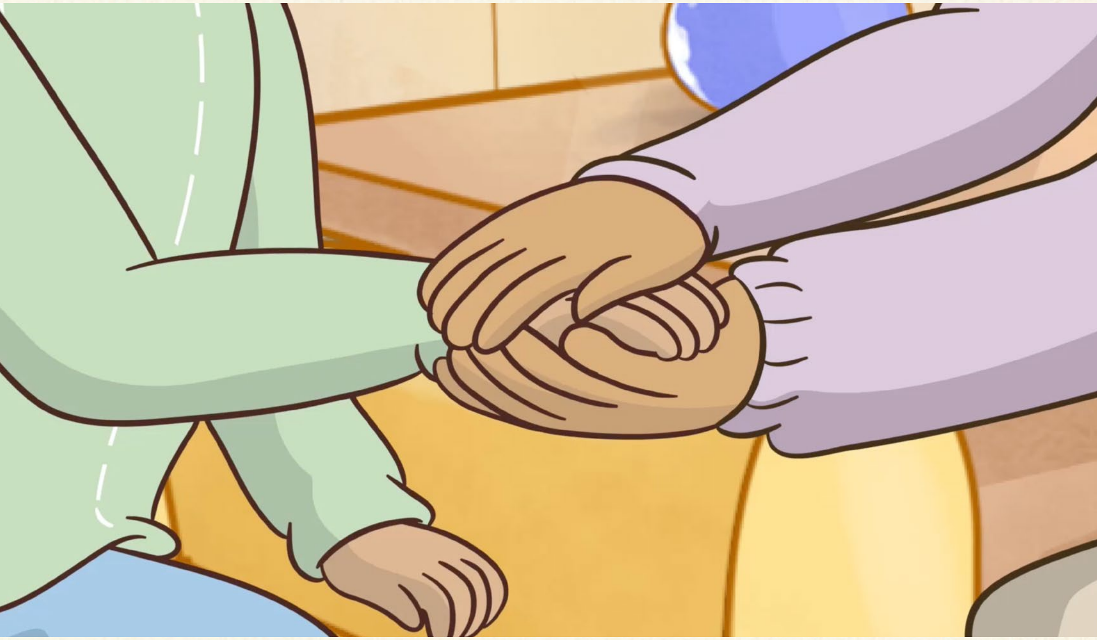
ᐅᖁᒪᐃᑦᑐᖅ
ᑲᙳᒋᔭᕋ

ᒪᓕᒐᒃᓴᖅ ᐊᖓᔪᖅᑳᕆᔭᐅᔪᓄᑦ, ᐱᒪᔨᓄᑦ, ᐃᓕᓴᐃᔨᓄᓪᓗ



ᐃᕐᑭᐊᕐᕼᐃᒪᓗᒍ ᐃᓄᐅᓯᖅ ᑲᑎᒪᔩᑦ
IQITTIAQHIMALUGU INUUHIQ KATIMAJIIT
EMBRACE LIFE COUNCIL
CONSEIL SAISIS LA VIE

ᐅᕐᑯᒪᐃᑦᑐᖅ
ᑲᖕᒍᑎᔭᕋ

ᒪᓂᒐᒃᓴᖅ ᐊᖕᒐᔪᖅᑳᓇᔭᐅᔪᓄᑦ, ᐱᒪᔫᓄᑦ, ᐃᓕᓴᐃᔫᓄᑦᓗ

ᑕᑯᖅᑯᔾᔨᓂᖅ

ᑭᓲᕙ ᓄᑕᖅᑲᑦ ᖁᓄᔪᕐᓂᐊᖅᑕᐅᓂᖓ?
ᐊᖏᕐᓂᖅ

ᐱᓂᕐᓗᒃᑏᑦ, ᓵᓚᓯᐊᓖᑦ, ᐃᒃᖠᒃᓵᕆᔪᓪᓗ

ᓄᑕᖅᑲᑦ ᖁᓄᔪᕐᓂᐊᖅᑕᐅᓂᖏᑕ ᐊᒃᑐᖅᑕᐅᓯᒪᓂᖏᑦ
ᐃᓕᓴᖅᓯᓂᖅ ᓄᑕᖅᑲᑦ ᖁᓄᔪᕐᓂᐊᖅᑕᐅᓯᒪᓂᖏᓐᓂᒃ
ᓇᓗᓇᐃᒃᑯᑕᓂᒃ

ᖃᐅᔨᔭᒥᒃ ᖃᓄᐃᓐᓇᓱᓲᖅ
ᐱᓂᐊᕐᓂᖃᕐᓂᖅ ᐅᖃᖅᑐᖃᖅᐸᑦ ᐅᕝᕙᓘᓐᓃᑦ
ᐸᓴᒍᓱᒃᑯᕕᑦ ᓄᑕᕋᕐᒥᒃ ᖁᓄᔪᕐᓂᐊᖅᑕᐅᓇᓱᒋᓐᓈᓗᑎᑦ
ᐊᑦᑕᕐᓇᙱᑦᑐᒥᒃ ᐊᕙᓗᖃᖅᑎᑦᑎᓂᖅ
ᓄᑕᕋᐅᑉ ᐅᓂᒃᑳᕐᓂᖓ
ᐅᓂᒃᑳᕐᓂᐅᑉ ᐱᕙᓪᓕᐊᓂᖓ
ᒪᒥᓴᕐᓂᖅ ᓄᑕᖅᑲᑦ ᖁᓄᔪᕐᓂᐊᖅᑕᐅᓂᖏᓐᓂᑦ
ᓯᕗᓕᖏᓐᓂᒃ ᓱᔪᒃᓯᒪᔾᔪᑎᖃᕐᓂᖅ
ᐃᑲᔪᖅᑐᐃᓂᖅ ᓄᑕᖅᑲᑦ ᒪᒥᓴᕐᓂᖏᓐᓄᑦ
ᐃᑲᔪᖅᑐᐃᓂᖅ ᐸᐸᑦᑎᔨᓂᒃ ᐃᑲᔪᕋᓱᒃᑐᓂᒡᓗ
ᒪᒥᓴᕐᓂᖅ ᐃᓄᐃᑦ ᖃᐅᔨᒪᔭᑐᖃᖏᑎᒍᑦ
ᓄᑕᖅᑲᓂᒃ ᖁᓄᔪᕐᓂᐊᖅᑕᐅᑦᑕᐃᓕᑎᑦᑎᓂᖅ

ᐅᖃᐅᓯᖃᕐᓂᖅ ᑖᔅᓱᒥᖓ
ᐃᑭᐊᖅᑭᕕᒃᑯᑦ ᐊᑦᑕᕐᓈᕿᑦᑕᐃᓕᒪᓂᖅ
ᐃᓱᓕᑦᑎᔾᔪᑦ
ᐊᑐᒐᒃᓴᑦ
ᐃᑲᔪᖅᑐᐃᔪᑦ ᐱᓂᕐᓗᒃᑕᐅᓯᒪᔪᓂᒃ
ᐃᓕᓐᓂᐊᕈᑎᓄᑦ ᐊᑐᒐᒃᓴᑦ

ᐃᑲᔫᑎᑦ ᐊᑦᑕᕐᓇᖅᑐᒧᐊᖅᑕᐃᓕᓂᕐᒥᒃ ᐃᑭᐊᖅᑭᕕᒃᑯᑦ
ᐃᑲᔪᖅᑐᐃᔨᑦ ᒪᒥᓴᕐᓂᕐᒧᑦ

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Contents ᑖᓐᓇ ᒪᓕᒐᒃᓴᖅ ᐃᓗᓕᖃᖅᑐᖅ ᐅᖃᒪᔭᐅᑎᒃᓴᓂᒃ

ᓄᑕᖅᑲᑦ ᖁᓄᔪᕐᓂᐊᖅᑕᐅᓂᖏᓐᓂᒃ ᐱᔾᔪᑎᖃᖅᑐᖅ.
ᐱᔾᔪᑎᖃᕐᓂᖅᓴᐅᒐᓗᐊᖅᑎᓪᓗᒍ ᐃᑲᔪᖅᓯᕐᓂᕐᒥᒃ ᓄᑕᖅᑲᓂᒃ
ᐱᒪᑐᒃᑕᕐᓂᒃ, ᒪᓕᒐᒃᓴᖅ ᓴᖅᑭᑎᑦᑎᑐᐃᓐᓇᕆᐊᖃᕐᒪᑦ ᐃᒃᐱᖕᓂᐊᓂᕐᓂᒃ
ᐊᓕᐊᓇᐃᙱᑦᑐᓂᒃ ᐃᖅᑲᐃᑎᑦᑎᑐᐃᓐᓇᕆᐊᖃᖅᖢᓂᓗ ᐊᑐᖅᓯᒪᔭᕐᓂᒃ
ᖃᓂᒋᔭᖅᐱᓪᓘᓐᓃᑦ ᐃᑲᔪᖅᑕᐅᔪᒪᒍᕕᑦ ᐃᑲᔪᖅᑕᐅᔭᕆᐊᓕᖕᒥᒡᓘᓐᓃᑦ
ᖃᐅᔨᒪᔭᖃᕈᕕᑦ, ᐅᖃᖃᑎᖃᖁᔨᒻᒪᕆᒃᐳᒍᑦ ᐱᔨᑦᑎᕋᖅᑎᓂᒃ ᑎᑎᕋᖅᓯᒪᔪᓂᒃ ᒪᑉᐱᒐᖅ 33-ᒥ.

A Guide for Parents, Caregivers, and Educators

ᑕᑯᖅᑯᔾᔨᓂᖅ
ᓄᑕᖅᑲᑦ ᖁᓄᔪᕐᓂᐊᖅᑕᐅᓂᖏᓐᓂᒃ ᐱᔾᔪᑎᖃᖅᑐᖅ
ᐊᒃᓱᕈᕐᓇᖅᑑᒐᓗᐊᖅ. ᓄᑕᖅᑲᑦ ᐊᒥᓱᑦ ᐊᒃᑐᖅᑕᐅᕙᖕᒪᑕ
ᓄᓇᓕᑦᑎᓐᓂ, ᐃᑲᔪᖅᓱᖅᑕᐅᑦᑎᐊᖅᑎᓪᓗᒋᑦ, ᐊᒥᓱᓂᒃ ᐱᐅᔪᓂᒃ ᐊᒃᑐᐃᑦᑎᐊᖅᑎᑦᑐᓐᓇᖅᐸᕗᑦ ᓄᓇᓕᑦᑎᓐᓂ.
ᓄᑕᖅᑲᑦ ᖁᓄᔪᕐᓂᐊᖅᑕᐅᓂᖏᑦ ᓄᓇᕗᒻᒥ ᖁᕝᕙᕆᐊᖅᓯᒪᓕᕐᒪᑦ ᖁᓕᖏᖅᓱᓗᐊᖅᑐᒥᒃ ᑲᓇᑕᓕᒫᑉ ᓴᓂᐊᓂ. ᓄᑕᖅᑲᑦ ᖁᓄᔪᕐᓂᐊᖅᑕᐅᓂᖏᑦ ᓄᓇᓕᖕᓂ ᐊᒥᓱᑦ ᐃᓛᒃᑯᑦ ᐃᓚᔮᖏᓪᓗ ᐊᒃᑐᖅᑕᐅᓯᒪᔪᓐᓇᖅᐳᑦ, ᖃᐅᔨᒪᑐᐃᓐᓇᕆᐊᖃᖅᐳᑎᑦ ᐱᓂᕐᓗᒃᑕᐅᓯᒪᔪᒥᒃ ᐅᕝᕙᓘᓐᓃᑦ ᓄᓇᓕᑦᓯᓐᓂᒃ ᐱᓂᕐᓗᒃᑐᕕᓂᕐᒥᒃ.
ᑖᓐᓇ ᐱᓕᕆᔾᔪᑦ ᑐᑭᓯᒋᐊᕈᑎᓕᒃ ᓄᑕᖅᑲᑦ ᖁᓄᔪᕐᓂᐊᖅᑕᐅᓂᖏᑦ ᐊᒃᑐᐃᓲᖑᒻᒪᖔᑕ ᓄᑕᖅᑲᓂᒃ, ᐱᔾᔪᑎᖃᓗᐊᖅᑐᓂ ᐅᑭᐅᓕᖕᓂᒃ
ᖁᓕᓂᒃ ᑐᖔᓂᓗ. ᐃᓕᓴᖅᓯᔪᓐᓇᖅᓯᓂᐊᖅᑐᑎᑦ ᖁᓄᔪᕐᓂᐊᖅᑕᐅᓯᒪᔪᑦ ᖃᓄᐃᑉᐸᖕᒪᖔᑕ:
1. ᑐᑭᖏᑦ ᐅᖃᐅᓯᖏᓪᓗ
2. ᐅᔾᔨᕐᓇᖅᑐᑦ

3. ᐃᓱᒫᓘᑎᓂᒃ ᐱᓕᕆᐊᖃᑦᑎᐊᕐᓂᖅ ᐊᒻᒪ/ᐅᕝᕙᓘᓐᓃᑦ ᐅᖃᖅᑐᖃᖅᐸᑦ

4. ᐅᖃᐅᓯᖃᕐᓂᖅ
5. ᐃᓕᑦᑎᓂᖅ ᓄᑕᖅᑲᓂᒃ ᐊᑦᑕᕐᓇᖖᒋᑦᑐᒻᒦᑎᑦᑎᒪᓇᓱᒋᐊᖓ

6. ᐃᑲᔪᖅᓱᕐᓂᖅ ᓄᑕᖅᑲᒥᒃ
ᐱᓕᕆᔾᔪᑎ ᒪᑉᐱᒐᑦ 33-36ᒧᑦ ᐱᓕᕆᔾᔪᑎᐅᑉ ᐃᓗᐊᓂ ᐃᓚᓕᐅᔾᔨᓯᒪᕗᑦ ᑐᓴᒐᒃᓴᓂᒃ ᐱᔨᑦᑎᕋᖅᑎᑦ ᒥᒃᓵᓂᒃ ᐃᓕᓐᓂᐊᒐᒃᓴᓂᒡᓗ ᖃᐅᔨᒃᑲᓐᓂᕈᒪᒍᕕᑦ ᑕᒪᑐᒪ ᒥᒃᓵᓂᒃ. ᑕᐃᒪᑐᖅ ᑖᔅᓱᒪ ᒪᓕᒐᒃᓴᐅᑉ ᐃᑲᔪᕐᓂᐊᖅᐹᑎᑦ ᖁᓱᙱᓪᓗᑎᑦ ᐃᑲᔪᕈᓐᓇᕐᓂᐊᕋᕕᑦ ᓴᐳᔾᔨᓂᕐᒥᒡᓗ ᓄᑕᖅᑲᓂᒃ ᐃᓅᓯᕐᓂ.

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A Guide for Parents, Caregivers, and Educators A Guide for Parents, Caregivers, and Educators

ᑭᓲᕙ ᓄᑕᖅᑲᑦ ᖁᓄᔪᕐᓂᐊᖅᑕᐅᓂᖓ?
ᓄᑕᖅᑲᑦ ᖁᓄᔪᕐᓂᐊᖅᑕᐅᓂᖓ ᒪᒃᑯᓗᐊᖅᑐᖅ ᐃᓐᓇᕐᒧᑦ ᓄᓕᐊᖅᑕᐅᓗᓂ. ᐅᕝᕙᓘᓐᓃᑦ ᒪᕐᕉᒃ ᐅᑭᐅᑭᑦᑑᒃ ᐱᖃᑖ ᖁᓄᔪᖃᖅᑎᓪᓗᒍ ᐊᖓᔪᖅᑲᐅᓯᕐᓗᓂ. ᓄᓕᐊᕐᓂᖅ ᐃᓚᖃᖅᐳᖅ ᑲᓲᑎᔪᖃᖅᐸᑦ ᑲᓲᑎᙱᒃᑲᓗᐊᕈᑎᒡᓘᓐᓃᑦ,
ᓲᕐᓗ ᑯᔭᖕᓂᒃᑯᑦ, ᐊᒃᑐᖅᓯᕐᓗᖕᓂᒃᑯᑦ, ᑕᑯᔭᐅᓇᓱᖕᓂᒃᑯᑦ ᑲᙳᓇᖅᑐᓂᒃ, ᐅᖃᐅᓯᖃᕐᓂᒃᑯᑦ ᓄᓕᐊᕐᓂᕐᒥᒃ, ᐊᒻᒪ ᐊᑐᕋᓱᖕᓂᒃᑯᑦ ᐱᔪᒪᙱᑦᑑᒐᓗᐊᒥᒃ. ᓄᑕᖅᑲᓂᒃ ᖁᓄᔪᕐᓂᐊᕐᓂᖅᑕᐅᖅ ᐃᑭᐊᖅᑭᕕᒃᑯᑦ ᐱᕙᖕᒥᔪᖅ.

ᐅᑭᐅᑭᓗᐊᖅᑐᒥᒃ ᑕᑯᑎᑦᑎᓂᖅ ᐊᓐᓄᕋᐃᙶᙳᐊᖅᑐᓂᒃ, ᓲᕐᓗ, ᐃᓐᓇᖅ ᓄᓕᐊᖖᒍᐊᖅᑐᓂᒃ ᓄᑕᖅᑲᒧᑦ ᑕᑯᔭᐅᑎᑦᑎᓪᓗᓂ ᐅᕝᕙᓘᓐᓃᑦ ᓄᑕᖅᑲᓪᓘᓐᓃᑦ ᓄᑕᖅᑲᐅᖃᑎᒥᓄᑦ ᑕᑯᔭᐅᑎᑦᑎᓗᑎᒃ, ᓄᑕᖅᑲᓂᒃ ᖁᓄᔪᕐᓂᐊᕐᓂᐅᕋᖅᑕᐅᕗᖅ. ᐊᔾᔨᓕᐅᕆᓂᕐᓗ ᓄᑕᖅᑲᓂᒃ ᖁᓄᔪᓐᓂᐊᕐᓂᖅ ᐱᔾᔪᑎᒋᓪᓗᒍ ᐊᒻᒪ ᓄᓕᐊᓗᖕᓂᕐᒥᒃ ᑎᑎᕋᖃᑦᑕᐅᑎᓂᖅ. ᑎᑎᕋᖃᑦᑕᐅᑎᓂᖅ ᖃᕋᓴᐅᔭᒃᑯᑦ ᑐᑭᖃᖅᐳᖅ ᐅᖃᓕᒫᖅᑕᐅᓂᐊᖅᑐᒥᒃ ᑎᑎᕋᕐᓂᖅ ᐅᕝᕙᓘᓐᓃᑦ ᑎᑎᕋᕐᕕᐅᓂᖅ ᓄᓕᐊᕐᓂᓕᕆᔪᓂᒃ, ᐊᔾᔨᙳᐊᓂᒃ, ᑕᕐᕆᔮᒃᓴᓂᒡᓘᓐᓃᑦ, ᐃᕐᖐᓐᓈᖅᑕᐅᑎᒃᑯᑦ, ᑎᕝᕕᐊᖅᑕᕈᑎᒃᑯᓪᓘᓐᓃᑦ.
ᖃᓄᑐᐃᓐᓇᖅ ᓄᑕᖅᑲᓂᒃ ᖁᓄᔪᕐᓂᐊᕐᓂᓕᕆᔪᑦ ᐊᑯᓂᐊᓗᒃ

ᐋᓐᓂᐊᕈᑕᐅᔪᓐᓇᕐᒪᑕ ᐃᓱᒪᒥᒡᓗ ᓱᕋᒃᓴᑎᐅᓪᓗᑎᒃ, ᖃᑯᒍᙳᐊᓗᒃᑲᓗᐊᖅᐸᑦ. ᓄᑕᖅᑲᑦ ᖁᓄᔪᕐᓂᐊᖅᑕᐅᓂᖏᑦ ᐱᖁᔭᕐᒥᒃ ᓱᕋᒃᓯᓂᐅᖕᒪᑦ, ᐅᓂᒃᑳᖅᑕᐅᔭᕆᐊᖃᖅᐳᖅ ᐅᖃᐅᓯᕆᓗᒍ.

ᐊᖏᕐᓂᖅ
ᐱᖁᔨᓂᖅᑕᖃᕆᐊᖃᖅᐳᖅ ᐊᔾᔨᒌᖖᒋᑦᑐᓄᑦ ᐱᓕᕆᓂᕐᓄᑦ ᐃᓅᑉ ᑭᒡᓕᖃᖅᑎᑦᑎᓂᖓᓄᑦ ᑎᒥᖓᓄᓪᓗ, ᐱᖃᓯᐅᑎᓗᒋᑦ ᓄᓕᐊᓗᖕᓃᑦ. ᐊᖏᕐᓂᖅᑕᖃᕈᓐᓇᖅᑐᖅ ᐃᓱᒪᖅᓱᕐᓗᓂ ᑎᓕᐅᖅᑕᐅᙱᓪᓗᓂ ᐱᓂᕐᓗᒃᑕᐅᙱᓪᓗᓂ ᐊᖓᔪᖅᑲᐅᑎᒧᑦ. ᐱᕕᒡᔪᐊᖑᕗᖅ ᑐᑭᓯᐊᒪᔭᕆᐊᖃᕐᓂᖅ ᐊᑦᑕᕐᓇᑐᐃᓐᓇᕆᐊᖃᕐᓂᖓᓂᒃ ᐊᖏᖃᑎᖃᕐᓂᕆᔭᖓ. ᑕᒪᐃᓐᓂᑲᓴᒃ, ᓄᑕᖅᑲᑦ ᐊᖏᕐᓂᖃᕈᓐᓇᙱᒻᒪᑕ ᓄᓕᐊᖅᑕᐅᓂᕐᒥᒃ.
ᐱᖁᔭᖅᑕᖃᐅᕐᒪᑦ ᓄᓇᕗᒻᒥ ᓇᓗᓇᐃᖅᓯᔪᓂᒃ ᑭᒃᑯᑦ ᐊᖏᕐᓂᖃᕈᓐᓇᕐᒪᖔᑕ ᓄᓕᐊᖅᑕᐅᓂᕐᒥᒃ. ᓄᓇᕗᒻᒥᐅᓄᑦ ᐱᖓᓲᕗᑦ ᐱᒻᒪᕇᑦ ᐱᖁᔨᓂᕐᒧᑦ: ᐊᕐᕌᒍᖏᑦ ᐃᓄᐃᑦ ᐱᖃᑕᐅᔪᑦ, ᐊᑕᐅᓯᖅ ᐊᖏᔪᖅᑳᕆᔭᐅᑉᐸᑦ ᐃᖅᑲᓇᐃᔮᒥᑎᒍᑦ ᓯᐊᓛᖃᕐᓗᓂ ᐊᓯᒥᓂᒃ, ᐊᐃᑉᐸᖃᕐᓂᖓᓗ ᓴᖅᑭᔮᖅᑎᑦᑎᔾᔪᑎᒋᓇᓱᒃᐸᒍ. ᐅᕝᕙ ᐅᑯᐊ ᓄᓇᕗᒻᒥ ᐱᖁᔭᐃᑦ ᐊᖏᕐᓂᖅ ᐱᓪᓗᒍ:

ᒪᕐᕉᒃ ᓄᑕᕌᒃ 12 ᐊᑖᓂ ᐊᕐᕌᒍᖃᖅᐸᑎᒃ, ᒪᓕᒐᕐᒥᒃ
ᓱᕋᐃᓇᔭᙱᓚᒃ ᓄᓕᐊᕐᓂᖃᕈᒪᒍᑎᒃ.

ᑭᓯᐊᓂ, ᓄᑕᕋᖅ 12 ᑐᖔᓂ ᐅᑭᐅᓕᒃ
ᐊᖏᕐᓂᖃᕆᐊᖃᙱᓚᖅ ᓄᓕᐊᕐᓂᕐᒥᒃ 12 ᐅᖓᑖᓂ
ᐅᑭᐅᓕᖕᒥᒃ.

ᓄᑕᕋᖅ 14-ᓂᒃ 15-ᓂᒡᓘᓐᓃᑦ ᐅᑭᐅᖃᕈᓂ, ᐊᖏᕈᓐᓇᖅᐳᖅ ᓄᓕᐊᕐᓂᕐᒥᒃ ᐅᑭᐅᓕᖕᒧᑦ ᑕᓪᓕᒪᑦ ᑐᖔᓂ.

ᓄᑕᕋᖅ 12-ᓂᒃ 13-ᓂᒡᓘᓐᓃᑦ ᐅᑭᐅᖃᕈᓂ, ᐊᖏᕈᓐᓇᖅᐳᖅ ᓄᓕᐊᕐᓂᕐᒥᒃ ᐅᑭᐅᓕᖕᒧᑦ ᒪᕐᕉᒃ ᑐᖔᓂ ᐊᖓᔪᒃᖠᐅᒃᐸᑦ.

ᓄᑕᖅᑲᒥᒃ ᐊᖏᖅᑐᖃᕈᓐᓇᙱᓚᖅ ᓄᓕᐊᕐᓂᕐᒥᒃ
ᑭᓇᑐᐃᓐᓇᕐᒧᑦ ᐊᖓᔪᖅᑲᐅᑎᒧᑦ, ᑕᑎᒋᖃᑦᑕᖅᐸᒍ,
ᓴᖅᑭᔮᖅᑎᑦᑎᕙᓪᓗᓂ ᐊᐃᑉᐸᕇᖕᓂᖓᓂᒃ, ᐊᕐᕌᒍᖏᑦ ᖃᔅᓯᑐᐃᓐᓇᐅᒐᓗᐊᖅᐸᑕ.

