pipkagutauvat piqatigiyaqnut nakuuninik? Una ilaqalaq ilihartup piqatiginin tapkununga angayuqamik, ahianik ilaguhimik, ilihaiyimik, ilannaqmik, uqauyiyikmik, ahiilu. Kiutyutaini, ilihaqtut atulaqtai uqauhiit tapkuatut:
 - o Uqaqatigiyuminaqtut.
 - o Nakuugipkaqtigiyatka uvamnik.
 - o Ikayuqtanga piyaqaligangat ikayugahuanginnaqhutiklu uvamnik.
 - o Ilitquhimnik atulaqtunga piqatigiyaqngapkit aqliguhuktitangettut uvamnik tapkununga.
 - o Aliahuktugut piqatigigiami.
2. Unniqtuqlugu piqatigikniq inuuhiqni nakuuhivaligumayat. Huna piplugu tamna piqatigikniq ayuqngutauva iliknut? Hulivalliq, una ilaqalaq ilitaqtup piqatigikni piplugit kitutliqak tapkuat qanugittuni inuit taiyauyut hivuani apikutmi. Kiutyutaini, ilihaqtut atulaqtai uqauhiit tapkuatut:
 - o Ihumayunga upigiyigingitatka.
 - o Ilaani ihumavaktunga naalayuitannga uqallagangama.
 - o Quviagittiaguiqtitannga uvamnik.
 - o Ihumayungapiyaqngaaallamikpitquhiqaqlungapiqatigiyaqngapkit.
 - o Ihumayungaikayuqtigilaitatkapiyaqaligumaikayuqtauyaqaqniqmik.

3. Qanuqtut ihumalaqit angayuqatit munaqtititluniit kangiqhimangitpatit, pivigilaitkuknilunit tamna inuk? Qanuq pilaqit pilutitluniit taphuminga piqatigininut? Una ayurnaqtuq apiqutaunia, piplugit amihut inuuhuktut ihumayut angayuqangi munaqtitluniit kangiqhimayingitai iniqpalliatitlugit. Ilai uqauyinit nakuuhivalliqninut piqatigiknit tapkuangulat:
- o Uqaqatigilugit angayuqatit hunanut atuqpalianinut inuuhiqni. Hatqiumanahuagit uqauhigilugitlu ihumagiyatit.
 - o Apigilugit qanugiliugiakhait inuuhiini. Tamaita nakuuyut piqatiginut piyalgit tamatkiknit upiguhutinit.
 - o Piqatigiknit aliahukqatigiknit inmingnut pinahauqnik hakugiknitlu.
4. Qanuq ihumavit taphuminga ilannait upigingitpatit, ilannaqmikluniit hukhagittiangitpagu ilannaqgikniqhi? Atulaqtut kiutyutit ilaqqalat:
- o Ukpigittiangitnia
 - o Ningakniq
 - o Hugiyaungitniq kanguktitauniqluniit
 - o Ingumakniq



Tuniyakhat 1

Piqatigiknit



Atia:

Uplua:

Titiqlugu tamna piqatigikniqmun qanugitnia havagitquyauyuq havaqatigiyaqnut:

UPIGUHUKNIQ

KANGIQHIMANIQ

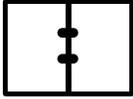
PIYAQAQTUNUT

PINAHUARNIQ

NAGLIGUHUKNIQ

Atuni tapkununga piqatigikniqnut ihuilgut unigtuqhimayut ataani, titigaqlugik malguk hunak taphuma inungmut takukhautitni qanugitniit titiqtatit.

1. Jennifer iglumiyaqatigiya amaamani aapakhanilu, John. Tamnalu Johnlu nakugiqatigingiliqpaktuk, kihimik piguqhainaqhuaq piqatigittiarniqmik aapakhaminut.
2. Sarah tamnalu Kelly ilannagiliqpallituk ukiuq. Huliqatigigahuaqpaktuk havaknailami, kihimik Kelly hulilukpiartuq qanikkut angutauqatinilu.
3. Jack tamnalu Henry ningagamik mamiahuliqhutiklu. Mamiahuktugityutiyalgik ilannagikniqtik naamakhikmiyangani.
4. Jake tamnalu Sally piqatigiliqtuk siksintuq tatqiqhiutinut. Amihuniqhani pittigutiniqhauplutik. Ilaani qanigutivaktugaluk hungittunut. Tamaqmik uqaqatigikpalligumayuk qanigutingitniqhaulutiklu.



Tuniyakhat 2

Itqaumatyutit Apiqutit

Atia:

Uplua:

1. Unniqturlug upiqatigiyat inuuhiqni ihumagiyat nakuuyumik. Huna piqatigiyaqnut atuttiagutigivauk?
2. Unniqturlugu piqatigiyat inuuhiqni nakuuhivalligumayat. Huna piqatigiyaqnut ayuqnagutauva iliknut?
3. Qanuqtut ihumalaqit angayuqat munattitluniit kangiqhimangitpatit, nigiuqigivigilaitkukniluniit tamna inuk? Qanuligiulaqiuk pilaqiuklunit tamna piqatiginia?
4. Qanuq ihumalaqit ilannaqit upigingitpatit, hugiangitpallaqatluniit ilannagiyaphiknut?

ILIHAIYINUT PIQAQKIT NAUNAIPKUTAT **KITUNIGLIQAAK**

NAKATAANI 2: JESSIE

Ilihaiyikut Tuhaqhit

Ihulitniani atuni ilihagutit, takuniaqtatit titiqat uqaqhikhat apiqutit. Nigualaqtatit atuqninik piyangit:

- a. Piqatiginik ilihagutit tamaitnut ilihagatitut uqaqtiginik;
- b. Atuqnit titiqat ilihagutit kiuninik atuni piqatigatitutit; tamnaluniit
- c. Tunilugit ilihagutit kiuninik atuni ilihagutit malguklutit tapkuat apiqutit titigahimayainut. Titiqat tukligiyainut malguk atulak piqatigatitut nunguani atuni ilihagutit.

Pityuta

Kangiqhimanianu atuqpiqnia utaqivallirniq ivanigmut huliniqmik tuhaumatitnilu piqatigiyat ivanigmutlu piqatigatitut.

Ikaqnikha

1 tikitlugu 1½ ikagat

Tuniyakhat

1. Hutqiyainut Allatqiknilu
2. Paatiqtutit
Pinguarniq-ulapqiniq
3. Itqamatyutit Apiqutit
4. Titigatitutit Kiutyutit



Pityuhit

Jessie Uqauhigi: 15–20 minitsit

- Unniutilugit tapkuat ilihaqtut tapkuat huliniit pinahuaqni taphumunga Jessie-mun unipkaq ihumaliugutalu utaqiyanga ivayakhaq. Pigiaqlugu uqauhiginit apiqhuqlugit tapkuat ilihaqtut tahapkuninga apiqutinik taiguaqtanit:
 1. Hungmat Jessie ihumava pitquyauniqmik ivayakhaq?
 - o Kiutyut: Piplugu tamna pitquyaunia angutaunit, Davidee, tamnattaug pitquyauyuq ilannaqminit.
 2. Hungmat utaqiyumava?
 - o Kiutyut: Jessie utaqiyumayuq piplugu piyumalingittuq ivayamik. Ilihimagittuq STI-nik nutaqilaiyautinikluniit, ihumayuqlu ivaniq qilanagiyaqangittuq.
 3. Hungmat ningautivaukDavidee pihukviani igluqpakmi?
 - o Kiutyut: Kunigahuaqmagu ilihimayagiqhuni taima iliugumayutnia inungni.
 - o Kiutyut: Piplugu huli ningaumayartuq qanugiliyanganik paatiqtuni.
 4. Ihumavit piyanga Jessie nakuamut ihumaliurniqmik ivayumangittanga?

Kiutyutaulat ilaqqalat: Possible answers include:

 - o Iiya, piplugu ihumayuq piyumalingittamik.
 - o Iiya, piplugu pitquyauvallaqniqminik.
 - o Iiya, piplugu hanaiqhimaittanga piniinik kitutliqak timimut ihumamutlu qanugitnikhait ivaniqmit, taimaittut upalungaiqhimaittut hingaiyangurniq, pitarniq STI-mik, qanuqluniit aktualaqnit piqatiginianik Davidee.
- Uqautilugit tapkuat ilihaqtut pingittanga nakuuyumik ihumaliugutmik ivaniqmun ilagiyat pityutai inuuhuktut aaniagutitarniq STI-mik atuqniluniit upalungaiyaqhimaittumik hingaiyangurniq.
- Apigilugit ilihaqtut piqaqtitiniq naunaipkutarnik qanuqtut tahapkuat qanugitnit pittaililagiangit.
- Titigaqlugit titigaqta akittarmi titigaqvikmut angiyutluniit alilayut titigaqvit. Ilai naunaipkutat ilaliutilarnit:
 - o Utaqiniq ivayakhaq
 - o Atuqni puut nutaqilaiyautaurniit, ahiilu qanugitnit nutaqilaiyautit, tapkuatut nutaqilaiyautit iiyat

Tuniyakhat Iniqniit: 10 minitsit

- Aviklugit tapkuat ilihaqtut malguttaqlugit. Tuniuqaqlugu **Tuniyakhat 1: Hutqiknit Qanugitqiyaunilu**. Piqatigiyamingnut, apirhuqlugit hutqiknit qanugitqiyaunilu Jessie tamnalu Davidee kiutyutai hugiaqnitlu inuuqatimingnut pitquyaunit hanmiyartik. Takulugu titiqat ilautitnit tuniyakhani kiutyutaulaqtunik.

