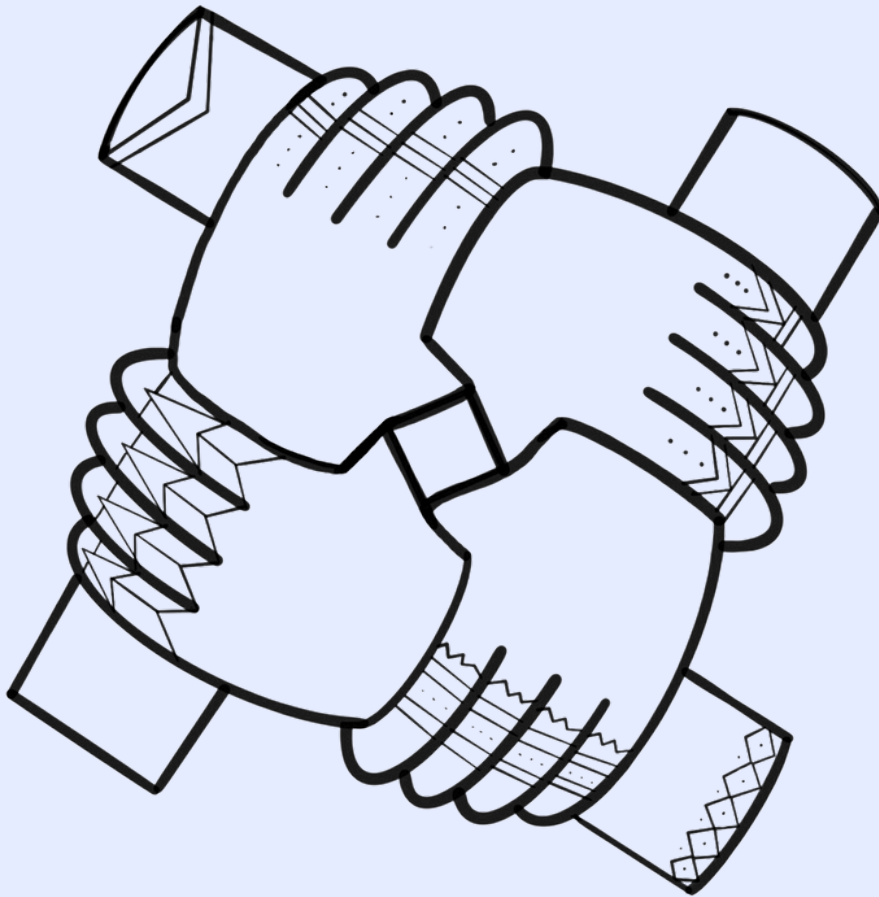


Section 7: **RELATIONSHIPS**



**When we lose someone we
love, we must not learn to live
without them, but to live with
the love they left behind**

[illegible]

