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לְאַתָּה תִּשְׁמַח
בְּעֵד כָּל־עַמּוֹךְ
בְּעֵד כָּל־עַמּוֹךְ
בְּעֵד כָּל־עַמּוֹךְ

Before I Was Born

Preventing FAS/FAE
in Inuit Communities

**Avant que
je naisse**

Prévenir SAF/EAF dans les communautés Inuites

Huli
Inunnanga

FAS-lu FAE-lu pittailimattinnahuarlugit inult nunatilinnik



Ճշգրիտ

ՀՅՈՒՅՆ ԱՐՄԵՆԻԱ ՀԱՆՐԱՊԵՏՈՒԹՅՈՒՆ ՀԱՅԱՍՏԱՆԻ ՀԱՆՐԱՊԵՏՈՒԹՅՈՒՆ



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Health Canada – Population Health Fund

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The Homewood Foundation

Department of Indian and Northern Affairs Canada

Makivik Corporation

Inuvialuit Regional Corporation

Aboriginal Achievement Awards Foundation

Telesat Canada

The Jackman Foundation

SixDion Telecom

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ይትና ስርጓዣ በዚህ የሚገኘውን አገልግሎት የሚያስፈልግ ይችላል፡፡

FETAL ALCOHOL SYNDROME AND FETAL ALCOHOL EFFECTS NEVER GO AWAY. They are life-long, permanent conditions.

Remerciements

Pauktuutit tient à remercier les organisations suivante du soutien financier qu'elles nous ont fourni pour la production du vidéo :

Santé Canada – Fonds pour la santé de la population
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Corporation Makivik
Corporation régionale Inuvialut
Fondation des prix d'excellence aux autochtones
Télésat Canada
Fondation Jackman
SixDion Telecom
Bell Canada



**LE SYNDROME D'ALCOOLISME FOETAL
ET LES EFFETS DE L'ACOOL SUR LE FOETUS
NE DISPARAISSENT PAS.
L'enfant est affecté pour le reste
de ses jours.**



Ilitarijaujut

Pauktuutit qujagijumajait taapkua havakviujut ikajuqtingmata maniktaqnikkut hanajautillugu qunngiagaghqaq:

Aanniaqtailijikkut Kaanatami –
Inugiangnikkut Aanniaqtailinikkut Manighait
Nunaptingni Ihuinaaqtailinikkut Katimaviat –
Ihuinaaqtailirijit Kaanatami
The Homewood Foundation
Havakviat Indian and Northern Affairs Kaanatami
Makivik Kuapuriissan
Inuvialut Avikturhimajuni Kuapuriissan
Nunaqaqqaaahrhimajut Inirhimajamingnik
Aituuhiaqhat Tunngaviait
Telesat Kaanatami
The Jackman Foundation
SixDion Telecom
Bell Canada

**NUTARAGHANUT IMIQLUNGНИТ
ПИМАQLUKTUT TAAPKUALU
NUTARAGHANUT IMIQLUNGНИТ
МИHINGNAUTIT TAMMAJUITTUT.
Inuuhiqnut atajut, tammalaittut pitquhiit.**

ΔԱՅՐ

ΔՀՀՈՆԴՎՐԸ
ԾԿԵՐԸ ԾՔԱՐԸ
ԴԱԼՏՆԻ
Բա հաւմուկ քիշը վեցնաշնչա՞?
Ի՞նչ է այս վեցնաշնչա՞?
Կետե մանուկ ելրունակ և մանուկ մանուկ մանուկ
ԷՃԾԿԵՑԾՎՐԸ/ԿԼՏԾՎՐԸ
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Քա՛րոյ ԾԾՈՆՆԱՏԵԿԸ պայի
ԷՃԾԿԵՑԵՐՎԵՐԸ մանուկ
Դա՛ ԷՃԾԿԵՑԾՎՐԸ մանուկ մանուկ?
Կետե մանուկ մանուկ մանուկ մանուկ
Ալա սայուսում
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ԱՆՋԱՌՈՆՆԵ Ծոնդիրութեա ԾՊԼԱԽՈՎԱՅ
Ծճանածնութեա մանուկ մանուկ մանուկ
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ԷՃԾԿԵՑԾՎՐԸ մանուկ մանուկ մանուկ
Դա՛ ԷՃԾԿԵՑԾՎՐԸ?

ՔԴՎԻՌԾՎՐԸ մանուկ մանուկ մանուկ
ԷՇԱՐԸ

ԱՌՈՒՆԱՆՄԱՆ մանուկ մանուկ մանուկ
ԷԿԱ ԱՌՈՒՆԱՆՄԱՆ մանուկ մանուկ մանուկ
100-ՀԱՐ ԾԱԼԱՄՐԾՎԱՆԿՆԵ.

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FAS and FAE ARE 100% PREVENTABLE

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Il est tout à fait possible de PRÉVENIR le saf et les eaf



**FAS-lu FAE-lu 100%-NIK
NUTQAQTITAULAAQTUT**

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የኋላድናበት የሚከተሉት ስምምነት ሰነድ ይፈጸማል
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የኋላድናበት ሰነድ የሚከተሉት ስምምነት ሰነድ ይፈጸማል

Fetal Alcohol Syndrome (FAS) and Fetal Alcohol Effects (FAE) are words that explain or describe how alcohol affects many babies whose mothers drank while pregnant.



Le syndrome d'alcoolisme foetal (SAF) et les effets de l'alcool sur le foetus (EAF) sont des mots qui expliquent ou décrivent comment l'alcool affecte beaucoup de bébés dont la mère a bu pendant qu'elle était enceinte.

**Nutaraghanut Imiqlungnit Pimmaqluktut (FAS)
taapkualu Nutaraghanut Imiqlungnit
Mihingnautit (FAE) Taiguangujut ilitturijjutit
naunaijautillu qanuq imiqluit amiqaqtut
amaamait imiraangamik hingaitillutik.**



ರೂಪಾಲಿ

ರೂಪಾಲಿ ಕಾರ್ಯಕ್ರಮ?

ರೂಪಾಲಿ ಕಾರ್ಯಕ್ರಮ ಕಾರ್ಯಕ್ರಮ ಮತ್ತು ಸಂಸ್ಥೆಯನ್ನು 1984-ರಲ್ಲಿ ಪ್ರಾರಂಭಿಸಲಾಗಿದೆ. ಈ ಸಂಸ್ಥೆಯ ಉದ್ದೇಶ ಕಾರ್ಯಕ್ರಮ ಮತ್ತು ಸಂಸ್ಥೆಯ ವಿಭಾಗಗಳಲ್ಲಿ ನಿರ್ವಹಣೆ ಮಾಡಲಾಗಿದೆ. ಈ ಸಂಸ್ಥೆಯ ಉದ್ದೇಶ ಕಾರ್ಯಕ್ರಮ ಮತ್ತು ಸಂಸ್ಥೆಯ ವಿಭಾಗಗಳಲ್ಲಿ ನಿರ್ವಹಣೆ ಮಾಡಲಾಗಿದೆ. ಈ ಸಂಸ್ಥೆಯ ಉದ್ದೇಶ ಕಾರ್ಯಕ್ರಮ ಮತ್ತು ಸಂಸ್ಥೆಯ ವಿಭಾಗಗಳಲ್ಲಿ ನಿರ್ವಹಣೆ ಮಾಡಲಾಗಿದೆ. ಈ ಸಂಸ್ಥೆಯ ಉದ್ದೇಶ ಕಾರ್ಯಕ್ರಮ ಮತ್ತು ಸಂಸ್ಥೆಯ ವಿಭಾಗಗಳಲ್ಲಿ ನಿರ್ವಹಣೆ ಮಾಡಲಾಗಿದೆ.

ರೂಪಾಲಿ ಕಾರ್ಯಕ್ರಮ ಏಷಿಯಾ ರಾಜ್ಯಗಳಲ್ಲಿ ನಿರ್ವಹಣೆ ಮಾಡಲಾಗಿದೆ. ಈ ಸಂಸ್ಥೆಯ ಉದ್ದೇಶ ಕಾರ್ಯಕ್ರಮ ಮತ್ತು ಸಂಸ್ಥೆಯ ವಿಭಾಗಗಳಲ್ಲಿ ನಿರ್ವಹಣೆ ಮಾಡಲಾಗಿದೆ.



Introduction

Who made the video?

Pauktuutit Inuit Women's Association is a national organization that was started in 1984. Pauktuutit works for Inuit women in Canada, most of who live in the Northwest Territories, Nunavut, Labrador and Nunavik. The main goal of Pauktuutit is to 'foster greater awareness of the needs of Inuit women' and to 'encourage their participation in community, regional and national concerns in relation to social, cultural and economic development.'

FAS and FAE ARE NOT GENETIC OR INHERITED



Introduction

Qui a fait le vidéo?

L'Association des femmes inuit Pauktuutit est une organisation nationale qui est née en 1984. Pauktuutit aide les femmes inuit du Canada, qui pour la plupart vivent dans les Territoires du Nord-Ouest, au Nunavut, au Labrador et au Nunavik. Le but principal de Pauktuutit est de «sensibiliser les gens aux besoins des femmes inuit» et «d'encourager leur participation aux activités communautaires, régionales et nationales reliées aux développement social, culturel et économique».

Le SAF et les EAF NE SONT PAS DES MALADIES GÉNÉTIQUES NI HÉRÉDITAIRES

Naunaipkutit

Kina qunngialiurhimajuq?

Pauktuutit Inuit Arnait Katimavingat nunaptingni katimaviujuq aullaqtitauhimajuq 1984-mi. Pauktuutit havauhilgit Arnanut Kaanatami, amihuujut Nunattiaminngaaqtut, Nunavunmit, Labrador Nunavik-millu. Havaarilluaqpagait Pauktuutit taimaa 'naunaijarhimmaaqtut ihariagijainik Inuit Arnait ilauquvaghugit nunagijamingnik, avikturhimajunilu nunaptalu ihumagijainik inuuhiqattiaqnikkut, ilitquhitigut manighiuqnikkullu.'

**FAS-ju FAE-ju ILITQUHIRIJAUNNGITTUT
TUNIJAUJUITTUTIKLU**

የኅርድ ልማት አቀልበር?

Why was the video made?

Inuit women from across Canada come together each year for Pauktuutit's annual general meeting to discuss many issues that affect them, their families and their communities. These discussions help to guide Pauktuutit's work during the next year.

Delegates at the 1995-1996 meetings identified Fetal Alcohol Syndrome and Fetal Alcohol Effects (FAS/FAE) as serious concerns in need of attention. They felt Fetal Alcohol Syndrome (FAS) and Fetal Alcohol Effects (FAE) threaten the health and well-being of Inuit.

Pauktuutit decided to make a video called "*Preventing FAS/FAE in Inuit Communities*" with the goal of educating Inuit of the danger of drinking alcohol during pregnancy. It was filmed in Iqaluit, Nunavut in November 2000.

We know that changing harmful social and health behaviours does not take place overnight. This video is a step towards helping Inuit men and women make informed choices and decisions that affect the health of their children.

▷ ፳፻፲፭ ደንብ ስራው ደንብ በ፳፻፲፭ ደንብ ስራው
መርመራ ለርዕስት የሚገኘውን የሚሰጠው ደንብ የሚከተሉት ደንብ
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If a woman does not drink alcohol during pregnancy her child will not get FAS or FAE

Pourquoi a-t-on fait le vidéo?

Des femmes inuit de partout au Canada se rencontrent chaque année à l'assemblée générale annuelle de Pauktuutit pour discuter de questions qui les touchent, et qui touchent aussi leur famille et leur communauté. Ces discussions aident à orienter le travail de Pauktuutit l'année suivante.

Les déléguées des réunions de 1995-1996 ont souligné que le syndrome d'alcoolisme foetal et les effets de l'alcool sur le foetus (SAF/EAF) sont de graves problèmes qui méritent d'être examinés de plus près. Elles ont dit que le syndrome d'alcoolisme foetal et les effets de l'alcool sur le foetus (SAF/EAF) menacent la santé et le bien-être des Inuit.

Pauktuutit a décidé de faire un vidéo intitulé «La prévention du SAF/EAF dans les communautés inuit» pour sensibiliser les Inuit aux dangers de la consommation d'alcool pendant la grossesse. Le vidéo a été filmé à Iqaluit, au Nunavut en novembre 2000.

Nous savons qu'il est impossible de changer des comportements sociaux et sanitaires nocifs du jour au lendemain. Ce vidéo n'est qu'un pas dans la bonne direction : il aide les hommes et les femmes inuit à prendre des décisions et à faire des choix informés sur des questions qui affectent la santé de leurs enfants.

Si une femme ne boit pas d'alcool pendant sa grossesse son bébé ne sera pas atteint du SAF/EAF

Huuq qunngialiurhimajuq?