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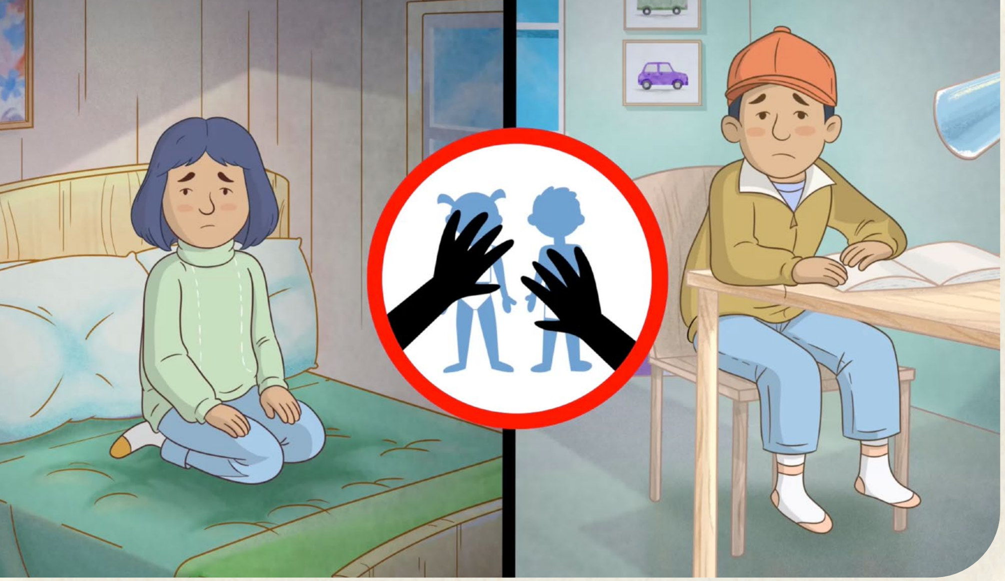

A Guide for Parents, Caregivers, and Educators A Guide for Parents, Caregivers, and Educators

ᐱᓂᕐᓗᒃᑏᑦ, ᓵᓚᓯᐊᓖᑦ, ᐃᒃᖠᒃᓵᕆᔪᓪᓗ
ᐱᓂᕐᓗᒃᑎ ᑭᓇᑐᐃᓐᓇᕐᒥᒃ ᐃᓅᖃᑎᒥᓂᒃ ᐋᓐᓂᖅᓯᔪᖅ. ᓵᓚᓯᐊᓕᒃ ᓇᓗᓇᐃᖅᓯᕗᖅ ᐱᓂᕐᓗᒃᑎᒥᒃ ᕿᓂᖅᐸᒃᑐᖅ ᐃᓄᖕᓂᒃ ᐱᓂᕐᓗᖕᓂᐊᖅᑕᒥᓂᒃ. ᐃᒃᖠᓵᕆᓂᖅ ᐱᓂᕐᓗᒃᑎᓂᒃ ᐊᐅᓚᑦᑎᔾᔪᑕᐅᕙᒃᐳᖅ ᐊᓯᒥᓂᒃ ᐊᐅᓚᑦᑎᕙᓪᓕᐊᓕᖅᑎᓪᓗᒍ.
ᓄᑕᖅᑲᑦ ᐃᒃᖠᒃᓵᖅᑕᐅᑐᐃᓐᓇᕆᐊᖃᓛᖑᕗᑦ ᓱᓕ ᑭᓇᐅᓂᕐᒥᓂᒃ ᐋᖅᑭᐊᓂᒃᓯᒪᙱᒻᒪᑕ ᑐᑭᓯᐅᒪᓇᑎᒡᓗ ᖃᓄᖅ ᐃᓅᖃᑎᒌᑦᑎᐊᕐᓇᕐᒪᖔᑦ ᖃᓄᐃᓕᐅᖅᑕᐅᔾᔭᐃᕈᓐᓇᕋᑎᒡᓗ. ᓄᑕᖅᑲᑦ ᐃᓐᓇᕐᓂᒃ ᑕᑎᖃᕋᓱᓲᖑᖕᒪᑕ ᓄᑕᖅᑲᓂᒡᓗ ᐊᖓᔪᒃᖠᕐᓂᒃ ᐊᖓᔪᖅᑲᐅᓂᖅᓴᓂᒃ ᑕᐅᑐᒃᑲᒥᔾᔪᒃ.
ᓵᓚᓯᐊᓕᒃ ᐱᖃᑎᖃᑲᑕᒐᓱᒍᓐᓇᖅᑐᖅ ᐱᖃᓐᓇᕆᔭᖃᙳᐊᕐᓗᓂ ᓄᑕᖅᑲᒥᒃ ᐱᒻᒪᕆᐅᖅᑰᔨᑎᑦᑎᓇᓱᒡᓗᓂ ᐃᓐᓇᐅᖅᑰᔨᑎᑦᑎᓇᓱᒡᓗᓂᓘᓐᓃᑦ. ᓱᖁᑎᒋᓇᓱᒃᖢᒍ ᓄᑕᕋᖅ ᐊᓕᐊᓇᐃᒋᔭᖏᓐᓂᒡᓗ ᖃᓄᐃᓕᐅᖃᑎᖃᕋᓱᒃᐸᒃᖢᓂ, ᓲᕐᓗ ᐊᖑᓇᓱᖃᑎᒋᔭᑐᐊᕆᓗᒍ ᐅᕝᕙᓘᓐᓃᑦ ᒪᒪᕆᔭᖏᓐᓂᒃ ᓂᐅᕕᐅᑎᕙᒃᖢᒍ. ᓄᑕᕋᖅ ᖃᓄᐃᓕᐅᖃᑎᖃᖅᐸᒃᑲᓗᐊᕐᓗᓂ ᐃᒃᖠᒃᓵᕆᔫᑉ ᐱᓂᐊᕐᓂᖏᓐᓂᒃ, ᐊᖏᕐᓂᕐᒥᒃ ᑕᐃᔭᐅᓇᔭᙱᓚᖅ.

ᓵᓚᓯᐊᓖᑦ ᐃᒃᖠᒃᓵᕆᔪᓐᓇᕐᒥᔪᑦ ᐊᖓᔪᖅᑳᕆᔭᐅᔪᓂᒃ, ᐱᒪᔨᒋᔭᐅᔪᓂᒃ, ᐃᓕᓴᐃᔨᓂᒡᓗ ᐃᓱᒪᓕᖅᑎᖦᖢᒋᑦ ᐊᑦᑕᕐᓇᖅᑐᒦᙱᓚᑦ ᑖᔅᓱᒪᓂ. ᖃᐅᔨᒪᔭᐅᙱᓚᖅ ᖃᓄᐃᖅᑰᔨᙱᓐᓂᖓᓄᑦ ᐱᖃᓐᓇᕇᖕᓂᖓ. ᑕᐃᒪᐃᑎᓪᓗᒍ, ᐊᖓᔪᖅᑳᕆᔭᐅᔪᑦ, ᐱᒪᔨᐅᔪᑦ, ᐃᓕᓴᐃᔨᓪᓗ ᖃᐅᔨᓴᕐᔫᒥᖃᑦᑕᕆᐊᓖᑦ: ᐃᓐᓇᖅ ᐊᖓᔪᒃᖠᕐᓘᓐᓃᑦ ᓄᑕᕋᖅ ᐃᓄᑑᖃᑎᖃᕋᓱᕕᒡᔪᐊᖃᑦᑕᖅᑎᓪᓗᒍ ᓄᑕᖅᑲᒥᒃ, ᓄᑕᕋᖅ ᐃᒃᖠᓵᖅᑕᐅᑐᐃᓐᓇᕆᐊᓕᒃ.

ᓄᑕᖅᑲᑦ ᖁᓄᔪᕐᓂᐊᖅᑕᐅᓂᖏᑕ

ᐊᒃᑐᖅᑕᐅᓯᒪᓂᖏᑦ
ᓄᑕᖅᑲᑦ ᖁᓄᔪᕐᓂᐊᖅᑕᐅᓂᖏᑦ ᐊᑯᓂᐊᓗᒃ ᐋᓐᓂᐊᕈᑎᒋᔭᐅᔪᓐᓇᕐᓂᖓ. ᒪᒃᑯᓗᐊᖅᑐᕐᓂᐊᖅᑕᐅᓯᒪᔪᑦ ᐱᓕᕆᔾᔪᑎᖃᑦᑎᐊᕆᐊᖃᖅᐳᑦ ᐃᑲᔪᖅᓱᖅᑕᐅᑦᑎᐊᕐᓗᑎᒃ. ᖁᓄᔪᕐᓂᐊᖅᑕᐅᓂᑯᐃᑦ ᐃᓱᒪᒥᒍᑦ

ᐋᓐᓂᐊᕐᓂᖃᕈᓐᓇᕐᒪᑕ, ᖁᕕᐊᓱᙱᕐᔪᐊᕐᓂᕐᒥᒃ, ᓯᕘᕋᓂᕐᒥᒃ, ᓱᕐᕋᖕᓇᖅᑐᖅᑐᖅᐸᖕᓂᕐᒥᒡᓗ. ᐃᓕᓐᓂᐊᕈᓐᓃᑐᐃᓐᓇᕆᐊᖃᕐᒥᔪᑦ ᐱᓂᕐᓗᒃᑕᐅᒃᑲᓐᓂᖃᑦᑕᓕᕐᒥᓗᑎᒃ. ᐃᑲᔪᖅᓯᖅᑕᐅᑦᑎᐊᙱᒃᑯᑎᒃ ᒪᒥᓴᕐᓂᖃᖅᐸᙱᒃᑯᑎᒡᓗ, ᐊᒃᓱᕈᓗᐊᕐᓂᖅ ᓴᖅᑭᑎᑦᑎᔪᓐᓇᕐᒪᑦ ᐃᓕᖅᑯᓯᕐᒥᒃ ᐊᑦᑕᕐᓇᖅᑐᒥᒃ ᐃᓐᓇᕈᕈᓂ.
ᐱᒻᒪᕆᐅᔪᖅ ᑐᑭᓯᔭᐅᔭᕆᐊᓕᒃ ᑖᒃᑯᐊ ᑕᐃᒪᐃᑎᑦᑎᔪᓐᓇᕐᒪᑕ.
ᓄᑕᖅᑲᑦ ᖁᓄᔪᕐᓂᐊᖅᑕᐅᑎᑦᑕᐃᓕᔪᓐᓇᖅᑕᕗᑦ ᐱᓂᕐᓗᒃᑕᐅᓯᒪᔪᓪᓗ ᖃᓄᐃᑦᑐᓐᓃᕈᓐᓇᕐᒥᔪᑦ. ᐃᓅᖃᑎᖃᑦᑎᐊᕋᓱᐊᕐᓂᖅ ᓄᑕᖅᑲᓂᒃ ᐱᒻᒪᕆᐊᓘᕗᖅ ᑕᑎᒋᔭᖃᕈᓐᓇᖁᓪᓗᒋᑦ ᐱᓂᕐᓗᒃᑕᐅᑎᑦᑎᑕᐃᓕᒪᓂᕐᒥ ᖁᓄᔪᕐᓂᐊᖅᑕᐅᓯᒪᔪᓪᓗ ᒪᒥᓴᕈᓐᓇᖁᓪᓗᒋᓪᓗ.

ᐃᓕᓴᖅᓯᓂᖅ ᓄᑕᖅᑲᑦ

ᖁᓄᔪᕐᓂᐊᖅᑕᐅᓯᒪᓂᖏᓐᓂᒃ ᓇᓗᓇᐃᒃᑯᑕᓂᒃ ᓄᑕᖅᑲᑦ ᖁᓄᔪᕐᓂᐊᖅᑕᐅᓯᒪᓂᖏᓐᓂᒃ ᐅᔾᔨᕐᓇᖖᒋᑦᑑᔪᓐᓇᖅᑐᑦ, ᑭᓯᐊᓂ ᐅᔾᔨᖅᓱᑦᑎᐊᕈᑦᑕ ᖃᐅᔨᔪᓐᓇᖅᓯᔪᓐᓇᖅᑕᕗᑦ ᐃᓕᓐᓂᐊᖅᑎᑦᑎᕙᓪᓗᑕᓗ. ᐱᓂᕐᓗᒃᑎ ᖃᓂᑦᑑᒡᒍᕗᖅ ᐱᓂᕐᓗᒃᑕᐅᓯᒪᔪᒧᑦ ᐅᕝᕙᓘᓐᓃᑦ ᐃᓚᔮᕆᔭᐅᑐᐃᓐᓇᕆᐊᖃᖅᐳᖅ. ᑕᐃᒪᓐᓇᐅᒃᐸᑦ ᐊᒃᓱᕈᕐᓇᖅᑐᖅᓯᐅᕐᓇᖅᐳᖅ ᐱᓂᕐᓗᒃᑎᐅᑉ ᐃᓚᖏᓐᓄᑦ ᐱᓂᕐᓗᒃᑕᐅᓯᒪᔪᒧᓪᓗ ᐊᖏᖅᓯᒪᔭᕆᐊᒃᓴᖅ ᐱᓂᕐᓗᒃᓯᓯᒪᓂᖓᓂᒃ ᓄᑕᖅᑲᒥᒃ. ᑕᐃᒪᐃᒻᒪᑦ, ᐱᓂᕐᓗᒃᑕᐅᓯᒪᔪᑦ ᐃᓚᖏᓪᓗ ᓴᐱᓕᖅᓯᒪᑐᐃᓐᓇᕆᐊᓖᑦ ᐅᖃᐅᓯᖃᕆᐊᒃᓴᖅ ᖁᓄᔪᕐᓂᐊᖅᑎ ᐱᓪᓗᒍ. ᓄᓕᐊᕐᓂᕐᒧᑦ ᓵᓚᓯᐊᖅᓯᐅᖅᑏᑦ ᐱᓂᕐᓗᒃᑏᓪᓗ ᑭᓇᑐᐃᓐᓇᐅᔪᓐᓇᖅᐳᑦ ᐃᓱᒪᓇᙱᑦᑑᒐᔪᒃᖢᑎᒡᓗ. ᐃᓚᔮᕆᔭᐅᑐᐃᓐᓇᕆᐊᖃᖅᐳᑦ, ᐱᖃᓐᓇᕆᔭᐅᓗᑎᒡᓘᓐᓃᑦ, ᐅᕝᕙᓘᓐᓃᑦ ᑭᒃᑯᑐᐃᓐᓇᐃᑦ ᑕᑎᒋᔭᐅᓲᑦ, ᓲᕐᓗ ᐃᓕᓴᐃᔩᑦ, ᕿᑎᒃᑎᑦᑎᔩᑦ, ᐊᔪᕆᖅᓱᐃᔩᓪᓘᓐᓃᑦ. ᑲᓇᑕᒥ, 81 ᐳᓴᓐ ᓄᑕᖅᑲᑦ
ᖁᓄᔪᕐᓂᐊᖅᑕᐅᓯᒪᔪᑦ ᐱᓂᕐᓗᒃᑕᐅᓯᒪᕗᑦ ᖃᐅᔨᒪᔭᐅᔪᒥᑦ ᐃᓚᔮᖏᑕᓘᓐᓃᑦ
ᖃᐅᔨᒪᔭᖓᓂᑦ. 1

1 Institut national de santé publique du Québec, “Prevalence of sexual violence experienced during
childhood and adolescence,” https://www.inspq.qc.ca/en/sexual-violence/perpetration/adults.

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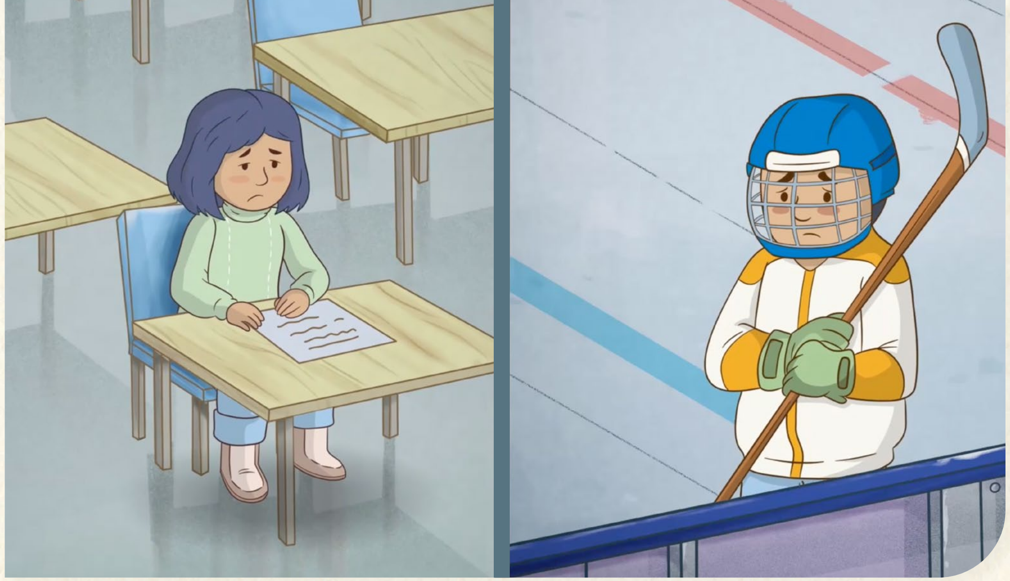

A Guide for Parents, Caregivers, and Educators A Guide for Parents, Caregivers, and Educators

ᐱᓂᕐᓗᒃᑕᐅᓯᒪᔪᖅ ᐅᖃᐅᓯᖃᕋᔪᙱᓚᖅ ᐱᓂᕐᓗᒃᑕᐅᓯᒪᓂᕐᒥᓂᒃ ᐅᖃᖖᒋᑦᑎᐊᒻᒪᕆᓪᓗᓂᓘᓐᓃᑦ. ᓄᑕᖅᑲᑦ ᐅᑭᐅᑭᓗᐊᕐᓂᕐᒥᖕᓄᑦ ᑐᑭᓯᐅᒪᕙᙱᒻᒪᑕ ᖃᓄᐃᑕᐅᓂᕐᒥᓂᒃ. ᓯᕘᕋᓂᕐᒧᑦᑕᐅᖅ ᐅᖃᐅᓯᖃᕋᔪᙱᓚᑦ ᐱᓂᕐᓗᒃᑕᐅᓂᕐᒥᓂᒃ. ᐱᓂᕐᓗᒃᑕᐅᓯᒪᔪᑦ ᐊᒥᓱᑦ ᐅᖃᖅᐸᙱᓚᑦ

ᑲᑉᐱᐊᓱᒃᑲᒥᒃ ᐱᓂᕐᓗᒃᑎᒥᓂᒃ. ᐱᓂᕐᓗᒃᑕᐅᓯᒪᔪᑦ ᑲᑉᐱᐊᓱᒃᐸᖕᒪᑕ ᐃᓚᔮᒥᓂᒃ, ᐱᖃᓐᓇᕆᔭᒥᓂᒃ, ᓄᓇᖅᑲᑎᒥᓂᒡᓘᓐᓃᑦ ᐅᒃᐱᕆᔭᐅᓂᐊᕋᓱᒋᙱᖦᖢᑎᒃ ᐃᑲᔪᖅᑐᖅᑕᐅᓂᐊᕋᓱᒋᙱᖦᖢᑎᒡᓘᓐᓃᑦ. ᑕᐃᒪᐃᑐᐃᓐᓇᕆᐊᓕᒃ ᐱᓂᕐᓗᒃᑎ ᐊᖓᔪᖅᑲᐅᑎᐅᒃᐸᑦ ᐃᓚᔮᕆᒃᐸᒍᓘᓐᓃᑦ.
ᓄᑕᖅᑲᑦ ᐅᖃᕈᓐᓇᙱᓐᓂᖏᓐᓄᑦ, ᐊᖓᔪᖅᑳᕆᔭᐅᔪᖅ, ᐱᒪᔨᒋᔭᐅᔪᕐᓘᓐᓃᑦ, ᐅᕝᕙᓘᓐᓃᑦ ᐃᓕᓴᐃᔨ ᐅᔾᔨᕈᓱᑐᐃᓐᓇᕆᐊᓕᒃ ᖃᓄᐃᓐᓂᖓᓂᒃ ᐃᓕᖅᑯᓯᖓᓂᒡᓗ ᐊᔾᔨᐅᔪᓐᓃᕐᓂᖓᓂᒃ ᖃᓄᐃᑦᑐᖅ ᓇᓗᓇᕈᓐᓃᕐᓂᖓᓂᒃ. ᐅᕝᕙ ᐅᑯᐊ ᓇᓗᓇᐃᒃᑯᑕᐅᔪᓐᓇᖅᑐᑦ ᐊᓯᔾᔨᕐᓃᑦ ᓄᑕᕋᖅ ᖁᓄᔪᕐᓂᐊᖅᑕᐅᓯᒪᑐᐃᓐᓇᕆᐊᖃᕐᓂᖓᓂᒃ:
• ᓯᕘᕋᕐᔪᐊᕐᓂᖅ ᐃᓱᒫᓗᒡᔪᐊᕐᓂᕐᓘᓐᓃᑦ
• ᓄᒫᓱᒡᔪᐊᕐᓂᖅ, ᐃᒻᒥᓃᕈᒪᓂᕐᒥᒃ ᐃᓱᒪᖃᑦᑕᕐᓂᖅ, ᓴᐱᓕᐅᒻᒥᓂᖅ
• ᓂᙵᒃᓴᕋᐃᓐᓂᖅ
• ᓈᙳᖃᑦᑕᕐᓂᖅ
• ᓂᐊᖁᙳᓂᖅ
• ᐊᐅᓪᓗᔾᔨᔪᓐᓇᕈᓐᓃᕐᓂᖅ
• ᐱᓕᕆᑦᑎᐊᙱᓐᓂᖅ ᐃᓕᓐᓂᐊᕐᕕᖕᒥ

• ᓂᙵᐅᒪᓂᖅ, ᓲᖑᓂᖅ, ᐋᓐᓂᖅᓯᕆᓂᕐᓗ
• ᐅᓗᕆᐊᓇᖅᑐᓂᒃ ᑲᑉᐱᐊᓱᖃᙱᓐᓂᖅ
• ᑭᐅᑦᑕᐃᓕᓂᖅ ᐅᕝᕙᓘᓐᓃᑦ ᐃᒃᐱᖕᓂᐊᓂᖃᙱᓐᓂᖅ
• ᖃᓄᐃᓕᐅᖃᑕᐅᔪᓐᓃᕐᓂᖅ ᐱᖃᓐᓇᕆᔭᒥᓂᒡᓗ ᐱᖃᑎᖃᕈᓐᓃᕐᓂᖅ
• ᓱᖁᑎᒋᔭᐅᖏᓐᓇᐅᔭᕆᐊᖃᓕᕐᓂᖅ
• ᓯᓂᖓ ᐋᖅᑭᑦᑎᐊᖅᓯᒪᔪᓐᓃᕐᓂᖅ
• ᐱᖃᑎᖃᕈᒪᔪᓐᓃᕐᓂᖅ ᑭᓇᒥᑭᐊᖅ
• ᐊᐅᓪᓚᕐᓂᖅ
• ᓄᓕᐊᕐᓂᕐᒥᒃ ᐃᓕᖅᑯᓯᖓᓘᓐᓃᑦ ᐊᖓᔪᒃᖠᕐᓂᑦ ᐊᑐᖅᑕᐅᕙᒃᑐᓂᒃ ᖃᐅᔨᒪᓕᕐᓂᖅ
• ᐃᒥᐊᓗᖃᑦᑕᓕᕐᓂᖅ ᓱᕐᕋᖕᓇᖅᑐᓂᒡᓘᓐᓃᑦ ᓱᓐᓂᕋᓱᖕᓂᖅ
• ᓱᙴᔭᕐᓂᖅ ᑭᓪᓕᖅᑐᕐᓂᖃᓕᕐᓂᖅ
• ᓇᑲᓱᖕᓂᖅ ᐃᒡᓕᕐᒧᓪᓗ ᖁᐃᖃᑦᑕᓕᕐᓂᖅ
• ᓄᓕᐊᕐᓂᕐᒧᑦ ᖁᐱᕐᕆᓐᓂᖅ

ᑖᒃᑯᐊ ᐊᓯᔾᔨᕐᓃᑦ ᑐᑭᖃᙱᑐᐃᓐᓇᕆᐊᓕᐅᒐᓗᐊᑦ ᐱᒪᑐᒃᑕᑦ ᐱᓂᕐᓗᒃᑕᐅᓯᒪᓂᖓᓂᒃ. ᐅᔾᔨᕐᓇᖅᑐᖃᑐᐃᓐᓇᕆᐊᓕᒃ ᓱᔪᔾᔪᐊᖅᓯᒪᓗᑎᒃ ᓱᔪᒃᓯᒪᓗᑎᓪᓘᓐᓃᑦ, ᓲᕐᓗ ᐃᓚᐃᓕᕿᓂᖅ, ᑲᒪᒋᔭᐅᑦᑎᐊᖖᒋᓐᓂᖅ, ᓵᓚᓯᐊᖑᓂᖅ, ᐃᓱᐊᑦᑎᐊᖏᓪᓗᑎᒃ ᓲᕐᓗ ᐃᑎᕈᕐᓗᒡᓗᑎᒃ, ᓈᖖᒍᕙᓪᓗᑎᒃ, ᓂᐊᖁᖖᒍᕙᓪᓗᑎᒡᓘᓐᓃᑦ. ᑭᓯᐊᓂ, ᐱᒻᒪᕆᐅᕗᖅ ᐅᔾᔨᕈᓱᒃᑯᕕᑦ ᑖᒃᑯᓂᖓ ᐊᓯᔾᔨᕐᓂᕐᓂᒃ ᖃᓄᐃᓕᐅᕆᐊᖃᓕᕐᓂᕐᓂᒃ. ᐅᖃᐅᓯᕆᓂᐊᓕᕐᒥᔭᕗᑦ ᖃᓄᐃᓕᐅᕆᐊᖃᕋᔭᕐᓃᑦ ᓄᑕᖅᑲᒥᒃ ᖁᓄᔪᕐᓂᐊᖅᑕᐅᓯᒪᓇᓱᒋᓐᓈᒍᕕᑦ.

ᖃᐅᔨᔭᒥᒃ ᖃᓄᐃᓐᓇᓱᓲᖅ
ᖃᐅᔨᔭᒥᒃ ᖃᓄᐃᓐᓇᓱᓲᖅ ᐃᓄᒃ ᐊᑦᑕᕐᓇᖅᑐᒦᓐᓇᓱᒋᓐᓈᒍᓂ ᐋᓐᓂᖅᑐᖃᕐᓂᐊᕋᓱᒋᓐᓈᒍᓂᓘᓐᓃᑦ ᓄᖅᑲᖅᑎᑦᑎᓇᓱᒃᑐᖅ ᐱᑦᑎᐊᙱᑦᑐᒥᒃ. ᑲᑉᐱᐊᓇᕈᓐᓇᖅᑐᖅ ᐊᓕᐊᓇᐃᙱᓪᓗᓂᓗ, ᑭᓯᐊᓂ ᓄᑕᖅᑲᒥᒃ ᓴᐳᔾᔨᔪᓐᓇᖅᑐᖅ.

ᓄᑕᖅᑲᒥᒃ ᖁᓄᔪᕐᓂᐊᖅᑕᐅᓯᒪᓱᒋᑦᑎᓕᖅᐸᑦ ᑭᓇᑐᐃᓐᓇᖅ, ᓄᖅᑲᖅᑎᑦᑎᓇᓱᒍᓐᓇᖅᐳᖅ, ᐸᓴᐅᕆᑦᑎᐊᒻᒪᕆᐊᓗᖏᓪᓗᓂ. ᓄᑕᖅᑲᐅᑉ ᐊᑲᕐᕆᖖᒋᓐᓂᖓᓂᒃ ᐅᖃᐅᓯᖃᕈᓐᓇᖅᐳᖅ ᓈᒻᒪᖖᒋᓐᓂᕋᐃᓗᓂ ᓄᖅᑲᖅᑎᑦᑎᓂᐊᕐᓂᕋᕐᓗᓂᓗ.

ᐱᑦᑎᐊᕋᓱᖕᓂᖃᕋᓗᐊᖅᑎᓪᓗᑎᑦ, ᑲᖖᒍᑦᑎᑦᑎᑐᐃᓐᓇᕆᐊᖃᖅᐳᖅ ᓱᓯᒪᖖᒋᑦᑐᒥᒃ, ᓴᖅᑭᑎᑦᑎᓗᑎᒡᓗ ᑲᑉᐱᐊᓇᖖᒋᓐᓂᕐᒥᓂᒃ. ᑭᓯᐊᓂ, ᓱᓯᒪᓐᓂᖅᐸᑕ, ᐃᓕᖅᑯᓯᖓᓗ ᑕᐃᒫᑦᑕᐃᓐᓈᖅᐸᑦ ᐃᓱᒫᓗᓇᖅᓯᓗᓂ, ᓄᑕᖅᑲᖅ ᐃᑲᔪᕆᐊᒃᑲᓐᓂᕋᓱᒍᒃ ᐊᔪᕆᖅᓲᔾᔭᐅᔪᒪᓗᑎᑦ ᐃᑲᔪᖅᑕᐅᔪᒪᓗᑎᓪᓘᓐᓃᑦ.

ᐃᒃᐱᒋᔭᑎᑦ ᐃᓱᒪᒋᔭᑎᓪᓗ ᒪᓕᒃᐸᒡᓗᒋᑦ. ᓇᐅᑦᑎᐅᒪᓂᕐᒥᒃ ᐃᓕᓴᖅᑕᐅᓯᒪᑎᓪᓗᑕ ᓄᓇᒥ, ᐃᒃᐱᒋᔭᕗᑦ ᒪᓕᒋᐊᖃᖅᑕᕗᑦ ᐊᖓᔪᖅᑳᕆᔭᐅᓪᓗᑕ, ᐱᒪᔨᐅᓪᓗᑕᓗ, ᐊᒻᒪ ᐃᓕᓴᐃᔨᐅᓪᓗᑕ. ᖃᓄᐃᙱᑦᑐᖅ ᖃᓄᐃᓕᐅᕐᓂᖅ ᓈᒻᒪᙱᑦᑐᖃᕋᓱᒋᒍᑦᑎᒍ.

