ᓱᕋᓇᖅᑐᖅ 101

ᓱᕋᓇᖅᑐᖅ

ᓱᕋᓇᖅᑐᖅ ᐅᖃᐅᓯᖅᑕᖓ ᐊᑐᖅᑕᐅᓪᓗᐋᑕᓱᖑᒻᒪᑦ ᐅᖃᐅᓯᕆᔭᐅᑎᓪᓗᒋᑦ ᖃᓄᐃᑦᑐᕋᔭᐅᖃᑎᒋᑦ ᐱᕈᓯᐋᑦ ᒪᑯᓇᓃᑦᑐᑦ ᓱᕋᓇᖅᑐᕋᔭᐅᖃᑎᑏᓂ ᐃᓚᒌᓂ ᓴᕿᑎᑦᑎᓱᓂ ᓄᓇᕋᓐᓂᒃ ᐅᕙᓪᓗᓂᑦ ᐱᕈᓐᓇᕈᑎᖕᒋᓐᓂᒃ ᐊᑐᖅᑕᐅᓐᓂᖅᐸᑕᓗ, ᓱᕋᑎᔅᓱᒍᓐᓇᕐᓗᓂ ᐃᓅᑉ ᐃᓱᒪᖓᓂᒃ, ᑎᒥᖓᓂᒃ, ᐊᒻᒪᓗ ᐃᒃᐱᒍᓱᓐᓂᕆᔭᖓᓂᒃ. ᓱᕋᓇᖅᑑᑉ ᐱᕈᓐᓇᕈᑎᖓ ᐅᕙᓪᓗᓂᑦ ᓄᓇᕋᖓ ᖃᐅᔨᒪᔭᐅᒻᒪᑕ ᐊᒥᓱᓂᒃ ᐊᑎᖃᒃᑎᑕᐅᓪᓗᑎᒃ, ᐃᓚᒥᔭᐅᓪᓗᑎᒃ:

- ᐅᐃᑦ
- ᐹᑦ
- ᑐᐅᑉ
- ᐱᕈᓐᓇᕈᑎᖓ
- ᒥᐊᓇᐅᐋᓇ
- ᐅᔭᕋᒃ
- ᒥᓗᑦᓯ/ᒪᓗᒃᓯ
- ᓱᕋᓇᖅᑐᖅ
- ᐋᖓᔭᕐᓇᖅᑐᖅ

ᕿᓐᓇᓚᕈᓐᓃᒻᒪᑕ ᐃᓚᕈᓐᓃᑦᑐᑦ ᓱᕋᓇᖅᑐᑦ ᐱᕈᒃᑐᑦ ᑕᐃᔭᐅᓲᖑᓪᓗᑎᒃ ᓱᕋᓇᖅᑑᖅᑎᑦᑏᑦ. ᒪᕐᕉᒃ ᖃᐅᔨᒪᔭᐅᓪᓗᐋᑕᖅᑐᒃ ᒪᑯᐊᖑᕐᑦ:

- ᓱᕋᒃᓯᒪᓇᕐᓂᖓ (THC) – ᑭᓲᓂᖓ ᓱᕋᓇᖅᑐᒥᑦᑐᖅ ᐋᖓᔭᓕᕈᑎᑦᓲᑦ ᓱᕋᒃᓯᒪᓕᕐᓗᑎᑦ.
- ᓱᕋᓇᓗᐊᖑᐋᕐᓂᖓ (CBD) – ᑭᓲᓂᖓ ᐃᓱᒪᒋᔭᐅᓯᒪᔪᖅ ᐃᓅᓕᔭᐅᑎᐅᓗᓂ ᐃᑲᔪᕈᑎᖃᒃᑐᓇᔭᐅᓂᖓ ᓲᕐᓗ ᐋᓐᓂᐊᓂᖃᕈᓐᓂᖅᑎᑦᑎᓗᓂ, ᓈᕐᓗᒍᓐᓂᖅᑎᑦᑎᓗᓂ, ᐊᒻᒪᓗ ᐳᕙᒍᓐᓂᖅᑎᑦᑎᓗᓂ ᓇᒡᒍᐋᓂᒃ. ᐊᔾᔨᒌᖕᒋᒻᒪᒍ ᓱᕋᒃᓯᒪᓇᕐᓂᖓᑕ (THC), ᓱᕋᓇᓗᐊᖑᐋᕐᓂᖓ (CBD) ᓱᕋᒃᓯᒪᓕᖅᑎᑦᑎᓲᖑᖕᒋᒻᒪᑦ ᐃᓅᒻᒥᒃ ᐋᖓᔭᓕᖅᑎᑦᑎᖕᒋᑦᑐᖅ.