Tuniyakhat Uqauhiunit: 10–15 minitsit

- Ilihaqtut piinagianikpata, atauttimuklugit titigaqtitlugit tuniyakhat kiutyutainik talvunga akitnarmi titigaqvikmut alilayumutluniit titigaqvikyuaqmun.

Ilihaiyimut Tuhaqhit: Una nakuuyuq uqauhiginianik Jessie uqaqatigiknia anaanattiaqni uqautyiginialu (makpigat 25–27).

- Apigilugit ilihaqtut, “Qanuq uqauyinit pivait Jessie anaanattiaqminit?”
Kiutyutaulat ilaqqalat:
 - o Ihumagilugu hivunikhat aaniaqtailinitlu.
 - o Pinagianigahugingitkuvit hunamik, qilamiugiaqangittuq.
 - o Upigilugit ikpigiyatit.
 - o Upigilutit iliknik—iliknik ilannagikguit.
 - o Ihumagilugu hivunikhat upalungaiyaqpagiqlutit.
 - o Iqhigiyakhaittuq.

Pinguarniq-Ulapqiniq Hatqiqtitatlu: 20 minitsit

Ilihaiyimut Tuhaqhit: Tahapkuat pinguarniq-ulapqiniq huliyat piyauhimayut tapkunanga Iniqpallialihat *Adolescent Sexual Health Education: An Activity Sourcebook* by Josefina J. Card, Ph.D., and Tabitha Benner, M.P.A. (New York: Springer Publishing Company, 2008).

- Unniutilugit ilihaqtut tapkuat huliniit ikayuqniaqtaai ilitpalliinqinik atuqtauvaktut atugakhaliat piplugit piyumangitninit ivaniqmut piyauyumanit piqatigiyamingnit.
- Tuniuqaqlugu **Tuniyakhat 2: Paatiqtuni: Titigaqhimayunik Pinguarniq-ulapqiniq**.

- Pigiaqniiani tamna huliniq, tukhiqluni malguknik uuktuqtukhahnik taiguaqnik tapkuat tamaitnik titigaqhimanit uuktutikhat qungiaqakhanut ilihagatinit.
- Taiguaqtitlugik tapkuak malguk piqatauyumayuk, tunilugit tapkuat ilait ilihagatauyut taphuminga **Tuniyakhah 2: Tautuktiuyut Titigaqvikhait**, apigilugitlu qungiaqulugit piyumangitninit pitquhinik.
- Atugakhaitni, tapkuak malguk ilihartuk paatiqtuni kialikiah igluani, angayuqaqangititlugu.
- Ulapqilgaqtitlugit, apigilugit piqatauyumayuk qanuqtut ihumayangit ulapqiyainut, apigilugitlu ahii ilihagat naliak piyumangitniqmut pityuhiq takuninik.
- Tuklianik, tuniuqaqlugu **Tuniyakhah 2: Ilaitnik titigaqhimayunik Pinguarniq-ulapqiniq**, piplugu uuktugutikhaq ayyikkutapya hivulliup.
- Uumani uuktugaut-ulapqiniqmi, tamna inuk piya titigaqhimaittuq uuktugaut hanmiya akhugutaungittuq ivayumaniqmun.
- Tukliani, pipkaqlugit ilihagatigit aviklugit ilagiinut pingahut piyanginik ilainanik titigaqhimayut uuktugaut-ulapqiniq.
- Ilihagatut nikittaqniaq atuqlugit tapkuat uuktugakhah pitquplugit atuni ilihagatut pilaquplugit taiguaqnit titigaqhimayut uuktugutit, uuktuqlugu titigaqhimaittuq, tautuklugulu tamna uuktugut-ulapqiniq atuqnit tapkuat titiqtakhat.
- Inirtiqlugu tamna huliniq tamatkiqlugit ilagiit uqaqatigiknit. Ilihagatut atuqatigiknit tautuktamingnik tapkuninga ikpigiyainiklu kiutyutit tapkunung ayuitnit pitquhit.

Tamaitut-Ilihagatigit Uqaqatigiknit: 10 minisit

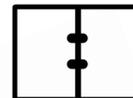
- Iniqtiqlugu tamna huliniq apiqhuqlugit ilihagatut titigaqninut pityutaulat inuuhuktunut utaqiyumalaqninut ivaniqmun. Pinguqlugu tamna aturniqhaq titiqat talvani akitnani titigaqvikmi alilayuquamiluniit titigaqvikmi.
- Naunaipkutat ilalgit:
 - o Ukpiniqmun ukpigiyayut
 - o Nanminiq ukpiginit
 - o Ilitquhirnut ukpiginit
 - o Piyumalingittuq ivaniqmik
 - o Utaqiyumayuq katitaulgaqluni
 - o Utaqiyumayuq puqtuniqhani ilihartagumi
 - o Hingaiyangugahuqurtuq

- o Hivuganaqnit STI-nik
 - o Ulapihaiyumangitnia pinahuaqtainut
 - o Piqatiginit angayuqangit
 - o Nagliguhungitnia
 - o Pittailiyumayuq pitquyaunahuaquininut ilihaqatainit
 - o Piyumangittuq
- Atuqpiartuq naunaittiarni tapkuat inuit pihimani allatqinik pityutinik niguaqninik utaqiyumaniq ivayakhaq, tapkuatlu pityutit naalattiagauyukhauyut upigiyaulutiklu.

Uqaqatigikniq Apiqutit/Tuniyakhat/Titigaqtanut Kiutyut: **10–15 minitsit**

1. Piplugit hunat ilitavut uplumi, ihumavit piqaqninik nakuuyunik pityutinik utaqiyumayanga ivaniqmik? Kiutyutaulat ilaqalat:
 - o Iiya, ihumagiyakaatuq ihumaliuqniahaqluni ivanqmik.
 - o Iiya, hannaiqhimayumayunga ilihimalungalu piyamnik tamaitnk piyaliknik nautimatinik hingaiyanguqtalinq tapkuatlu STI-nik.
 - o Iiya, piyakhaga tamat hivunihaga ihumagiyanga hivuganaqtumiklu piyumangitunga.
2. Ayurnaqa huniqtailiniq ihumaliugutmik utaqiyakhaq ivaniqmun?
Hunat ilagivai inuit pilaqtaikayugiakhaq inmingnik aniguiyami taphuminga ihumaliugutmik? Kiutyutaulat ilaqataqtut:
 - o Ihuaqhailutit pinahuagumayarnik. Ihumagilugit hunanik inuuhiqmut atugumayarnik qanuqtutlu piniagiakhait.
 - o Ilihautilutit ilingnik hivuganaqninik piqatai hapuhimaittumik ivaniqmik.
 - o Piqatiqaqattaguvit, pinahuarlutit nagliguhutiniqmik, piyumaqpiartumik, nakuuyumiklu piqatigikniqmik.
3. What can Qanugiliulaqit ikayugiakhaq ilannarnut niguaqhikpata utaqiyami ivaniqmun? Kiutyutaulat ilaqataqtut:
 - o Ikyurтуqlugit ihumaliugutai uqautilugitlu namagianga utaqiyami pilaliqhirlutik.
 - o Pitquqpiarhimaittumik taphumatut Davidee ilannaita pitquqpiarnitut inminik, tamnaluk Davidee pitqulihimakmiyattaup Jessie.

Hutqiyaunit Allatqiknilu

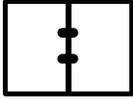


Atia:

Uplua:

Daivee kiutyuta inuuqatiminut pitquyauninut	Jessie kiutyuta inuuqatiminut pitquyauninut
Huliniit: Qanugiliuqa?	Huliniit: Qanugiliuqa?
Ikpiginit: Qanuq ikpigiva?	Ikpiginit: Qanuq ikpigiva?
Kingulliqmik Atuqta: Qanuq kingullipamik qanugiliuqa?	Kingulliqmik Atuqta: Qanuq kingullipamik qanugiliuqa?





Tuniyakhhat 1

Hutqiyaunit Allatqiknilu Ilihaiyip Ayyikkutaqta

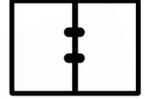
Atia:

Uplua:

Daivee kiutyuta inuuqatiminut pitquyauninut	Jessie kiutyuta inuuqatiminut pitquyauninut
Huliniit: Qanugiliuqa? <ul style="list-style-type: none">• Pitquiqpialirtuq taphuminga Jessie-mik paatiqtuni ilannait qungiaritlugit iglautigiliqtalu• Kunigahuaqta Jessie ilihaqvikmi ningaiplugulu• Ningakpiartuq haakiligami uguluniqmut	Huliniit: Qanugiliuqa? <ul style="list-style-type: none">• Ivangita Daivee piyumalingitnami• Uqauhigiyai ihumagiyani Annie-mun• Uqauhigiya qanugitnigiyani anaanattiaqminut
Ikpiginit: Qanuq ikpigiva? <ul style="list-style-type: none">• ingumaktuq• ningaktuq• kannguhuktuq• kannguttartuq• uguluyuq• nalulirtuq• iqhiyuq	Ikpiginit: Qanuq ikpigiva? <ul style="list-style-type: none">• ingumaktuq• kannguhuktuq• kannguttartuq• uguluyuq• nalulirtuq• iqhiyuq
Kingulliqmik Atuqta: Qanuq kingullipamik qanugiliuqa? <ul style="list-style-type: none">• Malikhaqtai inuuqatimingnit pitquyaunit pipkaqhugu pitquqpiarnia Jessie ivaniqmik.	Kingulliqmik Atuqta: Qanuq kingullipamik qanugiliuqa? <ul style="list-style-type: none">• Malingitai inuuqatini pitquiqpiarninut.