RESPECTING OTHERS, RELATIONSHIPS AND CARING FOR PEOPLE

IQ PRINCIPLE REFLECTION

Inuuqatigiitsiarniq: Respecting others, relationships and caring for people

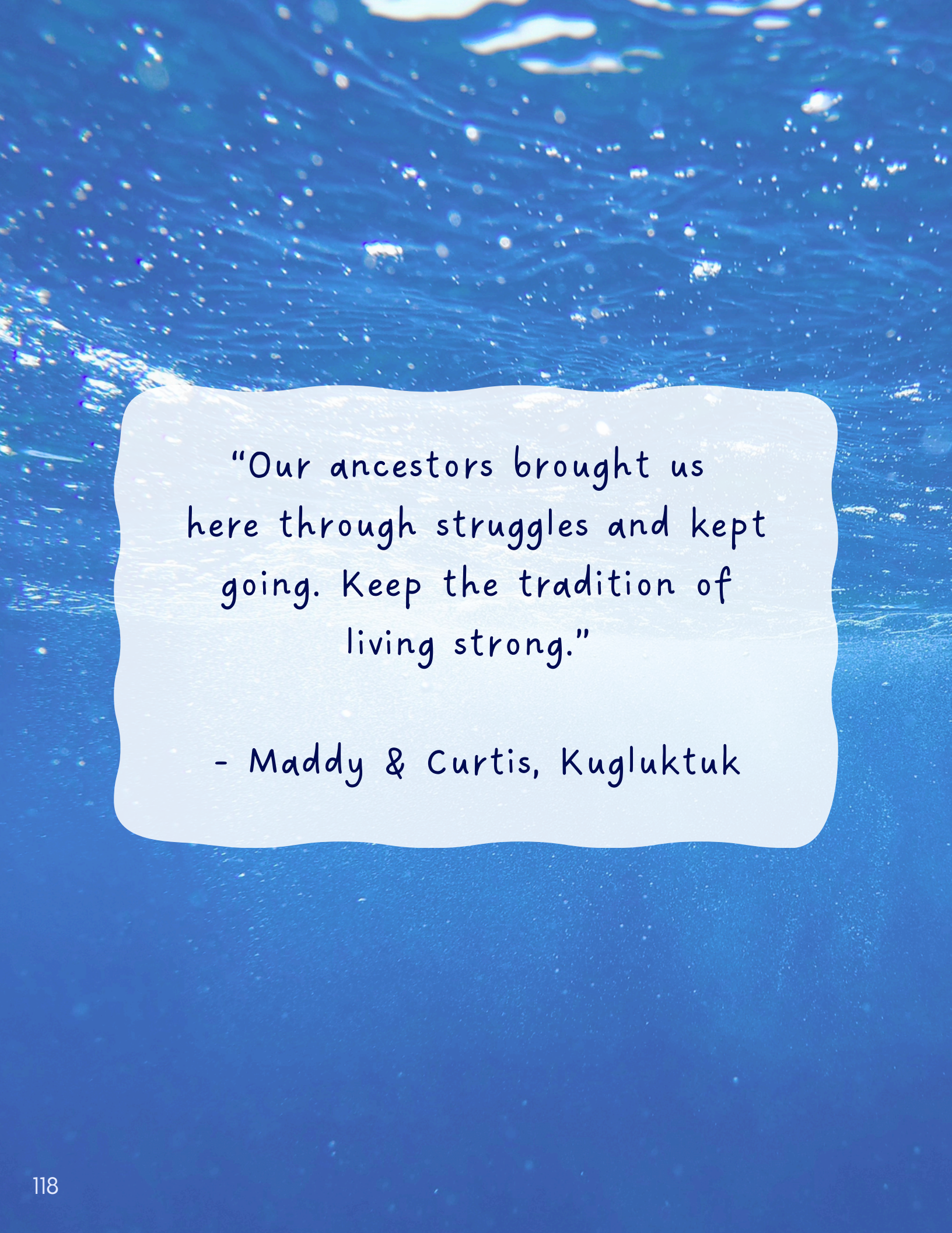
Let's start with dropping your shoulders, relaxing your jaw and closing your eyes while taking a few deep breaths, open them when you feel ready to begin this page.

Respecting others, relationships in life and caring for others will mean something different to everyone. How we foster respect and care in our relationships to others and ourselves can often tell us what matters most in our lives.

Defining what it means to respect and care for others in a comfortable way that fits into our individual lives is important. Learning how we want to be respected and cared for can give us hints on how we'd like to share and embody our understanding of this principle within our relationships and communities.

What does respect mean to you? How do you foster respect and caring for others or yourself in day to day life? Take a few moments to reflect on these questions down below.

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



"Our ancestors brought us
here through struggles and kept
going. Keep the tradition of
living strong."

- Maddy & Curtis, Kugluktuk

WHO CAN YOU TALK TO ABOUT WHAT YOU ARE EXPERIENCING?

[illegible]

