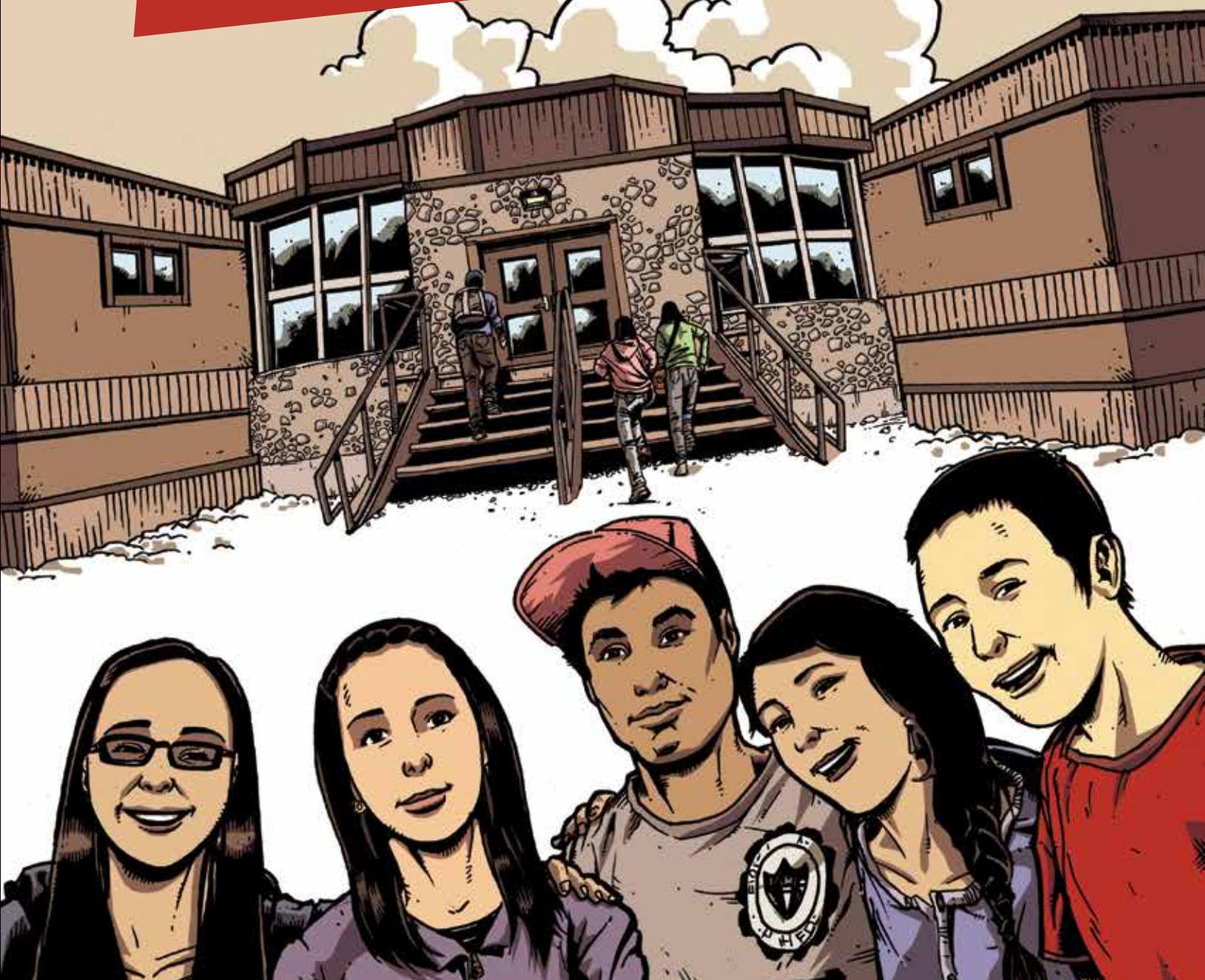


KITUNIGLIQAAK



Ilihaiyit Ikayuutikhait Makpiraangnga

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Ilihaiyit Ikayuutikhait Makpiraangnga



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

Titigaqtauyuq Kanatami

Makpigaliurtat Kavamatkut Nunavut.



TITIQAT HUNAUYANGI

Unniqtutit iv

NAKATAANI 1: Davidee 1

Pityuta:

Unniqtuqninut hunauyangit tapkuat ihumagiayayut
inuuqatainut pitquyauvakanit qanuqlu aktuaniqagiangit
ivaniqmun pitquhit. Kangiqhimayangit nakuunit taphuma
nakuuyumik piqatigikniq.

NAKATAANI 2: Jessie 12

Pityuta:

Kangiqhimania atuqpiaqnia utaqivallirniq ivaniqmut
huliniqmik tuhaumatitnilu piqatigiyat ivaniqmutlu
piqatigilaqtat.

NAKATAANI 3: Michael 24

Pityuta:

Iltninik tapkuninga pityutit hanmiyai angutit angutihiertit,
aqnait aqnaqhiertit, tamatkiknik pittaqtut, apiqhuqnilu inuit.
Atugahuaqtitnit naamagiyauni upiginitlu tamaita inuit,
qanugitkaluaqtitlugit piqatigittaqtai ivaqattarniqmun.

NAKATAANI 4: Annie 31

Pityuta:

Hatqiqtitninik atuqpiaqtut tuhagakhat piplugit
hingaiyanguqtailiniq ivaniqmutlu tunittaqnit aaniagutit.



NAKATAANI 5: Tamaita 47

Pityuta:

Naunaiqni tapkuat inuit, inait, piqaqnitlu
ikayuqtikhaqhiuqvikhath.



Unniqtutit

Unipkauhit

Ukiakhangani 2010, tapkuat Aaniaqaqnangittuliqiyikkut tapkuatlu Ilinniartuliqiyikkut ikayuqtigiktut akhuqyumininut atuqniqpat aaniaqtailiniqmum atugahuaqunit tuhagakhat atuqtaulat pivaliatitninut tapkuat Aulajaaqtit ilihaitutikhat puqtuniliknut 7 tikitlugu 9. Atuqtitlugit tapkuat uqauhiunit, ivaniqmum aaniaqtailiniq naunaiqtauyuq hivulliutyaqninut pityuta tapkunanga tamatkiknit ilihaitutikhat aaniaqtailiniqmumtu atugahauqtitnit piplugit. Tamna ihumaginia tapununga ivaniqmum aaniaqtailiniq takuyakhat unikaliat pihimayuq ayyikkutapyanit havanguyuq Nunatsiaqmi, atuliqtauplunilu Nunavutmun piplugit tamatkiumakhinit, amihunit-pinahuaqnit pityuhia. Tapkuatitungittuq atuqtauvaktutuqanut ivaniqmum ilihautit pitquhit, unipkaliuqhimayuq-piplugu hanayaayuq pinahualaqnit allatqit atatyutilat ivaniqmum aaniaqtailiniq pityutit pihimayut atuinaqninut, tuhaqniqtut, alianaqtutlu.

Ivaniqmum Aaniaqtailiniq Nunavutmi

Nunavut atuinaqtuq piqaqni amihuqpiarnik amigaitnit ivaniqmum nutittarnit aaniagutit (STI-ngit), tahapkuatut chlamydia tamnalu gonorrhea. Ilagiplugitlu, tapkuat qangahaq puqtuhivallianit piyahimanit syphilis naunaigutauyut piyaqaqninut nakuutqiymik aaniaqtailiniq atugahuaqunit tahapkununga hivuganattumik ivaniq tapkuatlu STI-ngit. STI-ngit pihimayai 75 pusauyut tuhaqhitauttaqnit aaniagutit tahamani nunatagauyumi, amihuniqhatlu pityutit atuqpaktut inuuhuktuni inungni ukiulgit 15 tikitlugu 24. Ilagiplugitlu puqtuniqpat amigaitnit aaniagutit, tahapkuat pitquhit pityutauyut nakungittumun ivaniqmut aaniaqtailinit qanugitni tahapkunani inuuhuktuni Nunavummiut:

- Nunavummiut atulaqniqhaulguqtut ivaniqmut pitquaunit ukiukitlutik (ivaniq hivulliqmik ukiuqaqhuni 13-nik tunganiluniit) (Freeman 2012).
- Amigaitqiyat ilihaqqtut piqtunilikni 9 tamnalu 10 ivaqattaliqpaktut Nunavutmi nunaqyuqmiunganit (Freeman 2012).
- Nunavummiut tuhaqhitaityut amihuniqhanik amigaitnit aq naguttit hingaiyaunit (Statistics Canada 2012).

Ivaniqmun Aaniaqtailiniq Ilihautiginit Nunavutmi

Tamna 2003-mi naunaiyainiq ivaniqmun aaniaqtailiniqmut ihumagiyaunit pitquhitlu Nunavutmi naunaiqtai tapkuat 67 pusauyt inuuuhuktut naunayqtaunit ihumagiyat ivaniqmut aaniaqtailiniqmun iliharniq pihimayai naamangittut (Cole 2003). Inuuuhuktut pinahuaqtut ilagiit havaktat tapkunanga Aaniaqarnangittuliqiyikkut uqaqtai inuuuhuktut piyumayut tuhaqhitaualigumaninut ivaniqmut aaniaqtailiniq tapkuatlu ilihaqvikni havagutit pitaqvikkumayat inikha uumunga iliharniqmik (Youth Voices 2013).

Pivaliatitnit Kitunigliqaak

Pivaliatitnik ivaniqmun aaniaqtailiniqiliharniq piqaqnit, tapkuat Aaniaqarnangittuliqiyikkut naunaiqtuqattartai tapkuat hivuligutit nakuuniqpaniklu pitquhit hatqiqtitai tapkuat Kanatamiuni Katimayiqyuat Ivaniqmun Aaniaqtailiniq, tapkuat Kanatamiuni Hivuliquit Ivaniqmun Aaniaqtailiniqmun Iliharniq tapkunanga Inungnut Aaniaqtailiniqmut Havaktit Kanatami, tapkuatlu Nunavut-piplugit naunaiyainiq ivaniqmun aaniaqtailiniq.

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

1. *Kitunigliqaak* ikayuqniat ilihaqvikni ilihaiyinut ilihainit inuuuhuktunik ivaniqmut aaniaqtailiniqmik aaniaqtailiniqmutlu niguagakhanik.
 - Ilihaqvit hunniumaittut ilagiyat nakuuniqpat atuqnit piqaqtinirut ivaniqmut aaniaqtailiniqmik ilihimanit inuuuhuktut.
 - Pilaqnit ilihimanit piyaqaqpiartut inuuuhuktunut piyanginik nakuuyumik niguaqhinit.
2. *Kitunigliqaak* hanahimayuq-tahamani-Nunavutmi ivaniqmut aaniaqtailiniq iliharniq piqaqnit piyainik atuqpiaqtut ivaniqmun aaniaqtailinit pityutit, ilautitlugit nakuuyumik piqatigjknit, angutaunit aqnaunit naunaiqni, STI-ngit, qanuqlu imiqluk aktualaqnit ihumaliurniq.
 - Hanalgut hanayauyuq tapkunangat Nunavummiut, itilitquhiqnut tugangayuq, takuminaqtuqlu pilagutigivalliqtai atuttiaqninik nakuuyumik ilihautiginit atuqtakhat ivaniqmun aaniaqtailiniq.

