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PAUKTUUTIT
INUIT WOMEN OF CANADA
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KIVGAKTOKTAOYUM IHOAKOTIKHAA

Taki! Mikhivaaligeakli Puyoen Higaakneom

Una havaakhak manikhagutaoyok Nunalikni Upiyotinun Havaanik Nutakikiyotinun Kanatamilo Higaeyan Nikikateageagani Havaamin Kitulikaa Aneaktaelinikun Havakveanin Kanatami. Una havaak ikayutaoyok Pauktuutit-konik pivaleatilogin Inoenakun togaagaloaktonik hanaogakhan-ik ihoakotiniklo ihomagiyakakloaktonik puyoenik higaakneom aneagutaovalaagitaagani piyotikakan Upiyotaenik Aknan Atokpalaakniginun – Ilitokhaenik Ilihakniklok havaak una 'Ihomagivaleaguk mikhivaaligeagani Puyoen Higaakneom'. Ikayoktigivlogin ihomakhakheok-tin kamiteoyok atukaktun Ihomagivaleaguk mikhivaaligeagani Puyoen Higaakneom havaami hanaogakhan ihoakotilo ihoakhakhimayun atoknikateageagani Inoenaknit Nunavumi, Inuvea-loelo Nunatakveani Nunami, Nunavik-milo Nunatseavut-milo.

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Talvanetun

Toneokhagakhan	1
Tuneokhagak 1: Puyoenin Hagaan Monagiyotin.....	2
Tuneokhagak 2: Higaayuktun Inuyutikhaenik Pikaktok.....	3
Tuneokhagak 3: Taemaginageanikpik? Higaagoegeami Ikayutikhan.....	4
Tuneokhagak 4: Taemaginageanikpin? Ilagin Ihomagiyaoyun Higaagoegeamni.....	5
Tuneokhagak 5: Kanogilineakik Higaagoeguma? (Atugeoktun Kanoginigin).....	7
Titigagakhan	11
Titigagakhak 1: Upalogaeyaotin Aalagugeagani Atoktak.....	12
Titigagakhak 2: Fagerstrom-mi Naonaeyaotin Higaagumaenaknikmik.....	14
Titigagakhak 3: Higaakataknikmik Titigaakhak.....	15
Titigagakhak 4: Taya Hivunikhamilo Iniktigakhan.....	17
Titigagakhak 5: Higaagoegeami, <i>Deeds-lo</i> Nanihiyaaganilo Higaakvikhamik.....	19
Titigagakhak 6: Naonaeyageagani Pigeagutitka.....	22
Titigagakhak 7: Nakunigin Nakuginigilo Higaakneom.....	24
Titigagakhak 8: Kanogileogutikhan Higaagulikan.....	25
Titigagakhak 9: Ihomagiyaoyun Alгатkan Hulilogaaginageagani.....	27
Titigagakhak 10: Atukataenageagani Monagiyotikhan.....	28





Toneokhagakhan

Tuneokhagak 1: Puyoenin Hagaan Monagiyotin.....	2
Tuneokhagak 2: Higaayuktun Inuyutikhaenik Pikaktok.....	3
Tuneokhagak 3: Taemaginageanikpik? Higaagoegeami Ikayutikhan	4
Tuneokhagak 4: Taemaginageanikpin? Ilagin Ihomagiyaoyun Higaagoegeamni	5
Tuneokhagak 5: Kanogilineakik Higaagoeguma? (Atugeoktun Kanoginigin).....	7



Puyoenin Higaam Monagiyotin

Hama ilagin ihomagiyoayun aalat aknan uktukhi-mayaen ikayutaovlotiklo.

Hilami higaaginaklotin, nutakan avalengaageagani ihomaloknaekata. Hilami higaalaeniguvin, uktuyavutin:

- **tikoakhilotin** igloamik (nutakavin itikvigiyotaanik) ila higaakveoyaagani. Igalaakayavuk hilamun takukhaoyomik. Higakpaklotin igloami talvatoak anelaeniguvin hilami;
- **hupilogo** higaam puyoa hilanmun igalaakun igloamin higaakvikmin. Anugitunmik tunukun ilihiyavutin puyuk hilanmun igalakun aneayaagani; unalo
- **pilogo** higaakven neamgiyaaknaekloni taekaneginagitaakni.

Higaageami Unakotikakvikmi

Inoen higaagaagamik unakotikakvikmi, puyuk hupiyaovaktok iglum iloanun unakutitigun. Una higaakvikhaogitok ila.

ktulaaktatilo ukoa ihomagiyaoyun:

- **kiguvageaklogo** hivulik higaaktan uplomi;
- **hivitugeaklogo** higaakatakniigiyaatin 10 minitmik; unalo
- **utakilotin** 10 minitmik higaagukhimaligeakni naonaegeagani ila higaagumaligaagavin.

Okaklotin iliknun ima, "una higaaguknik anigukhunguyok," uvalunen "iya, higaagumayoga, kiheani piyageakatigota." Utakilotin 10 minitmik naonaegeagani higaagumakmagaa.

Opalogaeyakhimaklotin. Uktoenageakaktatin ukoa ihomagiyaoyun:

- **ilipkamalogin** sukaetun kututitin iglumi (ilvenaklo piyakhaknik, nutakaveogitok). Tamuklogo ukomeaklogolunen higaagumaliguvin;
- **kinilogin** algaktin higaagumaliguvin. Tigumeageami higaak ayoknaktok kinipatilogin algaktin;
- **hulilotin** hunamiklikaa kuveagiyaknik algatin hulihimageagani (mikhoklotin, igalotilunen, nuvikhaklotilunen, hogaoyanik mikhoklotilunen, halumakhilotilunen, titigaklotilunen titigaakhakni);
- **ilipkamalogin** higaatin higaakuvelo takukhaovulgumi;
- **tamuklotin** nikotekaktomik kutukmik higaagoenaliguvin;
- **pikologin** nutakatin itkaktitaagani higageakni hilami. Itkaktilotin higaagitaakni akhalutim iloani;
- **apigilogin** ilagiyatin ilanatilo higaayuktun higaageamikni hilami. Ayoknakan okaotiyaa-gani higaagitaagani iloani igluvin, pilaktotin ihomagiyaoyonik ikayutikhaniklo *Taki*-mi havaktomin ahenilunen inukmin okavigilaktaknin; unalo
- **koyagilotin** iliknik inikhigavin iniktakhaknik monagiyaagani nutakatin puyoenin higaanin. Ayoknaktok havaak. Kuveahugeakaktotin ilaa!

Poeguktaelotin

Tamaeta mikiyutaloen aplogeagutin atoknikaktun monagiyaagani nutakatin puyoenin higaakneom. Aolaktigeaklotin mikiyonik aalagugeagutinik agiklivalealigeagani. Kagugu higaaginakpakneaklotin hilami.

Higaayuktun Inuyutikhaenik Ihoakotin

Hama ilagin ihoakotikhatin higaagoegeakni. Atuyavatin ukoa algatin hulilugaaginageagani higaakhimaetomik:

- Ayagaknik;
- Nuvikhaknik;
- Mikhoknik;
- Hanaoyaknik;
- Kalanik makpigaanik;
- Titigaoyaotin ihoakotin;
- Mikiyok kilaon;
- Paepikotin;
- Nulukataklotin mukpaknik;
- Nuvikhaklotin hogaoyanik;
- Kenik;
- Oyakanik; unalo
- Akitonik hanaoyakhanik.

Hunalikaa kanen hulilogageagani higaakhimaetomik:

- Imiklotin niglamayomik imikmik (punoamin hiluhiyun atoklogulunen);
- Mipkun pivilunen;
- Naoteanik nikinik;
- Apunik;
- Sukaetonik ukomeanik;
- Papkoanik;
- Sukaetomik kutukmik;
- Puviktanik;
- Atoktuyakmik huplugeakaktomik; unalo
- Kukilitinik.

Monagiyaagani timigiyan, ihomalo, ikpigiyatilo napatilo tipaakutukhimaetomik, uktuklogo:

- Kingaotin;
- Nipaengaaknik;
- Okaoheoyun Makpigaakpakni ahenilunen okaoheoyun;
- Anikhaomikataklotin ikaelihaklotin;
- Ikaeyaklotin timin/Yoga-mik atoklotin;
- Pihuklotin;
- Titigaklotin titigaakhakni;
- Oaktiklogo timin;
- Saovaklotin oaktiknikmik;
- Ikitilotin ikumatimik;
- Atoktuyanik;
- Numiknik;
- Taegoaknik;
- Iglaknik;
- Nanuknik;
- Hinikpakloni naetugaloamik;
- Imiklotin imaknik; unalo
- Ilanak.



Taemaginaganikpik? Higaagegeami ikayutikhan

Ilagin inoen ukamiloenaktun higaayoktun taemak-naekpakmata. Ukoa inoen kaoyimagitun kanok ayoknaktigiyaaganik taemageami higayeoktilo akilevakmata agiyunik maniktukpakmata ukeotoag-aagan aknan higaagumayaagani.

