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PAUKTUUTIT
INUIT WOMEN OF CANADA
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AYOKIKTOEYIM MALIGOAGAKHAA

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.

Koyagiyaoyun atuni ilaoyok ihomakhakheoktini kamiteoyomi:

Diane Denton Havakvik Aneaktaelinikun Ayokhaktulikinikulo, Kavaman Nunavumi
Gillian Saunders . . Havakvik Aneaktaelinikun Ayokhaktulikinikulo, Nunatseavut Kavaman
Kathy Snowball . . . Kitulikaa Aneaktaelinikun Havakvean, Nunavikmi Katimayin Aneaktaelinikkun
Aykhaktulikiyilo Ikayutaenik
Jasmine Redfern . . Nunavut Tungavik Timeoyumi Tunngavik Incorporated
Tammy Matthews . . . Kanatami Higaeyan Nikikateageagani Havaami, Ingamo Kameonitihaami
Inuvikmi, Nunateami
Looee Okalik Inoen Tapigen Kanatami, Atoami, Ontario-mi
Catherine Carry Inoen Tutakviga, Kanatami Nunakakaktun Aneaktaelinikun Tomeoyok,
Atoami, Ontario-mi
Judy Voisey Nunakakaktun Ilagen Ihoakotikakveani, Happy Valley-Goose Bay-
mi, Newfoundland-mi Labrador-milo
Wendy Reynolds . . . Upiyotin Aknan Atokpalaakniginun Ilitokhaotin Ilihaotilo, Kingston-mi
Ontario-mi

Kigulikmik, koyagikpeakavun Pauktuutit-koni havaami ikayoktigen,
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Pauktuutit Inuit Women of Canada
1 Nicholas Street, Suite 520
Ottawa, Ontario K1N 7B7
Tel: 613-238-3977
Toll Free: 1-800-667-0749
Fax: 613-238-1787
Email: info@pauktuutit.ca
www.pauktuutit.ca

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Oegoa 1:

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Oeogo 1:

Ayokiktokli Ayokiktoeyi Maligoagakhak Atuligumayaenik Mikhivaaligeakli Puyoen Higaakneom



Piyotaoyok

Piyotaoyok aplogeagutimi *Taki-mi!* Mikhivaaligeagani Puyoen Higaanin maligoagakhak ikayutaoyaa-gani Inoenaknik aknanik amamaoyoniklo kahakton-ik, ilitkohikmilo atulaktonik ikayutaolaktoniklo ila:

- mikhivaaligeagani puyoen higaaknikmin haneani notakatik ilagiyatiklo;
- mikhivaaligeagani aanealakhonik higaaknikun; unalo
- agiklivaaligeagani ayokhagoegutaen aknan ikayutinik ihoaktomik aalagugutin.

Una maligoagakhak titigakhimayok atoktaoyaa-gani inuknin havaktonik Nunalikni Upiyotikhanik Havaami Nutakikinihun Kanatamilo Higaeyan Nikikateageagani Havaami, Nunaliknilo Aneak-taelinikun Kivgaktokteoyonin ilaginilo ukuniga havaakaktonin ikayutaoyaa-gani Inoenaknik aknanik mikhivaaligeagani puyoen higaaknikmin.

Iniktigumayaen *Taki-mi!* Mikhivaaligeakli Puyoen Higaakneom

Una *Taki* Mikhivaaligeakli Puyoen Higaakneom havaak ihomagiyakagitok higaagoegagani. Piyotikaktok ikayutikhanik atutealaktoniklo pitko-heoyukhanik, ukuniga iniktigakhaniklo ila:

- ikayugeagani aknan ilagiyaalo mikhivaaligeagani nutakami aktoktaoniginik puyoenin higakveom;
- ikayugeagani aknan ilagiyaalo higaagoekpa-leayaagani ila piyomanigumik; unalo
- ikayugeagani aknan ilagiyaalo higaagoegagani ila piyomanigumik.

Kanak Atogeagani *Taki!* Mikhivaaligeagani Puyoen Higaakeom

Una maligoagakhak piyotaoyok atugakhamik ihoakhilaktomi ihageagiyaenik nunagiyakni timeoyomilunen. Atoktaolaktok ataohenaogitokun. Atoktaolaktok ilikun havaami ilageaguto-alonilunen atoktumi havaami. Ima, ilageagutaolaktok higaeyanin, Blue Light Campaign-milunen inuhikateaknikhamulunen ayoe khayonin nunagiyakni. Pikaktologo aalatkenik havaanik higaaknikun Inoen Nunagani, *Taki!* himaotaolimagitok ukuniga; ilageagutaolaktok kiheani. Ilageni ilikulunen inum atulaktaa. Ihoakhalaktatin, ilageagutigilogilunen, ihoakhaklotilunen katimaneoyun titigaakhalo okaotaoyun uvani maligoagakhak ihageagiyaenik piyaagani kivgaktoktavin nunagiyakilunen. 'Ihoaknikhamik' pikagitok atugeagani havaak upipkageaganilunen ilaoyun.