Tapkuat ilagiyait tapkuat *Kitunigliqaak* pivaliatitauhimayut tapkunanga Nunavutmingaqhimayut titigaqtit tiliugauyut tapkunanga Ilinniartuliqiyikkut havaktinit. Tamna pityuhia ilaqaqmiyuqtauq pinahuaqnit ilagiit inuuuhuktunut, Nunavut tugaqnit piksanut, kipuktaqnitlu tamaitnut hitamat atuqtauyalgit uquahiit.

Taiguaqniahraqlugit Kitunigliqaak

Una ilagiyat nakuuniqpaq ilihautiginia pivikhaqaqlutit ilihimaliqni ilihautiyatit. Ilai ilihaqtut ihumagilaqtat pityutaunia ivaniqmun aaniaqtailiniq ayuqnagutaunia uqauhigiyakhaq, taimaittumiklu nakuuniqpaq atuqtitnia ilihaqtut hugitluaguiqatyuk ilihaqatigini ilikniklu ilihaiyigiyautitlутит.

- Unnirtuqlugu *Kitunigliqaak*, uqautilugit tapkuat ilihaqtut tamna *Kitunigliqaak* pivaliatitauhimayuq tahamangat Nunavutmingaqtumit titigaqtauyuq tiliugutiqahuni Nunavummiutnit inuuhuktunit, Nunavut takuyakhat piksat, kipuktitauplunilu tamaitnut hitamat atuqtauyalgit uqauhiit.
- Apigilugit ilihaqtut hunanik ilihimayagigiakhaitnik ivaniqmun aaniaqtailiniqmik uqaqtigiliquplugit. Una nakuuyumik pityutaulaq kangiqhivalligianginut tapkuat ilihaqtut hivuagut kangiqhimanit ivaniqmun aaniaqtailiniqmun pityutinut. Ilanga ihumagiyaq piyanga una pipkaqni ilihaqtut pinguititni kangiqhimatytutinut nunauyalurniq (ihumamun nunauyaq). Pinguittangani tamna ihumamun nunauyaq ivaniqmun aaniaqtailiniqmik, tiliurlugit ilihaqtut titigaqninik tapkuat tukingit “ivaniqmun aaniaqtailiniq” qitqanut alilayumut titigaqpallialugitlu tahamna avataa makpigap taiguhiqniktugangayunik ivaniqmun aaniaqtailiniqmik. Una nakuuyuq naunaiyautaunia 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 uqaqtigiknit ivaniqmun aaniaqtailiniqmum pityutit tamnalu *Kitunigliqaak* ilikkut. Nakuqpiartuq tunngahautikhanik, takupkaqhugit ilihaqtut naamaknianik uqauhiginit tahapkuat pityutit hanmiyait tamaita Nunavummiut.

Taiguaqlugit Kitunigliqaak Tamatkqharlugit

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 aviktuqhimagut taiguakhanut. Taiguphaqlugu *Kitunigliqaak*, nutqaqtitlugu taiguarniit atuni taiguakhat nunguttagangata uqauhigiyakhait tapkuat ilihaqtut ihumaginit ilihaqatikmingnuit.

Una piqarniq aviktuqhimayuq atuniqtitninut, atunilu thapkuat malikta ilait pitquhit unipkauhinut. Atuniqhimanit piqaqtut qaphinik uqaqahiutigiyakhat apiqutit huliniitlu tugangayut tapkununga pityutit ilitquhit hanmiyauyut talvani *Kituniglqaak*. Tahapkuat iliyaulat pityutai ilitpaliqviuttaqnikhainut tapkuat pityutauvalliqnit. Naunaipkutagiplugit, pitquhia Annie unipkauhialu piqataunit tapkununga atuniqnitut piplugit STI-nut hinagiyauniqmutlu.

Ilagiagutit Tuhaqhittit Ilihaiyinut

Itqaumalugit tapkuat ilishaqtut ilitapnit allatqinut pitquhi nigiunilaitavutlu tamaita ilishaqtut kiuniaqnit ayyikkiktumik taihimayunut ilihaituyaunit atugakhaliat. Ilai allatqit ilitnirnut pitquhit qanugitni apquhalaqtatit ilalgit tuhaaniqmun, tautuknirmun, aktuanirmun, ihumaliuritnahuarniqmutlu. Atuqqiartuq itqaumanit piyaqaqnitit atuqpalianinik tahapkuat hunat piplugit ilihagaitigininut puqtunit ilihautiyavit.

Titiqtuqhimayut ataani ilia atuqguminaqtut ilitauninut atugakhaliat ikayulaqtukhat ilishaqtunut ayuqharniqhanut ilitnahuarniqmun, takupkaqlugitluniit ilia ayurnaqnit upluq tamaat ilishaqvikni havakhat. Ilihaqtut, ilihaiyit, angayuqatlu havaqatigigialgit nakuuniqhamik ilishaqtut ilitquplugit pilaqninut pinguqtitainilu nakuuyumik, hanattiarniqmik, aniguittiaquplugit ilishaqvikni atuqpaktainut.

Ihuaqhaqhimayumik pipkaqlugit tamaitnut takuyauninik ilihautiginiahäglugit:

- Piqaqtitlugit uquauiqmun titigaqhimauniku tiliuqnit.
- Pinguqtitlugit atuqattagakhat pilaqtitni ilishaqtut naunaiyaqnit kangiqhimani ilishaqtatimingnut.
- Piqaqtiqattaqlugit utiqtarviginit atuqqiartut havakhait.

Aatulilaqnit ihumagiyakhat piyakhaitnut, havanguyut, uuktutauyutlu:

- Nailigiaqlugit piyakhait aviklugitluniit piyakhait ilakhaitnut.
- Piqaqtitni uigugiaqnit pivikhai iniqtinqnitut piyakhait.
- Piqaqtitni ilagiaqni pivikhai taiguaqninut piyakhainik.
- Piqaqtitni ikayugutit titigaqninut tuhaqpaliayat piyaqaqni.
- Atuqlugit inuuqatainut ikayuqnit uqauyiginitlu.

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 PIQAQNIT NAUNAIPKUTAT

KITUNIGLIQAAK

NAKATAANI 1: DAVIDEE

Ilihaiyimut Tuhaqhit

Ihulitniani atuqni ilihaityutit, takuniaqtatit titiqat uqauhiuyunut apiqutit.

Niguagakhaqalaqtutit atuqninik tapkuat piplugit:

- Piqatigipkqlugit ilihaqtut tamatkiqlugit ilihaqatigit uqauhigininik;
- Atuqlugit tuniyakhat ilihaqtunut kiuninik inmingnut piqatiqaqlutikluniit; tamnaluniit
- Tunilugit ilihaqtut kiutqunit atauhiqmik malguknikluniit apiqutinik titigaqlugit unipkaliugaqnut.

Tuniyakhat tukliinut malguk atuqtaulak piqaqtitayut nunguani atuni ilihaityutit.

Pityuta

Unniqtuqninut hunauyangit tapkuat ihumagiayayut inuuqatainut pitquyauvakanit qanuqlu aktuaniqagiangit ivaniqmun pitquhit.

Kangiqhimayangit nakuunit taphuma nakuuyumik piqatigikniq.

Ikaqnikha

1½ tikitlugu 2 ikagat

Tuniyakhat

- Piqatigiknit
- Itqaityutit Apiqutit
- Titigaqtat Kiutyutit



Pityuhit

Ilanga I: Ukiuqatigit Pitquinit

Unniqtutit: 15 minitsit

- Unniutilugit ilihaqqtut tapkuat hivulliit ilagiyat uuma ilihaituyut pihimayai ihumagiyaunit inuuqatiginut pitquyauttarniit.
- Titigaqlugit tahapkuat tukiliugutit talvunga akitnarmi titigaqvikmun apigilutitlu ikayutukhamik taiguarninut ilihqatimingnut:
 - **Inuuqatigit:** Inuuqatigit inuit ukiuqatigipaktut ayyikipyaktuniklu atuqhimanilgit inuuuhilgitlunit.
- Tukliani, pipkaqlugit ilihaqqtut havaqatigikni ilagiktitlugit hitamauttaqlugit ihumaliugianginik tukiliugutinut inuuqatigiknit pitquittaqninut, apigilugitlu uuktuqtukhanik atuqqatigiknirmun tukiliugutimingnik ilihqatimingnut. Titigaqlugit atuqniqpat unniqnit tapkunanga tukiliugutit akitnarmi titigaqvikmun alilayuqyuamiluniit titigaqvikmun.
- Titigaqlugit tahapkuat tukiliugutini tukiliugutit akitnarmi titigaqvikmun alilayuqyuamiluniit titigaqvikmun:
 - **Inuuqatigit pitquinit** tamna inuliquitinut pitquinit ilagiyainit inuup inuuqatiminut ilaitnut huliniqnut, atuliquininut ilia pinnagiyaunit, ahiiluniit malikhaquninut pinahuaqhugit namagiquyauninut.
- Uqautilugit ilihaqqtut: “Ayuqnaitniqhamik unniqninik, ukiuqatigit pitquinitamna pitquinigiyat ilannaqit inuitlu ilihimayatit pipkaiyut hunamik piyumanqitaqnik (piyumalingitaqnikluniit), taphumingatut ivaniqmik. Piqaqtuq pingahunik allatqinik qanugittunit inuuqatigit pitquininik.”
- Titigaqlugit tahapkuat naunaikputat akitnarmi titigaqvikmun alilayuqyuamiluniit titigaqvikmun:
 - Naunaittuq inuuqatigit pitquinit, tahapkuatut: “Tamaqmik piliqtat—piyukhauyutitlu.”
 - Ulamniqhaiyut inuuqatigit pitquinit, tahapkuatut: “Ivahimaittutit, kangiqhimangittutit.”
 - Tiliugiyut inuuqatigit pitquinit, tahapkuatut: “Piniaqtutit nagligigukma.”

Davidee Uqauhigi: 10 minitsit

- Unniutilugit ilishaqtut tapkunani *Kituniglilaak*, Davidee akhut aktuayauyuq inuuqatigiyaminit pitquyaunit ilannamingnit ivaniqmum. Ilaali, inuuqatiginit pitquyaunit pityutauniqpanguyunaqhiyuq amihuniqhanit inuuuhuktunit piqatauninut ivavakninut piyumaliqtitnagit.
- Atuqtitlugu ilishaqtigigit uqaqtigikni piplugit tahapkuat apiqutit:
 1. Kia pitquppiaqta Davidee ivayakhanik?
 - o Kiutyut: Ilaita ilannai ilishaqvikmin.
 2. Hungmat pinahuaquyaulguqa?
 - o Kiutyut: Ihumapluni kihimipituligiami ilannaminit pihimaittanganik.
 - o Kiutyut: Ayyikkuiutiuyumagami.
 3. Qanuq una aktuava piqatigiknianut aqnautiminut, Jessiemun?
 - o Kiutyut: Una ihuittumik aktuanilik piqatigiknianut. Paatiqtuni, Davidee pipikaqta Jessie tunngatingitnianik hangani ilannaqmi pitquqbiaqhugu ivaniqmik.
 - o Kiutyut: Jessie ningaktuq naluliqhunilu ilitquhianik.
 4. Qauqtut aktuava pilagahuginianut?
 - o Kiutyut: Nakuungitumik. Davidee piyumayuq ilannaqmitut ayyikkuihqinik, kihimik ihumaaluktuq piqatigiyamnik Jessiemik, qanugiliugiakhaq naluliqhunilu.
 5. Qanuqtut aktuavait huliniit?
 - o Kiutyut: Ilaali, Davidee ningaktuq hatqiqtiliqhugulu timiminut atuqtitlugu ilishaqvikmi haakiptut ulapqiniani.