2018-ᒥ, ᓱᕋᓇᖅᑐᒧᑦ ᒪᓕᒐᖅ ᐊᑐᓕᓚᐅᕐᒪᑦ ᐊᒻᒪᓗ ᐊᑐᖅᑕᐅᒍᓐᓇᕐᓂᖓ ᓱᕋᓇᖅᑑᑉ ᑲᓇᑕᒥ ᒪᓕᒐᖅᑎᒎᖓᓕᖅᑎᑕᐅᓪᓗᒋ. ᓱᕋᓇᖅᑐᖅ ᒪᓕᒐᖅᑎᒎᖓᓕᖅᑎᑕᐅᓚᐅᕐᒪᑦ ᐱᔭᐅᑎᑦᑎᒍᑕᐅᒍᒪᓪᓗᓂ ᐊᑦᑕᕐᓇᖕᒋᓐᓂᖅᓴᖅᑯᑦ ᐱᔭᐅᖅᑲᑦᑕᕐᑯᓪᓗᒍ ᐊᒻᒪᓗ ᐊᑐᖅᑕᐅᕙᓪᓗᓂ ᓱᕋᓇᖅᑐᖅ ᓂᐅᕙᓴᐃᑦ, ᓴᐳᒻᒥᔭᐅᕐᑯᓪᓗᒋᑦ ᐊᓐᓂᐋᖅᖕᒋᓐᓂᖕᒋᑦ ᐊᒻᒪᓗ ᐊᑦᑕᕐᓇᖕᒋᑦᑐᒦᓐᓂᖕᒋᑦ ᐃᓅᓱᖅᑐᑦ, ᐊᒻᒪᓗ ᐃᔨᖅᑑᑕᐅᖕᒋᓐᓂᖅᓴᐅᓕᕐᑯᓪᓗᒍ ᓱᕋᓇᖅᑐᒥᒃ ᐊᑐᕐᓂᖅ.

ᓱᕋᓇᖅᑐᑦ ᓂᐅᕙᐋᒃᓴᐃᑦ

ᓱᕋᓇᖅᑐᑦ ᓴᕿᒋᔭᕐᒪᑦ ᐊᔾᔨᒌᓇᑎᒃ ᓂᐅᑯᐊᒃᓴᐅᓂᖕᒋᑦ ᐊᑐᖅᑕᐅᓲᖑᓪᓗᑎᒃ ᐊᔾᔨᒌᖕᒋᑦᑐᑎᒍ ᖃᓄᐃᓗᕈᑕᐅᓪᓗᑎᒃ. ᐱᔭᐅᒐᔪᓐᓂᖅᐸᖑᔪᑦ ᓂᐅᕙᐋᒃᓴᐃᑦ ᐃᓚᕐᖃᕐᒪᑦ:

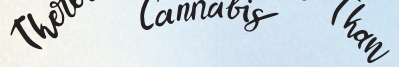
- ᓱᕋᓇᖅᑑᑉ ᓄᓇᕋᖕᒋᑦ (ᐱᕈᓐᓇᕈᑎᖕᒋᑦ) – ᐸᓂᖅᑎᓯᒪᔪᑦ ᓄᓇᕋᑦ ᓱᖃᓪᓕᔭᐅᒐᔪᓲᖑᕗᑦ ᐊᒻᒪᓗ ᓱᐳᖅᑐᖅᑕᐅᓪᓗᑎᒃ ᓲᕐᓗ ᓱᖓᓕᐋᑎᑐᑦ, ᑕᐃᔭᐅᓪᓗᑎᒃ ᔪᐃᓐᑦ ᐅᕙᓪᓗᓂᑦ ᓲᐳᖅᑐᖅᑕᐅᓲᖑᓪᓗᑎᒃ ᓲᕐᓗ ᓱᕐᓗᓂᑦ ᐃᒥᓇᐋᖅᑲᕐᓗᑎᒃ.
- ᐃᓐᔭᖅᓯᒪᔪᑦ – ᓱᕋᓇᖅᑐᑦ ᐱᕈᖅᑐᑦ ᓴᓇᒋᐋᖅᑕᐅᐃᖓᓕᑦ ᐃᓐᔭᖅᑕᐅᓗᑎᒃ ᓱᕋᓇᖅᑑᖕᒋᑦ ᑕᐃᔭᐅᓲᖑᓕᑦ ᐃᓐᔭᖅᓯᒪᔪᓂᒃ.

ᑕᒪᒃᑯᐊ ᓱᐳᖅᑐᖅᑕᐅᒍᓐᓇᕐᓕᑦ ᐅᕙᓪᓗᓂᑦ ᐳᔪᐊᖅᑎᑕᒐᐅᓗᑎᒃ (ᐃᓚᐅᕈᓯᖅᓯᒪᔪᖅ, ᐱᕈᓐᓇᕈᑎᖓ, ᕿᔅ ᐅᖅᓱᑦ) ᐅᕙᓪᓗᓂᑦ ᓂᓇᔭᐅᓗᑎᒃ ᓲᕐᓗ ᓂᓇᔭᓕᐊᖑᓯᒪᔪᑦ (ᐅᖅᓱᑦ, ᖃᕈᐱᐊᓕᖅᓯᒪᔪᑦ, ᖃᓂᕐᒧᑦ ᑎᒻᒥᑑᖅᑎᒐᐃᑦ). ᐃᓚᖕᒋᑦ ᑕᒪᒃᑯᐊ ᓂᐅᕙᐊᒃᓴᐃᑦ ᐃᓚᕐᖃᑐᐃᓐᓇᓇᐊᖅᑕᒪᑦ ᐊᖕᒋᓈᖅᓯᒪᔪᓂᒃ ᓱᕋᒃᓯᒪᓇᕐᓂᖕᒋᑦ (THC) ᐅᖃᐅᓯᐅᒐᔪᒃᑐᑎᒃ ᐃᒪᓯᒪᖕᒋᓐᓂᖃᑕᐅᓪᓗᑎᒃ.

