ᐅᖃᓪᓚᖃᑎᒋᓗᑎᒍ ᓱᕈᓯᖅᐳᑦ ᐊᐃᑉᐸᓈᒃᐸᖕᓂᐅᑉ ᒥᒃᓵᓄᑦ

ᐊᐃᑉᐸᓈᒃᐸᖕᓂᖅ ᐃᓚᐅᑎᑦᑎᖕᒪᑦ ᑎᒥᐅᑉ ᑭᓯᑯᑦᑎᖕᒋᓐᓂᒃ, ᐃᓅᖃᑎᒌᖕᓂᕐᓂᒃ, ᖃᓄᐃᓕᐅᖃᑦᑕᐅᑎᓂᕐᒥᒃ, ᐱᓐᓇᕆᔭᐅᔪᓂᒃ, ᖃᓄᖅᑑᕈᓐᓇᕐᓂᕐᒥᒃ, ᐊᒻᒪ ᐊᐃᑉᐸᓈᖕᓂᕐᒧᑦ ᖃᓄᐃᓕᐅᖃᑦᑕᐅᑎᓂᖅ.

ᐅᖃᐅᓯᖃᖃᑦᑕᕐᓂᖅ ᐊᐃᑉᐸᓈᖕᓂᕐᒥᒃ ᐃᑲᔫᑎᖃᕐᒪᑦ ᒪᒃᑯᖕᓂᕐᓴᓂᒃ ᐃᒻᒥᖕᓂᒃ ᐃᓗᐊᓇᓂᕐᒥᒃ ᑎᒥᒥᓂᒡᔫᓐᓃᑦ. ᐃᑲᔪᕐᓂᖃᕈᓐᓇᑦᑎᐊᕐᐳᕐᓗ ᐃᓱᒪᒃᓴᖅᓯᐅᑦᑎᐊᕐᓂᕐᒥᒃ ᐱᒋᐊᓚᐅᖕᒋᓐᓂᕐᒥᓂ ᐅᑯᓂᖕᒐ:

- ᖃᖕᒐ ᐊᐃᑉᐸᖃᕈᓐᓇᖅᓱᓛᕐᓂᕐᒥᓂᒃ
- ᐅᖃᖃᑎᖃᖅᑳᖃᕐᓂᕐᒥᒃ ᐊᖕᒐᔪᖅᑲᒥᓂᒃ ᐊᑲᐅᓛᒃᑯᑦ ᐊᐃᑉᐸᓈᖕᓂᕐᒥᒃ
- ᐊᑐᕆᐊᒃᓴᖅ ᐅᓱᑉ ᐳᖕᒋᓐᓂᒃ
- ᐊᐃᑉᐸᖃᕐᓂᒃᑯᑦ ᖁᐱᕐᓇᑦᑕᕆᐊᒃᓴᖅ ᖃᐅᔨᓴᖅᑕᐅᓃᑦ
- ᐸᕐᓇᒃᐸᒋᔭᕐᓂᖅ ᕿᑐᕐᖓᖅᑖᕈᒪᓂᕐᒧᑦ
- ᐅᖃᐅᔨᓂᖅ ᐱᓂᕐᓗᒃᑕᐅᔪᕕᓂᐅᒍᓂ

ᐊᔪᓇᖕᒋᓐᓂᕐᓴᐅᓇᓱᒋᔭᕋ ᐊᒃᓱᕈᕐᓇᖕᒋᓐᓂᖅᓴᐅᓪᓗᓂᓗ ‘ᐅᖃᖃᑎᖃᕐᓗᓂ’ ᐅᖃᐅᓯᕆᐊᕐᔪᑐᐃᓐᓇᖅᐸᒃᓗᒍ ᐱᕈᖅᐸᓪᓕᐊᓂᖕᒋᑦ ᒪᓕᒃᓗᒋᑦ ᐅᖃᐅᓯᕆᔭᐃᓐᓈᓗᒋᖕᒋᖕᒐᕐᓗᒍ ᐃᓐᓇᕐᑯᓯᓕᖅᐸᑕ ᑭᓯᐊᓂ.