Tuniyakhat 2

Paatiqtuni: Titigaqhimayut Uuktugaut-Ulapqiniq



Atia:

Uplua:

Ihwarhaqni Atugakhat: Paatiqtunittutit piqatigihimayaqnik qaphiqhugu. Tamna paatirniq kiakiaq igluaniittuq angayuqangilu huittut. Amihut nutaqat imingalirtut piqatigitlu anivalliyut—immaqak ivayartuqtut. Ivayumangittutit qimayumangittutitlu paatiqtunik.

Inuk 1: Tatqaungarta uqaqatigikniagamnuk—inugiakpallarmat.

Inuk 2: Iiya, inugiakpallaq hamna—kihimik tuqhuuk inuittuq.

Inuk 1: Piqatigiyumahinnaqtagit. Una pivikhavuk.

Inuk 2: Piqatigiyumayagittauq, kihimik paatirniq alianartuq.

Inuk 1: Takili, avaliqatigiyumayagit.

Inuk 2: Imannaq, aliagiyaga paatirniq—aliahuktunga qaigapta.

Inuk 1: Qilanagikhaqtaga una unnugiaq piqatigiyumaplutit—tamaunginaqtingitlugu.

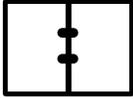
Inuk 2: Unnugiaq tamaunginaqungitaga.

Inuk 1: Ilihimagama imailiurniaqniqnik, hamungauqatigilaitagaluapkit.

Inuk 2: Ilaa taimaittuq, kihimik aliahulaqtuguk. Nigiyakhaqhiuqluk niqhiurvikmin.

Inuk 1: Ilaa ahiaguqvikhaittuqpalukpunga.

Inuk 2: Iiya, taimaitquqman. Kihimik ihumamiqniaqutit tuklikhami qungiagakhaptingnut.



Tuniyakhat 2

Paatiqtuni: Ilanga Titigaqhimayut Uuktugaut-Ulapqiniq

Ihuarhaqni Atugakhat: Paatiqtunittutit piqatigihimayaqnik qaphiqhugu. Tamna paatirniq kiakiaq igluaniittuq angayuqangilu huittut. Amihut nutaqat imingalirtut piqatigitlu anivalliyut—immaqak ivayartuqtut. Ivayumangittutit qimaiyumangittutitlu paatiqtunik.

Inuk 1: Tatqaungarta uqaqatigikniagamnuk—inugiakpallarmat.

Inuk 2:

Inuk 1: Piqatigiyumahinnaqtagit. Una pivikhavuk.

Inuk 2:

Inuk 1: Takili, avaliqatigiyumayagit.

Inuk 2:

Inuk 1: Qilanagikhaqtaga una unnugiaq piqatigiyumaplutit—tamaunginaqtingitlugu.

Inuk 2:

Inuk 1: Ilihimagama imailiurniaqniqnik, hamungauqatigilaitagaluapkit.

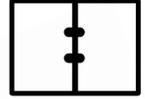
Inuk 2:

Inuk 1: Ilaa ahiaguqvikhaittuqpalkupunga.

Inuk 2:

Tuniyakhat 2

Imiriaqtuqhimayut: Qunngiaqtup Naunaitkutaa

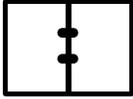


Atia:

Uplua:

Qinginikkut Ayuirhimayat: Tamainnun uuktuqnikkut pinguaqtuni—6sinik pinguaqvighaqaqtaaqtuut—qunngiaqtut atuqtaaqtaat una titiraq naunaiyautigilugu kitunik nipliqlikkut nipliqlihimaittumiklu qanuriliurutit Inuk 2 atuqpaktuq ayuirhautigiplugit qinnginikkut ayuirhimayakhat.

Qanuriliuqniq	1	2	3	4	5	6
Nipliqtuq “IMANNAQ”						
Atuqtuq Timikkut Naunairutimik						
Ilitturipkaqtiffaaqtaa Qinginiq						
Uqaqhimayuq Ahikkuurutikhamik						
Hakugikhaqtaa Pitjutiqatigiikniq						



Tuniyakhat 3
Itqaumatyutit Apiqutit

Atia:

Uplua:

1. Piplugit hunat ilitavut uplumi, ihumavit piqaqninik nakuuyunik pityutinik utaqiyumayanga ivaniqmik?
2. Ayurnaqa huniqtailiniq ihumaliugutmik utaqiyakhaq ivaniqmun? Hunat ilagivai inuit pilaqtai ikayugiakhaq inmingnik aniguiyami taphuminga ihumaliugutmik?
3. Qanugiliulaqit ikayugiakhaq ilannarnut niguaqhikpata utaqiyami ivaniqmun?

ILIHAIYINUT PIQAQKIT NAUNAIPKUTAT **KITUNIGLIQAAK**

NAKATAANI 3: MICHAEL

Ilihaiyimat Tuhaqhit

Ihulitniani atuni ilihagutit, takuniaqatit titiqat uqaqhikhat apiqutit. Nigualaqtatit atuqninik piyangit:

- Piqatiginik ilihagutit tamaitnut ilihagatitut uqaqatiginik;
- Atuqninik titiqat ilihagutit kiuninik atuni piqatigatitutit; tamnaluniit
- Tunilugit ilihagutit kiunit atahiq malgukluniit tapkuat apiqutit titigahimayainut.

Titiqat tukligiyainut malguk atulak piqatigatitut nunguani atuni ilihagutit.

Pityuta

Ilitnininik tapkuninga pityutit hanmiyai angutit angutihiurtit, aqnait aqnaqhiurtit, tamatiknik pittagutit, apiqhugnilu inuit.

Atugahuaqtitnit naamagiyauni upiginutlu tamaita inuit, qanugitkaluaqtitlugit piqatigatitutit ivaqattarniqmun.

Ikaqnikha

1 tikitlugu 1½ ikagat

Tuniyakhat

- Anilirtuq
- Ihumagitqiknit Apiqutit
- Titigatitut Kiutyut



Pityuhit

Michael Uqauhigiyat: 10–15 minitsit

- Uqautlugit ilihaqtut tapkuat hulinit pinahuaqniat ilitquhianik tamna Michael.
- Apigilugit ilihaqtut:
 1. “Hunat ikpigiyat pivait Michael ikpiguhukpa uuminga unipkaqmik hungmatlu?” Titigqlugit kiutyutai talvunga akitnaqmi titigaqvikmut alilayuquyqmutluniit titigakhamut.
 - o Kiutyut: Iqhiyuq/iqhigiya
 - o Kiutyut: Avaliittuq
 - o Kiutyut: Qipilukta
- Unniqlugu piplugit amihut inuit iqhiyut piyami “anipkaiyaq” hatqiqtitnilu ivayumavakniqhait naliaknik, pihimapkaqtitauvaktut amihunik ilagiyainik inuuhiqmingnut iigaqtuqnit.
- Taimattaug piyanik Michael, pihimanit tahapkuat iigaqtuqni pityutaulat ihumalirniqmik inngummakpiarniqmik, inminirniq, ilihaguirniq, angayarnaqtut imiqluitlu aturniqluknit, amihuqpiatluttaug.
- Unniqnit ilihaqtunut amihuiqpaktait, taphumatut Michael, inuit akhurnikkuqtut ihumaliurniqmik huna huvuganaittanga unniutiyami piplugu nakuguhungitpiaqpakmata iqhiniqlu angutauqatigit aqnauqatigitlu ivaqattaqnit inuuhiqmi.
- Apigilugit ilihaqtut:
 1. “Qanuq piva Michael piyanginik qanugitnigiyani? Kimik ikayuqtikhaqtaqa?”
 - o Kiutyut: Kamatsiaqtut Ikayugut Hivayaqvia, taphumingalu hivayaqaqhuni, uqaqatigiya Davidee.

Tuniyakhat: 15 minitsit

- Ilanga 1: Tuniuqaqlugit **Tuniyakhat 1: Anilirniq**. Unniutilugit ilihaqtut atuqniagiangit tapkuat makpiogat tapkunanga takulluarnaqtunit unipkaliugat (piqaqtut titigaittunik uqauhikhait titigaqvit) pinguqtitnirik nutat uqauhiit tapkuak Michael tamnalu Ikayugutit Hivayaqviat. Itqaumalugit ilihaqtut tapkuat uqauhit upiguhugialgit ikayuqhiutilutiklu. Pivikhaqaqat, pipkaqlugit ilihaqtut atuqatigiknirik uqauhiliugaqtik ikittunut ilaginut.

Uktugarniq-Pinguarniqmik: 20–30 minitsit

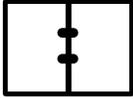
- Ilanga 2: Piyagangata ilihaqtut iniqqagit tuniyakhat, aviklugit malguttaqlugit. Piqatigiklutik, pinguqtitiniat uktugarniq-pinguarniqmik tapkuninga Ikayugutit Hivayaqvia hivayaqnianik pinguarniqmik. Pipkaqlugit ilihaqtut ilauqni uqaqatigikniq avataanut hunanik takulluaqnartup unipkaliugaqmik. Ilagii pinagianikpata, hatqiqtitqulugit uktugarniq-pinguarniq ilihaqtunut.