Inuit arnait Kaanataminngaaqtut katitpaktut ukiuq tamaat Pauktuutit katimaqjugaliraangamik uqautigiplugit amihujut ihumaaluutauvaktut, ilamingnut nunagijamingniklu. Hapkua uqautaujut ikajuutauvaktut qanuq havaaghainik Pauktuutit-kut ukiumi atuqtughami.

Ilaujut 1995-1996-mi katimagamik ilitturipkaijut Nutaraghanut Imiqlungnit Pimmaqluutaujunik taamnalu Nutaraghanut Imiqlungnit Mihingnautit ihumaaluutaulluaqtut. Ihumajut taimaa Nutaraghanut Imiqlungnit Pimmaqluutit (FAS) taamnalu Nutaraghanut Imiqlungnit Mihingnautit qajangnaqtut inuuhiqattiaqniqmut Inungnut.

Pauktuutit qunngialiurumaliqtut atiqaqtumik "Astuqtailiniq FAS/FAE-miklu Inuit Nunainni" ilihaijumaplutik Inungnik qajangnaqtunik imiqlungnik imiriami hingaitillutik. Iqalungni qunngialiuauhimajuq Nunavunmi, November 2000-mi.

Ilihimajugut aallannguqtinqniq inuuhinik aanniaqtailijutillu atauttikkut pijaulaittut. Una qunngiagaghaq ikajuutauquplugu Inungnik angutiniklu arnaniklu naunaijautigiquplugit ihumaliuqnikkut qajangnaqtunik aanniaqtailinikkullu nutaqqanik.

Arnait imiqlungnik imijuikumik hingaitillutik nutaraghaganut FAS-mik FAE-miklu qajangnaittut

“Եմո՞ւ գիշեցնելու ելայթները շահագույն դրվագներն են
կամ առաջնահարությունները? Եմո՞ւ պատճենահանությունները առաջնահարություններն են?

ՀԱՅԱՍՏԱՆԻ ՀԱՆՐԱՊԵՏՈՒԹՅԱՆ ԿԱՇՄԱԽԱՎԱՐ

የኅናልዎች ላይ በዚህ ንብረት የሚከተሉት ደንብ የሚያስፈልግ ይችላል፡፡

How does the video deal with FAS/FAE?

This video tells a story of a young girl who finds out she is pregnant. She did not plan to get pregnant or become a mother. She is afraid to tell her parents and boyfriend that she is pregnant.

At her first visit to the health center, the nurse told her about Fetal Alcohol Syndrome and Fetal Alcohol Effects. It made her think about drinking games she had played at parties with her friends.

This pregnancy is a turning point for her.

Because she is pregnant all of her decisions and choices can affect her baby. She learned from the nurse that by stopping drinking now and not drinking during the rest of her pregnancy, her baby will have a better chance of being born without the physical or mental problems that come with FAS and FAE.

This is a story that is all too common. It could be any parents' story.

Women who decide to stop drinking during pregnancy need the support of their partners, families and communities to protect their unborn child from FAS and FAE.

Comment le vidéo traite-t-il du SAF/EAF?

Ce vidéo raconte l'histoire d'une jeune fille qui découvre qu'elle est enceinte. Elle n'avait pas prévu devenir enceinte ou mère. Elle a peur d'annoncer qu'elle est enceinte à ses parents et à son «chum».

Lors de sa première visite au centre de santé, l'infirmière lui parle du syndrome d'alcoolisme foetal et des effets de l'alcool sur le foetus. Cela lui fait réfléchir aux jeux de beuverie auxquels elle a joué lors de partys avec ses amis.

Cette grossesse est un moment décisif pour elle.

Parce qu'elle est enceinte, toutes ses décisions et ses choix peuvent affecter son bébé. L'infirmière lui a dit que si elle arrêtait de boire maintenant, et pendant toute sa grossesse, son bébé aurait de meilleures chances de naître sans les problèmes physiques ou mentaux liés au SAF/EAF.

C'est une histoire beaucoup trop commune. Elle pourrait être l'histoire de n'importe quels parents.

Les femmes qui décident d'arrêter de boire pendant leur grossesse ont besoin du soutien de leur partenaire, de leur famille et de leur communauté pour protéger leur futur bébé du SAF/EAF.

Qanuq qunngialiurhimajuq ikajuutauvat FAS-mik/FAE-miklu?

Una qunngialiurhimajuq unipkaangujuq arnaruhiqmik ilitturiujuq hingailiqtuq. Nutaraghanigahuangittuq amaamanguqjuqinngittuqlu. Ilrahuktuq angajuqqaaminut aippaqminullu uqariami nutaraghqaqaliqtuq.

Pulaaqqaaramiuk munarhiqaqvik, munarhip unipkaarutijaa Nutaraghanut Imiqlungnit Pimmaqluutnik taaffuminngalu Nutaraghanut Imiqlungnit Mihingnautit. Itqaumagilirhugit imiqpauhiit katimaqatigiplugit ilannaita.

Nutaraghqaqniq una aallannguqtigipluniuk.

Nutaraghqaqniqman ihumaliugaghait ihumaliurhimajaillu mihibigjaulaaqtut nutaraghqaanit. Munarhinit ilihimaliqtuq imiqlungnik imiruirhimagumi imiqtaililunilu hingaitillugu, nutaraghaa inuutiaqniaqquq timiagut i humaagullu ihuinaarutaitunik ilaujuktut FAS-nik FAE-niklu.

Una unipkaangujuq atuqtaujuktuq. Kiali qujaginnaq angajuqqaat unipkaarivagaat.

Arnait imirumahuiqtut hingaitillutik ikajuqtaujughat aippaqmingnik, ilamingniklu nunagijamingniklu Qajagiplugu nutaraghqaq talvanngat FAS-mik FAE-miklu.

የ/እσር-ርድኑ ሰጋናና ፊርማዎች በመሆኑ ለፌዴራል ስምምነት ይፈጸማል.
ለዚህንኩል ሰጥቶበት የሚከተሉ ማስረጃዎች የሚከተሉ ማስረጃዎች
የሚከተሉ ማስረጃዎች የሚከተሉ ማስረጃዎች የሚከተሉ ማስረጃዎች
የሚከተሉ ማስረጃዎች የሚከተሉ ማስረጃዎች የሚከተሉ ማስረጃዎች

ርጊ የጥናት ሰጋናና ፊርማዎች:

○ በኋላውን ሰጋናና ፊርማዎች የሚከተሉ ማስረጃዎች

○ የጥናት ሰጋናና ፊርማዎች የሚከተሉ ማስረጃዎች
የሚከተሉ ማስረጃዎች የሚከተሉ ማስረጃዎች የሚከተሉ ማስረጃዎች
የሚከተሉ ማስረጃዎች የሚከተሉ ማስረጃዎች የሚከተሉ ማስረጃዎች
የሚከተሉ ማስረጃዎች የሚከተሉ ማስረጃዎች

○ የጥናት ሰጋናና ፊርማዎች የሚከተሉ ማስረጃዎች
የሚከተሉ ማስረጃዎች የሚከተሉ ማስረጃዎች የሚከተሉ ማስረጃዎች
የሚከተሉ ማስረጃዎች የሚከተሉ ማስረጃዎች

○ የጥናት ሰጋናና ፊርማዎች የሚከተሉ ማስረጃዎች
የሚከተሉ ማስረጃዎች የሚከተሉ ማስረጃዎች የሚከተሉ ማስረጃዎች
የሚከተሉ ማስረጃዎች የሚከተሉ ማስረጃዎች

○ የጥናት ሰጋናና ፊርማዎች የሚከተሉ ማስረጃዎች
የሚከተሉ ማስረጃዎች የሚከተሉ ማስረጃዎች የሚከተሉ ማስረጃዎች
የሚከተሉ ማስረጃዎች የሚከተሉ ማስረጃዎች

The video was produced mostly for young Inuit women between the ages of 13 and 18, their early child-bearing years, but includes the experiences of young Inuit men and their issues with alcohol and fatherhood. The video shows how important support is for pregnant women by their partners, family and community.

The Viewing Guide is:

- a source of health information
- a resource for medical definitions, facts and information on FAS and FAE
- a quick reference for commonly asked questions and concerns about FAS and FAE
- a tool to get people talking about FAS and FAE before and after seeing the video
- one step towards creating awareness about FAS and FAE



Le vidéo a été produit surtout pour les jeunes femmes inuit de 13 à 18 ans, pendant leurs premières années de fécondité, mais il comprend aussi les expériences de jeunes hommes inuit et de leurs préoccupations face à l'alcool et au fait de devenir père. Le vidéo montre à quel point les femmes enceintes ont besoin du soutien de leur partenaire, de leur famille et de leur communauté.

Le guide de visionnement est :

- une source d'information sur la santé
- une source de définitions médicales, de faits et d'information sur le SAF/EAF
- une référence rapide pour les questions et les préoccupations les plus fréquentes à propos du SAF/EAF
- un outil pour lancer la discussion sur le SAF/EAF avant et après le visionnement du vidéo
- un outil de sensibilisation au SAF/EAF

Una qunngialurhimajuq inuuhtututut Inungnut arnanik ukiulgit akunngani 13-lu 18-lu, nutaqqiulihaaraangamik, kihimi. Aturhimajainnik unipkaaliurhimajuq Inuit angutillu ihumagijamingniklu imiqlungnik aappauniqmiklu. Qunngialurhimajuq takupkaqtitaijuq aghuuqnaqtunik hingaijunut arnanik aippaqminit, ilaminiklu nunagijaaniklu.

Qunngiagaghāt taapkua:

- Pivighaujut aanniaqtalinikkut naunaipkutinik
- Pivighaujuqlu aanniaqnikkut naunaipkutinik, ilumuuqtut naunaipkutillu FAS-nik FAE-niklu
- Naunaipkutaujut apirhuqtaujuktunut ihumaaluutaujullu FAS-nik FAE-niklu
- Ingilrutaujuq inungnut unipkaaqnikkut FAS-nik FAE-niklu tautuktinnagu tautuktaarumilu qunngiagaghāq
- Tunmiraulraangujuq ilitturiniqmik FAS-nik FAE-niklu



ՀԵՇՔ ՀԱՆՈՒՅՑ ԱՐԴՅՈՎԾԵՐԸ ԿԵՐՊՈ՞Ր

«**И**БДАГСРУДАС СЛОВАС РАСЛАДАУ АГРАБЕСІСІЛ»
«**І**БДАГСРУДАС СЛОВАС РАСЛАДАУ АГРАБЕСІСІЛ».

What is Fetal Alcohol Syndrome (FAS)?

Fetal Alcohol Syndrome, also called FAS, is the name given to the mental and physical problems that a baby can be born with if a woman drinks while she is pregnant. **FAS can only happen if a woman drinks alcohol while she is pregnant.**

When a pregnant woman drinks alcohol, her unborn baby also drinks alcohol. Alcohol easily passes from the mother to the baby through the cord. Alcohol can severely affect the brain and development of a baby, so when alcohol passes from the mother to the baby, it often damages and slows the baby's development.

Problems from FAS will never go away.



መርናዣ ልማትና የሰውን ስም በመስጠት እንደሆነ የሚያስተካክል ይችላል

Babies who are born to mothers who drink alcohol are at high risk of having permanent disabilities and birth defects

Qu'est-ce que le syndrome d'alcoolisme foetal (SAF)?

Le syndrome d'alcoolisme foetal, aussi appelé SAF, est le nom donné aux problèmes mentaux et physiques avec lesquels un bébé peut naître si sa mère boit de l'alcool pendant sa grossesse. **Le SAF ne peut se produire que si une femme boit de l'alcool pendant sa grossesse.**

Lorsqu'une femme enceinte boit de l'alcool, son futur bébé en boit aussi. L'alcool passe facilement de la mère au bébé par le cordon ombilical. L'alcool peut nuire gravement au développement du bébé et de son cerveau, donc quand l'alcool passe de la mère à l'enfant, il endommage et ralentit le développement du bébé.

Les problèmes du SAF restent pour toujours.



Les bébés de mères qui boivent de l'alcool courrent de forts risques de souffrir de handicaps permanents et d'anomalies congénitales.

Hunali Nutaraghanut Imiqlungnit Pimaqluutit (FAS)?

Nutaraghanut Imiqlungnit Pimmaqlungniq, taijauvaktuqtauq FAS-mik, atiqtauhimajuq i humaqluktunik timiagullu ajurhautiqaqtunik inuhaat pimmaqluutigivagait arnaq imijukpat nutaraghqaqtaillugu. **FAS pi jaulaaqtuq arnaq imirumi imiqlungnik hingaitillugu.**

Nutaraghlik arnaq imijukkumi, nutaraghaalu imijuktuqtauq. Imiqluit nutaraghmungaliqpaktut amaamangnit nutarannuamut mighiangagut. Imiqluit aghut ihuinaarutauvaktuq qaritanut inuuhaniklu nutaranuup, taimaa imiqluit amaamangnit nutarannuamunngaraangat, ihuinaarutauvaktuq kajumirhugulu nutaqqap aklivaaliqpauhianut.

