



**I RESPECT MY LAND.  
IKPIGIYARA NUNAGA.**



**I RESPECT MY PEOPLE.  
IKPIGIYATKA INUUQATITKA.**



**I RESPECT MYSELF.  
IKPIGIYUNGA UVAMNIK.**

Sexual health is an important part of your overall health.  
Nulliarnikkut aanniaqtailiniq anginiqaqtuq  
inuuhirni inuuhiringnaqtumik.

Learn more at:  
Iliharhimalutit umani:

[www.irespectmyself.ca](http://www.irespectmyself.ca)



**I Respect Myself  
Uvamnik ihumagittiaqtunga**