Uqaqatigikniq Apiquitit/Tuniyakhat/Titigaqtanut Kiutyut: 10–15 minitsit

1. Hunat tahapkuat hivulliit itqaumavigit iliharniqmik angutauqatmik aqnauqatmiklu ivaqattarniqmik? Itqaumavit ilitniqmik hunanikliqak ilaknit, ilannarnit, nunaliuyunit, ukpigiyaqnitluniit? Piva ilitatit nakuuvat nakungitpatluniit? Nakuungitpat, ihumaliqit ahianik tatya?
2. Qanuq ihumavit iiqhimayangi hunat atuqpiaqnilgit ivaqattaguhit angutmik aqnarmikluniit? Kiutyutaulat ilaqalaqtut:
 - o Inngumaniq
 - o Iqhiniq
 - o Ilimahukniq
3. Hunat qungiat tiivikkut inuktat qungiahaqhimaviuk angutiqatmik/ aqnaqatmikluniit ivayiuyuq /tamatkiknihiurtuq/ahityiqhimayuq/ hunauyanga naunartuq (ITAHN)? Qanuq tamna aktuahimava ihumagiyaqnut?
4. Hunamik ilitpit uplumi tapkuninga ivaqatigikniqmun pityuhiqmik qanugitniriklu? Qanuqtut ikayulaqit ikayuqhiutiniqlu ilannaqnut pinahuaqpaknia iliknut? Kiutyutaulat ilalgit:
 - o Ikayuqtuqlugit taimattaup ikayuqpaknirnut ilannaqnik ihuigiyalikmik.

- o Unniqtutilugit huniumaittut inuniat hivuagutitut, hunaluqak ahiangungittuq.
- o Naalaklutit nakuamuqlutit.
- o Pinahuaqulugit inuuhit huniqnagit.
- o Nakuamuqlutit naalaklutit tapkununga ITAHN ilagikninut.
- o Ikayuqtuqlugit upaktaqnit ahiinut, ilautitlugitlu ilagit (piyumagumik), akhut pinahuaquqpiaqhimaittumik.
- o Upigilugit inmigulaqnit.





Tuniyakhat 1 Anivakniq

Atia:

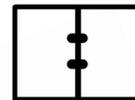
Uplua:

Atuqlugit uqauhiqaqvikhat titigaqvit titigaqninut ihumaknik uqauhiqtuqlugu Michael hivayautikkut uqaqatiqaqnia talvunga Ikayugutit Hivayaqvianut.



Tuniyakhat 2

Itqaumatyutit Apiqutit



Atia:

Uplua:

1. Hunat hivullit itqaumavigit ilitninit tahapkuninga tamatkiknik ivaqattarniqmik? Itqaumavitilitvigininik ilatit, ilannatit, nunaliuyut, ukpiqnitluniit? Ilatit nakuamuqat ihuitniqmutluniit? Ihuitniqmuqata, ihumaliqit ahianik tatyat?
2. Qanuq ikpiqnarniaqa iigaqtuguvit humnamik atuqpiagtumik ivaqatiknut qanugitnianut?
3. Hunat qungiat tiivikkut inuktat qungiahaqhimaviuk taimaittuyut ITAHN? Qanuq tamna aktuahimava ihumagiyaqnut?
4. Hunamik ilitpit uplumi tapkuninga ivaqatigikniqmun pityuhiqmik aniniqlu? Qanuqtut ikayulaqit ikayuqhiutiniqlu ilannaqnut pinahuaqpaknia iliknut?

ILIHAIYINUT PIQAQKIT NAUNAIPKUTAT **KITUNIGLIQAAK**

NAKATAANI 4: ANNIE

Ilihaiyimumt Tuhaqhit

Nunaguani atuni ilihautini, naniniaqtatit titiqat uqauhiqnut apiqutit. Niguagakhaqaqtutit atquninik tapkuat:

- Piqatiginit ilihaqtut tamatkiqlugit-ilahaqatigit uqauhigininut;
 - Atuqnit tuniuqaqnit titiqat ilihaqtunut kiyakhait ilikkut piqatiqaqlutikluniit; tamnaluniit
 - Tuninit ilihaqtunut kiuyakhai atauhiq malgukluniit apiqutit unipkaliuqtanut titigaqnit.
- Tuniyakhat aipanut atulamik piqaqtitauyut ihulitniani atuni ilihautit.

Pityuta

Hatqiqitnirik atuqpiyaqtut tuhagakhat piplugit hingaiyanguqtailiniq ivaniqmutlu tunittaqnit aaniagutit.

Ikaqnikha

1 ½ tikitlugu 2 ikagat

Tuniyakhat

- Pityuhit nutaqilaiyautit
- STI-nut Naunaiyautit
- STI-nut Apiqhutit: Kiutyutit
- Itqainiqmut Apihutit
- Unniqtutinut Kiutyutit



Pityuhit

Annie Uqauhiunia: 10–15 minitsit

- Unniutini ilihaqtut tapkuat huliniit pinahuaqniat qanugittunianik ilitquhia Annie. Pigiaqnia ilihautit apiqhuqninik tapkuat ilihaqtut tahapkuninga apiqutinik taiguagaqnit:
 1. Hungmat Annie ihuiguhukpa?
 - o Kiutyut: Atuqhimayuq puungittumik ivaniq imiqtuni ihumaaluktuqlu hingailigiakhaq.
 2. Hunat hivuganaqat puungittumik ivaniqmik?
 - o Kiutyut: Hingainiq
 - o Kiutyut: Ivaniqmun tunittaqnit aaniagutit (STI-ngit)
 3. Kimut Annie uqaqatiqaqa?
 - o Kiutyut: Uqatitigiya Jessie tamnalu Miali.
 4. Qanuqtut Miali ikayuqagu? Qanuqtut tamna nakuuyumik ayyikkuhiqtakhatqikpa taphumunga Anniemun?
 - o Kiutyut: Miali tuniyai uqautyugutini tahapkununga munaqhiqaqviliarniqmun unniqtuqhugulu qanuqtut ikayulagiangit.
 - o Kiutyut: Miali ikayuqtuqta Annie ikayuqtalu ilihautinianik hivuganaqninik puungittumik ivaniq.
 5. Humut Miali uqautiva Annie ikayuqtikhanuquplugu?
 - o Kiutyut: Uqautiya talvungauquplugu nunaliuyuni munaqhiqaqvikmun.
 6. Qanugiliuqa talvani munaqhiqaqvikmi? HUnamik munaqhi uqauhiqaqa Anniemun piplugu?
 - o Kiutyut: Uqauhigiya tapkuninga upalungaiyaqhimaittumik hingaiyaulirniq, STI-nik, tamnalu HIV.
 - o Kiutyut: Uqautiya Annie quglukluaqhimayaminik puqtuniqhanik iliharvikmi, inminiktauq, uqaqatigiliqhimaya amaamani taphuminga.
 - o Kiutyut: Uqautiya Annie nakuuyuq uqaqatiginin inuit ukpigiyatit.
 - o Kiutyut: Uqaqatigiya Annie tapkuninga allatqinik pityuhit nutaqilaiyautinik.
 - o Kiutyut: Tuniya taiguakhanik anilgautiyakhait ilitpalligutikhat.
 7. Hungmat atuqpiaqa tamna Annie takuyaqtugianga munaqhimik?

- o Kiutyut: Piyanga uuktugaqtauniq hingayakhaq uuktugaqtauniqlu taphuminga STI-nik.
- o Kiutyut: Iitpallirniq pityuhiqnik nutaqilaiyarniq atuqpiaqnitlu hivuganaittumik puuqarniqlu ivaniqmik.

Pityuhit Puuqaqniqmik: 5–10 minitsit

- Uqautilugu ilihartuq ivaqattaliqata ihumakpataluniit ivaqattagiama, atuqpiaqtuq kangiqhimayanginik piyauvaknit hivuganaittumik ivaniqmik haputihimalutikluinmingnik piniaqhimaittunik hingainiqmut tapkunungalu STI-nut.
- Apigilugit ilihaqtut taittaqnit amihut pityuhit hapuhimaniqnut pilaqnik, titigaqlugitlu atauttimut titigaqlugit akitnaqmi titigaqvikmut angiyumutluniit titigaqvikmut alilayumut.
- Talvanga titiqanit, apigilugit ilihaqtut hunat pityuhit hapuhimaniqmut hapuhimayai inuit pitaqnik STI-nik (kiutyut: puut).

Ilihaiymut Tuhaqhit: Pikpata ilihaqtut ilittugingitnit allatqit pityuhit nutaqilaiyautit, atuqlugu tuniyakhat piqaqtitauyut ihulitpat ilihaityut (**Tuniyakhat 1: Pityuhit Nutaqilaiyautit**) uqauhigininut tapkuat allatqit pityuhit ilihaqatiginut tapkuatlu titigaqtauvalialutiklu.

- Pipkaqlugit tahapkuat pityuhit nutaqilaiyautit titigaqhimyangi:
 - o Puut (angutit aqnaitlu)
 - o Nutaqilaiyaut pilakraupluni ilihimayuq
 - o Nutaqilaiyautit iiyat
 - o Kapugaulaq nutaqilaiyaut (Depo-Provera)
 - o IUD-ngit
 - o Ahivarniq
 - o Tamna Nipihimayuq
 - o Pittailiniq (niguaqhiniq utaqiyami ivanikhamut; takulugu <http://www.irespectmyself.ca/Talking%20Sex> tuhaqpalligakhanut)
 - o Hanguangayuq havigauyaq
 - o Maqiyartuq jelly nanugutluniit
 - o Igininaqtunut nutaqilaiyaut contraception
- Uqautilugit ilihaqtut tapkuat ahii pityuhit atuttartut hapuhimakhiniq hingaiyanguqtailiniq, kihimik puut atuqtauyut pittailinik tamatkiknik hingaiyangurniq tamnalu STI-ngit. Pipkaqlugit ilihaqtut kangiqhimani tapkuat puut atuqtaulat piqatigilugit ahii pityuhit nutaqilaiyautit.

