

INUIT TAMNALU UJARAK ATUQNIA: PIGIAQNIA TAMNA UQAQATIGIKNIQ



Pityutilgit amihunik hungmat inulrammiit atuqhimalaqni ujarak, ilautitlugu inuliquit pityutai uvaluniit aniguittarniq. Inulrammiit uuktuqpagunaqhiyut taphuminga ujarak inukhiurahuaqhetik ilannamingnut huliyumaplutik aliagiyamingnik. Inulrammiit ihumavagunaqhiyut pitquayayamik uvaluniit ihumalat tamaitnit avatimingni atuqtat ujarak, taima uuktuinarialik?

Ilai inulrammiit atuqpakmiyat ujarak aniguinahuarniq ihumaalutinik, ikayuriangi hinikniq uvaluniit hugiaqnia ihumallakniq uvaluniit inngumakpiarniq. Pitutit atuqnianik ujarak ilaqlat kitunikliqak ilagikitni tahapkuat. Piqartuq amihunik inuliquit pityutit aktuayai Inuit ihumaliuqni aturiaq ujarak. Ilitpalliriangi tapkuat Hivuranaqni Hapummiyaunilu pityutit aktualaqtaqtaq Inuit piqatigigutailu taphuminga ujarak, takulugu LetsTalkAboutUjarak.com.

Tamna aktivilanga ujarak atuqtaunia avataani malruihqhugu amihutiginia puqtutqiya Kanatamiuni inulrammiit inulrammiitlu iniqnit tapkunangaunganit iniqniqnit. Inuit-taihimayai kititauni kikliqaqtut tatya, kihimik naunaiyainivut piniraqtat tamna:

- Ujarak atuqnia Nunaqaqaqtunit tapkuatlu Inuit inulrammiit atuqpakniqhauyunaqhiyuq ilaitnit Kanatamiunit
- Amihut Inuit inulrammiit uuktuqattaliqtat ujarak ukiukipyakhutik, ilai pigiaqnariqtut 8 uvaluniit 9 ukiulikmik
- Mikhautauyuq tapkuat 1 tapkunani 6 inuuuhuktut atuqtat ujarak pivaliatitat atuqnqluknit

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Tamna ukiukitniqhauyarangamik inuk pigiarangami atqunia ujarak, hivuranaqniqaqniqhaq aaniaqtailiniqmingnut hivuranaqnitlu. Inuit inulrammiit atulaqtat ujarak piyanga:

- Uuktuqhugu atuqnia uvaluniit naunairumakaphuknia
- Unaguiqyumiñiq uvaluniit aliahutiginia
- Atatyutiginia ilannaqnut uvalunnit ukiuqatinut
- Ihumaalutiqarniqmun, ihumallakniq uvaluniit aniguiniq
- Ikayuqnia hinigiami
- Ayyikkuhiqni iniqnit avatigiyamingni

Una pityuta atuqpiatq uqaqatigini inulrammiit tapkuninga ujarak atuqnia ukiukititlugin, piplugit ukiuqaqnitut naamaktunik tuhagakhat.

QILAMIK PIQPIAT

- Ujarak, amihunit taiyauyuq weed, bud, milutsi/miluksi, surrarnaqtuq, aangajaarnaqtuq, sigaaqtluq, uvaluniit sikarelukak atuqtauyuq aktuaya ihuma, timi ikpigiyatlu atuni atuqtinut allatqiktumik.
- Ihumagiayauyuq tamna ujarak pilaq akuniutqiyamik aktuanit qaritainut huli pivaliayut, tapkuatut nutaqat inulrammiitlu.

QANUQTUT UQAUHIRIVIUK UJARAK INULRAMMIQNUT?

Ukiuqatainit-pipkaqni ilagitlu-pihimani hugiaqtaunit ilagiyai pityuhit naalakhutik piqatigini inulrammiit hunat atuqnitut.

Uqauhiriyanragat ujarak atuqnia, angayuqat uvaluniit munaqtit naalajialgit pipkayangitlutiklu. Una tukilik naalakniq pinnarinilu inulrammiit atuqhimani piruqhaqnilu naalakhuni uqauhirini. Pipkaqlugit Inuit Pinnariyai hivuliqtitni uqaqatigikniqtit, tamnatut Aajiiqatigiinniq – ihumaliurniq atuqhugu uqauhiuni angiqatigiknitlu, and Tunnganarniq – naalakhuni, tunngahuktiipluni tamatqiplunilu, piruqhaqnia nakuuyumik piqatigiknit. Piyummannaalaralaraluaqtitlugu iqhitarinia pityuhiq, naunaiyainiq naunaiqhimayat atuttialittuq inulrammiqnut. Kitutliqak uqaqatigiknit tapkununga ujarak ihuaqtauniat hatqiumapkaqni, naliaknik ikayuqtuihimaittumik piplugulu tuhagakhanit naunaiqhimayunit naunaiyainiqmin.