ᐱᒻᒪᕆᐅᖕᒪᑦ ᐃᓕᓴᖅᓯᓂᖅ ᐊᔾᔨᒌᙱᓐᓂᖏᓐᓂᒃ ᓈᒻᒪᒃᑐᖅ ᓈᒻᒪᙱᑦᑐᕐᓗ ᐃᓕᖅᑯᓯᕆᔭᐅᔪᖅ. ᐅᑯᐊ ᑕᑯᒃᑭᑦ ᑕᐅᑐᙳᐊᖅᑕᑦ:

ᑕᐅᑐᙳᐊᖅᑕᖅ ᓈᒻᒪᒃᑐᖅ ᓈᒻᒪᙱᑦᑐᖅ

ᐃᓐᓇᕐᒥᒃ ᑕᑯᔪᖃᕐᒪᑦ ᓂᕕᐊᖅᓵᕐᒥᒃ
ᐱᙳᐊᖅᑐᒥᒃ ᐹᓪᓚᒃᑐᒥᒃ ᓯᑯᒥ
ᑐᐃᖓᓄᑦ ᐊᒃᑐᕐᓗᓂᐅᒃ ᓴᐃᒻᒪᖅᓴᖅᐹ
ᐋᓐᓂᕐᒪᑦ.

ᐃᓐᓇᕐᒥᒃ ᑕᑯᔪᖃᕐᒪᑦ ᓂᕕᐊᖅᓵᕐᒥᒃ
ᐱᙳᐊᖅᑐᒥᒃ ᐹᓪᓚᒃᑐᒥᒃ ᓯᑯᒥ ᑐᓄᐊᒍᑦ
ᐊᒃᓴᓕᓕᖅᖢᓂᐅᒃ ᓴᐃᒻᒪᖅᓴᖅᐹ.
ᐃᓐᓇᐅᑉ ᐊᒃᓴᓖᓐᓇᓕᖅᖢᓂᐅᒃ
ᑐᓄᐊᒍᑦ ᓄᖅᑲᖁᔭᐅᒐᓗᐊᖅᖢᓂ
ᓂᕕᐊᖅᓵᓪᓗ ᕿᒪᒐᓱᓕᖅᖢᓂᐅᒃ.

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A Guide for Parents, Caregivers, and Educators A Guide for Parents, Caregivers, and Educators

ᖃᐅᔨᖁᓪᓗᑎᑦ ᐃᓕᖅᑯᓯᖓ ᓈᒻᒪᖕᒪᖔᑦ ᓈᒻᒪᙱᒻᒪᖔᓪᓘᓐᓃᑦ, ᐃᓕᖕᓂᒃ ᐊᐱᕆᒋᑦ ᐅᑯᓂᖓ:
• ᑕᐃᒪᐃᓕᐅᕐᓂᖓ ᑲᒪᓇᖅᑰᔨᕙ?
• ᓄᑕᕋᖅ ᐱᔮᕆᔭᐅᕙ ᐅᕝᕙᓘᓐᓃᑦ ᐱᑦᑎᐊᖅᑕᐅᕙ?
• ᓄᑕᕋᖅ ᐊᑲᐃᓪᓕᐅᖅᐸ?
• ᐱᓂᕐᓗᒃᓯᑐᐃᓐᓇᕆᐊᓕᒃ ᑕᐃᒪᐃᓕᐅᖅᐸᒃᐸ?
• ᐊᓯᖕᓂᑦ ᐅᔾᔨᕆᔭᐅᓯᒪᕙ ᐅᖃᐅᓯᐅᓯᒪᕙᓘᓐᓃᑦ
ᐱᓂᕐᓗᒃᓯᑐᐃᓐᓇᕆᐊᓕᐅᑉ ᐃᓕᖅᑯᓯᖓ?

ᐃᑲᔪᖅᑕᐅᔭᕆᐊᖃᖅᐱᑦ
ᐅᖃᖃᑎᖃᖅᑎᓪᓗᑎᑦ ᓄᑕᖅᑲᓂᒃ
ᖁᓄᔪᕐᓂᐊᖅᑕᐅᓂᐅᑉ ᒥᒃᓵᓄᑦ? ᐅᑯᐊ
ᐅᖃᓕᒫᕐᓗᒋᑦ ᐅᖁᒪᐃᑦᑐᖅ ᑲᙳᒋᔭᕋ:
ᔭᐃᑰᑉ ᐋᑕᒥᐅᓪᓗ ᐅᓂᒃᑳᖓ ᐅᕝᕙᓘᓐᓃᑦ
ᐅᖁᒪᐃᑦᑐᖅ ᑲᙳᒋᔭᕋ: ᓕᓯᐅᑉ

ᐅᓂᒃᑳᖓ, ᐅᖃᓕᒫᒐᐅᔪᒃ ᐃᑲᔪᕋᓱᒃᖢᑎᒃ
ᐅᖃᓪᓚᖃᑎᖃᕐᓂᕐᒥᒃ ᓄᑕᖅᑲᓂᒃ
ᖁᓄᔪᕐᓂᐊᖅᑕᐅᓂᐅᑉ ᒥᒃᓵᓄᑦ.
ᖃᐅᔨᒋᐊᒃᑲᓐᓂᕈᓐᓇᖅᑐᑎᑦ ᑖᒃᑯᓂᖓ
ᐅᖃᓕᒫᒐᕐᓂᒃ ᒪᑉᐱᒐᖅ 34ᒥ.

ᐱᓂᐊᕐᓂᖃᕐᓂᖅ ᐅᖃᖅᑐᖃᖅᐸᑦ

ᐅᕝᕙᓘᓐᓃᑦ ᐸᓴᒍᓱᒃᑯᕕᑦ ᓄᑕᕋᕐᒥᒃ

ᖁᓄᔪᕐᓂᐊᖅᑕᐅᓇᓱᒋᓐᓈᓗᑎᑦ
ᓄᑕᖅᑲᑦ ᐅᖃᕋᔪᙱᒻᒪᑕ ᐱᓂᕐᓗᒃᑕᐅᓂᕐᒥᓂᒃ, ᑭᓯᐊᓂ ᐃᓕᖅᑯᓯᖏᑦ ᐊᓯᔾᔨᕐᓂᖏᓐᓄᑦ ᓇᓗᓇᐃᕈᓐᓇᖅᑐᑦ. ᓄᑕᖅᑲᓂᒃ ᐸᖅᑭᔭᕐᓂᒃ ᑲᒪᑦᑎᐊᕐᓂᐅᕗᖅ ᐊᕙᑎᖃᑦᑎᐊᖅᑎᓪᓗᒋᑦ ᐊᑦᑕᕐᓇᖖᒋᑦᑐᒥᒃ ᐅᖃᓪᓚᒍᒪᒃᐸᑕ ᖃᓄᐃᓕᔭᐅᓯᒪᓂᕐᒥᓂᒃ. ᐅᔾᔨᕈᓱᖃᑦᑕᓕᕈᕕᑦ ᓄᑕᕋᐅᑉ ᐃᓕᖅᑯᓯᖓᓂᒃ

ᐊᓯᔾᔨᖅᑐᒥᒃ, ᐅᖃᓪᓚᒃᑎᓪᓗᒋᑦ ᐃᓕᖕᓄᑦ ᐊᑦᑕᕐᓇᖖᒋᑦᑐᒦᑦᑑᔮᕐᓂᐊᖅᑐᑦ. ᐅᖃᖅᐸᓪᓕᐊᔪᓐᓇᖅᓯᓂᐊᕐᒪᑦ ᐱᑲᐅᑎᒋᙱᒃᑲᓗᐊᕐᓗᓂ. ᐱᒻᒪᕆᐅᕗᖅ ᓄᑕᖅᑲᒥᑦ ᑕᑎᒋᔪᓐᓇᖅᓯᓇᓱᖕᓂᖅ ᐊᑦᑕᕐᓇᖅᑐᒦᙱᓐᓂᕐᒥᒡᓗ ᐃᒃᐱᒍᓱᓕᖅᑎᑦᑎᓇᓱᖕᓂᖅ ᓯᕗᓪᓕᖅᐸᐅᑎᑦᑕᕆᐊᖃᖅᐳᖅ ᑲᑉᐱᐊᓱᒍᓐᓃᕐᓂᐊᕐᒪᑦ ᐊᑲᐃᓪᓕᐅᕈᓐᓃᕐᓗᓂᓗ ᐅᖃᐅᓯᖃᕆᐊᒃᓴᖅ ᖁᓄᔪᕐᓂᐊᖅᑕᐅᓂᕐᒥᓂᒃ. ᐅᖃᓕᖅᑭᑦᑖᑦᑕᐃᓕᒪᓂᐊᖅᐳᑎᑦ ᐅᖃᖅᑎᒐᓱᐊᒡᒐᖅᑕᐃᓕᒃᑭᓪᓗ. ᓈᓚᑦᑎᐊᕋᓱᖕᓂᐊᖅᐳᑎᓪᓕ ᓄᑕᖅᑲᐅᑉ ᐅᖃᕈᒪᔭᖏᓐᓂᒃ ᐃᓕᓐᓂᐊᖅᑎᑕᐅᓯᒪᔪᓪᓗ ᐃᖅᑲᓇᐃᔭᖅᑎᑦ ᑐᓴᖅᑕᒥᓂᒃ ᑲᑎᖅᓱᐃᔪᓐᓇᕐᓗᑎᒃ,
ᐅᕝᕙᐅᑯᐊ ᒪᒃᑯᒃᑐᕋᓛᕐᒧᑦ ᐅᖃᐅᓯᐅᑎᓐᓇᕆᐊᓖᑦ ᑭᐅᔾᔪᑎᒋᔪᓐᓇᖅᑕᑎᓪᓗ:

• “__________ ᐅᑉ ᐱᑦᑎᐊᙱᒻᒫᖓ.”
“ᖃᓄᖅ __________ ᐃᓕᖕᓂᒃ ᐸᕝᕕᓴᕐᒪᑦ?”

Adamie's Jayko and

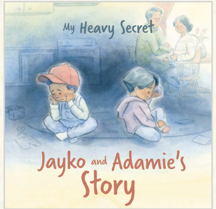
My Heavy Secret

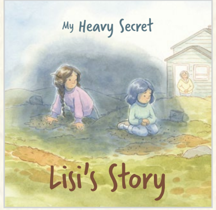
Story

My Heavy Secret

Lisi's Story

12 13





A Guide for Parents, Caregivers, and Educators A Guide for Parents, Caregivers, and Educators

• “ᖃᓄᖅ ᐃᓱᒪᕕᐅᒃ __________?”
“ᖃᐅᔨᒪᖖᒋᑦᑐᖓ...ᖃᓄᕐᓕ ᐃᓱᒪᒋᕕᐅᒃ __________?”

• “__________ ᐱᑦᑎᐊᙱᑦᑐᐊᓗᒃ.”
“__________ᖃᓄᐃᓕᐅᖅᐸᒻᒪᑦ ᖃᓄᖓᓴᖅᑐᓂ?”
• “__________ᐅᕙᓐᓂᒃ ᓱᖁᑎᒃᓴᖃᑦᑕᕈᓐᓃᖅᑐᖅ.”
“ᖃᓄᐃᒻᒪᑦ __________ ᐃᓕᖕᓂᒃ ᓱᖁᑎᒃᓴᖖᒋᓚᖅ?”

• “ᐅᐸᖃᑦᑕᕈᒪᔪᓐᓃᖅᑕᕋ __________ᐅᑉ.”
“ᑕᐃᑯᖖᒐᕆᐊᖅᑐᖏᑦᑐᑎᑦ. ᖃᓄᐃᒻᒪᑦ __________ ᒃᑯᓐᓅᕈᒪᖃᑦᑕᖖᒋᓚᑎᑦ?”

• “ᐱᐅᒋᔪᓐᓃᖅᑕᕋ __________.”
“ᖃᓄᐃᒻᒪᑦ __________ ᖁᕕᐊᒋᔪᓐᓃᖅᐱᐅᒃ?”

• “ᐊᓂᖖᒋᓪᓗᑎᑦ! ᕿᒪᒃᑕᐅᑦᑕᐃᓕᓚᖓ ᐃᓄᑑᖃᑎᒋᔪᒪᙱᓐᓇᒃᑯ __________.”
“ᖃᓄᐃᒻᒪᑦ __________ ᐃᓄᑑᖃᑎᖃᕈᒻᒪᖖᒋᓚᑎᑦ?

• “ᐊᓕᐊᓇᐃᒋᖃᑦᑕᙱᓐᓇᒃᑯ.”
“ᖃᓄᐃᒻᒪᑦ ᐊᓂᖁᔪᓐᓇᖖᒋᓚᖓ?”

• “ᐊᑲᐃᓪᓕᐅᖃᑦᑕᕋᒪ ᐅᕙᓃᙱᓕᕌᖓᕕᑦ.”
“ᑭᓱᓂᒃ ᓈᒻᒪᒋᔭᖃᖃᑦᑕᖖᒋᓚᑎᑦ ᐅᕙᓃᑎᓐᓇᖓ?”

• “ᐊᑲᐃᓪᓕᐅᖃᑦᑕᕋᒪ ᐅᕙᓃᑦᑕᕌᖓᑦ __________”
“ᖃᓄᐃᒻᒪᑦ __________ ᓈᒻᒪᒋᖃᑦᑕᖖᒋᑉᐱᐅᒃ?”

• “ᐱᐅᙱᑦᑐᐊᓘᔪᖓ.”

“ᐱᐅᖖᒋᑦᑑᓱᒋᑦᑕᐃᓖᑦ! [ᓄᑕᖅᑲᐅᑉ ᐱᐅᓂᖏᑦ ᑕᐃᓗᒋᑦ]. ᖃᓄᐃᒻᒪᑦ ᐱᐅᖖᒋᑦᑑᓱᒋᕕᑦ?”

• “__________ᐅᕙᓐᓂᒃ ᖃᓄᐃᓕᐅᖅᓯᓚᐅᖅᑐᖅ.”
“__________ ᖃᓄᐃᓕᐅᕐᓂᕐᒪᑦ ᐃᓕᖕᓂᒃ?”

• “__________ᐅᕙᓐᓂᒃ ᖃᓄᐃᓕᐅᖅᓯᕙᒃᑐᖅ ᐊᓕᐊᓇᐃᒋᙱᑕᓐᓂᒃ.” “__________ᐃᓕᖕᓂᒃ?”

• “__________ ᐱᙳᐊᖃᑎᖃᕋᓱᓲᖅ ᐊᓕᐊᓇᐃᒋᙱᑕᓐᓂᒃ.”
“ᖃᓄᖅ ᖁᕕᐊᓇᖖᒋᑦᑐᓂᒃ ᐃᓕᖕᓂᒃ ᐱᖖᒍᐊᖅᑎᑦᑎᕙᖕᒪᑦ?”

ᐊᑦᑕᕐᓇᙱᑦᑐᒥᒃ ᐊᕙᑎᖃᖅᑎᑦᑎᓂᖅ

ᐊᑖᓂ, ᐊᑦᑕᕐᓇᙱᑦᑐᒥᒃ ᐋᖅᑭᒃᓱᐃᓂᖅ ᐱᒻᒪᕆᐅᔪᒥᒃ ᐊᒃᓱᕈᕐᓇᖅᑐᒥᒃ ᐅᖃᐅᓯᖃᕐᓂᐊᕐᓗᓂ ᓄᑕᖅᑲᑦ ᖁᓄᔪᕐᓂᐊᖅᑕᐅᓂᖏᓐᓂᒃ ᐱᒪᑐᒃᑕᑦ ᐅᖃᖃᑎᒋᓂᐊᕐᓗᒍ:

• ᐱᕕᖃᕐᓂᖅ ᓈᒻᒪᒃᑐᒥᒃ ᐃᓂᑦᑎᐊᕙᖕᒥᒡᓗ. ᓂᐱᖃᓗᐊᙱᑦᑐᒥᒃ,
ᐊᑲᐅᔪᒥᒃ ᐃᓂᒃᓴᖅᑖᕐᓗᑎᑦ ᐅᓚᕕᑕᐅᓐᓇᙱᑦᑐᒥᒃ. ᖃᐅᔨᒋᐊᕐᓗᒍ ᓄᑕᕋᖅ ᖃᓱᖓᑦᑎᐊᕋᓗᐊᕐᒪᖔᑦ. ᐃᓱᒪᒋᓗᒍ ᐅᖃᓪᓚᖃᑎᒋᓂᐊᕐᓗᒍ ᓴᐃᓕᓇᖅᑐᒥ ᐅᓪᓗᒃᑯᖅ.

• ᐊᕐᕌᒍᖓ ᓄᑕᕋᐅᑉ ᐅᖃᐅᓯᖓ ᐊᑐᕆᐊᕐᓗᒍ. ᐅᖃᐅᓯᕐᒥᒃ ᐊᑐᕋᓱᒡᓗᑎᑦ
ᓄᑕᕋᐅᑉ ᐊᕐᕌᒍᖓ ᒪᓕᒡᓕᒍ ᑐᑭᓯᓇᕆᐊᕐᓗᑎᑦ. ᑐᐊᕕᙱᓪᓗᑎᑦ
ᓄᑕᕋᐅᑉ ᐅᖃᐅᓯᖓ ᐊᑐᕐᓗᒍ ᑐᑭᓯᓇᕋᓱᒡᓗᑎᑦ ᓇᓗᓇᐃᖅᓯᖃᑦᑕᕐᓗᑎᑦ ᑲᑉᐱᐊᑦᑕᐃᑦᑕᐃᓕᒪᓗᒍ.

• ᐊᐱᖅᑯᑎᖃᖅᐸᒡᓗᑎᑦ ᐅᒃᑯᐃᙶᕐᓗᓂ ᑭᐅᔪᓐᓇᖁᓪᓗᒍ. ᐊᐱᕆᒡᓗᒍ ᐅᑯᑎᑐᓇᖅ: “ᖃᓄᖅ ᑕᐃᔅᓱᒪ ᐃᓅᑉ ᖃᓄᐃᓕᐅᕐᓇᖓ ᐃᓕᖕᓂᒃ ᐃᒃᐱᒍᓱᒃᑎᑦᑎᓚᐅᖅᐸ?” ᑕᐃᒪᐃᑦᑐᑦ ᐊᐱᖅᑯᑏᑦ ᑲᔪᖏᖅᓴᐃᓲᖑᖕᒪᑕ ᓄᑕᖅᑲᒥᒃ ᐃᓱᒪᒋᔭᒥᓂᒃ ᐃᒃᐱᒋᔭᒥᓂᒡᓗ ᑭᐅᑦᑎᐊᕈᓐᓇᖁᓪᓗᒍ.
• ᐃᓕᖅᑯᓯᖅᓱᖅᑐᑦ ᐃᒃᐱᖕᓂᐊᓃᑦ. ᐅᖃᓕᖅᑭᒃᐸᒡᓗᑎᑦ
ᖃᓄᐃᙱᓐᓂᖓᓂᒃ ᖃᓄᕈᓘᔭᖅ ᐃᒃᐱᒍᓱᒍᓐᓇᕐᓂᖓᓂᒃ ᖃᓄᐃᓕᐅᖅᑕᐅᔪᕕᓂᐅᒃᐸᑦ ᑖᓐᓇ ᓄᑕᕋᖅ. ᐃᒃᐱᒋᔭᑎᑦ ᐅᖃᐅᓯᕆᔪᓐᓇᖅᑕᑎᑦ ᑐᑭᓯᐊᓃᑦ ᖃᐅᔨᔭᐅᖁᓪᓗᒍ, ᐅᒃᑯᐃᙶᕐᓃᑦ, ᐊᒃᑐᐊᑦᑎᐊᕐᓃᓪᓗ. ᑲᔪᖏᖅᓴᐅᑎᐅᙱᑦᑐᖅ ᓇᖕᒥᓂᖅ ᐊᑐᖅᓯᒪᔭᕐᓂᒃ

ᐅᓂᒃᑳᖁᓪᓗᑎᑦ ᓄᑕᖅᑲᑦ ᖁᓄᔪᕐᓂᐊᕐᓂᐅᑉ ᒥᒃᓵᓄᑦ. ᑭᓯᐊᓂ, ᐱᒻᒪᕆᐅᔪᖅ ᐅᒃᐱᕈᓱᖕᓂᕐᓂᒃ ᓄᑕᕋᐅᑉ ᐊᒃᓱᕈᕐᓇᖅᑐᓂᒃ ᐃᒃᐱᒋᔭᖏᓐᓂᒃ.

• ᓈᓚᑦᑎᐊᕐᓗᑎᑦ. ᐃᒃᐱᒋᑦᑎᐊᕐᓗᒍ ᓄᑕᕋᖅ, ᓈᓚᒡᓗᒍᓗ ᓄᖅᑲᖅᑎᙱᓪᓗᒍ
ᐅᖃᓪᓛᓂᒃᓯᐊᕆᕙᒡᓗᒍ. ᐃᓕᓴᕆᓗᒋᑦ ᐅᒃᐱᕆᓗᒋᓪᓗ ᐃᒃᐱᖕᓂᐊᓂᖏᑦ. ᖃᐅᔨᑎᓪᓗᒍ ᖃᓄᐃᙱᓐᓂᖓᓂᒃ ᐅᖃᐅᓯᖃᕆᐊᒃᓴᖅ ᑕᒪᑐᒥᖓ ᐊᓕᐊᓇᐃᙱᑦᑐᒥᒃ ᐊᒃᓱᕈᕐᓇᖅᑐᒥᒃ.
• ᐊᐱᖅᑯᑎᒃᓴᖃᖅᐸᑦ ᐊᐱᖅᓱᕈᓐᓇᖅᑎᓪᓗᒍ. ᓄᑕᕋᖅ ᐊᐱᖅᑯᑎᒃᓴᖃᕈᓂ
ᐊᐱᕆᔪᓐᓇᖅᑎᓪᓗᒍ, ᑭᐅᑦᑎᐊᖅᐸᒡᓗᒍᓗ ᓱᓕᓗᑎᑦ ᐊᒃᓱᕈᙱᓪᓗᑎᑦ. ᓇᓗᐱᕈᓱᒃᑯᕕᑦ ᖃᓄᖅ ᑭᐅᓇᔭᕆᐊᒃᓴᖅ, ᐅᖃᐅᑎᑦᑎᐊᕐᓗᒍ ᓱᓕᓗᑎᑦ. ᑕᐃᒪᐃᑉᐸᑦ ᐅᖃᐅᓯᕆᒃᑲᓐᓂᕈᓐᓇᖅᑕᑦ ᐊᐱᖅᑯᑎᖓ ᑐᑭᓯᓇᖅᓯᓂᐊᕐᒪᑦ.
• ᐋᒃᑳᕈᓐᓇᕐᓂᕐᒥᒃ ᖃᐅᔨᑎᓪᓗᒍ ᐊᑦᑕᕐᓇᙱᓐᓂᕐᒦᓐᓂᕐᒥᒡᓗ. ᐅᖃᐅᓯᖃᕐᓗᑎᑦ ᐋᒃᑳᕈᓐᓇᕐᓂᐅᑉ ᐱᒻᒪᕆᐅᓂᖓᓂᒃ ᑐᑭᓯᑎᒋᐊᕐᓗᒍᓗ ᖃᓄᖅ ᐊᑦᑕᕐᓇᖅᓯᑐᐃᓐᓇᕆᐊᖃᕐᓂᕐᒥᒃ. ᑐᑭᓯᓇᖅᑐᓂᒃ ᓇᓗᓇᐃᖅᓯᓗᑎᑦ
ᑐᑭᓯᑎᒋᐊᕐᓗᒍ ᖃᓄᐃᖖᒋᑦᑐᓂᒃ ᐊᑦᑕᕐᓇᖅᑐᓂᒡᓗ ᐊᒃᑐᐊᔭᐅᓂᕐᓂᒃ. ᐅᖃᒃᑲᓐᓂᕐᓗᑎᑦ ᖃᓄᐃᙱᓐᓂᖓᓂᒃ ‘ᐋᒃᑳ’-ᕐᓂᖅ ᑭᒡᓕᒋᑎᑕᕐᓂᒃ ᖄᖐᑉᐸᑦ.

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A Guide for Parents, Caregivers, and Educators A Guide for Parents, Caregivers, and Educators

• ᑐᑭᓯᑎᑦᑎᐊᕐᓗᒍ. ᑐᑭᓯᑎᑦᑎᐊᕐᓗᒍ ᓄᑕᕋᖅ ᐊᑦᑕᕐᓇᖅᑐᒦᙱᓐᓂᖓᓂᒃ
ᐅᖃᐅᓯᖃᕐᓂᖅ ᖃᓄᑐᐃᓐᓇᖅ, ᐊᒃᓱᕈᕐᓇᕋᓗᐊᖅᐸᑦ
ᐊᓕᐊᓇᐃᙱᒃᑲᓗᐊᖅᐸᓪᓗ ᐃᒃᐱᖕᓂᐊᔭᖓ. ᐅᖃᐅᑎᒃᑲᓐᓂᕐᓗᒍ ᐅᒃᐱᕆᔭᐅᓂᐊᕐᓂᖓᓂᒃ ᐃᑲᔪᖅᑐᖅᑕᐅᓂᐊᕐᓂᖓᓂᒡᓗ.
• ᐅᖃᐅᓯᖃᕐᓂᖅ ᒪᒥᓴᕐᓂᕐᒥᒃ ᐃᑲᔪᖅᑐᖅᑕᐅᓂᕐᒥᒡᓗ. ᐅᖃᐅᓯᖃᕐᓗᑎᑦ
ᐱᒻᒪᕆᐅᓂᖓᓂᒃ ᒪᒥᓴᕐᓂᐅᑉ ᐃᑲᔪᖅᑕᐅᔪᒪᓂᐅᓪᓗ ᐱᔭᕆᐊᖃᓕᕈᑎᒃ.

ᓇᓗᓇᐃᖅᓯᓗᑎᑦ ᖃᓄᖅ ᒪᒥᓴᕈᓐᓇᕋᔭᕐᒪᖔᑦ, ᐆᒃᑑᑎᖃᕐᓗᑎᓪᓗ ᖃᓄᐃᓕᐅᕈᓐᓇᕐᓂᖓᓂᒃ ᐃᒃᐱᒋᔭᖏᓐᓂᒃ ᐋᓐᓂᖅᓯᒪᓂᖏᓐᓂᑦ ᒪᒥᓴᕐᓂᕐᒥᒃ. ᐅᖃᒃᑲᓐᓂᕐᓗᑎᑦ ᐅᖃᐅᓯᖃᕐᓂᖅ ᐃᒃᐱᒋᔭᖏᓐᓂᒃ ᒪᒥᓴᕐᓂᕐᒥᒃ ᐱᒋᐊᕐᓂᐅᓂᖓᓂᒃ.
• ᐅᑎᕐᕕᖃᕐᓂᖅ. ᐅᒃᑯᐃᙶᖅᑏᓐᓇᕋᓱᒡᓗᒍ ᐅᖃᓪᓚᖕᓂᕆᓚᐅᖅᑕᓯᒃ
ᖃᐅᔨᒋᐊᓚᐅᖅᐸᒡᓗᒍ ᐅᖃᐅᓯᕆᒃᑲᓐᓂᖅᐸᒡᓗᒍ. ᖃᐅᔨᒪᑎᓪᓗᒍ ᓄᑕᕋᖅ ᖃᓄᐃᙱᓐᓂᖓᓂᒃ ᐅᖃᐅᓯᖃᒃᑲᓐᓂᕐᓂᖅ ᐅᖃᓪᓚᒍᒪᓕᕌᖓᑦ.