Hama itkumayun okaohiknik aknanik, higaaniklo higaaknikmiklo.

- Nikoten imigaknaktok atokenaktok ahenin imigaknaktonin kigakun hiloyaktun kavlotikulunen talikun.
- 4-taoseoyun halomaelguvaloen tipaakoeni higanan amigaetolo atokenaktun.
- Amigaenikhan aknan inuhoekpaktun povakmi aneagunmin ukunanga iveagimi aneagunmin.
- Puvakun aneagutikaknik amigaenigin Inoen Kanatami inugeaknikhan hilakyoami (pigaheoktukhogo amigaenikhan kanatami kaveoniginin) amigaenigilo higaayuktun piyotaolaokman.
- Pighun igaaknet naatkagata aknak Kanatami inuhoekpaktok povakmi aneagutikaktok.

Nikoten atokenaktok imigayituyaknaktok.

Atokutkiyaoyok kavlutinun kigakulo hilovagaenik imigaknaktonik. Higaakpakuvin uplotoagaagan atogumaenakneagin nikoten higaami itok. Higayeoktin ilaogivaktun amigaetonik halomaetonik higaanun. Higanan taemaktaolaegeagani pivakamik ayoknaetpan. Higaayuktun higaakhimageagani amihonik.

Timin hugeotivaktok aktokniganin nikoten.

Ihomalotin hivulikmik higaakagavin. Nakiptayaalakiyonakhivutin anealikhophilunen akeagukni. Magigitonakhivuklo kiheani timin hugeotihimayok aktokniganik. Higaakhimaagavin, timin hugeotihimayok aktokniganin nikoten higaani itonin.

Atogumaenalikhimayan higaageami. Higaaknik atokenaktok. Higaagulikpagunakhiyotin kapitogaagavin, ikigaagavilo akhalutumun, okagagavilo hivayaonmi hulilogaaligaagavilo higaakhimaktilotin. Ukoa okaotaoyun higaaknikun "pigeagutin." Taemagavin higaakpala-geoguvilunen, ayaelaktotin kanogileogeakhaknik pigeagutiknik. Kigoagun taemaetomeneaktotin kanoginigan higaakhimaetomik, higaagumaligutitilo hakoekpaleaneaktun.

Inuhikliktuyaakneaktotin higaagegugin. Timin ihoakhakpaktok nikotekageagani higanan uplogaalok. Higaagegugin timin pitkuhikminun utiknahoakpaktok. Hivitooyok ihoakhiyaagani inuyami ila nikotegitomik higanan timilo higaageoktun pitkohenik atokneaktok. Una ilakaktok neakokliknikmik, hinigeamilo ayoknagniganik, nigeomaenaknikmiklo, anaguheonaknikmiklo ulguyaaginaktuyaliklonilo ilaanikun. Amigaetun iuhikliktuyaagutin atugeokpaktun saneonikmi malguknilunen higaageoknikmin. Timin hugeotivaleavaktok inuyami nikotegitomik higanan. Ilaani inuhikliktuyaagutin kanoginigyakni ihumami hivitutkiyaoyun. Talvuna aktoknikaktok upiyotikhakageagani piyotikhanik hagaaguligugin pigeagutiniklo.

Nikoten Higanan Himaotikhanik Ihoakhaotin

(NRT-goyun) ikayutaoyun mikaoyaagani inuhikliktuyaaknik, ilakaktun nipilaktonoanik uvinikmun, nikotekaktonik kutuknik, anikhaagakhaniklo, lozenge-lunen. NRT-goyun nikotenmik aetoevaktun timikun ilagigilogin tamaeta halomaelguvaleon higanan. Pikakmiyoklo higaagegeami havaotini nikotekagitonik higanan kiheani kagitaknun havaotiloan, ayoknaekpaaligeagani higaageoknikmik. Okakatigilogo nunalikni monakhi taktulun hivunikhivaaligumanigavin NRT-nik higaagegeaganilo havaotini.

Higaageagaami ayoknaktok ukoa piyotaotilogin, kiheani pilaktok!

Higaagoeginageanikpin? Ilagin Ihomagiyaoyun Ikayutikhatka Higageageamni

Aplogeagun 1: Opalogaeyagin!

- **Okaotilogo** Taki-mi havakti higaagoeguman-igaklotin. Apigilogo hivunikhivotikhanik taemageami ikayutikhanik aheniklo ikayutikhanik.
- **Aalagukpalealogo** inuvigiyan higaaginageakni ataotimi inikhami. Taema iglun pikakpalaagitaa-gani pigeagutinin. Nutaak higaakven ilvigivala-gitakni pineakan. Ila, mikiyomi tamayakavikmi nakoyok higaakveoyaagani.
- **Ikikligeakogin** amigaenikhanik higayanik ayoknaenikan.
- **Uktoklogin** DEEDS-mi ihomayotin ayoknaetagaagan (Titigaakhak 5).
- **Tikoaklogo** taemakvikham uploa.
- **Piligeaklotin** igitaagani tamaeta hiyagatin, higaakuvelo ikitilo. Navilogin higaakuven hikoleam ilaonun kuvigilogilo imakmik. Una itkaomayotigineaktan kavigaaloknik higaak-magaa uplotoagaagan. Taotukniga naemani-galo higaaknikun kuveanagitok!

Aplogaeagun 2: Ikayoktihaknik pilotin akhukhaeyukhamiklo!

- **Okaotilogin** latin ilanagiyatilo higaagoeknealigavin ikayoktigiymalotilo pineakotin.
- **Ihomalotin** kanok aalan inoen ikayulaak-magaa. Okaotilogin kanok ayoknaegutilaak-magaa iliknun.
- **Apigilogin** ilanatin ilagiyatilo higaagitaagani hanikni igluknilunen.
- **Hivayaklogo** Taemageami Ikayoktin Hivay-akvean nunagiyakni aviktokhimayomilunen naonaegeagani ikayoktaolaakniguvin higaagoegeakni.
- **Naonaeyaklogo** Aneaktaelinikun Kanatami kagitaoayami kungealeogaan uvani www.hc-sc.gc.ca/hc-ps/tobac-tabac/index-eng.php uvalunen hivayaotaani 1-866-318-1116.
- **Apigilogo** Taki-mi havakti tikoakgutiyaagani okakvigiyakhaknun piyageakakniguvin.

Aplogeagun 3: Opalogaeyaklotin saneonikmi ataohikmi pigeaktinagin!

- **Tigumeagoeklotin** higayanik kahaeklotilo toguyaagani.
- **Titigaklogo** Titigaakhak 6. Ikayutaoneak-man kaoyimaligeakni hunan pigeagutigiyatin higaaligeakni.
- **Uktukataklogo** atogeagani DEEDS-metun atuni pigeagutin hatkigaagata.
- **Pilotin** nutaamik kigutigikhaonmik kagukh-ivaaligutikhaniklo kigutikni atogeagani higaagoevikni uploani.
- **Atuligeaklotin** tutkuktigivikhaknik hikoleamik tamaeta manen atugitatin ilipkamaligeagani higaagoegavin. Titigaklotilo hivitogitomi hivunikhamilo aetuheagutikhatin atulaaktatin ukuniga maniknik neovigeagani.
- **Opalogaeyaklogo** higaagoekvikhavin uploa. Tatamaneaklogo huliyakhakakpeaklonilo. Ataohik ihomagiyaoyok iglun halumaktigea-gani nutaoyuyaligeaganilo naemanakniga. Oaklogin aanugaatin, kaatilo, iglulvo han-igaen, kilaagalo igalaagilo.
- Ayoeaktin kanok atugeagani higaagoeguti-nun ikayutin ihoaktomik.

Aplogeagun 4: Higaagoekvik uploa!

- **Topaklotin** hulilugaakhimaklotilo.
- **Atoguvin** higaagoegeakni ikayutimik, maligoayavatin atukuyaoyun talvani.
- **Uktukhimaklogin** DEEDS-metun higaaguligaagavin.
- **Topaotiktukpaklotin** kigutigikhaklotilo atoklogo nutaak kigutigikhaon ilagiyaalo. Ukak-nun alugeakin kigutitin ikpigilogilo halomani-gin. Poeguktaelotin halumaktigeagani ukaen iptikateanigin hunalikaa naonaeteageagani ilitkoheatun.