- ᐱᔭᐅᒐᔪᒃᑐᑦ – ᓱᕋᓇᖅᑐᑦ ᐃᓚᓕᐅᑎᔭᐅᑎᓇᕐᒪᑦ ᐊᒥᐅᑎᒐᕐᓄᑦ, ᐅᖅᓱᓄᑦ ᐊᒻᒪᓗ ᐊᒐᒃᓯᐅᑎᓄᑦ ᐅᕙᓂᒻᒧᖅᑕᐅᓱᓄᑦ, ᑯᑭᓐᓄᑦ, ᐅᕙᓪᓗᓂᑦ ᓄᔭᕐᒧᑦ. ᐱᔭᐅᒐᔪᒃᑐᑦ ᐃᓄᒻᒥᒃ ᐊᖓᔭᓕᖅᑎᑦᑎᓲᖑᖕᒋᒻᒪᑦ.

ᓱᕋᓇᓐᓂᖕᒋᑦ ᓂᐅᖅᑕᒐᐃᑦ ᐊᑭᓴᖅᑐᕐᓗᒋᑦ ᓂᓇᒋᐊᓕᑦ ᓱᕋᓇᖅᑐᑦ

- ᖃᓄᑐᐃᓐᓇᖅ ᐃᓄᒃ ᐊᑐᓱᖑᒃᐸᑦ ᓱᕋᓇᖅᑐᓂᒃ ᐊᓱᕈᐃᓐᓇᕐᒪᑦ ᓱᕋᓂᕐᒥᒃ ᐃᑉᐱᓱᓐᓂᖕᒋᓐᓂᒃ.
- ᓂᐅᑕᒐᐃᑦ ᓱᕋᓇᖅᑐᑦ, ᓱᐳᖅᑐᖅᑕᐅᑎᓪᓗᒋᑦ ᐅᕙᓪᓗᓂᑦ ᐳᔪᐊᖅᑎᑕᒐᐃᑦ, ᐃᒫᖑᑎᑦᑎᓲᖑᒻᒪᑦ ᐃᓄᒻᒥᒃ ᐃᒃᐱᒍᓱᓐᓂᖕᒋᓐᓂᒃ.
- ᓂᐅᑕᒐᐃᑦ ᓱᕋᓇᖅᑐᑦ, ᓱᐳᖅᑐᖅᑕᐅᑎᓪᓗᒋᑦ ᐅᕙᓪᓗᓂᑦ ᐳᔪᐊᖅᑎᑕᒐᐃᑦ, ᐃᒫᖑᑎᑦᑎᓲᖑᒻᒪᑦ ᐃᓄᒻᒥᒃ ᐃᒃᐱᒍᓱᓐᓂᖕᒋᓐᓂᒃ.
- ᓂᐅᑕᒐᐃᑦ ᓱᕋᓇᖅᑐᑦ (ᐱᕈᓐᓇᕈᑎᖕᒋᑦ) – ᐸᓂᖅᑎᓯᒪᔪᑦ ᓄᓇᕋᑦ ᓱᖃᓪᓕᔭᐅᒐᔪᓲᖑᕗᑦ ᐊᒻᒪᓗ ᓱᐳᖅᑐᖅᑕᐅᓪᓗᑎᒃ ᓲᕐᓗ ᓱᖓᓕᐋᑎᑐᑦ, ᑕᐃᔭᐅᓪᓗᑎᒃ ᔪᐃᓐᑦ ᐅᕙᓪᓗᓂᑦ ᓲᐳᖅᑐᖅᑕᐅᓲᖑᓪᓗᑎᒃ ᓲᕐᓗ ᓱᕐᓗᓂᑦ ᐳᓪᓚᐅᔭᕋᕈᑎᓕᒻᒧᑦ.
- ᓂᓇᒐᒃᓴᐅᔪᑦ – ᓂᐅᕙᐊᒃᓴᐃᑦ ᓴᓇᔭᐅᓯᒪᔪᑦ ᓱᕋᓇᖅᑐᓐᖓᓪᓗᑎᒃ ᐊᒻᒪᓗ ᐊᑐᖅᑕᐅᒍᓐᓇᕐᑯᔭᐅᓪᓗᑎᒃ ᓂᕿᐅᓗᑎᒃ ᐅᕙᓪᓗᓂᑦ ᐃᒥᓇᐋᖅᑲᕐᓗᑎᒃ. ᑕᓐᓇ ᐃᓚᖅᑲᕐᒪᑦ ᑭᓯᕐᑯᑎᓂᒃ ᓲᕐᓗ ᓱᕙᓖᓂᒃ, ᐳᓪᓕᐅᓴᕋᓖᓂᒃ, ᐅᖅᑯᒻᒥᐋᓴᕐᓂᒃ, ᑏᓂᒃ ᐊᒻᒪᓗ ᐃᒥᒐᒃᓴᔭᓂᒃ.
- ᐃᓐᔭᖅᓯᒪᔪᑦ – ᓱᕋᓇᖅᑐᑦ ᐱᕈᖅᑐᑦ ᓴᓇᒋᐋᖅᑕᐅᐃᖓᓕᑦ ᐃᔭᖅᑕᐅᓗᑎᒃ ᓱᕋᓇᖅᑑᖕᒋᑦ ᑕᐃᔭᐅᓲᖑᓕᑦ ᐃᔭᖅᓯᒪᔪᓂᒃ.