– ᐊᖕᒐᔪᖅᑳᕆᔭᐅᔪᑦ ᓱᕈᓯᓛᖑᓂᕐᓴᓄᑦ, ᐃᖃᓗᖕᓂ

ᐅᑯᓐᓄᑦᓕ ᐱᒪᕆᐅᓚᐅᖅᐳᖅ ᐃᓕᓐᓂᐊᓈᓚᐅᕐᓗᓂ ᑭᓯᐊᓂ ᐊᑖᑕᐅᓕᕈᒫᕐᑯᑦᓗᒍ. ᐊᒻᒪᑦᑕᐅᖅ ᖃᐅᔨᒪᔭᕆᐊᖃᕆᑦᓗᓂ ᐱᖃᑎᒥᓂᒃ ᐃᒃᐱᒍᓱᑦᑎᐊᕆᐊᖃᕐᓂᕐᒥᓂᒃ; ᐱᖃᑎᖕᒐ ‘ᐊᖕᒋᖕᒋᑉᐸᑦ’ ᑕᐃᒪ ᑕᒪᒃᑭᕐᓗᑎᒃ ᐃᓗᐊᕆᔭᒥᖕᓂᒃ ᐊᑐᕆᐊᖃᓕᖅᐳᒃ.

–ᐊᖕᒐᔪᖅᑳᕆᔭᐅᔪᑦ ᒪᒃᑯᒃᑐᓂᑦ, ᖁᕐᓗᖅᑐᖅ

ᐊᑐᕐᓗᒍ ᑖᓐᓇ ᐱᓕᒻᒪᒃᓴᕐᓂᖅ. ᓇᓗᓇᖕᒋᑦᑎᐊᕐᓗᑎᑦ, ᓱᓕᓗᑎᑦ ᑐᙵᓇᑦᑎᐊᕐᓗᑎᑦᓗ. ᐃᓅᖃᓐᓂᕐᓃᑦ ᓱᕐᑯᓯᖅᑕᐃᓕᓗᒍ. ᐃᓱᒫᓗᒋᖕᒋᑦᓗᒍ ᐅᖃᖃᑎᑦᓗ ᐋᖅᑭᑦᑎᐊᖅᓯᒪᖅᑰᔨᖕᒋᒃᑲᓗᐊᕈᔾᔪ.

ᐅᖃᐅᓯᖃᓕᖅᐸᑦᓕᐊᔭᔪᑎᒃᓴᐃᑦ

ᑕᕐᓇᔭᕐᓂᒃᑯᑦ ᑏᕕᒥᒃ, ᑕᕐᓇᔭᐅᑎᑐᐃᓐᓇᒃᑯᑦ, ᑐᓴᕐᓐᓈᕐᓂᒃᑯᑦ ᐊᒻᒪ ᐱᕙᑦᓕᐊᔪᓂᒃ ᓈᓚᖕᓂᒃᑯᑦ ᐅᖃᑦᓚᖃᑎᒌᓕᖅᐸᑦᓕᐊᓕᕐᓗᓂ. ᐱᒻᒪᓇᖕᓂᒃ ᖃᓄᐃᕐᑯᔭᐅᕙᒃᑐᓕᒃᓗ ᐅᖃᐅᓯᖃᕐᓗᓂ ᓂᕿᓕᓇᐅᔭᕐᓗᑎᑦ, ᓂᓇᑎᑦᓗᓯ, ᐊᖑᓇᓱᒋᐊᕐᓯᒪᓂᔅᓯᓐᓂ ᐅᕙᓄᓐᓂᑦ ᒥᖅᓱᒫᔭᕐᒧᒃᑎᑦᓗᑎᑦ.

“ᐊᐱᖅᑯᓯᑦᑎᐊᕙᒃ ᑖᓐᓇ. ᐊᓕᐊᓇᐃᑦ ᑖᔅᓱᒥᖕᒐ ᐊᐱᖅᑯᓯᒃᓴᓇᔭᕐᓂᒃ ᐊᐱᓇᔭᕐᒪ.”

“ᐊᐱᖅᑯᓯᒃᓴᖃᖅᐱᑦ ᖃᓄᑐᐃᓐᓇᖅ ᐃᒃᐱᒋᔭᕐᓂᒃ ᒫᓐᓇ ᐅᕙᓄᓐᓂᑦ ᐊᓯᔭᖅᐸᑦᓕᐊᓕᕐᓂᓇᔭᕙᑦ ᖃᓄᐃᓐᓂᖕᒐᓄᑦ?”