ᐅᖃᐅᓯᖃᕐᓂᖅ ᐱᒋᐊᓕᓵᕐᓂᖓ ᐊᒃᓱᕈᕐᓇᕈᓐᓇᖅᑐᖅ!
ᑕᑯᒋᐊᕐᓗᑎᑦ ᑎᑎᕋᖅᓯᒪᔪᓂᒃ ᐃᑲᔪᕈᓐᓇᖅᑐᑦ ᐃᒪᓐᓇ ᐃᓚᖓᓂ ᐃᓕᓐᓂᐊᖅᑕᐅᔪᒃᓴᓂᒃ ᐃᑲᔫᑎᓕᒃ ᐅᖃᐅᓯᖃᓯᕆᐊᕐᓂᕐᒥᒃ
ᐱᔾᔪᑎᖃᖅᑐᑦ ᖃᓄᐃᙱᑦᑎᐊᖅᑐᒥᒃ ᐃᓅᖃᑎᖃᕐᓂᕐᒥᒃ, ᖁᓄᔪᕐᓂᐊᖅᑕᐅᓂᕐᒥᒃ, ᐋᒃᑳᕈᓐᓇᕐᓂᕐᒥᒃ, ᐊᖏᕐᓂᕐᒥᒡᓗ.

ᓄᑕᕋᕐᒥᒃ ᐱᓂᕐᓗᒃᑕᐅᓯᒪᓱᒋᑦᑎᓕᕈᕕᑦ ᐅᕝᕙᓘᓐᓃᑦ ᐱᓂᕐᓗᒃᑕᐅᓯᒪᓂᕐᒥᓂᒃ ᐅᖃᖅᐸᑦ, ᐱᒻᒪᕆᐅᔪᖅ ᑭᐅᑦᑎᐊᕆᐊᖃᕐᓃᑦ ᐱᑦᑎᐊᕐᓂᖃᕐᓗᑎᑦ. ᐅᖃᓚᐅᖅᑎᓪᓗᒍ ᖁᓄᔪᕐᓂᐊᖅᑕᐅᓚᐅᕐᓂᕐᒥᓂᒃ, ᐃᑲᔪᖅᑐᖅᑕᐅᔭᕆᐊᖃᕐᓂᐊᖅᑐᖅ ᐃᓐᓇᕐᒥᑦ.
ᐃᒪᓐᓇ ᐱᔭᕆᐊᖃᖅᐳᑎᑦ ᐅᖃᖅᐸᑦ ᐱᓂᕐᓗᒃᑕᐅᓂᕐᒥᓂᒃ ᓄᑕᕋᖅ:
• ᓄᑕᖅᑲᖅ ᐃᒃᐱᒋᑦᑎᐊᕐᓗᒍ ᐱᑦᑎᐊᕐᓗᒍ. ᓂᑲᒋᓗᒍ ᐱᓪᓚᕆᓪᓗᑎᑦ. ᑲᑉᐱᐊᓱᖕᓂᕐᓂᒃ ᓂᖖᒐᖕᓂᕐᓂᒡᓘᓐᓃᑦ ᓴᖅᑭᔮᖅᑎᑦᑎᒍᕕᑦ ᐋᓐᓂᑐᐃᓐᓇᕆᐊᖃᕋᕕᐅᒃ. ᓴᐃᓕᓗᑎᑦ ᐃᒃᐱᒋᑦᑎᐊᕐᓗᒍᓗ ᓄᑕᕋᖅ.

• ᐅᖃᐅᑎᓗᒍ ᓄᑕᕋᖅ ᐅᒃᐱᕆᓂᕐᓂᒃ ᖁᔭᓕᓗᒍᓗ ᑲᑉᐱᐊᓱᒃᑲᓗᐊᖅᖢᓂ
ᐅᖃᕈᓐᓇᕐᓂᖓᓂᒃ.
• ᖃᐅᔨᑎᓪᓗᒍ ᐅᓂᒃᑲᐅᓯᕆᒋᐊᖃᕐᓂᕐᓂᒃ ᖃᓄᐃᑕᐅᓂᕆᓚᐅᖅᑕᖓ. ᒪᓕᒐᐅᖕᒪᑦ.
• ᓄᑕᖅᑲᖅ ᓇᓗᓇᐃᖅᓯᔪᐊᓘᑎᓐᓇᓱᒃᑕᐃᓕᐅᒃ ᐅᕝᕙᓘᓐᓃᑦ ᐅᖃᓕᖅᑭᑦᑖᑎᓪᓗᒍ ᖃᓄᐃᓕᐅᖅᑕᐅᓂᕐᒥᓂᒃ.
ᐃᒪᓐᓇ ᐃᑲᔪᖅᑐᕈᓐᓇᖅᐸᑦ ᓄᑕᖅᑲᖅ ᐅᖃᖅᓯᒪᓕᖅᐸᑦ ᖁᓄᔪᕐᓂᐊᖅᑕᐅᓚᐅᕐᓂᕐᒥᓂᒃ:
• ᐱᕕᖃᕐᕕᒋᓗᒍ ᓄᑕᕋᖅ ᐅᖃᐅᓯᖃᕈᓐᓇᖁᓪᓗᒍ ᐃᒃᐱᒋᔭᒥᓂᒃ.

• ᓇᒡᓕᒍᓱᖕᓃᑦ ᑕᑯᒃᓴᐅᑎᓪᓗᒍ, ᓲᕐᓗ ᐃᕿᓪᓗᒍ ᑯᓂᒡᓗᒍᓗ, ᑭᓯᐊᓂ
ᐱᓗᐊᖅᑕᐃᓕᒪᓗᑎᑦ ᑕᐃᒪᐃᑕᐅᔪᒪᙱᓪᓗᓂ ᐅᖃᖅᐸᑦ ᑎᒥᖓᑕᓘᓐᓃᑦ ᖃᓄᐃᓕᓂᖓ ᓇᓗᓇᐃᖅᓯᒃᐸᑦ.

• ᓄᑕᕋᐅᑉ ᖃᐅᑕᒫᑦ ᐊᑐᖅᐸᒃᑕᖏᑦ ᑲᔪᓯᑎᑐᐃᓐᓇᕐᓗᒋᑦ (ᐃᓕᓐᓂᐊᕐᕕᖕᒥ, ᐃᓕᓐᓂᐊᕌᓂᒃᑳᖓᓪᓗ ᐱᓕᕆᐊᕆᕙᒃᑕᖏᑦ, ᐊᓯᖏᓪᓗ).
• ᐃᒃᐱᒋᔭᑎᑦ ᐊᖏᖅᓯᒪᓗᒋᑦ, ᐅᖃᐅᓯᕆᓗᒋᓪᓗ ᓄᑕᖅᑲᒧᑦ.
• ᐅᖃᓪᓚᖕᓂᖃᕐᓗᑎᑦ ᓄᑕᕋᐅᑉ ᐅᑭᐅᖏᓐᓄᑦ ᓈᒻᒪᒃᑐᒥᒃ.

• ᐃᓕᓴᕆᓗᒋᑦ ᓄᑕᕋᐅᑉ ᐃᒃᐱᒋᔭᖏᑦ, ᐅᖃᐅᑎᓗᒍᓗ ᐃᓕᖅᑯᓯᖅᓱᕐᓂᖓᓂᒃ
ᐃᒃᐱᖕᓂᐊᓂᖃᕐᓂᖓ ᐊᔾᔨᒌᙱᑦᑐᓂᒃ. ᐃᑲᔪᕐᓂᖃᕐᓂᐊᖅᑐᖅ ᐅᒃᐱᕆᔭᐅᓂᕐᒥᓂᒃ ᓴᐃᒻᒪᖅᓴᖅᑕᐅᓂᕐᒥᓂᒡᓗ.

ᓄᑕᕋᖅ ᐅᖃᖅᐸᑦ ᐱᓂᕐᓗᒃᑕᐅᓚᐅᕐᓂᕐᒥᓂᒃ, ᐅᓂᒃᑲᐅᓯᕆᒋᐊᖃᖅᑕᑦ.
ᒪᓕᒐᐅᖕᒪᑦ. ᑕᕝᕘᓇ ᐅᖃᐅᓯᐅᓂᐊᖅᑐᖅ ᒪᓕᒐᒃᓴᕐᓂᒃ ᐊᔪᕆᖅᓲᔾᔭᐅᓗᑎᑦ ᖃᓄᖅ ᑲᒪᑦᑎᐊᕆᐊᖃᕐᓂᕐᓂᒃ ᓄᑕᖅᑲᒥᒃ ᐱᓕᕆᑎᓪᓗᑎᑦ.

ᐃᑲᔪᖅᑐᖅᑕᐅᔪᒪᕕᑦ ᐅᖃᐅᓯᖃᓯᒋᐊᕐᓂᕐᒥᒃ
ᑕᒪᑐᒥᖓ? ᑕᕐᕆᔭᕐᓗᒍ ᖃᓄᐃᓕᐅᕆᐊᖃᕐᓂᖅ

ᐊᑦᑕᕐᓇᖅᑐᒦᓐᓂᕐᓂᒃ ᐃᒃᐱᒍᓱᓕᕈᕕᑦ,
ᑕᑯᒃᓴᐅᑎᑦᑎᖃᑦᑕᖅᑐᑦ ᒪᕐᕉᖕᓂᑦ
ᐅᖃᓕᒫᒐᕐᒥᙶᖅᑑᖕᓂᑦ ᐅᖁᒪᐃᑦᑐᖅ
ᑲᙳᒋᔭᕋ ᐃᓕᓐᓂᐊᖅᑎᑦᑎᔪᖅ
ᓄᑕᖅᑲᓂᒃ ᖁᓄᔪᕐᓂᐊᖅᑕᐅᓂᐅᑉ ᒥᒃᓵᓄᑦ
ᐅᖃᖃᑎᖃᕐᓂᕐᒥᒡᓗ ᐃᓐᓇᕐᒥᒃ ᑕᑎᒋᔪᓐᓇᖅᑕᕐᓂᒃ.
ᖃᐅᔨᒋᐊᒃᑲᓐᓂᕈᓐᓇᖅᑕᑦ ᑖᓐᓇ ᑕᕐᕆᔮᒃᓴᖅ
ᑎᑎᕋᖅᓯᒪᔪᓂᒃ ᐃᑲᔪᕈᓐᓇᖅᑐᑦ ᐃᒪᓐᓇ ᐃᓚᖓᓂ.

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A Guide for Parents, Caregivers, and Educators A Guide for Parents, Caregivers, and Educators

ᓄᑕᕋᐅᑉ ᐅᓂᒃᑳᕐᓂᖓ
ᒪᓕᒐᕐᓃᒻᒪᑦ ᐅᖃᐅᓯᕆᔭᕆᐊᖃᖅᑕᑦ ᓄᑕᖅᑲᒥᒃ ᖁᓄᔪᕐᓂᐊᖅᑕᐅᓯᒪᔪᖃᕋᓱᒋᓐᓈᒍᕕᑦ. ᓄᑕᕋᕐᒥᒃ ᐅᖃᖅᑐᖃᖅᐸᑦ ᐱᓂᕐᓗᒃᑕᐅᓚᐅᕐᓂᕐᒥᓂᒃ ᐅᕝᕙᓘᓐᓃᑦ ᖁᓄᔪᕐᓂᐊᖅᑕᐅᓇᓱᒋᓐᓈᒍᕕᑦ, ᐅᖃᐅᓯᕆᔭᕆᐊᖃᖅᑕᑦ ᐸᓖᓯᒃᑯᓐᓄᑦ. ᐅᖃᐅᓯᕆᓚᐅᖅᑕᕗᑦ, ᐱᓂᕐᓗᒃᑎ ᐃᓚᔮᕆᔭᐅᒡᒍᔪᖅ, ᐱᖃᓐᓇᕆᔭᐅᔪᕐᓘᓐᓃᑦ, ᐅᕝᕙᓘᓐᓃᑦ ᐊᖓᔪᖅᑲᐅᑎᐅᔪᖅ ᑕᑎᒋᔭᐅᓪᓗᓂ. ᑕᐃᒪᐃᒻᒪᑦ ᐅᓂᒃᑲᐅᓯᕆᒋᐊᒃᓴᖅ ᐸᓖᓯᒃᑯᓐᓄᑦ ᐊᒃᓱᕈᕐᓇᖅᑐᖅ. ᐅᓂᒃᑲᐅᓯᖃᕐᓂᖅ ᐃᓅᖃᑎᖕᓂᒃ ᐊᒥᓱᓂᒃ ᐊᒃᑐᐃᔪᓐᓇᕐᒪᑦ. ᐱᖃᓐᓇᕆᔭᕐᓂᑦ ᐊᕕᑕᐅᔪᓐᓇᖅᑐᑎᑦ, ᑕᑎᒋᔭᐅᔪᓐᓃᕐᓗᑎᑦ, ᐱᒃᑲᖅᑎᑦᑎᓂᖅᑕᖃᓕᕐᓗᓂ,

ᑭᒃᑯᓪᓗ ᐊᑭᕋᖅᑐᖅᑕᐅᓕᕐᓗᑎᒃ. ᐅᓂᒃᑳᕆᐊᒃᓴᖅ ᐊᒃᓱᕈᕐᓇᖦᖤᕋᓗᐊᖅᐸᑦ, ᓄᑕᕋᖅ ᐊᑦᑕᕐᓇᖅᑐᒦᑦᑕᕆᐊᖃᙱᓐᓂᖓ ᓯᕗᓪᓕᐅᑎᑦᑕᕆᐊᓖᑦ. ᓇᓗᓇᐃᖅᑕᐅᓯᒪᙱᒃᑲᓗᐊᖅᐸᑦ ᑕᑯᒃᓴᐅᔪᒥᒃ ᖁᓄᔪᕐᓂᐊᖅᑕᐅᓂᐅᑉ ᐅᖃᐅᓯᕆᒋᐊᓖᑦ. ᐸᓖᓯᒃᑯᑦ ᑭᒡᓕᓯᓂᐊᕐᓂᖃᕐᓂᐊᖅᐳᑦ, ᐃᕝᕕᑦ ᑕᕝᕙ ᐱᔭᒃᓴᑦ ᐃᑲᔪᕐᓗᒋᑦ ᐊᐱᖅᓱᖅᑎᓪᓗᒋᑦ. ᐃᓄᑑᓗᑎᑦ ᖃᐅᔨᓇᓱᐊᖅᑕᐃᓕᒋᑦ ᖃᓄᐃᓐᓂᐅᔪᒥᒃ.

ᓘᒃᑖᒥᑦ ᖃᐅᔨᓴᖅᑕᐅᓂᖅ

ᖃᓄᐃᓕᐅᖅᑕᐅᓚᐅᕐᓂᖓ ᒪᓕᒡᓗᒍ,
ᖃᐅᔨᓴᖅᑕᐅᔭᕆᐊᖃᑐᐃᓐᓇᕆᐊᓕᒃ
ᓘᒃᑖᒥᑦ ᐋᓐᓂᐊᓯᐅᖅᑎᒥᓪᓘᓐᓃᑦ.
ᓘᒃᑖᖅ ᐋᓐᓂᐊᓯᐅᖅᑎᓘᓐᓃᑦ
ᓄᑕᖅᑲᐅᑉ ᖃᓄᐃᓐᓂᖓᓂᒃ

ᖃᐅᔨᓴᕐᓂᐊᖅᑐᖅ, ᐋᓐᓂᖅᓯᒪᓂᕐᓂᒃ
ᐊᐃᑦᑐᕐᓗᒃᑕᐅᓯᒪᓂᕐᒥᒃ,
ᐊᒻᒪ, ᓈᒻᒪᒃᐸᑦ, ᓄᐊᑦᑎᓗᑎᒃ
ᓇᓗᓇᐃᖅᓯᔾᔪᑕᐅᔪᓂᒃ
ᑭᒡᓕᓯᓂᐊᖅᑕᖏᓐᓄᑦ ᐃᑲᔫᑕᐅᓗᑎᒃ.
ᑖᓐᓇ ᖃᐅᔨᓴᖅᑕᐅᓂᖅ
ᐊᒃᓱᕈᕐᓇᕈᓐᓇᖅᑐᖅ,
ᐊᑲᐃᓪᓕᐅᕐᓇᖅᖢᓂᓗ
ᐱᓗᐊᖅᑕᐅᖅᑰᔨᓐᓇᖅᖢᓂᓗ;
ᑭᓯᐊᓂ, ᐱᒻᒪᕆᐅᖕᒪᑦ
ᑭᒡᓕᓯᓂᐊᕐᓂᕐᒧᑦ ᑖᔅᓱᒪᓗ ᓄᑕᕋᐅᑉ
ᖃᓄᐃᙱᑦᑎᐊᕐᓂᖓᓄᑦ.

ᐊᐱᖅᓱᖅᑕᐅᓂᖓ ᐸᓖᓯᐅᑉ

ᐊᒻᒪ/ᐅᕝᕙᓘᓐᓃᑦ ᐃᓄᓕᕆᔨᐅᑉ

ᓄᑕᕋᖅ ᐸᓖᓯᒧᑦ
ᐊᐱᖅᓱᖅᑕᐅᑐᐃᓐᓇᕆᐊᓕᒃ ᐊᒻᒪ/
ᐅᕝᕙᓘᓐᓃᑦ ᐃᖅᑲᓇᐃᔮᓕᖕᒧᑦ
ᑭᒡᓕᓯᓂᐊᖅᑎᓪᓗᒋᑦ. ᐊᐱᖅᓱᖅᑕᐅᓂᖅ
ᓂᐱᓕᐅᖅᑕᐅᓂᐊᖅᑐᖅ
ᑐᖅᑯᖅᑕᐅᓗᓂᓗ
ᓇᓗᓇᐃᒃᑯᑕᐅᓂᐊᕐᒪᑦ ᑖᔅᓱᒧᖓ.
ᐊᐱᖅᓱᖅᑎ ᐊᐱᕆᑐᐃᓐᓇᕆᐊᖃᖅᑐᖅ
ᐊᐱᖅᑯᑎᓂᒃ ᓄᑕᖅᑲᒧᑦ
ᐊᑲᐃᓪᓕᐅᕐᓇᖅᑐᓂᒃ.
ᓄᑕᕋᖅ ᐅᖃᐅᓯᖃᕆᐊᒃᓴᖅ
ᐱᓂᕐᓗᒃᑕᐅᓂᕆᓚᐅᖅᑕᒥᓂᒃ
ᐊᔪᕐᓇᖅᑐᖅᓯᐅᑐᐃᓐᓇᕆᐊᖃᖅᑐᖅ,
ᐱᓗᐊᖅᑐᒥᒃ ᐊᓪᓛᓗᖕᒧᑦ. ᐊᐱᖅᓱᖅᑎ
ᐊᑦᑕᕐᓇᖅᑎᑦᑎᑦᑕᐃᓕᒪᓂᐊᖅᑐᖅ
ᓄᑕᖅᑲᒧᑦ. ᐃᓄᓕᕆᔨᒥᒃ
ᐃᓚᐅᖁᔨᑐᐃᓐᓇᕆᐊᖃᖅᑐᖅ
ᐃᑲᔪᖅᑐᕐᓂᐊᖅᑐᒥᒃ ᓄᑕᖅᑲᒥᒃ.

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ᐅᓂᒃᑳᕐᓂᐅᑉ ᐱᕙᓪᓕᐊᓂᖓ
ᐅᓂᒃᑳᖅᐸᓪᓕᐊᓂᖅ ᐃᓕᕋᓱᓕᕐᓇᖅᐳᖅ ᓄᑕᖅᑲᓄᑦ ᐃᓐᓇᕐᓄᓪᓗ ᐃᑲᔪᖅᑐᖅᑐᐃᔪᓄᑦ. ᐃᑲᔪᑦᑎᐊᕋᓱᒃᑲᓗᐊᖅᑎᓪᓗᒋᑦ ᑭᒡᓕᓯᓂᐊᕐᓂᕐᒥᒃ, ᐱᕙᓪᓕᐊᓂᕆᔭᖓ ᑕᒪᑐᒪ ᐃᖅᑲᐃᓯᓇᕐᒪᑦ ᐊᑐᖅᓯᒪᔭᒥᒃ ᐊᒃᑐᖅᑕᐅᓐᓇᖅᖢᓂᓗ. ᐅᑎᕐᕕᐅᓂᖅ ᐃᒃᐱᒋᔭᓂᒃ ᖃᐅᔨᔾᔪᑕᐅᕗᖅ, ᓲᕐᓗ ᓂᐱ, ᓇᐃᓂᖅ, ᐃᖅᑲᐃᓂᖅ, ᓇᓃᓐᓂᖅ, ᑕᕝᕙᑦᑕᐃᓐᓇᖅ ᐃᖅᑲᐃᓂᐅᕗᖅ ᐃᒃᐱᒋᔭᓂᒃ, ᑎᒥᒃᑯᑦ, ᐃᓕᖅᑯᓯᒃᑯᑦ ᖃᓄᐃᓕᓂᐅᕗᖅ.
ᐆᒃᑑᑎᒋᓗᒍ, ᓘᒃᑖᒥᑦ ᖃᐅᔨᓴᖅᑕᐅᑎᓪᓗᒍ ᓄᑕᖅᑲᒧᑦ ᐃᖅᑲᐃᔾᔪᑎᒋᔭᐅᔪᓐᓇᕐᒪᑦ
ᐊᒃᑐᖅᑕᐅᓂᕐᒥᒃ ᐱᓂᕐᓗᒃᑎᒋᓚᐅᖅᑕᒥᓂᑦ, ᑲᑉᐱᐊᓱᓕᕈᑎᒋᔪᓐᓇᕐᒪᒍ ᕿᐊᓕᕐᓗᓂᓘᓐᓃᑦ. ᐊᑲᐃᓪᓕᐅᕐᓂᖅᓴᐅᖁᓪᓗᒍ ᖃᐅᔨᓴᖅᑕᐅᓂᓂ, ᐅᖃᐅᑎᔪᓐᓇᖅᑕᐃᑦ
ᑕᐃᒪᐃᓕᐅᕆᐊᖃᕐᓂᖏᓐᓂᒃ ᑭᒡᓕᓯᓂᐊᕐᓂᐅᑉ ᐃᓚᒋᖕᒪᒍ ᖃᓄᐃᒻᒪᓪᓗ ᑲᔪᓯᑎᑕᐅᔭᕆᐊᖃᕐᒪᖔᑦ. ᐅᑯᐊ ᐊᑐᖅᑕᐅᓲᖑᔪᑦ ᑭᒡᓕᓯᓂᐊᕐᓂᖅᑕᖃᖅᑎᓪᓗᒍ:

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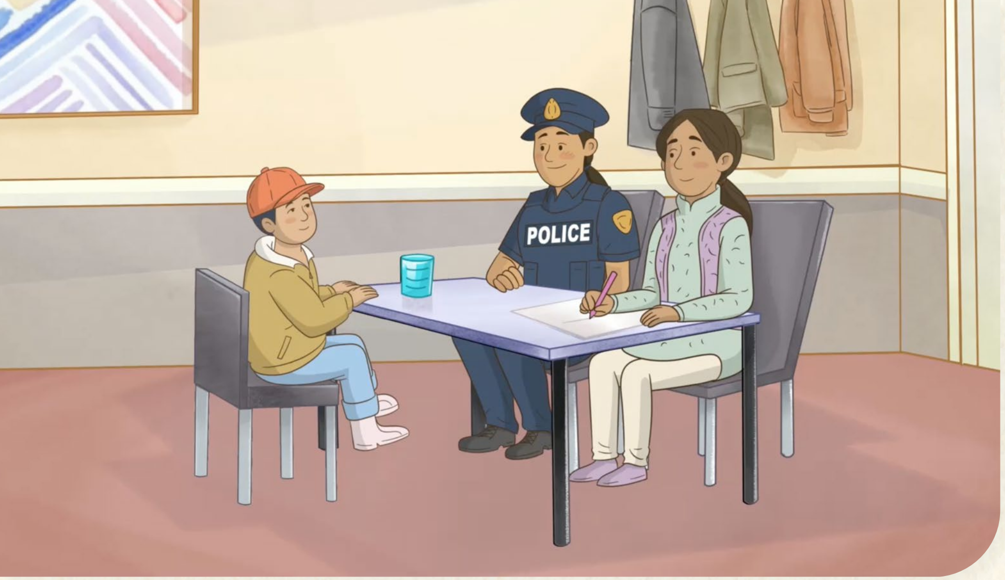

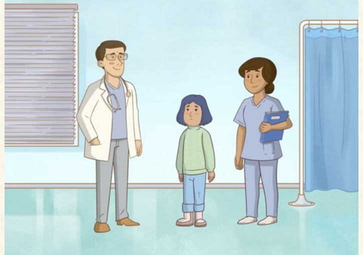

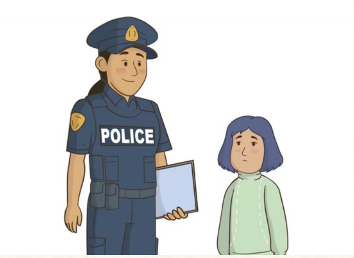

A Guide for Parents, Caregivers, and Educators A Guide for Parents, Caregivers, and Educators

ᐸᓖᓯᒃᑯᑦ ᑭᒡᓕᓯᓂᐊᕐᓂᖓ

ᐊᐃᑦᑖᖑᒐᓗᐊᖅ, ᐱᓂᕐᓗᖕᓂᕐᒥᒃ
ᑭᒡᓕᓯᓂᐊᕐᓂᖅᑕᖃᖅᑎᓪᓗᒍ
ᐊᑯᓂᐊᓘᔪᓐᓇᖅᑐᖅ ᐊᒥᓱᐃᖅᓱᕐᓗᑎᒡᓗ

ᐊᐱᖅᓱᖃᑦᑕᕐᓂᐊᖅᖢᑎᒃ.
ᐊᑯᓂᐅᓗᐊᕐᓂᖓᓄᑦ
ᓂᙵᖕᓇᕈᓐᓇᖅᑐᖅ ᐅᕝᕙᓘᓐᓃᑦ
ᓄᑕᕋᐅᑉ ᖁᓄᔪᕐᓂᐊᖅᑕᐅᓂᖓ
ᐅᒃᐱᕆᔭᐅᙱᑦᑐᖅ. ᐊᑯᓂᐅᓐᓇᕐᒪᑦ,
ᑭᓯᐊᓂ ᐅᖄᓚᕝᕕᒋᔪᓐᓇᖅᑕᑎᒃ
ᐸᓖᓯᒃᑯᑦ ᑐᓴᕋᓱᒡᓗᑎᑦ
ᖃᓄᐃᓕᐅᓕᕐᒪᖔᑕ.

ᐃᖅᑲᖅᑐᐃᕕᖕᒥ
ᐃᓱᒪᓕᐅᕆᓂᖅ

ᑭᒡᓕᓯᓂᐊᕐᓂᖅ ᐱᔭᕇᖅᐸᑦ,
ᐸᓖᓯᒃᑯᑦ ᑐᓂᓯᓂᐊᖅᐳᑦ
ᖃᐅᔨᔭᒥᓂᒃ ᐃᖅᑲᖅᑐᐃᓕᔨᒧᑦ.
ᐃᖅᑲᖅᑐᐃᔨ ᐅᑎᕐᕕᖃᑐᐃᓐᓇᕆᐊᓕᒃ
ᐊᐱᖅᑯᑎᒃᓴᖃᕈᓂ. ᐃᖅᑲᖅᑐᐃᔨᐅᑉ
ᕿᒥᕐᕈᒃᑲᓐᓂᓚᐅᕐᓗᓂᒋᑦ

ᑐᑭᓯᔭᒃᓴᑦ ᑖᓱᒧᖓ,
ᐃᓱᒪᓕᐅᕆᓂᐊᖅᐳᑦ ᒪᓕᒐᖅᑎᒍᑦ
ᖃᓂᐃᓕᐅᕆᐊᖃᕆᐊᒃᓴᖏᓐᓂᒃ
ᐱᓂᕐᓗᒃᑕᐅᓯᒪᔪᒧᑦ ᐸᓯᔭᒃᓴᒧᓪᓗ.
ᐃᖅᑲᖅᑐᐃᔨᐅᑉ ᐃᓱᒪᓕᐅᕆᓂᖓᓄᑦ
ᓄᑕᕋᖅ ᐃᒃᐱᒍᓱᑐᐃᓐᓇᕆᐊᓕᒃ
ᖃᓄᕈᓘᔭᖅ ᐃᑲᔪᖅᑐᖅᑎᖏᓪᓗ.