Pigiaqnia uqaqatigikniq taphuminga ujarak inulrammiqnut ayuqnalaq ilainut angayuqat uvaluniit munaqtit. Ilagiplugu taphumunga “[Kangiqhimani Inuit tamnalu Ujarak](#)” piqaqni, hamma ilai hunat ihumagiayakhat uqaqatigikniahqalutin:

- 1. Hunamik piyumavit uumanga uqaqatigikniq? Hunamik uqaqatigilaqin hunamiklu pittailiyumavin?**
- 2. Piniaqa una uqaqatigikniq tapkuninga “piqpiat” taphumunga ujarak atuqnia, uvaluniit piyumavin inmik atuqhimaninut atuqnialu?**
- 3. Atuqlugit piqpiat ayuqnaitpat pipkaqtailinahuaqlugulu pinikhakmat piyumahuiqnia nakuamun uqaqatigikniq.**
- 4. Itqaumalutin naalagiaq uqauhiqlu ihuaqhihimalugu.**
- 5. Pinahauqpalluqhimaittumik ihuilrunik, pinahuaqlugit ihuaqtut niruaqnit, tamnatut auttailiniq angayaqluni.**
Naunaipkutariplugu “Unniutiyyungnaqinga ilaitnik pivigiyatit ikpigini nakuuyumik ihumaliurnit taphuminga ujarak?”

6. Kangiqhinahuaqlugit pityutit atuqnianik ujarak ikayuqnialu ihumagini aaniaqtailiniq atulaqnit.

Naunaipkutariplugu “Tuhaqtunga aqliguhuliqtutit, higaqniqlu ujarak unaguiqyumiqkaqtatit.
Ihumalaqita ahinik hulinijit ikayulaqtatit unaguiqyumiq?”



7. Atuqpiartuq ihumalungittaq tapkununga nakuamuqninut – piniqhamik apiriguktik taimaitqunit.

Naunaipkutariplugu “Naamaguhukpin apirigupkit uuminga? Naamagiviuk atuqatigigupku unipkauhiq?”

8. Atuqpagiqata taphuminga ujarak, ilautitlugu uqaqatigikniq hivuranaqniq mikhigiaqnia ikayurianga itqaini qanuq akhut aktuanit ujarak atuqnia inuuhanittalik ahiangurianga piyaqaqnia.

Naunaipkutariplugu “Tuhaqtagit ujarak atuqnit huvalangittuq, qakugu piniaqa ikpiknaqnia huqpiarianga iliknut?”

9. Atuqlugu allatqinik kiulaq apiut pipkaqnialu inulrammiq uqaqnia ulapihaqhimaittumik.

Naunaipkutariplugu “Unniutrivalliqlunga taphuminga...”



Inulrammiit inuit allatqinik atuqhimanilgit atuqhimanitlu piyanga ujarak ilihaut taihimayukhaq inungmut.

Tamaptik naamagiguphiuk, uqauhiunia hungmat piyangi (avaluniit inungnut ilihimayainut) atuqnia ujarak ikayulaqnia tamaphiknut kangiqhimaqatigikniq nakuutqiyamik. Uuma ikayulaqmiyatit, tamna inirniq, hivuliqnia ahiiut ikayuqtut atugakhaliat atuqtittanga inuuhiriknia mikhigaiqnialu hivuranaqniulaqni ujarak.

• **Uqauhiriplugu ujarak inulrammiqnut nutaqat:**

Taimattauq uqaqatigiyarangaktik nukaqhit nutaqatit hivuranaqninut atuqhimaittumik haantamun naqaqmiq, aqpayuariaq apputip akianut, uqaqatigini ilihimangitat, uvaluniit niuqarniq quyagitnaq ilihimangitaqnik – ujarak ilagilaqta tamaitnut “hivuranaitniqmum” uqauhiq.