Ihuinaarutaujut FAS-mik tammalaittut.

Nutarannuit inuujut amaamangnut imijuktunut hapiqnatqijaujut inuuhiqlungniqmik takuminaittuuplutiklu

ՔԸՆՐՈՒՅՆ ԾՈՎՆԵԼՏԱՏԵԿԸ ԹԸՆՑ ՐՆՍԴԵՌՈՒ ԱՐԱԽԵԾԸՆՅԱ
ԷԽԾԱՐԾԵՐՈՒՄ ԱԾՀԸ

Օ ԾԱՇԽՆ ՄԲԸՆԴՎԵՐՆ

Օ ԱՐԵՐ ԿԱՇԱՐՆԸ ԾՈՒՅՆ ԾԱՏԵՐՆ

Օ ՔԱՆԸ ԿՈՒՆ ԼԾԵՐՆ ԷԿՆ ԾԱԳՆ
ԱՐԾՈՒՐՆԵՐՆԵՐՆ

Օ ԳՐԱՆ ԱՃԸՆ, ԿԸՆ ԾՈՒՅՆ ԾԱՏԵՐՆ

Օ ԿԸՆ
ԿԸՆ ԱՃԸՆ ԾՈՒՅՆ ԷԿՆ ԾԲԸՆԸՆ
ՄԸՆԸՆ ԿԸՆ ԲԸՆԸՆ
ԿԸՆ ԱՃԸՆ ԾՈՒՅՆ ԷԿՆ ԾԲԸՆԸՆ
ԱՃԸՆ ԲԸՆԸՆ
ՄԸՆԸՆ ԿԸՆ ԲԸՆԸՆ



Common facial features of children with FAS

- Օ Smaller head
- Օ Short eye slits or drooping eyes
- Օ Flat midface and underdeveloped cheekbones
- Օ Short, flattened or upturned nose
- Օ Mouth
 - thin and straight upper lip
 - small baby teeth
 - crooked and crowded adult teeth
 - small jaw or a jaw that sticks out

ԹԸՆՑ ՐՆՍԴԵՌՈՒ ԱՐԱԽԵԾԸՆՅԱ
ԷԽԾԱՐԾԵՐՆԵՐՆ ԱՐԱԽԵԾԸՆՅԱ
ԷԽԾԱՐԾԵՐՆԵՐՆ ԱՐԱԽԵԾԸՆՅԱ
ԷԽԾԱՐԾԵՐՆԵՐՆ ԱՐԱԽԵԾԸՆՅԱ

Children with FAS/FAE may look different but they are not unattractive or ugly

Traits faciaux communs des enfants atteints du SAF

- Petite tête
- Petite ouverture des yeux ou yeux tombants
- Pommettes et centre du visage plats
- Petit nez plat ou en trompette
- Bouche
lèvre supérieure plate et droite
petites dents de bébé
dents d'adulte croches et chevauchantes
mâchoire trop petite ou qui ressort



Le visage d'un enfant atteint du SAF/EAF est différent, il n'est pas laid

Naunaitut kiinait nutaqqanit FAS-qaqtunik

- Mikitqijaujut niaqui
- Naittut iijingit palungaplutikluuniit
- Manighuni akuliangit uluangillu mikkauplutik
- Naittutik, maniktullu anmungajuniklu qingalgit
- Qaniit
haattutik kakkiviangit
kigutilraangit mikiplutik
hanguhiqtullu nimniurhutiklu kigutait
akliruqqukittut akliruuluuniit anmuktut

Nutaqqat FAS-qaqtut/FAE-qaqtullu aallanngajutut ittut Kihimi piqpaluingunngittut piniittuunngittullu

մշտական հայության մեջ պահպան է առաջ գործություն ունեցած առաջին առաջարկությունը՝ ուղարկված էլեկտրոնային փոստում՝ 2019 թվականի հունվարի 2-ին:

የዚህ የሚከተሉት ስልክ በፊርማ እንደሆነ የሚያስፈልግ ይችላል
የዚህ የሚከተሉት ስልክ በፊርማ እንደሆነ የሚያስፈልግ ይችላል
የዚህ የሚከተሉት ስልክ በፊርማ እንደሆነ የሚያስፈልግ ይችላል
የዚህ የሚከተሉት ስልክ በፊርማ እንደሆነ የሚያስፈልግ ይችላል

մԸՆԴԸ ԱՀԾԵԿԸ ՀԱՆՁԵՐՈՒՅԹ ԱՐԳԱՎԵԿԸ ՏԵՇԵ ՔԵՆԱՐԵՐՈՒՅԹ
ԷԼԻԳԻՆԴՆԵՐԸ ԾՈՎ ԾՈՎԵՐՆԵՐԸ ՔԱՐՈՋ ԷԼԵՎԾԾՈՎՆԵՐԸ
ԱԾՎԱՌՈՎԱՐՆԵՐԸ ՀԱՅ, ՃՈՎԵՐՆԵՐԸ ԱԾՎԱՌԵՎՈՎԱՐՆԵՐԸ ՀԱՅ. ՄԸՆԴԸ
ԱՀԾԵԿԸ ՀԱՆՁԵՐՈՒՅԹ ԿԵՆԱՐԵՐՈՒՅԹ ԱՐԳԱՎԵԿԸ ՄԵՐԸ ԷԼԻԳԻՆԴՆԵՐԸ
ԱԾՎԱՌՈՎԱՐՆԵՐԸ ՀԱՅ ՔԵՆԱՐԵՐՈՒՅԹ ԱՐԳԱՎԵԿԸ ՄԵՐԸ ԷԼԻԳԻՆԴՆԵՐԸ
ԱԾՎԱՌՈՎԱՐՆԵՐԸ ՀԱՅ ՔԵՆԱՐԵՐՈՒՅԹ ԱՐԳԱՎԵԿԸ ՄԵՐԸ ՔԱՐՈՋ ՔԵՆԱՐԵՐԸ
ԱԾՎԱՌԵՎՈՎԱՐՆԵՐԸ ԾԱԼԱՎԵՎՈՎԱՐՆԵՐԸ. ԾԱԼԱՎԵՎՈՎԱՐՆԵՐԸ ԱՌԱՐՄԱՆ ԱԾՎԱՌԵՎՈՎԱՐՆԵՐԸ
ՀԱՆՁԵՐՈՒՅԹ ԿԵՆԱՐԵՐՈՒՅԹ ԱՐԳԱՎԵԿԸ ՄԵՐԸ ԾԱԼԱՎԵՎՈՎԱՐՆԵՐԸ
“ՀԱՆՁԵՐՈՒՅԹ ԱՐԳԱՎԵԿԸ ՏԵՇԵ ՔԵՆԱՐԵՐՈՒՅԹ ՔԱՐԵՎՈՎԱՐՆԵՐԸ”.



What is Fetal Alcohol Effects (FAE)?

FAE is another name for Fetal Alcohol Effects. It is the name given to the mental and physical problems that a baby can be born with if a woman drinks while she is pregnant.

FAE can only happen if a woman drinks alcohol while she is pregnant.

A child with FAE shares many of the same problems as a child with FAS, like disabilities and brain damage.

What is the difference between FAE and FAS?

Children with **FAS** have common facial features as well as learning, social and behavioral problems. Children with **FAE** have the same learning, social and behavioral problems **without the facial features**. That's why FAE is sometimes called "FAS without the face".

የሥራለ▷ርር ንብረት▷የምሪስ ሌሎች ለተከታታል
ልጻልጻ▷ቋሙናርር ቀርቡ ላይናወጥና ለርሱ የሥራለ▷በበ
አገኔ▷እርሱን ለመስማት ተስተካክል

Fetal Alcohol Effects is not a milder case of Fetal Alcohol Syndrome

Que sont les effets de l'alcool sur le foetus (EAF)?

Le terme EAF est une autre façon d'appeler les effets de l'alcool sur le foetus. C'est le nom qu'on donne aux problèmes mentaux et physiques avec lesquels un bébé risque de naître si sa mère boit pendant sa grossesse.

Les EAF ne peuvent se produire que si la mère boit de l'alcool pendant sa grossesse.

Les enfants atteints des EAF ont des problèmes similaires à ceux des enfants atteints du SAF, les mêmes handicaps physiques et mentaux.

Quelle est la différence entre le SAF et les EAF?

Les enfants atteints du **SAF** ont des traits faciaux ainsi que des problèmes sociaux, d'apprentissage et de comportement communs. Les enfants atteints des **EAF** ont les mêmes problèmes d'apprentissage, de comportement et sociaux **sans les traits faciaux**. C'est pourquoi on appelle parfois les EAF «le SAF sans le visage».



Les effets de l'alcool sur le foetus ne sont pas un cas moins grave du syndrome d'alcoolisme foetal

Hunali Nutaraghanut Imiqlungnit Mihingnautit (FAE)?

FAE atirivauktauq taamna Nutaraghanut Imiqlungnit Mihingnautinik. Taijauvaktuqtauq i humaqlungniqmut pimmaqluutauvaktullu inuhaannuanut arnaq imijukkumi hingaitillugu. **FAE pi jaulaaqtuq arnaq imijukkumi imiqlungnik hingaitillugu.**

Nutaraq FAE-qaqtuq aajjikkutaanik ihuiguhujuktuttauq nutaqqanik FAS-qaqtunik, pimmaqlungniqtut qaritaqluktuniklu.

Qanuq aallatqiinguvat FAE-lu FAS-lu?

Nutaqqat **FAS-qaqtut** naunaittunik kiinaqajuktut taapkualu ilihaqnikkut, inuuhiqaqnikkut pittiaqnikkullu ihuinaarutilgit. Nutaqqat **FAE-qaqtut** aajjikkutarivaat ilihaqnikkut, inuuhikkut pittiaqnikkullu ihuinaaliqpaktut **kiinait aallan-gajjuhiit huittututik**. Taimaa FAE taijauliqpaktuq "FAS kiinaitumik".



Nutaraghanut Imiqlungnit Mihingnautit mighirhiringittaa Taapkua Nutaraghanut Imiqlungnit Pimmaqluutit

‘Ե՞ս՞ ԱՐՁԵ՞ ԳԵՇԱՐԾԵ՞ ՈՒՐԼԻ՞ մԸՆՀԵ ‘ԵՌԸՆԵՐԾԵ
ՃԵՂՆԸՆԵՐԾԵ

‘ԵՌԸՆԵ ՃԵՂՆԸՆԵՐԾԵ ՈՒՐԼ ԱՌՄԵՆ ԼԺՄԵՆ ‘ԵՌԸՆԵՐԾԵ, ՇՄՐԴԵ ԳԼԵ
ՃԵՂՆԸՆԵՐԾԵ. ԱՌՄԵՆ ՄԸՆՀԵ ԱՄՆԿՆԵՐԾԵ
ՀԵՇԱՐԾԵՆԱՌԵՏԱ ԱՐՁԵՎԵ. ԱՐՁԵ՞ ՀԵՇԱՐԾԵՆԱՌԵՏԱ ‘ԵՌԸՆԵՐԾԵ
ԱՐԺԵՎԵՆԵՐԾԵՆԵՐԾԵ ԱՌՄԵՆ ՄԸՆՀԵ ՃԵՂՆԸՆԵՐԾԵՎԵ: ՀԵՇԱՐԾԵՆԱՌԵՏԱ
ՈՒՐԼԵՏԸ ԷՇԾ ՀԼԱԾ ԱՌՄԵՆ ՄԸՆՀԵ ԱՌՄԵՆ ՈՒՐԼԵՏԸ:

ԱՌՄԵՆ ՄԸՆՀԵ ՀԵՇԱՐԾԵՆԵՐԾԵ ԱՌՄԵՆ ՄԸՆՀԵ ԱՌՄԵՆ ՄԸՆՀԵ

● ՃԵՂՆԸՆԵՐԾԵՆԱՌԵՏԱ

● ԿՈՎԵՆԵՐԾԵՆԱՌԵՏԱ

● ԾԵՎԵՆԵՐԾԵՆԱՌԵՏԱ

● ՇԱԼԱՆԵՐԾԵՆԱՌԵՏԱ

● ՃԵՂՆԸՆԵՐԾԵՆԱՌԵՏԱ

● ՃԵՂՆԸՆԵՐԾԵՆԱՌԵՏԱ

● ՃԵՂՆԸՆԵՐԾԵՆԱՌԵՏԱ

How alcohol affects the baby's central nervous system

The **Central Nervous System** is the part of your body that includes the brain, the spine and the nerves. It is the part of the growing baby that is most sensitive to the affects of alcohol. Alcohol can damage the growing brain cells of an unborn baby. This can result in some, or all of the following:

Behavioral and Emotional

● Moodiness

● Hyperactivity

● Overly-trusting

● Depression

● Short attention span

● Lack of social skills

● Lack of control over actions

Comment l'alcool affecte-t-il le système nerveux central du bébé?