- Apigilugit iliaqtut ilihomayangit humi akiitunik puuqagianga. Piqaqtitlugit kiutyutainik (kiutyut: munaqhiqaqvikmit).

Naunaiqtut Uqauhitlu: 20–25 minitsit

Atulaq Qungiaq: <https://www.youtube.com/watch?v=nmxjPiATrsU>
All About STIs—Inuktitut

Ilihaiyimut Tuhaqhit: Una qungiaq piyaulaq talvani piqataini *Kitunigliqaak* DVD. Una tuhaumatyut qungiaq tapkuninga STI-ngi ilaqaq Inuktitut taittauhinik.

- Unniutilugit iliaqtut tapkuat ilanga ilihautit aviktugauniaq malguknut ilaginit. Tamna hivulliq ilagiya pipkaqniaqta iliaqtut havakniq piqatiqaqlutik iniqtiqninut naunaiqtutit tapkununga STI-ngit.
- Aviklugit tapkuat iliaqtut malguttaqlugit tuniuqaqlugitlu **Tuniyakhat 2: STI-ngit Naunaiqtut**. Pipkaqlugit 10 minitsinikiniqtiqninik tapkuat huliyut-hungittut naunaiqtutit.
- Iniqata, uqauhigilugit kiutyutit tapkununga iliaqatiginut. Tapkuat kiutyutit piqaqtitauyut nunguani taphuma ilihautip talvani **Tuniyakhat 2: STI-ngit Nuanaigtutit: Kiutyutit**.

Uuktugut Pularniq talvunga Ivaniqmut Munaqhiqaqvik: 30–35 minitsit

Atulaq Qungagaq: <https://www.youtube.com/watch?v=C5nJdf-oLec>
My First Contraception and STI Exam—Inuktitut

Ilihaiyimut Tuhaqhit: Una qungiaq piyaulaq talvani piqataini *Kitunigliqaak* DVD. Tamna qungiaq naunaipkutaq taphumunga “uuktugut pularniq” taphumunga inuuhuktup hivulliq nutaqilaiyautinut tamnal STI-ngi naunaiyaut.

- Tapkuat tukliit ilagiyai pipkaqniaqta iliaqtut huli havaqatigikniqmik atuqnitlu uuktugut pularniqmik munaqhiqaqvikmut.
- Pipkaqni iliaqtut atuqtakhainik pularniqmi (naunaipkutagilugu, pilaqniq STI-ngit, hingainiq, ahiilu) andpinguqtitnilu uqauhikhat tapkuningat munaqhi

tamnalu havaktrauyuuq hatqititnikilihaqviki.

- Itqamatitni iliaqtut atuqninik uqauhiit taphumanga Annie tamnalu munaqhi naunaipkutagiplugt (makpigat 20–24).
- Apigilugit ikayuqtukhat hatqititnininut uuktutai pularniq talvunga ivaniqmut munaqhiqaqvikmut.

Uqaqatigikniq Apiqutit/Tuniyakhat/Titigaqtanut Kiutyut: 10–15 minitsit

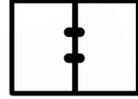
Atulaq Qungagaq: <https://www.youtube.com/watch?v=nmxjPiATrsU>
All About STIs—Inuktitut

Ilihaiyimut Tuhaqhit: Una qungiaq piyaulaq talvani piqataini *Kitunigliqaak* DVD. Una tuhagakhanut qungiaq tapkuninga STI-ngit ilalgit Inuktitut taiguhinik.

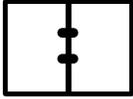
1. Amihut aqnaguttit ivaqattartut utaqivaktut hingailigahugiplutik munaqhiqaqviliaqniahaqhutik. Hungmat upautiyuittut ivaniahaqlutik nutaqilaiyautitagiama? Qanuq uqautilaquiuk ilannait ivaqattartuq nutaqilaiyautiqagani puuqnikluniit?
2. Naliat tapkuat nutaqilaiyautit pityuhit nakuniqhaulguqat inuuhuktunut atuqninik hungmatlu? Kiutyutaulaq ilaqalagunaqhiyuq:
 - o Puut atuqnit ayurnaitniqhauyut piinagiaqaqniqpatlu nutaqilaiyautit. Puut kihimiuyutlu nutaqilaiyautit pittailitauyupituaq tapkuninga STI-nik.
3. Qanuqtut atuqniqpanguva angutimut piqataunianut aqnamut piqatigiyamut atuqnianik nutaqilaiyautmik? Kiutyutaulaq ilaqalartuq:
 - o Atuqpiartuq. Angut ilihimayukhaq piqatigiyaminik atugianga ahianik nutaqilaiyautmik, tamnalu pikpat, taima tamna pittiaquq. Tapkuat qanugitnit upalungaiyaqhimaittut hingaiyanguqnit aktuaniaqtat tamatkiknik piqatigik piqatigiknininut.
4. Ihumavit tungahukpallirniqimik uqauhigininik atuqnit nutaqilaiyautit ilihimaliqpalligaktit pityutauyut? Hungmat?
5. Hunat tapkuak malguk atuqniqpak pityuhik pittailinit STI-ngit? Kiutyutaulagunaqhiyuq ilaqalaq:
 - o Utaqiniq ivayami (utaqillakniq)
 - o Atuqni puut

6. Hunat pingahut piyakhatit ihumaalukkuvit aaniagutitagiakhaq taphuminga STI-mik? Kiutyutaulagunaqhiyuq ilaqalaq:
- o Munaqhiqaqviliakautigilutit naunaiqtugauyaqni.
 - o Ihuaqhautitaqlutit aaniagutitaguvit taphuminga STI-mik.
 - o Tugaqvigilugu ivaqatigiyat (tit) tuhaqhitlugitlu, tuhaqhitluguluniit munaqhi, taphuma tuhaqhitniaqmagit naunaiqtugauyaqtuqulugit.
7. Huna ayurnaqqipauva pihimayami STI-mik? Kiutyutaulagunaqhiyuq ilaqalaq:
- o Kannguhugiaq halumaittuyarniqlunit.
 - o Unniutiyaqaqnia ivaqatigiyat ivaqatigiyatitluniit.
 - o Iqhiniq havautitagiakhaq.
8. Hunat atuqtauvakpat illittugityutit naunaipkutaavaknitlu STI-ngit? Pipkaqlugit ilihaqtut kangiqhimanit tapkuat amihuniqhani illittuqhautiqayuittut, kihimik kiutyutit ilaqalat:
- o Ulugianaqnit quiyami
 - o Akulakkut ulugianaqniq
 - o Maqittarniq uhukmit angutinut
 - o Aaniguhukniq ivapluni kuyagiami aqnani
 - o Igyuukni aanirnaqniq angutini
 - o Kiniqtuq, qakuyartuq, aukmiklunit anittainiq uhukmit uttukmitluniit
 - o Atuqattayuitni auktarniit uttukmit
 - o Aaniqnarniq, puvihihmanit igyuuk
 - o Aanirnaqnit naqliurniq
 - o Itiqmi kukukniq
9. Hapuhimaittumik ivaguvit, hungmat atuqpiaqa naunaiqtugauniq STI-mik naunaiqhingitkaluaqtitlutit naunaipkutaayunik? Kiutyutaulaq ilaqalaq:
- o Piplugit amihut STI-ngit takukhaupkaingittut naunaipkutarnik, kihimik nunityutaulaq pipkailunilu hivituyumut aaniaqtailiniqmut ihuityutinut, tapkuatut nutaqilaitniq.
10. Hunat kihimiuvat tamaitnut hapuhimayaqnik STI-nit upalungaiqhimaittutlu hingainiqmik? Kiutyutaulaq ilaqalaq
- o Utaqivallirniq. Naamakpiartuq ilvit, piqatigiyatluniit, niguaqat utaqiyumaniqmik ivaqattarniqmun. Ilvit piqatigiyatlu upiguhuyalgit iliptingnik ihumaliugutiknik, itqaumalutitlu, inuit ahiangulaqtaihunat naliaknutluniit ivayumayamingnik.

Pityuhit Nutaqilaiyautinut



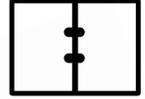
Pityuhit	Qanuq un atuqa?	Qanuqtut atuqniqattiaqa una?	Haputnikhi-mava pitaqninik STI-ngit?	Qanuq akitutigiva Nunavutmi?
<p>Angut/ Arnaq Puuq</p> 	<p>Puut atuqtauyut uhukmi uttukmiluniit maqiniit aniguittailitat uttukmut.</p>	<p>Atuttiaqata, angut arnaqlu puungit hingayaut-tailiniqmun 95 tikitlugu 98 pusauyut pivigiyaitnut.</p>	<p>IYYA.</p>	<p>AKIITTUQ. Puut akiittut tamaitni nunaliuyuni munaqhiqaqvikni.</p>
<p>Iiyaqmut Nutaqilaiyaut Iiyaq</p> 	<p>Munaqhiqaqvikmit havautit atuqtauyalgit arnaguhiqnit ikagani auqni upluq tamaat. Tamna iyaq aturtuq pittailikhiniq uuttuqaqvikmit anipkaiyanga mannikhanik.</p>	<p>Atuttiaqata, tamna Iiyaq piyuq 99.9 pusauyumik atuttiaqnit hingayauttailiniqmun.</p>	<p>IMANNAQ.</p>	<p>AKIITTUQ tapkununga Nunavuttagutininut Nunataqatauyunut (NLCB). Akiittuq ilaitnik aaniaqtailiniqmun nautiumatinut piqaqtitiyininut (naliaknut ilingnut aaniaqtailiniqmun nautiumatit angyuqavituluniit'). \$38 atuni tatqiqhiutmi nautiumataittut.</p>
<p>Nutaqilaiyaut Nipittakhaq</p> 	<p>Tamna Nippittalik nipingayuq arnaguhiqmut uvinianut anittaipluni timimut nuttaqtitaiyuq uttuqaqvikmit anittaini manniknik. Tamna Nipittagaq ahiangugialik atauhiqlugu tamaat saivani upluni.</p>	<p>Atuttiaqata, tamna Nipittagaq piyuq 99 pusauyumik atuttiaqnit hingayauttailiniqmun.</p>	<p>IMANNAQ.</p>	<p>\$34 atuni tatqiqhiutmi (AKIITTUQ tapkununga NLCB).</p>