• **Uqauhirini ujarak inuuhuktunut:**

Immaqak, inuuhuktutit apiqhutikhaqariqtut uvaluniit uuktuqtaqhimalirunaqhiyat ujarak. Inuuhuktut pitaqtukhat ihuaqhihimayunik tuhaqhitaunit tapkuninga ujarak atuqnianik ikayuqmagit kangiqhimani piqpiat atuqninut ilautitlugit hivuranaqni mikhigiaqni. Atuqnia ujarak atuqattaqhugu ukiukittuni pipkailaq hivuranaqpiqianianik pivaliatitnинut akhuqnit kinguagut inuuhiqmik, kihimik tuhaqhityutiginia una pilaitpaktuq allanguqni ihumaliuqni. Ikayulaqtatit inuuhuktut ikpigiayi ikayuqtauni pipkaqtihimaittumik, atapkaqhugit piqaqnit, aturahuaqunilu nakuuyunut atulaqni ahiiut ihumalukniqmu hugiaqnit ulapqinitlu piyumayait. Piqatigikhuni, ilvit inuuhuktutitlu ilitpalilaqtuhi tapkuninga ujarak hivuranailrui hivuranaqnitlu mikhigiaqni atuqhugit naahuriyaulat piqaqnit tapkuatut Pauktuutitkut ujarak piqaqnit hanalrutaut, ahiiul titiqhimayut ataani. Ikayuqlugit inuuhuktut kangiqhimani utaqivalliqni uvaluniit atuqtailini ujarak atuqnia ukiuquqtuhivalliqqaqlutik pihimaniaqtat ihumat timialu aaniaqtailiniqhauni. Ikayuqlugit inuuhuktut ikpigini ikayuqtauni atuqatigiklugini piqarianga ahiiut ujarak hugiaqnit ihumalukniq, ihumaliqut aaniaqtailinia, hinikniq ilaalu aliahuqatigini ilannait.

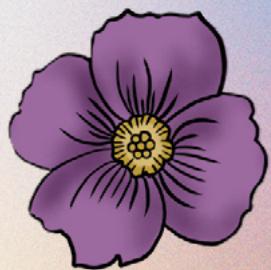
• **Uqaqatigiplugit inuuhuktut iniqnit (19+):**

Uqaqatigiyarangata ujarak inuuhuktut iniqnit, atuqpiaqtuq ilitturini piyariqhimalat atuqhimanu ujarak. Atuqpialaq pigiaqni uqaqatigikniq apirlugit apiqutmiq “naamakpin uqauhirilugu ujarak uvamnut?”. Itqaititlugit tamaita qanurittuni ujarak hivuranaqniqalat aaniaqtailiniqmun uvaluniit hivuranailrumun. Ilanga anginiqpaq tammarut piyaunia niqaulanut ujarak pinahuaqhimaitumik nirivallaqni talvanganu atuliquqni hakugitqiyamik pinahuaqnuq angayaqpiarniq. Uqaqatigilugit iniqniuliqhuni, atuqpiartuq nakuuyunik ihumaliurniq niruaqnitlu atuqnia ujarak hivuranaitniqpamik pityuhia atuqpalaqhimaittumik pigiaqlugu ilitturilraqlugu qanuq aktuayakha. Pikpata inuuhuktut inuqnit niruaqniia atuqnia ujarak, itqaumayukhat huli maligaqmiq ahiruiyuq aquttaq akhaluutmiq atuqaqhugu ujarak, kayumiqtitmagu hugialaqnit. Aquttaq angayaqhuni hivuranaqtuq iliknut uhigiyaqnutlu, uvaluniit ihuinaqtitlutit piliihimanut.

Ihuaqhihimalugit niriugiyatit tahapkununga uqaqatigigutinut. Atauhiq uqaqatigikniq pigiarutautqiktuq, kihimik naamangittuq pipkaiyaq nakuuyunik pitquhiit. Tamna atuqpianiqaq taphumunga ujarak atuqnia hivuranaitniq. Taima nakuutqiyaq inulrammiqnut ihumanu upaktaulaqnit apiqutinut iqhihimaitumik ihuinariakhaq.

Atuqpiartuq naamagini ilai inulrammiit niruaqniqat atuqni ujarak piqaqniqaraluaqtitlugu.

Taimaitumik, ilaliutinia uqaqatigikniq allatqikniq atuqpiartuq hivuranaitnit ihuitnitlu atuqnia piyalgit.