Le système nerveux central comprend le cerveau, la colonne vertébrale et les nerfs. C'est la partie la plus sensible aux effets de l'alcool du bébé qui se développe. L'alcool peut endommager les cellules du cerveau d'un futur bébé. Tous ou certains des problèmes suivants peuvent arriver :

Comportement et émotions

- Sautes d'humeur
- Hyperactivité
- Fait trop confiance
- Dépression
- Manque d'attention
- Manque de compétences sociales
- Perd le contrôle de ses actions

Qanuq imiqluit mihigijauvaktut nutarannuup qaritaanik qitiraaniklu

Taapkua Qitiraaniittut ilagijaat timivit ilaupluni qaritait, qitiraniklu. Ilagijaat aklihimmaaqtup nutarannuup qajangnatqijait imiqlungniqmit. Imiqluit amiqnaqtut naujunik qaritaanit nutaraghami. Hapkua pijaulaaqtut ilait, tamang-nikluuniit:

Pittiaqnikkut Ihumaqattiaqnikkullu

- Aallannguqtaqtuq
- Tiitanganik
- Aghuurhuni-ukpiruhujuktut
- Quviahuguiqpaktut
- Naittut taututtiaqpauhiit
- Inughiuqniq ajuqtut
- Munarhijuitut pihimajamingnik

ΓΡΑΦΕΙΣ ΑΘΛΗΤΙΣΜΟΥ

- Ριθαρίδης Γεώργιος Καραϊσκάκης
- Παναγιώτης Λαζαρίδης Δημήτρης Καραϊσκάκης
- Εβδομάδης Λαζαρίδης, Παναγιώτης, Κωνσταντίνος
- Μαρίας, Δημήτρης/Δημήτρης Λαζαρίδης
- Ιωάννης Δημητρίου Αναστασίου Βασιλείου
- Ρόμπης Εβδομάδης
- Δηλευτικός
- Δημήτρης Σταύρου Λαζαρίδης Κώστας Καραϊσκάκης
- Δημήτρης Δημητρίου Αναστασίου Εβδομάδης
- Δημήτρης Καραϊσκάκης

Developmental

- Low birth weight
- Slow childhood growth
- Poor body coordination
- Problems with heart, liver, kidneys, muscles, genitals and bones
- FAS/FAE are the leading causes of mental retardation and birth defects
- Poor short-term memory
- Poor sleeping patterns
- Mental handicap
- Poor eyesight and hearing
- Speech and language problems

Développement

- Ⓐ Très léger à la naissance
- Ⓐ Croissance lente
- Ⓐ Manque de coordination
- Ⓐ Problèmes de cœur, foie, reins, muscles, organes génitaux et os
- Ⓐ Mauvaise mémoire à court terme
- Ⓐ Difficulté à dormir
- Ⓐ Handicap mental
- Ⓐ Mauvaises vue et ouïe
- Ⓐ Problèmes d'expression

Angiklihimmaaqtunik

- Ⓐ Mikijut anihaat
- Ⓐ Kajumiittumik aklijuktut
- Ⓐ Timimingnik ajurhaqpaktut
- Ⓐ Ajurhautigivaktait uummatit, tinguk, Taktut, nukiit, uttuk/uhuk, hauniit
- Ⓐ Puigulaannuulutik
- Ⓐ Hiniqluqattaqlutik
- Ⓐ Ihumaqattianngittut
- Ⓐ Takpiitpaghutik hiujjaqlughutik
- Ⓐ Uqqaqlughutiklu uqattiajuitutiklu

ՃՈՐԾՆԾՋԸ ՔԿԼ ՃՈՂՅԻ՞ԾԲՀԸ ՔԵԾԱԳՐԸ-ՔՊԵԵԾԸ ԱՌՈՒԵՒՆՆԱԾ
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Behavioral and emotional problems that result from Fetal Alcohol Syndrome and Fetal Alcohol Effects put children at a higher risk to be involved in criminal activity and make them more likely to be taken advantage of physically, sexually and emotionally.

ՀՅԱԼԵՎՈՐՈՒՅԻՆ ԱՐԴՅՈՒՆՎՈՐ ՀՅԱԼԵՎՈՐՈՒՅԻՆ
ԿԱՐԱՎԱՐ ՀՅԱԼԵՎՈՐՈՒՅԻՆ ԱՐԴՅՈՒՆՎՈՐ ՀՅԱԼԵՎՈՐՈՒՅԻՆ
ՀՅԱԼԵՎՈՐՈՒՅԻՆ ԱՐԴՅՈՒՆՎՈՐ ՀՅԱԼԵՎՈՐՈՒՅԻՆ

FAS/FAE are the leading causes of mental retardation and birth defects



Les problèmes de comportement et émotifs résultants du syndrome d'alcoolisme foetal et des effets de l'alcool sur le foetus augmentent les risques de criminalité chez les enfants atteints. Ces enfants courent aussi plus de risques de souffrir de mauvais traitements physiques, sexuels et émotifs.

**Pittiaqniq ihumaqlungniqlu Nutaraghanut
Imiqlungnit Pimmaqluutit Mihingnautillu
nutaqqanut amiqaqtuq
Ihuinaaqataujunut amiqnarhutiklu
anirahuaqnikkut, nuliaqtaunahuaqnikkut
taimaalu ihumaqlungnikkut.**

Guide de l'animateur pour le vidéo

Personnages principaux

Le SAF et les EAF sont les principales causes de problèmes mentaux et d'anomalies congénitales

Ikajuqtip Maliguarutait qunngiagaghamut

Pinnguaqtut

Pinnguaqtuq arnaq

**FAS/FAE-lu hivulliqpaangujut
ihumaqattiannginniqmut inuhaanullu
piqpalluiniqmik**

ርጊዣ ሌሎች በተደረገ

Facilitator's Guide to the Video

Main characters

Main female character

This character is the center of our story. She helps us to see and understand the real life situations, choices and decisions of Inuit youth regarding relationships, pregnancy and peer pressure. Her unplanned pregnancy is a time of great confusion and fear for her. Not only does she feel scared to tell her boyfriend and parents of the pregnancy, but she also fears for the health of her unborn baby. With newly gained knowledge of FAS/FAE, she is aware that partying and drinking alcohol could severely damage her developing baby. She understands that the only way to prevent FAS/FAE is to stop drinking alcohol during pregnancy. Through her experience, we learn that support by her partner is of great importance. Also she will need the support of her family and community for a healthy, alcohol-free pregnancy.

Parents of main female character

The importance of family love, understanding and support during a teenage pregnancy is very important. By showing emotional support, a mother and father of a pregnant youth can help reduce the stress that their daughter (or son) may be experiencing. They can guide her to make healthy choices and have a healthy baby.

La jeune femme

Ce personnage est au cœur de notre histoire. Elle nous aide à voir et comprendre ce qui se passe dans la vraie vie, les choix et les décisions que les jeunes inuit doivent prendre à propos de leurs relations, de la grossesse et de l'influence de leurs proches. Sa grossesse non prévue est une période de grande confusion et de peur pour elle. Non seulement a-t-elle peur d'annoncer sa grossesse à son «chum» et à ses parents, mais elle a aussi peur pour la santé de son futur bébé. Avec ce qu'elle a appris du SAF/EAF, elle sait maintenant que faire la fête et boire de l'alcool peut nuire gravement au développement du bébé dans son ventre. Elle comprend que la seule façon de prévenir le SAF/EAF est de ne pas boire d'alcool durant toute sa grossesse. Grâce à son expérience, nous apprenons que le soutien de son partenaire est extrêmement important. Elle aura aussi besoin du soutien de sa famille et de sa communauté pour avoir une grossesse en santé, sans alcool.

Ses parents

L'amour, la compréhension et le soutien de la famille sont très importants durant la grossesse d'une adolescente. En donnant du soutien émotif à leur enfant, le père et la mère peuvent permettre de réduire le stress auquel leur fille (ou leur fils) fait face. Ils peuvent l'aider à prendre des décisions saines pour avoir un bébé en santé.

Sa soeur

Cette enfant est la petite soeur de notre personnage principal. Le vidéo commence et finit avec des dessins qu'elle a faits de sa communauté, de ses salles de classe et de sa famille. Ces

Pinnguaqtuq una unipkaarijaujuq. Ikajuqtuq taututtiqaqniqmik tukihiniqmiklu atuqtauvaktunik inuuhinit, ihumaliugaghanik ihumaliurhimajuniklu Inuit inulrammiit nuliaqnikkut, nutaraghqaqliraangat inuuuhuktuuqatiniklu maliguarahuarhugit. Hingainahuunnginnami ajurhautigivagaa irhivaghunilu. Irhipluni aippaqminik angajuqqaaminiklu unniutijaami nutaraghaminik, kihimi ihumaalugipluniuklu nutaraghani. Naunairhugit FAS/FAE-lu, naluhuirhimaliqtuq imiriami imiqlungnik qajangnaqtuq nutaraghamat. Naluuhirhuni nutqaqfitainiq FAS/FAE-miklu taimaa imiruiqluni hingaitilluni. Atuqpaktaanut, naluhuiqtugut ikajuqtaghariaa aippaani. Ilaminiklu ikajuqtajughaqlu nunaqatiminiklu aanniarutaitumik, imiquittumik hingaittiaqniqmut.

Angajuqqaangit arnap pinnguaqtup

Aghuuqnaqtut ilagiingnit piqpajjauniq, tukihittiaqniq ikajut-tiaqniqlu inuuuhuktut nutaraghqaqliraangamik. Ikajuqtuqpluni ihumattiaqnikkut, amaamait aappaillu nutaraghqaqtunik inuuuhuktut ihumaaluktailauvaktut paniat (iqnialluuniit) ihumagivagainik. Ikkuaqtuijjutauniaqqut inuuhiqattiaqniqmut nutaraqatqiklunilu.

Pinnguaqtuq arnap nukaa

Una nutarannaq nukarijaa pinnguaqtup arnap. Angmaqpagait nutqaqtittugulu qunngiaq titiraujarhimajaanik takupkaqtitaipluni nunagijaujuq, ilihaqviit ilaillu. Hapkuq qunngiat tuhaqnarutaujut unipkaaliurhimajumik nutarannaq

Ա՞սէ ՀԱՅՈՒՆԵՐՆԵՐԸ ՀԱՅՈՒՆԵՐՆԵՐԸ ՀԱՅՈՒՆԵՐՆԵՐԸ
ՀԱՅՈՒՆԵՐՆԵՐԸ ՀԱՅՈՒՆԵՐՆԵՐԸ ՀԱՅՈՒՆԵՐՆԵՐԸ ՀԱՅՈՒՆԵՐՆԵՐԸ

Main female's little sister

This young child is the little sister to the main female character. She opens and closes the video with her drawings showing the community, school classrooms and family. These scenes set the tone to the story as the young child colourfully depicts a pregnant woman and her partner.

Main male

He is the boyfriend and the father-to-be. His role as the boyfriend is important because it shows the significance of male support during pregnancy. This is especially true in the case where a pregnant mother is consuming alcohol. Her decision to stop drinking and have an alcohol-free pregnancy will be much more easily achieved with the help of an understanding and supportive partner.

Main male's brother

He is the brother of the main character and he has FAE. We see him throughout the video interacting in family, household and classroom situations. Although a loving child, he shows the typical behavioral characteristics of FAE including a short attention span, impulsive behavior and hyperactivity. He is the focus of his older brother's frustrations and concern. For example he comments that his younger brother is always getting into trouble and not doing well in school. The relationship of the young boy and his mother demonstrates that FAE children have special needs, such as patience, structure and lots of love.

dessins colorés et la façon dont l'enfant raconte l'histoire donnent le ton de l'aventure de la jeune femme enceinte et de son partenaire.

Son «chum»

Il est le «chum» et le futur père. Son rôle de petit copain est important parce qu'il démontre l'importance du soutien de l'homme pendant la grossesse. C'est encore plus vrai lorsque la mère enceinte boit de l'alcool. Sa décision d'arrêter de boire pendant toute la durée de sa grossesse sera beaucoup plus facile à respecter si son partenaire l'aide et la comprend.

Le frère de son «chum»

Il est le frère du futur père et est atteint du EAF. On le voit tout au long du vidéo, dans sa famille et à l'école. Il est un enfant affectueux, mais il souffre tout de même des problèmes associés au EAF : manque d'attention et de concentration, impulsivité et hyperactivité. Il inquiète et frustré son frère aîné. Par exemple, ce dernier dit que son jeune frère se met toujours dans le pétrin et qu'il ne réussit pas très bien à l'école. La relation entre le jeune garçon et sa mère démontre que les enfants atteints du EAF ont des besoins très spéciaux et requièrent de la patience, de la supervision et beaucoup d'amour.