Ilagit Havaknit Hatqiqtitaliu: 20–30 minitsit

- Unniqtutilugit ilishaqtut atuqtaulauqpaknia inuuuhuktunut ikpiguhuknit pitquyauninut ivaniqmik. Uqautilugit, “Ilaani ikpiknaqtuyalaq tamaitnit pitquiipaqtut itvatquyaupluit: ilannatit, angutautit aqnautitluniit, qungianit, TV-mitluniit. Kihimik ihumamiqtutit ivayumaguvit, naamaktuqlu uqallagiами ‘imannaq.’”
- Aviklugit tapkuat ilishaqtigigit ilagiinut hatamauttaqlugit.



KITUNIGLIQAAK

- Atuni ilagiit uqaqtigiktukhat inuuqatiginit pitquyauninut tamatkiumalutik pinahuaqni pingahunik kiutyutikhanik qanuqluniit hugiaguhikhanik inuuqatigit pitquininut.
- Apigilugit atuni ilagiit hatqiqtitinik kiutyutimingnik ilihaqatigiinut.
- Hatqiqtitaqata, pipkaqlugit ilihaqtut kiuninik kitutliqak kiuyaungitgut apiqutit.

Ilanga 2: Nakuuyumik Piqatigiknit

Unniqtutit Uqauhiunitlu Apiqutit: 15–20 minitsit

- Uqautilugit ilihaqtut tapkuat huliniiit pibahuaqniat nakuuyumik piqatigikniqmik, Ilautitlugit ilannagiknit nakuuyumiklu ayyikkuiqtakhatqiktut inuit.
- Apigilugit uqauhigilugitlu tahapkuat apiqutit:
 1. Qanuq tamna piqatigiknia Davidee pihimania taphuminga Sam allauva taphumanga piqatigiknia ahiinut ilannainut?
 - o Kiutyut: Piplugu Sam angayukhiukmat atuqhimayukhaukmatlu taimattauq atuliqtanut, qanugiliulaq nakuuyumik ayyikkuihgakhatqiknia taphumunga Davideemun.
 - o Kiutyut: Sam pipkalaqta Davidee amihunik nakuuyunik uqautinia piqatigikninut taphuminga Jessie mik.
 2. Hunamik uqautivaauk Sam taphumunga Davideemun piqatigiknianik tamna Jessie?
 - o Kiutyut: Sam uqautiya Davidee nagligiyanga Jessie, upigiyaqta.
 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: Ukpiguhuutiniq
 - 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 angutinut 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 ayyikkutagingitai atuqtauvaknit angutit pikaphugumayut “piyanganik” huggingitailu piqatimik ikpigiyainik.

Ilagit Havaknit Hatqiqtitaliu: 15–20 minitsit

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

Ilihaiyimun Tuhaqhit: Una qungiaq piyaulaq piqatigininut is available on the accompanying *Kituniglqaak* DVD qungiaq. Tamna qungiaq piyuq ilagiinik inuuhuktut qanuqlu ihumayangit piqatigikniqmun, nagliguhukniq, ivaniqmiklu. Naalaklugit qanuq uqauhikhait taphuminga Facebook titigaqtutiniqlu, avittarniq, why somhungmatlu ilia inuuhuktut pivakni nakuungittunik piqatigikniqnut, ahiilu.

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

Unniqtutit:

Upiguhukniq: Upiguhukniq tukilik naalagutiniq, pinnaginit atuni ihumagiayarnut, naalakniqlu hukhaqhiugutattumik pipluni. Upiguhukniq ilaqaqmiyurtauq pinahuartaqnit kangiqhimanahuarni ilitturhaqnitlu ahiita ikpigiyat.

Piyaqaqtunut: Havattiartaqniq tukilik ahigiyatit utaqilaqnit piyakhanut iliknik—pijniarniqnik havaginianitit pilarnititlu ilihimaniqtit ihuartunut ihuittunutlu.

Kangiqliqhimaniq: Kangiqliqhimaniq tukilik ilihimanit taphuminga inungmik, hunamik tamna piyumayuq piyaliklu, qanuqlu ihumayanga. Tukilik ilvit pilaqnit ahivit ikpigiyanik ihumaginilu qanuqtut inuuhiq piyanga ahiknit ihumagiyaunit.

Pinahuarniq: Pinahuaqnit piqatigikniqmum tukilik ilvit akhut havakpaknit takukhaupkaqni upiguhuknit, nagliguhuknit, pinahuaqpaknit piplugit ahitit.

Nagliguhukniq: Nagliguhukniq tukilik ihumaluguhukpakniq pinahuaqpakniqlu ahivit inuup ikpigiyanut, piqaqnit, piyumanitlu, hunatlu nakuuniqhauyangi taphumunga inungmut. Tukilik nagliguhukniq nakuuginialuniit tamna inuk piqaqtittumanialu/tamnaluniit naalaknia tamna.

- Unniqturlugit ilihaqatigiinut tapkuat nakuuniqpat piqatigiknit, tukilgit piqatigiknit ilannagit, angayuqat, ilihaiyt, piqatigivaktatit piqannaatit, ahiilu qanugitnit tamatkiknit inuit piqatauyut tamaitni tahapkuat qanugitninut.
- Aviklugit tapkuat ilihaqatigit ilagiktitlugit hitamanut.
- Pitqulugit atuni ilagit atauhiqmik tapkunangat tallimat qanugitnit titigaqhimayut qulaani.
- Tuniuqaqlugu **Tuniyakhat 1: Piqatigikniit**, tapkuat unniqtuqtai allatqit ihumagiayat piqatigikniit-piqatiginit angayuqat, ilannait, piqannagiyamut piqatigiyaq.
- Unniutilugit tapkuat ilagit pinguqtitniaqtai malguk naunaipkutak hunanut inuuhtuktut tapkununga tuniyakhat takukhautilaqtai tapkuat pitqunit nakuunit.
- Iniqata, atuni ilagit tuhaqhitaqtinaqtai naunairtaqtik

Uqaqatigikniq Apiqutit/Tuniyakhat/Titigaqtanut Kiutyut: 10 minitsit

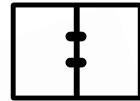
1. Unniqtuqlugu piqatigiyat inuuhiqni aliahugutigiyat ihumaginiqnut. Hunat pipkagutauvat piqatigiyaqnut nakuuninik? Una ilaqlaq ilihartup piqatiginit tapkununga angayuqamik, ahianik ilaguhiqmik, ilihaiyimik, ilannaqmk, uqauiyikmik, ahiilu. Kiutyutaini, ilihaqtut atulaqtai uqauhiit tapkuatut:
 - o Uqaqatigiyuminaqtut.
 - o Nakuugipkaqtigiyatka uvamnik.
 - o Ikayuqtanga piyaqaligangat ikayugahuanginnaqhutiklu uvamnik.
 - o Ilitquhimnik atulaqtunga piqatigiyagangapkit aqlighuktangittut uvamnik tapkununga.
 - o Aliahuktugut piqatigigiami.
2. Unniqtuqlugu piqatigikniq inuuhiqni nakuuhivaligumayat. Huna piplugu tamna piqatigikniq ayuqnagutauva iliknut? Hulivalliq, una ilaqlaq ilitaqtup piqatigikni piplugit kitutliqak tapkuat qanugittuni inuit taiyayut hivuani apiqutmi. Kiutyutaini, ilihaqtut atulaqtai uqauhiit tapkuatut:
 - o Ihumayunga upigiyigingitatka.
 - o Ilaani ihumavaktunga naalayuitannga uqallagangama.
 - o Quviagittiaguiqtitannga uvamnik.
 - o Ihumayungapiyaqaqnigaaallamikpitquhiqaqlungapiqatigiyagangapkit.
 - o Ihumayungaikayuqtigilaitatkapiyaqaligumaikayuqtauyaqaqniqmk.

KITUNIGLIQAAK

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



Tuniyakhat 1
Piqatigiknit



Atia:

Uplua:

Titiqlugu tamna piqatigikniqmum qanugitnia havagitquyauyuq havaqatigiyaqnut:

UPIGUHUKNIQ

KANGIQHIMANIQ

PIYAQAQTUNUT

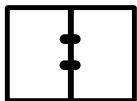
PINAHUARNIQ

NAGLIGUHUKNIQ

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

1. Jennifer iglumiuatigiya 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 mamiahulihutiklu. Mamiahuktugityutiylalgik ilannagikniqtik naamakhikmiyangani.
4. Jake tamnalu Sally piqatigliqtuk siksinut tatqiqhiutinut. Amihunihani pittiagutiniqhauplutik. Ilaani qanigutivaktugaluk hungittunut. Tamaqmik uqaqatigikpalligumayuk qanigutingitniqhaulutiklu.





Tuniyakhat 2
Itqaumatyutit Apiqutit

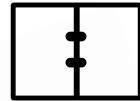
Atia:

Uplua:

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

Tuniyakhat 3

Titigaqtanut Kiutyutit



Atia:

Uplua:

Titigaqlugunaittumiktitiqanutkiutyutkiugiaqniqkapiqutiitataani.

1. Unniqturlugu piqatigiyat inuuhiqni ihumagiyat nakuuqpiartuq. Huna piqatigiyaqnut atuttiagutigivauk? Unniqturlugu piqatigiyat inuuhiqni nakuuhivalligumayat. Huna piqatigiyaqnut ayuqnagutauva iliknut?



ILIHAIYINUT PIQAQNIT NAUNAIPKUTAT

KITUNIGLIQAAK

NAKATAANI 2: JESSIE

Ilihaiyimut Tuhaqhit

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

- a. Piqatiginit ilihaqtut tamaitnut ilihaqatainut uqaqatiginit;
- b. Atuqnit titiqat ilihaqtunut kiuninik atuni piqatiqaqlutikluniit; tamnaluniit
- c. Tunilugitilihaqtunutkiunitatauhiq malgukluniittapkuatapiqutittitigaqhimaqayainut.

Titiqat tukligiyainut malguk atulak piqaqtitauyut nunguani atuni ilihagutit.

Pityuta

Kangiqlihimania atuqpiaqnia utaqivallirniq ivaniqmut huliniqmik tuhaumatitnilu piqatigiyat ivaniqmutlu piqatigilaqtat.