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ᒪᒥᓴᕐᓂᖅ ᓄᑕᖅᑲᑦ ᖁᓄᔪᕐᓂᐊᖅᑕᐅᓂᖏᓐᓂᑦ
ᒪᒥᓴᕐᓂᖅ ᓄᑕᖅᑲᑦ ᖁᓄᔪᕐᓂᐊᖅᑕᐅᓂᖏᓐᓂᑦ ᐊᑯᓂᐅᔪᓐᓇᖅᑐᖅ ᐊᒃᓱᕈᕐᓇᕐᓗᓂᓗ ᓴᐱᓕᕐᓇᕈᓐᓇᖅᑐᖅ. ᑭᓯᐊᓂ, ᐱᒻᒪᕆᐅᔪᖅ ᐱᓂᕐᓗᒃᑕᐅᓂᑯᐃᑦ ᐊᑐᕈᓐᓇᖅᓯᔭᕆᐊᖃᖅᑐᑦ

ᐊᒃᓱᕈᓗᐊᕐᓂᕆᔭᒥᖕᓂᒃ ᖁᓱᙱᓐᓂᖅᑖᖅᐸᓪᓕᐊᔭᕆᐊᖃᖅᖢᑎᒡᓗ ᐊᖅᓵᖅᑕᐅᓚᐅᕋᓗᐊᕐᓗᓂ ᐱᓂᕐᓗᒃᑕᐅᓚᐅᕐᓂᕐᒥᓄᑦ.
ᐱᒻᒪᕆᐅᔪᖅ ᓄᑕᖅᑲᑦ ᐃᑲᔪᖅᑐᖅᑕᐅᔭᕆᐊᖃᖅᐳᑦ ᒪᒥᓴᕐᓂᖏᓐᓂ. ᐃᑲᔪᖅᑐᖅᑕᐅᙱᓗᐊᕈᑎᒃ, ᐱᓂᕐᓗᑕᐅᓂᑯᐃᑦ ᖁᓄᔪᕐᓂᐊᖅᑕᐅᓂᕐᒧᑦ ᐊᔪᕐᓇᖅᑐᖅᓯᐅᕈᓐᓇᖅᐳᑦ, ᓲᕐᓗ ᓄᒫᓱᓗᐊᓕᕐᓗᑎᒃ, ᐊᒃᓱᕈᓗᐊᕐᓂᑯᐃᑦ ᐋᓐᓂᐊᕆᕙᒃᑕᖓᓂᒃ ᐊᔪᓕᕐᓗᑎᒃ, ᐃᒻᒥᓃᕈᒪᓂᕐᒥᒃ, ᓱᕐᕋᖕᓇᖅᑐᖅᑐᖅᐸᖕᓂᖅ, ᐃᓅᓯᓕᒫᒨᕈᓐᓇᕆᓪᓗᑎᒃ ᑖᒃᑯᐊ. ᐃᑲᔪᖅᑐᖅᑕᐅᑦᑎᐊᕈᑎᒃ, ᐱᓂᕐᓗᒃᑕᐅᓂᑯᐃᑦ ᖃᓄᐃᙱᑦᑎᐊᓕᕈᓐᓇᖅᑐᑦ, ᐃᓅᖃᑎᖃᑦᑎᐊᕈᓐᓇᖅᓯᓗᑎᒡᓗ, ᐃᓅᓯᖃᑦᑎᐊᕐᓗᑎᒡᓗ. ᐱᒻᒪᕆᐅᕗᖅ ᑐᑭᓯᓂᖅ ᑖᒃᑯᐊ ᐊᒃᓱᕈᕐᓇᖅᑐᑦ ᐃᓅᓯᓕᒫᕐᒨᕆᐊᖃᙱᓐᓂᖏᓐᓂᒃ.

ᒪᒥᓴᕐᓂᖅ ᐊᔾᔨᒌᒃᐸᙱᓚᑦ ᐱᓂᕐᓗᒃᑕᐅᓂᑯᓄᑦ, ᖃᓄᕐᓗ ᐊᑯᓂᐅᑎᒋᓂᖅᑕᖃᕋᓂ ᒪᒥᓴᕐᓂᖓ. ᒪᒥᓴᕐᓂᖅ ᑐᑭᓕᐊᕐᓂᖃᙱᓚᖅ, ᐅᓪᓗᐃᓪᓗ ᐃᓚᖏᑦ ᐊᒃᓱᕈᕐᓇᕐᓂᖅᓴᐅᕙᒃᖢᑎᒃ. ᐱᓂᕐᓗᒃᑕᐅᓂᑯᐃᑦ ᐱᕕᖃᖅᑎᒋᐊᓖᑦ ᒪᒥᓴᕐᓂᕐᒥᒃ. ᑕᐃᔅᓱᒪᓂᑲᓪᓚᐅᓚᐅᕋᓗᐊᖅᑎᓪᓗᒍ ᐱᓂᕐᓗᒃᑕᐅᓂᖓ, ᑭᖑᕙᓗᐊᕐᓂᖅᑕᖃᙱᓚᖅ ᐱᒋᐊᕐᓂᖃᕈᒪᒍᓂ ᒪᒥᓴᕐᓂᕐᒥᒃ.

ᐃᑲᔪᖅᑐᖅᑕᐅᔭᕆᐊᖃᖅᐱᑦ ᓇᓗᓇᐃᔭᐃᓇᓱᖕᓂᕐᒥᒃ ᐅᓂᒃᑳᕐᓂᐅᑉ ᐱᕙᓪᓕᐊᓂᖓᓂᒃ? ᑕᕐᕆᔭᕋᓱᒡᓗᒍ ᖃᓄᐃᑦᑕᕆᐊᖃᕆᐊᒃᓴᖅ
ᐅᖃᓚᐅᖅᑎᓪᓗᑎᑦ ᐃᓐᓇᕐᒧᑦ ᑕᑎᒃᓴᑦᑎᐊᕙᖕᒧᑦ, ᐃᑲᔪᕋᓱᖕᓂᐅᔪᖅ
ᓄᑕᖅᑲᓂᒃ ᑐᑭᓯᖁᓪᓗᒋᑦ ᒪᓕᒐᒃᓴᓂᒃ ᐅᓂᒃᑳᕐᓂᐅᑉ, ᖃᓄᕐᓗ
ᐱᔭᕆᐊᖃᕆᐊᒃᓴᖏᓐᓂᒃ. ᑐᑭᓯᒋᐊᒃᑲᓐᓂᕈᓐᓇᖅᑐᑎᑦ ᑖᔅᓱᒪ
ᑕᕐᕆᔮᒃᓴᐅᑉ ᒥᒃᓵᓄᑦ ᑎᑎᕋᖅᓯᒪᔪᓂ ᐃᑲᔪᕈᓐᓇᖅᑐᑦ ᐃᒪᓐᓇ
ᐃᓚᖓᓂ.

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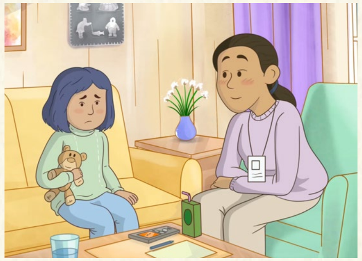

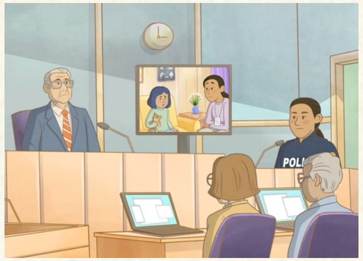

A Guide for Parents, Caregivers, and Educators A Guide for Parents, Caregivers, and Educators

ᒪᒥᓴᕐᓂᖅ ᓄᑕᖅᑲᑦ ᖁᓄᔪᕐᓂᐊᖅᑕᐅᓯᒪᑎᓪᓗᒋᑦ ᐅᑯᓂᖓ ᐃᒻᒥᓂᒃ ᑲᒪᒋᑦᑎᐊᕈᑎᓂᒃ ᐃᓚᖃᕈᓐᓇᖅᐳᖅ:
• ᐊᒃᓱᕈᓗᐊᕐᓂᕆᓚᐅᖅᑕᒥᒃ ᑲᒪᒋᔭᖃᕐᓂᖅ
• ᐃᓱᒪᓕᐅᕋᓱᖕᓂᖅ ᖃᓄᖅ ᐱᓂᐊᕐᒪᖔᑦ
ᐃᓱᒪᑦᑎᐊᕙᐅᙱᑦᑐᓂᒃ ᐊᐅᓚᔨᔭᒥᓂᒡᓗ
• ᖃᓄᐃᓐᓇᙱᑦᑐᓂᒃ ᐃᓕᖅᑯᓯᖃᓕᕋᓱᖕᓂᖅ
• ᐃᓄᑑᔾᔨᖅᑰᔨᓂᕐᓂᒃ ᐃᒃᐱᒋᔭᖃᕐᓂᖅ
• ᑕᑎᖃᓕᕈᓐᓇᕋᓱᖕᓂᖅ

ᓯᕗᓕᖏᓐᓂᒃ ᓱᔪᒃᓯᒪᔾᔪᑎᖃᕐᓂᖅ

ᒪᒥᓴᕐᓂᖃᖅᐸᓪᓕᐊᓂᖅ, ᐃᓚᙶᕙᓪᓕᐊᑎᑦᑎᔪᓐᓇᕐᒪᑦ ᓯᕗᓕᓂᙶᖅᑐᓂᒃ ᐊᒃᓱᕈᓗᐊᕐᓂᐅᑉ ᓴᖅᑭᑕᕕᓂᖏᓐᓂᒃ ᓄᓇᓕᖕᓂ ᐊᒥᓱᓂ ᐊᒃᑐᖅᑕᐅᓂᐅᖃᑦᑕᖅᑐᑦ ᓄᓇᕗᒻᒥ ᐊᓯᖏᓐᓂᓗ. ᓯᕗᓕᕐᓂᙶᖅᑐᖅ ᓱᔪᒃᓯᒪᓂᖅ ᐊᒃᓱᕈᓗᐊᕐᓂᖅ ᑐᑭᖃᖅᑐᖅ ᐃᓱᒪᒥᒃ ᐃᓕᖅᑯᓯᕐᒥᒡᓗ ᐊᒃᑐᐃᖃᑦᑕᕐᓂᐅᔪᖅ ᓯᕗᓕᕐᓂᑦ ᑭᖑᕚᖏᓐᓄᑦ. ᓱᔪᒃᓯᒪᓂᖅ ᐃᓅᖃᑎᒌᒃᐸᒃᑐᓂᒃ ᐊᒃᑐᐃᔪᓐᓇᖅᐳᖅ ᕿᑐᕐᖓᖃᕐᓂᕐᒥᒡᓗ ᓯᕗᓕᓃᖖᒑᖅᑐᓂᒃ ᐃᑲᔪᖅᑕᐅᕙᖖᒋᑉᐸᑕ ᒪᒥᓴᖃᑦᑕᖖᒋᑉᐸᑕᓗ. ᑭᓯᐊᓂ, ᑲᔪᓯᓃᑦ ᐋᓐᓂᖅᓯᔾᔪᑕᐅᕙᒃᑐᑦ ᓄᖅᑲᖅᑎᑕᐅᔪᓐᓇᖅᐳᑦ, ᐊᓂᒍᐃᓯᒪᔪᑦ ᐃᓅᖃᑎᖃᑦᑎᐊᓕᕈᓐᓇᖅᐳᑦ ᐊᑦᑕᕐᓇᖖᒋᑦᑐᒥᓪᓗ ᓇᔪᒐᖃᓕᖅᑎᑦᑎᓗᑎᒃ ᓯᕗᓂᒃᓴᒥ ᑭᖑᕚᕆᔪᒫᖅᑕᖏᓐᓄᑦ. ᐃᑲᔪᖅᑐᐃᓂᖅ ᓄᑕᕋᐅᓪᓗᓂ ᖁᓄᔪᕐᓂᐊᖅᑕᐅᓂᑯᓂᒃ ᓯᕗᓂᒃᓴᒧᑦ ᖃᓄᐃᙱᑦᑎᐊᕐᓂᕆᔭᒃᓴᖏᓐᓄᑦ ᐋᖅᑭᒃᓱᐃᕗᖅ ᑭᖑᕚᕆᔭᐅᔪᓂᒃ.

ᐃᑲᔪᖅᑐᐃᓂᖅ ᓄᑕᖅᑲᑦ ᒪᒥᓴᕐᓂᖏᓐᓄᑦ ᐃᑲᔫᑎᒃᓴᖅᑕᖃᐅᖅᐳᖅ ᓄᓇᕗᒻᒥ ᐃᑲᔪᖅᑐᐃᔾᔪᑎᒃᓴᓂᒃ ᐱᓂᕐᓗᒃᑕᐅᓯᒪᔪᓄᑦ ᐃᓚᖃᖅᑐᓄᓪᓗ ᖃᓂᒋᔭᒥᓂᒃ. ᐅᖄᓚᕝᕕᒃᑕᖃᐅᕆᓪᓗᓂ ᐃᑲᔪᖅᑕᐅᔭᕆᐊᖃᖅᑐᓄᑦ ᐅᖃᖃᑎᒃᓴᖃᐃᓐᓇᕈᓐᓇᕆᓪᓗᑎᒃ ᒪᒥᓴᖅᐸᓪᓕᐊᑎᓪᓗᒋᑦ. ᑎᑎᕋᖅᓯᒪᔪᓂᒃ ᐃᑲᔪᕈᓐᓇᖅᑐᑦ ᐃᒪᓐᓇ ᐃᓚᖓᓂ ᑖᔅᓱᒪ ᒪᓕᒐᒃᓴᐅᑉ ᐃᓱᐊᓂ ᐅᖄᓚᕕᐅᔪᓐᓇᖅᑐᓂᒃ ᐃᑲᔪᖅᑐᐃᔪᓐᓇᖅᑐᓂᒡᓗ ᓄᑕᕋᐅᑉ ᒪᒥᓴᕐᓂᖓᑕᓂ ᐊᖅᑯᓵᖅᐸᓪᓕᐊᔭᖏᑦ ᒪᓕᒡᓗᒋᑦ.

ᓄᑕᕋᐅᑉ ᐃᓅᓯᓕᕆᔨᒥᑦ ᐃᑲᔪᖅᑕᐅᓂᖓ ᑲᙳᓇᖅᑐᖅ, ᐊᖓᔪᖅᑳᕆᔭᐅᔪᓄᑦ ᐱᒪᑐᒃᑎᓄᓪᓗ ᐃᑲᔪᙱᓗᐊᖅᑰᔨᑎᑦᑎᔪᓐᓇᖅᐳᑦ. ᑭᓯᐊᓂ, ᐊᓯᐊᒍᑦ ᑕᑎᒃᓴᑦᑎᐊᕙᐃᑦ ᐃᓐᓇᐃᑦ ᐃᑲᔪᕈᓐᓇᕐᓂᖃᕆᕗᑦ ᒪᒥᓴᕐᓂᖓᓂᒃ. ᐊᑦᑕᕐᓇᙱᑦᑐᒥᒃ ᐃᑲᔪᖅᑐᐃᓂᖃᖅᑐᒥᒃ ᐃᓂᒃᓴᓕᐅᕐᓂᐊᕐᓗᓂ ᓄᑕᖅᑲᓄᑦ, ᐊᑖᓃᑦᑐᑦ ᑎᑎᕋᖅᓯᒪᔪᑦ ᒪᓕᒡᓗᒋᑦ.
• ᐱᖃᑎᒋᓗᒍ ᐱᓕᕆᖃᑎᒋᕙᓪᓗᒍ ᐃᓚᐅᑎᑉᐸᓪᓗᒍᓗ ᓄᑕᕋᖅ.
ᐃᒃᐱᒋᑦᑎᐊᖏᓐᓇᖅᐸᓪᓗᒍ.
• ᓈᒻᒪᒃᑐᒥᒃ ᓇᒡᓕᒃᑐᖅᐸᒡᓗᒍ ᐃᕿᓪᓗᒍ.
• ᑲᔪᓯᑎᑐᐃᓐᓇᕐᓗᒍ ᖃᐅᑕᒫᑦ ᐊᑐᖅᐸᒃᑕᖏᑦ.
• ᓱᓕᓗᑎᑦ ᐃᒃᐱᒋᔭᑎᑦ ᐅᖃᐅᓯᕆᕙᒡᓗᒋᑦ ᓄᑕᕋᕐᒧᑦ.
• ᐅᖃᓪᓚᒃᐸᒡᓗᑎᑦ ᓄᑕᕋᐅᑉ ᐊᕐᕌᒍᖏᑦ ᒪᓕᒡᓗᒋᑦ ᐊᒻᒪ ᖃᓄᖅ ᐊᖏᑎᒋᓂᖓ
ᒪᓕᒡᓗᒍ.
• ᐅᒃᐱᕆᓗᒋᑦ ᓄᑕᕋᐅᑉ ᐃᒃᐱᖕᓂᐊᓂᖏᑦ.
• ᐅᖃᓕᖅᑭᓪᓗᒍ ᓄᑕᖅᑲᐅᑉ ᐅᖃᖅᑕᖓ ᑕᐃᒃᑯᓄᖓ.

ᐃᑲᔪᖅᑐᐃᓂᖅ ᐸᐸᑦᑎᔨᓂᒃ ᐃᑲᔪᕋᓱᒃᑐᓂᒡᓗ ᐱᓂᕐᓗᒃᑕᐅᓯᒪᔪᑦ ᐃᓚᔮᖏᑦ ᐃᑲᔪᖅᑐᐃᔪᓪᓗ ᐊᑐᕈᓐᓇᕆᕗᑦ ᐅᖄᓚᕝᕕᐅᕙᒃᑐᓂᒃ ᐃᑲᔪᖅᑕᐅᔪᒪᔪᓄᑦ. ᐅᖃᐅᓯᐅᕌᓂᓚᐅᖅᑐᖅ, ᓄᑕᕋᐅᕐ ᐱᓂᕐᓗᒃᑎᖓ ᖃᐅᔨᒪᔭᐅᒡᒍᔪᖅ ᑕᑎᒋᔭᐅᓪᓗᓂᓗ ᐃᓚᔮᕇᓂᑦ ᓄᓇᖅᑲᑎᒌᓂᓪᓗ. ᐃᑲᔪᕐᓂᕐᒥᒃ ᐱᔨᑦᑎᕋᖅᑎᓂᑦ ᐃᑲᔪᖅᑕᐅᔪᓐᓇᖅᑐᑦ ᐃᑲᔪᖅᑐᐃᓇᓱᒃᑐᑦ ᓄᑕᕋᕐᒥᒃ ᐃᒃᐱᒋᔭᒥᓂᒃ ᐱᔾᔪᑎᖃᕐᓗᑎᒃ ᑲᙳᓇᖅᑐᖁᑎᒥᖕᓂᒃ, ᐸᓯᔭᒃᓴᐅᓂᕐᒥᒃ, ᓂᙵᖕᓂᕐᒥᒃ, ᐋᓐᓂᕐᓂᕐᒥᒃ ᓄᑕᕋᖅ ᐅᖃᓚᐅᖅᑎᓪᓗᒍ. ᐃᑲᔪᕐᓂᕐᒥᒃ ᐱᔨᑦᑎᕋᖅᑎᑦ ᐃᑲᔪᕈᓐᓇᕋᔭᕐᒥᔪᑦ ᕿᓂᕐᓗᑎᒃ ᖃᓄᒃᑲᓐᓂᖅ ᐃᑲᔪᖅᑐᖅᑕᐅᔪᓐᓇᕋᔭᕐᒪᖔᑦ ᐱᒪᑐᒃᑕᑦ. ᑎᑎᕋᖅᓯᒪᔪᓂᒃ ᐃᑲᔪᕈᓐᓇᖅᑐᑦ ᐃᒪᓐᓇ ᐃᓚᖓᓂ ᑖᔅᓱᒪ ᒪᓕᒐᒃᓴᐅᑉ ᐃᓱᐊᓂ ᐅᖄᓚᕕᐅᔪᓐᓇᖅᑐᓂᒃ ᐃᑲᔪᖅᑐᐃᔪᓐᓇᖅᑐᓂᒡᓗ ᐊᖓᔪᖅᑳᕆᔭᐅᔪᓄᑦ, ᐱᒪᔨᐅᔪᓄᑦ, ᐃᓕᓴᐃᔨᓄᓪᓗ.

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A Guide for Parents, Caregivers, and Educators A Guide for Parents, Caregivers, and Educators

ᐊᑕᖅᑭᒍᓱᖕᓂᖅ, ᐃᓚᖃᕐᓂᖅ, ᓇᒡᓕᒍᓱᖕᓂᕐᓗ ᐃᓄᖕᓂᒃ
ᐱᓇᓱᐊᕐᓗᒋᑦ ᖃᓄᐃᙱᑦᑎᐊᕐᓗᓂ ᐃᓅᖃᑎᖃᕐᓂᖅ. ᐱᖃᑎᒋᓗᒋᑦ ᐃᓚᔮᑎᑦ ᐱᖃᓐᓇᕆᔭᑎᓪᓗ, ᓄᓇᖅᑲᑎᑎᑦ ᖃᓄᐃᓕᐅᕐᓂᖏᓐᓂ ᐃᓚᐅᓇᓱᒃᐸᒡᓗᑎᑦ, ᐅᖃᓪᓚᖃᑎᒋᕙᒡᓗᒋᓪᓗ ᐃᓐᓇᐃᑦ ᓯᓚᖅᑲᑎᑎᓪᓗ.

ᐃᓅᖃᑎᒌᑦᓯᐊᕐᓂᖅ

ᐊᔪᕈᓐᓃᖅᐸᓪᓕᐊᓂᖅ ᑕᐅᑐᖃᑦᑕᕐᓂᒃᑯᑦ, ᐃᓕᓐᓂᐊᖅᑎᑕᐅᓂᒃᑯᑦ, ᐱᔭᕆᐅᖅᓴᓂᒃᑯᑦ, ᐱᓇᓱᐊᕐᓂᒃᑯᓪᓗ

ᖃᐅᔨᓇᓱᒡᓗᑎᑦ ᖃᓄᖅ ᐃᓅᖃᑏᑦ ᐅᐱᒋᔭᐃᑦ ᐱᓲᖑᖕᒪᖔᑦ ᐊᒃᓱᕈᓕᕌᖓᒥ. ᐊᐱᕆᓗᒍ ᖃᓄᖅ ᐱᓲᖑᖕᒪᖔᑦ ᐅᕝᕙᓘᓐᓃᑦ ᐱᓕᒻᒪᒃᓴᕐᓗᒋᑦ ᐃᑲᔪᖅᑕᐅᓗᑎᑦ ᑖᔅᓱᒪ.

ᐱᓕᒻᒪᒃᓴᕐᓂᖅ

ᐊᑕᖅᑭᒋᓗᒋᑦ ᑲᒪᒋᑦᑎᐊᕐᓗᒋᓪᓗ ᓄᓇ, ᐆᒪᔪ,ᑦ ᐊᕙᑎᕗᓪᓗ
ᓴᐃᓕᓂᕐᒥᒃ ᕿᓂᕐᓂᖅ ᒪᒥᓴᕐᓂᕐᒥᒡᓗ ᓄᓇᒦᓪᓗᓂ. ᐱᓱᔪᒃᐸᖕᓂᖅ, ᐊᓂᖅᓵᖅᑐᕐᓂᖅ ᓯᓚᑦᑎᐊᕙᖕᒥᒃ, ᐅᔾᔨᕆᓗᒋᓪᓗ ᓯᓚᐅᑉ ᐊᓯᔾᔨᖅᐸᓪᓕᐊᓂᖏᑦ ᐊᕙᑎᖕᓂ.

ᐊᕙᑎᑦᑎᓐᓂᒃ ᑲᒪᑦᓯᐊᕐᓂᖅ

ᐃᓚᒋᔭᓄᑦ ᓄᓇᖅᑲᑎᓄᓪᓗ ᐃᑲᔪᕐᓂᖅ ᐊᕙᒃᑯᑎᖃᕐᓂᕐᓗ
ᐃᓅᖃᑎᖕᓂᒃ ᐃᑲᔪᕋᓱᒃᐸᖕᓂᖅ. ᐊᑭᓕᖅᓱᖅᑕᐅᙱᓪᓗᓂ ᐃᑲᔪᕐᓂᖅ ᓄᓇᓕᖕᓂ

ᖃᓄᐃᑦᑐᖃᖅᑎᓪᓗᒍ, ᐃᓐᓇᐅᑉ ᐃᒡᓗᖓᓂᒃ ᓴᓗᒻᒪᖅᓴᐃᓗᓂ, ᓂᖅᖠᐅᕐᓂᖅ ᐋᓐᓂᐊᖅᑑᑉ ᓂᕆᓂᐊᖅᑕᖓᓂᒃ. ᐱᓕᕆᑦᑎᐊᕌᖓᑦᑕ, ᖁᕕᐊᓱᓕᖃᑦᑕᕋᑦᑕ!

ᐱᔨᑦᓯᕐᓂᖅ

ᐃᓱᒪᓕᐅᕐᓂᖅ ᐅᖃᖃᑎᒌᖕᓂᒃᑯᑦ ᐊᖏᖃᑎᒌᖕᓂᒃᑯᓪᓗ
ᐆᒃᑐᕐᓗᒍ ᐱᓂᕐᓗᒃᑕᐅᓯᒪᖃᑎᒌᑦ ᐃᓚᔮᕇᓪᓘᓐᓃᑦ ᐃᑲᔪᖅᑕᐅᓂᖅ. ᐃᑲᔪᕐᓂᖃᕈᓐᓇᕐᒪᑦ ᐊᓯᕕᑦ ᐊᑐᖅᓯᒪᔭᖏᓐᓂᒃ ᑐᓴᕆᐊᒃᓴᖅ ᐅᓂᒃᑳᖅᑕᖏᓐᓂᒃ.

ᐋᔩᖃᑎᒌᖕᓂᖅ

ᒪᒥᓴᕐᓂᖅ ᐃᓄᐃᑦ ᖃᐅᔨᒪᔭᑐᖃᖏᑎᒍᑦ

ᐃᓄᐃᑦ ᑐᑭᓯᓯᒪᔪᑐᖃᐅᖕᒪᑕ ᖃᓄᐃᙱᑦᑎᐊᕐᓂᖅ ᐃᓚᖃᕐᒪᑦ ᐃᓱᒪᒥᒃ,
ᑎᒥᒥᒃ, ᓄᓇᖅᑲᑎᒌᓂᒡᓗ. ᐊᑐᕈᓐᓇᖅᑕᑦ ᐃᓄᐃᑦ ᖃᐅᔨᒪᔭᑐᖃᖏᑕ ᒪᓕᒐᖏᑦ ᑕᓯᐅᖅᑕᐅᔪᒪᒍᕕᑦ ᒪᒥᓴᕐᓂᕐᓂ ᓄᑕᕋᐅᓪᓗ ᐱᒪᑐᒃᑕᕕᑦ. ᐆᒃᑑᑎᐅᔪᑦ ᑖᓃᑦᑐᑦ:

ᐃᓱᒪᔪᓐᓇᑦᑎᐊᕐᓂᕐᒥᒃ ᐱᓕᕆᔾᔪᑎ ᐃᑲᔪᕈᓐᓇᖅᐳᖅ ᒪᒥᓴᕐᓂᕐᓂ, ᓄᑕᕋᖁᑎᕕᓪᓘᓐᓃᑦ ᒪᒥᓴᕐᓂᖓᓂ.