Scènes du vidéo et leur importance dans la discussion en groupe

Scène 1

pinirhitipluni pinnguaqtuq nutaraghqaqaliqtutut arnamik aippanilu.

Pinnguaqtuq angut

Nuliahua aappaghaukirhunilu. Taamna atuqtaa nuliaripluniuk aghuuqnaqtuq ilitturijjutaungmat angutit ikajuqtut Nutaraghqaqalirhutik. Taimaa ilaa ilumuuqtuq nutaraghqaqtaqtuq imijukkumi. Imiqtailinahuarhuni imiqtailililu-nilu hingaitillugu ajuqnaitqijauniaqtuq ikajuqtiqarumi ilihimajumik ikajuttiaqtumiklu aippaqarumi.

Pinnguaqtuq angut nukaa

Nukarijaa pinnguaqtup angutip FAE-qarhunilu. Qunngiaqpaktaqqut qunngiani inuulukaarhuni ilitalu, aimapluni iliharhunilu. Naklingnarhuni, takughaujut ilitquhiit FAE-niklu naittutiklu tautukpauhiit, aghuurhutiklu aallannguq-taqtut pakkatpiaqpaktullu. Qunngiaqgaa angajuata iqihulipluni ihumaalughunilu. Taimaatut uqarhimajuq nukaa ihuinaanginnajuktuq ilihattianngittunilu. Ilagiingniq inuuhuktuq amamaala takupkaqtitaivuq FAE-qaqtut nutaqqat ihariagi-jullu utaqqijungniqmik, tunngavillu nakliqqtamiklu.

Qunngiat qanuqlu aghuuqtaujut uqautaujughanik

Qunngiaq 1

Angmaqtirut qunngiaqmi nutarannuaq titiraujaqtuq ikluani.

Δε՞ր -

Δεκ 1

ርዕስ የዕለታዊ ሪፖርት በመሆኑ እንደሆነው የሚያሳይሩ ይችላል፡ ይህም የሚከተሉት ደንብ ነው፡፡

ՀԱՅԱՍՏԱՆԻ

Video scenes and their importance for group discussion

Scene 1

The opening scene is of a young child drawing a picture in her living room. Her picture is of a man and a woman. The woman is pregnant. The pregnant woman's face slowly changes into the face of the main female character.

The young child helps to set the tone for the docudrama. She represents the future generations and innocence. Her drawing of a man and a woman shows the traditional gender balance of Inuit culture and the important roles that both men and women share during pregnancy. The girl's drawing makes us aware that the main character is pregnant.

NOTES:

No amount of alcohol is safe to drink during pregnancy.

Dans la première scène, on voit une enfant dans son salon en train de dessiner un homme et une femme. La femme est enceinte. Le visage de cette femme se transforme graduellement et devient le visage du personnage principal.

La jeune enfant aide à donner le ton du docudrame. Elle représente les générations futures et l'innocence. Son dessin d'un homme et d'une femme montre l'équilibre traditionnel inuit entre les sexes et les rôles importants que partagent l'homme et la femme durant la grossesse. Le dessin de la petite fille nous informe que la jeune fille principale est enceinte.

NOTES :

Scène 2

La jeune fille est couchée dans son lit et fixe un test de grossesse. Elle croit être enceinte. Elle pense à ses amis, à son «chum» et à un party. Sa réflexion est interrompue par

**Il est dangereux de boire de l'alcool,
même juste un peu, pendant la grossesse.**

Titiraujaqtaa angut arnaqlu. Arnaq nutaraghqaqtuq. Arnap kiinaa kajumiittumik aallannguqtuq arnanngurhuni pinnguaqtumik.

Taamna nutarannuaq ikajuqtuq unipkaangujughamik. Kivgaqtuijuq hivunighaptingnut ihuinaaqtailiniqmiklu. Titiraujaqtuq angunmiklu arnaqmiklu ilitquhiinik Inuit atuqpaktaitalu angutit arnallu nutaraghqaqliraangat. Arnannuup titiraujaagut naunaittuq pinnguaqtuq hingaijuq.

TITIQQAT:

Qunngiaq 2

Pinnguaqtuq nalajuq ikliqmini iikkiqturhuniuk hingaijup havautainik. Ihumajuq hingainahugijuq. Ilannait ihumagi-plugit, quviahughutik aippalu. Tautuqquujaqtait hiqumiktut niriqujaugami nukaanit.

**Qanuqlikiaq imiqlungmik qajangnaqtuq
imiriami hingaitilluni.**

Δειλ 2

Λύπης για την πόρνη στην οποία συνέβη η αστραγάλη της νεαρής γυναίκας. Δημιουργία της πόρνης στην οποία συνέβη η αστραγάλη της νεαρής γυναίκας.

Στην πόρνη της πόρνης στην οποία συνέβη η αστραγάλη της νεαρής γυναίκας.

Επειδή:

Scene 2

The main character is lying in her bed staring at a pregnancy test. She thinks she might be pregnant. She remembers her friends, a party and her boyfriend. Her flashbacks are broken by the sound of her younger sister calling her to eat.

This scene quickly makes the audience aware of the uncertain and stressful situation the main character finds herself in.

NOTES:

Δειλ 3

Λύπης για την πόρνη στην οποία συνέβη η αστραγάλη της νεαρής γυναίκας.

Στην πόρνη της πόρνης στην οποία συνέβη η αστραγάλη της νεαρής γυναίκας.

Επειδή:

Scene 3

The main character enters the kitchen where her family is eating country food. She does not stay to eat and instead quickly disappears after talking briefly with her father.

We understand that the main character is very stressed and confused. The scene introduces her family and the household setting to the viewers.

NOTES:

la voix de sa petite soeur qui lui dit de venir manger.

Cette scène nous informe immédiatement que le personnage principal se trouve dans une situation stressante et incertaine.

NOTES :

Scène 3

Le personnage principal entre dans la cuisine où sa famille mange. Elle ne mange pas mais plutôt disparaît rapidement après avoir dit quelques mots à son père.

Nous comprenons qu'elle est très stressée et mêlée. La scène nous présente sa famille et nous montre l'intérieur de sa maison.

NOTES :

Scène 4

Le docteur Janet Smylie donne de l'information médicale importante sur le syndrome d'alcoolisme foetal (SAF) et sur les effets de l'alcool sur le foetus (EAF). Elle explique aussi la

Una qunngiaqtaujuq qilamiurhutik ilitturipkaijuq ajurhau-taanik pinnguaqtup.

TITIQQAT:

Qunngiaq 3

Pinnguaqtuq itirhuni iggavingmut niriplutik ilaita niqainnaqnik. Nirihamaittumik tammainnaqtuq uqaqatigilraarhugu aappangminik.

Naunaittuq pinnguaqtuq quviahunngittuq. Qunngiaqtaujuq ilitturipkaijuq ilaminik aimavianiklu qunngiaqtunut.

TITIQQAT:

Qunngiaq 4

Taakti Janet Smylie aghuurhuni naunaipkaijuq Nutaraghanut Imiqlungnit Pimmaqluutinik (FAS) taamnalu Nutaraghanut Imiqlungnit Mihingnautit (FAE). Aallannganiitlu FAS taamna FAE-lu naunaipkarhugit.

A^cl 4

ՀԱՅԱՍՏԱՆԻ

Scene 4

Doctor Janet Smylie provides important medical information about Fetal Alcohol Syndrome (FAS) and Fetal Alcohol Effects (FAE). She also explains the difference between FAS and FAE.

This interview is important because a doctor tells us what FAS and FAE mean. We are able to understand how alcohol passes from the mother to a baby in her womb. The only way FAS or FAE happens is if a woman drinks alcohol when she is pregnant. The bad news is that there is no cure for FAS and FAE. The good news is that FAS and FAE are 100% preventable.

NOTES:

différence entre le SAF et les EAF.

Ce passage est important parce qu'un docteur nous informe sur le SAF et les EAF. Ainsi, nous pouvons comprendre comment l'alcool passe de la mère à son bébé pendant qu'elle est enceinte. Le SAF et les EAF ne peuvent se produire que si une femme boit de l'alcool pendant sa grossesse. La mauvaise nouvelle, c'est qu'il n'y a pas de remède contre le SAF et les EAF. La bonne nouvelle, c'est qu'il est tout à fait possible de prévenir le SAF et les EAF.

NOTES :

Scène 5

Pendant que la mère répare calmement ses kamiks dans le salon, elle est surprise par les cris de ses deux fils qui se chicanent. Le plus âgé des deux, le garçon principal dans

Hapkua unipkaat aghuuqnaqtut taaktit unniutigamik FAS-mik FAE-miklu. Naluhuirhutku imiqluit amaamangnit nutaraghannungaujukkamik ikliami. FAS-lu FAE-lu pijauvaktut arnaq imiraangami hingaitillugu. Ajuqnaqtuttauq taapkua naammaghitighaittuq FAS-mit FAE-millu. Kihimi quvianaqtuq taimaa FAS-lu FAE-lu nutqaqtitalaaqtut.

TITIQQAT:

Qunngiaq 5

Amaamangujuq nipaittumik kiluvraijaqtuq kamingnik irialaarhutik iqniita malruk qukluiplugu. Angajughiq iqnia, pinnguaqtuujuq angut, malingniktuq nukkaminik. Nukarhiq angut amaamangminut qimaapluni angajughiq ingittaqturhuni

Δεκ 5

ՀԱՅԱՍՏԱՆԻ

Scene 5

A mother calmly repairs her kamiks in the living room when a shouting match between her two sons startles her. The oldest son, who is the main male character, chases his little brother into the living room. The youngest boy runs to his mother for protection while his older brother sits down angrily and begins to complain about his brother's teasing. After the young boy is sent upstairs, the mother begins to explain once again to her older son that his younger brother has FAE. She notices the frustration and anger of her older son and tells him that FAE is a lifelong condition but that he must learn to treat his younger brother with love and patience.

The relationships within this family scene introduce many different themes and characters. We are introduced to the boyfriend and father-to-be. We are introduced to his younger brother who has FAE. His behavior demonstrates some ways that FAS/FAE affect the family. But the scene also makes an important point in showing that a family can cope and manage with the situation. Not only do we see the behavioral difficulties of a child with FAS/FAE, we also see that he is a loving and tender son.

NOTES:

l'histoire, poursuit son petit frère jusque dans le salon. Le plus jeune se réfugie près de sa mère tandis que son grand frère s'assoit, fâché, et commence à se plaindre que son petit frère n'arrête pas de l'agacer. Après que le plus jeune garçon est envoyé dans sa chambre, la mère explique encore au grand frère que le petit garçon est atteint des EAF. Elle remarque la frustration et la colère de son fils aîné et lui explique que les EAF sont une condition permanente, et qu'il doit apprendre à traiter son petit frère avec amour et patience.

Les interactions de la famille dans cette scène nous présentent plusieurs thèmes et personnages différents. Nous rencontrons le «chum» et futur père. Nous rencontrons aussi son petit frère atteint des EAF. Son comportement nous démontre comment le SAF/EAF affecte la famille. La scène nous montre aussi qu'une famille peut faire face à cette situation et bien la gérer. Nous voyons non seulement les problèmes de comportement d'un enfant atteint du SAF/EAF mais aussi que le même enfant est tendre et affectueux.

NOTES :

Scène 6

Le personnage principal est à la clinique médicale. Elle vient d'apprendre qu'elle est enceinte. Cette grossesse n'était pas prévue et sa première réaction est d'avoir peur.

ningaumapluni uniqulirhuni nukkaminik. Nukarhiq ikuaminungaquaupluni, amaamak uqautiliqmijaa angajurhimut nukaa FAE-qaqturipluniuk. Ilitturipluniuk iqihulijuq ninngarhunilu angajughiqutaa unniutiplugulu FAE tammajuittuq kihimi pittiaqtaghaa nukkani nakligilugu.

Ilagiiktillugit amihuujut aallannguqtaqtut pinnguaqtillugit. Takupkaqtitaujugut angunmik aappanngurahuaqlu. Takupkaqtitaujugullu nukaanik FAE-qaqtumik. Pitquhiagut naunaittut FAS/FAE-qarami ilaita ikpigivagaillu. Kihimi qunngiaq aghuuqtuqtauq takupkaqtitainiqmik ilagiit inuuttialaaqtut munariighutik. Pittiaqnikkut ajurhautit takughautuanngittut nutaqqanik FAS/FAE-qaqtunik, tautughugulu nakliguhuktuq ilranaittunilu iqniujuq.

TITIQQAT:

Qunngiaq 6

Taamna pinnguaqtuq aqnaq munarhiniittuq. Unniujjauhaaqtuq nutaraghaqaliqtuq. Nutaqqiurahuannginnami irhiliqtuq. Qanuq unniutijaami angajuqqaangi nalujuq. Munarhip apirhuqtaa aanniaqtailinikkut imiqlungniklu imiriam amiqnaqtuq taija.