<p>Nutaqilaiyaut Kapuut (Depo-Provera)</p> 	<p>Tamna kaput tuniyauyuq tamaat 12 tikitlugu 13 havaguhiqni atuqtaunilu timimut nutqaqtitnit uttuqaqvikmi anipkainit mannikhanik.</p>	<p>Tamna nutaq-ilaiyaut kapuut piyuq 99.7 pusauyumik atuttiaqnit hingayauttailiniqmun.</p>	<p>IMANNAQ.</p>	<p>\$46 atuni kapiniqmun nautiumataitpat. (AKIITTUQ tapkununga NLCB).</p>
<p>Uttukmut kaivyagiktuq (NuvaRing)</p> 	<p>Tamna uttukmi kaivyagiktuq atuqtauyuuq iluani uttuup, tamna anittaiyuq timimun nutqaqtitaiyuq timimik manniknik. Aqnait atuqtat tamna kaivyagiktuq pingahunut havaguhiqnut ahivaqhimaplugulu atauhiqmik havaguhiqmik</p>	<p>Atuttiaqata, tamna kaivyagiktuq piyuq 99.7 pusauyumik atuttiaqnit hingayauttailiniqmun.</p>	<p>IMANNAQ.</p>	<p>\$34 atuni tatqihutmi (AKIITTUQ tapkununga NLCB).</p>
<p>Iluanuqaq- Uttuqaqvikmut Nutaqilaiyaut (IUS tam- naluniit IUD)</p> 	<p>Iluanuktauyuuq uttuqaqvikmut aaniaqtailiniqmut havaktiupiaqtumit, tamna IUS tamnaluniit IUD anittaqnit timimun pittailikhiyut mannit ilininut, pipkaqhugu ayurnaqlia maqiniit itiqninut uttuqaqvikmun, ahiguqtittugitluniit maqiniit.</p>	<p>Tamna IUS tamnaluuq IUD piyut 99.1 tikitlugu 99.8 pusauyumik atuttiaqnit hingayauttailiniqmun.</p>	<p>IMANNAQ.</p>	<p>Talvanga \$67 tikitlugu \$204. (AKIITTUQ tapkununga NLCB).</p>
<p>Utaqivallirniq</p>	<p>Utaqivallirniq tamna inmingnik niguaqniat utaqiyumaniiq ivaniqmik.</p>	<p>Tamnapi-tuanguyuuq tamaitnik (100%) hapu-tiyauyaqnik tapkunangat STI-ngit upalungaiqhimaittutlu hingaiyauliqnit.</p>	<p>IYYA.</p>	<p>AKIITTUQ.</p>

Tuniyakhhat 2

STI Naunaiqtut



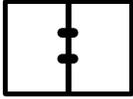
Atia:

Uplua:

Huliyuq Iquyuqluniit: Titiqlugu **T** Huliyunut tamnaluniit **F** Iquyunut.

1. Inuk ilihimainalaq pitagumi STI-mik.
2. Naamaktumik havautit ihuaqhautit, tamaita STI-ngit kihimiungititlugu HIV-ngit naamakhilat.
3. Atuqnit latex puut ikayquniat hiamaktailinit STI-ngit.
4. Tapkuat aaniagutit pipkaqtai STI-ngit itilaqtat timiuyuq nalaikkut aqnaup uttuagut angutipluniit uhuagut.
5. Aqnat atuqattaqtut Pap naunaiyaqviunit naunaiqhilaqmiyut piqaligiakhaq STI-mik.
6. Inuuhuktut pilaqtut naunaiyaqninik havautikhaqniniklu pingitkaluaqlutik angayuqangit unniutihimaittumik.
7. Pitalaittutit STI-mik kuyauyaqlutit, tahiugutilutitluniit, uqakaphuklutit, pihukaphuklutit, numiqatiqaqlutitluniit.
8. STI-ngit nutat aaniagutmut ihuityutit.
9. STI-ngit pipkailat angiyumik aaniagutmut ihuityutinik, pipkailatlu tuqutyutauninik.
10. Kihimiuyut inuit pihimayut uttukmingnut aluktuqhutikluniit ivayut pitalat STI-nik.
11. Aaniagutitaguvit STI-mik, pinagiqniqhauguvit havautitarniqmik, nakuuniqhaq pilaqnikhaq-nut nakuuhiqpiarniqnut.



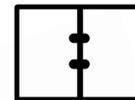


12. Arnaq atuqtuq iiyarnik nutaqilaiyautinik atugahuaquiyukhaugluaq piqatigiyaminik puuqhimaluni hapuhimayanga usi pitaqtailiniqmik STI-nik.
13. Pitalat ilainik STI-nik kunikturniqmit.
14. Alukturniq hivuganaittuq ivatyuhiq aaniagutitagumangitkuvit.
15. Inuit ilihimavakniqhat pihimayamiknik STI-nik atulihaqtitlugu malguk tikitlugu tallimat uplut kinguagut aaniagutitaqaqhutik.
16. Tamana aturniqpaq piyakhat pinahugiguvit aaniagutitarniq STI-mik tuhaqhitnianik ivaqatigiyat ivaqatigiyatitluniit.



Tuniyakhhat 3

STI Naunaiqtutit: Kiutyutit



STI-nut Hunaunit: Huliyut Iquyutluniit?

1. Inuk ilihimainalaq pitagumi STI-mik.

Iquyuq. Inuit pilat pitaqpakhutiklu STI-nik atuqhimaittumik kitunikliqak naunaipkutainik. Aqnat amihuiqhuti pitaqpaktut STI-nik naunaipkutaittumik piplugit nutaqiulagutai ilumitmata, kihimik angutit aaniagutilgit ilainik aaniagutinik, taphumatut chlamydia, pilaqmiyuttauq naunaipkutaittumik. Inuit aaniagutilgit HIV-mik, tamna aaniagut pipkaiyuq AIDS-mik, naunaipkutaqayuitniqhat akuniuyumik, immaqaklu ukiunut, aaniagutitaqaqhutik

2. Piplugit naamaktumik havautinut ihuarhaqnit, tamaita STI-ngit kihimiungittuq HIV-ngit naamakhilat.

Iquyuq. Herpes tamnalu HPV (inungnut papilloma aaniagut, pipkaivaktuq akulakni piquqitniq) malguk STI-ngit pipkagauyuk aaniagutit naamakhilaittut tatyauyuq.

Piaqqtuq taty malguknik HPV havautikhak angiqtauhimayut atuqtaulaqnit Kanatami: Gardasil® tamnalu Cervarix™. Gardasil® piquqitituyuk hapuhimaninik hitamat HPV qanugitnit: malguk pipkaiyut mikhaani 70 pusauyut tamaitnik akulakni kansutagutit (HPV-16 tamnalu HPV-18), malguklu pipkaiyut mikhaani 90 pusauyut tamaitnik anogenital piquqnit angutini aqnanilu (HPV-6 tamnalu HPV-11). Angitauhimayuk atquninga aqnanit angutinitlu ukiulgit 9 tikitlugu 26-nik. Talvani Aipuru 2011, Gardasil® angiqtauhimayuk atuqnikha aqnanit tikitlugu ukiulgit 45-nik.

Cervarix™ piquqitituyuk hapuhimaninik pitaqtailinit malguk HPV-ngit qanugittunit pityutit mikhaani 70 pusauyut akulaklut kansurnik (HPV-16 tamnalu HPV-18). Angiqtauhimayuk atuqnik aqnanit ukiulgit 10 tikitlugu 25.

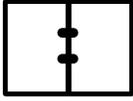
Apigilugu munaqhigiyat piyakhait HPV-ngit kapuutit naamagiakhait ilingnut. Tuhaqpaligakhanut, takulugu <http://www.phac-aspc.gc.ca/std-mts/hpv-vph/hpv-vph-vaccine-eng.php>.

Tuhaqpaligakhanut tapkuat naunaipkutat havaktaunitlu HPV-nginik tamnalu herpes, go to thepaklugu Munaqhigaqvit Aaniagutit Munagiyauninut Pittailinitlu: <http://www.cdc.gov/>.

Nunavut pihimayut inungnut manikhaqtainik HPV-ngit kapuutikhainut havagutit aqnaguhinut puqtunilgit iliharnit 6. Nunavutmi, Gardasil tamna hanahimania atqutauyuq tapkununga HPV-ngit pilaiyautit.

3. Atuqnit qipliqtut puut ikayulat hiamaktailinit STI-ngit.

Huliyuq. Latex puut ikayulat hiamaktailikhiniqmun STI-nik, kihimik atuttauyalik ihuaqhittiaqlugit. Latex puut pingittut 100 pusamik atuttiaqnit piplugit ilannikkut alikpakmata ahivahutikluniit ivatitlugit. Tapkualuttauq, puut hapuhimakhinnangittut ilaitnut STI-ngit, tapkuatut herpes, HPV, tamnalu syphilis. Una piplugu tamna puuq talihimaitpakmagu tamna aaniagutilik ilagiya.