ᖃᐅᔨᒃᑲᓐᓂᕈᒪᒍᕕᑦ ᐅᕗᓇ **LetsTalkAboutUjarak.com**

ᕿᓚᒥᐋᓗᒃ-ᐊᑯᓂᐅᓂᖃᕐᓗᓂ ᓱᕋᒃᓯᒪᓇᕐᓂᖓ – ᖁᕕᐊᓇᕐᓗᓂ

ᓱᕋᒃᓯᒪᓇᕐᓂᖓ ᓱᕋᓇᖅᑑᑉ ᐊᓯᕈᕈᓐᓇᕐᒪᑦ ᑐᙵᕕᒋᓗᒍ ᐅᓇ:

- ᐅᑭᐅᖃᕐᓂᖓ ᐃᓅᑉ
- ᖃᓄᑎᒋ ᐊᖏᓈᖅᑕᐅᓂᖓ
- ᖃᔅᓱᖅᓱᖅᑕᐅᕙᓪᓗᓂ ᐊᑐᖅᑕᐅᖃᑦᑕᕐᓂᖓ
- ᖃᓄᐃᓗᕐᓗᓂ ᐱᔭᐅᖃᑦᑕᕐᓂᖓ
- ᓇᒦᓪᓗᓂ ᐱᔭᐅᓂᖓ (ᑐᑭᓕᐅᑎᓗᒍ ᐊᖏᕋᕐᒥ)

ᖁᕕᐊᓇᕐᓗᓂ ᕿᓚᒥᐋᓗᒃ-ᐊᑯᓂᐅᓂᖃᕐᓗᓂ ᓱᕋᒃᓯᒪᓂᖅ ᐃᓚᖃᕈᓐᓇᖅᐳᖅ:

- ᖁᕕᐋᓱᓪᓗᓂ ᐅᕝᕙᓗᓂᑦ ᐃᒃᐱᒍᓱᓪᓗᓂ ᖃᓄᐃᖏᑦᑎᐊᕐᓂᕐᒥᓪᓗᓂ
- ᓴᐃᓕᓗᓂ
- ᐊᒃᓱᓂᖅᓴᐅᓕᕐᓗᓂ ᐃᒃᐱᒍᓱᒍᓇᕐᓂᖅ ᑕᐅᑐᒃᓴᓂᒃ, ᒪᒪᖅᓴᕐᓂᕐᒥᒃ, ᓇᐃᒪᓂᕐᒥᒃ, ᐊᒻᒪᓗ ᑐᓵᔭᓂᒃ
- ᓵᖕᒐᒃᓯᑦᑎᐊᕈᓇᕐᓂᖅ ᐊᒻᒪᓗ ᓴᓇᑐᓂᖅ
- ᐊᒃᓱᓂᖅᓴᖅ ᓇᒻᒥᓂᖅ-ᐅᔾᔨᓇᓂᖅᓴᐅᓕᕐᓗᓂ
- ᐊᒃᓱᓂᖅᓴᖅ ᓂᓇᒍᒪᓂᖃᓕᕐᓗᓂ
- ᐱᑦᓚᓇᕐᓗᓂ ᐅᕝᕙᓗᓂᑦ ᐃᓱᒪᒋᑐᐃᓐᓇᒧᑦ ᐊᓐᓂᐊᒍᓐᓂᕐᓗᓂ

ᐊᓯᖏᑦ ᓱᕋᒃᓯᒪᓂᕐᒧᑦ – ᖁᕕᐊᓇᖏᑦᑐᑦ

ᓱᕋᓇᖅᑐᖅ ᐃᓛᓐᓂᒃᑯᑦ ᓱᕋᒃᓯᒪᑎᑦᑎᒍᓐᓇᕐᒪᑦ ᖁᕕᐋᓇᖏᑦᓗᑎᒃ ᐅᕝᕙᓗᓂᑦ ᐊᑐᒥᒪᖕᖏᑦᑕᕐᓂᒃ.