*Higaagoeginageanikpin? Ilagin Ihomagiyaoyun
Ikayutikhatka Higageageamni Ilaga*

- **Ikiktilogin** igalaan puyok aneayaagani.
- **Oaktivaaklogin** iglum hanigaen, pilovaloeyaklogo halomaktiklogolunen iglu. Hulilogaaklotin algaktin piyakhakageagani igluvilu halomaniga naemanteaknigalo ikpigiyateageagani.
- **Iloegaklogin** hunalikaa iglukni naemanaktun mamaktomik. Kaoyineakotin kuveagiliklogolo naemanteakniga igluvin ila naematealiguvin. Hunavalulaktok: mamakhaon, naoteakhuknitunik, avgoakhimayonilo aolaesinik, igahimayoniklo kukinik naemanaktoniklunen ikumatinik.
- **Pilotin** hunamiklikaa higaayoetoklo kuvae-hukatigegeaptikni, opalogaeyaelotilunen kuveahutimik nigikatikageakni nutakatilo.
- **Uktoklotin** hivuleotivageakni. Hulilogaalotin kuveahutigilaaktaknik.
- **Ilaopaklogin** nutakatin apigilogin ikayulaakmagaa iliknik opalogaeyaotiknik uplomi. Aetuklogin piteakmata ikayoktokmatalo.
- **Opalogaeyaklotin** hivunikhami haneanugitaakni higaayuktun pigeagutigiyatinilunen higaaknigiyaknun.
- **Ahivanelotin** imigaknaktonin kavenmilunen. Taagak kavelo ayokhaotaoleaktuk atugitaagani higaagumanik.
- **Ihomakateaginagin.**
- **Iloagaklogin** mangit higaakhiyutikhagaloatin hikoleanoamun tutkuktigivikmun.

Aplogeagun 5: Hivumuginagin!



- **Opalogaekhimalotin** ulapituyaaguvin, higaalivaaguvilo ayoknakkalikalo piyotikhaknik. Nanihilotin nutanik piyotikhaknik higaagumaliguvin ihomagihoegeagani.
- **Itkaelotin** iliknik huk kuveahokmagaa taemagavin. Titigalaaktatin piyotigiyatin taemageakni ililogilo humulikaa takukhaoligeagani uplotoagaagan, koakhevikni titigakviknilunen havakvikni.
- **Itkaelotin** iliknik kanok aolanikateageaknik, aetuklotilo iliknik havateagavin.
- **Ihomalotin** iliknik higaayoetogilotin.
- **Atoktaelilogin** pigeagutigiyatin pihim-ageakkniguvin.
- **Uktoklotin** nigiteakgeakni nakuyonik ikaeyakpaklotilo ayoknaetagaagan.
- **Kaoyilogo** koyalotilo aalagukpaleaniga timigiyakin utikpaleatologo ilitkuhikminun.
- **Pitaelotin** opaloknaktokakan higaakhaknik humilikaa ila higaagoekhimaliguvin.
- **Taegoakataklogin** pigeagutigiyatin titigaakhami (Titigaakhak 6).

Higaagoagaagama, kaoyivaleavaktoga hunanik ihoaktonik uvamni.







Kanogilineaka Higaagoeguma? (Inuhikmi Kanogiyutaoyun)

Inuhikmi Kanogiyutaoyun ikpiknakoaktun higaagoekaagaagavin. Atokneagunakhiyotin ilaglinik amihoniklunen kanogiliginik inuhik ikpiknaeagunakhiyoklunen. Ikaomanahoayavutin inuhikmi kanogiligin hivitogitun. Naonaegutin timin utikpaleaniganik ilitkohikminun. Okaklotin iliknun itkaomalotilo huk higaagoeknaohnigiyaknik. Titigaenageakaktatin piyotigiyatin titikami ilipkamalogolo.

Kanogiliginiga Inuheom	Hunaoniga
	<p>Nigaomanik</p> <p>Nigaomanik higaagoegaagan inuhikmi ilitkohik. Iitkoheoyok nigakhimayagani piyotikateakhimaetomik. Nigakhimanigin anivayavan aheani nutakavin. Koayimanahoayavatin ikpiknigiyatin hugenakhigaetomik ahivaktiknaohaklogilo. Ahivaktigupkin ikpigiyatin ihomaloknaktok, pigeagutaokman higaaligeami. Okaohigilogo nigaknigiyatin kinamulikaa kaoyomayomun kanok ayoknakhiginiganik higaagoegeami. Nutakatin kaoyimakpata, okaotilogin ila piyotiginigaagiligin nigaknigiyaknik; ila ayoknakman higageogeami. Aheanik ihomagiyakhaknik pinahoayavutin. Ayoknaetpan koveagiyaknik atuyavutin anikhaomikataklotilunen ikaeyaklotin (takologo titigaakhak 10).</p>
	<p>Tuningohuknik, Itikhimangunakniga Nungaaniklunen</p> <p>Uktuklogin algatin hulologaageagai ihimalotilo aheanik. Aneknaohakpaklotilo. Haniknenahaoklogo hulogaagutivin titigakvikhamik (ila Okaohiknik Nanihinahoagutimi itkukhineagutimiklunen) peananiklunen. Ulapkeoyakatigiligin nutakatin.</p>
	<p>Kalaktoknik, Igeami Paneomanik Kaniknilo, Kakilikhinik</p> <p>Timin ugavaenahogitok kalakmik anikhaktateagoegutinin ayoknakhonilo anikhaageami. Nakoyaknaktok, kiheani kalaktuklogo kalak! Kalaktukhaavyakneaktotin uploni. Neokhivaklotin imaenakmik neokaklotilo hunaliklikaa (ila imaenakmik, jusiniklo, tipaaktoniklo teenik). Kalaeyao-tinik uktoklotin, kutuklotilunen sukaetoniklunen ukomeanik.</p>
	<p>Ingumanik</p> <p>Ihomagiyaklotin kanogileogeakhaknik ikpigiyaknik higaakhimaetomik. Okakvigilogo ikayoktigiyatin. Atoklotin ihoaktonik iliknun okaohiknik (ila, nakuyoga inuvloga amaamaoteakhogalo. Una pilaktaga. Una pigeaktaga). Iliknik nagugitaelotin. Ihomagiyaklotin inuteaknigiyaknik inuteaginigaktaelotin. Pitkoheoyok ingumayaami, nigaomayaamilunen nalukhaligeaknilunen higaagoeguvin. Ukoa ikpiknaekneaktun kagugunoak.</p>
	<p>Nakiptayaanik</p> <p>Higaagoeguvin, timin anikhaaktateaknektok nakipkatayaalakilaaktotin. Uploenakni hivitoneaktok. Halomayomik anikhaaktaklotin hilami kilamiklo nagipaktaelotin.</p>
	<p>Unakuknik/ Unaguhuknik</p> <p>Unakuknik malguknin hitamanun saneoniknik hivitolaaktok. Hinikpaklotin ikaeyaknaohaklotilo. Hinikataklotin ayoknaetpan pinahoakpalaaktaelotin akhugaalok. Unaguguhukovin topakaguvin, ikaeyaknaohaklotin 1-mineogaloamik 10-mineogaloami (ila kilgiktaklotin akpalotilunen inigiyakni nutkaklotilo 30-sakeogaloanik, taema). Imiklotin imaenakmik. Namakhinagigutaoyok.</p>



Kanogiliniga Inuheom	Hunaoniga
	<p>Umilguhuknik</p> <p>Ikaeyakpaklotin. Kaoyimanahoayavan timin. Anikhaomivaklotin. Okakatigilogo ikayoktigiyan inuk. Ihomagilogin nakuyun piyotigiyatin higaagoegeakni. Monagivaklotin iliknik.</p>
	<p>Neakokliknik</p> <p>Saovaklotin hihaekhimayomun. Unagoekhikhnaoaklotin ihomateaklotilo. Kapitokpalagoeklotin kukulamiklo. Tipikaktonik tetoklotin. Kinipayomik niglaomayomik kaoyakmeotakaklotin.</p>
	<p>Kaaknik, Nigeomaeniknik</p> <p>Ilaani higaagoegaagavin nalolikpaktotin higaaguligeakni kaaknikmin. Una taemaelaaktok malgukni saneonikni. Imaenaktoklotin povalaknaetoniklo imigakhanik. Povalaknaetun nikin hanimeotagilogin (naoteanik igayagetonik, paniktitaanoaniklo tamoanoanik pataetomikl papkoanik). Tamuklogo kukilin, kutuklunen, hikumiklunen kakonoaniklunen naotikutinik. Uktoklogo povalaknaetun naptoyun ukumean.</p>
	<p>Hinilaeknik/Hinigeami Ayoknaknik</p> <p>Hinikluknik hinaktumayaaganilo higaaknikmik pitkoheoyun ataohikmilo saneonikmi taemaelaktok. Soavaklotin unaktomun, kavetoktaelotin 6-si kaagikan unukpan, neokaklotin hihaetomik itukmik, anikhaomikataklotin tetoklutulun chamomile-mik inaktinatin.</p>
	<p>Nigalaaknik, Okamiloknik, Kigataktuyaknik</p> <p>Timin nikotegulikan higaamin ihomaluknaknikmelitotin hayolikhotin. Nigalalikneaktotin, okamilolakilotilo kigataktuyaklotilo. Una ataohikmin malguknun saneoniknun hivitolaktok. Anikhaomivaklotin, tahitiklotilo, ikaeyaklotilo, kutoklotilo nikotekaktomik kutukmik kapitoktaelotilo temiklunen kukulamiklunen.</p>
	<p>Ihomakateagoeknik</p> <p>Nikoten aolagikhiyotaoyok – havaon kaoyimaenageakni. Higaagoeguvin, timin ihoakhtiyavan kavinoani saneonikneogaloak. Aalaguklogin hulilogaagutitin, hilamilo anikhakpaklotin, nalaklotilo atoktuyanik, kungeaklotilo TV-mik, hulilogaaklotin timiknun kavenmiklo kukulanin kapikmilo temilo pitaelilotin. Hulitaelotin kaoyimaenageakakniguvin hivitoyomik.</p>
	<p>Inoeleoknik</p> <p>Higayan himaotigivagaen ilanaom. Higaagoeguvin ilanaektuyaakneaktotin. Inoeleoliguvin hivayayavan ikayoktigiyan inuk. Ihomanahaogin aheanik. Nuvikhaklotin, mikhuklotilunen Nipikuktohilogo atoktuyak hukulakatigiyavan.</p>
	<p>Hokaganiga Hatkakin</p> <p>Hokaganiga hatkaom kigataktuyaaknikmin nukelunen ulogeanakata kalaktoknikmin. Puvaktin ahigaeyun kalakmik higayavlo paoganik kalaktutigiyakni. Puvaktin anikhaaktakgnik hugeotihimagituk. Hukaganiga hatkakin ikitoni uploni taemaeneaktok. Kapukaohiktuyaaguvin, unaomilonilo – akpaliguvin akhutakyoak taema. Kuglogayitaelotin. Ulogeaknana anigukhoguyok.</p>