Una Blue Light Campaign-goyok

Una Blue Light Campaign-goyok havaak ihoakhakhimayok Inoen Tapihun Kanatamin Kanatamilo Inoen Tipakonik Atoknigagun Pikatigenin havaagivlogolo aneak-taelinikun ihoakhaeyin kavinin Inoen nunagiyaenin. Havaak mikhivaaligeagani puyoenin higaaknikun Inoen agiligagiyaeni mikhivaalikugaloakhogin higaayuktun ila 69-goyun oan hananin inukni (ila 19-gukmata oan hanannin inukni Katatameotani).

(<http://www.inuitknowledge.ca/content/blue-light-campaign-results-nunavut>)-kagitayami kungeakhak.

Hama ilagin atulaktun aolaktigeagutigilogin.

- **Inoen ilaopkaligeagani.** Okaohigilogo *Taki!* havaak aheni havaani. Okalaktotin hunakmagaa havaak ilalo higaagoegutaogitok. Naonaegeagani ilaoyomayokaknikan.
- **Nivigakhilotin taegoakhanik.** Ilaoyomayokaligeagani nivigakhilotin taegoakhanik makpigaaniklo havaamik okaohikaktonik. Ilaleotilogo okakvigiyayomaniguvin togaakvikhaa.



Taki! Mikhivaaligeakli Puyoen Higaakneom

- **Pikatigen ayoeckhavikaktilogin katimapkaktolilunen.** Aknan ilaoyomanun katimalaktun. Havakatigelaktun maligoaklogo *Taki!* –mi havaktok.
- **Atuni katimapkaeloni.** Una *Taki!* havaak pilaktok atune katimakatigilogin ihoakhageagani iniktigakhan okaohigilogilo aplogeagutikhan maligaogakhami *Taki*-mi titigaakhani.
- **Atoklogin pivaaligutikhan.** Atulaktotin pivaaligutikhanik koyagilogin ilaoyun ilaoyumakmata havaami. Ima, katimapkaelotin kahakhi-logilo koyayotinun puktoganoen ilaoyun atulaktaenik higaakatagitaagani, ukuniga:
 - una *Taki! Mikhivaaligeakli Puyoen Higaakneom* mukpaen ikaeyaotin, pinikotilo, nipilaktolo;
 - una *Blue Light Campaign*-min kulen, algaotakmeotalo
 - pumik igahagaetonik papkoanik;
 - milokaotunik okomealo akitun kivloklogin higaan takinenik (ukomeagakhan higaagulikan);
 - kigutigikhaotimik mikakmiklo kigutigikhiyaagani kuviyaktomik;
 - pumik sukaetomik kutokmik;
 - pumik sukaetomik ukomeanik; unalo
 - peaniknik kipuktakhaeni (algaen huliyotigiyaagani).

Ilaopkaeyavutin hunaniklikaa kahaktonik atulaktoniklo.

Kina Ikayoktaoneaka Taki-min! Mikhivaaligeakli Puyoen Higaakneom?

Kaoyiyogun pikaginman ahenik havaanik aknan atulaktaenik mikhivaaligeagani puyoen higaaknikmin, ila nutakan haneani. Una *Taki!* havaak ihoakotaoneaktok aknanin ila:

- higaayuktonin;
- aepakaktonik higaayuktonik;
- oekagitonin amamaoyonin; unalo unalunen
- monaktonin nutakanik ukeokagitonik siksini huli.

Una havaak ikayutaolaktok aneaktaelinikun havaktonin ayoegeagani:

- atuligumayaenik mikhivaaligeagani puyoen higaakneom;
- kanok aknan okaohikaligeagani mikhivaaligeakniganik puyoen higaakneom;
- ihoakhageagani iniktigakhan mikhivaaligeakniganik puyoen higaakneom; unalo
- ikayutogeagnai aknan aalagukpaleayagani tikoaktutilogilo aknan Taki-kun makpigaami.

Hivunikhivaaligutikhan Puyoenik Higaakneom

Puyoen higaakneom ihoeliyotaovaktun kitunilikaa aktoktaoyonin. Puyoen hupiyaovaktun higaaktonin, puyoenilo higayam ikumayum. Puyoen higaam aneaknaktun kitunilikaa, kiheani nakuginikhaoyok nutakani nutaganoanilo. Miskaokmata, nutakan anikhaktakloakpaktun halomaetonik inikniknin. Aneaktaeliyotigiyatik hakoetkiyaokmata ahivalaetotiklo higaam puyoenin. Nutakani nutaganoanilo, imaelaktok:

- anikhageagutin anealakilotik ipina-hokuknaknik, kalakniklo, anikhageagutin kalakalikatalo, namoneakalikalo;
- nutaganoak inuhoekan (kaoyimayaoyok Tayaenak Nutakam Inuhoekniga Aneagun, SIDS-guyok). Hiniktilogo inuhoekniga agiklivaalikpaktok nutagak puyoanekatagumik higaaktum;
- puvaklokneaktok;
- nutagaotilogo aneagutikalikloni; unalo
- heonmigun aneagutikakpakneaktok pitkoheokatagitomik.