ᓱᕋᑎᑦᑎᓂᖓ ᖃᕋᓴᕐᒥᒃ:

- ᐅᐃᖕᖓᓕᕐᓗᓂ
- ᓇᓗᓕᕐᓗᓂ
- ᐃᖅᑲᐅᒪᒍᓐᓇᕐᑎᐋᕈᓐᓂᕐᓗᓂ ᐅᕝᕙᓗᓂᑦ ᐃᓱᒪᕐᑎᐋᕋᓱᒍᓐᓇᐃᓕᓗᓂ
- ᓱᒃᑲᐃᓕᓗᓂ ᖃᓄᐃᓕᒋᐋᕋᓱᐋᕐᓂᖓ
- ᐅᐃᒻᒪᓂᐋᕐᓂᐅᓴᓕᕐᓗᓂ
- ᐃᖅᑲᐅᒪᕐᑎᐋᕈᓐᓇᐃᓕᓗᓂ ᖃᖓᐅᓕᕋᓗᐋᕐᒪᖔᑦ
- ᑕᐅᑐᒐᖅᑲᕐᓗᓂ ᐊᒻᒪᓗ ᑐᓵᔭᒐᖅᑲᓕᕐᓗᓂ ᑕᐃᒫᓪᓚᓇᐅᖏᑦᑐᓂᒃ

ᐊᓯᕈᑎᑕᐅᓂᓇᑐᐃᓐᓇᓇᐋᖅᑲᑕᖏᑦ ᑎᒥᒦᑦᑐᑦ:

- ᓱᕋᑲᑕᐅᓗᑎᒃ ᐊᐅᓐᓄᑦ ᑕᖃᒃᑎᑦ, ᐳᕙᒃᑎᑦ ᐊᒻᒪᓗ ᐆᒻᒪᑎᑦ ᓱᐳᖅᑐᖃᑦᑕᕐᓂᕐᒥᒃ ᓱᕋᓇᖅᑐᓂᒃ
- ᐊᓯᕈᕐᓗᓂ ᐊᐅᑉᐱᑦ ᐃᖏᕋᓂᖓ, ᖃᐅᔨᒪᒍᓐᓂᖃᑦᑕᓕᕐᓗᑎᑦᑑᓐᓂᑦ ᐅᕝᕙᓗᓂᑦ ᐊᑲᐅᖕᖏᓕᐅᕈᑎᖃᑦᑕᕐᓂᕐᒥᒃ ᐃᓄᐃᑦ ᐆᒻᒪᑎᒥᒍᑦ ᐊᑲᐅᖕᖏᓱᑦ

ᓱᕋᓇᖅᑐᒥᒃ ᐱᑕᖃᓗᐋᓕᖅᑐᖅ

ᐱᑕᖃᓗᐋᓕᖅᑐᖅ ᐅᖃᐅᓯᖃᕐᒪᑦ ᐋᖓᔭᕐᓇᖅᑐᖃᓗᐋᓕᖅᑐᖅ ᐱᓗᐋᖅᑖᓗᒋᓪᓗᒍ ᐊᑕᐅᕐᑎᒃᑯᑦ. ᑕᒪᓐᓇ ᐱᑕᖃᓗᐋᓕᕐᓂᖅ ᓱᕋᓇᖅᑐᒥᒃ ᑐᕐᑯᒍᑕᐅᓱᖕᒍᖏᒃᑲᓗᐋᖅᑎᓪᓗᖕᒍ, ᐊᑐᓗᐋᕐᓂᖅ ᐊᖏᓗᐋᖅᑐᒥᒃ ᐃᑦᓐᓂᒃᑯᑦ ᖁᕕᐊᓇᖏᑦᑐᒥᑎᑦᑎᒍᓐᓇᕐᒪᑦ ᐅᖃᐅᓯᐅᒪᓇᓱᖅ "ᒍᓈᓐ ᐊᐅᑉ" ᑕᒪᓐᓇᓗ ᐃᓚᖃᒃᓱᖕᒍᓪᓗᓂ:

- ᐊᒃᓱᐋᓗᓪᓗᓂ ᐅᐃᒻᒪᓐᓂᐋᕐᓂᖅ
- ᐱᑦᑎᐋᖅᑕᐅᓱᓇᒍᓐᓂᕐᓂᖅ
- ᑲᑉᐱᐊᓱᐋᓪᓗᓂ ᐅᕝᕙᓗᓂᑦ ᑲᑉᐱᐋᓱᐋᓪᓗᐊᓪᓗᓂ
- ᐊᒃᓱᐋᓗᓪᓗᓂ ᒥᓇᐊᖕᒍᖃᑦᑕᓪᓗᓂ
- ᒥᓇᐋᖃᑦᑕᓪᓗᓂ

ᑕᒪᒃᑯᐊ ᓱᕋᒃᓯᒪᓃᑦ ᐊᑐᑲᐃᓇᑐᐃᓐᓇᓱᖕᒍᒻᒪᑕ ᐊᒻᒪᓗ ᑕᐃᒪᐃᒍᓐᓂᕐᓂᐊᕐᓗᓂ ᑭᖕᒍᓂᖓᒍᑦ ᓱᕋᓇᖅᑐᖅ ᓄᖕᒍᓚᐅᖅᑎᕐᓗᒍ ᐱᑕᖃᕈᓐᓂᕐᓗᓂ.