Toneokhagak

5

Nikotegoyum Higaam Paoganik Himaotikhan Ihoakhaotin (NRT-goyun)

Ukoa havaotin tonihiyotaoyok timimun nikotenmik aneaknaetonik aktokniganin higaakneom. Una tokikaktok NRT-goyun ikayutaolaktok timimi higaagoeknikun kanogilyotini. Ayoknaekpaaligutayok higaagoegeami nakuyomik atuguvin NRT-nik.

Atuteagaagata, NRT-goyun ihoaktun. Kano-gilininig timeom aayiketitin. Ukoa hivunikhivotin ikayutaolaktun ihomaleogutiknik kito NRT-goyok nakutkiyaokmagaa ilikni.

Huna akililaakaok Kolaknaeyakhimagitun Aneaktaelinikun Ikayutin (NIHB-goyok)?

Naonaeyaklogo nunagiyakni NHIB-nik toneokaeyi iloengaomayomik titikamik.

- **Nikotekaktok Kutok 2mg-nik 4mg-niklo**
Namaneakniga 945 atuni ukeomi aolanikmi.

- **Nikoten Lozenge-goyok**

Namaneakniga 945 ukeomi aolanikmi.

- **Champix-goyok 0.5mg-nik 1mg-niklo Eyanok**

Namaneakniga 165 eyanoen ukeomi aolanikmi. Ukeok atulikneaktok hivulikmi eyakhak tatanman.

- **Zyban-goyok 150mg-nik Aolaenaktok Heamayakniga Eyanok**

Namaneakniga 180 eyanoen ukeomi aolanikmi.

- **Nikoten-kaktok Nipitaaktok Uvinikmun aalatken hakugiknigin**

Kaveonigin nipitaaktonoen ukeomi hama:

- HABITROL-goyok 84 nipitaaktun;
- NICODERM-goyok 70 nipitaaktun;
- NICOTROL-goyok 70 nipitaaktun;
- **Nikoten-kaktok anikhaagak 10 ml-nik anikhaagakhami**
namaneakniga 945 ukeomi aolanikmi. Ukeok atulikneaktok hivulikmi havaotikhak tatanman.

Tukitaagun	Ikayutin	Ihoelivotin	Kanogilyotin Timimi
<p>Champix Nikoten-kagitok eyakhak kagitami higaaguligitaag ani higaagoekalo kanogilyotini. Kuveanaegutivaktoklo inukni higaayoktoni. Ihomagiyayok ukuniga aktokniginik ayiken atoktun nikoten-mik higaaknikmin.</p>	<p>Una havaon nikoten-kagitok, atogumaenaklogolo piyotaolimagitok.</p>	<p>Monaktaoyun okakhimayun aalaguknigiyamiknik kanoginigiyamikni, inmikniklo tokotomavlotik, kuveahugeokhotiklo una ayak atuligaagamiku. Atoktitaokoyaogitok inmiknik tokotiyomayonik ihomakateagitonilunen. Monaktaoyun ayak-togeaaktun 12-ni saneonikni.</p>	<p>Ilagin kanogilinigin timimi ilagin migeangoenaknik, puplakniklo, unaguhukniklo hiniteagoekniklo. Ahetaok nilenaknik, akeakomilo ulugeahuknik, nakip-tayaakniklo, kaniklo panikniganik, neokukleokniklo, hatkaklukniklo, kilaalakiniklo, puvipkknigalo kigutikakven kanikmi.</p>
<p>Nikoten-kaktok Kutuk Aolapkaevaktok nikotenmik aokukveani kanikin iloani. Tamogeakaktok kutuk atuteaklogo. Apigilogo taaktin eyalikiyilunen kanok kutugeagani. Atulaaktotin nakoyomik naenik toalonun ulpotoagaagan kutuknik.</p>	<p>Nikoten-lik kutuk kanogilyotini atogoeknaktok kanogilyotini higaagulikalo. Higaaguligaagavin kutukpaklotin atahikmik. Kanikin hulilogagutigiyaa.</p>	<p>Nikoten-kaktok kutuk atukoyaogitok kigutigoakaguvin hanakiyaotaakhimamatalunen kigutitin. Atoenaligumaneaktan kutuk atokataenagukni atukhaakpalagukni.</p>	<p>Ilagin kanogilinigin atokan nikotenkaktok kutuk kangit ulugeanakneaktok egealunen, kigutitilo ihoeklotik, nikhaalakilotilo kangilo nuvikiloni.</p>

*Kanogilineaka Higaagoeguma?
(Inuhikmi Kanogiyutaoyun) Ilaga*

Tukitaagun	Ikayutin	Ihoeliotin	Kanogilyotin Timimi
<p>Nikoten-kaktok Hiluyun Nikoten-kaktok hiluyun higaaktun itok. Pukaktok nikoten-kaktomik. Hilulogo, nikoten-ga kanikni heamayakpaktok igeaknilo. Atuyoetan nikoten-ga puvakni ayikotanik higayam. Taemaenigagun, piyoetotin ayikotanik "ikpiknakniganik" higaaguvin.</p>	<p>Iyaoktaa algavin kanikmun higaakniknin. Monaktaoyun ihomamiknik atokpakneaka hiluyun. Mikhivaaligutaoyoklo kanogileokniginik nikoten atoktaohoeagaagan piyomaenaligaagalo inuhikleotini. Nakuteageagani, atuktukhaogaluyutin siksini punoanik uplotoagaagan hivulikni pigahunin 12-nun saneonikni.</p>	<p>Atugumaenalakilaktok hilukaon. Hilukaon nakutealimaetok niglamavalakan 10-tikoenik C-mi, ihoalimagitok atugeagani hilami ukeogutilogo alapaaknaktologo. Neokhitaletotin imavaloknik, ila kapitun, jusitulo, kukulaniklo, 15-minit naatinagu atuligeaktinagu hiluyun. Oaktikneagaen nikoten akeaguknun heamayaktigilogo kanikni.</p>	<p>Kanogiliniga ilakaktok migeangunimik, neakukleoknikmiklo kangit igealo kukulakilogo, akeagukliklotilo</p>
<p>Nikoten-kaktok Matun Matun aolapkaehimaktok nikoten heamayageagani timiknun, uvinikun.</p>	<p>Ayoknaetok atugeami. Iilitaagukni matun uplaami huliyageakagitotin itkaomayakhaknik. Nikoten-kaktenakneagaa aokpin igilgaven. Higaagukataligaetotin.</p>	<p>Matun atukoyaogitok uvinen nakugitpan kanogililaakniguvilunen nipitiginmin. Hulilugagutigigitaa kanikin. Atugumae-nakneaktan atukhaakpalagukni.</p>	<p>Ilagin kanogilyotin matunmin ukoa kukulakinik, aopayakniklo, unaktuyakloni uvinik kilaaliklonilunen.</p>
<p>Zyban-goyok Una taktimin agiktaoyageakaktok havaon aalaguktigutaoyok kagitam kanogileogut aanik nikoten-min. Higaageami kuveanaegut aoyok higaagumaheogut aovlonilo una monaktaoyok aalaguktigitologo higaaguhikmiknik.</p>	<p>Zyban mikhivaaligutaoyok higaagoekan kanogiliniganik higaagumaligutiniklo. Atugumaenaklogo pilimagitok. Nakuteaktok inuknin atoktaogumi higaakhaaktonin.</p>	<p>Zyban nakuteagitok higaalihaanin atoktaogumi. Ikaomayageakaktan atugeagani uplotoagaagan. Hita-manun saneoniknun ikpiknalimaetok kanok aktoknikakmagaa timigiyaknik.</p>	<p>Kanogilinigin Zyban-min nahoginik, ihomalokniklo, migeangoenakniklo, nun gaaginakniklo, akeagukleokniklo, nigiyomaginiklo, kaniklo paneomaniganik, nakipkayaakniklo, migeangoenakniklo, kapakpaleaniklo. Ilagin kanogilinigin ihomaloknaktun ihumateagoeknik, umalukniklo, neokukleokniklo. Ilaginik ukuniga piguvin, atugeoktakhagaloen Zyban-goyok okavigilogolo taktin kilamik.</p>