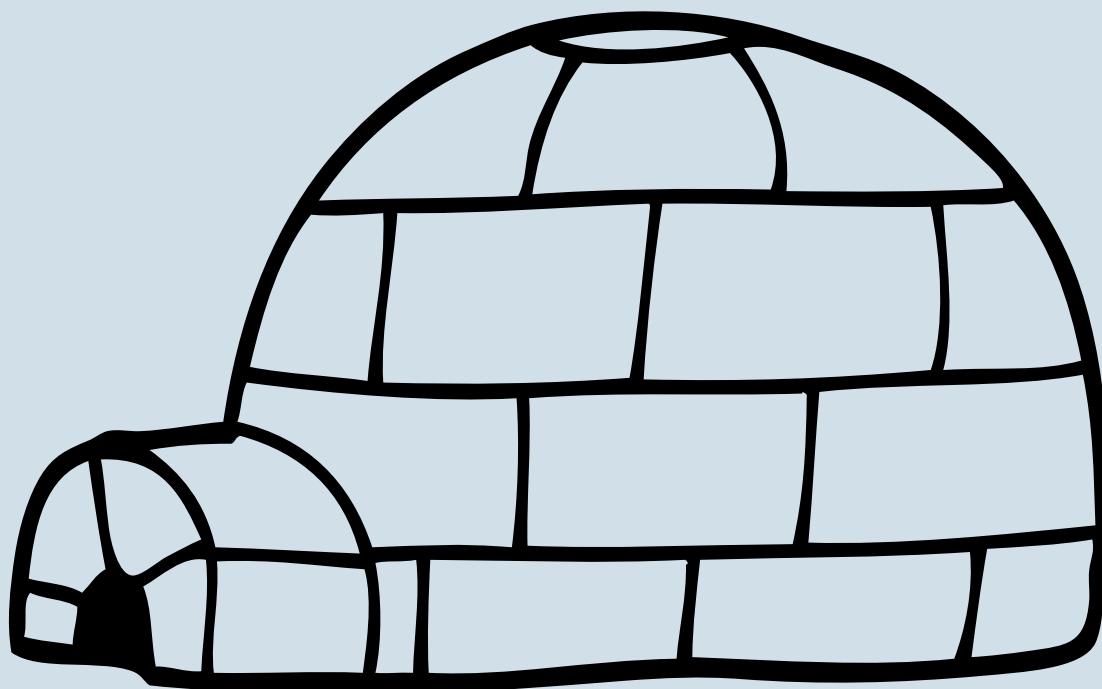




WHAT GRIEF REACTIONS WERE MODELED IN YOUR UPBRINGING?

How are your reactions similar or different to your family?

This image shows a full page of white paper with horizontal blue ruling lines. The lines are evenly spaced and extend across the width of the page. At the very bottom, there is a decorative graphic consisting of stylized waves or clouds in a light blue color. The overall appearance is that of a clean, unused sheet of notebook paper.



Take some time to fill the igloo blocks with what matters most to you.

WHAT RELATIONSHIPS OR ACTIVITIES BRING YOU MEANING AND PURPOSE?

This image shows a single sheet of white paper with horizontal blue lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



This image shows a single sheet of white paper with horizontal blue lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



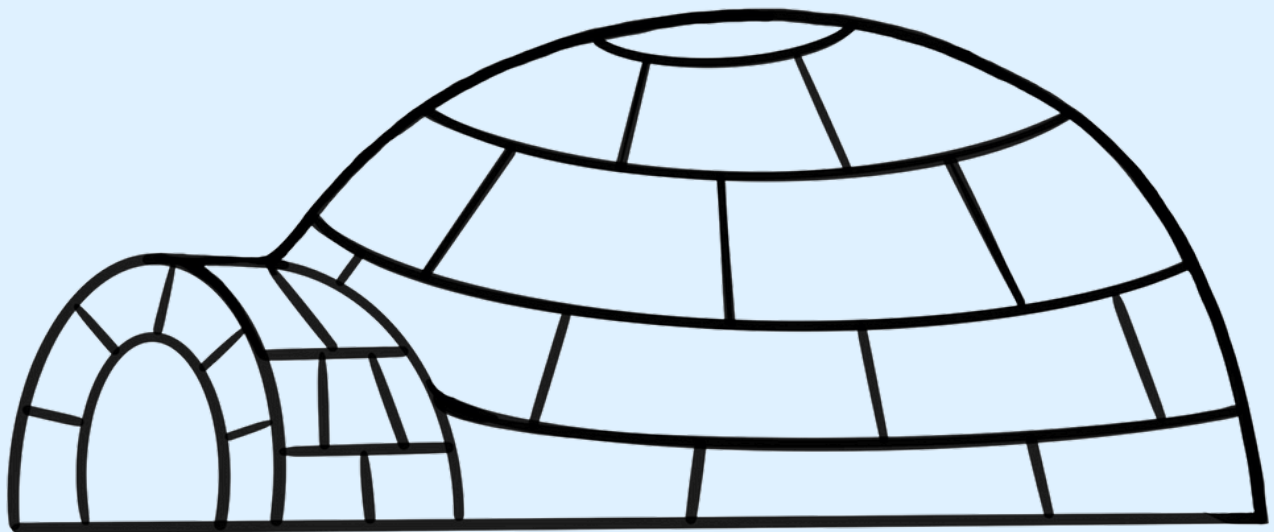
Section 8:

COMMUNITY

Mourning the death of someone who died by suicide usually requires the support of others. No one should expect to do it alone. Some people may not know how to support you and some may pull away, but even one compassionate, understanding, and supportive person can make a big difference. It is important to find that person and you may not have to look far. Support is all around you.