Amigaetun mamaoyun kaoyimayun ihoeliyotinin higaknikmin. Kiheani taemagumagitonakhiyun. Una *Taki!* havaak ikayutaoneaktok akanun ihoakhaeyaagani iniktigumamayamiknik opalogaey-aonmiklo mikhivaaligeagani puyoen higaakneom.

Oegoa 1:

Ayokiktokli Ayokiktoeyi Maligoagakhak Atuligumayaenik Mikhivaaligeakli Puyoen Higaakneom



Puyoen higaktum kapeanatkiyaoyun akhalutim iloani una inikhaa mikikman. Ilagin inoen ihomayun igalatik akmao-magumigik halomaelgun anealakhata kiheani taemaeginman

Higaakhoknitovaloen

Higaakhoknitovaloen puyok aanogaaneginaktok, nuyaknilo hunavaloknilo agilgami higaak kamitaogaagan. Una puyok halomaelgukaktok aneagutaoyok nutakanin puyokmeligaagata. Oaktikata algaen, aalaniklo aanugakloni higaaktagaagan, oaklogilo hanigaen iglum ilaoni higaaktagaagan monagiyotaoyun nutakanik higaakhoknitomin

Higaaknikun Kanoginigin

- Puvakmi aneaguntin amigaenigin Inoenaknin agutinin aknanilo Kanatami amigaenikhan hilakyoami ilalo amigaekhimaginaktun. (Ukeoktaltoni Inoen Aneagunmik Ihivgeokhiyin Havakatigen, 2008-mi).
- Amigaenikhan napaanin (58-goyun 1-hananin inukni) Inoenan iniknigin uplotoagaagan higakpaktun. Una pigahoektoklogo amigaenikhan tamaeni inikneoyoni Kanatami (17-goyun 1-hananin inukni). (Kantami Nunalen Aneaktaelinikun Ilitokhaoetin, 2005-mi).
- Aknan higaayuktun ihomalutaolokatun ila:
 - aneagutikalakhata nutakeokvikmikni;
 - aoknikmik ayokhaotinik;
 - nutakeoknikun ayokhaotinik; unalo
 - nutagakhakloni (ilumi nutagakhaknik) (Aneaktaelinikun Kantami, 1999-mi).

Huk Aknan Higaalakan

Amigaetun huk aknan higaakpakmagaa, aalagatiyaoneaktun agutinin. Atokniga higakneom inuheni aknan ayoknaktok ihomagiyaagani taemageami higaaknikmik. Nipitkaktok kinkagiktok higaanin timimin pikakoenaktok taemageami ayokhaotaovaktok higaagitpalageamilo.

Higaagutaovaktun ukoa:

- atogeagani higaak kagoegeagani. Amigaetun aknan higaakpaktun nigivalagitamikni nutakatiklo nikikhakateageagani;
- higaaknik unikhimayutaolaktok nutakanin. Aknan ikhivalaklotik 5 minitmik haeleoyalaktun;
- higaaknik atoktaovaktok ayokhaligaagamik ihomakun ila ihomalokumik, nigaomagumiklunen ingumagumiklunen;
- higaaknik ilanaktun ilaktok. Ilagin aknan okakpaktun higaageami higaamik polakatikaktuyaakniktok ilanakateaktuyaaknaktoklo;
- higaaknik ilaoyuyaaknaktok ilageni. Higaakatikageami ahenik ilanani tuningoektigiyutaokman.

Hunaovan ilagin piyotaen huk aknan higaakpakmagaa?

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Akitoniga higaakneom

Ilagin aknan higakpaktun kagoege-amikni nikikhakateageagani nutakatik. Kaoyimayogun amamaoyun atokpaktun ihomagivlogin inuteaknikhaen nutakatik, kiheani kaoyimavin higaakpalagoeguvun atokpalaligaetotin maniknik neovilakhotilo amigaetkiyanik nikiteaguyonik? Nunavumi, higaa-goekpaleaguvun napaenanik pum uplotoagaagan 250-talamik ilipkamaneaktotin. Taman amigaegutilaktok nikikhanik

Hama Kaoyimayakhatin Pigeaktinatin

Ilaoyotin

Havaagin Taki-mi havaktin imaa:

- **naonaeklogin** nanminik aalatken titigaakhan tuneokaktaoyolo oeguyuni. Ukoa piyota-oneaktun pikatigen inuvlunen katimaniginik;
- **tikoakhilotin** inilaktonik ihoagiyaenik atuni ilaoyun mikhivaaligeagani nutakami higaam puyoaneginakniga;
- **koyagilogo** tamaeta mikiyutaloen aplogeagutin;
- **ikayoklogo** atuni ilaoyok ilitakhiyaagani higaagutaovaktun ihomagilogilo kanok higaaknik atugitaagani; unalo
- **ikayoklogo** atuni ilaoyok titigageagani aolanigiyaminik ikayoklogolo tikoaktutologo titigageagani titigaakhan makpigaagutimini.