Titigagakhan

Titigagakhak 1: Upalogaeyaotin Aalagugeagani Atoktak	12
Titigagakhak 2: Fagerstrom-mi Naonaeyaotin Higaagumaenaknikmik	14
Titigagakhak 3: Higaakataknikmik Titigaakhak	15
Titigagakhak 4: Taya Hivunikhamilo Iniktigakhan	17
Titigagakhak 5: Higaagoegeami, <i>Deeds-lo</i> Nanihiyaaganilo Higaakvikhamik	19
Titigagakhak 6: Naonaeyageagani Pigeagutitka	22
Titigagakhak 7: Nakunigin Nakuginigilo Higaakneom	24
Titigagakhak 8: Kanogileogutikhan Higaagulikan	25
Titigagakhak 9: Ihomagiyaoyun Alгатkan Hulilogaaginageagani	27
Titigagakhak 10: Atukataenageagani Monagiyotikhan	28

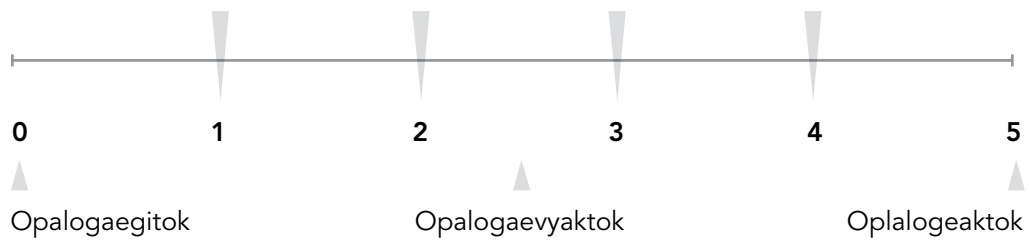


Titigagakhak

1

Aalagoenageaniknikun Naonaepkun

Kanok mikhivaalilikigu puyoen higaakneom naonaeklof 0-min 5-mun?



Okakatigilogo Kaki-mi havaktiga titigaklogolunen opalogaekhimaniga:

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Kigoagun apikotikhan atulaktun

Naonaepkun haomikheanetpan kitkanin (0-mi 1-milo):

- Kanok kaoyimaneakik aalagugeakaligunakh-ikpan?
- Hunan kaoyipkakneakaga aalagugeagani?

Naonaepkun haneanetpan kitkata (2-mi 3-milo):

- Huk naenaekigu talvani kanitkiyaogilaklo haomikheanun? Hunam naonaektineakaga talikpeanuvlyak?
- Hunaovan nakuyun aalagugutiginahoaktam-nik? Hunaovan nakuvalaagitun?
- Huna nakuneaka aalaguknigagun?
- Huna ayokhaotaovan aalaguknigagun?

Noonaepkun talikpeanetpan kitkanin:

- Hunaova ataohik ayokhaon aalaguknigagun?
- Hunaovan ilagin ikayutaolaktun anigugeami una?
- Tikoaklogo ataohik ukunanga ikayutaolaktok iniklogolo
.....
(uploa okateaklogo).

Aplogeagutikaguma aalagugeami:

- Huna ihomaleogutigivigu atogeagani aplogeagun?
- Huna aolanikateakan atoknigagun una aplogeagun?
- Huna ikayutaova aolanikateageagani? Huna ikayutaoneaka ihoatkiyaogaagani?
- Aviktokneagaloakigu ikayutaoyok mikanoaguklogin?
- Tikoaklogo ataohik ilaga iniklogolo
.....
(okateaklogo uploa).

Aalaguliguma aalagukhimagumaguvalo:

- Koanagunaktok! Hunam ikayokiga?
- Hunalo ikayutaoneagaloaka?
- Huna ayokhaotaohimaka aalagukhimageami?

"Aatulivaagumaniguma:"

- Nagugitaelotin. Ayoknaktok pivikhakateageakaktok.
- Huna ihoavyakaloaka?
- Hunamik kaoyivik ikayutaoyukhamik uktuvaaguma?

(Humigaakniga: Zimmerman et al., 2000-min)



Fagerstrom-min Iitokhaon Nikoten-mik Atugumaenaknikan

Una atoktaolaktuk hivulikmi pigeaknikmi kigoagulo. Naonaeyaklogin koyokotinoani keoyitigiyatin atuni apikotini:

1. Topalihaagaagavin higaakpakpin hivulikmik higaaknik?
 - Iloani 5-minitni
 - Iloani 6-min 30-mun minitni
 - 31-min 60-mun
 - Ikaknik anigugaagan

2. Ayokhakin higaagitaakni higaaknaelgumi?
 - Eya
 - Imanak

3. Kitu higaak taemagumagitpeok?
 - Hivulik uplaami
 - Kitulikaa ahenik

4. Kavinik higaakpakpin uplotoagaagan?
 - 10-mik ikitkiyaniklunen
 - 11-nin 20-nun uplotoagaagan
 - 21-nin 30-nun uplotoagaagan
 - 31-nik avatkomayoniklunen u plotoagaagan

5. Higaatkiyaovakpin hivulikmi ikakneom iloani topalihaagaagavin ila uplumaamin?
 - Eya
 - Imanak

6. Higaakhimaakpakpin aaneagaloaguvin inagaenagaloaguvin uplogaaluk?
 - Eya
 - Imanak



Apikotaoyok Keoyun

Nahaotaa

1.	Iloani 5-minitni 3 6-minitmin 30 minitmun 2 31-minitmin 60 minitmun 1 Ikaknik anigugaagan. 0
2.	Eya 1 Imanak 0
3.	Hivulik uplaami 1 Kitulikaa ahenik 0
4.	10-mik ikitkiyaniklunen 0 11-nin 20-nun 1 21-nin 30-nun 2 31-nik avatkomayoniklunen . . . 3
5.	Eya 1 Imanak 0
6.	Eya 1 Imanak 0

Kaveonigin Ataotimun:



Nahaotin Kanoginigin:

0-min 5-mun = Peyomavalaaginiga nikoten-mik
6-10 = Nikoten-mik piyomanaenakniga

Titigagakhak

3

Higaaknikmik Naonaeyaon Titigak

Uma titikam kaoyiyotineagaatin hunami huklo higaakpagaagavin. Titigakneakatin kagugugaagan, humilo kanogiligaagalo higaakpaegeakni. Uma naonaegutineagaatin aolanigiyaknik mikhivaaligeagani puyoen higaakneom. Atolaktan una titigak kuveahutigiyaagani aolanikateaknigiyan! Aetuheaktilaktotin iliknik ikiklivaaligaagata kaveonigin higaaktatin haneani ilagiyakin.

Ikakneani	Humi	Huliligaagavin	Ikpigiyan	Pigeagutin	Kanogiligaagan

Uplotoagaagan Titigakniga:	Sanimi	Matimi	Aepeonmi	Pigateonmi	Hitameonmi	Talimeonmi	Salotimi
Ataotimun Higaaknigiyatka							
Kavektokhoga higaakik haneani nutakan							
Kavektokhoga higaagitpik haneani nutakan							
Kavektokan aalan higaakan haneani nutakan							



Titigagakhak

3

Higaaknikmik Naonaeyaon Titigak Ilaga

Kavinik higaakpakpin upluk ataohik ihomagilogin amigaetun uplun?

.....

Hunaoligaagan higaatkiyaolipakpin?

- Uplaami
- Upumaan
- Unugaagan

Hunaoligaagan higaagumalikpakpin (ila, topalihaagaagavin, nigitaagaagavin)?

.....

.....

Humi higaakataktuin?

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.....

.....

Kanogileokin higaatkiyaolipakpin (ila, hivayaonmi okagaagavin, kungeagaagavin TV-mik)?

.....

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.....

Kanogileoktokaka hanikni higaaligaagavin (ila, nutakan kealigaagata, nipaegaagan)?

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Hunan higaaguliktitpakpatin (ila, nutakan akimigaligaagata, hivayaonmi okagaagavin)?

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Nunamiklikaa ilitogivin higaaknigiyan kanoginigagun?

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Taya Hivunikhamilo Iniktigakhan

Ukoa iniktigakhatka:

Iniknagiktakhaga:

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.....
.....
.....

Tamaenin Hivunikhami Iniktakhaga:

.....
.....
.....
.....