ᐊᑐᑐᐃᓐᓇᓇᐋᓕᑦ ᐊᑯᓂ-ᑕᐅᕗᖓᑐᖃᒃ ᖃᓄᐃᓕᑎᑦᑎᓂᖓ ᓱᕋᓇᖅᑑᑉ

ᐊᑯᓂ-ᐊᑐᑯᑖᓐᓂᐊᖅᑐᖅ ᖃᓄᐃᓕᑎᑦᑎᓂᖓ ᓱᕋᓇᖅᑑᑉ ᑕᐃᒪᐃᓕᑎᑦᑎᒍᓐᓇᕐᒪᑦ ᐱᔭᐅᖃᑦᑕᕐᓂᖓᓄᑦ ᐊᑯᓂᒃ ᐊᒻᒪᓗ ᐊᒃᑐᐃᒍᓐᓇᓗᓪᓗᓂ:

ᖃᕋᓴᐅᑉ ᐱᕈᒃᐸᓪᓕᐋᓂᖓᓂ

ᐊᑯᓂ ᐊᑐᑯᑖᓐᓂᐊᖅᑐᖅ ᐊᒻᒪᓗ/ᐅᕝᕙᓗᓂᑦ ᐊᒃᓱᐋᓗᒃ ᓱᕋᓇᖅᑐᒥᒃ ᐊᑐᖃᑦᑕᕐᓂᖅ ᐊᒃᑐᐃᒍᓐᓇᕐᒪᑦ ᐃᓅᑉ ᐃᖃᐅᒪᒍᑎᖓᓂᒃ, ᐃᓱᒪᑦᑎᐋᕋᓱᐋᕐᓂᖓᓂᒃ, ᐊᒻᒪᓗ ᐃᓱᒪᓕᐅᕈᑎᖃᕈᓐᓇᕐᓂᖓᓂᒃ.

ᑕᑎᖃᓕᕐᓂᖅ

ᐃᒫᖕᒍᒍᓐᓇᕐᒪᑦ ᑕᑎᖃᓕᕐᓂᕐᒥᒃ ᓱᕋᓇᖅᑐᒥᒃ, ᑕᐃᒪᐃᓕᖅᐸᒃ ᐃᓅᒃ ᖃᐅᔨᓕᕈᓐᓇᕐᒪᑦ ᐊᑐᕈᓐᓂᕐᓂᕐᒥᓄᑦ ᖃᐅᔨᒪᓇᕈᑎᖃᓕᕐᓗᓂ ᐸᒡᕕᓴᕋᐃᓕᕐᓗᓂ, ᓂᓇᒍᒪᑦᑎᐋᕈᓐᓂᕐᓗᓂ, ᐊᒻᒪᓗ ᖁᕕᐋᓱᒍᓐᓂᖃᑦᑕᓕᕐᓗᓂ ᖁᕕᐋᓱᕋᑖᕐᓗᐋᕐᓗᓂ ᐱᖃᑦᑕᕈᓐᓂᖅᑎᓪᓗᒋᑦ ᐊᑐᖃᑦᑕᕈᓐᓂᕐᓗᑎᒃ ᓱᕋᓇᖅᑐᓂᒃ. ᖁᒃᓴᓇᕐᓂᖓᑕ ᐱᕙᓪᓕᐋᓂᖓ ᑕᑎᖃᕐᓂᕐᒧᑦ ᐊᒃᓱᓂᖅᓴᐅᓕᕈᓐᓇᕐᒪᑦ ᓱᕋᓇᖅᑐᖅ ᐊᑐᖅᑕᐅᖃᓱᐅᑎᖃᑦᑕᖅᐸᑦ ᐊᓯᖏᓐᓂᓪᓗ ᐱᔭᐅᖃᓱᐅᔾᔨᖃᑦᑕᕐᓗᓂ ᐱᔭᐅᓱᓂᒃ ᓱᕐᓗ ᑕᕝᕙᒃᓂᒃ.

ᐊᓂᖅᑎᓇᓂᕐᒧᑦ ᐊᑲᐅᖕᖏᓕᐅᕈᑎᑦ

ᓱᐳᖅᑐᖃᑦᑕᕐᓂᖅ ᓱᕋᓇᖅᑐᓂᒃ ᐊᔾᔨᐸᓗᒋᒻᒪᒍ ᓱᐳᖅᑐᖃᑦᑕᕐᓂᐅᑉ ᑕᕝᕙᒃᒥᒃ. ᐋᓐᓂᐊᖃᖏᓐᓂᕐᒧᑦ ᖁᒃᓴᓇᕈᑎᔪᑦ ᐃᓚᕋᖅᐳᑦ ᐊᓂᖅᑎᓇᓂᕐᒧᑦ ᐊᑲᐅᖕᖏᓕᐅᕈᑎᓂᒃ, ᖁᐃᖅᓱᐃᓐᓇᕐᓂᖃᑦᑕᓕᕐᓗᓂ, ᐊᒻᒪᓗ ᓄᕙᑦᑖᓗᐋᕐᐋᓗᕙᓪᓗᓂ. ᑕᒪᒃᑯᐊ ᖁᒃᓴᓇᕈᑎᔪᑦ ᐊᒃᓱᓂᖅᓵᓗᓕᕈᓐᓇᕐᒪᑕ ᐊᒃᓱᐋᓗᒃ ᐅᖅᑯᔪᒥᖃᑦᑕᓕᕐᓗᓂ ᐊᒻᒪᓗ ᐃᓚᒋᔭᐅᓪᓗᑎᒃ ᑕᒪᒃᑯᓇᖕᒐᑦ ᐊᓂᖅᑎᓇᒐᓱᐋᒐᖃᑦᑕᓕᕐᓂᕐᒥ ᓱᕐᓗ ᐳᕙᓪᓗᓇᖅᑐᖃᑦᑕᕐᓗᓂ.