Ikaqnikha

1 tikitlugu 1½ ikagat

Tuniyakhat

1. Hutqiyaunit Allatqiknilu
2. Paatiqttuni
Pinguarniq-ulapqiniq
3. Itqaumatyutit Apiqutit
4. Titigaqtanut Kiutyutit



Pityuhit

Jessie Uqauhigi: 15–20 minitsit

- Unniutilugit tapkuat ilishaqtut tapkuat hulinuit pinahuaqni taphumunga Jessie-mun unipkaq ihumaliugutalu utaqiyanga ivayakhaq. Pigiaqlugu uqauhiginit apiqhuqlugit tapkuat ilishaqtut tahapkuninga apiqutinik taiguaqtanit:

- Hungmat Jessie ihumava pitquyauniqmik ivayakhaq?
 - Kiutyut: Piplugu tamna pitquyaunia angutautanit, Davidee, tamnattauq pitquyauyuq ilannaqminit.

- Hungmat utaqiyumava?
 - Kiutyut: Jessie utaqiyumayuq piplugu piyumalingittuq ivayamik. Ilihimangittuq STI-nik nutaqilaiyautinikluniit, ihumayuqlu ivaniq qilanagiyaqangittuq.

- Hungmat ningautivauk Davidee pihukviani igluqpakmi?
 - Kiutyut: Kunigahuaqmagu ilihimayagiqhuni taima iliugumayutnia inungni.
 - Kiutyut: Piplugu huli ninaumayartuq qanugiliyanganik paatiqtuni.

- Ihumavit piyanga Jessie nakuamut ihumaliurniqmik ivayumangittanga?

Kiutyutaulat ilaqlat: Possible answers include:

- Iiya, piplugu ihumayuq piyumalingittamik.
- Iiya, piplugu pitquyauvallaqniqminik.
- Iiya, piplugu hanaiqhimaittanga piniinik kitutliqak timimut ihumamutlu qanugitnikhait ivaniqmit, taimaittut upalungaiqhimaittut hingaiyangurniq, pitarniq STI-mik, qanuqluniit aktualaqnit piqatiginianik Davidee.

- Uqautilugit tapkuat ilishaqtut pingittanga nakuuyumik ihumaliugutmik ivaniqmun ilagiyat pityutai inuuhuktut aaniagutitarniq STI-mik atuqniluniit upalungaiyaqhimaittumik hingaiyangurniq.
- Apigilugit ilishaqtut piqaqtiniq naunaipkutarnik qanuqtut tahapkuat qanugitnit pittaililagiangit.
- Titigaqlugit titigaqtai akitnarmi titigaqvikmut angiyutluniit alilayut titigaqvit. Ilai naunaipkutat ilaliutilarnit:

- Utaqiniq ivayakhaq
- Atuqni puut nutaqilaiyautaurniit, ahiilu qanugitnit nutaqilaiyautit, tapkuatut nutaqilaiyautit iiyat

Tuniyakhat Iniqliit: 10 minitsit

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

Tuniyakhat Uqauhiunit: 10–15 minitsit

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

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

- Apigilugit ilishaqtut, “Qanuq uqauyinit pivait Jessie anaanattiaqminit?” Kiutyutaulat ilaqlat:
 - Ihumagilugu hivunikhat aaniaqtailinitlu.
 - Pinagianigahugingitkuvit hunamik, qilamiugiaqangittuq.
 - Upigilugit ikpigiyatit.
 - Upigilutit iliknik—iliknik ilannagikguit.
 - Ihumagilugu hivunikhat upalungaiyaqpagiqlutit.
 - 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 ilishaqtut tapkuat huliniiit ikayuqniaqtai ilitpalliqlininik atuqtauvaktut atugakhaliat piplugit piyumangitninut ivaniqmut piyauyumanit piqatigiyamingnit.
- Tuniuqaqlugu **Tuniyakhat 2: Paatiqttuni: Titigaqhimayunik Pinguarniq-ulapqiniq**.

- Pigiaqniani tamna huliniq, tukhiqluni malguknik uuktuqtukhaknik taiguaqninik tapkuat tamaitnik titigaqhimanit uuktutikhhat qungiagkhanut ilihaqatainit.
- Taiguaqtitlugik tapkuak malguk piqatauyumayuk, tunilugit tapkuat ilait ilihaqatauyut taphuminga **Tuniyakhat 2: Tautukiuyut Titigaqvikhait**, apigilugitlu qungiaqulugit piyumangitnirut pitquhinik.
- Atugakhaitni, tapkuak malguk ilihartuk paatiqtuni kialikiaq igluani, angayuqaqangitlugu.
- Ulapqilgaqtitlugit, apigilugit piqatauyumayuk qanuqtut ihumayangit ulapqiyanut, apigilugitlu ahii ilihaqtut naliak piyumangitniqmut pityuhiq takuninik.
- Tuklianik, tuniuqaqlugu **Tuniyakhat 2: Ilaitnik titigaqhimagunik Pinguarniq-ulapqiniq**, piplugu uuktugutikhaq ayyikkutapya hivulliup.
- Uumani uuktugaut-ulapqiniqmi, tamna inuk piya titigaqhimaittuq uuktugaut hanmiya akhugutaungittuq ivayumaniqmun.
- Tukliani, pipkaqlugit ilihaqtiget aviklugit ilagiinut pingahut piyanginik ilainanik titigaqhimagut uuktugaut-ulapqiniq.
- Ilihaqtut nikittaqniaq atuqlugit tapkuat uuktugakhat pitquplugit atuni ilihaqtut pilaquplugit taiguaqnit titigaqhimagut uuktugutit, uuktuqlugu titigaqhimaittuq, tautuklugulu tamna uuktugut-ulapqiniq atuqnit tapkuat titiqtakhat.
- Inirtiqlugu tamna huliniq tamatkiqlugit ilagiit uqaqatigiknit. Ilihaqtut atuqatigiknit tautuktamingnik tapkuninga ikpigiyaniklu kiutyutit tapkunung ayuitnit pitquhit.

Tamaitut-Ilihaqtiget Uqaqatigiknit: 10 minitsit

- Iniqtiglugu tamna huliniq apiqhuqlugit ilihaqtut titigaqninut pityaulat inuuhuktunut utaqiyumalaqninut ivaniqmun. Pinguqlugu tamna aturniqhaq titiqat talvani akitnani titigaqvikmi alilayuqyuamiluniit titigaqvikmi.
- Naunaipkutat ilalgit:
 - o Ukpirniqmun ukpigiayayut
 - o Nanminiq ukpiginit
 - o Ilitquhirnut ukpiginit
 - o Piyumalingittuq ivaniqmk
 - o Utapiyumayuq katitalgaulquni
 - o Utapiyumayuq puqtuniqhani ilihartagumi
 - o Hingaiyangugahuqurtuq

KITUNIGLIQAAK

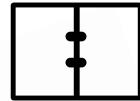
- o Hivuganaqnit STI-nik
 - o Ulapihaiyumangitnia pinahuaqtainut
 - o Piqatiginit angayuqangit
 - o Nagliguhungitnia
 - o Pittailiyumayuq pitquyaunahuaquininut ilishaqatainit
 - o Piyumangittuq
- Atuqpiartuq naunaitiarni tapkuat inuit pihimani allatqinik pityutinik niguaqninik utaqiyumaniq ivayakhaq,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

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

1. Piplugit hunat ilitavut uplumi, ihumavit piqaqninik nakuuyunik pityutinik utaqiyumayanga ivaniqmik? Kiutytaulat ilaqlat:
 - o Iiya, ihumagiyakaatuq ihumaliuqniahqluni ivanqmik.
 - o Iiya, hannieqhimayumayunga 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 pilaqtai ikayugiakhaq inmingnik aniguiyami taphuminga ihumaliugutmik? Kiutytaulat ilaqataqtut:
 - o Ihuaqhailutit pinahuagumayarnik. Ihumagilugit hunanik inuuhiqmut atugumayarnik qanuqtutlu piniagiakhait.
 - o Ilihautilutit ilingnik hivuganaqninik piqatai hapuhimaittumik ivaniqmik.
 - o Piqatiqaqattaguvit, pinahuarlutit nagliguhutiniqmik, piyumaqqiartumik, nakuuyumiklu piqatigikniqmik.
3. What can Qanugiliulaqit ikayugiakhaq ilannarnut niguaqhikpata utaqiyami ivaniqmun? Kiutytaulat ilaqataqtut:
 - o Ikayurtuqlugit ihumaliugutai uqautilugitlu namagianga utaqiyami pilaliqhirlutik.
 - o Pitquqpiarhimaittumik taphumatut Davidee ilannaita pitquqpiarnitut inminik, tamnalu Davidee pitquliqhimakmiyattaq Jessie.

Tuniyakhat 1

Hutqiyaunit Allatqiknilu

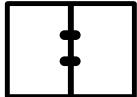


Atia:

Uplua:

Davidee 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?

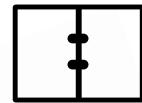




Hutqiyauvit Allatqiknilu Ilihaiyip Ayyikkutaqta

Atia:**Uplua:**

Davidee kiutyuta inuuqatiminut pitquyauninut	Jessie kiutyuta inuuqatiminut pitquyauninut
Huliniit: Qanugiliuqa? <ul style="list-style-type: none">Pitquiqqialirtuq taphuminga Jessie-mik paatiqtuni ilannait qungiartitlugit iglautigiliqtaluKunigahuaqta Jessie ilihaqvikmi ningaipluguluNingakpiartuq haakiligami uguluniqmut Ikpiginit: Qanuq ikpigiva? <ul style="list-style-type: none">ingumaktuqningaktuqkannguhuktuqkannguttartuquguluyuqnalulirtuqiqhiyuq	Huliniit: Qanugiliuqa? <ul style="list-style-type: none">Ivangita Davidee piyumalingitnamiUqauhigiyai ihumagiyani Annie-munUqauhigiyiqa qanugitnigiyani anaanattiaqminut Ikpiginit: Qanuq ikpigiva? <ul style="list-style-type: none">ingumaktuqkannguhuktuqkannguttartuquguluyuqnalulirtuqiqhiyuq
Kingulliqmik Atuqta: Qanuq kingullipamik qanugiliuqa? <ul style="list-style-type: none">Malikhaqtai inuuqatimingnit pitquyaunit pipkaqhugu pitquqqiarnia Jessie ivaniqmik.	Kingulliqmik Atuqta: Qanuq kingullipamik qanugiliuqa? <ul style="list-style-type: none">Malingitai inuuqatinini pitquiqpiarninut.



Paatiqtuni: Titigaqhimayut Uuktugaut-Ulapqiniq

Atia:

Uplua:

Ihuarhaqni Atugakhat: Paatiqtunitutit piqatigihimayaqnik qaphiqhugu. Tamna paatirniq kiakiaq igluaniittuq angayuqangilu huittut. Amihut nutaqat imingalirtut piqatigilu anivalliayut—immaqak ivayartuqtut. Ivayumangittutit qimaiyumangittutitlu paatiqtunik.