It can be difficult asking for help, but please do it. Coping with all the feelings is much easier if you let other people help you and share your burden. Ask your family, friends, Elders, doctor or nurse, clergy, community leaders, teachers, counsellors, mental health workers, and social workers to support you in making decisions, and to help you identify and communicate what you need and want at this difficult time.

ᐃᓕᐳᓐᓂᓐᓂᓐ



**WORKING TOGETHER FOR
A COMMON CAUSE**

IQ PRINCIPLE REFLECTION

Piliriqatigiinniq/Ikajuqtigiinniq: Working together for a common cause.

Take some deep slow breaths, relax your shoulders and let's begin when you feel ready.

Working together for a common cause in the community allows many individuals to support the collective in their own ways. Consider how we usually see this play out in community gatherings like feasts, games, cultural workshops, sewing programs, school land trips and community trash clean ups. Everyone has a part they can play to help achieve a harmonious goal for the community.

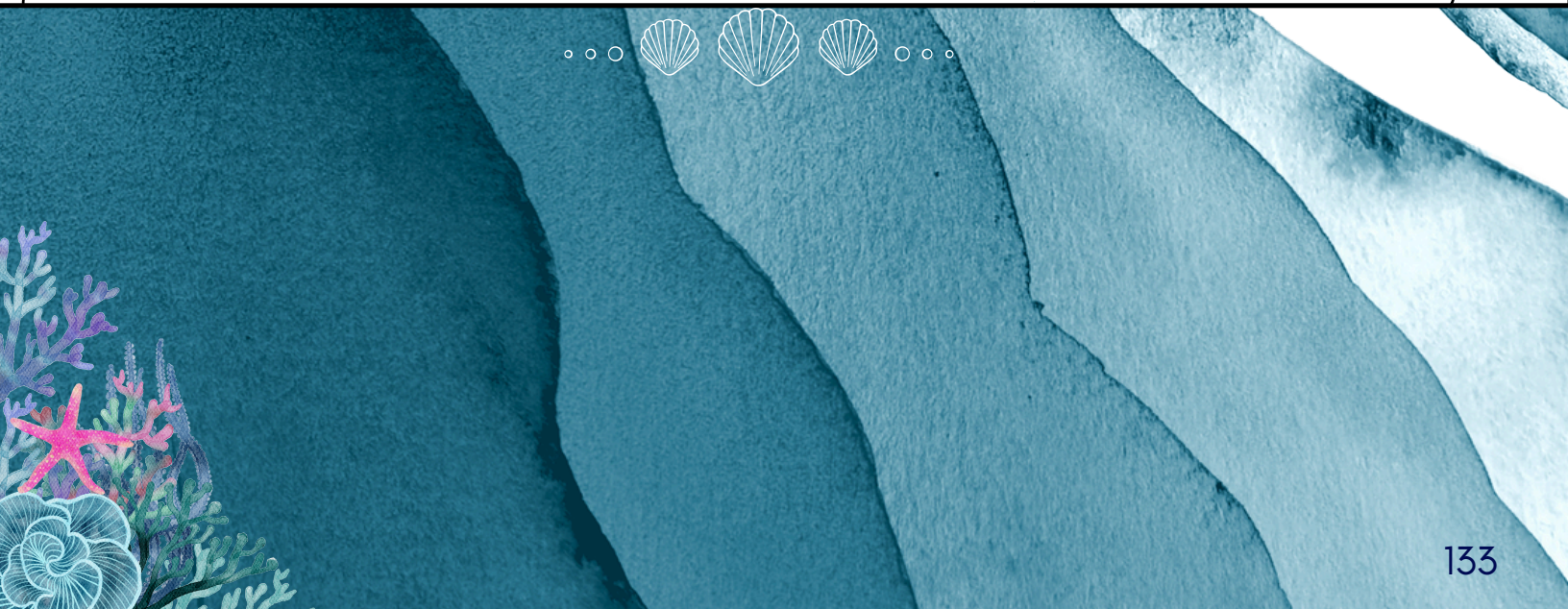
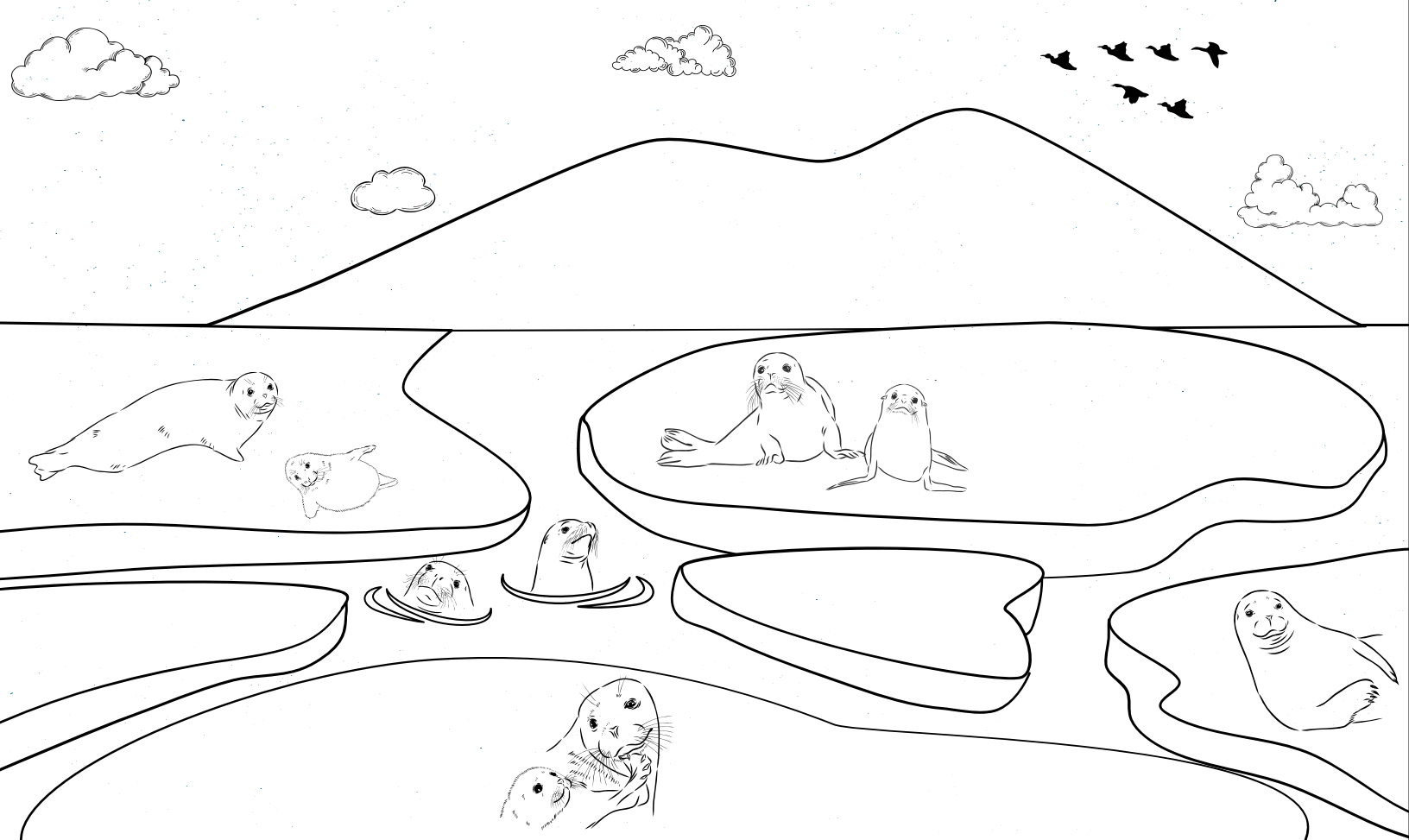
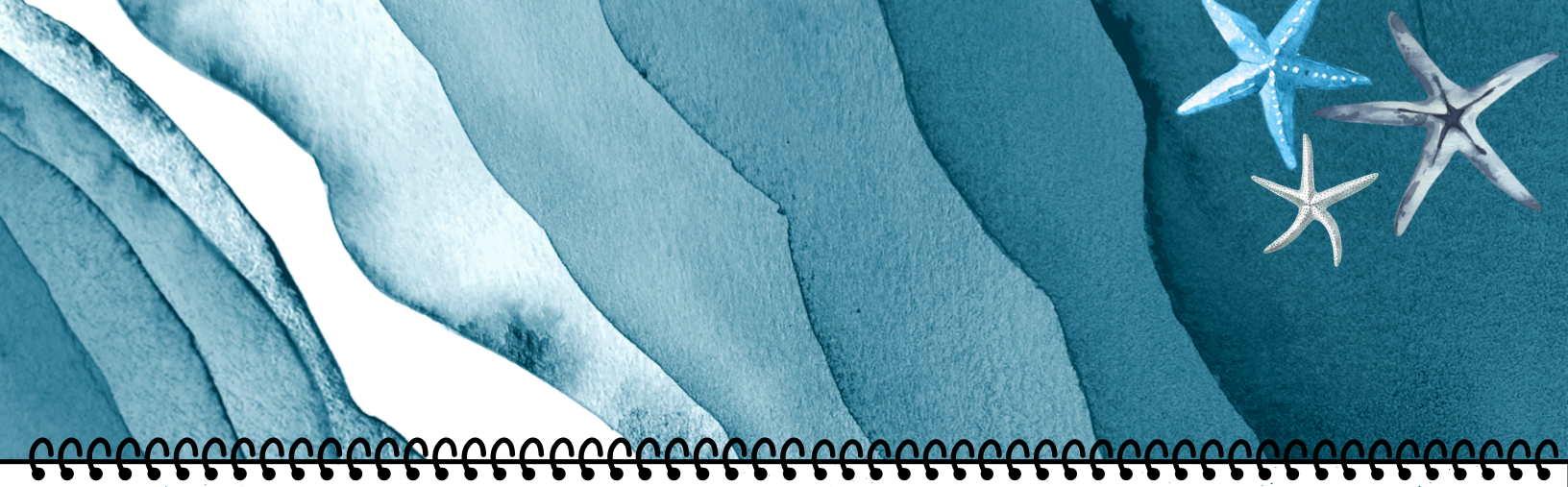
What are some common causes you'd like to participate in? What kind of support do you feel called to bring in teamwork and working towards the greater good?