Ilaoniga Ilaoyum

Havaagin ilaoyum imaa:

- **ihomaleokloni** taya hivunikhamilo iniktigakhanik hunaokmagaa;
- **ihomagillogin** mikaen aplogeagutin iniktigutikhamun;
- **pinahoaklogin** ukoa aalagugeagani;
- **titigaklogin** aolanik, kiguvageagutilo ahelo hivonikhiyotikhan aalagugeagutimikni; unalo
- **okaohigilogo** aolanigiyatik iliknun atuligumayamikniklo iniktigutikhamiknun.

Hunaovan ilagin huk aknak higaakpalageogumaniganik haneani ilagiyami? Titigaklogin ihomagiyaatin.

Taki-metagani Mikhivaaligeagani Puyoen Higaakneom Havakteoyaaagani

Akhugutaolaktok aknanik ilaoyokageagani higaaknikun piyotikaktonik havaani. Amigaetun taemani piyotikakloaktun taemageagani. Taemakoeyun higaaknikmik okaohen aknanik inmiknik ihoegiyuyaakneakmata ila taemageamikni ayokhagumik tayaenak. Akhukhagillogin aknan taemageagani, piyotaoloaktok Taki-mi havaami aknan mikaogaloanik aplogeagutikageagani higaagoekpaleayaamikni haneani ilagiyamiknin. Ihomagiyaoloaktok aniktokakpalaagitaagani. Aknan okaotilogin ilaonigiyaaen taemageagani piyotaogitok. Una maligoagakhak ikayokneagaatin aknan ihoakotikageagani aalagugeagutikhanik inuhikmi nagugihooklogin ikayoktokloaklogin kiheani.

Oeogo 1:

Ayokiktokli Ayokiktoeyi Maligoagakhak Atuligumayaenik Mikhivaaligeakli Puyoen Higaakneom



Ikayutikhan

Taki-mi havakteovlotin ikayoktoeneaktotin opalo-gaeyaakni aalagugeagutikhamik. Ilaonigiyan taemaetokaligaagan ihomagiyaagani ayokhao-taolaktonik aknanin. Ayokhaotin okaotaolaktun ihoakhaotikaklonilo ilaoyokaenageagani (ila nutakikiyokhanik, aolagutinin). Nahugenageakak-totin, ihoakhteaknikhagulo ihomalotin ilaoyoklo ilaokoenaklogo ilaalalikhigumi kagugu. Aalagoe-nageakalikhik Naonaepkun Titigaakhak 1 ika-yutaolaktok okaohigivaleayagani.

Ikeanaegeagani Okakatigeknik

Una okaoyoeoyohik inuknun taemaaknahaokto-nun ihomagiyaaktonulunen taemageamikhik. Una piyun ihomagiyaaktok mikiyonik ihoak-tonik aalagugeagutikhanik, aolanikateaktoni-klo hakugikhigunikhik inuk ikeahugeageagani aalagugeamini. Hama taliman atulikuyaoyun:

1. **Apikhoelotin keoyageakaktonik.** Apik-hoegilotin agiktaolaktonik kigiyaolotikhunen

apikotin, "higaageami aleagiveok?"
apikhoeloaklotin ima, "hunaova ilagin
aleagiyatin higaageakni?"

2. **Nalaklotin ihomagiteaklogo.** Okaohi-givaaklogo atoklogin nanminik okaohitin
ila okaohianik. Una naonaegutaokman
naalaknigiyaknik tukiheavlogolo okaohenik.
3. **Naenakataklogin okaohigilogin kagu-gugaekpan** okaohianik itkaomayaagani
iniktigumayaminik.
4. **Okateaklotin.** Ikayoklogo okaohigilogolo
aknam hakugikhigun, ikeahoginighilo, piyo-mayaeniklo aolanigiyaaniklo.
5. **Okaohigilogin nanminik ikeahugeogutinin
okaohenik ilaoyum.** Ilaoyok inmi ihoma-leogeakaktok nanminik ihomaalutigiyaaminik
aalagugeagutikhaminikhik. Ukoa okaohieoyun
ilakakaktun ima: "Aalaguktitineaktoga
inuhikateageamni ilagiyatkalo."

Ukoa okaohieoyun ilakakaktun ima: "Aalaguktitineaktoga inuhikateageamni ilagiyatkalo."

Imaa okaknahoaktaelotin

Kaoyimavin kanogaalok nutakatin
ihomaloknikmekpakmagaa higaagagavin
haneani?

Higaageoguvun manigaaloknik pikakneagalo-
agavin atoktakhanik nutakavilo atoktakhanik.

Kaoyimavin nutakan iyoakhenaktun
takoyamikhik?

Huk taemaginagitpin? Huk uktugilan matoti-
noak higaageogomayonin atoktaovaktok?