Inuk 1: Tatqaungarta uqaqatigikniagamnuk—inugiakpallarmat.

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

Inuk 1: Piqatigiyumahinnaqtagit. Una pivikhavuk.

Inuk 2: Piqatigiyumayagittaauq, kihimik paatirniq alianartuq.

Inuk 1: Takili, avaliqatigiyumayagit.

Inuk 2: Imannaq, aliagiyaga paatirniq—aliahuktunga qaigapta.

Inuk 1: Qilanagikhaqtaga una unnugiaq piqatigiyumaplutit—tamaunginaqtingitlugu.

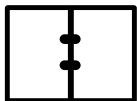
Inuk 2: Unnugiaq tamaungainaqungitaga.

Inuk 1: Ilihimaguma imailiurniaqniqnik, hamungauqatigilaitagalupkit.

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

Inuk 1: Ilaa ahiaguqvikhaittuqpalukpunga.

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



Tuniyakhat 2

Paatiqtuni: Ilanga Titigaqhimayut Uuktugaut-Ulapqiniq

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

Inuk 1: Tatqaungarta uqaqtigikniagamnuk—inugiakpallarmat.

Inuk 2:

Inuk 1: Piqatigiyumahinnaqtagit. Una pivikhavuk.

Inuk 2:

Inuk 1: Takili, avaliqatigiyumayagit.

Inuk 2:

Inuk 1: Qilanagikhaqtaga una unnugiaq piqatigiyumaplutit—tamaunginaqtingitlugu.

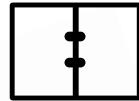
Inuk 2:

Inuk 1: Ilihimaguma imailiurniaqniqnik, hamungauqatigilaitagaluapkit.

Inuk 2:

Inuk 1: Ilaa ahiaguqvikhaittuqpalukpunga.

Inuk 2:

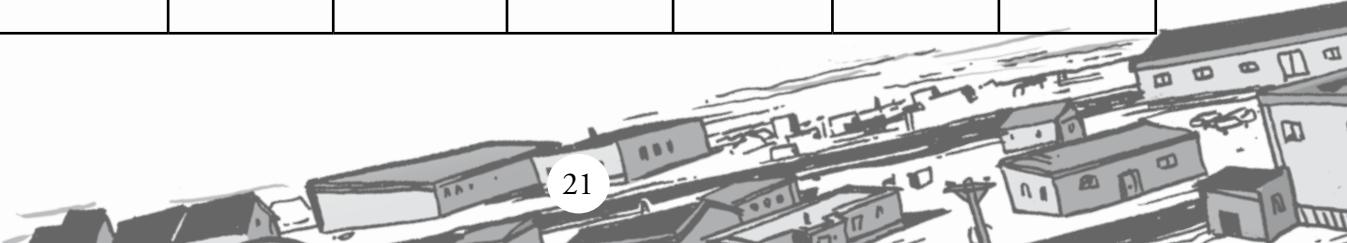


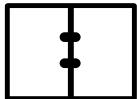
Imiriaqtuqhimayut: Qunngiaqtup Naunaitkutaa

Atia:**Uplua:**

Qinginikkut Ayuirhimayat: Tamainnun uuktuqnikkut pinguaqtuni—6sinik pinguaqvighaqtaaqtaut—qunnigaqtut atuqtaaqtaat una titiraq naunaiyautigilugu kitunik nipliqnikkut nipliqhimaittumiklu qanuriliurutit Inuk 2 atuqpaktuq ayuirhautigiplugit qinnginikkut ayuirhimayakhat.

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





Tuniyakhat 3
Itqaumatyutit Apiqutit

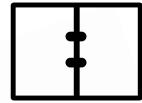
Atia:

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?

Tuniyakhat 4

Titigaqtanut Kiutyutit

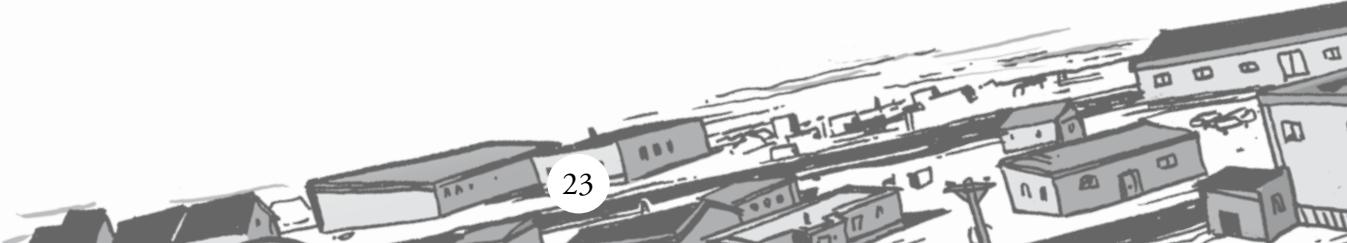


Atia:

Uplua:

Titigaqlutit naittumik titigaqlugu kiutyut kiuninik tapkuat apiqutit ataani.

1. Piplugit hunat ilitavut uplumi, ihumavit piqaqninik nakuuyunik pityutinik utaqiyumayanga ivaniqmik?



ILIHAIYINUT PIQAQNIT NAUNAIPKUTAT
KITUNIGLIQAAK

NAKATAANI 3: MICHAEL

Ilihaiyimut Tuhaqhit

Ihulitniani atuni ilihagutit, takuniaqtatit titiqat uqauhikhat apiquitit. Nigualaqtatit atuqninik piyangit:

- a. Piqatiginit ilishaqtut tamaitnut ilishaqatainut uqaqatiginit;
- b. Atuqnit titiqat ilishaqtunut kiuninik atuni piqatiqaqlutikluniit; tamnaluniit
- c. Tunilugit ilishaqtunut kiunit atahuq malgukluniit tapkuat apiquitit titigaqhimayainut.

Titiqat tukligiyainut malguk atulak piqaqtitauyut nunguani atuni ilihagutit.

Pityuta

Ilitninik tapkuninga pityutit hanmiyai angutit anguthiurtit, aqnait aqnaqhiurtit, tamatkiknik pittaqtut, apiqhuqnilu inuit.

Atugahuaqtitnit naamagiyauni upiginitlu tamaita inuit, qanugitkaluaqtitlugit piqatigittaqtai ivaqattarniqmun.



Ikaqnikha

1 tikitlugu 1½ ikagat

Tuniyakhat

1. Anilirtuq
2. Ihumagitqiknit Apiquittit
3. Titigaqtat Kiutyut

Pityuhit

Michael Uqauhigiyat: 10–15 minitsit

- Uqautilugit ilishaqtut tapkuat hulinit pinahuaqniat ilitquhianik tamna Michael.
- Apigilugit ilishaqtut:
 1. “Hunat ikpigiyat pivait Michael ikpiguhukpa uuminga unipkaqmik hungmatlu?” Titigqlugit kiutyutai talvunga akitnaqmi titigaqvikmut alilayuqyuqmutluniit titigakhamut.
 - o Kiutyut: Iqhiyuq/iqhigiya
 - o Kiutyut: Avaliittuq
 - o Kiutyut: Qipilukta
- Unniqlugu piplugit amihut inuit iqhiyut piyami “anipkaiyaq” hatqiqtitnilu ivayumavaknihait naliaknik, pihimapkaqtitauvaktut amihunik ilagiyainik inuuhiqmingnut iigaqtuqnit.
- Taimattauq piyanik Michael, pihimanit tahapkuat iigaqtuqni pityutaualat ihumalirniqmik inngummakpiarniqmik, inminirniq, ilihaguirniq, angayarnaqtut imiqluitlu aturniqluknit, amihuqpiatluttauq.
- Unniqnit ilishaqtunut amihuiqpaktait, taphumatut Michael, inuit akhurnikkuqtut ihumaliurniqmik huna huvuganaittanga unniutiyami piplugu nakuguhungitpiapakmata iqhiniqlu angutauqatigit aqnauqatigitlu ivaqattaqnit inuuhiqmi.
- Apigilugit ilishaqtut:
 1. “Qanuq piva Michael piyanginik qanugitnigiyan? Kimik ikayuqtikhaqtaqa?”
 - o Kiutyut: Kamatsiaqtut Ikayugut Hivayaqvia, taphumingalu hivayaqaqhuni, uqaqatigya Davidee.

Tuniyakhat: 15 minitsit

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

Uktugarniq-Pinguarniqmik: 20–30 minitsit

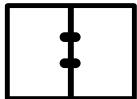
- Ilanga 2: Piyangata ilishaqtut iniqqagit tuniyakhat, aviklugit malguttaqlugit. Piqatigiklutik, pinguqtiniat uktugarniq-pinguarniqmik tapkuninga Ikayugutit Hivayaqvia hivayaqnianik pinguarniqmik. Pipkaqlugit ilishaqtut ilauqni uqaqatigikniq avataanut hunanik takulluaqnartup unipkaliugaqmik. Ilagiit pinagianikpata, hatqiqtitqulugit uuktugarniq-pinguarniq ilishaqtunut.

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

1. Hunat tahapkuat hivulliit itqaumavigit iliharniqmik angutauqatmik aqnauqatmiklu ivaqattarniqmik? Itqaumavit ilitniqmiq hunanikliqak ilaknit, ilannarnit, nunaluyunit, ukpigiyaqnitluniit? Piva ilitatit nakuuvat nakungitpatluniit? Nakuungitpat, ihumaliqit ahianik tatya?
2. Qanuq ihumavit iiqhimayangi hunat atuqquiaqnilgit ivaqattaguhit angutmiq aqnarmikluniit? Kiutytaulat ilaqlaqtut:
 - o Inngumaniq
 - o Iqhiniq
 - o Ilimahukniq
3. Hunat qungiat tiivikkut inuktat qungiaqhimaviuk angutiqatmik/ aqnaqatmikluniit ivayiuyuq /tamatkiknihiurtuq/ahityiqhimayuq/ hunauyangna naunartuq (ITAHN)? Qanuq tamna aktuahimava ihumagiyaqnut?
4. Hunamik ilitpit uplumi tapkuninga ivaqatigikniqmum pityuhiqmik qanugitnininiklu? Qanuqtut ikayulaqit ikayuqhiutiniqlu ilannaqnut pinahuaqpaknia iliknut? Kiutytaulat ilalgit:
 - o Ikayuqtuqlugit taimattauq ikayuqpknirnut ilannaqnik ihuigiyalikmik.