Δεκτή 6

ለኋይልናብርሃን ልኋይ የልኩልና እና መልኩልና በኋይልና ተመክቷል፡፡
ኋይልና ስምምነት የልኩልና ተመክቷል፡፡ ይህንን የልኩልና ተመክቷል፡፡
የልኩልና ስምምነት የልኩልና ተመክቷል፡፡ ይህንን የልኩልና ተመክቷል፡፡

የልኩልና ስምምነት የልኩልና ተመክቷል፡፡ ይህንን የልኩልና ተመክቷል፡፡
የልኩልና ስምምነት የልኩልና ተመክቷል፡፡ ይህንን የልኩልና ተመክቷል፡፡
የልኩልና ስምምነት የልኩልና ተመክቷል፡፡ ይህንን የልኩልና ተመክቷል፡፡
የልኩልና ስምምነት የልኩልና ተመክቷል፡፡ ይህንን የልኩልና ተመክቷል፡፡
የልኩልና ስምምነት የልኩልና ተመክቷል፡፡ ይህንን የልኩልና ተመክቷል፡፡
የልኩልና ስምምነት የልኩልና ተመክቷል፡፡ ይህንን የልኩልና ተመክቷል፡፡
የልኩልና ስምምነት የልኩልና ተመክቷል፡፡ ይህንን የልኩልና ተመክቷል፡፡
የልኩልና ስምምነት የልኩልና ተመክቷል፡፡ ይህንን የልኩልና ተመክቷል፡፡
የልኩልና ስምምነት የልኩልና ተመክቷል፡፡ ይህንን የልኩልና ተመክቷል፡፡
የልኩልና ስምምነት የልኩልና ተመክቷል፡፡ ይህንን የልኩልና ተመክቷል፡፡
የልኩልና ስምምነት የልኩልና ተመክቷል፡፡ ይህንን የልኩልና ተመክቷል፡፡

ሙሉ የልኩልና፡፡

Δεκտή 7

የልኩልና ስምምነት የልኩልና ተመክቷል፡፡ ይህንን የልኩልና ተመክቷል፡፡
የልኩልና ስምምነት የልኩልና ተመክቷል፡፡ ይህንን የልኩልና ተመክቷል፡፡

Scene 6

The main female character is at the nurse's clinic. She has just been told that she is pregnant. This is an unplanned pregnancy and her immediate reaction is fear. She does not know how she will tell her parents. The nurse asks her a few questions about her health and then mentions the danger of drinking alcohol at this time. The nurse also gives her some pamphlets on FAS/FAE to bring home and read.

The nurse is shown to be compassionate and understanding. She is helpful giving information to the teenage client. This scene explains the medical links between alcohol drinking and the growing baby. FAS/FAE can only be prevented if no alcohol is consumed by the pregnant woman. It is never too late to stop drinking during the pregnancy. No alcohol means no risk to the developing baby.

NOTES:

Scene 7

In the interview with Doctor Netscher, the possible physical characteristics of a child with Fetal Alcohol Syndrome are explained. As well she describes how a child who has been affected by alcohol (both FAS and FAE) could be affected mentally. These effects may be most noticeable in the behaviour of the child who might have shorter attention span, be hyperactive and lack social skills.

Elle se demande comment elle va annoncer ça à ses parents. L'infirmière lui pose quelques questions sur sa santé et puis lui parle des dangers qu'elle court si elle boit de l'alcool pendant sa grossesse. L'infirmière lui donne aussi des dépliants sur le SAF/EAF pour qu'elle les lise chez elle.

L'infirmière est compréhensive et gentille. Elle aide l'adolescente en lui donnant de l'information. Cette scène explique les liens médicaux entre la consommation d'alcool et le bébé dans le ventre de sa mère. Le SAF/EAF ne peut être prévenu que si la mère évite complètement de boire de l'alcool pendant sa grossesse. Il n'est jamais trop tard pour arrêter de boire pendant une grossesse. Sans alcool, il n'y a pas de risque pour le futur bébé.

NOTES :

Scène 7

Lors de l'entrevue avec le docteur Netscher, on apprend quels peuvent être les traits faciaux caractéristiques des enfants atteints du SAF. Elle décrit aussi comment les enfants affectés par l'alcool (SAF ou EAF) peuvent être affectés mentalement. Ces effets se remarquent surtout dans le comportement de l'enfant : il peut manquer de concentration, être hyperactif et ne pas avoir de bonnes compétences sociales.

Munarhiplu tunipluniuk titiqqanik FAS/FAE-kut taiguaqtaghanik.

Munarhiujuq ilranaittuni nalunngittunilu. Ikajuqtuijuq naunaipkarhugu inuuhuktuq. Una qunngiaq ilitturipkaijuq aanniaqtailiniq atapluni imiqluit taamnalu aklihimmaaqtuq nutaraghaq. FAS/FAE-lu pijaulaittuq imiqlungnik imijuitkumik hingaijut. Nutqaqtailivighaq imiruiqniqmik kinguvajuittuq hingaitillutik. Imiqtailiniq imiqlungnik taimaa amiqnaittuq nutaraghanut.

TITIQQAT:

Qunngiaq 7

Apirhuqtaupluni Doctor Netscher-mit, hapiqnaqtut taapkua timianut nutaqqanik Nutaraghanut Imiqlungnit Pimmaqluktuni naunaiqtaujut. Taimaalu uqattiaqtuq qanuq nutaqqat ikpiguhutiqaqtut imiqlungniqmit (tamangnik FAS/FAE-lu) ikpiguhulaaqtuqlu ihumaagut. Hapkua mihingnautit naunait-piaqtut pitquhianik nutaqqat aamingajuktut, pakatuqnirhutik inughiuungittullu.

Taapkua mihingnautit imiqlungnit nutaraghaq aklitillugu ihuitopiaqtut inuuhiqnullu ataplutik. Mihingnautit naunaitqijaujut nutaqqani FAS-qarhutik inuuplutik kiinai aallanngangmata. Kihimi amihuujut nutaqqat inuuvaktut "kiinait" aallangajjuhiit FAS-tut ikpiguhutiqaqtut imiqlungniqmik, nutaqqat taapkua

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Ac^al 8

The effects of alcohol on the development of a baby are serious and lifelong. The effects are most obvious in a baby born with FAS because they will have specific facial characteristics. However there are many children who are born without the typical "face" of FAS who have also been seriously affected by alcohol, they are the children with FAE. These are both medical conditions that are permanent.

NOTES:

Scene 8

The main male character is working at a mechanic shop. His friend is visiting him. The main character is telling his friend about his younger brother and all the trouble he keeps getting into. As he talks of this, his friend is reminded of the trouble and fun that was had at a recent drinking party. Suddenly the conversation is dropped as the main female character arrives.

We are reminded that the main male character's brother is often in trouble. He is concerned about his little brother's behavior. This conversation shows again the affects of FAS/FAE on the family and the person who has it. When the two young men discuss the party, we are made aware again of the drinking patterns of the youth and how peer pressure is hard to escape.

Les effets de l'alcool sur le développement du bébé sont graves et permanents. Ces effets sont surtout évidents chez les bébés nés avec le SAF parce que leur visage porte des traits caractéristiques. Cependant, beaucoup d'enfants qui naissent sans le «visage typique» du SAF ont aussi été très affectés par l'alcool. Il s'agit des enfants atteints des EAF. Ce sont deux conditions médicales permanentes.

NOTES :

Scène 8

Le garçon principal travaille dans un atelier de mécanique. Son ami lui rend visite. Le garçon principal lui parle de son jeune frère et du pétrin dans lequel il réussit toujours à se trouver. Pendant cette conversation, l'ami se rappelle des problèmes et du plaisir qu'ils ont eus à un party récemment. Ils s'arrêtent de parler tout d'un coup parce que la jeune fille enceinte arrive.

On se rappelle que le petit frère du garçon principal a souvent des problèmes. Le garçon s'inquiète du comportement de son petit frère. Cette conversation nous expose encore les effets du SAF/EAF sur la famille et la personne affectée. Quand les deux garçons parlent du party, nous remarquons à nouveau que l'alcool est très présent et qu'il est difficile d'échapper à l'influence de ses amis.

FAE-qaqtut. Hapkua munaqtaujughat tammalaittut.

TITIQQAT:

Qunngiaq 8

Taamna pinnguaqtuq angut hanajuq hanavingmi. Ilannaata pulaaqtaa. Angut pinnguaqtuq unipkaarijaa nukkani ihuinaaqattautinilu. Unipkaaqattarhuniuk, ilannaa itqaumaliqquq ihuinaaqpautini quviahuqtuniklu imiqtillutik. Nipaiqquq aqnaq pinnguaqtuq itiqmat.

Puiguqtailivugut angutip pinnguaqtup nukaa ihuinaaqattaqtuq. Ihumaalugijaa nukaata pitquhia. Uvuuna unipkaaqtaujuq takupkaqtaijuq ikpiguhuutinik FAS/FAE-mit ilagiingnut taamnalu pimmaqluktuq. Taapkua malruk unipkaaqtillutik imiqlungniqmik, ilitturipkaqtavugut imiqlungnik atuqpauhiinik inulrammiit taimaalu nutaraqatigiingnit aghuuqtaujaami ajuqnaqtuq.

TITIQQAT:

ዕርዳታዎች:

አጋኞች 9

CLCLσ ልመርናኩ ሪኔዕሩናኩ>ኩ ልርናሳር/ርናበንኩ ንመኩ ክለሬር/ልዕስኩ
አገራርኩ. CLጥኩ ፍሁጻጥኩ ፍሁጻጥኩ ልዕሩነበበር/ርርርኩርኩ ፍሁጻጥኩ
ሻኔዕሩናኩ/ርሱኩ ንመኩ ሙርናድር/ብዕሩናኩ ፍሁጻጥኩ.

አመርናኩ ሪኔዕሩናኩ ልርናሳር/ርናበንኩ ልርናሳር/ርናበንኩ ልርናሳር/ርናበንኩ
አገራርኩ/ርሱኩ ፍሁጻጥኩ ፍሁጻጥኩ ተመልክር/ርርርኩርኩ ፍሁጻጥኩ, ዓገራርኩ
ሻኔዕሩናኩ/ርሱኩ ልርናሳር/ርናበንኩ.

ይላም/የኩ:

ዕርዳታዎች:

አጋኞች 10

፤ኩ ለመግኘቱ ስዕት/ርናበንኩ ንመኩ ልርናሳር/ርናበንኩ. ፍሁጻጥኩ ልርናሳር/ርናበንኩ
አገራርኩ/ርሱኩ. ንዑስተኛው/ርናበንኩ ልርናሳር/ርናበንኩ ፍሁጻጥኩ ልርናሳር/ርናበንኩ
ማርናድኩ/ርሱኩ ንመኩ/ርሱኩ ልርናሳር/ርናበንኩ. ልምጥኩ/ርናበንኩ ንመኩ/ርሱኩ
ልዕስኩ/ርሱኩ ልርናሳር/ርናበንኩ.

CLCLσ የልዋን/ርናበንኩ ንመኩ ለማቅረብ/ርናበንኩ ልርናሳር/ርናበንኩ ዓገራርኩ/ርሱኩ
አገራርኩ/ርሱኩ. ለማቅረብ/ርናበንኩ ልርናሳር/ርናበንኩ ዓገራርኩ/ርሱኩ
አገራርኩ/ርሱኩ, ለማቅረብ/ርናበንኩ ልርናሳር/ርናበንኩ ልርናሳር/ርናበንኩ
ልዕስኩ/ርሱኩ ልርናሳር/ርናበንኩ ዓገራርኩ/ርሱኩ ዓገራርኩ/ርሱኩ.

NOTES:

Scene 9

Here an elder talks about the traditional way of understanding pregnancy. Both men and women played an important part and were counseled on how to have a healthy baby.

The elder's words are important because they remind us of the traditional roles of men and women in life, including pregnancy and the family.

NOTES:

Scene 10

The two main characters are having a conversation in the girl's bedroom. Slowly she tells him that she is pregnant. They know that they have been drinking alcohol and worry for the health of their baby. They hold each other as they prepare for the arrival of their baby.

This scene shows how teenagers may react to an unplanned pregnancy. There are many emotions that they may feel such as fear, worry, excitement, or shock.

NOTES :

Scène 9

Ici, un aîné parle de la façon traditionnelle de voir la grossesse. L'homme et la femme ont joué un rôle important et ont reçu des conseils sur la façon d'avoir un bébé en santé.

Les paroles de l'aîné sont importantes parce qu'elles nous rappellent quels sont les rôles traditionnels de l'homme et de la femme dans la vie, notamment face à la grossesse et la famille.

