

# SIGAAQTLUK: NUTARAQ



## SUKAYUQ TUTQAANAITUQ

- Sigaaqtluk, atiq weed, bud, ujarak, marijuana, annirnaiyautit isaktuag isuma, timi isumalu.
- Nutarat kiilu isaktuag nangiarnaqtuq taamna sigaaqtluk timilu qaritaqlu angiyut suli.
- Nutarat atugaa sigaaqtluk, kiilu annairguvit isaktuaglu sigaaqtluk atdjigijiktuk ilisaqtuag isaktuaglu taimaunga inuusiq.
- Suuq nutarat atugaa sigaaqtluk:
  - Uuktugaalu tirlimanniktuaglu
  - Nirupsaarsimayuaqlu quvaisuktugutlu
  - Kamagiyuatlu immana tapqua ilannaqlu
  - Paluktainaq isumaaluktuaglu tuqupsisuktuaglu
  - Ikayuqtuat sinikmun
- Taamna tutqaanaittuq Canada pitqyaqtuag sigaaqtluk ilitaq

inuuniarvik surraituq tapqua uqqituaqlu nakuruallaktuaq pitqyaq. Aglaan, tapqua pitqyaq annairguvit. Taamna taan'ngaq, ilisimayiliqtugaa pitqyaqlu suuq taamna sigaaqtluk uumayuaq ukiuq.

## SIVIKITTUQ ANNIRNAQTUAG

- Inukittut inuum taamna sigaaqtluk ikayuqtuat tutqaanaittuq, aglaan sigaaqtluk taimungamun isumayuaq, tutqaanaittuq ilisarvikmi, ilaksaqtuaqlu isaktuag sukayuaqlu.
- Atugaa sigaaqtluk ubluq tamaan asiin taimungamun ilisaqtuag ilisaqtuqlu itqaqtuaqlu sivituyumiklu.
- Annirnaqtuag taamna sigaaqtluk allayuaq. Ikayuqtuag inukittut inuum nirupsaarsimayuaq, tuqupsisuktuag, annualaktuaq, iksisaktuag, tapqua atugaa surautat piksagaa inugiaktut tetrahydrocannabinol (THC).

## SIVITUYUMIK ANNIRNAQTUAG

- Sigaaqtluk isaktuag tapqua sigaaqtun. Sigaaqtluk annaiqtuq puvatin, aniqsaaqtuaqlu quiqtuqtuatlu nutqaqnaituq.
- Atugaa sigaaqtluk ubluq tamaan asiin taimungamun pisuktuag sigaaqtlukmun.
- Nutqiuqtuag sigaaq, suksauniqtuag maqaiqtuag pimaga mikliyuaglu nutqiuqtuag sigaaqtluk, uruluuyuaq, tuqupsisuktuaglu, allayuaq niriyaqlu sinnarlaktuaqlu.

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## ALLAUYUAT ISAKTUAQ SIGAAQTLUK ATUGAA

- Sigaaqtluk takunaqtuq timilu surraituq taamna lu isuma piuyat silami.
- Sigaaqtluk akituyuuq! Tamaita allauyuaq surautat niuvigaa taamna manikmun.
- Niuvigaa tapqua inuum tuniyaa asiin annairguvit taamna sigaaqtluk salumaittuq uquktuq, itqinaituqlu tuqunaq nangiarnaqtuq annirnaiyautit.
- Inugiaktut atugaa sigaaqtluk pisuknaiktut ilisimayaa katitait surautatlu atuatchikun, annirnaqtuq ilatkamun ilannatlu.
- Atdjigiiktuk taan'ngaqmun, savaak pilaittuq savak atugaa sigaaqtluk tatapsagaa, savaak taimaaqtuq, ila annaiqtuqlu.



## ISUMA SURRAITUQ

- Inuum atugaa sigaaqtluk nirupsaarsimayuaq maqaigaa ikpingnaqtuq, inugiaktut atugaa taamna sigaaqtluk nutaraq ukiuqmun inukittut annairguvit isuma surraituq.
- Inugiaktut sigaaqtluk atugaa angiyuq annairguvit isaktuauqlu isuma surraituq ilisaqtuq anniarun. Taamna annairguvit inugiaktut tapqua inuum:
  - ilatin atuatchikun inuusi q isuma anniarun
  - tapqua inugiaktut atugaa surautat piksagaa inugiaktut THC
  - isaktuauq atugaa ukiuq (sivuani akimiaq atausiq ukiuq)
  - sivulliq annaiqtuq illisaktuat
- Annaiqtuq sigaaqtluk atugaalu atdjigiiktuk inuum isumasurraituqlu tuqupsisuktuaqlu sivunniurutit tapqua illisaktuat tadjvaina q.