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





Tuniyakhat 1 Anivakniq

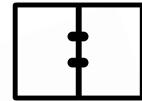
Atia:

uplaa:

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



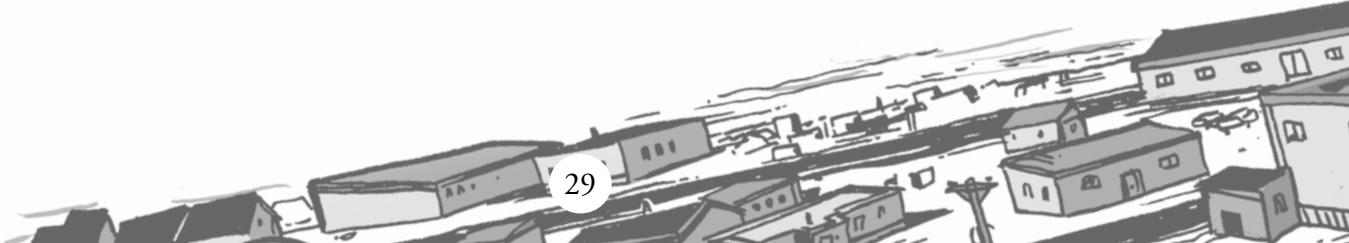
Tuniyakhat 2
Itqaumatyutit Apiqutit

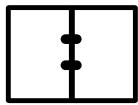


Atia:

Uplua:

1. Hunat hivulliit itqaumavigit ilitninut tahapkuninga tamatkiknik ivaqattarniqmik? Itqaumavilityvigininik ilatit, ilannatit, nunaluyut, ukpiqnitluniit? Iilitatit nakuamuqat ihuitniqmutluniit? Ihuitniqmuqata, ihumaliqit ahianik tatyá?
2. Qanuq ikpiqnarniaqa iigaqtuguvit humnamik atuqquiaqtumik ivaqatiknut qanugitnianut?
3. Hunat qungiat tiivikkut inuktat qungiahaqhimaviuk taimaittuyuq ITAHN? Qanuq tamna aktuahimava ihumagiyaqnut?
4. Hunamik ilitpit uplumi tapkuninga ivaqatigikniqmum pityuhiqmik aniniqlu? Qanuqtut ikayulaqit ikayuqhiutiniqlu ilannaqnut pinahuaqpaknia iliknut?





Tuniyakhat 3

Titigaqtanut Kiutyutit

Atia:

Uplua:

Titigaqlutit naittumik unipkaliuqlugu kiutyut taphumunga apiqutmut ataani.

1. Hunamik ilitpit uplumi tapkuninga ivaqatigikniqmun pityuhiqmik aniniqlu? Qanuqtut ikayulaqit ikayuqhiutiniqlu ilannaqnut pinahuaqpaknia iliknut?

ILIHAIYINUT PIQAQNIT NAUNAIPKUTAT
KITUNIGLIQAAK

NAKATAANI 4: ANNIE

Ilihaiyimut Tuhaqhit

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

- Piqatiginit ilishaqtut tamatkiqlugit-ilahaqatigit uqauhigininut;
- Atuqnit tuniuqaqnit titiqat ilishaqtunut kiyakhait ilikkut piqatiqaqlutikluniit; tamnaluniit
- Tuninit ilishaqtunut kiuyakhai atauhiq malgukluniit apiqutit unipkaliuqtanut titigaqnit.

Tuniyakhat aipanut atulamik piqaqtitauyut ihulitniani atuni ilihautit.

Pityuta

Hatqiqtitnininik atuqpiqtaqtut 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 ilihaqqtut tapkuat hulinii t pinahuaqniat qanugittunianik ilitquhia Annie. Pigiaqnia ilihautit apiqhuqninik tapkuat ilihaqqtut 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 uqaqatiqaqaqa?
 - o Kiutyut: Uqatitigiya Jessie tamnalu Miali.
 4. Qanuqtut Miali ikayuqagu? Qanuqtut tamna nakuuyumik ayyikkuiqtaqhatqikpa taphumunga Anniemun?
 - o Kiutyut: Miali tuniyai uqaatyugutini 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: Uqauhigiyta tapkuninga upalungaiyaqhimaittumik hingaiyaulirniq, STI-nik, tamnalu HIV.
 - o Kiutyut: Uqautiya Annie quglukluaqhimayaminik puqtuniqhanik iliharvikmi, inminiktauq, uqaqatigiliqhimaya amaamani taphuminga.
 - o Kiutyut: Uqautiya Annie nakuuyuq uqaqatiginit inuit ukpigiyatit.
 - o Kiutyut: Uqaqatigiya Annie tapkuninga allatqinik pityuhit nutaqilaiyautinik.
 - o Kiutyut: Tuniya taiguakhanik anilgautiyakhait ilitpalligutikhat.
 7. Hungmat atuqpiaqa tamna Annie takuyaqtugjanga munaqhimik?

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

Pityuhit Puuqaqniqmik: 5–10 minitsit

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

Ilihaiyimut Tuhaqhit: Pikpata ilihaqqtut ilittugingitnit allatqit pityuhit nutaqilaiyautit, atuqlugu tuniyakhat piqaqtitauyut ihulitpat ilihaituyut
(Tuniyakhat 1: Pityuhit Nutaqilaiyautit) uqauhigininut tapkuat allatqit pityuhit ilihaqatiginut tapkuatlu titigaqtauvalialutiklu.

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

KITUNIGLIQAAK

- Apigilugit ilishaqtut ilihiomayangit humi akiitunik puuqagianga. Piqaqtitlugin kiutyutainik (kiutyut: munaqhiaqvikmit).

Naunaiqtut Uqauhitlu: 20–25 minitsit

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

Ilihaiyimut Tuhaqhit: Una qungiagaq piyaulaq talvani piqataini *Kitunigliqaak* DVD. Una tuhaumatyut qungiaq tapkuninga STI-ngi ilaqlaq Inuktut taittauhinik.

- Unniutilugit ilishaqtut tapkuat ilanga ilihautit aviktugauniaq malguknut ilaginut. Tamna hivulliq ilagiya pipkaqniaqtai ilishaqtut havakniq piqatiqaqlutik iniqtinuin naunaiqtutit tapkununga STI-ngit.
- Aviklugit tapkuat ilishaqtut malguttaqlugit tuniuqaqlugitlu **Tuniyakhat 2: STI-ngit Naunaiqtut.** Pipkaqlugit 10 minitsinikiniqtinuin tapkuat huliyut-hungittut naunaiqtutit.
- Iniqata, uqauhigilugit kiutyutit tapkununga ilishaqtiginut. Tapkuat kiutyutit piqaqtitayut nunguani taphuma ilihautip talvani **Tuniyakhat 2: STI-ngit Nuanaqtutit: Kiutyutit.**

Uuktugut Pularniq talvunga Ivaniqmut Munaqhiaqvik: 30–35 minitsit

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

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

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

tamnalu havaktauyuq hatqiqtitninizilihaqvikmi.

- Itqaumatitni ilihaqtut atuqninik uqauhiit taphumanga Annie tamnalu munaqhi naunaipkutagiplugt (makpigat 20–24).
- Apigilugit ikayuqtukhat hatqiqtninut 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 qungiagaq piyaulaq talvani piqataini *Kitunigliqaak* DVD. Una tuhagakhanut qungiaq tapkuninga STI-ngit ilalgit Inuktitut taiguuhinik.

1. Amihut aqnaguttit ivaqattartut utaqivaktut hingailigahugiplutik munaqhiqaqviliaqniahqutik. Hungmat upautiyuittut ivaniahaqlutik nutaqilaiyautitagami? Qanuq uqautilaqiuk ilannait ivaqattartuq nutaqilaiyautiqagani puuqnikluniit?
2. Naliat tapkuat nutaqilaiyautit pityuhit nakuniqhaulguqat inuuhuktunut atuqninik hungmatlu? Kiutyaulaq ilaqlagunaqhiyuq:
 - o Puut atuqnit ayurnaitniqhauyut pii nagiaqnaqniqpatlu nutaqilaiyautit. Puut kihimiuyutlu nutaqilaiyautit pittailitauyupituat tapkuninga STI-nik.
3. Qanuqtut atuqnipangava angutimut piqataunianut aqnamut piqatigiyamut atuqnianik nutaqilaiyautmik? Kiutyaulaq ilaqlartuq:
 - o Atuqpiartuq. Angut ilihimayukhaq piqatigiyaminik atugiangahianik nutaqilaiyautmik, tamnalu pikpat, taima tamna pittiaquq. Tapkuat qanugitnit upalungaiyaqhimaittut hingaiyanguqnit aktuaniaqtat tamatkiknik piqatigik piqatigiknинут.
4. Ihumavit tungahukpallirnqimik uqauhigininik atuqnit nutaqilaiyautit ilihimaliqpalligaktit pityutauyut? Hungmat?
5. Hunat tapkuak malguk atuqnipak pityuhik pittailinit STI-ngit? Kiutyaulagunaqhiyuq ilaqlalaq:
 - o Utaqiniq ivayami (utaqillakniq)
 - o Atuqni puut

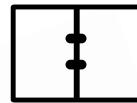
KITUNIGLIQAAK

6. Hunat pingahut piyakhatit ihumaalukkuvit aaniagutitagiakhaq taphuminga STI-mik? Kiutyutaulagunaqhiyuq ilaqlalaq:
 - o Munaqhiqaqviliakautigilutit naunaiqtugauyaqni.
 - o Ihuaqhautitaqlutit aaniagutitaguvit taphuminga STI-mik.
 - o Tugaqvigilugu ivaqatigiyat (tit) tuhaqhitluginu, tuhaqhitluginu, tuhaqhitniaqmagit naunaiqtugauyaqtuqulugit.
7. Huna ayurnaqnipauva pihimayami STI-mik? Kiutyutaulagunaqhiyuq ilaqlalaq:
 - o Kannguhugiaq halumaittuyarniqunit.
 - o Unniutiyaqaqnia ivaqatigiyat ivaqatigiyatitluniit.
 - o Iqhiniq havautitagiakhaq.
8. Hunat atuqtauvakpat ilittugityutit naunaipkutauvakanitlu STI-ngit? Pipkaqlugit ilihaqtut kangiqhimanit tapkuat amihuniqhani ilittuqhautiqayuittut, kihimik kiutyutit ilaqlatal:

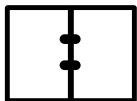
<ul style="list-style-type: none">o Ulugianaqnit quiyamio Akulakkut ulugianaqniqo Maqittarniq uhukmit angutinuto Aaniguhukniq ivapluni kuyagiami aqnanio Igyuukni aanirnaqniq angutinio Kiniqtuq, qakuyartuq, aukmiklunit anittainiq uhukmit uttukmitluniit	<ul style="list-style-type: none">o Atuqattayuitni auktarniit uttukmito Aaniqnarniq, puvihimanit igyuuko Aanirnaqnit naqliurniqo Itiqmi kukukniq
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9. Hapuhimaittumik ivaguvit, hungmat atuqpiqa naunaiqtugauniq STI-mik naunaiqhingitkaluaqtitludit naunaipkutauyunik? Kiutyaulaq ilaqlalaq:
 - o Piplugit amihut STI-ngit takukhaupkaingittut naunaipkutarnik, kihimik nunityutulaq pipkailunilu hivituyumut aaniaqtailiniqmut ihuityutinut, tapkuatut nutaqilaitniq.
10. Hunat kihimiuvat tamaitnut hapuhimayaqnik STI-nit upalungaiqhimaittutlu hingainiqmik? Kiutyaulaq ilaqlalaq
 - o Utaqivallirniq. Naamakpiartuq ilvit, piqatigiyatluniit, niguaqat utaqiyumiqnik ivaqattarniqmun. Ilvit piqatigiyatlu upiguhuyalgit iliqtigilu ihumaliugutiknik, itqaumalutitlu, inuit ahiangulaqtai hunat naliaknuluniit ivayumayamingnik.