Pivigu iniknagiktakhaga uplomi?

Eya Imanak

.....

Hunaovan ayokhaotin piyaagani iniktakhaga?

.....
.....
.....
.....

Aalan okaoheoyun?

.....
.....
.....
.....

Ihomagiyagakhan
Iniknagiktukhanik Ihoakhaelikan

- **Okateaklotin.** *Ilakaklotik keoyotlinik kinamik, hunamiklo, humilo, kagugulo kanoklo. Ila, Higaaknahaakneakoga uplaami nutakan sikugeakaktinagin.*
- **Okaohigilogo huna ihoakmagaa hunalo ihoaginmagaa.** *Una nakogutaoneaktok uvamni iniktigeagani iniktakhaga.*
- **Ikayoknahoaklotin.** *Titigakhimalogin hunalikkaa ihoaktun, kiheani peoguktaelotin ihomaleogutigineagiga IHOMAMNIK. Aolanikateakneaktoga ukpigigupkin aalaguknigiyatka.*
- **Havaagihimaklogin inikhimayun.** *Havakhimakloga inikhimayamnik nutanun nutpaleatiloga. Nutaak iniknagiktakhaga atokhimaklogin inikhimayatka*

Aten inoen ikayolaktun piyaagani iniktakhatin:

-
-
-
-

Namaktok utiktuyaaguvin.
Piyotikakloaktok
aalagukpaleanigiyamnik
ilagiyamalo aneaginigin.



Titigagakhak

4

Taya Hivunikhamilo Iniktigakkan Ilaga

Inigumayatka Iglumni:

Uktogumayoga (titigaklogo naonaeyaon):

- **Kiguvageaklogo** higaakakta uplomi.
- **Kiguvageaklogo** higaakniga anilgaaktinaga higaageami.
- **Kiguvageaklogo** higaageamni nutagaga anilgaaktinagu iglumini.
- **Kiguvageaklogo** atuni higaaktatka uplotoagaagan (10, 15, 30 , taema.) minitnik.
- **Ililogo** aheanik ihomayotikhak (mupak algakmun ikaeyaon, ukumean, sukaetun kutoen itkoknaohakniklunen okaohiknik) higaakuvikakven higaaniklunen.
- **Higaaktokaktitaelogo** kinamiklikaa nutakama igloagani.
- **Atoklotin** anukhagutimik aneapkaeyaagani puyokmik igalaakun ikiktihimayokun. Higaaginakpaklotin ikiktingayomi igalaami anugitun tunukneloni aneapkaeyaagani puyuknik hilanmun.
- **Ihoakhilogin** higaagilvikhan. Ila, iliknun okaklotin higaagitaakni 9-min unukpan 9-mun uplaami.
- **Uktoklotin** higaagoekhimalageami 24-ni ikaaknikni.
- **Nulogo** higaakviga neamgiyaaknaelgumun higaakvigikatagitamun.
- **Pilotin** higaakvikhaknik. Tutkomalogin higaakuven ikitilo talvani.
- **Iglumi higaagiloni** iloani pigahun ikaaknen iloani nutakan agilgkniginin sikukvikmin. Ila, nutagak 3-mi agilgknikan, higaalimaetoga kitigumitakata.
- **Nulogin** (kavin) uploani higaaknitka hilaamun. Ukoa ilavaloealogin amigaenigin.

- **Higaagoeklotin** nutakan amaagutiknetpan.
- **Tamuklogo** nikoten-kaktok sukaetoklo kutuk, naptoyoklunen ukomeak, milokagulunen ila higaakhimaetomik.
- **Apigilogin** polaktun aniyaagani igloamin higaageami hilami nutakatin haniknetpata okaotilogilunen nutakatin aheanun igloamugaotkologin ahivageagani puyuknin.
- **Higaaknaeloni** agilgiyaga taemaeginaklonilo ukunangaloak ilanamnin ilagiyamnilo higaayuktonin.
- **Titigaklotin** taegoakhamik higaaknaetokmik takukhaoteaknikmuklogo iglukni ilihilotilunen tuyuyuktomik kulikmik tukhukni kaoyimayaoyaagani igluga higaakveoginiganik.
- **Kaniklitaelogo** ahenin higaakveoyok nutakatin iliknun ilaokpata.
- **Apigilogin** ilanagiyatin ilatilunen monagilageagani nutakatka higaageaktolaktiloga hilaamun.
- **Apigilogin** aalan inoen higaageagani hilataani igluma apigilogilunen atogea-gani higaakviga. Maligoayavun pikoyaknik, iglugigapku.
- **Hivitogitugaloamik** higaalaklotin hilataani akhalutivin itigeaktinatin iloanun.
- **Higaagilotin** akotilotin akhalunmik, siketukniklunen 4-hoelamiklunen.

Aalan Ihomagiyaoyun:

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Higaagoekpaleanik, DEEDS-goyoklo Nanihiyaaganilo Higaakvikhamik

Higaagoekpaleanik DEEDS-goyoklo

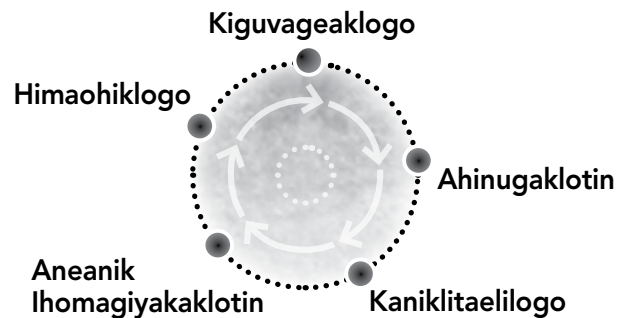
Malguk ikayutikhakik higaagoenaguvun higaagoekpaleanik-goyok DEEDS-goyoklo. Ukoak mikhivaaligutaoyuk poyoenik higaam taemalikalunen. Ihomagiyaoyun ikayutaoneaktun higaakatageogeakni inilgaaktinatin, ahinugaguvilunen nutagagiyaknin, higaageaktokvknugao-tinatilunen.

Higaakatageochnik tokikaktok atogoegeakni amigaetonik higayanik higaaktanik uplotoagaagan. Aolaktigeakni, tikoakhineaktin kavinik higaakneakmagaa uplotoagaagan. Tapkoaginaen nakhakpakneaktin, tonilogilunen higaayoetomun ilanaknun ilipkamayakhaenik. Ililogin amekun kikitevikmun aheanulunen kahaalgumun. Pinahoalaktotin:

- naonaeyaklogo kanok hivitonikhaanik higaageaktinatin (minit-nik igaaknikluenen);
- hukaetomik ilageakpalealogo hivitoniga higaakatakniyakin ima 10-minit-min 15-minit-mun;
- ilageakpalealogo hivituniga atuni higaakveoyun; unalo
- atoknaoaginaklogo maligoagakhan ihoateaginman atugitpan. Namaenaktok utakikhaavyakuvun ayoknaetpan. kiheani higaaligaetotin amigaetkiyanik maligoagakhakni titigakhimayonik.

Ayokhaguvun atogeagani maligoagakhan, Namaktok higaalivaaguvun amihoehtoklotin hivitukpaalikniganik akungani higaakatakniyakin.

DEEDS-ni Atuligumayaen



Kiguvageaklogo

Higaaguliknik ikpiknaekneaktok 10-minitmin 15-minitmun, higaagitkaloaguvun. Okaotilotin iliknik, "Una higaagumanik anigukneaktok" uvalunen "Higaagulikniga kiheani una piyageakagitaga." Higaaguliguvun, higaagilaklotin pilaktotin 15-minitmik. Naonaegutaoyok higaagoenalaetotin amigilaktalo higaakatakniyakin. Ayoknaekpaleavaktok uktugaagan. Kayometomik, higaagoekhimakhaalaktotin ikinikhaniklo higaakpaklotin uplotoagaagan. Uktulaktatin ukoa ihomagiyaoyun:

- Kiguvageaklogo hivulik higaaktakhan uplomi. Uplagumitaayavutin higaaktinatin utakilotilunen nutakatin sikugeaktitaagupkin;
- Naonaekhilotin ikaknikni higaakhimalageokvikhaknik. Ila, higaagilotin 9-min unukpan 9-mun uplaami; unalo
- Ilegaelaktotin higaakuviknik ikitiniklo ahinun higaakatagitaakni neamgilotin.