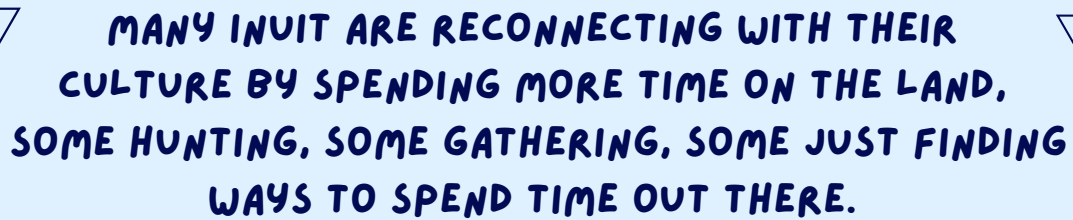
CIRCLE OF BELONGING

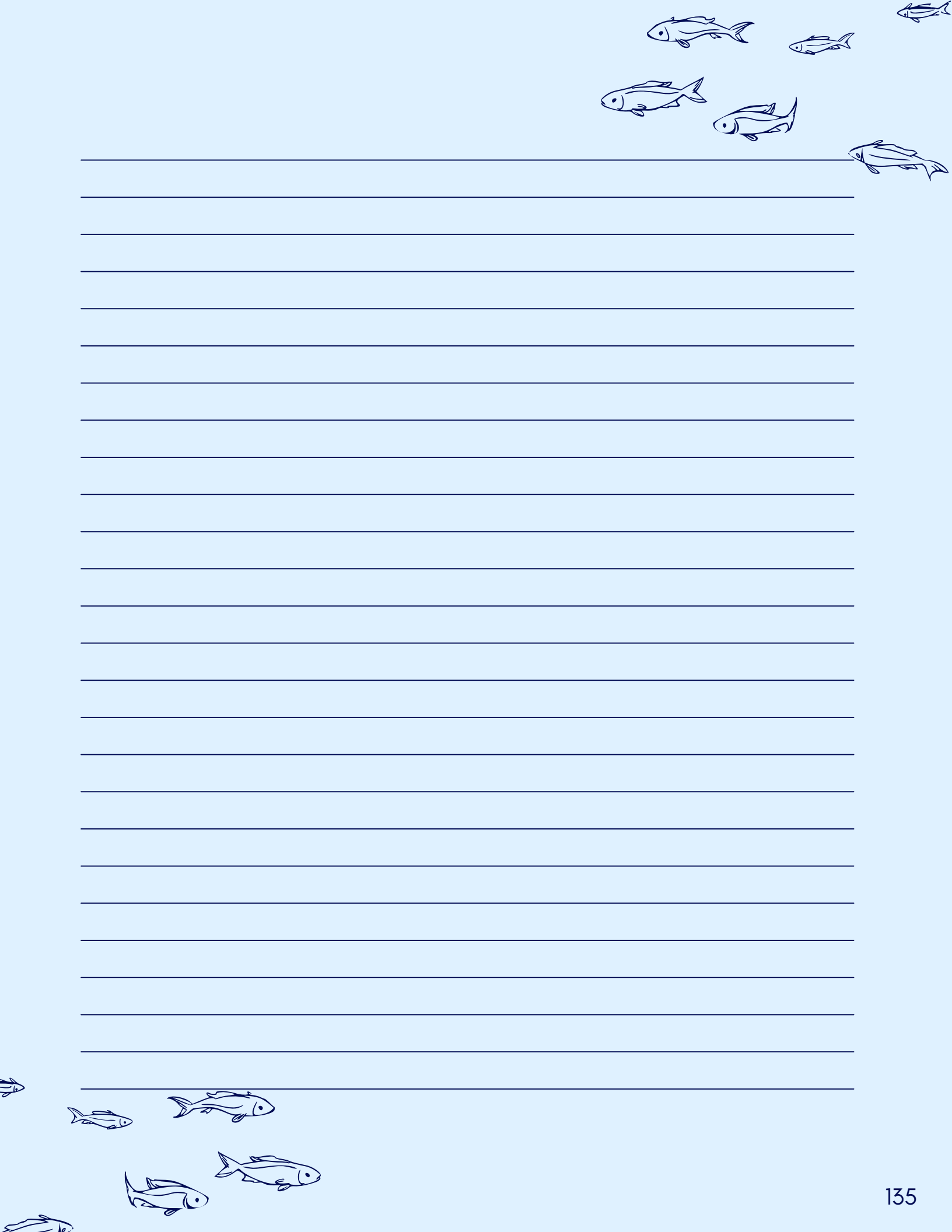
INUIT QAUJIMAJATUQANGIT EDUCATION FRAMEWORK

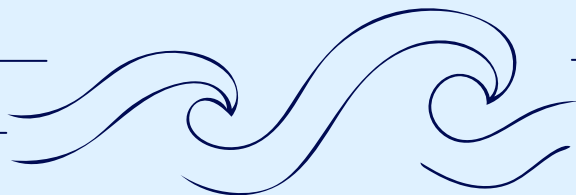
The word unity meant a lot to the Inuit in days gone by. It meant helping one another and caring for each other because in those days one could not live alone without regard for other people. That's why we are here today: Because our fathers and mothers and grandparents worked and helped one another so we would live to see this day. In the past, it was Inuit old people who had to be left behind so us younger people could go on living, bringing up children, and helping children learn to help one another. In that way, Inuit would grow in large numbers and be proud of what they are. Although it was hard work, it united our people in a way that very few people are ever united. The word unity means to work with one another so that we may live as our fathers did; they had the hope that we could do this. To me, that is what it means to be united to our ancestors. ... I feel that if we learn again to live in unity as our ancestors did, we will be able to live and work together as a strong people and let the rest of the world know we exist and that we are proud to be what we are.

John Pudnak, Ajurnarmat, Inuit Cultural Institute, 1978.E



[illegible]



[illegible]

INUIT FOOD IS A GREAT WAY TO CONNECT AND GATHER.

What is your favourite Inuit food?