Tuniyakhat 1

Pityuhit Nutaqilaiyautinut

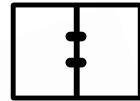


Pityuhit	Qanuq un atuqa?	Qanuqtut atuqniqattiaqa una?	Haputnikhi- mava pitaqninik STI-nigt?	Qanuq akitutigiva Nunavutmi?
Angut/ Arnaq Puuq	Puut atuqtauyut uhukmi uttukmiluniit maqiniit aniguittilitat uttukmut.	Atuttiqaata, angut arnaqlu puungit hingayaut- tailiniqmun 95 tikitlugu 98 pusauyut pivigiyaitsnut.	IIYA.	AKIITTUQ. Puut akiittut tamaitni nunaliuyuni munaqhiqaqvikni.
Iiyaqmut Nutaqilaiyaut Iiyaq	Munaqhiqaqvikmit havautit atuqtauyalgit arnaguhiqnit ikagani auqni upluq tamaat. Tamna iiyaq aturtuq pittailikhiniq uuttuqaqvikmit anipkaiyanga mannikhanik.	Atuttiqaata, tamna Iiyaq piyuq 99.9 pusauyumik atuttiqaqnit hingayauttaili- niqmun.	IMANNAQ.	AKIITTUQ tapkununga Nunavuttagutinut Nunataqatauyunut (NLCB). Akiittuq ilaitnik aaniaqtailiniqmun nautiumatinut piqaqtitiyinut (naliaknut ilingnut aaniaqtailiniqmun nautiumatit angyuqavitluniit'). \$38 atuni tatqiqhiutmi nautiumataittut.
Nutaqilaiyaut Nipittakhaq	Tamna Nippittalik nipingayuq arnaguhiqmut uvianut anittaipluni timimut nuttaqtitayuq uttuqaqvikmit anittaini manniknik. Tamna Nipittagaq ahiangugialik atauhiqlugu tamaat saivani upluni.	Atuttiqaata, tamna Nippittagaq piyuq 99 pusauyumik atuttiqaqnit hingayauttaili- niqmun.	IMANNAQ.	\$34 atuni tatqiqhiutmi (AKIITTUQ tapkununga NLCB).



<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 pusayumik atuttiaqnit hingayauttailiniqmun.</p>	<p>IMANNAQ.</p>	<p>\$46 atuni kapiniqmun nautiumataitpat. (AKIITTUQ tapkununga NLCB).</p>
<p>Uttukmut kaivyagiktuq (NuvaRing)</p> 	<p>Tamna uttukmi kaivyagiktuq atuqtauyuq iluani uttuup, tamna anittaiyuq timimun nutqaqtitaiyuq timimik manniknik. Aqnait atuqtat tamna kaivyagiktuq pingahunut havaguhiqnut ahivaqhimaplugulu atahuhiqmik havaguhiqmik</p>	<p>Atuttiaqata, tamna kaivyagiktuq piyuq 99.7 pusayumik atuttiaqnit hingayauttailiniqmun.</p>	<p>IMANNAQ.</p>	<p>\$34 atuni tatqiqhiutmi (AKIITTUQ tapkununga NLCB).</p>
<p>Iluanugaq- Uttuqaqvikmut Nutaqilaiyaut (IUS tam- naluniit IUD)</p> 	<p>Iluanuktaiyuq uttuqaqvikmut aaniaqtailiniqmut havaktiuqpiaqtumit, tamna IUS tamnaluniit IUD anittaqnit timimun pittailikhuyut mannit ilininut, pipkaqhugu ayurnaqnia maqiniit itiqninut uttuqaqvikmun, ahiguqtittugitluniit maqiniit.</p>	<p>Tamna IUS tamnalu IUD piyat 99.1 tikitlugu 99.8 pusayumik atuttiaqnit hingayauttailiniqmun.</p>	<p>IMANNAQ.</p>	<p>Talvanga \$67 tikitlugu \$204. (AKIITTUQ tapkununga NLCB).</p>
<p>Utaqivallirniq</p>	<p>Utaqivallirniq tamna inmingnik niguaqniat utaqiyumaniq ivaniqmk.</p>	<p>Tamnapi-tuangyuq tamaitnik (100%) haputiyaqnik tapkunangat STI-ngit upalun-gaiqhimaittutlu hingaiyauliqnit.</p>	<p>IIYA.</p>	<p>AKIITTUQ.</p>

Tuniyakhat 2
STI Naunaiqtut



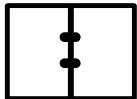
Atia:

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 uhagut.
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.



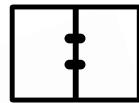


12. Arnaq atuqtuq iiyarnik nutaqilaiyautinik atugahuaquiyukhaugaluaq piqatigiyaminik puuqhimaluni hapuhimayanga usi pitaqtailiniqmik STI-nik.
13. Pitalat ilainik STI-nik kunikturniqmit.
14. Alukturniq hivuganaittuq ivatyuhiq aaniagutitagumangitkuvit.
15. Inuit ilihimavakniqhat pihimayamiknik STI-nik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



Tuniyakhat 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, pilaqmiyuttaq 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 piquqtitniq) malguk STI-ngit pipkagauyuk aaniagutit naamakhilattut tatyauyuq.

Piqaqtuq taty malguknik HPV havautikhak angiatauhimayut atuqtaulaqnit Kanatami: Gardasil® tamnalu Cervarix™. Gardasil® piqaqtitiyuq 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). Angiatauhimayuq atquninga aqnanit angutinitlu ukiulgit 9 tikitlugu 26-nik. Talvani Aipuru 2011, Gardasil® angiatauhimayuq atuqnikha aqnanit tikitlugu ukiulgit 45-nik.

Cervarix™ piqaqtitiyuq hapuhimaninik pitaqtailinit malguk HPV-ngit qanugittunit pityutit mikhaani 70 pusauyut akulakkut kansurnik (HPV-16 tamnalu HPV-18). Angiatauhimayuq atuqninik aqnanit ukiulgit 10 tikitlugu 25.

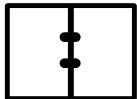
Apigilugu munaqhigiyat piyakhait HPV-ngit kapuutit naamagiakhait ilingnut. Tuhaqpalicakhanut, takulugu <http://www.phac-aspc.gc.ca/std-mts/hpv-vph/hpv-vph-vaccine-eng.php>.

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

Nunavut pihimayut inungnut manikhaqtainik HPV-ngit kapuutikhainut havagutit aqnaguhiqnut 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 aaniagutillik ilagiya.



Hivuganaittanga, atuqpiartuq ilihimayanga ivaqatigiyat naunaiqtuqhimaganya 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 itilaqmikuqtauq timimut ilaliutiyagangat aukmun atuqatigikniqmik IV havautit kaputmun.

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

Iquyuq. Tamna Pap allaqtiviunit uuktutauyuq piplugit hanatyuhikhaliat naunaiqninik akulakkut kansuqagiakhaq naunaiqhilaqhunilu herpes aaniagutmik, kihimiknaunaiqhilaattuq piqagianga ahiiunik STI-ngit. Arnaq piqagahugigumi hatqiqviuniqmik STI-mik apigiyaqaqta munaqhimik taphuminga STI-ngit naunaiqtutmk. Tamatkiknnik 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 gonorrhea
- o Allaqqiuniq uttuknit naunaiqtutmk kitunikliqak ahiiunik aaniagutinik

6. Inuuuhuktut pitalat uuktutmk havautikhaqniqlu tapkununga STI-ngit tuhaqhihimaittumik angayuqangit.

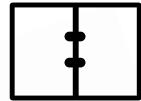
Huliyuq. Titiqat takuyaualittut, taimaittumik kinaliqak quyagitnaq munaqhiqaqviliaqluni naunaiqhilaattuq inuhuktuq havaktauhimayanga talvani. Nunavutmi, munaqhiqaqvit papkaiyut STI-nik naunaiyainiq akiitumik, havautikhatlu piyaulat akiittumik.

7. Pitalaittutit STI-mik kuyauyaqlutit, tahiugutilutluniit, uqakaphuklutit, pihukaphuklutit, numiqatiqaqlutluniit.

Huliyuq. STI-ngit hiamalaqtut kihimik aktuaqatigikhuni aaniagutilikmik inungmik. Kinaliqak aaniagutitalaq pigumialuktuiniqmik uttukkutluniit ivaqatigagumi 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 Makpigaqpatauqait, Egyptianit titigaqtat tapkununga papyrus, tapkuatlu ilihimayauqpiatut Greek taaktiat Hippocrates tamaqmik unniqtat naunaipkutat aaniagutinut akhugutauvaknitlu ilihimayavut uplumi pipkagayut STI-nit. Ihuaqhautit amihuuniqhanut STI-ngit naunaiqtaungittut tikittiqhugit 1900-nit, ilailu huli ihauqhiyaulittut.



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

Huliyut. HIV aaniagut, tamna hiamalaq ivaniqmut aktuaniqmit, tatyu tuqutyutaunginnaqtuq. Akulakni herpes huguqhilit nuatgannuaqnik aniyunik aaniagutiliknit aqnanit. Ilai STI-ngi, tahapkuatut gonorrhea tamanlu chlamydia, pipkailat akulaknik puvipkainit aaniagut (PID). Havaktaungitpat, PID pipkailaq nutaqilaiqniqmic, uumatmut aaniagut, tuquniqluniit. Syphilis taiyauyuq “tamna ayikuhiuqpiaqti” piplugu takukhaupkaiyuq tapkuat ahii aaniagutit takukhaupkaqtainik. Pilik pingahunik tukligit syphilis: tukliat 1 pigiaqtuq mikiyumik, aaniqnaittuq aanirhimaniq tapkuat halumailgut itiqtat timimut. Talvani tukliat 2, inuk pivalailaq tamaitnut ikpiginiq naamattiangitniqmic, maniktutluniit piqunganit akulaqaqvikni,. Talvani tukliat 3, syphilis tamna havaktaungittuq pipkailaq uumatmut ihuiyutinik, ihumamut pityutinik, tuquniqmikluniit.

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

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

11. Aaniagutiqaguvit taphuminga STI-mik, havautikhaqnagiguvit, pilaqniqhaulaq na-kuuhilaqnikhaqnut.

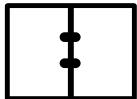
Huliyuq. Pituagangat STI-mik aaniagutitaqnia inuk, huguivaliavaktuq aaniaqtailinianik. Kinaiqak utaqikpat havaguhiqnik tatqiqhiutinikluniit naunaiqtugauniahaqluni havautitaqlunilu, taphuma aaniaqtailinia huguqpiaghimainala, havautituligaluaqtitluguluniit. Ilagipluginuttauq, tamna inuk hiamaktilaqtu havakhimaittuq STI-ngit ivaqatiminut.