ᐱᖅᑯᓯᑦᑎᓐᓄᑦ ᐊᒃᑐᐊᓪᓗᓂ, ᐊᑐᒐᒃᓴᖅ ᐃᑲᔪᕐᓂᐅᖕᒪᑦ ᐊᒃᓱᕈᖅᑎᓪᓗᑎᑦ ᐊᒃᓱᕈᓗᐊᕐᓂᖃᖅᑎᓪᓗᑎᓪᓗ ᐱᔾᔪᑎᖃᖅᖢᓂ ᐃᓱᒪᑦᑎᐊᕋᓱᖕᓂᕐᓂᒃ, ᐊᓂᖅᓵᖅᑐᕐᔪᐊᕐᓂᐅᑉ ᐊᑐᕐᓂᖓᓂᒃ, ᐃᓐᓇᕐᓂᓪᓗ ᐅᓂᒃᑳᖅᑕᐅᔪᓂᒃ ᑕᐃᒪᙵᓂᑦ ᐊᑐᖅᑕᐅᕙᒃᑐᓂᒃ ᓯᓚᑐᓂᒃᑯᑦ. ᑖᓐᓇ ᐱᓕᕆᔾᔪᑎ ᐃᑲᔪᕐᓂᖃᕈᓐᓇᖅᑐᖅ ᐃᓄᖕᓂᒃ ᓄᓇᓕᖕᓂᒃ ᒥᑭᓐᓂᖅᓴᓂᕐᒥᐅᓄᑦ ᐃᑲᔪᖅᑎᑕᖃᑦᑎᙱᑦᑐᓄᑦ ᐃᓱᒪᓕᕆᔨᓂᒃ ᐱᔨᑦᑎᕋᖅᑎᓂᒃ.

ᖃᐅᔨᒋᐊᒃᑲᓐᓂᕈᓐᓇᖅᑐᑎᑦ ᑖᔅᓱᒥᖓ ᐱᓕᕆᔾᔪᑎᒥᒃ ᒪᑉᐱᒐᖅ 36ᒥ.

ᐃᓄᑦᑎᐊᕙᐅᓂᖅ ᒪᑐᐃᖓᑦᑎᐊᕐᓗᓂ, ᑐᙵᓇᕐᓗᓂ, ᐃᓚᓕᐅᑎᓯᒪᕙᒡᓗᓂᓗ

ᐅᒃᑯᐃᙶᕐᓂᖅ ᐃᓅᖃᑎᑖᕐᓂᕐᒥᒃ ᐃᓱᒪᓂᒡᓗ ᓄᑖᓂᒃ. ᐊᒃᓱᕈᓗᐊᕐᓂᒃᑰᖅᖢᓂ ᐃᓄᑑᔪᒪᓕᕐᓇᖅᑑᒐᓗᐊᖅ, ᑭᓯᐊᓂ ᐱᖃᓐᓇᕆᔭᖅᑖᕋᓱᖃᑦᑕᕆᐊᖃᖅᑐᒍᑦ ᓄᑖᓂᒡᓗ ᐱᓕᕆᓇᓱᒃᐸᒡᓗᑕ ᖁᕕᐊᑦᑕᖕᓇᕐᒪᑦ ᑐᕌᒐᖅᑖᕐᓇᖅᖢᓂᓗ.

ᑐᙵᓇᕐᓂᖅ

ᓴᓇᑐᓂᒃᑯᑦ ᐋᖅᑭᒃᓱᐃᒃᑲᐅᓂᖅ ᖃᓄᖅᑑᕈᓐᓇᖅᖢᓂᓗ
ᒪᒥᓴᕐᓂᖅ ᐊᑕᐅᓰᓐᓇᐅᙱᒻᒪᑦ! ᐅᓗᕆᐊᓱᒃᑕᐃᓕᒋᑦ ᐊᔾᔨᒌᙱᑦᑐᓂᒃ ᐆᒃᑐᖅᐸᒡᓗᑎᑦ, ᖃᐅᑕᒫᖅᓯᐅᑎᒃᑯᑦ ᑎᑎᕋᖃᑦᑕᕐᓂᖅ, ᑑᒃᓯᐊᕐᓂᒃᑯᑦ, ᐃᓅᓯᓕᕆᔨᒥᑦ ᐃᑲᔪᖅᑕᐅᓂᖅ, ᐅᖃᓕᒫᕐᓂᕐᓘᓐᓃᑦ ᖃᓄᐃᙱᑦᑎᐊᕐᓂᖅ ᒪᒥᓴᕐᓂᕐᒥᒡᓗ.

ᖃᓄᖅᑑᕈᓐᓇᕐᓂᖅ

ᐊᑕᐅᑦᑎᒥᒃ ᐱᓕᕆᐊᖃᖃᑎᒌᖕᓂᖅ ᑕᒪᐃᓐᓄᑦ ᑐᕌᖓᔪᓂᒃ

ᐃᑲᔪᖅᑐᐃᔪᑦ ᑲᑎᑎᓪᓗᒋᑦ. ᐊᑦᑕᕐᓇᙱᑦᑐᓂᒃ ᐱᖃᓐᓇᕆᔭᕐᓂᒃ, ᐃᓚᔮᕐᓂᒃ, ᓄᓇᖅᑲᑎᖕᓂᒡᓗ ᑲᑎᖃᑎᖃᕐᓗᑎᑦ ᐅᖃᒪᔭᖃᑎᒋᓗᒋᑦ ᐃᑲᔪᖅᑐᖅᑕᐅᔭᕆᐊᖃᕐᓂᔅᓯᓐᓂᒃ ᓄᑕᕋᐃᓪᓗ ᐱᒪᑐᒃᑕᐃᓪᓗ.

ᐱᓕᕆᖃᑎᒌᓐᓂᖅ

App Store
(for iPhone)

Google Play
(for Android)

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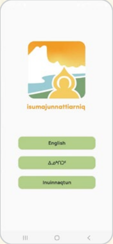

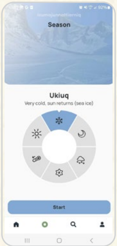

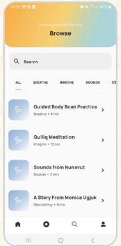

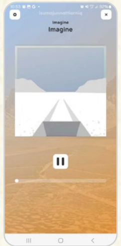

A Guide for Parents, Caregivers, and Educators A Guide for Parents, Caregivers, and Educators

ᓄᑕᖅᑲᓂᒃ ᖁᓄᔪᕐᓂᐊᖅᑕᐅᑦᑕᐃᓕᑎᑦᑎᓂᖅ ᑕᕝᕙᓂ ᐅᖃᐅᓯᖃᕐᒪᑦ ᐅᖃᓪᓚᖃᑎᖃᕐᓂᕐᒥᒃ ᓄᑕᕋᕐᒥᒃ ᐱᒪᑐᒃᑕᕐᓂᒃ, ᑐᓴᖅᑎᑦᑎᖕᒪᑕ ᐱᒻᒪᕆᐅᔪᓂᒃ ᐅᖃᐅᓯᖃᕐᓂᐊᖅᑎᓪᓗᓯᒃ.

ᐅᖃᐅᓯᖃᕐᓂᖅ ᑖᔅᓱᒥᖓ
ᐅᖃᓪᓚᖃᑎᖃᖅᖢᓂ ᓄᑕᖅᑲᓂᒃ ᖁᓄᔪᕐᓂᐊᖅᑕᐅᓂᕐᒥᒃ ᑭᒡᓕᖃᖅᑎᑦᑎᓂᕐᒥᒡᓗ ᐱᒡᒐᕐᓇᕈᓐᓇᕐᒪᑦ ᑭᓯᐊᓂ ᑕᐃᒪᐃᑦᑕᕆᐊᓕᒃ. ᓄᑕᖅᑲᓂᒃ ᐱᐅᔪᒃᑯᑦ

ᐃᓱᐊᖅᑐᒃᑯᓪᓗ ᐃᓅᖃᑎᖃᕐᓗᓂ ᓄᑕᖅᑲᒧᑦ ᐊᑦᑕᕐᓇᖖᒋᑦᑑᒦᓐᓇᖅᐳᖅ, ᐃᑲᔪᖅᓱᖅᑕᐅᑦᑎᐊᕐᓗᓂ, ᐅᖃᖃᑎᒋᓗᒍ ᐃᓱᒫᓗᖕᓇᖅᑐᓂᒃ. ᐱᖃᑎᖃᖃᑦᑕᕐᓗᓂ ᓄᑕᕋᖁᑎᖕᓂᒃ ᐱᒪᑐᒃᑕᕐᓂᒃ, ᓈᓚᒃᐸᒡᓗᒋᓪᓗ, ᑲᔪᖏᖅᓴᖅᐸᒡᓗᒋᓪᓗ, ᐅᖃᓪᓚᖃᑎᒋᕙᒡᓗᒋᑦ ᐊᕐᕌᒍᖏᑦ ᒪᓕᒡᒋᑦ ᐊᑦᑕᕐᓇᙱᑦᑐᒥᑎᑦᑎᓐᓇᕈᓐᓇᖅᐳᖅ. ᐅᖃᐅᓯᐅᔪᑦ ᐅᕙᓂ “ᐊᑦᑕᕐᓇᙱᑦᑐᒥᒃ ᓇᔪᒐᖃᖅᑎᑦᑎᓂᖅ” ᐊᑐᕐᓂᐊᖅᐳᑦ ᐅᕙᓂ ᐅᑯᐊ:
• ᐃᑲᕐᕋᓕᐅᕐᓗᑎᑦ ᐃᓂᒋᓂᐊᖅᑕᔅᓯᓐᓂᒡᓗ.
• ᐅᑭᐅᖏᑦ ᒪᓕᒡᓗᒋᑦ ᐅᖃᖃᑎᒋᒍᒃ.
• ᑭᒡᒍᓯᑐᐊᖃᙱᑦᑐᓂᒃ ᐊᐱᕆᕙᒡᓗᑎᑦ.
• ᐃᒃᐱᖕᓂᐊᓃᑦ ᐃᓕᖅᑯᓯᐅᓂᕋᕐᓗᒋᑦ.
• ᓈᓚᑦᑎᐊᖅᐸᒡᓗᑎᑦ.
• ᐊᐱᖅᓱᕈᓐᓇᖅᑎᓪᓗᒍ ᐊᐱᖅᑯᑎᒃᓴᖃᕈᓂ.

• ᐃᓕᓐᓂᐊᖅᑎᓪᓗᒍ ᐋᒃᑳᕈᓐᓇᕐᓂᖓᓂᒃ
ᐊᑦᑕᕐᓇᖅᑐᒧᐊᖅᑕᐃᓕᓂᕐᒥᒡᓗ.
• ᑲᑉᐱᐊᓇᙱᓐᓂᖓᓂᒃ ᐅᖃᐅᑎᕙᒡᓗᒍ.
• ᐅᖃᐅᓯᖃᓗᑎᑦ ᒪᒥᓴᕐᓂᕐᒥᒃ
ᐃᑲᔪᖅᑐᖅᑕᐅᓂᕐᒥᒡᓗ.
• ᐅᑎᕐᕕᐅᓂ

ᐱᒻᒪᕆᐅᕗᖅ ᑕᑯᖅᑯᔾᔨᔾᔪᑎᒋᓗᒍ ᖃᐅᔨᒋᐊᕐᓗᒋᓪᓗ ᐱᔾᔪᑕᐅᔪᓂᒃ ᐅᑯᐊ ᓄᑕᖅᑲᓄᑦ ᐸᖅᑭᔭᕐᓄᑦ.
ᑎᒥᐅᑉ ᑭᓱᑯᑦᑎᖏᑦ
ᐃᓕᓐᓂᐊᖅᑎᓪᓗᒋᑦ ᓄᑕᖅᑲᑦ ᑎᒥᐅᑉ ᑭᓱᑯᑦᑎᖏᓐᓂᒃ. ᑐᑭᓯᑎᒋᐊᕐᓗᒋᑦ ᑎᒥᐊᑕ ᑭᓱᑯᑦᑎᖏᓐᓂᒃ ᑲᙳᓇᖅᑐᓂᒃ ᖃᐅᔨᒪᓂᐊᕐᒪᑕ ᐊᑦᑕᕐᓇᖅᑐᒧᐊᕈᑎᒃ ᐅᖃᑦᑎᐊᕈᓐᓇᕐᓂᐊᕐᒪᑕ ᓇᓗᓇᐃᔭᐃᓇᓱᓕᕈᑎᒃ ᖃᓄᐃᑕᐅᓂᕐᒥᓂᒃ. ᑐᑭᓯᑎᒋᐊᕐᓗᒋᑦ ᑎᒥᖏᑦ ᐱᒋᖕᒪᒋᑦ, ᐊᓯᖏᑕᓗ ᑎᒥᖏᑦ ᐱᒋᒋᓪᓗᓂᔾᔪᒃ. ᑐᑭᓯᓇᖅᓯᑎᓪᓗᒍ ᐊᒃᑐᖅᑕᐅᔭᕆᐊᖃᙱᓐᓂᖏᑕ ᐊᖕᒪᓂᖏᑦ.
ᐃᒃᐱᖕᓂᐊᓃᑦ
ᐃᓕᓐᓂᐊᖅᑎᓪᓗᒋᑦ ᓄᑕᖅᑲᖅ ᐃᒃᐱᖕᓂᐊᓃᑦ ᖃᓄᖅ ᑕᐃᔭᐅᕙᖕᓂᖏᓐᓂᒃ ᐅᖃᐅᑎᖕᒥᓗᒋᑦ ᐃᒃᐱᖕᓂᐊᓂᕐᓂᒃ. ᑕᐃᓯᑎᓪᓗᒋᑦ ᐃᒃᐱᖕᓂᐊᓂᖏᓐᓂᒃ, ᐊᐱᕆᓗᒋᓪᓗ ᖃᓄᐃᑦᑐᖃᖅᐸᑦ ᖃᓄᖅ ᐃᒃᐱᖕᓂᐊᓇᔭᕐᒪᖔᑦ.
ᖃᐅᑕᒫᑦ ᐃᒃᐱᖕᓂᐊᓂᕐᓂᒃ ᐅᖃᓪᓚᖃᑎᒋᕙᓪᓗᒋᑦ. ᑐᑭᓯᑎᒋᐊᕐᓗᒋᑦ ᐃᒃᐱᖕᓂᐊᓂᓕᒫᑦ ᐃᒃᐱᒋᔭᐅᔭᕆᐊᖃᕐᓂᖏᑕ ᖃᓄᐃᙱᑦᑐᖅ. ᓄᑕᖅᑲᒥᒃ ᐃᓱᒪᔪᖃᖅᐸᑦ ᑕᒻᒪᕐᓂᐅᓂᖓᓂᒃ ᓂᙵᐅᒪᓂᖅ ᑲᑉᐱᐊᓱᖕᓂᕐᓘᓐᓃᑦ ᐅᖃᕈᒪᓇᔭᙱᒻᒪᑦ ᐊᓕᐊᓇᐃᙱᑦᑐᒥᒃ ᖃᓄᐃᑕᐅᓐᓂᕈᑎᒃ.

ᐋᒃᑳᕈᓐᓇᕐᓂᖅ
ᐋᒃᑳᕈᓐᓇᕐᓃᑦ ᖃᓄᐃᑕᐅᑦᑕᐃᓕᓂᐅᕗᑦ ᐊᓯᖕᓂᑦ. ᓂᕈᐊᕈᓐᓇᕋᕕᑦ ᐊᖏᕐᓂᕐᒥᒃ ᓈᒻᒪᒃᑐᓂᒃ ᐃᓕᖕᓄᑦ ᐃᓅᖃᑎᖕᓄᓪᓗ. ᐊᒃᑳᕈᓐᓇᕐᓃᑦ ᐃᒃᐱᖕᓂᐊᓂᕐᓂᒃ ᖃᓄᐃᙱᑦᑎᐊᖅᑎᑦᑎᔪᓐᓇᕐᒪᑦ ᑎᒥᖕᓂᒡᓗ.

ᐋᒃᑳᕈᓐᓇᕐᓃᑦ ᑎᒥᒃᑰᖅᑐᐃᓐᓇᐅᙱᓐᓂᖏᓐᓄᑦ, ᓄᑕᖅᑲᑦ ᐃᑲᔪᖅᑕᐅᔭᕆᐊᖃᖅᐳᑦ ᑐᑭᓯᑎᑕᐅᓗᑎᒃ. ᐅᑯᓂᖓ ᐊᑐᕈᓐᓇᖅᐳᑎᑦ ᓇᓗᓇᐃᔭᐃᓗᑎᑦ ᐋᒃᑳᕈᓐᓇᕐᓂᕐᒥᒃ:
• ᐃᓱᒪᙳᐊᕐᓗᑎᑦ ᐳᓪᓚᐅᔨᕌᑉ ᐃᓗᐊᓃᓪᓗᑎᑦ. ᑕᐃᒪᓐᓇ ᐃᓕᖕᓄᑦ ᑐᕌᖓᔪᒥᒃ ᐱᑕᖃᖅᐳᖅ ᐊᑲᐅᒋᔭᕐᓂᒃ. ᐃᓱᒪᙳᐊᓕᕆᑦ ᑭᓇᒥᑭᐊᖅ ᖃᐅᔨᒪᙱᑕᕐᓂᒃ ᖃᒡᓕᓗᐊᖅᑕᐅᒍᕕᑦ. ᖃᒡᓕᕙᓪᓕᐊᑎᓪᓗᒋᑦ, ᐊᑲᐃᓪᓕᐅᓕᖅᐸᓪᓕᐊᕗᑎᑦ. ᐳᓪᓚᐅᔨᕌᖁᑎᖕᓄᑦ ᐃᓯᕐᒪᑦ, ᑐᑭᖃᖅᑐᖅ
ᐃᓕᖕᓄᑐᐊᖅ ᑐᕌᖓᔪᒧᖅᐳᖅ.
• ᐃᓱᒪᙳᐊᕆᑦ ᐃᕿᑕᐅᓇᓱᒃᑯᕕᑦ ᐃᕿᑕᐅᔪᒪᙱᑎᓪᓗᑎᑦ. ᐅᖃᐅᑎᓗᒍ

ᐃᕿᑕᐅᔪᒪᙱᓐᓂᕐᓂᒃ, ᑭᓯᐊᓂ ᐃᕿᑉᐹᑎᑦ. ᖃᓄᖅ ᐃᒃᐱᒋᑎᑕᐅᓕᖅᐱᑦ?

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A Guide for Parents, Caregivers, and Educators A Guide for Parents, Caregivers, and Educators

ᐃᔨᕋᖅᑐᐊᑦ
ᐃᓕᓐᓂᐊᖅᑎᓪᓗᒋᑦ ᓄᑕᖅᑲᑦ ᐊᔾᔨᒌᙱᑦᑐᓂᒃ ᐃᔨᕋᖅᑐᐊᖑᔪᓐᓇᖅᑐᓂᒃ. ᐃᔨᕋᖅᑐᐊᑦ ᐃᓚᖏᑦ ᖃᓄᐃᙱᑦᑐᑦ ᐅᖃᐅᓯᕆᙱᒃᑲᓗᐊᕈᕕᒋᒃ, ᓲᕐᓗ ᓇᓪᓕᐅᑎᔾᔪᓯᐊᒃᓴᖅ, ᐅᕝᕙᓘᓐᓃᑦ ᐹᑎᖃᖅᑎᑦᑎᓂᐊᕐᓃᑦ. ᑭᓯᐊᓂ ᐊᓯᖏᑦ ᐋᓐᓂᖅᓯᔪᓐᓇᕐᒪᑕ ᓄᑕᖅᑲᓂᒃ, ᐱᓗᐊᖅᑐᒥᒃ ᐱᓂᕐᓗᒃᑕᐅᓂᕐᒥᒃ. ᐃᓕᓴᕐᓗᒋᑦ ᓄᑕᖅᑲᑦ ᐃᔨᕋᖅᑐᐊᖃᖁᔭᐅᔭᕆᐊᖃᖖᒋᓐᓂᖏᓐᓂᒃ ᑎᒥᒥᑕ ᒥᒃᓵᓄᑦ, ᐊᑦᑕᕐᓇᖖᒋᑦᑑᒦᓐᓂᕐᓂᒃ, ᐊᑲᕐᕆᓇᖖᒋᑦᑐᓂᒡᓗ. ᖃᐅᔨᒪᑎᐅᔭᐃᓐᓇᕐᓗᒋᑦ ᐃᓐᓇᕐᒥᒃ ᑕᑎᒋᔭᒃᓴᒧᑦ ᐅᖃᐅᔾᔨᔪᓐᓇᐅᔭᐃᓐᓇᕐᓂᖏᓐᓂᒃ.

ᐊᑦᑕᕐᓇᙱᑦᑐᑦ ᐊᑦᑕᕐᓇᖅᑐᓪᓗ ᐊᒃᑐᐊᔭᐅᓃᑦ
ᑐᑭᓯᑎᓪᓗᒋᑦ ᓄᑕᖅᑲᑦ ᐊᔾᔨᒌᙱᓐᓂᖏᓐᓂᒃ ᐊᑦᑕᕐᓇᙱᑦᑐᑦ ᐊᑦᑕᕐᓇᖅᑐᓪᓗ ᐊᒃᑐᐊᔭᐅᓃᑦ. ᐃᓕᓐᓂᐊᖅᑎᓪᓗᒋᑦ ᐱᔪᓐᓇᐅᑎᖃᕐᓂᖏᓐᓂᒃ ᐋᒃᑳᕐᓂᕐᒥᒃ ᐊᒃᑐᐊᔭᐅᓂᕐᓂᒃ ᐊᑲᐃᓪᓕᐅᕈᑎᒋᒍᓂᔾᔪᒃ, ᑭᓇᐅᒐᓗᐊᖅᐸᑦ ᐊᒃᑐᖅᓯᓇᓱᒃᑐᖅ. ᐃᓛᓐᓂᒃᑯᑦ ᐊᒃᑳᕈᓐᓇᖅᐸᖕᒥᔪᑦ ᐃᓚᔮᓂᒃ ᐱᖃᓐᓇᕆᔭᒥᒡᓘᓐᓃᑦ ᐊᐃᖓᐃᕐᓂᕐᒥᒃ ᑕᕝᕙᐅᕗᑏᕐᓂᕐᒥᒡᓘᓐᓃᑦ. ᐅᖃᐅᑎᓗᒋᑦ ᓂᙵᔾᔮᙱᓐᓂᕋᕐᓗᑎᑦ ᐋᒃᑳᕋᓗᐊᖅᐸᑕ ᐃᕿᑕᐅᔪᒪᑎᓪᓗᒋᑦ, ᓄᑕᖅᑲᐅᑉ ᐱᔪᒪᓂᖓ ᒪᓕᒡᓗᒍ.
ᑐᑭᓯᑎᓪᓗᒋᑦ ᐃᓛᓐᓂᒃᑯᑦ ᐊᑦᑕᕐᓇᖅᐸᙱᑦᑐᖅ ᑕᑯᔭᐅᒍᕕᑦ

ᐊᒃᑐᖅᑕᐅᒍᕕᓪᓘᓐᓃᑦ ᑲᙳᓇᖅᑐᖁᑎᒃᑯᑦ, ᓲᕐᓗ ᓘᒃᑖᒥᑦ ᖃᐅᔨᓴᖅᑕᐅᒍᕕᑦ ᖃᓄᐃᒋᓇᒍᓗ ᐅᕝᕙᓘᓐᓃᑦ ᐊᑦᑕᕐᓇᙱᑦᑐᒥᑦ ᐃᓐᓇᕐᒥᑦ ᓱᕈᓯᓛᖑᑉᐸᑦ

ᐊᕐᕌᒍᖃᕐᓗᓂ ᑕᓪᓕᒪᑦ ᑐᖔᓂ ᐅᐊᓴᖅᑎᓪᓗᒍ, ᐊᓐᓄᕌᖅᑎᓪᓗᒍ, ᖁᐃᔭᖅᑐᖅᑎᓪᓗᒍᓘᓐᓃᑦ.

ᐊᑦᑕᕐᓇᙱᑦᑐᑦ ᐃᓐᓇᐃᑦ

ᐃᓱᒪᒋᓗᒍ ᐊᑦᑕᕐᓇᙱᑦᑐᑦ ᐃᓐᓇᐃᑦ ᐅᖃᐅᓯᕆᓇᓱᒡᓗᒍ ᐱᒡᒐᕐᓇᕈᓐᓇᖅᑐᖅ, ᐃᓄᐃᑦ ᑕᑎᒋᔭᐅᔭᕆᐊᓖᑦ ᓄᑕᖅᑲᒥᑦ ᐃᓛᓐᓂᒃᑯᑦ ᐱᓂᕐᓗᐃᕙᖕᒪᑕ. ᐅᖃᐅᓯᕆᓚᐅᖅᑕᕗᑦ, ᐱᓂᕐᓗᒃᑕᐅᓯᒪᔪᑦ ᓄᑕᖅᑲᑦ ᖁᓄᔪᕐᓂᐊᕐᓂᒃᑯᑦ ᐱᓂᕐᓗᒃᑕᐅᕙᖕᒪᑕ ᖃᓂᒋᔭᖏᓐᓂᑦ, ᓲᕐᓗ ᐃᓚᔮᖓᓂᑦ, ᑕᑎᒋᔭᐅᔪᒥᓪᓘᓐᓃᑦ ᐃᓅᓯᖏᓐᓃᑦᑐᒧᑦ.
ᐊᑦᑕᕐᓇᙱᑦᑐᖅ ᐃᓐᓇᖅ ᑭᓇᑐᐃᓐᓇᖅ ᖃᓄᐃᙱᑦᑐᒦᑎᑦᑎᓇᓱᒃᐸᒃᑐᖅ ᓄᑕᖅᑲᒥᒃ. ᐅᕝᕙ ᐅᑯᐊ ᐃᓕᖅᑯᓯᕆᔭᐅᔪᑦ ᐊᑦᑕᕐᓇᙱᑦᑑᑉ ᐃᓐᓇᐅᑉ ᐅᖃᐅᓯᕆᔪᓐᓇᖅᑕᑎᑦ ᓄᑕᖅᑲᒧᑦ ᐱᒪᑐᒃᑕᕐᓄᑦ:
• ᐃᕿᑦᑎᖃᑦᑕᖅᑐᖅ ᓄᑕᖅᑲᓂᒃ ᓈᒻᒪᓈᕌᖓᑦ ᐅᕝᕙᓘᓐᓃᑦ ᓄᑕᕋᖅ
ᐃᕿᑦᑎᒑᖓᑦ
• ᓄᑕᖅᑲᓂᒃ ᐊᔾᔨᒌᒃᑎᑦᑎᔪᖅ ᐃᓚᐃᓐᓇᖅᓯᐅᑎᐅᕙᙱᑦᑐᖅ ᓇᓕᖓᖕᓂᒃ ᓄᑕᖅᑲᒥᒃ ᐱᑦᑎᐊᙱᑉᐸᙱᑦᑐᕐᓘᓐᓃᑦ ᓇᓕᐊᖕᓂᒃ ᓄᑕᕋᕐᒥᒃ.
• ᐃᒃᐱᒋᑦᑎᐊᖅᐸᓪᓗᒋᑦ ᑭᒡᓕᒋᑎᑕᐅᔪᑦ ᓄᑕᖅᑲᓂᒃ
ᐃᔨᕋᖅᑐᐊᖃᖖᒋᓪᓗᓂᓗ ᓄᑕᖅᑲᒧᑦ ᐸᖅᑭᔨᖏᓐᓂᒡᓗ ᐊᑲᐅᖖᒋᑦᑐᑦ.