“ᖃᐅᔨᒪᖕᒋᑦᑐᖕᒐ ᒫᓐᓇ. ᑭᓯᐊᓂ ᖃᐅᔨᓇᓱᖕᓂᐊᖅᐳᖕᒐ ᐅᖃᐅᑎᓂᐊᖅᐸᒋᑦ ᖃᐅᔨᒍᒪ.”

“ᐅᖃᐅᓯᓇᔪᒪᓗᐊᕐᑰᔨᖕᒋᑲᓚᐅᕋᕙᐅᒃ ᑖᓐᓇ ᒫᓐᓇ, ᓱᕐᑯᑕᐅᖕᒋᑦᑎᐊᖅᓗᓂᓗ. ᐊᐱᖅᑯᓯᒃᓴᖃᓕᑐᐊᕐᓂᕈᕙᑦ, ᐊᐱᓇᔪᓐᓇᑦᑎᐊᖅᑕᕐᒪ.”

“ᖃᓄᕐᓕ ᑐᑭᖃᕋᓱᒋᕙᐅᒃ ᑖᓐᓇ?”

“ᐃᓗᐊᕈᓱᑦᑎᐊᖕᒋᒃᑲᓗᐊᖅᓗᖕᒐ, ᑭᓯᐊᓂ ᑖᓐᓇ ᐱᒻᒪᓇᐅᖕᒪᑦ. ᐊᑏ ᖃᐅᔨᒋᐊᓚᐅᕐᓚᕗᒃ ᐅᕙᒍᓗᓄᒃ.”

ᖃᓄᖅᑑᕈᑎᑦᑎᐊᕙᐃᑦ ᓱᕈᓯᐅᓂᕐᓴᓄᑦ (ᐅᑭᐅᓕᖕᓄᑦ 0-ᒥᑦ 7-ᒧᑦ)

- ᐊᑐᕐᓗᒋᑦ ᑕᒻᒪᖅᓯᒪᖕᒋᑦᑎᐊᖅᑐᑦ ᐊᑎᖕᒋᑦ ᑎᒥᒦᑦᑐᑦ: ᐅᓱᒃ, ᐅᑦᑐᒃ, ᐅᒃᐸᑎ. ᑕᐃᒪᓐᓇ ᓱᕈᓯᑦ ᐃᓗᐊᕈᓯᒍᓐᓇᕋᔭᕐᒪᑕ ᑎᒥᖕᒋᑕ ᑭᓱᒃᑯᑖᖕᒋᓐᓂᒃ ᐅᖃᐅᓯᖃᕈᓐᓇᑎᐊᕐᓗᑎᒃ ᐊᑲᐅᖕᒋᓕᐅᕈᑎᖃᕐᓂᕈᑎᒃ ᑎᒥᒥᒍᑦ.

- ᓱᕈᓯᐅᓂᖅᓴᐃᑦ ᑐᑭᓯᔪᒪᓱᖑᖕᒪᑕ ᓇᖕᒥᓂᖅ ᑎᒥᒥᖕᓂᒃ. ᐃᓛᓐᓂᒃᑯᑦ ᐊᒃᑐᖅᓯᔪᓐᓇᕐᒪᑕ ᐅᓱᖕᒥᖕᓂᒃ ᐅᑦᑐᖕᒥᓂᒡᔫᓐᓃᑦ ᐃᓄᒋᐊᒃᑐᓂ. ᑕᒪᓐᓇ ᓱᕐᑯᑕᐅᖕᒋᑦᑑᓂᖕᒐᓂᒃ ᖃᐅᔨᑎᑐᐃᓐᓇᕐᓗᒋᑦ. ᐃᖅᑲᐃᓯᑐᐃᓐᓇᕐᓗᒋᑦ ᐃᓄᐃᑦ ᑭᓯᐊᓂ ᐃᓄᑑᑦᓗᑎᒃ ᑕᐃᒪᓐᓇ ᐱᓱᖑᓂᖕᒋᓐᓂᒃ.