Imaa okaknahoaklotin

Kanogileokpaktotin monagiyaagani nutaka-
tin. Kaoyimavin ilaginin ihomagiyaoyonik
kanok monagiyaagani nutakatin puyoenin
higaakneom taemakhimaetomik? Okalakto-
tin ilaginin kanok amamaoyok monagilaak-
magaa nutakamikhik (ima kaploktaopkak-
login, taemaetonik).

Ayoknalaktok aalagugeagani higaaguhikhik.
Aalagugeami tayagoenak pilimiginman.
Amigaetun ikayutin taemaguvun higaakpala-
geoguvilunen. Okaohikagumavin ilaginin
aplogeagutikhanik mikiyugaloanik taya?

Ilagiyavin koyagineaktaatin uktugavain
aplogeagutikhanik aalagugeakni.

Ihomagiyaalikhiguvun higaageogeakni
ikayokneakagin nanihiyaakni ikayutikhanik
ahenikhunen higaageogeakni ikayutinin.

Taki! Mikhivaaligeakli Puyoen Higaakneom

Hama ilagin atulaaktaenik *Taki*-mi havaktinin.

- **Ikpigiteaklogo** taotuktituyaaklogo naalateaknigiyaknik. Okaohitin mikhuklogin kaoyimalotilo kigoani ihomaleogutoayok aalagugeagani aknam inmi pineakaa. Okaklotin ihomagiteaknigiyaknik ihoagilogilo ihomagiyaen.
- **Kaniktaelotik.** Apigilogo hunamik okao-hikagumakmaagaa. Apigilogo ihomagiyaenik ilaopkageaklogilo opalogaeyaonmi.
- **Piyomaginikan akigaktoktaelogo.** Ilaoyok ilaolaktok penageaniknigumi. Aheagugeaklotin piyomagitoknikan aalagugeaklogin atulaaktun.
- **Ikeahugeoktilogin tunikhiyaagani aalagugeagani.** Okaohigivaaklogin iniktigumayaen okaohelo ikayutaoyaagani aalaguteagutikhanun.
- **Okateaklogin nanminik atoktatin.** Ikayoklogo ihomaleogutaenik inmilo okaohigiyumayaenik ihomaleogutimigun higaaknikun okaklogin aalatken atulaktun aheagugutikhan aalagugeami inuhik. Kaoyipkaklogo tipakunik atoknigagun. Una ikayutaoneakman aknak inmi aolakpaeyamini. Ihomagilogin aknam hakugiknigiyaen. Una hapigoe-gutigineakmagu aalagugeamini.
- **Havakatigeknik iniktigakhanik piyaagani.** Atukoheoklogin nanminik ukpigiyatin atuligumayatilunen. Maligoaklogo ilaoyum piyomayaen. Ayikegeakaktun havaagin tamakmik *Taki*-mi havaktim ilaoyuvlo ihoaktomik aalagugeagutin atugeagani.
- **Namagilogin utimun piyuyakan** kiguvageagutulo ilaonigiyaenik aalagugeakneom okaohigilogo.

Ikpiguhuteaknik Ikpiguhuteaknik tokiheayotaoyok inum ikpigiyaenik, humigaakmagaalo kanoklo ihomagiyaakmagaa. Una *Taki*-mi havakti ikpiguhulaktok nalateakloni inum okaohenik okaohikaklonilo ahuknaetomik nagugitaelogolo ila kaoyinakman tukiheateaknigiyaknik.

Ilaoyok Taemagumaliknikan

Una higaageageami havaagugitok, ilagin aknan taemaknahugitpaktun. Ilagin aknan ihomaneagunakhivun higaageageamikni hivunikhami ihomaleokneakulo taemaknahugitaamikni ilaonigiyamikni uvani havaami. Taemaknaoagutin atoknikateaktun uktogeaknigin hivitovalaagitkaloakhotik. Higayoktok taemaknahugitkaagan ayoekpaktok ayogeogutikhanik ikayutaolaktonik tukleani taemaknaoaligumi atoktakhaminik. Amigaenikhani aknan kavinik taemaknaoagutinik uktupaktun higaageageaktinagin inuhikmikni nakuyomik. Nanineakatin ukoa tuneokhaotin oegoani toniyaolaktonik aknanun ila higaageogumanikan:

- *Puyoen Higaaknikmin Monagiyotin Tuneokhagak 1;*
- *Higaayuktun Inuyutikhaen Ataotini Tuneokhagak 2;*
- *Taemaaginageanikpik? Higaageageami Ikayutin Tuneokhagak 3;*
- *Taemaaginageanikpin? Ilagin ihomagiyaoyun Ikayutaoyaagani Higaageogamni Tuneokhagak 4; unalo*
- *Kanogilineakan Higaageoguma (Hayolakiyotin) Toneokhagak 5.*

Kanogileogutikhaen *Taki*-mi havaktim taemaktitokalikan:

- **akhukhaklogo** ukpigiyatik ayoginigagun aalagugeagani inuhik;
- **ikayoklogo** ilaoyok taemaktigeagani maligoaklogin maligoagakhan ihoaktikaktomi taegoakhami (aolanikateakneaktok opalogaekhimateagumi);
- **atoktaelogo** ihoenaknahugilogo nagugilogulun taemaktigeagun hivituginikan;
- **okaohilogin** piyutin aolateaktun aolanikateagitolo taemaktigeagutimini;
- **naonaeklogin** kitun higaavagutigiyutaokmagaa;
- **ihomaleoklotin** nutan atulaktun uktulaktaen tukleani taemaktigekmigi;
- **titigaklogin** ukoa taotuktaoyun makpigaagini titigakveani;

Oeogo 1:

Ayokiktokli Ayokiktoeyi Maligoagakhak Atuligumayaenik Mikhivaaligeakli Puyoen Higaakneom



- **itkaktiologo** ihivgeogeagani titigaktaminik tukleani taemaktigeaktinago; unalo
- **pihimaenaklogo** nanminik ihomagiyatin aolanikateaknikhanik.

Higayan Atogoekepaleayun DEEDS-Io

Malguk atulaaktuk higaagoenaknikan ukoa *higayan atogoekepaleayun DEEDS-Io*. Atoklogin ukoa atugakhan ikayutaoyaagani aknanin mikhivaaligeagani puyoen higaakneom. Ukoa atugakhan naniyaolaktun *Titigaakhak* 5-mi.

Higayan Atogoekepaleayun tukokaktok higaakatagoeknik uplotoagaagan. Aolaktigeaklotin naonaeyaklogo kavinik higaakneakmagaa uplotoagaagan. Tigumeakneakaen kavoeningin nanminik tonilogilo higaayoetomun ilanaminun ilipkamayakhaenik. Ililogo ameakoa higayam kikitevikmun aheanulunen kahaegumun. Pilaktoklo:

- naonaeyaklogo hivitonigin akungani higaakveokataktun igakneok ilaenaagun;
- ilageakpalealogin hivitunigin atuni higaakveokataktun ima 10-minitmin 15-minitmun;
- ilageakhimaklogo akunga atuni higaakveokataktun;
- aheaguktaelotin atogumayaanin una atugakhak aolatealaenman. Namaktok utakikhaageagani pilakan kiheani amigaetkiyanik higaageakagitok atogeeaktaminin; unalo
- ayokhagumi atugeagani atugakhani namaktok higaalivaakan amigaenikhanik ila uktovaaligeakvikhaminun.

Una *DEEDS-ni atuligumayaen*. Maligoaklogo una atugakhak *kiguvageaklogo*, *kimageaklogo-Io*, *haneaguktaelilogolo*, *ulapipkageaklogolo* aheanik atokloaklonilo (*DEEDS-goyok*) higaakpalageogeagani higaageegeaganilunen.

DEEDS-goyok ayikotaa hitaman D-goyun higaageegeami: *kiguvageaklogo*, *ulapipkageaklogolo*, *anikhaomiteakniklo*, *imiklotilo imaenakmik*.

Kiguvageaklogo

Higaaguknik ikpiknaekpaktok kulinin 15-minitmun higaagitkaloakan. Okaotilogo inminun okageagani "una higaagumanik anigukneaktok" uvalunen "Higaagukaloakhoni kiheani una piyageakagitaga." Higaagulikan, okaotilogo kiguvageakti-laakmagaa 15-minitmik. Una amigiyotaolaktok higaaknikmik naonaegutaovlonilo higaaguknik taemaeginalimagitok. Kiguvageakniga higaageagani ayoknaekpaleaneaktok uktukhimaagumi. Kayometomik kiguvaageaktineakaen hivitutkiyamik higaakneakhonilo ikinikhanik higaanik uplotoagaagan. Uktoklogin ukoa ihomagiyaoyun.

- **Kiguvageaklogo hivulik higaagakhaa uploani.** Okaotilogo uplagumitaageagani higaageaktinagu utakigumilunen nutakani sigukeakaktinagin.
- **Naonaeklogin ikaknigin higaakveolimagitudun.** Ima, higaaktaelilotin akungani 9-min unukpan 9-mun uplaami.
- **Higaakuven ikitilo ahinun ileogaklogin** higaakatageami neamgiyaaknaegeagani atoklogolunen Nunavut Tungavik Timeoyum pivaaligutinin ahinolaktunik higaakuven hilami higaakpageagani.

Ahinugaklotin

Pilakan, kimaklogo hunalikaa higaagumayotaoyok. Una ayoknaeloni taemaekatalimagitok, ila oekaginigumi amamaoyok ipigalaenigumigin nutakani avalengaageagani. Ilaani nutagaenta kanogileoknigin higaagulikhaotivaktun! Uktoklogin ukoa ihomagiyaoyun.