Hivuganaittanga, atuqpiartuq ilihimayanga ivaqatigiyat naunaiqtuqhimayanga piqagiakha kitunikliqak STI-ngit ivaqatiginiahaqlugu.

4. Tapkuat aaniagutit pipkaiyut STI-ngit itilat timimut kihimik naliakut aqnaup uttuagut angutipluniit uhuagut.

Iquyuq. STI-ngit aaniagutit (halumailgut aaniagutitlu) itilaqtut timimut apqutigiplugit kitutliqa-kmaqinit iluanit, ilautitlugu uttukkut, uhukkut, qanikkut, tamnalu, ilaitni, iyikkut. HIV itilaqmi-yuqtauq timimut ilaliutiyagangat aukmun atuqatigikniqmik IV havautit kaputmun.

5. Aqnat atuqattaqtut Pap allaqtiqviunit naunaiqhilaqmiyuttauq piqagiakhamingnik STI-nik.

Iquyuq. Tamna Pap allaqtiqviunit uuktutauyuq piplugit hanatyuhikhaliat naunaiqninik akulakkut kansuqagiakhaq naunaiqhilaqhunilu herpes aaniagutmik, kihimiknaunaiqhilaqtuq piqagianga ahiinik STI-ngit. Arnaq piqagahugigumi hatqiqviuniqmik STI-mik apigiyaqqaqta munaqhimik taphuminga STI-ngit naunaiqtutmik. Tamatkikninik STI-ngit naunaiyautit, tamna taakti piniaq:

- o Aukmik naunaiyainiq tapkuninga HIV, syphilis, tamnalu hepatitis B tamnalu C
- o Tamna quqmik naunaiqtut naunaiyaut taphuminga chlamydia tamnalu gonorrhoea
- o Allaqviunig uttuknit naunaiqtutmik kitunikliqak ahiinik aaniagutinik

6. Inuuhuktut pitalat uuktutmik havautikhaqniqlu tapkununga STI-ngit tuhaqhihimaittumik angayuqangit.

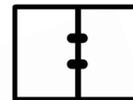
Huliyuq. Titiqat takuyaulaittut, taimaittumik kinaliqak quyagitnaq munaqhiqaqviliaqluni naunaiqhilaqtuq inuuhuktuq havaktauhimayanga talvani. Nunavutmi, munaqhiqaqvut papkaiyut STI-nik naunaiyainiq akiitumik, havautikhatlu piyaulat akiittumik.

7. Pitalaittutit STI-mik kuyayuaqlutit, tahiugutilutitluniit, uqakaphuklutit, pihukaphuklutit, numiqatiqaqlutitluniit.

Huliyuq. STI-ngit hiamalaqtut kihimik aktuaqatigikhuni aaniagutilikmik inungmik. Kinaliqak aaniagutitalaq pigumialuktuiniqmik uttukkutluniit ivaqatiqagumi aaniagutilikmik.

8. STI-ngit nutat aaniaqtailiniqmut ihuityutit.

Iquyuq. STI-ngit pinguqpakhimayutuqat taimangat inuit titigaqpalianinit atuqpakhimaniqnut. Piqaqtuq naunaipkutaqnik ihuityutit aaniaqtailiniqmut aktuanit pipkagat STI-nik taimangagaaluk titiqani, hanauyani, hauniviniqni. Titigaqtit tapkuninga Makpigaqpatuqait, Egyptianit titigaqtaq tapkununga papyrus, tapkuatlu ilihimayauqpiatqut Greek taaktiat Hippocrates tamaqmik unniqtat naunaipkutat aaniagutinut akhugutauvaknitlu ilihimayavut uplumi pipkagayut STI-nit. Ihuaqhautit amihuuniqhanut STI-ngit naunaiqtaungittut tikittiqhugit 1900-nit, ilailu huli ihauqhiyaulaittut.



9. STI-ngit pipkailat akhutak aaniaqtailiniqmut ihuutyutinik, ialilu qanugitnit tuqutyutaulat.

Huliyut. HIV aaniagut, tamna hiamalaq ivaniqmut aktuaniqmit, taty tuqutyutaunginnaqtuq. Akulakni herpes huguqhilat nuatgannuaqnik aniyunik aaniagutiliknit aqnanit. Ialai STI-ngi, tahapkuatut gonorrhea tamanlu chlamydia, pipkailat akulaknik puvipkainit aaniagut (PID). Havaktaungitpat, PID pipkailaq nutaqilaiqniqmik, uumatmut aaniagut, tuquniqluniit. Syphilis taiyauyuq “tamna ayiikuhiuqpiacti” piplugu takukhaupkaiyuq tapkuat ahiit aaniagutit takukhaupkaqtainik. Pilik pingahunik tukligit syphilis: tukliat 1 pigiaqtuq mikiyumik, aaniqnaittuq aanirhimanik tapkuat halumailgut itiqtat timimut. Talvani tukliat 2, inuk pivalailaq tamaitnut ikpiginiq naamattiangitniqmik, maniktutluniit piqunganit akulaqaqvikni,. Talvani tukliat 3, syphilis tamna havaktaungittuq pipkailaq uumatmut ihuutyutinik, ihumamut pityutinik, tuquniqmikluniit.

10. Kihimiuyut inuit pihimayut uuttukkut aluktuiniqmutluniit ivaniqmik pitalat STI-mik.

Iquyuq. Anihat nutagatnuit pitalat STI-mik, tapkuatut herpes, gonorrhea, tamnalulu HIV aaniagutmik, atuqtitlugu amaamauyup hingainia tamanlu/tamnaluniit atuqtitlugu nutaqilirniqmut pityuhiqmik.

11. Aaniagutiqaguvit taphuminga STI-mik, havautikhaqnaguvit, pilaqniqhauaq na-kuuhilaqnikhaqnut.

Huliyuq. Pituagangat STI-mik aaniagutitaqnia inuk, huguivaliavaktuq aaniaqtailinianik. Kinaliqak utaqikpat havaguhinik tatqiqhiutinikluniit naunaiqtugauniahlaqluni havautitaqlunilu, taphuma aaniaqtailinia huguqppiaqhimaialaq, havautituligaluaqtitluguluniit. Ilagipluguttauq, tamna inuk hiamaktilaqa havakhimaittuq STI-ngit ivaqatiminut.

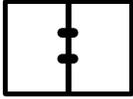
12. Atnaq atuqtuq iyaqnik nutaqilaiyautmik huli atuqiyukhaq piqatigiyaminik atuqnianik latex puuqmik pittailiniqmik STI-mik.

Huliyuq. Iyaqnut nutaqilaiyautit pittailitaungittut STI-nik, taimatut puut huli piyalgit hapuhimatyutaunit.

13. Ayuqnaittuq pitaqnik ilait STI-ngit kunikturniqmun.

Huliyuq. Ayuqnaittuq pitaqnik aaniagutmik syphilis kunikturniqmun, aaniagutilik inuk piqaqat chancres (mikiyut lilaqnit) iluani avataaniluniit qaniup. Tamna herpes aaniagut hiamaktaulaqtauq kuniktuiniqmun pitaqhimayunit lesions piqaqnik.





14. Aluktuiniq pityuhiyuq ivaniq aaniagutitagumangitkuvit.

Iquyuq. Ayuqnaittuq aaniagutitarniq tapkuninga HIV, gonorrhoea, tamnaluu herpes aluktuipluni ivaniqmik.

15. Inuit ilihimavakniqhat pihimaniqmiknik STI-mik qangiqtitnagu malguk tikitlugu tallimat uplut aaniagutitaqaqhutik.

Iquyuq. Amihut inuit naunaipkutiyaqyuitpiartut, ahiilu naunaipkutiqaalaittut havaguhiqnut ukunutluniit aaniagutitaqaqlutik. HIV aaniagut takukhaupkaingittuq naunaipkutaqnik ukiunut, kihimik aaniagutilik inuk aaniagutitaqtitilaq piqatiminik tapkuat pivigiyaini.

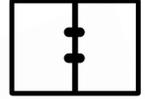
16. Tamna aturniqpaq piyakhaq aaniagutitaqhimanahugiguvit STI-mik tuhaqhitlugu ivaqatigiyaq piqatititluniit.

Iquyuq. Tamna atuqniqpaq piyakhaq qinikautigiyaalik havautinut ihuaqhaqtauniq. Naunaipkutat STI-mik hatqingitpialat, piilimaittutluniit hivikittumi, kihimik aaniagut iluaningitnaqniaq inuup timingani. Aaniagutilik inuk akhutak aaniguhulaq timiminut aaniagutitaqtitinaqlunilu ahiinik. Havautinut ihuaqhautit pigialiqata, tamna aaniagutilik inuk munaqhiluniit tuhaqhilaqta ivaqatigiya. Tatyallak, atuqpiagialik aaniagutilik inuk pittailiniq qanuqliqak ivayami aktuiniqmun.