NOTES :

Scène 10

Les deux personnages principaux parlent dans la chambre de la jeune fille. Lentement, elle lui dit qu'elle est enceinte. Ils savent qu'ils ont bu de l'alcool et s'inquiètent pour la santé de leur bébé. Ils s'enlacent et se préparent pour l'arrivée de leur bébé. *Cette scène nous montre comment des adolescents pourraient réagir à une grossesse non prévue. Ils passent peut-être par plusieurs émotions : la peur, l'inquiétude, l'excitation, et l'étonnement. Connaissant les dangers de l'alcool pour leur*

Qunngiaq 9

Hamani iniqniq unipkaaqtuq ilitquhinik hingainikkut. Tamangnik angullu aqnaqlu uqautijauvaktut qanuq nutaraqattiaqniqmut.

Iniqnirit uqauhiit aghuuqnaqtut puiguqtailijjutaungmat ilitquhiinnik angutit aqnaillu inuutillutik, hingainiqlu ilagiingniqlu.

TITIQQAT:

Qunngiaq 10

Taapkua malruk pinnguaqtut uqaqatigiiktut aqnap ikuangani. Kajumiittumik unniutipluniuk nutaraghqaqaliqtuq. Nalunngittut imiqlungnik imiliqpaktut ihumaalugiplugu nutaraghqaq. Iqimmiplutik upalungaijarhutik nutaqqiuvighaat. *Una qunngiaq takupkaqtitajuq inuuhuktut qanuq ihumagijainik nutaraghqaqaliqmat nutaqqiurahuangittumik. Amihuujut ihumagijait taimaa irhiplutik, ihumaalughutik, quviahungniq, quarhaaqniqlu. Naluuirhugit hapiqnaqtut imiqluit nutaraghanut, hapkua inuuhuktut ihumaliulitughat imiqlungnik imiqtaililutik imiinnaqlutikluuniit hingaitillugu.*

ዕድልያዊነት:

Knowing about the dangers of alcohol on their baby, these teens now must make a decision on if they will stop drinking or continue to party throughout the pregnancy.

NOTES:

ደርሃኑ 11

አመሰግና ስምምነት የሚከተሉ ነው ተመስክር ማረጋገጫ ማስፈጸም በኋላ ይችላል. ማስፈጸም የሚከተሉ ነው ተመስክር ማረጋገጫ ማስፈጸም በኋላ ይችላል. ማስፈጸም የሚከተሉ ነው ተመስክር ማረጋገጫ ማስፈጸም በኋላ ይችላል.

የሚከተሉ ነው ተመስክር ማረጋገጫ ማስፈጸም በኋላ ይችላል. ማስፈጸም የሚከተሉ ነው ተመስክር ማረጋገጫ ማስፈጸም በኋላ ይችላል.

ዕድልያዊነት:

Scene 11

The social worker in this scene describes the behaviour of a child with FAS or FAE. They may have problems in school and later in life, with the law. As of now, there are few support groups, such as special schools, for children who have FAS/FAE.

There is a real need for support services for children with FAS and FAE. Their behavioural problems can affect the home, however the home can also affect their behaviour. Stability and routine in the household can make life easier for the child and the family.

NOTES:

bébé, ces adolescents doivent décider s'ils veulent arrêter de boire ou s'ils vont continuer de faire la fête pendant la grossesse.

NOTES :

Scène 11

Dans cette scène, la travailleuse sociale décrit le comportement d'un enfant atteint du SAF/EAF. Il risque d'avoir des problèmes à l'école et plus tard dans la vie, avec les policiers. Jusqu'à maintenant, il y a peu de groupes de soutien, comme des écoles spéciales, pour les enfants atteints du SAF/EAF.

Il existe un besoin réel de services de soutien pour les enfants atteints du SAF/EAF. Leurs problèmes de comportement peuvent affecter leur famille, comme leur famille peut aussi influencer leur comportement. Une bonne routine et de la stabilité à la maison peuvent faciliter la vie de l'enfant et de sa famille.

NOTES :

TITIQQAT:

Qunngiaq 11

Inuliqiji hamani qunngiaqmi unipkaarijaat pitquhiit nutaqqat FAS/FAE-qaqtunik. Ajurhalaqtut ilihaqtillugit iniqnin-nuguqqatalu, ihuinaaqattaqlutik. Tajjali, qaffiujuut ikajuqtuijut, tahapkuatut ilihaqviit, nutaqqanut FAS/FAE-qaqtunut.

Ihariagijautaqtut ikajuqtit nutaqqanut FAS-qaqtunik FAE-miklu. Pittiaqattanngittaraangamiklu mihigijauvaktuq aimavingmi, kihimi aimaviklu pittiaqtailivaktait. Aghuurumik maliqattarhutiklu aimavingmini ajuqnaijautauvaktuq nutaqqanut ilainullu.

TITIQQAT:

Δεκ 12

የዕስ ተከራክሩ የሚገኘውን ስም እና የሚከተሉት ስም አለበት ነው፡፡

ይታዎች

Δεκ 13

Scene 12

Here, the main female character tells her parents that she is pregnant. They react with compassion and offer her their love and support.

The girl shows how difficult it is to tell her parents of her pregnancy. She is ashamed and scared. It is difficult to tell parents something when we feel we have made a mistake. However getting support from her parents will help make the pregnancy, and the choices she will have to make during the pregnancy, less stressful for the young girl.

NOTES:

Scene 13

The little girl has finished her drawing and she hangs it on the wall below the photographs of her family. The story ends.

We do not know what will happen to the young couple. However we do know that they are informed of the dangers of alcohol on their baby. We hope that they will be supportive to one another in the informed choices they will make. Their families and community can also play an important part in supporting them during the pregnancy and if their child is born with FAS or FAE.

Scène 12

Ici, la jeune fille dit à ses parents qu'elle est enceinte. Ils font preuve de compassion et lui offrent leur amour et leur appui.

La jeune fille nous montre à quel point il est difficile d'annoncer sa grossesse à ses parents. Elle a honte et a peur. Il est difficile de dire quelque chose à ses parents quand on sait qu'on a fait une erreur. Cependant, le soutien de ses parents facilitera sa grossesse ainsi que les choix qu'elle aura à faire durant sa grossesse et rendra le tout moins stressant.

NOTES :

Scène 13

La petite fille a terminé son dessin et elle l'accroche sur le mur sous la photo de sa famille. L'histoire est finie.

Nous ne savons pas ce qui arrivera au jeune couple. Cependant, nous savons qu'ils connaissent les dangers de l'alcool pour leur bébé. Nous espérons qu'ils s'aideront mutuellement à respecter les décisions informées qu'ils prendront. Leur famille et leur communauté peuvent aussi jouer un rôle important en les appuyant pendant la grossesse et par la suite si l'enfant est atteint du SAF/EAF.

Qunngiaq 12

Hamani, taamna aqnaq pinnguaqtuq unniujijuq angajuqaaminik nutaraghqaqaliqtuq. Nakligiplutku ikajurumajut paningminik.

Aqnaq naunaittumik ajurharhuni unniutijuq hingaijaaminik. Ilrahuqtuq irhiplunilu. Ajuqnaqtuq unniutijaami angajuqqaanik ihuinaarahugigaangapta. Kihimi ikajuqtaugumi angajuqqaaminik ajuqnaitqijaujuq hingaijumut, ihumaliugaghainiklu hingaitillugu, ajuqnaittunik aqnaruhiqmut.

TITIQQAT:

Qunngiaq 13

Taamna aqnaruhinnuaq titiraujaqtani iniramiuk nivinngaqtaa piksautaita ilait ataanut. Unipkaaq iniqquq.

Qanurinniariaghaita inuuhuktut nalujaqqut. Kihimi naluhuiqqugut hapiqnaqtut imiqlungnit nutaraghaaanut. Naahuriniaqqugut ikajuqtigiiquplugit ihumaliuqtamingnik. Ilaita nunaqatigiillu ikajulaaqtut hingaitillugu nutaraghaaallu inuukpat FAS-qaqluni FAE-qaqluniluuniit.

TITIQQAT:

ӮӰӮΔՐՈՒՐԸ:

ԴԱՄՆԸ ԱԾԾՈՒԼԾԵԱԾ ԿԵՄԱՆԱՋՈՒԵՆԵԱԾ ԻՐՎՈՒՅ ԳԻԼ ԵՐԱԳԾՅ?

ԾՃԱ ԷՂԻՑԾՈՒՐԸ ԲԾԱՐԸ ԱԾԾՈՒՅ Ի՛ՆԴԻ-ԸՐԼՐԾԵ Ի՛ԶՈՒԿՆԵ-
ԸՐԼՐԾԵԸԸ. ԲԾԱՐԸ ԾԾԵՆԾԵՐԾՈՒՐԸ ԼԵՂԱԾԾԵՐԾԵՐԸ.

1. ԿԵՄԱՆԱՋՈՒԵՆԵԱԾ ԻՐՎՈՒՅ ԱՐԱՎՈՒՅ ՎԵՐԱԿ ԱԾԾԸ
ՄԾՖԻՇՆԵՐԸ ԱՆԾՈՒՅ Ի՛ՆԴԻ-ԸՐԼՐԾԵ Ի՛ԶՈՒԿՆԵ-
ԸՐԼՐԾԵԸԸ
2. ԿԵՄԱՆԱՋՈՒԵՆԵԱԾ ԻՐՎՈՒՅ ԱՐԱՎՈՒՅ ՎԵՐԱԿ ԱԾԾԸ
ԻՐԾՈՒԿՆԵՐԸ ԱԾԾԸԾԾԵՆԵԱԾ ՎԵՐԱՐԾԵ ՄԾՖԻՇՆԵՐԾԵ.
3. ԿԵՄԱՆԱՋՈՒԵՆԵԱԾ ԻՐՎՈՒՅ ԱՐԱՎՈՒՅ ՎԵՐԱԿ ԱԾԾԸ
Ի՛ՆԴԻ-ԸՐԼՐԾԵԸԸ
4. ԿԵՄԱՆԱՋՈՒԵՆԵԱԾ ԻՐՎՈՒՅ ԱՐԱՎՈՒՅ ՎԵՐԱԿ ԱԾԾԸ
ԱՐԼԵԿԱՐԱՐԸԸԸ
5. ԿԵՄԱՆԱՋՈՒԵՆԵԱԾ ԻՐՎՈՒՅ ԱՐԱՎՈՒՅ ՎԵՐԱԿ ԱԾԾԸ
ԱԾԾԸԾԾԵՆԵՐԸԸԸ

NOTES:

What have we learned so far about FAS and FAE?

Answer the following questions with either **TRUE** or **FALSE**.
The answers and a short explanation are on the next page.

1. FAS and FAE only affect Inuit babies.
TRUE **FALSE**
2. FAS and FAE are genetic illnesses passed from mother to child.
TRUE **FALSE**
3. FAS and FAE are permanent and lifelong.
TRUE **FALSE**
4. People who have FAS or FAE are mentally handicapped.
TRUE **FALSE**
5. FAS and FAE are NOT curable.
TRUE **FALSE**

NOTES :

Qu'avons-nous appris jusqu'à maintenant sur le SAF/EAF?

Répondez **VRAI** ou **FAUX** aux questions suivantes.

Les réponses et des explications brèves se trouvent à la page suivante.

- 1 Le SAF/EAF n'affecte que les bébés inuit.

VRAI FAUX

2. Le SAF/EAF est une maladie génétique dont le bébé hérite de sa mère.

VRAI FAUX

- 3 Le SAF/EAF est une condition permanente.

VRAI FAUX

4. Les gens atteints du SAF/EAF sont des handicapés mentaux.

VRAI FAUX

5. Le SAF/EAF est INCURABLE.

VRAI FAUX

6. Il peut être stressant d'élever un enfant atteint du SAF/EAF.

Qanuq ilitpita FAS-kut FAE-niklu?

Kiulugit apiqqtut imaa **ILUMUUQTUT** imaaluuuniit **IQU-JUT**. Kiujjutit naunaipkutillu makpiraaniiittuq haffuma kinguani.