- **Inakilogin** nutagaen Kivliktonoanik kungeaktilogin, naalaktilogilunen MP3-mik nalao-tiniklunen.
- **Titigaklogin** aleanaktun hanaogakhaen nutakavin ila unikhimayomaliguvin – kahakhi-manahoayavatin hanaogakhan.
- **Pigoaklotin** "imaetuyaaklotin" higaayoetogoagoloni 15-minitgugaloak.
- **Atuteageaklogo.** 5 minitmik unikhimalaklotin upluman huligilvigiyomahoeklogo.

Taki! Mikhivaaligeakli Puyoen Higaakneom

- **Ihomakni halatektoyaaklotin.** Taotuktuy-aaklogo aolakvigiloakneagaa. Nutakanilo. Apigilogin humetomaloakmagaa huklo.
- **Tohaayotini atokloni** nalakloni tohaknaagiyaenik atoktuyanik nalaotimiklunen. Takulaktaen nutakani tohakhimaetomik taema.

Haneanuktaelotin

Haneanuktitaelilogo kaoyimanika higaakto-kakneakniganik. Ayokhageokpaleakpan higaagi-taamini higaaguligalaokhoni kayometomik utilaktok inuhikminun. Ihoakhaklogin higaan atugitaagani agilgamini atokhimaginaklogilo. Uktoyavatin ukoa ihomagiyaoyun:

- **Ihoakhateaklogo higaakvikhak hilami** pokaktenin atoktaoyukhak. Apigilogin monagilageagani nutagaen higaageaktolaktologo hilaamun.
- **Higaaknaelgumugaovaklotin** hilami ulapkiviknun makpigaakavikmulunen.
- **Ikatigilogin ilanan higaayoetun** monakhinahaolunen nutakamiknik puyoenin higaakneom. Polaklogin ilanan agilgakaktun higaaknaetomik.

Ulapipkaklogo

Ihomagilogin piyakhan ihomagihoegutikhaenik higaakmik. Ihomagilogin piyakhan higaageakaginiganik ataotikulo pilaktaenik.

- **Oakhiloni** aligaoyanik, pilgaklogin nuyani, nutakani oaktiklogin.
- **Peanaoyakloni**, nuvikhakloni mikhoklonilunen.
- **Kotokloni** sukaetonik kutokmik ukomeaklonilunen naptoyonik.

Himaotikhan:

Higaagulikan himaohiklogo koveagiyaanik hulilogagutikhaanik algakminun kanikmeotaklonilo. Hunalikaa kahakhimayakhan himaotaoyagani higaagulikan.

- **Tamukloni** sukaetomik ukomeamik milokaonmiklunen

- **Tamukloni** sukaetomik nigotine-kaktomiklunen kutokmik.
- **Kigutigikhaklotin** imiklotilunen niglamayomik imakmik.

Monaginigin Inoen Agilgagiyakni Ilagiyaknilo

Aknan amamaoyolo monagivagaen ilagiyatik ataohenaogitomi. Mikhivaaligeakniga puyoen higaakneom haneani ilagiyamikni, aknan akhugutikaenaktun monagiyaagani mikhivaaligeaganilo aneagun. Ukoa kigoani ayoeckhayotin ikayutaoneaktok Taki-mi havaktonin ilaoyonilo ayoeckhahimaageagani ikeahogeageaganilo apikheotilogin okakatikakhotikkk. Unalo ikayutaoyok aknanin monagiyuheni ilagiyamiknik (nutakaniklo, inikneoyoniklo ilagiyamikniklo).

Hulilogaagun:

Keologo atokloaktok iliknulunen atoknikaknikan.

.....

Ikayoktaoyomaguvin okakatigekpalealigeagani, ukoa titigaakhan atoknikaktun atugeagani amamaoyolo Taki-mi pikatigeni atunilunen okakatikakan katimanikni.

.....

Apigilogin ilaoyun:

Kanogileogeakakin monagiyaagani ilagiyatin anigitaagani? Imaetulaktok "agayukaaguvloga monagiyatka nutakatka aneagitaagani ima tamaenik aneagepkotini kavloktaoyaagani." Aalalo apikotaolaktun havuma ataanetun:

Agayokaaguvloga,

Amaakpaktaga nutaganoaga amaotimni kayogitaagani..

.....

.....

.....

Oegoa 1:

Ayokiktokli Ayokiktoeyi Maligoagakhak
Atuligumayaenik Mikhivaaligeakli Puyoen Higaakneom



Anikatikakhoga,

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Ilahugigivlogin,

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Ilanavloga,

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Kanok monakneakita uvaptiknik?

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Kungeaktititik Huligoaktonik

Kaveoyun huk aknak ayokhakneakmagaa
iniktigeagani Taki-mik havaamik:

- ikayoktaoginiga ilaminin ilanaminilo;
- piteagitokakan agilgamini;
- ihoakhaenahoagumik kanogileoktaonigi-
yaminik taemani; unalo
- ikpiknaktuyaakan hunalikaa tugimun ataoti-
kun kaeyoyaalikniganik.