ᓄᑕᖅᑲᒥᒃ ᐃᓄᑑᖃᑎᖃᕆᐊᖃᖅᐸᑕ, ᖃᐅᔨᒪᑎᑦᑏᓐᓇᕐᓗᑎᒃ ᓄᑕᖅᑲᐅᑉ ᐊᖏᔪᖅᑳᖏᓐᓂᒃ ᐸᖅᑭᔨᖏᓐᓂᒡᓘᓐᓃᑦ ᑕᐃᒪᐃᑦᑕᕆᐊᖃᖅᐸᑦ.

• ᐊᑕᖅᑭᓗᒋᑦ ᓄᑕᖅᑲᑦ ᐱᔪᓐᓇᐅᑎᖏᑦ ᑲᙳᓇᖅᑐᒧᐊᖁᓇᒋᑦ,
ᐱᓗᐊᖅᑐᒥᒃ ᑎᒥᖏᑦ ᐱᓪᓗᒋᑦ.
• ᐅᖃᖃᑎᒋᑎᓪᓗᒍ ᓈᒻᒪᒃᑐᓂᒃ ᐃᔨᕋᖅᑐᖖᒋᑦᑐᓂᒃ ᐅᖃᐅᓯᖃᖅᐸᓪᓗᓯ
ᓄᑕᕋᕐᒥ ᐃᑭᐊᖅᑭᕕᒃᑰᖃᑎᖃᕈᕕᑦ.
• ᐅᖃᖃᑎᒋᑦᑕᐃᓕᒪᕙᓪᓗᒍ ᓈᒻᒪᖖᒋᑦᑐᓂᒃ ᐅᖃᐅᓯᕆᔭᓯᓗ ᓄᑕᖅᑲᒧᑦ
ᓈᒻᒪᓪᓗᑎᒃ ᓄᑕᕋᐅᖃᑎᖃᖅᐸᑕ.

ᐅᖃᓪᓚᖃᑎᒌᓐᓇᖅᐸᒡᓗᒋᑦ!

ᓄᑕᖅᑲᓂᒃ ᖃᐅᔨᒻᒥᓂᙳᖅᑎᑦᑎᑦᑕᐃᓕᒪᓇᕋᓗᐊᖅᑎᓪᓗᒍ, ᐅᖃᐅᓯᖃᕐᓂᖅ ᓄᓕᐊᕐᓂᕐᒥᒃ, ᑎᒥᐅᑉ ᑭᓱᑯᑦᑎᖏᓐᓂᒃ, ᐋᒃᑳᕆᐊᖃᕐᓂᕐᓂᒃ, ᐱᓂᕐᓗᒃᑕᐅᓂᕐᓂᒃ ᐊᔾᔨᒌᙱᑦᑐᓂᒃ ᖃᐅᔨᑎᑦᑐᓐᓇᕋᑦᑎᒍᑦ ᖃᓄᑦᑕᕆᐊᒃᓴᖅ ᐊᑦᑕᕐᓇᖅᑐᒦᓕᕐᓂᕈᑎᒃ ᓴᐳᑎᓗᒋᓪᓗ ᐱᓇᓱᒃᑎᓂᑦ. ᐅᖃᐅᓰᑦ ᓈᒻᒪᒃᑎᒋᐊᕐᓗᒍ ᑐᑭᓯᔭᐅᓂᐊᕐᒪᑦ ᓄᑕᖅᑲᓂᑦ ᐊᕐᕋᒍᖏᑦ ᒪᓕᒡᓗᒋᑦ. ᐅᖃᓪᓚᖃᑎᖃᕐᓂᖅ ᑕᕝᕗᖓ ᓄᖅᑲᕆᐊᖃᙱᓚᖅ. ᐅᖃᐅᓯᕆᓕᖅᑭᒃᑕᕈᓐᓇᖅᑕᑎᑦ ᐊᒻᒪ ᐃᓚᕙᓪᓕᐊᓗᒋᑦ ᐱᕈᖅᐸᓪᓕᐊᓂᖏᑦ ᒪᓕᒡᓗᒋᑦ.

ᓄᑕᖅᑲᑦ ᐱᕈᖅᐸᓪᓕᐊᑎᓪᓗᒋᑦ, ᐅᖃᐅᑎᔪᓐᓇᖅᑕᑎᑦ ᐱᕙᓪᓕᐊᔪᓂᒃ. ᐆᒃᑑᑎᒋᓗᒍ, ᐅᓂᒃᑳᖅᑕᖃᖅᐸᑦ ᖁᓄᔪᕐᓂᐊᖅᑐᖃᖅᑐᒥᒃ, ᐅᖃᐅᓯᖃᕈᓐᓇᕋᔭᖅᑐᑎᑦ ᐊᖏᕐᓂᕐᒥᒃ, ᐊᖓᔪᖅᑲᐅᓯᖅᑐᓂᒃ, ᐱᓕᕆᔭᕆᐊᖃᕐᓂᕐᒥᒃ, ᒪᓕᒐᕐᒥᒡᓗ.

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ᐃᑭᐊᖅᑭᕕᒃᑯᑦ ᐊᑦᑕᕐᓈᕿᑦᑕᐃᓕᒪᓂᖅ

ᐃᑭᐊᖅᑭᕕᒃ ᑎᕝᕕᐊᖅᑕᕐᕕᒡᓗ ᐃᓅᓯᑦᑎᓐᓂ ᐱᓕᕆᐊᕆᕕᒡᔪᐊᓕᕋᑦᑎᒍ ᓄᑕᖅᑲᓪᓗ ᐃᓅᓯᖏᓐᓂ. TikTok, YouTube, Instagram, Facebook, Snapchat, ᐊᒻᒪ WhatsApp ᑕᒪᕐᒥᒃ ᐊᑦᑕᕐᓇᖅᑐᒧᐊᖅᑎᑦᑎᔪᓐᓇᖅᓯᖕᒪᑕ ᓄᑕᖅᑲᓂᒃ ᐃᓄᖕᓂᑦ ᖃᐅᔨᒪᔭᐅᙱᑦᑎᐊᖅᑐᓂᑦ. ᖁᐊᖅᓵᕐᓇᖅᑐᒧᐊᖅᑎᑦᑎᔪᓐᓇᖅᑐᑦ ᓴᒡᓗᕿᑖᕆᓂᒃᑯᑦ, ᐃᕝᕕᐅᙳᐊᖅᓯᖅᑐᕐᓂᒃᑯᑦ, ᖁᓄᔪᕐᓂᐊᕐᓂᒃᑯᑦ, ᓄᓕᐊᕐᓂᒃᑯᓪᓗ ᐱᑖᕆᔭᐅᓇᓱᖕᓂᒃᑯᑦ. ᐃᑭᐊᖅᑭᕕᒃᑯᑦ ᐱᓇᓱᒃᑎᒃᑯᑦ ᑭᓇᐅᙳᐊᕐᓗᑎᒃ ᓵᓚᓯᐊᖃᓕᕈᓐᓇᕐᒪᑕ ᐅᒃᐱᕆᔭᐅᓕᕈᑎᒃ. ᑖᒃᑯᐊ ᐱᓇᓱᒃᑎᑦ ᓄᓇᔅᓯᓐᓂᙶᕈᓐᓇᖅᑐᑦ ᐅᕝᕙᓘᓐᓃᑦ ᓯᓚᑖᓂᑦ. ᑖᒃᑯᐊ

ᐅᖃᐅᓯᐅᓂᐊᖅᑐᑦ ᐊᑐᖅᑕᐅᒡᒍᔪᑦ ᐱᓇᓱᒃᑎᓂᑦ ᓄᑕᖅᑲᓂᒃ ᐱᓇᓱᒍᓐᓇᖅᖢᑎᒃ:
• ᓱᖏᐅᓴᐃᓂᖅ ᑎᑎᕋᖃᑦᑕᐅᑎᓂᒃᑯᑦ ᐃᒻᒥᒧᓪᓗ ᑐᕌᖓᔪᒃᑯᑦ ᑎᕝᕕᐊᖅᑕᕐᕕᒃᑯᑦ
ᐱᓇᓱᒃᑎᑦ ᖃᐅᔨᒪᖕᒪᑕ ᓄᑕᖅᑲᑦ ᓯᓚᐃᕐᕆᔭᐅᔪᓐᓇᕐᓂᖏᓐᓂᒃ
ᑲᒪᔨᖃᙱᑎᓪᓗᒋᑦ. ᑎᑎᕋᖃᑦᑕᐅᑎᓂᒃᑯᑦ ᐃᒻᒥᒧᓪᓗ ᑐᕌᖓᔪᒃᑯᑦ
ᐱᓇᓱᒃᑏᑦ ᐅᖃᓪᓚᖃᑎᖃᕈᓐᓇᖃᑦᑕᕐᒪᑕ ᓄᑕᖅᑲᓂᒃ. ᐃᒻᒥᒧᑦ ᑐᕌᖓᔪᒃᑯᑦ ᐅᖃᖃᑎᖃᓕᓵᕐᓗᑎᒃ ᖃᓄᐃᙱᙳᐊᖅᓯᖅᑐᕈᓐᓇᖅᑐᑦ ᑕᑎᒋᔭᐅᓕᕋᓱᒃᖢᑎᒃ
ᓄᑕᖅᑲᒧᑦ. ᐱᓇᓱᒃᑎ ᑭᓇᐅᙳᐊᕈᓐᓇᕐᒪᑕ ᑲᑉᐱᐊᓱᒃᑎᑦᑎᑦᑕᐃᓕᒪᓪᓗᑎᒃ

ᓄᑕᖅᑲᒥᒃ. ᐃᑭᐊᖅᑭᕕᒃᑯᑦ ᐅᖃᓪᓚᖃᑎᖃᖅᓯᓐᓇᖅᖢᓂ, ᐱᓇᓱᒃᑎ ᐅᖃᐅᓯᖃᕋᓱᓕᕈᓐᓇᕐᒪᑦ ᓄᓕᐊᕐᓂᕐᒥᒃ ᓄᑕᖅᑲᒧᑦ ᐅᕝᕙᓘᓐᓃᑦ ᑲᑎᓐᓇᓱᓕᕈᓐᓇᖅᑕᖓ ᑮᓇᕐᒥᑦ ᑮᓇᕐᒧᑦ. ᑖᒃᑯᐊ ᒪᓕᒐᕐᓂᒃ ᓱᕋᐃᓂᐅᖕᒪᑕ.

• ᐊᓐᓄᕋᐃᙶᙳᐊᖅᑐᓂᒃ ᐊᔾᔨᙳᐊᓂᒃ ᑕᑯᖅᑯᔾᔨᓂᖅ
ᐱᓇᓱᒃᑎ ᑕᑯᖅᑯᔾᔨᑐᐃᓐᓇᕆᐊᖃᖅᐳᖅ ᐊᓐᓄᕋᐃᙶᙳᐊᖅᑐᓂᒃ ᐊᔾᔨᙳᐊᓂᒃ ᑕᕐᕆᔮᒃᓴᓂᒡᓘᓐᓃᑦ ᓄᑕᖅᑲᓂᒃ ᐱᖃᑎᖃᙳᐊᖅᑐᓂᒃ. ᐊᖏᖅᑎᑦᑎᓇᓱᒍᓐᓇᖅᑐᑦ ᓄᑕᖅᑲᓂᒃ ᓇᒃᓯᐅᔾᔨᖁᓪᓗᒋᑦ ᐊᔾᔨᙳᐊᓂᒃ

ᑕᕐᕆᔮᒃᓴᓂᒡᓘᓐᓂᑦ ᐃᖕᒥᓂᒃ. ᑖᒃᑯᐊ ᐱᕋᔭᖕᓂᐅᔪᑦ. ᑲᓇᑕᒥ, ᒪᓕᒐᕐᒥᒃ ᓱᕋᐃᓂᐅᔪᖅ ᑕᐅᑐᖕᓂᖅ, ᐱᓯᒪᑦᑎᓂᖅ, ᓇᒃᓯᐅᔾᔨᓂᖅ, ᐊᔾᔨᓕᐅᕆᓂᕐᓗ ᑕᕐᕆᔮᒃᓴᓕᐅᕐᓂᕐᓗ ᐅᑭᐅᑭᓗᐊᖅᑐᒥᒃ. ᐃᓚᒋᔭᐅᔪᑦ ᐊᔾᔨᙳᐊᑦ ᑕᕐᕆᔮᒃᓴᓪᓘᓐᓃᑦ ᐅᑭᐅᑭᓗᐊᖅᑑᑉ ᐊᔾᔨᙳᐊᖓᓂᒃ.

• ᑕᑯᖅᑯᔾᔨᓂᖅ ᑕᑯᔭᐅᔭᕆᐊᖃᖖᒋᑦᑐᓂᒃ ᐊᖏᖅᑕᐅᓯᒪᙱᓪᓗᓂ. ᐱᓇᓱᒃᑎ ᓴᖅᑭᑦᑎᑐᐃᓐᓇᕆᐊᓕᒃ ᑕᑯᖅᑯᔾᔨᓗᓂᓘᓐᓃᑦ ᑭᓇᑐᐃᓐᓇᕐᒥᒃ ᐊᖏᖅᑕᐅᓚᐅᙱᓪᓗᓂ. ᒪᓕᒐᕐᒥᒃ ᓱᕋᐃᓂᐅᔪᖅ ᐱᓂᕐᓗᒃᑕᐅᔪᖅ ᐊᖏᖅᓯᒪᙱᑎᓪᓗᒍ ᐃᓐᓇᐅᒃᐸᑦ, ᑭᓯᐊᓂ ᐱᓗᐊᖅᑐᒥᒃ ᐅᑭᐅᑭᓗᐊᖅᐸᑦ. ᓇᓗᓇᐃᖅᓯᕝᕕᒋᓗᒍ ᓄᑕᖅᑲᑦ ᐱᒪᑐᒃᑕᑎᑦ ᐊᖏᖅᓯᒪᙱᑕᖏᓐᓂᒃ ᓇᒃᓯᐅᔾᔨᕕᐅᒍᑎᒃ ᐊᓐᓄᕋᐃᙶᙳᐊᖅᑐᓂᒃ ᐊᔾᔨᙳᐊᓂᒃ ᑕᕐᕆᔮᒃᓴᓂᒡᓘᓐᓃᑦ, ᐅᖃᐅᑎᔭᐅᔭᕆᐊᖃᖅᑐᑎᑦ. ᐅᖃᐅᓯᕆᔪᓐᓇᖅᑕᑦ ᐸᓖᓯᒃᑯᓐᓄᑦ.

ᑐᓴᒐᒃᓴᐃᑦ ᑖᒃᑯᐊ ᐊᐃᓐᓈᖑᖅᑰᔨᔪᓐᓇᖅᑐᑦ ᑲᑉᐱᐊᓇᖅᖢᑎᒡᓗ ᐊᖓᔪᖅᑳᕆᔭᐅᔪᓄᑦ, ᐱᒪᔨᒋᔭᐅᔪᓄᓪᓗ, ᐊᒻᒪ ᐃᓕᓴᐃᔨᓄᑦ, ᐱᓗᐊᖅᑐᒥᒃ ᑎᕝᕕᐊᖅᑕᕐᕕᖕᒥᒃ ᐊᑐᖅᐸᙱᑉᐸᑕ. ᐅᑯᐊ ᐃᑲᔫᑎᐅᔪᓐᓇᖅᑐᑦ ᓄᑕᖅᑲᓂᒃ ᐊᑦᑕᕐᓇᖅᑐᒧᐊᖅᑎᑦᑎᑦᑕᐃᓕᒪᓂᕐᒧᑦ:
• ᖃᐅᔨᒋᐊᕐᓂᖅ ᐅᖃᐅᓯᓕᕆᔾᔪᑎᓂᒃ, ᐃᑭᐊᖅᑭᕕᒃᑯᑦ ᑐᑭᓯᒋᐊᕈᑎᓂᒃ,
ᐱᙳᐊᕈᑎᓂᒡᓗ ᓄᑕᖅᑲᑦ ᐊᑐᖅᐸᒃᑕᖏᓐᓂᒃ, ᖃᓄᐃᒻᒪᓪᓗ ᖁᕕᐊᒋᔭᐅᖕᒪᖔᑕ, ᖃᓄᐃᓕᐅᖅᐸᖕᒪᖔᑕᓗ. ᖃᐅᔨᒪᐃᓐᓇᕋᓱᒃᑯᕕᑦ ᓄᑕᕋᖁᑎᕕᑦ ᐃᑭᐊᖅᑭᕕᒃᑰᕐᓂᕆᕙᒃᑕᖏᓐᓂᒃ, ᓴᐳᑎᓯᒪᔪᓐᓇᕐᓂᖅᓴᐅᓇᔭᕋᕕᐅᒃ.
ᖃᐅᔨᒪᒍᕕᒋᑦ ᓄᑕᕋᖁᑎᕕᑦ ᐃᓕᖅᑯᓯᖏᓐᓂᒃ ᐃᑭᐊᖅᑭᕕᒃᑰᕐᓂᕆᕙᒃᑕᖏᓐᓂᒃ ᐃᑲᔪᖅᑐᐃᓂᖅᓴᐅᓇᔭᖅᐳᑎᑦ ᖃᓄᐃᙱᑦᑎᐊᕐᓂᖓᓂᒃ.
• ᐃᓕᓐᓂᐊᖅᑎᓪᓗᒋᑦ ᓄᑕᖅᑲᑦ ᐅᓗᕆᐊᓇᕈᓐᓇᕐᓂᖏᓐᓂᒃ ᐃᑭᐊᖅᑭᕕᒃᑰᕐᓂᖅ.
ᑲᔪᖏᖅᓴᕐᓗᒋᑦ ᐃᓕᖕᓄᑦ ᐅᖃᖁᓗᒋᑦ ᑕᑯᒍᑎᒃ ᑭᓱᑐᐃᓐᓇᕐᒥᒃ ᐃᑭᐊᖅᑭᕕᒃᑯᑦ ᐊᑲᐃᓪᓕᐅᕈᑎᒋᔭᒥᓂᒃ, ᑲᙳᓇᕋᓗᐊᖅᐸᑦ.
• ᐊᑐᕐᓗᒋᑦ ᖃᐅᔨᒪᔭᐅᖁᙱᑕᑎᑦ ᐊᒻᒪ ᓄᑕᖅᑲᐃᑦ ᑐᕌᖓᓕᖅᑎᓪᓗᒋᑦ,
ᐅᖃᐅᑎᓗᒍᓗ ᓄᑕᕋᐃᑦ ᐱᒪᑐᒃᑕᑦ ᐊᑯᓂᐅᓗᐊᕆᐊᖃᙱᓐᓂᖓᓂᒃ
ᐃᑭᐊᖅᑭᕕᒃᑯᑦ. ᖃᕋᓴᐅᔭᓕᕆᔾᔪᑎᑦ ᖃᐅᔨᒪᔭᐅᖁᙱᑕᕐᓂᒃ ᐱᖃᖅᑐᑦ ᐊᒻᒪ ᓄᑕᖅᑲᓄᑦ ᑐᕌᖓᔪᖃᖅᑐᑦ ᐋᖅᑭᒍᓐᓇᖅᑕᑎᑦ ᓄᑕᕋᖁᑎᕕᑦ ᑕᑯᔪᓐᓇᖅᑕᖏᓐᓂᒃ ᑭᒃᑯᓐᓂᒡᓗ ᐅᖃᖃᑎᖃᕈᓐᓇᕐᓂᖓᓂᒃ. ᐅᖃᐅᑎᑦᑎᐊᕐᓗᒍ ᓄᑕᕋᖁᑏᑦ ᑎᑎᕋᕐᕕᒋᔭᖏᑦ ᑕᑯᔭᐅᔪᓐᓇᕐᓂᖏᓐᓂᒃ ᑭᓯᐊᓂ ᐊᑦᑕᕐᓇᙱᑦᑐᓄᑦ
ᐃᓐᓇᕐᓄᑦ ᐱᖃᓐᓇᕆᔭᕐᓄᓪᓗ ᐃᓅᖃᑎᒋᕙᒃᑕᖏᓐᓄᑐᐊᖅ. ᐅᖃᐅᑎᓗᒍ ᖃᐅᔨᑎᑕᐅᔪᒪᓂᕋᕐᓗᑎᑦ ᖃᐅᔨᒪᙱᑕᖓᓂᑦ ᐱᖃᑎᑖᕆᔭᐅᔪᒪᒃᐸᑦ ᐃᑭᐊᖅᑭᕕᒃᑯᑦ.
• ᐅᒃᑯᐃᙶᖃᑎᒋᓗᒍ ᐅᖃᖃᑎᒋᔪᓐᓇᑦᑎᐊᕋᓱᒡᓗᒍ ᐃᖅᑲᖅᑐᐃᓂᖅᑕᖃᙱᓪᓗᓂ.
ᐱᒪᑐᒃᑕᑦ ᓄᑕᕋᖁᑏᑦ ᖃᐅᔨᒪᑎᒋᐊᕐᓗᒍ ᖃᓄᑐᐃᓐᓇᖅ ᐅᖃᖃᑎᖃᕈᓐᓇᕐᓂᖓᓂᒃ, ᐱᖁᔭᐅᙱᑦᑐᒥᒃ ᐱᓕᕆᓯᒪᒐᓗᐊᖅᐸᓪᓘᓐᓃᑦ. ᐅᖃᓪᓚᖃᑎᒋᕙᒡᓗᒍ ᐊᑦᑕᕐᓇᖅᑕᐃᓕᓂᕐᒥᒃ, ᐱᖅᑲᖅᑎᑦᑕᐃᓕᒪᓗᒍ ᓂᙵᐅᑎᑦᑕᐃᓕᓗᒍᓗ ᐅᖃᖅᐸᑦ
ᖃᓄᐃᓕᐅᖃᑎᖃᓚᐅᕐᓂᕋᖅᐸᑦ ᐊᑦᑕᕐᓇᖅᑐᒥᒃ ᐃᑭᐊᖅᑭᕕᒃᑯᑦ. ᐃᓕᖕᓄᑦ ᐅᖃᕈᒪᔪᓐᓃᑐᐃᓐᓇᕆᐊᖃᕐᒪᑦ ᖃᓄᐃᓐᓂᕈᓂ ᖃᖓᑐᐃᓐᓇᖅ.

ᑖᒃᑯᐊ ᐊᑐᖅᐸᒡᓗᒋᑦ ᓄᑕᕋᖅ ᐱᕈᖅᐸᓪᓕᐊᓂᓕᒫᖓᓂ. ᖃᐅᔨᓇᓱᐃᓐᓇᐅᔭᕐᓗᑎᑦ
ᓴᖅᑭᑉᐸᓪᓕᐊᔪᓂᒃ ᐱᓕᕆᔾᔪᑎᓂᒃ ᖃᕋᓴᐅᔭᓕᕆᔾᔪᑎᓂᒡᓗ, ᐅᖃᐅᑏᓐᓇᐅᔭᕐᓗᒋᓪᓗ ᓄᑕᖅᑲᑦ ᐃᑭᐊᖅᑭᕕᒃᑯᑦ ᐊᑦᑕᕐᓇᖅᑐᒧᐊᖅᑕᐃᓕᓂᕐᒥᒃ.

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ᐃᓱᓕᑦᑎᔾᔪᑦ
ᓄᑕᖅᑲᑦ ᐊᒥᓱᑦ ᖁᓄᔪᕐᓂᐊᖅᑕᐅᓯᒪᕗᑦ ᓄᓇᓕᑦᑎᓐᓂ. ᒪᒥᓴᕐᓂᖅ ᖁᓄᔪᕐᓂᐊᖅᑕᐅᓂᑰᓪᓗᓂ ᓄᓇᖅᑲᑎᒌᓂᑦ ᑲᒪᒋᔭᐅᔭᕆᐊᖃᖅᐳᖅ ᐱᓂᕐᓗᒃᑕᐅᑦᑕᐃᓕᓂᕐᓗ. ᓄᑕᖅᑲᑦ ᖁᓄᔪᕐᓂᐊᖅᑕᐅᓂᖏᑦ

ᐊᒃᓱᕈᕐᓇᕋᓗᐊᖅᑎᓪᓗᒍ, ᐅᖃᐅᓯᕆᔭᕆᐊᖃᖅᑕᕗᑦ. ᑖᔅᓱᒥᖓ ᐊᔪᕆᖅᓲᔾᔨᔪᒻᒥᒃ ᐅᖃᓕᒫᕐᓂᖅ ᓯᕗᓪᓕᖅᐹᖑᕗᖅ ᐃᑲᔪᖅᑐᐃᓂᐊᕐᓗᓂ ᓄᑕᕋᖁᑎᖕᓂ ᓴᐳᑎᓯᒪᓂᐊᕐᓗᒋᓪᓗ ᖁᓄᔪᕐᓂᐊᖅᑕᐅᓂᕐᒥᑦ.

ᐃᓅᖃᑎᖃᑦᑎᐊᕐᓂᒃᑯᑦ, ᐅᒃᑯᐃᙶᖃᑎᒌᖕᓂᒃᑯᑦ, ᓄᓇᖅᑲᑎᒌᑦ ᐱᒪᑐᖃᑎᒌᖕᓂᒃᑯᓪᓗ, ᓄᑕᖅᑲᑦ ᐱᕈᖅᐸᓪᓕᐊᓂᖏᓐᓂ ᐊᑦᑕᕐᓇᙱᑦᑐᒦᑎᑦᑐᓐᓇᖅᐸᕗᑦ, ᐃᑲᔪᖅᑐᕐᓗᒋᓪᓗ, ᐊᒻᒪ ᐊᒃᑐᐊᖃᑎᒋᑦᑎᐊᕐᓗᒋᑦ.
ᑕᐃᒪᑐᖅ ᑖᓐᓇ ᐊᔪᕆᖅᓲᔾᔨᔾᔪᑦ ᐃᑲᔪᕐᓂᖃᕐᓕ ᓇᓗᖅᑯᑎᙱᑦᑎᐊᓕᖁᓪᓗᑎᑦ ᐃᑲᔪᖅᑐᐃᓂᕐᒥᒃ ᓄᑕᖅᑲᓂᒃ ᐱᒪᑐᒃᑕᕐᓂᒃ. ᐃᑲᔪᖅᑐᖅᑕᐅᔭᕆᐊᖃᕈᕕᑦ, ᑕᑯᒍᒃ ᑎᑎᕋᖅᓯᒪᔪᖅ “ᐃᑲᔪᕈᓐᓇᖅᑐᑦ” ᐃᒪᓐᓇ ᐃᓚᖓᓃᑦᑐᖅ.

ᐊᑐᒐᒃᓴᑦ
ᑖᒃᑯᐊ ᑎᑎᕋᖅᓯᒪᔪᑦ ᐊᑐᒐᒃᓴᑦ ᐋᖅᑭᒃᓱᖅᓯᒪᕗᑦ ᐱᔾᔪᑎᖏᑎᒍᑦ, ᐃᓚᒋᔭᐅᓪᓗᓂ ᐃᑲᔪᖅᑐᐃᓂᖅ ᐃᓄᖕᓂᒃ ᐱᓂᕐᓗᒃᑕᐅᓯᒪᔪᓂᒃ, ᐃᓕᓐᓂᐊᕈᑎᒃᓴᓪᓗ, ᐊᒻᒪ ᒪᒥᓴᕐᓂᕐᒥᒃ ᐊᔪᕆᖅᓱᐃᔪᑦ.