Tuniyakhat 4

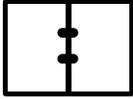
Itqaumatyutit Apiqutit



Atia:

Uplua:

1. Amihut aqnaguttit utaqivaktut hingayauligahugiplutik munaqhiqaqviliagamik. Hungmatli upautilaitpat ivaniahaqlutik nutaqilaiyautitagiami? Qanuq uqautilaqiuk ilannait ivaqattartuq nutaqilaiyautaittumik puungittumikluniit?
2. Naliat nutaqilaiyautit pityuhit nakuuniqhauvat inuuhuktunut atuqtaunit hungmatlu?
3. Qanuq atuqpiaqtigiva angut piqatiginianik arnaq atqunianik nutaqilaiyaut?
4. Tunngahukpaliqit uqauhiginainaiik atuqnianiklu nutaqilaiyaut tatyia ilihimaliqaligaktik tapkuat pityutai? Hungmat?
5. Hunak malguk atuttiaqniqpauvat pitaqtailiniq STI-nik?
6. Hunat pingahut piyakhatit pitaqhimanahugiguvit STI-mik?
7. Qanuqtut uqauhigilaqiuk atuqninik puut ivaniaqhimaliguvit piqatigiyaqnut? Qanuqtut ihumanaqit piqatigiyat uqagumakpat puuqmik atuqnianik ivanialiguvit? Qanuqtut uqautilaqiuk tamna?
8. Huna ayurnaqqiqaupa pihimayanga STI-mik?



Tuniyakhat 5

Titigaqtanut Kiutyutit

Atia:

Uplua:

Titigaqlutit nainaqlugu kiutyutikhanik atauhqi apiqutauyuq ataani.

1. Tunngahukpaliqit uqauhiginainaik atuqnianiklu nutaqilaiyaut tatyia ilihimaliqaligaktik tapkuat pityutai? Hungmat?

2. Hunat pingahut ilitpigit tapkuninga STI-nik tuhagahugingitatit ilihimangitagaluatitluniit hivuagut? Qanuq ikayuqniaqiuk ilannait unniqagu piqagiainik STI-mik?

ILIHAIYINUT PIQAQKIT NAUNAIPKUTAT **KITUNIGLIQAAK**

NAKATAANI 5: TAMAITA

Ilihaiyikut Tuhaqhit

Nungutniani tamaita atuni ilihautikhat, takuniaqtatit titiqat uqauhigiyakhat apikutit. Nigualaqtutit atuqninik piyanginik:

- a. Piqatigilugit ilihautit tamatkiumatitlugit-ilihautigit uqauhigininik;
- b. Atuqlugu tuniyakhat titiqat ilihautit kiuninik ilikkut piqatiqaqlutitluniit; tamnaluniit
- c. Tunilugu ilihautit kiuyakhat atauhiq malgukluniit tapkuat apikutit titigaqlugit. Tuniyakhat titiqat aipanut malguk pilaqnit piqaqtitauyut ihulitniani atuni ilihautit.

Pityuta

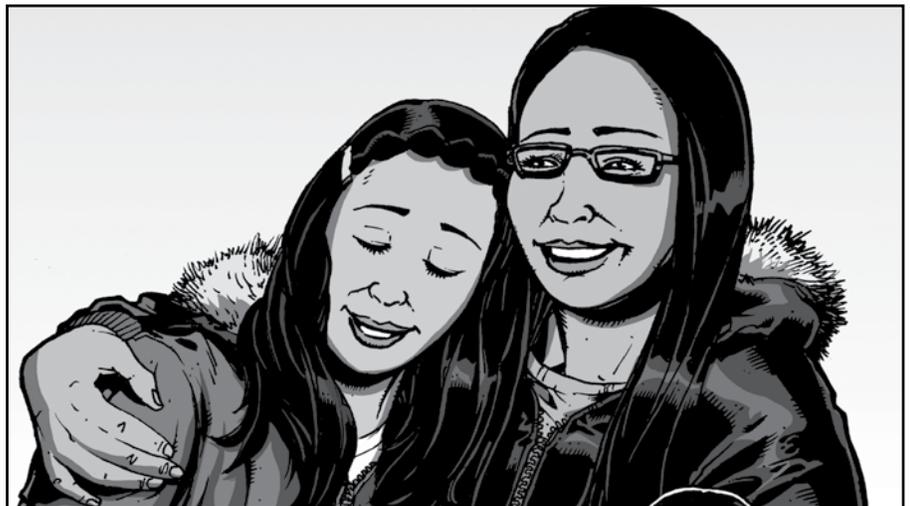
Naunaiqni tapkuat inuit, inait, piqaqnitlu ikayuqtikhaqhiuqvikhat.

Ikaqnikha

45 tikitlugu 50 minitsit

Tuniyakhat

1. Upakpaktatka...
2. Itqaumatyutit Apikutit
3. Titigaqtanut Kiutyutit



Pityuhit

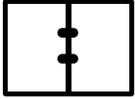
Unniqtut Hunauyanga Tuniyakhatlu: 30 minitsit

- Unniutilugit ilihaqtut tamaqmik piqatitqaqpaktut allatqinik inungnik piqatigikhutik allatqinik hunanik. Unniqtuqlugu tahapkuat hulinini naunaiqnaiqtai inuit, inigiya, piqaqnitlu tuhagiaqtuqvigilaqtai ikayuqtigiyangitlu kitunutluqak pityutinut uqauhigiyuyut hivuani ilihautauyuni.
- Pigiaqlugu huliniq apiqhuqlugit tapkuat ilihaqtut ihumakhaqhiuqnit titigaqnit inuit uqaqatigiyangit tunngagiyai. Uingaiqlugit titgaqunit qanugittuninik hugiyangit tuqhugautikkut tapkununga ilihaqtunut, atitigungittuq. Akitnani titigaqvikmi alilayuqmiluniit titigaqvikyuaqmi, titigaqnit tamaita hugiyangit tapkuat ilagit tapkuat ilagit piqatitai.
- Tuklianik, uqautilugit ilihaqtut, “Tapkuatut ilait qungialiuqtauhimayut talvani Choices, ilani tungagitavut uqauhiginik kimutliqak ilagivallaqtaptingnut.” Apigilugit ilihaqtut humiluttauq ikayuqtikhaqtalaqnit kiuyaunilu kitutliqak piyaqaqnit apiqutailu.
- Titigaqlugit tapkuat kiutyutai talvunga akitnaqmi titigaqvikmun alilayuquyamutluniit titigaqvikmut.
- Tuniuqaqlugu **tuniyakhaq 1: Upalaqtaga tamna...** atuni ilihaqtunut.
- Piqaqtuq aitnik ilagiyainik talvani tuniyakhat titiqat. Atuni ilagiyai pilik pityutimik ihuilguqmikluniit titigaqhimayumi.
- Ilihautilugit ilihaqtut ihumapkaqni tapkuninga pityutmik ihuilgumikluniit tamnaluk inuk, inigiya, piqaqniyuqluniit upalaqtat ikayuqtauniqmut taphumunga pityutimut.
- Unniutilugit ilihaqtut piqaqtut 10 minitsimik iniqnit tuniyakhat titiqat.

Uqaqatigikniq Apiqutit/Tuniyakhat/Titigaqтанut Kiutyut: 15–20 minitsit

1. Qanuq hungmatlu niguaqiuk tamna inuk, inigiya, piqaqniuyuqluniit atuni pityutainut?
2. Qanugittut ikayugutaulaqat hunatluniit apiqutit kiuyauniaqat tahapkunanga inungnit, inainit, piqaqnitluniit?
3. Nigiukpit ikayuqtauyakhaq tahapkunanga inungnit, inainit, piqaqnitluniit?





Tuniyakhat 1

Talvungauniaqtunga...

Atia:

Uplua:

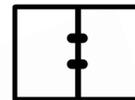
Taiguattiaqlugit atuni uqauhit. Ihumagilugu tamna uqauhiq kinalu upagumayat ikayuqtikhaq uqauyiyukhaqluniit. Titigangitkaluaqlugu inuup atia, kihimik qanuq ilagiyanga iliknut. Naunaipkutagilugu: angayuqaq, ilihaiyi, ilannaq, aniqat, munaqhi, ahiilu.

Uqauhit:

1. Piqatiqaliqtutit kimik malguknut tatqiqhiutiknut tamnalu ivayumayuq. Naluyutitlu piyumayakhaqnik.
2. Nanihiyutit qaphinik mikiyunik piquqnirnik akulakni.
3. Ihumayutit angutauqagigikhiuqtiunahugiyaq arnauqatigihiuqtiunahugiyaq, kihimik iqhiyutit unniutiyangi ilannatit.
4. Hapuhimaittumik ivayutit.
5. Avittumayat angutautit aqnautitluniit, kihimik iqhiyutit qanuq hugiaqniagiakhait
6. Tunngagingitat uqaqatigini ilannatit taphuminga aluktuiniq ivaniq, kihimik piyumayutit ilitpaligiamik.
7. Aqnaguhinqnut: aniguqtuq aukvikhagaluit iqhiyutitlu hingaiyangugiakhaq.
8. Angutinut: puiguqtutit atugiakhaq puuqmik aqnautiknut hingaiyanguqtuqlu.
9. Ilitpalligumayutit tahapkuninga allatqinik nutaqilaiyautinik.
10. Tunngahuttiangitutit uqaqatiginit angayuqatit ivaniqmik, kihimik uqauyuyaqatutit.

Tuniyakhat 2

Itqaumatyutit Apiqutit



Atia:

Uplua:

1. Qanuq hungmatlu niguaqiuk tamna inuk, inigiya, piqaqniuyuqluniit atuni pityutainut?
2. Qanugittut ikayugutaulaqat hunatluniit apiqutit kiuyauniaqat tahapkunanga inungnit, inainit, piqaqnitluniit?
3. Nigiulaqit ikayuqtauqpiagiakhaq tahapkunanga inungnit, inainit, piqaqnitluniit?



**Nunallaami Angirutit
Atauttikkut Ihumagiittiaqniq
Naammaginiq
Naalattiaqniq
Pilaaruti Piyumanginnikkut
Pitjutiginia Ilaunikkut
Uqauhiq Piyumayaa**