## AQUTIUUVIT SIGAAQTUTIN

- Sigaaqtluk tutqaanaittuq kukangayuklu isaktuauq sakuittuqlu. Nangiarnaqtuq aquti aksaligaq, sikiituq, umiaqlu sigaaqtlukvit.
- Uqalautiit utaqqi yaa mikliyuaqmiq 4-6 ikaarniq sivuani aqutiuvit kinguvatigun aniqsaaqtuq sigaaqtluk, iluaqtuq itqaqtuaqlu taamna sigaaqtluk atugaa, qapsitlu, taamna allauyuaq inuumlu tamaita agliligaa qangma. Annirvit, aqutinaq.
- Aqutiuvit sigaaqtutin malrungnik kiilu nangiarnaqtuq, annaiqtuqlu tuqunaiktuklu, ilannaqlu ilatkalu.
- Pitquyaaq aquti sigaaqtluk Canadami. Napittuq aqutivit sigaaqtluktuq taa'nnaqlu, asiin tapqua pitquyaa:
  - Akisutilaaraa pitquyaa
  - Aquti makpiraaq maqaigaa



## MIKLIYUAA ANNAIRGUVIT – ANNAIQTUQ MIKLIYUAA ISUMAYUAA

- Nakuruallaktuq utaqqi yaa atugaa sigaaqtluk inuunnaq tallimat ukiuq taamna qaritaq isaktuauqlu.
- Ilaanni sanasuillutik akunrani atugaavit sigaaqtluk taimungamun asiin ubluq tamaan. Atugaa atausiqmik sanasuillutik akunrani asiin mikiyumiqlu.
- Miklilutin atugaa sigaaqtluk ilisarvikmun ikayuqniaktuq tutqaanaittuq isumayuatin.
- Ilaksaqtuq surautat inukittut mikiyumiq THC taamna 15% mikiyuvialuk. Inugiaktut THC surautat tapqua sigaaqtluk, ingattaviktuaq taamna timimun isuma surraituq.

- Sigaaq inukittut surraituq atugaa taamna sigaaqtluk. Tapqua niqi-sigaaqlut inukittut uqqituq ilaksaqtuq, aglaan itqaqlutin mikiyuqmiq niqi-sigaaqlut sangivialuklu kiilu sivituyumik annirnaqtuq sigaaqmun.
- Aktugnagit taamna sigaaqtluk allauyuat annirnaiyautit. Atautchikun sigaaqtluk allauyuat naluyuu annirnaqtuq tadjvaina q tuquniaktuak:
  - Atugaa sigaaqtluk taan'ngaqlu angiyuq annirnaqtuq iluqatik annirnaiyautit annairguvit tuquniaktuak
  - Atugaavit sigaaq taamna sigaaqtluk angiyuq annairguvit kappianaqtuq nangiarnaqtuq surautat, sivunniurutit atugaa taamna piliunmik
  - Atugaavit sigaaqtluk allauyuat naluyuu annirnaqtuq asiin tadjvaina q tuquniaktuak
- Sivunniurutit ilitaq iimun asiin nayugaa ilannaq katitait atugaa sigaaqtluk. Aksaligaqmun sigaaqtluktuq aquti annairguvit tamaita ilitaq.
- Ilitaqvik ilaksaqvik atugaa sigaaqtluk inuumlu? Ilaksaqtuq sigaaqtluk tapqua inuum tutqaanaittuq iglumunlu ilitaq.
- Maqaiglutin qaitaa sigaaqtluk surautat mikliyuaq annairguvit siagait anniaruut.
- Ilitaq taamna sigaaqtluk surautat. Taamna sigaaqtluk maqaiglutin nutaraqmun pamiqsaaqlu.



## PIKSAGAA IKAYUQTUAA

Ikayuqtuq, uqaqlutin ilakkamunlu munarilu, ilisautdji, munaksi, tutqaanaittuq innaq.



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PAUKTUUTIT  
INUIT WOMEN OF CANADA

*There's More to This Than Cannabis*

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Makpiraaqmun  
ilisimayuaq apiqsilutin  
[info@pauktuutit.ca](mailto:info@pauktuutit.ca)  
August, 2021mi