ᐃᓱᒪᒃᑯᑦ ᐋᓐᓂᐊᒍᑎᖃᕐᓂᖅ

ᑕᐃᒪᓕ ᐃᓚᖏᑦ ᐃᓄᖃᑎᒋᑦ ᓱᕋᓇᖅᑐᖅ ᐃᑲᔪᓂᕐᑕᐅᓗᓂ ᐊᑲᐅᓯᕙᓪᓕᓂᕐᓗᑎᒃ ᖃᐅᔨᒪᓇᓂᖓᓂ ᐃᓱᒪᒃᑯᑦ ᐊᑲᐅᖕᖏᓕᐅᕈᑎᖃᕐᓂᕐᒧᑦ ᐅᕝᕙᓗᓂᑦ ᐊᒃᓱᕈᐋᓚᓗᐊᖅᓱᒪᓂᕐᒥ, ᐊᑯᓂ ᐊᑐᕐᓂᐋᕐᓗᓂ ᐊᒻᒪᓗ ᐊᒃᓱᐋᓗᒃ ᓱᕋᓇᖅᑐᒥᒃ ᐊᑐᓗᐊᖃᑦᑕᕐᓂᖅ ᖃᐅᔨᓴᐅᓯᒪᒻᒪᑦ ᓄᒫᓱᓐᓂᕐᒧᖓᓂᖓᓂᒃ, ᐅᐃᒻᒪᓂᐋᕐᓂᕐᒧᖓᓂᖓᓂᒃ, ᐊᒻᒪᓗ ᓱᕋᓇᖅᑐᒥᒃ ᐊᑐᖃᑦᑕᕐᓂᕐᒧᑦ ᐊᑲᐅᖕᖏᓕᐅᕈᑎᖃᕐᓂᑦ ᐃᓚᖏᓐᓂᒃᑯᒪᑦ ᓱᕋᓇᖅᑐᖅᑐᖃᑦᑕᖅᑐᑦ.

ᑕᐃᒪᓕ ᐃᓄᒃ ᐅᕝᕙᓗᓂᑦ ᐃᓚᖏᑦ ᐃᓕᖅᑯᓱᒃᓯᒪᔪᖃᒃᐸᑕ ᐃᓱᒪᒥᒍ ᐊᑲᐅᖕᖏᓕᐅᕈᑎᖃᕐᓂᕐᒥᒃ, ᐅᕝᕙᓗᓂᑦ ᐃᓱᒪᖃᑦᑎᐊᕈᓐᓂᖅᑐᖃᒃᓯᒪᒃᐸᑕ, ᐃᓱᒪᒥᒍ ᐊᑲᐅᖕᖏᓱᐋᓗᒃ ᓱᕋᓇᖅᑐᓂᒃ ᐊᑐᖃᑦᑕᕐᓂᖓ ᐊᒃᓱᓂᖅᓴᖅ ᑕᐃᒪᐃᑐᐃᓐᓇᓇᐋᖃᑦᑕᖅᑎᑦᑎᒍᓐᓇᕐᒪᑦ ᐱᒋᐊᓚᕿᑎᑦᑎᓗᓂ ᑕᒪᑐᒥᖓ ᖃᓄᐃᓗᕐᓂᓇᔭᐅᖃᑦᑕᖅᓯᒪᔪᒥᒃ. ᑕᒪᑐᒥᖓ ᐊᑐᓕᖅᑎᓪᓗᒍ ᐃᓄᒃ ᐊᓯᐅᔾᔨᖅᒍᒻᒪᑦ ᐃᓚᒥᔭᐅᒍᓐᓂᕐᓗᓂ ᐱᓪᓚᓇᒃᑐᓄᑦ ᐊᒻᒪᓗ ᑐᓵᔭᒐᖅᑲᓕᕐᓗᓂ ᑕᐅᑐᖃᑦᑕᓕᕐᓗᓂᓗ ᑭᓯᑐᐃᓐᓇᕐᓂᒃ ᑕᒫᓂᓚᖏᑦᑐᓂᒃ. ᑕᒪᒃᑯᐊ ᐊᑯᓂ-ᐊᑐᑯᑖᓐᓂᐊᖅᑐᖅ ᖁᕕᓴᓇᓂᖏᑦ ᐊᑐᑐᐃᓐᓇᓇᐋᖃᓂᖅᓴᐅᒻᒪᑕ ᐃᓚᐃᓗᖅᑕᖅᐸᒃ ᐃᓄᒃ:

- ᐊᑐᖃᑦᑕᓇᐋᓯᓂ ᓱᕋᓇᖅᑐᒥᒃ ᐅᑭᐅᑎᑦᑑᓗᓂ ᓱᓕ
- ᐊᑐᖃᑦᑕᖅᐸᑦ ᓱᕋᓇᖅᑐᒥᒃ ᐊᑯᓇᐃᑐᒥᒃ ᐊᑐᖅᑎᓪᓗᖓ ᐊᑯᓂ ᐊᑐᖃᑦᑕᓕᕐᓗᓂᒋᑦ (ᖃᐅᑕᒫᒪᑦ ᐅᕝᕙᓗᓂᑦ ᖃᐅᑕᒫᐸᓗᒃ ᐊᑐᖅᐸᓪᓗᓂᒋᑦ)
- ᐊᑐᖃᑦᑕᖅᐸᑦ ᐃᓚᓯᒪᖏᑦᑐᒥᒃ ᓱᕋᓇᖅᑐᓂᒃ ᓂᐅᕙᐋᒃᓴᓂᒃ ᓴᖏᓯᐋᓗᓐᓂᒃ ᓱᕋᒃᓯᒪᓇᕐᓂᖃᕐᓗᑎᒃ (THC) ᐃᓗᓕᖃᕐᓗᑎᒃ (ᑐᑭᓕᐅᑎᓗᒍ ᐃᓚᐅᕈᓯᖅᓯᒪᔪᑦ ᐅᕝᕙᓗᓂᑦ ᐱᕈᓇᕈᑎᖓ)
- ᐃᓚᖏᑦ ᐃᓄᐃᑦ ᑕᐃᒃᑯᐊ ᐱᖃᑦᑕᓯᑦ ᓱᕋᓇᖅᑐᓂᒃ ᑕᐅᑐᒍᓐᓇᕐᒪᑦ, ᑐᓵᔭᑎᒃ, ᐃᒃᐱᒍᓱᓪᓗᑎᒃ, ᐅᕝᕙᓗᓂᑦ ᖃᐅᔨᓗᑎᒃ ᐊᔾᔨᒋᔭᐅᖏᑦᑐᓂᒃ ᐊᓯᖏᑦᑕ ᑐᒋᓯᐋᔭᖏᓐᓂᒃ ᐱᓪᓚᓇᒃᑐᓂ. ᑕᐅᕙᓂ ᐱᖓᓐᓇᕐᒥ ᐃᓄᓕᓴᐅᑎᓕᓇᓂᕐᒥᑦ ᑕᒪᓐᓇ ᖃᐅᔨᓂᓇᔭᐅᔪᖅ ᐅᖃᐅᑎᒋᔭᐅᓱᖕᒍᖅᑐᖅ ᐃᒪᐃᓕᔭᐅᓪᓗᓂ ᑕᐃᒫᑦᑎᐋᕈᓐᓂᖅᑐᖅ. ᑕᒪᓐᓇ ᖃᐅᔨᓇᕐᓂᖓ ᐱᐅᓈᖏᒍᓐᓇᖅᑐᖅ ᐊᒻᒪᓗ ᐱᔪᒥᓇᖏᑦᓗᓂ ᐅᕝᕙᓗᓂᑦ ᐱᐅᓇᕈᓐᓇᓇᑦᓗᓂ ᐊᒻᒪᓗ ᐅᒃᐱᓇᔭᐅᔪᒥᒃ ᒪᓕᑐᐃᓐᓇᕐᒪᑦ ᖃᓄᐃᓗᕈᑕᐅᒐᓱᐊᕐᓂᖓᓂᒃ ᓱᕋᓇᖅᑐᖅᑐᖃᑦᑕᖅᑐᒧᑦ.

ᐊᑐᐃᓐᓇᐅᑎᑕᐅᔪᖃᒃᑐᖅ ᐃᑲᔪᕈᑎᓂᒃ

ᑐᓴᓇᐋᒃᑲᓐᓂᕈᒪᒍᕕᑦ ᓱᕋᓇᖅᑑᒥᒃ ᐊᒻᒪᓗ ᒥᕿᓂᖅᓴᐅᓕᖅᑎᑦᑎᒍᒪᓗᓂ ᐱᐅᒍᓐᓂᖅᑎᑦᑎᓂᖓᓂᒃ ᑐᕋᖓᔪᓂᒃ ᓱᕋᓇᖅᑐᖅᑐᖃᑦᑕᕐᓂᖏᓐᓄᑦ, ᐊᑏ ᑕᑯᒋᐊᓚᐅᕈᒃ:

letstalkaboutujarak.com

ᐸᐅᒃᑑᑎᑦ
ᐃᓄᐃᑦ ᐊᕐᓇᐃᑦ ᑲᓇᑕᒥ
PAUKTUUTIT
INUIT WOMEN OF CANADA

There's More to This Than Cannabis

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