ᐃᑲᔪᖅᑐᐃᔪᑦ ᐱᓂᕐᓗᒃᑕᐅᓯᒪᔪᓂᒃ
ᐅᖃᕐᕕᒋᓗᒋᑦ ᓇᓕᐊᑐᐃᓐᓇᖅ ᐃᑲᔪᖅᑐᐃᕙᒃᑐᑦ ᐱᔨᑦᑎᕋᖅᑏᑦ
ᐱᓂᕐᓗᒃᑕᐅᓯᒪᒍᕕᑦ ᖃᐅᔨᒪᔭᕐᓂᒡᓘᓐᓃᑦ ᐱᓂᕐᓗᒃᑕᐅᓯᒪᔪᖃᖅᐸᑦ.
• ᐃᓱᒪᓕᕆᔨ ᐊᒻᒪ ᐅᕝᕙᓘᓐᓃᑦ ᐃᓄᓕᕆᔨᑦ ᓄᓇᓕᔅᓯᓐᓂ
• ᐃᓕᓐᓂᐊᕐᕕᖕᒥ ᐃᓅᓯᓕᕆᔨ
• ᖃᓄᐃᙱᑦᑎᐊᕐᓂᕐᒧᑦ ᐅᐸᒡᕕᑦ:
• ᕿᑎᕐᒥᐅᑦ − ᑎᑎᕋᕐᕕᒃ ᖃᓄᐃᙱᑦᑎᐊᖅᑐᒥᒃ ᐃᓅᓯᖃᕐᓂᖅ: (867) 983-4670
• ᑭᕙᓪᓕᖅ − ᐳᓛᕐᕕᒃ ᑲᑉᓗ ᑲᑎᕝᕕᐅᖃᑦᑕᕈᓐᓇᖅᑐᖅ: (867) 645-2600
• ᕿᑭᖅᑕᓂ − ᐃᓕᓴᖅᓯᕕᒃ: (867) 924-6565
• ᐃᖃᓗᐃᑦ − ᑐᑭᓯᒋᐊᕐᕕᒃ: (867) 979-2400
• ᑲᒪᑦᓯᐊᖅᑐᑦ ᓄᓇᕗᒻᒥ ᐃᑲᔪᖅᑎᑦ: (867) 979-3333 or 1-800-265-3333
(toll free)

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• ᒪᒥᓴᕐᓂᖅ ᐅᖃᓪᓚᖕᓂᒃᑯᑦ: ᐅᖄᓚᐅᑦ 1-888-648-0070 ᐃᕐᖐᓐᓈᖅᑕᐅᑎᒃᑯᑦ
healing@gov.nu.ca
• [ᓄᑕᖅᑲᓄᑦ ᐃᑲᔪᖅᑕᐅᓇᓱᒡᕕᐅᑉ ᐅᖄᓚᐅᑖ]: ᐅᖄᓚᐅᑦ 1-800-668-6868,
ᑎᑎᕋᕐᓗᑎᑦ CONNECT to 686868, ᐅᕝᕙᓘᓐᓃᑦ ᐃᑭᐊᖅᑭᕕᒃᑯᑦ ᑎᑎᕋᕐᕕᒋᓗᒋᑦ www.kidshelpphone.ca
• [ᐃᓱᒫᓗᒃᑐᓄᑦ ᐃᑲᔪᕋᓱᐊᖅᑏᑦ ᑲᓇᑕᒥ]: ᐅᖄᓚᐅᑦ ᑎᑎᕋᕐᕕᒋᓗᒋᓪᓘᓐᓃᑦ
1-833-456-4566 ᐅᕝᕙᓘᓐᓃᑦ ᐃᑭᐊᖅᑭᕕᒃᑯᑦ ᑎᑎᕋᕐᕕᒋᓗᒋᑦ www. crisisservicescanada.ca

• ᓄᑕᖅᑲᓄᑦ ᒪᒃᑯᒃᑐᓄᓪᓗ ᑭᒡᒐᖅᑐᐃᔨᐅᑉ: ᐅᖄᓚᐅᑦ 1-855-449-8118, ᐅᐸᒡᓗᒍ
rcynu.ca, ᐅᕝᕙᓘᓐᓃᑦ ᐃᑭᐊᖅᑭᕕᒃᑯᑦ ᑎᑎᕋᕐᕕᒋᓗᒋᑦ contact@rcynu.ca

ᐃᓕᓐᓂᐊᕈᑎᓄᑦ ᐊᑐᒐᒃᓴᑦ
ᑖᒃᑯᐊ ᐊᑐᒐᒃᓴᑦ ᐊᑐᕐᓗᒋᑦ ᖃᐅᔨᓇᓱᒡᓗᒋᑦ ᐃᓕᓐᓂᐊᖅᑎᓪᓗᒋᓪᓗ
ᓄᑕᖅᑲ ᐱᔾᔪᑎᖃᖅᑐᑦ ᓄᓕᐊᕐᓂᕐᒥᒃ, ᐊᖏᕐᓂᕐᒥᒃ, ᐊᑦᑕᕐᓇᖅᑕᐃᓕᓂᕐᒥᒃ, ᖃᓄᐃᙱᑦᑎᐊᖅᑐᒥᒃ ᐃᓅᖃᑎᖃᕐᓂᕐᒥᒃ, ᐊᓯᖏᓐᓂᒡᓗ
• ᐃᔨᕋᖅᑑᑎᒐ ᐅᖁᒪᐃᑦᑐᖅ: ᔭᐃᑰᑉ ᐋᑕᒥᐅᓪᓗ ᐅᓂᒃᑳᖏᑦ
ᐅᓇ ᐊᔾᔨᙳᐊᓕᒃ ᐅᖃᓕᒫᒐᖅ ᓄᑕᕋᖅᓯᐅᑦ
ᐅᑭᐅᓕᖕᓄᑦ 10ᓂᒃ ᑐᖔᓂᒡᓗ ᐅᓂᑲᐅᓯᓕᒃ
ᓄᑲᕇᖕᓂᒃ ᖁᓄᔪᕐᓂᐊᖅᑕᐅᔪᕕᓂᕐᒥᒃ.
ᐃᑲᔪᖅᑐᐃᓂᕐᒥᒃ ᐅᖃᐅᓯᓕᒃ ᐅᖃᓕᒫᒐᐅᑉ
ᐃᓱᐊᓂ ᐊᔪᕆᖅᓲᔾᔨᔪᖅ ᐊᖓᔪᖅᑳᕆᔭᐅᔪᓂᒃ,
ᐱᒪᑐᒃᑎᓂᒃ, ᐃᓕᓴᐃᔨᓂᒡᓗ
ᐅᖃᓪᓚᖃᑎᖃᕐᓂᒃᑯᑦ ᓄᑕᕋᖁᑎᒥᖕᓂᒃ
ᐅᖃᓕᒫᕌᓂᒃᑯᑎᒃ ᑖᔅᓱᒥᖓ ᐅᖃᓕᒫᒐᕐᒥᒃ.
• ᐃᔨᕋᖅᑑᑎᒐ ᐅᖁᒪᐃᑦᑐᖅ: ᓕᓯᐅᑉ
ᐅᓂᒃᑳᖏᑦ
ᐅᓇ ᐊᔾᔨᙳᐊᓕᒃ ᐅᖃᓕᒫᒐᖅ
ᓄᑕᕋᖅᓯᐅᑦ ᐅᑭᐅᓕᖕᓄᑦ 10ᓂᒃ
ᑐᖔᓂᒡᓗ ᐅᓂᑲᐅᓯᓕᖕᒥᒃ ᓂᕕᐊᖅᓵᒥᒃ
ᖁᓄᔪᕐᓂᐊᖅᑕᐅᔪᕕᓂᕐᒥᒃ. ᐃᑲᔪᖅᑐᐃᓂᕐᒥᒃ
ᐅᖃᐅᓯᓕᒃ ᐅᖃᓕᒫᒐᐅᑉ ᐃᓱᐊᓂ
ᐊᔪᕆᖅᓲᔾᔨᔪᖅ ᐊᖓᔪᖅᑳᕆᔭᐅᔪᓂᒃ,
ᐱᒪᑐᒃᑎᓂᒃ, ᐃᓕᓴᐃᔨᓂᒡᓗ
ᐅᖃᓪᓚᖃᑎᖃᕐᓂᒃᑯᑦ ᓄᑕᕋᖁᑎᒥᖕᓂᒃ
ᐅᖃᓕᒫᕌᓂᒃᑯᑎᒃ ᑖᔅᓱᒥᖓ ᐅᖃᓕᒫᒐᕐᒥᒃ.

• ᐅᖃᐅᓯᕆᑦᑕᐃᓕᒪᔭᕋ: ᖃᓄᖅ ᐱᔭᕆᐊᖃᖅᐱᑦ

ᐊᑦᑕᕐᓇᖅᑐᒦᖅᑰᔨᒍᕕᑦ
ᑖᓐᓇ ᑕᕐᕆᔮᒃᓴᖅ ᑕᑯᑎᑦᑎᔪᖅ ᐅᖃᓕᒫᒐᕐᓂᑦ ᐅᖁᒪᐃᑦᑐᖅ ᑲᙳᒋᔭᕋᒦᑦᑐᖕᓂᒃ ᐃᓕᓐᓂᐊᖅᑎᑦᑎᓪᓗᓂ ᓄᑕᖅᑲᓂᒃ ᖁᓄᔪᕐᓂᐊᖅᑕᐅᓂᕐᒥᒃ ᐅᖃᓪᓚᖃᑎᖃᕐᓂᕐᒥᒡᓗ ᐊᑦᑕᕐᓇᙱᑦᑐᒧᑦ ᐃᓐᓇᕐᒧᑦ.
• ᐅᖃᐅᓯᕆᑦᑕᐃᓕᒪᔭᕋ: ᖃᓄᐃᒃᑲᔭᖅᐸ ᐅᖃᐅᔾᔨᓚᐅᖅᑎᓪᓗᑎᑦ
ᐃᓕᕋᓇᖖᒋᑦᑐᒥᒃ ᐃᓐᓇᕐᒥᒃ
ᑖᓐᓇ ᑕᕐᕆᔮᒃᓴᖅ ᑕᑯᑎᑦᑎᔪᖅ ᐅᖃᓕᒫᒐᕐᓂᑦ ᐅᖁᒪᐃᑦᑐᖅ ᑲᙳᒋᔭᕋᒦᑦᑐᖕᓂᒃ ᐃᓕᓐᓂᐊᖅᑎᑦᑎᓪᓗᓂ ᓄᑕᖅᑲᓂᒃ ᖃᓄᐃᑦᑕᕆᐊᖃᕆᐊᒃᓴᖅ ᐅᖃᖅᓯᒪᓕᕈᑎᒃ ᐱᓂᕐᓗᒃᑕᐅᓂᕐᒥᖕᓂᒃ

ᐊᑦᑕᕐᓇᙱᑦᑐᒧᑦ ᐃᓐᓇᕐᒧᑦ, ᓲᕐᓗ ᓘᒃᑖᒧᑦ ᖃᐅᔨᓴᖅᑕᐅᓂᕐᒥᒃ, ᐸᓖᓯᒃᑯᑦ ᑭᒡᓕᓯᓂᐊᕐᓂᖃᖅᑎᓪᓗᒋᑦ, ᐊᒻᒪ ᐃᖅᑲᖅᑐᐃᔨᐅᑉ ᕿᒥᕐᕈᒃᑲᓐᓂᕐᓂᖓᓂᒃ ᑕᒪᑐᒥᖓ.
• ᓇᖕᒥᓂᖅ ᐃᒃᐱᒋᑦᑎᐊᖅᑐᖓ

ᓴᓇᔭᐅᔪᖅ ᓄᓇᕗᑦ ᐋᓐᓂᐊᖃᕐᓇᙱᑦᑐᓕᕆᔨᒃᑯᓐᓂᑦ, www.irespectmyself.ca/iu ᐃᑭᐊᖅᑭᕕᒃᑰᕈᑎᖓᑦ
ᐃᓕᓐᓂᐊᖅᑎᑦᑎᔾᔪᑎᑕᖃᖅᖢᓂ, ᑕᑯᖅᑯᔭᒃᓴᓂᒡᓗ, ᐊᒻᒪ
ᑐᓴᒐᒃᓴᖏᑦ ᐃᓕᓴᐃᔨᐅᑉ ᖃᓄᖅ ᐃᓕᓐᓂᐊᖅᑎᑦᑎᔭᕆᐊᖃᕆᐊᒃᓴᖅ ᖃᓄᐃᙱᑦᑎᐊᖅᑐᒥᒃ ᐃᓅᖃᑎᖃᕐᓂᕐᒥᒃ, ᐊᖏᕐᓂᕐᒥᒃ, ᓄᓕᐊᕐᓂᕐᒥᒡᓗ.
• ᐊᑦᑕᕐᓇᖅᑕᐃᓕᒪᓂᖅ!
ᑖᓐᓇ Canadian Red Cross−ᑯᑦ ᐊᑦᑕᕐᓇᖅᑕᐃᓕᒪᓂᕐᒥᒃ ᐃᓕᓐᓂᐊᖅᑎᑦᑎᔾᔪᑎᖓ ᐅᑭᖃᖅᑐᓄᑦ 5ᒥᑦ 9ᒧᑦ. ᐃᓚᓕᐅᔾᔨᓯᒪᔪᑦ ᐃᓕᓐᓂᐊᕈᑎᓄᑦ ᐊᑐᒐᒃᓴᓂᒃ ᓄᑕᖅᑲᓄᑦ ᐊᑦᑕᕐᓇᔾᔭᐃᒃᑯᑎᖏᓐᓂᒃ
ᐊᒻᒪ ᖁᓄᔪᕐᓂᐊᖅᑕᐅᑦᑕᐃᓕᓂᕐᒥᒃ. ᐊᑦᑕᕐᓇᖅᑕᐃᓕᒪᓂᖅ! ᑲᑎᖅᓱᒐᖅ ᐊᑐᐃᓐᓇᐅᔪᖅ ᑕᒪᐃᓐᓂ ᓄᓇᕗᒻᒥ ᐃᓕᓐᓂᐊᕐᕕᖏᓐᓂ ᒥᑭᓐᓂᖅᓴᓄᑦ.

• ᑲᓇᑕᒥ ᐱᓕᕆᕝᕕ ᓄᑕᖅᑲᓂᒃ ᐊᑦᑕᕐᓇᖅᑐᒦᓕᖅᑎᑦᑕᐃᓕᒪᓂᖅ
ᑖᓐᓇ ᐱᓕᕆᕝᕕᒃ ᐃᓕᓐᓂᐊᕈᑎᑕᓕᒃ, ᐱᔨᑦᑎᕋᕐᕕᑦ, ᐊᒻᒪ ᐊᑐᒐᒃᓴᓕᒃ
ᑲᓇᑕᒥᐅᓂᒃ ᐃᓚᔮᕇᓄᑦ, ᐃᓕᓴᐃᔨᓄᑦ, ᓄᑕᕋᓕᕆᔨᑦ ᑎᒥᖁᑎᖏᓐᓄᑦ,
ᐸᓖᓯᒃᑯᓐᓄᑦ ᐊᓯᖏᓐᓄᓪᓗ. ᐱᔭᒃᓴᓕᒃ ᑖᓐᓇ ᖁᓄᔪᕐᓂᐊᖅᑕᐅᓂᕐᒥᒃ ᖃᔅᓰᓐᓇᕈᖅᑎᑦᑎᓂᕐᒥᒃ ᓄᑕᖅᑲᓂᒡᓗ ᓯᓚᐃᕐᕆᒃᓯᓇᓱᖕᓂᕐᒥᒃ, ᕿᓂᕐᓂᕐᒥᒃ
ᐊᓯᐅᔨᔭᐅᓯᒪᔪᓂᒃ ᓄᑕᖅᑲᓂᒃ, ᓄᑕᖅᑲᓂᒃ ᐱᓂᕐᓗᐃᑎᑦᑎᑦᑕᐃᓕᒪᓂᕐᒥᒃ.
ᑕᑯᒋᐊᕈᒃ protectchildren.ca ᑐᑭᓯᒋᐊᒃᑲᓐᓂᕈᒪᒍᕕᑦ.

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A Guide for Parents, Caregivers, and Educators

ᐃᑲᔫᑎᑦ ᐊᑦᑕᕐᓇᖅᑐᒧᐊᖅᑕᐃᓕᓂᕐᒥᒃ ᐃᑭᐊᖅᑭᕕᒃᑯᑦ ᐊᑐᕐᓗᒋ ᐊᑐᒐᒃᓴᑦ ᐊᑖᓃᑦᑐᑦ ᐃᓕᑦᑎᔪᒪᒍᕕᑦ ᐃᓕᓐᓂᐊᖅᑎᑦᑎᓗᑎᓪᓗ ᓄᑕᖅᑲᓂᒃ ᐊᑦᑕᕐᓇᖅᑐᒧᐊᖅᑕᐃᓕᓂᕐᒥᒃ ᐃᑭᐊᖅᑭᕕᒃᑯᑦ • ᖁᕕᐊᓱᒃᑐᖓ ᐊᑦᑕᕐᓇᖅᑐᒦᙱᓐᓇᒪ], ᐸᐅᒃᑑᑎᑦ ᐃᓄᐃᑦ ᐊᕐᓇᐃᑦ ᑲᓇᑕᒥ

ᑖᒃᑯᐊ ᔪᑑᑉᑯᑦ ᑕᕐᕆᔮᒃᓴᑦ ᑕᑯᑎᑦᑎᔪᖅ ᑕᕐᕆᔮᒃᓴᓂᒃ ᖃᓪᓗᓈᑎᑐᑦ ᐃᓄᒃᑐᓪᓗ ᐊᑦᑕᕐᓇᖅᑐᒧᐊᖅᑕᐃᓕᓂᕐᒥᒃ ᐃᑭᐊᖅᑭᕕᒃᑯᑦ ᐊᖓᔪᖅᑳᕆᔭᐅᔪᓄᑦ ᐱᒪᑐᒃᑎᓄᓪᓗ ᒪᒃᑯᒃᑐᓄᓪᓗ ᐅᑭᐅᓕᖕᓄᑦ ᐊᔾᔨᒌᙱᑦᑐᓄᑦ. ᐅᕙᙵᑦ ᐱᔪᓐᓇᖅᑕᑦ: youtube.com/playlist?list=PLDfdlBuY3qeklH_0ZFFi0cShszj5DxUj5
• ᖃᕋᓴᐅᔭᒃᑯᑦ ᐊᑦᑕᓇᖅᑐᒦᑦᑕᐃᓕᓂᖅ ᓱᕈᓯᕐᓄᑦ
ᑖᒃᑯᐊ ᐅᖃᓕᒫᒐᕋᓛᑦ, ᓴᖅᑭᑕᐅᓯᒪᔪᑦ ᐃᓴᒃᓯᒪᒋᑦ ᐃᓅᓯᕐᒥ ᑲᑐᔾᔨᖃᑎᒌᒃᑯᓐᓄᑦ, ᐅᖃᐅᔾᔨᒋᐊᖅᐳᑦ ᓄᑕᖅᑲᓂᒃ ᐊᑦᑕᕐᓈᕿᑎᑦᑎᑦᑕᐃᓕᒪᔾᔪᑕᐅᓪᓗᑎᒃ ᐊᕐᕌᒍᓕᖕᓄᑦ 17ᒧᑦ ᐃᑭᐊᖅᑭᕕᒃᑰᑦᑎᐊᖁᓪᓗᒋᑦ.
ᐅᕙᙵᑦ ᐱᔪᓐᓇᖅᑕᑦ: https://inuusiq.com/resource/youth-online-safety-booklets/

ᐃᑲᔪᖅᑐᐃᔨᑦ ᒪᒥᓴᕐᓂᕐᒧᑦ
ᑖᓐᓇ ᐃᑲᔪᖅᑐᐃᔪᖅ ᐱᓂᕐᓗᒃᑕᐅᓯᒪᔪᓄᑦ ᐃᓚᖏᓐᓄᓪᓗ ᐊᑦᑕᕐᓇᖅᑐᒦᙱᑦᑑᒐᓗᐊᑦ ᑭᓯᐊᓂ

ᒪᒥᓴᕐᓂᖃᕈᒪᔪᓄᑦ ᓄᑕᕋᐅᓪᓗᑎᒃ ᖁᓄᔪᕐᓂᐊᖅᑕᐅᔪᕕᓂᐅᓂᕐᒥᒃ. • ᐃᓱᒪᔪᓐᓇᑦᑎᐊᕐᓂᖅ
ᐃᓱᒪᔪᓐᓇᑦᑎᐊᕐᓂᖅ ᖃᕋᓴᐅᔭᓕᕆᔾᔪᑦ ᓈᒻᒪᒃᑎᖅᓯᒪᔪᖅ ᐃᓄᐃᑦ ᐱᖅᑯᓯᖏᓐᓄᑦ, ᑕᒪᐃᓐᓅᖓᔪᖅ, ᐱᔭᐅᔪᓐᓇᖅᑐᖅ ᖃᕋᓴᐅᔭᒃᑯᑦ ᐃᑲᔪᖅᑐᐃᓪᓗᓂ ᐃᓴᒪᒃᑯᑦ ᖃᓄᐃᙱᑦᑎᐊᕐᓂᕐᒧᑦ ᓄᓇᕗᒻᒥᐅᓄᑦ. ᐊᑎᖅᑖᖅᑎᑕᐅᓯᒪᔪᖅ ᐃᓄᒃᑎᑐᑦ ᐃᓱᒪᔪᓐᓇᑦᑎᐊᕐᓂᕐᒥᒃ ᐊᑦᑕᕐᓇᙱᑦᑐᒃᑯᑦ ᐃᑲᔪᖅᑐᐃᓂᕐᒥᒃ ᐊᑐᒐᒃᓴᖃᖅᑐᖅ ᑭᒃᑯᑐᐃᓐᓇᕐᓄᑦ ᐊᒃᓱᕈᕐᓇᖅᑐᒦᒃᑯᓂ ᐊᒃᓱᕈᓗᐊᕐᓂᑰᒍᓂᓗ. ᐃᓕᓴᖅᓯᓂᖅ ᐊᒃᑯᓱᕈᕐᓂᐅᕙᒃᑐᑦ ᓄᓇᓕᖕᓂ ᐊᑐᖅᑕᐅᕙᒃᑐ ᐃᑲᔪᖅᑕᐅᔪᓐᓇᙱᓐᓂᕐᒧᑦ ᑎᒥᒃᑯᑦ ᐃᓱᒪᒃᑯᓪᓗ ᐱᓇᐃᓗᑕᖃᖅᑐᓄᑦ

ᐃᓱᒪᓕᕆᔨᑎᒍᑦ, ᖃᕋᓴᐅᔭᓕᕆᔾᔪᑎ ᒫᓐᓇᒨᓕᖓᓪᓗᓂ, ᓄᓇᕗᒻᒥᐅᓄᑦ ᑐᕌᖓᔪᖅ ᑕᒪᐃᓐᓂᒃ ᐃᓄᐃᑦ ᖃᐅᔨᒪᔭᑐᖃᖏᓐᓂᒃ ᖃᕋᓴᐅᔭᒃᑯᓪᓗ ᐊᑐᕈᓐᓇᕐᓂᕐᒥᒃ.

• ᐅᒥᖕᒪᒃ ᐱᓕᕆᕕᒃ
ᐅᒥᖕᒪᒃ ᐱᓕᕆᕕᒃ ᓄᓇᕗᒻᒥᐅᓅᖓᔪᖅ ᓄᑕᖅᑲᓄᑦ ᒪᒃᑯᒃᑐᓄᓪᓗ ᐃᑲᔪᖅᓯᕐᓂᕐᒥᒃ

ᐋᖅᑭᒃᑕᐅᓚᐅᖅᑐᖅ ᓄᑕᖅᑲᓂᒃ, ᒪᒃᑯᒃᑐᓂᒃ ᐃᓚᔮᕇᓂᒡᓗ ᐊᒃᑐᖅᑕᐅᓯᒪᔪᓂᒃ ᐱᓂᕐᓗᒃᑕᐅᓂᕐᒧᑦ. ᑐᙵᕕᖃᖅᑐᖅ ᐃᓄᐃᑦ ᐊᓐᓂᕆᔭᖏᓐᓂᒃ ᓄᓇᖅᑲᑎᒌᓪᓗ ᐃᑲᔪᖃᑎᒌᖕᓂᖏᓐᓂᒃ, ᐅᒥᖕᒪᒃ ᐱᓕᕆᕝᕕᒃ ᑲᑎᑎᑦᑎᖃᑦᑕᖅᑐᖅ ᐃᓄᖕᓂᒃ ᐱᔨᑦᑎᕋᖅᑎᓂᒡᓗ ᐅᖓᓗᔭᐅᓯᒪᓂᕐᒥᒃ − ᓲᕐᓗ ᐅᒥᖕᒪᒃᑎᑐᑦ ᐅᖓᓕᓯᕙᖕᒪᑕ ᐱᐊᕋᕐᒥᓂᒃ ᓴᐳᔾᔨᓇᓱᒃᖢᑎᒃ.
ᐅᕙᙵᑦ ᐱᔪᓐᓇᖅᑕᑦ: https://umingmakcentre.ca/

• ᐅᓇᑕᖅᑎᕋᓛᑦ
ᑖᓐᓇ ᑎᒥ ᒪᒥᓴᐃᓂᖃᖅᐸᒃᑐᖅ ᐱᓂᕐᓗᒃᑕᐅᓯᒪᔪᓂᒃ ᓄᑕᕋᐅᓪᓗᑎᒃ ᖁᓄᔪᕐᓂᐊᖅᑕᐅᓚᐅᖅᓯᒪᔪᓂᒃ ᐊᖓᔪᖅᑳᖏᓐᓂᒃ ᐱᒪᑐᒃᑎᖏᓐᓂᒡᓗ, ᐃᓕᓐᓂᐊᖅᑎᑦᑎᔪᓐᓇᕐᒥᔪᑦ ᐊᖓᔪᖅᑳᕆᔭᐅᔪᓂᒃ, ᐱᒪᑐᒃᑎᓂᒃ, ᐃᓕᓴᐃᔨᓂᒡᓗ.
ᐅᕙᙵᑦ ᐱᔪᓐᓇᖅᑕᑦ: http://littlewarriors.ca/
• ᐃᓯᖅᑕᕐᕕᒃ
ᑖᓐᓇ ᑎᒥ ᒪᒥᓴᐃᓂᖃᖅᐸᒃᑐᖅ ᐱᓂᕐᓗᒃᑕᐅᓯᒪᔪᓂᒃ ᓄᑕᕋᐅᓪᓗᑎᒃ
ᖁᓄᔪᕐᓂᐊᖅᑕᐅᓚᐅᖅᓯᒪᔪᓂᒃ ᐱᖃᑎᖏᓐᓂᒡᓗ

ᐅᕙᙵᑦ ᐱᔪᓐᓇᖅᑕᑦ: https://thegatehouse.org/

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Inuit Uqausinginnik Taiguusiliuqtiit
ᐃᓄᐃᑦ ᐅᖃᐅᓯᖏᓐᓂᒃ ᑕᐃᒎᓯᓕᐅᖅᑏᑦ

ᐅᑯᐊ ᑎᑎᕋᖅᓯᒪᔪᑦ ᒪᓕᒃᐳᑦ ᐊᔪᕆᖅᓲᔾᔨᔾᔪᑎᓂᒃ ᐃᓄᒃᑐᑦ ᑎᑎᕋᕐᓗᓂ ᐊᑐᕆᐊᓖᑦ, ᓯᕗᓪᓕᖅᐹᖏᑦ ᓴᖅᑭᑎᑕᐅᓂᖏᑕ ᐊᑐᖅᐳᓪᓗ ᐅᖃᐅᓯᕐᓂᒃ ᐃᓕᓴᕆᔭᐅᓯᒪᔪᓂᒃ ᐃᓄᐃᑦ ᐅᖃᐅᓯᖏᓐᓂᒃ ᑕᐃᒎᓯᓕᐅᖅᑎᒃᑯᓐᓂᑦ. ᑐᑭᓯᒋᐊᑭᒪᒍᕕᑦ, ᐅᕙᙵ ᑕᑯᒋᐊᕈᓐᓇᖅᐳᑎᑦ https://www.taiguusiliuqtiit.ca/.

This text adheres to the *Inuktut Spelling Standards*, First Edition and terminology developed and approved by Inuit Uqausinginnik Taiguusiliuqtiit. For more information, visit https://www.taiguusiliuqtiit.ca/.

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