- ᐅᓱᒃ, ᐅᑦᑐᒃ, ᐅᒃᐸᑎ, ᐃᕕᐊᖕᒋᖅ ᐊᒻᒪ ᖃᓂᖅ ᑕᒪᕐᒥᒃ ᑖᒃᑯᐊ ᑲᖑᒋᔭᐅᓱᑦ ᓇᖕᒥᓂᓇᔭᐅᑦᓗᑎᒃ. ᐅᖃᐅᓯᓇᓗᒋᑦᓗ ᑭᓇᒃᑯᓐᓂᑦ ᐊᒃᑐᖅᑕᐅᔪᓐᓇᕐᒪᖔᑕ ᐊᒻᒪᓗ ᖃᖑᒃᑯᑦ (ᖃᕐᕕᖕᒥᒃ ᐊᑐᕐᓗᓂ, ᐊᓐᓄᕐᖅᑐᖅᐸᓪᓕᐊᑎᓪᓗᒍ, ᐃᓗᐊᖅᓴᐃᔾᒥᑦ ᓗᒃᑖᒥᓪᓗᓐᓃᑦ ᑲᒪᒋᔭᐅᓂᕐᒥᓂ) ᐅᖃᐅᑎᓗᒋᑦᓗ ᑭᓇᐃᓐᓇᕐᒥᑦ ᐊᒃᑐᖅᓯᑯᔭᐅᔭᕆᐊᖃᖕᒋᑦᑐᑦ ᑲᖑᒋᔭᖕᒋᓐᓂᒃ ᑎᒥᒥᓂ.

- ᐅᖃᐅᓯᕆᓗᒍ ᓇᓗᓇᐃᖅᓯᓗᑎᓪᓗᓐᓃᑦ ᐊᑦᑕᓇᖕᒋᑦᑐᒥ ᐊᒃᑐᖅᓯᓂᕐᒥ ᐊᑦᑕᓇᖅᑐᒥᒃᓗ ᐊᒃᑐᖅᓯᓂᕐᒥ. ᓄᑕᖅᑲᑦ ᐅᖃᕈᓐᓇᖅᑐᑦ "ᐋᒃᑲ" ᖃᓄᑐᐃᓐᓇᖅ ᐊᒃᑐᖅᑕᐅᓂᒃᑯᑦ ᐃᒃᐱᒍᓯᒍᑎᒋᓗᓂᔭᖑᒃ ᐊᑲᖅᓇᖕᒋᓐᓂᕐᒥ ᐃᒃᐱᒋᔭᐅᖕᒋᓐᓂᕐᒥᒃᓗᓐᓃᑦ. ᐅᖃᐅᔾᔨᓐᓇᖅᑐᑦ ᐅᒃᐱᓇᔭᖕᒋᓐᓂ ᐃᓐᓇᕐᒥ. ᖃᐅᔨᒪᑎᒋᐊᖅᓗᖕᒋᑦ ᖃᐅᔨᒪᓗᑎᒃ ᐃᑲᔪᒋᒪᓂᕐᓂ.

- ᑭᐅᒫᖅᑕᕐᓗᒋᑦ ᐊᐱᖅᑯᑎᖕᒋᓐᓂᒃ ᓱᓕᔪᒥᒃ ᓇᓗᓇᖕᒋᐅᑎᒋᔪᒥᒃ. ᐅᖃᐅᑎᓗᐊᒃᑲᓐᓂᕐᐸᒡᓗᒋᑦ ᑐᓴᓇᐊᖅᑲᖅᑕᖕᒋᓐᓂᒃ ᐊᐱᖅᓱᒃᑲᓐᓂᖅᑎᓪᓗᒋᑦ. ᖃᓄᐃᖕᒋᑦᑐᖅ ᐊᐱᖅᑯᓯᖕᒋᑦ ᑭᐅᔾᔪᑎᖕᒐᓂᒃ ᓇᓗᓐᓂᕈᕕᑦ – ᖃᐅᔨᒋᐊᓚᐅᕐᓗᑎᑦ ᑭᐅᔪᓐᓇᖅᓯᓂᐊᖅᑕᑎᑦ!