Titigagakhak

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*Higaagoekpaleanik, Deeds-goyoklo
Nanihiyaaganilo Higaakvikhamik Ilaga*
Ahinuklotin

Ayoknaetpan, kimaklogo hunalika pigeagkutin higaaguligutin. Una ayoknaeloni penalimagitok, ila kimalimaenigupkin nutakatin. Ilaani nutakavin pigeaktitpaktaatin higaaguliktitpagaatin! Uktoyavatin ukoa ihomagiyaoyun:

- Nutakatin kungeaktilogin kivliktonoanik kaemalogiktonetonik, MP3-miklunen nalao-tiniklunen tohaknaaktilogin;
- Titigaklogin hanaogakhaen nutakavin avayuktigiyotikhaenik unageokhigumaliguvin. Kahakhimayavun hanaogakhan;
- "Higaayoetuyaagoaklotin 15-minit-meogalolak;
- Atolaklogo. 5-minit-mik unikhimalaktotin tohohimaetomik uplumaan huligitaakni;
- Ihoman unikhimalaklogo. Ihomagiyuyaaklogo humenikhan aleagiyaknik. Ilagilogin nutakatin.
- Tohaknagutikaklotin aleagiyaknik atoktuyakmik naalaklotin nalaotiniklunen. Takohomakneagitin nutakatin tohakhimaetkaloaklogin.

Kimalotin

Ahivaneyavutin kaoyimaguvin higaaktokakneakniganik. Ayokhageokpaleaguvin higaagitakni higaaguliguvin, utikpalealaktotin pitkohiknun inuyuhikni. Inoakhilogo higaaktokagitaagani maligoakhamik iglukni atoklogilo. Ukoenagealgin ukoa ihomagiyaoyun:

- Ihoakhaklogo neamginaktomik higaakvihaenin polaktivin hilami;
- Apigilogin polaktitin amigiyaagani nutakatin higaageaktolaktilotin hilamun;
- Higaaknaelgumugaovaklotin, nutakan ulap-kivenun hilami titigakavikmulunen; unalo

- Ilanaknelotin higaayoetoni monaginaha-oktoniklo nutakamiknik puyoenin higayan. Polaklogilo ilanatin higaakvoeyotomik agilgaktun.

Aheanik Ihomalotin

Ihomagiyakaklotin huliyakhaknik ihomagiyakagitaakni higaakmik. Titigaklogin huliyotikhatin higaakhimaetomik:

- Oakhilotin aligaoyanik, pilgaklogin nuyatin, nutakalo oaktiklogin;
- Peanaoyaklotin, nuvikhaklotin, mikhuklotin; unalo
- Tamuklotin sukaetonik kutukmik ukomean-iklunen naptoyonik.

Himaohiklogo

Higaaguliguvin, himaohilaktan algatin kanelo hulilogaagutikhaenik. Kilamik pilaktaknik kahaktomiklo:

- Tamuklotin sukaetomik ukumeamik milokaonmiklunen;
- Tamuklotin sukaetomik nikoten-kaktomiklunen kutukmik; unalo
- Kigutigikhaklotin imiklotilunen niglamayomik imakmik.

Nanihiyaagani Higaakvikhamik

Nakoyok mikhivaaligeagani puyoen higaam piyaagani higaakvikhamik. Ikayutaoneaktok higaagitaakni haneani nutakavin agilgagiyakni. Una atulikoyaoyok atulaktanlo higaagoegumaguvin. Ikikliyotineaktok higaakvikhaknik humilikaa higaakvikni pigeagutigiyatilo. Hama tikoakhiyaakni higaakvikhakni:

Titigagakhak

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*Higaagoekpaleanik, Deeds-goyoklo
Nanihiyaaganilo Higaakvikhamik Ilaga*

- **Pilotin** higaakvigikatagitaknik inikhamik;
- **Tikoakhilotin** hulilogaakvigigitaknik ila kungeakvigivaktaknik TV-mik, kagitaoy-amiklunen atokniganik, taegoakvelunen makpigaanik titigaakhaniklunen, hivayaonmilunen okavikni, titigakvigiyaknilunen kagitaoyanoakun polagumilunen ahenik inuknik. Ukoa pigeagutaoyun higaaknikmik;
- **Pinahoaktaelotin** aheanik tikoakhimayakni higaakvikhaknik;
- **Ilipkamalogin** tamaeta ikitink, higaakuvelo higayalo higaakvigiyakni. Una itkaomayotigineaktan higaagitaakni aheani igluvin;
- **Pilotin** neamgiyaaknaktomik inikhamik, kiheani ininagiktaelogo; unalo
- **Poeguguvin** higaaliguvilo aheani iglukni, higaakvinkutaoyavutin kilamik, higaalunen kamilogo higaakvinkugaktinatin ikitaelogo.

Unalika uktugakhan:

- **Nakuyoak** higaageami igalaami ikiktihimayomi anugitulo tunukni aneapkaetilogo hilamun;
- **Nakutkiyak** higaageakni iglumin anekveani pikaguvin; unalo
- **Nakunikhak** higaageakni hilami.

Ihomagiyatin higaakvikhami
(titigaklogo nakunikhak):

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Kanok Iitagiyaagani Pigeagutitka

Takoyavan titigagakhak 2. Ikeyokneagaaga tokiheayaagani pigeagutitka.

Huna pigeagun? Pigeagun una higaagulikhaotin. Higaaknik pigealaktok ikpigiyaknin. Higaakneagunakhiyotin nigaomaguvin, ihomalukuvulunen unaguguvulunen. Higaakneagunakhiyotin kuveahukuvin haeleoyaguvulunen. Nutakavin kanogileoknigin pigeagutaolaktun. Pigeagutin amigaetulaktun hulilogagutigiyatin uploatoagaagan. Ila:

- Kapitoguvin imiguvelunen imigaknaktomik;
- Ilanakneniguvin higaayuktoni;
- Ikhivaguvin itikatilo ikvugakmeligupkin; unalo
- Okaliguvin hivayaonmi.

Ukoa hulilogaagutin, kanoginigilo ikpiknakneoyolunen pigeagutaolaktun higaaligeami. Titigaklogin ukoa atoknikaktun iliknun.

Nakuyun Ikpiknaknigin/ihomagiyaalo		Nakugitun Ikpiknaknigin/ihomagiyaalo	
			
Kuveahukpan	Ihomalugeokalakpan	Ihomalukpan ayokhaotin/nahugunguvilo	Ingumakuvin
			
Aleatakpan	Haeleoyalikan	Hukagayuyaguvin	Tuningoguvin
			
			Nigaomaguvin

Hulilogagutin	Kanoginigin
<ul style="list-style-type: none"> ○ Kungealigaagan TV-mik ○ Kapitokan imikalunen imigaknaktonik ○ Okakatikaguvin hivayaonmi ○ Oaktiguvin imakuktoyomi ○ Taegoaguvin makpigaamik ○ Pihukuvin 	<ul style="list-style-type: none"> ○ Unikhimatilotin ○ Higaaktoneniguvin ○ Polakhimaguvin ○ Agayukaguyaami akhugutikakan ○ Maneleoknikan, pivikhakateagitpalunen ikayoktikagitpalunen ○ Utakiguvin hunamiklikaa (ila uhitivikhaknik)

Titigagakhak

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Kanok Iitagiyaagani Pigeagutitka Ilaga

Aalan Pigeagutin:

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1. Huna hulilogaagutin inigiyaoyolo pigeagutaovan higaaknigiyaaknik (ila, higaklotin okakatikaktilotin hivayaonmi, higaklotin kapitoktilotin, taemaetonik)?

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Kanogileolatin aheanik (ila, titigaoyaklotin okakatikaktilogin hivayaonmi, kapitokan ahinun akyaklogo igloamun imikloaklotilunen imaenakmik)?

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2. Kitun nakugitun kanoginigiyaatin ikpigiyaatilunen pigeagutaovan higaaknigiyaaknik (ila, nahogunguguvin, ingumaguvin, nigaomaguvilunen taemaetonik)?

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Kanogileogutigivigin ikpigiyaatin (ila, pihuyaklotin / akpalotilunen, anikhaomikataklotin, okakatigilogo ilanaen)?

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3. Kitun nakuyun ikpigiyaatin pigeagutaovan higaaknigiyaaknik (ila, haeleoyaligaagavin)?

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Kanok koyagineakin iliknik aheagun (ila, apigilogo ilanaen kukigikhageagani iliknik)?

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Nakunigin Nakuginigilo Higaakneom

Una titigagakhak atoknikaktok iniktakhan ikiklivaaligeagani higaaktatin taemaklotilunen. Kaoyiyotigineaktan nakuyonik nakugitoniklo ilaginik higaakneom, higaakpalaagoegeagani, taemageamilunen. Ikayutaoneaktok iliknun Taki-milo havakti kaoyimaligeagani huk higaaknigi-yaknik. Ikayutaoyoklo iliknun ayokhaotaolaktonik ihoakhaotikhaniklo piyaagani.

Ayoknaetok takoyaamilunen ihoeliyotaoyun higaaknimin ikayutilo taemakan. Kiheani inoen okaohikayoetun ihomagivlogilunen nakunigin higaakneom nakuginigalo taemakan. Havuma ataani taemaenigin ihomaginahoayavatio nanminik ihomagiyatin atuni oegoani.

Huna Aleagivigu Higaaknikmik

- Unikhimapakneagaaga nutakamnin.
- Ikayutiga nigakagama ihomaloligaagamalo.
- Inuyotaoyok ilanagiyatkalolo.