HIVURANAQNIQ MIKHIGIAQNIA

Hivuranaqniq mikhigiaqnia atuqpaktat Inuit pitquhiit pinnariyailu. Aturuminaqtuq pityuhiq mikhigiaqnianut ihuittukkulaqnia aaniaqtailiniq, inuliquit maniliurutitlu aktuanit ujarak atuqnia huli ilitturiplugu inungnut allatqinik pityutai atuqnia ujarak, tamnalu taimarniq atulaqtuq uvaluniit piyauyumalaq tamaitnut. Atuqpiartuq ilaliutiyanga hivuranaqniq mikhigiaqnia atugakhaliat uqauhiriyarangat ujarak atuqnia inulrammiqnut, piniqhamik tahapkuat atuqpagiaqtat ujarak. Hivuranaqniq mikhigiaqnia takukhauvaktuq atuqnipaunia ukiuquqtutqiyanu inulrammiit (16+) akhutlu ujarak atuqtuyut¹.

Hivuranaqnia mikhigiaqnia atugakhaliat inulrammiqnut:

- Akuttutigini havaguhiqmi aturangat ujarak ilaa qau tamaruiqlugu uvaluniit qau tamapyak. Aturahuaqlugu atauhikaphuklugu havaguhiqmi tunganilunnit.
- Kikliqaqtitlugu atuqnia ujarak havaknailamun ikyulaq pinahuaqniq ilihautinik.
- Niruarahaqlugit hanhimayut pilgit pukkitqiyamik akttilat THC (15% uvaluniit pukkitqiyaniq). Pittailini puqtuniqpat hakugiktigini THC hanhimayut ikayulat mikhigiaqni hivuranaqnit.
- Atuqni hanhimayut piqaqtut CBD takukhautihimayai akiraqtuqni ilai ihumaliqutit aktuanit taphuma THC.
- Higarniq aaniaqtailitaungitniqpaq atuqnia ujarak. Ihumagilugit niqaulat hivuranaitqiyat niruaqtaunia, kihimik itqaumalugu ilai niqaulat hakugilaqtut akuniutqiyamiklu aktualat higaqmiunganit.
- Atuqtailinahuaqlugu ujarak piqatigilugit ahii angayarnaqtut, ilautitlugu imirluk tipaakutlu. Akutni ujarak ahiinut ujarak pityutaulat alianaittumik hivuranaqtumiklu aktuanit.
- Ayuqnaittarangat, niuviqlugit maligaqtigut ujarak niuvaviknit tapkuatut www.nulc.ca (Nunavut) tamnalu www.ntlcc-cannabis.ca (Nunatsiarmi). Una piqpiaruta pitaqnit nakuuyunik hanahimanit uukturaqhimayut hivuranaitninut.
- Parnaklugu hivuranaittumik angilrautyutikhamik ilannaup iglugiyani aturukni ujarak. Itiriami akhaluutmun aangayaqtumik aquttuqaqtumun hivuranaqnitmitai tamaitnut.
- Apirilutit iliknik: Hivuranailrumitnahugivin niruarangakni atuqnia ujarak inungnutlu piqatigiyaqnut? Niruaqlugu atuqnia piqatigini inungnut ukpiriyattit inaitlu hivuranaittut.
- Atuqatiggittailugit miluktutit uvaluniit imuyat mikhigiaqnianut hivuranaqni atuqatigikni aaniarutit, puvaklukniq tamnalu Qalakyuarniq-19 hiamaktaulaq nuviurniqmun nipiinngavakni miluktutini uvaluniit imuyaqni.
- Miqhuqniq, hungauyiurniq uvaluniit angunahuarniq piqatigiplugit ilatit uvaluniit inutuqat, ilitnilu ilitquhiqtit nakuuyut pityuhit hugiaqnia ihumaalukniq, piyaunia akhuqtitauniq tuninnguiqnaqhunilu. (Pilimmaksarniq)

Piyarangat ujarak atuqnia aniguittarniqmun havaguta akhuqtitauniqmum uvaluniit ihumaliqutit aaniaqtailiniq akhuqnaqnit, amihuni piqatauyuq ilaginut uvaluniit kinguvarinut akhuqtitaunit, tapkuat ulapihaqtai ilitquhiq kipluqnilu atatyutai. Ataphaqtitni ilitquhiqmum piruphaqnilu tahapkuat atatyutai ayuqnaittarangat taimatut ikayulat akhuqtitauniqmum ihumaliqutitlu aaniaqtailini.



ILAGIARUTIT PIQAQNIT

- drugfreekidscanada.org/prevention/drug-info/cannabis
- getsensible.org/get-toolkit
- ccsa.ca/cannabis
- canada.ca/en/health-canada/services/drugs-medication/cannabis.html
- sexgenderscannabishub.ca
- cannabisknowledgehub.ca
- www.canada.ca/en/health-canada/services/drugs-medication/cannabis/resources/first-nations-inuit-metis.html



For a list of references please contact
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