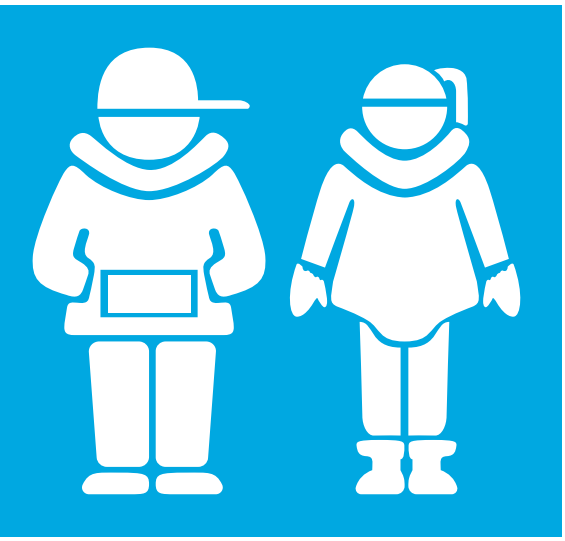
ᖃᓄᖅᑑᕈᑎᑦᑎᐊᕙᐃᑦ ᓱᕈᓯᕐᓄᑦ ᐊᖕᒋᓂᕐᓴᓄᑦ (ᐅᑭᐅᓛᑦ 7-ᒥᑦ 12-ᒧᑦ)

- ᐃᑲᔪᕐᓗᒋᑦ ᓱᕈᒫᑦ ᐱᕙᒋᔭᕐᓂᕐᒥᒃ ᐃᓐᓇᕈᕐᓂᓇᓂᐊᖅᑕᖕᒋᓐᓄᑦ ᐅᖃᑦᓚᖃᑎᒋᓂᒃᑯᑦ ᐊᓯᔾᔨᕐᐸᓪᓕᐊᓂᐊᖅᑐᓂᒃ ᑎᒥᒥᒍᑦ ᖃᓄᐃᓕᕙᑦᓕᐊᓂᐊᕐᑐᓂᒃᑐᓗ. ᐊᐅᖃᕐᑲᑦᑕᕐᓂᑦ (ᐊᐅᓈᓇᐅᖅᑐᑦ) ᐊᒻᒪ ᓴᕋᓕᕐᓇᖅᑐᓂᒃ ᖃᐅᓯᓕᕐᓇᖅᑐᓂᒃ ᐃᓱᒪᒋᔭᖃᓕᖅᐸᖕᓂᖅ (ᐅᓐᓄᐊᒃᑯᑦ ᖃᐅᓯᓕᕐᓃᑦ ᒪᕿᓃᑦ) ᑕᒪᒃᑯᐊ ᐃᓕᖅᑯᓯᐅᖕᒪᑕ ᖃᓄᐃᙱᑦᑎᐊᖅᑐᑦ.

- ᐊᔪᕆᖅᓲᑎᓗᒋᑦ ᓄᑕᕋᓛᑦ ᐱᑕᖃᓕᖅᐸᒃᑐᑦ ᐊᖑᑎᐅᑉ ᖃᐸᖕᒐᓂᑦ ᒪᕿᔭᖕᒐᓃᑦᑐᑦ ᐃᓚᓕᐅᑎᔭᕋᖕᒐᒥ ᐊᕐᓇᐅᑉ ᐃᒡᓕᐅᖕᒐᓂ (ᒪᓐᓂᖕᒐᓄᑦ) ᐊᐃᑉᐸᓈᒃᑎᓪᓗᒋᑦ ᐊᕐᓇᖅ ᐊᖑᑎᓗ. ᑖᓐᓇ ᓄᑕᕋᒃᓴᖅ ᐱᕈᖅᐸᓪᓕᐊᓲᖅ ᐊᕐᓇᐅᑉ ᐃᒡᓕᐊᖕᒐᓂ ᐃᕐᓂᐊᓇᕙᒃᓗᓂᐅᒃᓗ ᐊᖕᒪᓂᖕᒐᒍᑦ ᐅᑦᑐᖕᒐᒍᖅᓗᓂ. ᐃᓄᐃᑦ ᐊᐅᓈᖃᑦᑕᖅᑐᑦ ᕿᑐᕐᖅᒐᒃᓴᖅᑖᕈᓐᓇᖅᐳᑦ ᐊᐃᑉᐸᖃᕐᓂᒃᑯᑦ.