12. Atnaq atuqtuq iiyaqnik nutaqilaiyautmik huli atuquiyukhaq piqatigiyaminik atuqnianik latex puuqmik pittailiniqmic STI-mik.

Huliyuq. Iiyaqnut nutaqilaiyautit pittailitaungittut STI-nik, taimatut puut huli piyalgit hapuhimatuyaunit.

13. Ayuqnaittuq pitaqninik ilait STI-ngit kunikturniqmun.

Huliyuq. Ayuqnaittuq pitaqninik aaniagutmik syphilis kunikturniqmun, aaniagutilik inuk piqaqat chancres (mikiyat lilaqnit) iluani avataaniluniit qaniup. Tamna herpes aaniagut hiamaktaulaqtauq kuniktuiniqmun pitaqhimanunit lesions piqaqninik.



14. Aluktuiniq pityuhijuq ivaniq aaniagutitagumangitkuvit.

Iquyuq. Ayuqnaittuq aaniagutitarniq tapkuninga HIV, gonorrhea, tamnalu herpes aluktuipluni ivaniqmik.

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

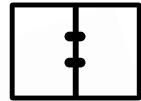
Iquyuq. Amihut inuit naunaipkutiqayuitpiartut, ahiilu naunaipkutiqalaittut havaguhiqnut ukunutluniit aaniagutitaqaqlutik. HIV aaniagut takukhaupkaingittuq naunaipkutaqnik ukiunut, kihimik aaniagutilik inuk aaniagutitaqtillaq piqatiminik tapkuat pivigiyaani.

16. Tamna aturniqpaq piyakhaq aaniagutitaqhimanahugiguvit STI-mik tuhaqhitlugu ivaqatigiyat piqatitluniit.

Iquyuq. Tamna atuqniqpaq piyakhaq qinikautigiyalik havautinut ihuaqhaqtauniq. Naunaipkutat STI-mik hatqingitpialat, piilimaittutluniit hivikkumi, kihimik aaniagut iluaningitnaqniaq inuup timingani. Aaniagutilik inuk akhutak aaniguhulaq timiminut aaniagutitaqtinaqlunilu ahiinik. Havautinut ihuaqhautit pigaliqata, tamna aaniagutilik inuk munaqhiluniit tuhaqhilaqta ivaqatigya. Tatyallak, atuqpiagialik aaniagutilik inuk pittailiniq qanuqliqak ivayami aktuiniqmun.



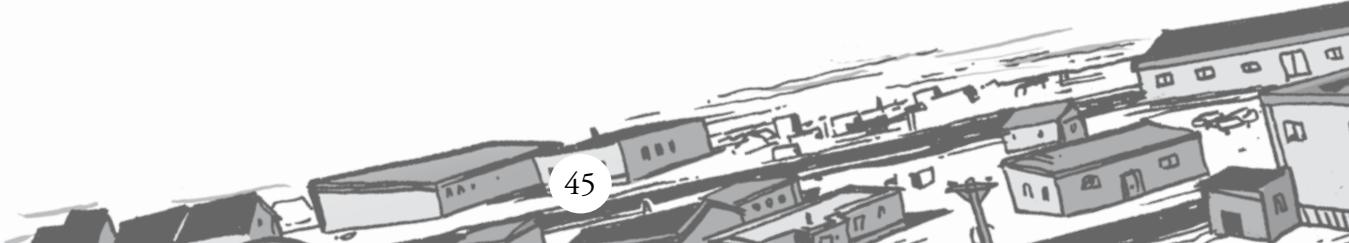
Tuniyakhat 4
Itqaumatyutit Apiqutit

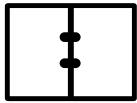


Atia:

Uplua:

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





Tuniyakhat 5
Titigaqtanut Kiutyutit

Atia:

Uplua:

Titigaqlutit nainaqlugu kiutyutikhanik atauhqi apiqtauyuq ataani.

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

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

ILIHAIYINUT PIQAQNIT NAUNAIPKUTAT
KITUNIGLIQAAK

NAKATAANI 5: TAMAITA

Ilihaiyimut Tuhaqhit

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

- a. Piqatigilugit ilishaqtut tamatkiumatitlugit-ilishaqtigtit uqauhigininik;
 - b. Atuqlugu tuniyakhat titiqat ilishaqtunut kiuninik ilikkut piqatiqaqlutitluniit; tamnaluniit
 - c. Tunilugu ilishaqtunut kiuyakhat atuhiq malgukluniit tapkuat apiqutit titigaqlugit.
- Tuniyakhat titiqat aipanut malguk pilaqnit piqaqtitayut ihulitniani atuni ilihautit.

Pityuta

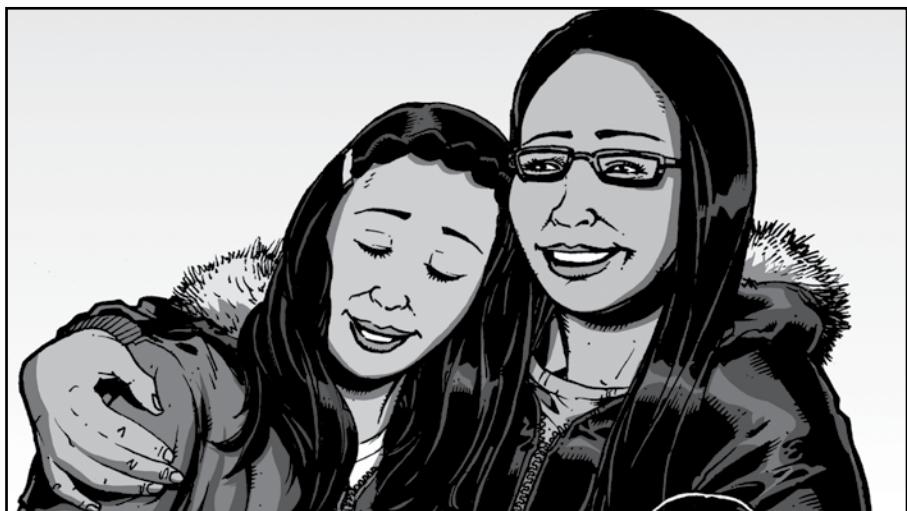
Naunaiqni tapkuat inuit,
inait, piqaqnitlu
ikayuqtikhaqhiuqvikhat.

Ikaqnikha

45 tikitlugu 50 minitsit

Tuniyakhat

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



Pityuhit

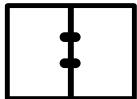
Unniqtut Hunauyanga Tuniyakhatlu: 30 minitsit

- Unniutilugit ilishaqtut tamaqmik piqatiqaqpaktut allatqinik inungnik piqatigkhutik allatqinik hunanik. Unniqtuqlugu tahapkuat hulinini naunaiqniaqtai inuit, inigiyai, piqaqnitlu tuhagiaqtuqvigilaqtai ikayuqtigiyangitlu kitunutluqak pityutinut uqauhigiyuyut hivuani ilihautayuni.
- Pigiaqlugu huliniq apiqhuqlugit tapkuat ilishaqtut ihumakhaqhiuqnit titigaqnit inuit uqaqatigiyangit tunngagiyai. Uingaiqlugit titgaqunit qanugittuninik hugiyangit tuqhugautikkut tapkununga ilishaqtunut, atitigungittuq. Akitnani titigaqvikmi alilayuqmiluniit titigaqvikyuaqmi, titigaqnit tamaita hugiyangit tapkuat ilagit tapkuat ilagit piqatitai.
- Tuklianik, uqautilugit ilishaqtut, “Tapkuatut ilait qungialiutauhimayut talvani Choices, ilani tungagitaravut uqauhiginit kimutliqak ilagivallaqtaptitingnut.” Apigilugit ilishaqtut humiluttauq ikayuqtikhaqtalaqnit kiuyaunilu kitutliqak piyaqaqnit apiqutailu.
- Titigaqlugit tapkuat kiutyutai talvunga akitnaqmi titigaqvikmun alilayuqyuamutluniit titigaqvikmut.
- Tuniuqaqlugu **tuniyakhaq 1: Upalaqtaga tamna...** atuni ilishaqtunut.
- Piqaqtuq aitnik ilagiyainik talvani tuniyakhat titiqat. Atuni ilagiyai pilik pityutimik ihuilguqmi kluniit titigaqhimiayumi.
- Ilihautilugit ilishaqtut ihumapkaqni tapkuninga pityutmik ihuilgumikluniit tamnalu inuk, inigiyai, piqaqniiyuqluniit upalaqtat ikayuqtauniqmut taphumunga pityutimut.
- Unniutilugit ilishaqtut piqaqtut 10 minitsimik iniqnit tuniyakhat titiqat.

Uqaqatigikniq Apiqutit/Tuniyakhat/Titigaqtanut 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:

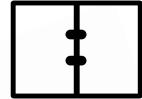
Täiguattiaqlugit atuni uqauhit. Ihumagilugu tamna uqauhiq kinalu upagumayat ikayuqtikhaq uqauiyukhaqluniit. Titigangitkaluaqlugu inuup atia, kihimik qanuq ilagiyanga iliknut. Naunaipkutagilugu: angayuqaq, ilihaiyi, ilannaq, aniqat, munaqhi, ahiilu.

Uqauhit:

1. Piqatiqaliqtutit kimik malguknut tatqiqhiutiknut tamnalu ivayumayuq. Naluyutitlu piyumayakhaqnik.
2. Nanihiyutit qaphinik mikiyunik piquqnirnik akulakni.
3. Ihumayutit angutauqagigikhiuqtunahugiyaq arnauqatigihiuqtunahugiyaq, 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. Aqnaguhiqnut: aniguqtuq aukvikhagaluit iqhiyutitlu hingaiyangugiakhaq.
8. Angutinut: puiguqtutit atugiakhaq puuqmik aqnautiknut hingaiyanguqtuqlu.
9. Ilitpalligumayutit tahapkuninga allatqinik nutaqilaiyautinik.
10. Tunngahuttiangitutit uqaqatiginit angayuqatit ivaniqmik, kihimik uqauyauyaqaqtutit.

Tuniyakhat 2

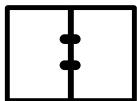
Itqaumatyutit Apiqutit



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?



Tuniyakhat 3

Titigaqtanut Kiutyutit

Atia:

Uplua:

Titigaqlutit nainaqlugu kiutyutikhanik atauhqi apiqutauyuq ataani.

1. Piplugit hunat ilitatit uplumi, ihumavit piqagianga inuktik upalaqtaqnik apiqutikhaqnut piplugit hivuganaittumik ivaniqmik aaniaqtailiniqmutlu piqatiqarniq? Taimaitpat, atuqatigiklugit qanuq una ilihimaniq ihumagityutigiviuk. Pingitkuvit, atuqatigilugu hunat Ahiit tuhagakhat piqaqnitlu ikayuqliutilagiangit.



Nunallaami Angirutit

Atauttikkut Ihumagiittiaqniq

Naammaginiq

Naalattiaqniq

Pilaaruti Piyumanginnikkut

Pitjutiginia Ilaunikku

Uqauhiq Piyumayaa