Huna Nakugigitaga Higaaknikmik

- Nakugitok aneagigitamni.
- Akitoyok maniktoknaktok
- Puyoen higaam aneagutaolaktun nutakamnin.

Huna Aleagivigu Higaagoegeami

- Ilipkamaneakatka manaen.
- Anikhaktateatkiyaoneaktoga.
- Nutakama taemakohoeakneakaga.

Huna Nakugigitaga Higaagoegeami

- Kanogilyageakaktatka ilanatka higaayuktun
- Kanogileogeakhamni naloyoga algamnun.
- Kapeahoktoga nigakniga igatakneakniganik.

Huna Aleagivigu Higaaknikmik

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Huna Nakugigitaga Higaaknikmik

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Huna Aleagivigu Higaagoegeami

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Huna Nakugigitaga Higaagoegeami

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Kanogileoguhikhak Higaagulikan

Taemaeginaktok higaaguliguvin aalaguktiknaoak-tilotin higaakataohen. Uktolaktotin higaagumaligeokhiklotin okaotilotilo iliknik anigukneaknigiyaanik tayagunoak. Nakoyok hivulik aplogeagun opalogaeyageagani hivunikhamik. Nakoyok aplogeagutikahk opalogaeyageagani hivunikhami. Pigeagutigiyatin naonaekan, opalogaeyalaktotin kanogileoguhikhaknik. Hama ilagin ihomagiyaoyun:

- Okakatigilogo ikayoktigiyan ilanan;
- Nutakatin ulapkiyaktokatigilogin hilamun pihoyaklotilunen humulikka hilami;
- Eklogin higaakuven higaatilo tagakmugaklogin takukhaogitaagani;
- Anikhaomikataklotin;
- Keakvaklotin;
- Neokhilotin nigramayomik imakmik;
- Ukumeaklogo hikunoak;
- Kutuklotin sukaetomik kutukmik nigilotilunen anukhiktonik ukomeanik;
- Uktoklotin ikaekhiyotikhani;
- Saovaklotin;
- Halomaktiklogo iglun;
- Hanaoyaklotin kalalotilunen nutakatilo;
- Hulilogaakatigilogo higaayoetok inuk; uvalunen
- Aetoklotin iliknik kiguvageagaknik higaaknigiyan aalagugeaganilunen ihomagiyak higaageami.

Hulilogagutikhatin kanogileogeakni pigeaktiyotigiyanik:

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“ Higaagulikniga tamaktok. Higaageakagoektoga amaktogeamni. Aalaguktok pitkohiga higaaguligaagama. ”

Annie B. Gordon, Aklavik, Nunateak (Hivulivun Higaayoetun, makpiknigani 74)

Ayoknaetok hulilogaageami havuma kolanetonik. Ila, ayoknaetkiyaoyonakhuyok iliknun okaguvin aalagugeaklogolo ihomagiyatin higaaknikun.

Hama ilagin ihomagiyaoyun:

- Okaotilotin iliknik utakilageakni higaaktinatin umiga;
- Naonaeyagin iliknik huk higaagumaligeakni;
- Itkaktilotin iliknik higaaguknik anigukhuguyok tayagu;
- Naonaeyaklogo kanogileogeakhaknik higaakhimaetomik;
- Itkaomalogin aalaguknigiyan atuliktatin;
- Itkaktilotin iliknik aolanikateaknigiyanik monagiyaagani nutakatin puyoenin higaam. Higaagitaami haneani anealakiligaetun namatkiyaoneaktun;
- Ihomagiyakaklotin nakuyonik. Ihomagilogin ikayutin iliknun, nutagaknulo, pamiktaknulo agilgagiyaknulo;
- Ihomagiyakaklotin neovigakhaknik. Ilihilaktotin 25-sanmik hikoleanoamun kiguvageaktitigaagavin higaaknigiyanik; unalo
- Ihomagitaologo aetugeakni higaakmik. Aetuheaktitpaklotin aheanik.



Titigagakhak

8

Kanogileoguhikhak Higaagulikan Ilaga

Kanogileogutigilaktatin ikayutikhaknik higaaguliguvin:

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“ Kiyalikaa apigikpaga kanok higaagoegeamni ima okakneaktoga: aepakaktoga (ilanamiklunen/pikanagiyamniklunen) higaayoetomik kutukpakhogalunen imikhogalo niglamayomik imakmik. Aneklotilo anikhaktateageakni. Ihomayoga higaagoekneagunakhivuk. ”

Sarah Qumaluk, Sanikiluaq, NU
(Hivulivun Higaayoetun, makpiknigani 67)

Higaaguliguvin

Nutkalaklotin

- Kaoyimalogo kanoginiga
- Iliknik nagugitaelotin
- Apigilotin iliknik kanok ikpiguhupik
- Anikhaomikataklotin

Ihomagiyakateaklotin

- Ihageahupin hunamiklikaa piyakhaknik okageaknilunen monagiyakni iliknik
- Nutanik atoenanaaliktotin

Pilotin

- Nalaomateageagani iniktakhaknun
- Okakvigilogo ilanaen
- Okaohigilogin ihomagiyatin / ikpigiyatilo pikatigiyaknun Taki-milunen havaktimun
- Ikayoklotin / akhukhaklotilo iliknik

(Anikhaomikatakunik. makpikniga 50)

Higaaguma higaagitkomalunen, una piyomanik anigukneaktok!

Ihomagiyatka Algatka Hulilogaageami

Nakunikhak kanogileogutigiyaagani higaagumanik ila opalogaeyakloni hivunikhamik. Ihomagiyakalaktotin hunaniklikaa pilaktanik ikayutaoyaagani kanogileoguhikhaknik higaagumaliktinatin. Nakunikhak ukoa higaaligaenigiyaknik ayikotaaniklo pigitaakni. Hama ilagin taemaenigin:

- Hanaoyakatigilogin nutakatin;
- Kigutigikhaklotin kukililutilunen;
- Algatin kinilogin (ayoknageagani tigumeageami higaakmik);
- Mikhoklotin hunamiklikaa, nuvikhaklotilunen hugaoheoklotilunen;
- Iviktitaaklotin;
- Tamuklotin sukaetomik kutukmik;
- Ulapkeoyaklogo *Taki-mi* Mikhivaaligeakli Puyoen Higaakneom ikaeyaon mukpak;
- Titigaoyaklotin;
- Oakhilotin aligaoyanik;
- Kugigikhaklotin;
- Piloeyaelotin; uvalunen
- Halomaktiklogo iglun.

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“ Atokuyaga kanok higaageokpa-leayaagani imikloni imaenakmik hilaamulo havaageaktokloni, poalgihakloni kiklimaktigilonilunen iglum hilataani. Ihomagiyakalotin ahenik hunaniklikaa. Aheataok atokoyaga pihuyageakni kimaklogin higaatin. ”

Juanasi Tulugak, Nunavik,
(Hivulivun Higaayoetun, makpiknigani 72)





Ayogeageagani Nanminik Monagiyaagani

Anikhaomikageagani nakuyok ayogoeknik uktoenageagani hukatuyaaguvin, kuveahog-eaguvilo, hinilaeguvilo higaagumiliguvilunen. Tayaenak inilaktok humilulikaa atulaaktok. Anikhaomikatakunik ikayutaolaktok kahogaligeakni. Una ikayutaoneaktok higaaguliguvin ihoakhip-kaklogolo kanogiliganigiyani ihomakni. *Taki*-mi havaktim umiga pikatigineakatin hivulikmik. Uma ayoekhayaagani piyotikhak.

1. **Neamgiyaageakni Ihoakhaklotin** nipaeltu-mi inukakalimaetomilo hivikitugaloamik. Ikhivalaaktotin, nagipalotilunen halaaklotilunen. Kanigiligayomaguvini ihoaktomik atoklotin.
2. **Kaholotik** toekik hikungiklotilo.
3. **Ihomagiyakaklotin** hunamiklikaa aleagiyaknik.
4. **Kayometomik anikhaomikatagin** kigakun kanen matologo. Kititilotilo enmun. Akeagoen kayometomik kunmuneakok aneapgakukni aniknigin.
5. **Anikhaaktaelilotin** kititilgaaktinatin hitamanun.
6. **Aniknigin anipkaklogo** kayometomik kanikun kititilotilo enmun. Akeagoen atpakhoguyok anikhakuvini hilaanmun.
7. **Atokhimaguk** una anikhaomikatakunik talimaektoklogo.
8. **Tahilogik** talikik neakuvini kulaanun kayometomiklo atpaktilogik hanigaknun. Akmalalik-takik eyikin. Kaoyimagoen ikpiknigiyaknik.

Titigaklogini kanogiligaagan umiga atulaaknigiyaknik anikhaomikageagani ikaeyaon.

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Koyagilotin iliknik inikhigavin iniktakhaknik monagiyaagani nutakatin puyoenin higaanin. Ayoknaktok havaak. Kuveahugeakaktotin ilaa!