- ᐅᖃᐅᓯᖃᖅᐸᒡᓗᓯᓗ ᐃᓄᐃᑦ ᐱᒻᒪᕆᐅᔪᑯᑎᖕᒋᓐᓂᒃ ᓱᕐᓗ ᐃᓅᕐᖃᑦᑕᓯᐊᕐᓂᖅ ᐊᒻᒪ ᖃᓄᖅᑑᕐᓂᖅ ᑖᒃᑯᐊᒃ ᐅᑲᓕᒻᒪᑯᓗᐃᑦ. ᐅᖃᐅᓯᖃᕐᓗᓯ ᖃᓄᖅ ᓱᕈᒫᑦ ᐊᓯᒥᖕᓂᒃ ᐃᒃᐱᒍᓱᑦᑎᐊᕈᓐᓇᕐᓂᖕᒋᓐᓂᒃ ᐱᕐᑲᓐᓇᕆᔭᒥᓂᒃᓗ, ᐃᓚᒥᓂᒃᓗ ᐊᒻᒪ ᐊᐃᑉᐸᓇᔭᒥᓂᒃ. ᐅᖃᐅᓯᖃᓕᖅᐸᓪᓕᐊᔪᑎᒋᓗᒋᑦ ᑏᕕᒃᑯ ᑕᑯᒃᓴᐅᔪᑦ, ᑕᕐᓇᔫᒃᓴᑦ ᐊᒻᒪ ᖃᓄᐃᓐᓇᖅᑐᒥᔫᓯᒃᑲᓪᓚᖕᓂᕈᑎᒃ.

- ᐊᔪᕆᖅᓲᔾᔨᔪᑎᒋᓗᒋᑦ ᐱᒻᒪᕆᐅᔪᑯᑎᒋᔭᐅᔪᑦ ᓱᕐᓗ ᑐᖑᓇᕐᓂᖅ, ᓱᕈᒫᑦ ᖃᐅᔨᑎᓪᓗᒋᑦ ᓇᒡᓕᒋᒐᕙᒋᕐ ᑐᖑᓯᕐᑯᓪᓗᒋᓪᓗ – ᖃᓄᐃᑐᐃᓐᓇᒥᐊᕐᓗᐊᖅᐸᑕ ᑕᐅᑦᑐᖕᒋᑦ, ᖃᓄᐃᑦᑐᒪᒥᐊᕐᓗᐊᖅᐸᑕ, ᐅᕝᕙᓗᓐᓂᑦ ᑭᓇᒥᐊᕐᒥᒃ ᓇᒡᓕᒋᔭᖃᕐᐸᑕ ᑲᑎᒪᔪᒪᔭᖃᕐᐸᑕᓗᓐᓂᑦ.



ᖃᓄᖅᑑᕈᑎᑦᑎᐊᕙᐃᑦ ᒪᒃᑯᒃᑐᓄᑦ

- ᑐᖑᓯᒃᑎᑦᑎᐊᕐᓗᒋᑦ ᒪᒃᑯᒃᑐᑦ ᐅᓂᒃᑲᐅᓯᖃᕐᑯᓪᓗᒋᑦ ᖃᓄᐃᓕᕐᒪᖔᑕ ᐃᓅᓯᕐᒥᓂ. ᑐᕈᓯᑎᑦᑎᐊᕐᓗᒋᑦᓗ ᖃᓄᐃᖕᒋᑦᑎᐊᕐᓂᖑᓂᒃ ᐊᐱᖅᓯᖃᑦᑕᕐᓂᓂ. ᖃᐅᔨᒪᑎᑦᑎᐊᒃᑭᑦ ᖃᓄᓕᒫᖅ ᐃᑲᔪᖅᑐᑦᑎᐊᕋᕕᑦ ᐃᓅᓯᒫᓗᒋᓕᖅᑕᐃᓕᑦᑎᐊᒃᑭᑦ ᐅᖃᐅᓯᕆᓗᒋᑦᓗᓐᓃᑦ.