- 1 FAS FAE-lu mihibijaujut Inuinnainnaqnit.
ILUMUUQTUT IQUJUT
2. FAS FAE-lu ilitquhiriijaujut amaamangnit nutaqqanut
ILUMUUQTUT IQUJUT
3. FAS FAE-lu tammalaittut inuuhiqnit
ILUMUUQTUT IQUJUT
4. Inuit FAS FAE-qaqqtut ihumaqluktut
ILUMUUQTUT IQUJUT
5. FAS FAE-lu TAMMAQTITAULAITTUT
ILUMUUQTUT IQUJUT
6. Pamirhijaami nutaqqanik FAS FAE-qaqtunik ajurhautaujut angajuqqaanut
ILUMUUQTUT IQUJUT

6. ԱՐԴՅՈՒՆՎՈՐ ՄԿԳԻՐԻ ՃԱՌԵՎԵՆԵՐԸ ԵՄԱԴՐԱՋՈՒՆԵՐՆ ԱՐԴՅՈՒՆՎՈՐ ԱՐԴՅՈՒՆՎՈՐ ՀԱՅԱՍՏԱՆԻ ՏԱՐԱՎԱՐՈՒԹՅՈՒՆ

7. ԱՐԴՈՒՆՎՈՐ ՀԱՅԱՍՏԱՆԻ ՏԱՐԱՎԱՐՈՒԹՅՈՒՆ ԱՐԴՅՈՒՆՎՈՐ ՀԱՅԱՍՏԱՆԻ ՏԱՐԱՎԱՐՈՒԹՅՈՒՆ

ΔΓΔΣ‘ε‘CPΔ‘ ΔСΔ‘ε‘Д‘Н‘ ΔГΔ‘ε‘CD‘
РД‘Х‘Г‘ С‘σ‘б‘Д‘Х‘С‘Д‘

6. Raising a child with FAS or FAE can be stressful for parents.

TRUE FALSE

7. A glass of wine is less dangerous for the baby than beer or liquor.

TRUE FALSE

Answers and explanations

1. **FALSE** - Children who have FAS and FAE are born to parents in all countries and cultures around the world. FAS and FAE can happen to any child whose mother drinks alcohol during pregnancy.
 2. **FALSE** - FAS/FAE are not passed through the parent's genes. A child does not inherit FAS or FAE. A woman who has FAS or FAE can have children who do not have FAS or FAE, as long as she does not drink alcohol while she is pregnant.
 3. **TRUE** - FAS or FAE are permanent. They will never go away.
 4. **TRUE and FALSE** - The brain, nerves and organs controlled by the brain of an unborn baby are the most damaged by alcohol. All people who have FAS and FAE will have some amount of brain damage. About half of all children who have FAS or FAE will be severely mentally handicapped.

VRAI FAUX

7. Une coupe de vin est moins dangereuse pour le bébé qu'une bière ou de l'alcool fort.

VRAI FAUX

Réponses et explications

1. **FAUX** – Les enfants atteints du SAF/EAF naissent de parents de tous les pays et de toutes les cultures du monde. Le SAF/EAF peut affecter tout enfant dont la mère boit de l'alcool pendant sa grossesse.

2. **FAUX** – Le SAF/EAF n'est pas transmis par les gènes des parents. L'enfant n'hérite pas du SAF/EAF. Une femme atteinte du SAF/EAF peut avoir des enfants qui n'ont pas le SAF/EAF, à condition qu'elle ne boive pas d'alcool pendant qu'elle est enceinte.

3. **VRAI** – Le SAF/EAF est permanent. On n'en guérit jamais.

4. **VRAI et FAUX** – Le cerveau et les organes qu'il contrôle, ainsi que les nerfs d'un futur bébé sont les parties les plus endommagées par l'alcool. Tous les gens atteints du SAF/EAF souffriront de dommages à leur cerveau. À peu près la moitié des enfants atteints du SAF/EAF seront gravement handicapés mentalement.

5. **VRAI** – Il n'y a pas de remède contre le SAF/EAF. Une fois le tort fait, on ne peut le réparer. Par contre une femme peut absolument prévenir le SAF/EAF en évitant de boire de l'alcool pendant sa grossesse.

7. Qallut imiqluq (wine) hapiqnaitqijaujuq piomit taanngaqmiklu.

ILUMUUQTUT IQUJUT

Kiujjutit naunaipkutillu

1. **IQUJUT** – Nutaqqat FAS FAE-qaqtullu inuuvaktut angajuqqaanut nunaqjuamit ilitquhiqarhutiklu. FAS FAE-lu pijaulaaqtuq qujaginnaq amaamait imiqlungnik imiraangami hingaitillugu.

2. **IQUJUT** - FAS/FAE ilitquhirijaunngittut angajuqqaanit. Nutaraq tunijaujuittuq FAS-mik FAE-miklu. Aqnaq FAS-qaqtuq FAE-niklu nutaraqalaaq FAS/FAE-qarhimaitumik, imijuikumi imiqlungnik hingaitillugu.

3. **ILUMUUQ TUQ** - FAS FAE-lu tammajuitut. Tammalaittut.

4. **ILUMUURHUTIKLU IQUJULLU** – Qaritaq, qitiraqlu ilumiutallu nutaraghani ihuinaarutaujut imiqlungnik. Inuit tamait FAS FAE-qaqtullu qaritaanit ihuinaaqtuqaqniat. Nutaqqat tamait avvaanik FAS FAE-gitlu aghut i humaqlungniat.

5. **ILUMUUQTUT** – Havautighaittuq FAS-mut FAE-mullu. Ihuinaaraangat ihuarhijaulaittuq. Kihimi FAS-lu FAE-lu 100%-mik nutqaqtitaluaqtuq aqnaq imiqtailigumi imiqlungnik hingaitillugu.

6. **ILUMUUQTUT** – Pamirhiniq nutaqqanik FAS-qaqtut

ՀՐՎԱՇ ԱՐԴՅՈՒՆԸ ՃԵՎԸՆ. ԲԻՇԾԸ ԱՇԽԵ ՄՑԲԵԿԵԾԵՐԸ
ԱՐԴՅՈՒՆԸ ՀԱՐԸ ՌԱՋԱՎԱՆԿԸ ՎԻՇԾԵՆԸ ՌԱՋԱՎԱՆԿԸ ՄՑԲԵԿԵԾԵՆԿԸ.

5. **TRUE** - There is no cure for FAS or FAE. Once the damage has been done, it cannot be undone. However FAS and FAE are 100% preventable if a woman does not drink alcohol when she is pregnant.

6. **TRUE** - Raising a child with FAS or FAE can be exhausting and stressful for parents but with patience, supervision and routine, FAS and FAE are manageable. A child with FAS or FAE can be helped to reach his/her potential and take part in all activities of the community.

7. FALSE - A glass of wine, a bottle of beer and a shot of liquor all have about the same amount of alcohol. Any amount of alcohol is a poison to the baby and can cause FAS/FAE.

6. VRAI – Il peut être épuisant et stressant d'élever un enfant atteint du SAF/EAF, mais avec de la patience, de la supervision et une bonne routine on peut y arriver. On peut aider un enfant atteint du SAF/EAF à exploiter tout son potentiel et à participer à des activités dans la communauté.

7. FAUX – Une coupe de vin, une bouteille de bière et un verre de «fort» contiennent tous la même quantité d'alcool. Même une toute petite quantité d'alcool est un poison pour le bébé et peut causer le SAF/EAF.

FAE-qaqtullu unagunaqtuq ajuqnarhunilu angajuqqaanut kihimi pittiarhutik, munarhittiarumiklu atuqattarumiklu, FAS FAE-lu munarijaulaat. sNutaraq FAS-lik FAE-nikluuniit ikajuqtauluni pittialaaqtuugaluaq ilauqattaqluni hulijunik nunamini.

7. IQUJUT – Qallut imiqluq (wine), pialu atauhiq taanngaqlu qallutinnuaq aajjikkutariingnik imiqluqaqtut. Qanuqlikiaq imiqluq amiqnaqtuq nutaraghanut FAS/FAE-quuqnaqmat.

Resources

Pauktuutit Inuit Women's Association has the following publications that can be ordered directly through our office.

All resources, except for those from Pauktuutit, are only available in English.

CLÉΓ Nunavut CD/LP "Nunavut Inuit Culture & FAS" \$10.00

Tahapkuan qablunaatituuqhimajuinnaat kihimi
Pauktuutikkunninngaaqhimajut Inuktitullu Inuinnaqtullu
pijakhauvakhutik.

**131 Bank Street, Floor #3
Ottawa, Ontario K1P 5N7
Telephone: (613) 238-3977
Fax: (613) 238-1787
Email: fas@pauktuutit.on.ca**

Before I was Born Preventing FAS/FAE in Inuit Communities –
(produced in 2001) 7 minute Radio Play available in Inuktitut
(Baffin, Kitikmeot and Labrador dialects) and English

Report on Fetal Alcohol Syndrome & Substance Abuse Workshop
(published 1996) Price \$10.00

Fetal Alcohol Syndrome: A Resource for Inuit communities to understand what FAS is and what they can do to help
(published 1996) Price \$10.00

Ikajuqtigiinniq: A resource for Fetal Alcohol Syndrome prevention & intervention work (published 1998) Price \$10.00

The FAS/E Support Network of British Columbia is a great source for information and materials (available in English only). They can be reached at the following:

13279 72nd Avenue
Surrey, B.C. V3W 2N5
Telephone: (604) 507-6675
Fax: (604) 507-6685
Toll free: (866) 328-3273
Email: fasnet@istar.ca
Web page: www.fetalalcohol.com

Laymans Guide to Fetal Alcohol Syndrome and Fetal Alcohol Effects An easy to read information book on FAS and FAE
Price \$15.00

My Name is Amanda and I have FAE – A book for young children with FAS/E
Childrens book with cartoons Price \$10.00

So Your Child Has FAS/E :What You Need to Know
A handbook for parents of children newly diagnosed with FAS/E
Price \$10.00

About FAS/E – Quarterly Newsletter Price \$30.00

Fantastic Antone Grows Up

Adolescents and Adults with Fetal Alcohol Syndrome Price \$35.00

Fantastic Antone Succeeds!

Experiences in educating children with Fetal Alcohol Syndrome.
Price \$35.00

Letters To Our Children, Letters From Our Children: Living with Fetal Alcohol Syndrome and Alcohol Related Effects Price \$25.00

*Dear World We Have Fetal Alcohol Syndrome:
Experience of Young Adults* Price \$8.50

FAS/E and Education: The art of making a difference
A parents handbook-what parents need to know to advocate within the education system Price \$15.00

FASNET Screening Tools

These are tools to help screen individuals who may have FAS/FAE. They are available in the following age groups and have a cost of \$8.50 each.

Children birth	36 months
Children	3-5 years old
Children	6-9 years old
Children	10-13 years old
Teenagers	14-18 years old
Adults	19 years and over

Another source for posters, videos, a list of support groups and experts on FAS/FAE, prevention projects, brochures and information is the Canadian Centre on Substance Abuse. They provide information service in English and French. They are located in Ottawa at the following address.

75 Albert Street, Suite 300
Ottawa, Ontario K1P 5E7
Tel: (613) 235-4048 ext. 223
Fax: (613) 235-8101
Toll free: (800) 559-4514
Email: fas@CCSA.ca
Web page: www.ccsa.ca/fasgen.htm

Some titles include (contact them for a full list of their mini resource library)

Fetal Alcohol Syndrome: A Resource for Professionals
(published 2000) Price \$10.00

Fetal Alcohol Syndrome: Developing a Community Response
(published 1999) Price \$13.95

Living and working with Fetal Alcohol Syndrome/Effects
(published 1999) Price \$20.00

What early childhood educators and caregivers need to know about FAS (published 2000) Price per series \$6.95

Videos on FAS/FAE

David with FAS: A story of Fetal Alcohol Syndrome

This is the story of a 21-year old man with FAS and his adoptive mother. Order through the National Film Board of Canada

Toll free: 1 (800) 267-7710

Web page: www.nfb.ca/FMT/E/MSN/35/35148.html

Helping Families – Helping Children

This video has been designed for parents who have children, newborn to six years old, who are affected by FAS or FAE. Includes a viewing guide. Order through the Yellowknife Association for Community Living

P.O. Box 981
Yellowknife, NT X1A 2N7
Tel: (867) 920-2644
Fax: (867) 920-2348
Email: nwtacl@ssimicro.com

Life Sentence

Focuses on people with FAS and their involvement with the criminal justice system. Order through CBC Non-Broadcast Sales

P.O. Box 500, Station A
Toronto, ON M5W 1E6
Tel: (416) 205-6384
Fax: (416) 205-3482
Email: edsales@toronto.cbc.ca

A mother's choice

A documentary featuring a discussion of FAS/FAE by Aboriginal mothers. Order through Gryphon Productions

P.O. Box 93009
5331 Headland Drive
West Vancouver, BC V7W 3C0
Tel: (604) 921-7627
Fax: (604) 921-7626



Relevant Websites

www.fetalalcohol.com
www.onhealth.com
www.crha-health.ab.ca/chr/srh/FAS/
www.ccsa.ca/fasdirt.htm
www.cps.ca/english/carekids/babies/FactsAlcohol.htm
www.acbr.com/fas/
w3.ouhsc.edu/fas/
www.fasalaska.com/
www.come-over.to/FAS/

Toll-free numbers

Motherisk Helpline	1-877-327-4636
National FAS/E Helpline	1-800-559-4514
Canadian Centre on Substance Abuse	1-800-559-4514
FAS/E Support Group of BC	1-866-328-3273

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NOTES:



TITIQQAT:

NOTES :