- ᐅᖃᐅᓯᕆᓗᓯᐅᒃ ᖃᓄᐃᑦᑐᒪᓂᕆᓂᐊᖅᑕᖕᒋᑦ ᐃᓅᓯᕐᒥᓂ. ᑐᕈᓯᑎᑦᑎᐊᕐᓗᒋᑦ ᖃᓄᑐᐃᓐᓇᖅ ᖃᓄᐃᓐᓇᖅᑐᒦᑦᑯᓇᒋᑦ, ᓇᓗᓇᖕᒋᑦᑎᐊᕐᕕᒋᓗᒋᓪᓗ! "ᓄᑕᕋᓛᖅᑕᕐᑯᕙᑦᑎᒋᑦ ᑭᓯᐊᓂ ᐱᔪᒪᓕᕈᕕᑦ ᐱᑐᐃᓐᓇᕆᐊᖃᓕᕈᕕᑦ. ᖃᐅᔨᒪᒐᓗᐊᖅᐱᑦ ᓱᖑᓇᐃᓕᖕᓚᖕᒋᑦᑐᓂᒃ ᓇᒋᑦ ᐱᔭᕆᐊᖃᕐᒪᖔᖅᐲᑦ ᐊᒻᒪ ᖃᓄᖅ ᐊᑐᕆᐊᖃᕐᒪᖔᖅᐱᑦ?" "ᐃᒥᐊᓗᒃᑕᕐᖃᑐᐃᓐᓇᕆᐊᖃᕐᒪᑦ ᖁᕕᐊᓱᖃᑎᒋᒃᑐᓂ. ᖃᓄᖅ ᖃᓄᐃᓕᐅᖕᒋᑦᑐᓐᓇᕐᓂᐊᖅᐱᑦ ᓄᑕᕋᒃᓴᖅᑖᖕᒋᑦᑐᓐᓇᕐᑯᓪᓗᒋᑦ?"

- ᐅᖃᐅᓯᕆᓗᒋᑦ ᐋᔾᔨᒋᖕᒋᑦᑐᑦ ᐱᐅᔪᓪᓗ ᐱᐅᖕᒋᑦᑐᓪᓗ ᐊᐃᑉᐸᓇᖃᑦᑕᕐᓂᑦ. ᐱᐅᔪᑦ ᐱᖃᑎᒋᖕᓂᑦ ᖃᓄᐃᖕᒋᑦᑐᑦ, ᓱᓕᑦᑎᐊᕐᓂᖃᑦᑐᑦ, ᐃᒃᐱᒋᑦᑎᐊᕐᓂᑦ ᖁᕕᐊᓇᕐᓗᑎᒃᓗ. ᐱᐅᖕᒋᑦᑐᑦ ᐱᖃᑎᒋᖕᓂᑦ ᑎᒥᒥᒍᑦ ᐋᓐᓂᖃᑦᑕᐅᑎᕙᒃᑐᑦ, ᓱᖕᓇᖃᑦᑕᐅᑎᕙᒃᑐᑦ, ᐊᑕᓗᐊᒪᔭᕐᓗᑎᑦ ᐅᕝᕙᓗᓐᓂᑦ ᐱᑎᑦᑎᔾᔨᐅᓂᕋᖅᑕᐅᓂᑦ.

ᑐᑭᓯᒋᐊᓪᓚᒍᒪᒍᕕᑦ ᐅᖃᑦᓚᖃᑎᖃᕐᓂᕐᒥᒃ ᓱᕈᓯᕐᓂᒃ ᒪᒃᑯᒃᑐᓂᒃᓗ:

ᐅᖃᖃᑎᖃᕆᑦ ᐃᓗᐊᖅᓴᐃᔾᒥᒃ, ᓄᓇᓕᖕᓂ ᐋᓐᓂᐊᖃᕐᓇᖕᒋᑦᑐᓕᕆᔾᒥᒃ, ᐃᓐᓇᑐᖃᕐᓂᒃ, ᐊᖑᔪᖅᑳᕆᔭᐅᔪᓂᒃ, ᐅᕝᕙᓗᓐᓂᑦ ᑭᓇᑐᐃᓐᓇᕐᒥᒃ ᐅᖃᕐᕕᒋᔪᓐᓇᑦᑎᐊᖅᑕᕐᓂᒃ.

ᐅᑯᐊ ᖃᕋᓴᐅᔭᒃᑯᑦ ᖃᐅᔨᒋᐊᕐᕕᒃᓴᐃᑦ:

www.irespectmyself.ca

parents.teachingsexualhealth.ca/resources/print-resources

inuithealthmatters.aboutkidshealth.ca/