Kunkgeaktititik ikayutaolaktok naonaeteageagani
ukoa piyotin. Ikayutaoyok atulaktonik ayogoe-
gutitik ihoakhageagani ayoknaknik tikitpan
kaoyivaaligutaoyoklo ihomagiyaoyonik ukunanga
kungeaktitiyonin kungeaktonilo. Ilaoyun nalo-
hoepaktun ikpigiyamiknik. Pikatigeni *Taki-mi* ha-
vaktun nanminiklo ihivgoeknigiyakni, ihomagilogin
kanoginikhaen hatkilaktun havaami. Malgutaklotik
inuk amigaenikhaniklunen aknanik huligoalagu-
nakhiyotin kungeaktitilotin kanogileogoaktonik.
Kigoagun okakatigeklohi pikatigeni kanok kungeak-
tititik aolanikakmagaa ilagilo apikotaoyun.

Ikayoktaoginiga Ilaaminin Ilanaminilo: Ihomagiyaogaktok 1

Oleepeka Anilo higaakatigekhimayuk 15-ni ukeoni.
Nutakatik inuhimayun ataotikun talvuna. Nutakeok-
taakman Oleepeka aepakhaanik nutagakhaminik
ihomaleokhimayok mikhivaaligeakakniga
puyoen higaaknikmin haneani nutakami.
Oleepeka-m okaotiyaa Ani higaakneaktogiv-
loni hilami higaakvikminilunen igalaak igiktilogo
anukhaagun puyok anealatiyaagani kimalimae-
nigumigin nutakani avaletomik. Ani igloatigiyaa
okakhonilo, "Namayavutin! Takoneakagin iglumni
higaakvigilaktamni humilikaa ihomakun." Oleepeka
ilanaegumagitok ikayoktokniganiklo ilanami kiheani
aheopkagumaginameok iniktigakhani havaamilo.

- Kanogileolaka Oleepeka ilaohimageagani
havaami ilanaegitaaminilo Ani-mik?
- Kanogileolaka Oleepeka higaagilageamini
hila mun higaageaktogeaktinagu?
- Kanoklo pilaka Oleepeka ikayoktaoyamini?

Ikayoktaoginiga Ilaaminin Ilaaminilo: Ihomagiyaogoaktok 2

Alisi oekagitok amamaovloni malguknik nutaganoalik. Kaganoak higaalikhimayok iglumi hilataani tukhukni ahivanin nutakami. Ilaani okagumaenaktuyaaktok "pigittkalaoklogo" higaaklonilo unakutikakvikmini. Kiheani kaoyimayok puyoen higaakmin naemanakneaktok humilikaa iglumi. Alisim mamea polayuktok, ikayokhonilo nutakikivloni tonivakhogolo Alisi manimik ikayutaoyaagani akiligakhanun nikihiyotikhanulo. Mamealo higaayuktok. Aleagiyaa ikhivayaamini kukeovikmi ipkanmi, kapitokhoni higaakhonilo ihomagigitogin nutakan aktokniganiklunen Alisim iniktigakhaenik. Alisi ilgahuktok okavigiyamini amaamani ikayoktigilimaekneaknahogivlogo. Alisim kinalikaa okaotihimagitaa iniktigumayaminik monagiyaagani nutakani puyoenin higaavaloen ila inikhitaeknahogiganamilo nanminik.

- Kitomik atuligumayamik Alisi uktulaaka monagiyaagani nutakani puyoenin higaakneom amaamani polaligaagan?
- Kanok okaohigineakaok iniktigumayani hilami higaageamini amaamanilo?

Piteaktokaginikan Agilgami: Ihomagiyaogoaktok 1

Hannah higaalikhimayok 13-nik ukeokalikhoni pigahoniklo nutagakakhoni talimanik ukeokagitonik. Oega, Johnny, havaktok kiheani ikitun ikaknigin manikhakpalaayoetonilo. Johnny koveagigitaa havaani ilanilo agilgaktok nigaomavloni, nigahukhonilo imikhuknitonilo. Hannah-m hugivaalayoetaa kiheani higaagoekpaleayok haneani nutakami, ihomalolalikhonilo. Higaaknahoaligaagan igloakmugaokolikpagaa inoelgumun ikilogolo anukhaagun igalaam akmaomayum hivoani. Johnny nigaktok okakhoni manileogeaminik akileotikhamik iglum akikhaanun, nikinulo iglulvlo unakotikhaanun. Okaktok ihomaminik pilaaknigakhoni. Kiheani, Hannah okaknahogiligaagan ihomagiyaminik Johnny-m nikaotivagaa tiklopkahogolo.

- Hunan ihoelilakan Hannah-m piyakhaen uplotoagaagan?

- Hunanik aniktaeliyotikhanik atulaakan inminin nutakamilo?
- Piyotikakan Hannah-m iniktigeagani inigakhani monagiyaagani nutakani puyoenin hagaaknin inukatigivlogo Johnny?

Kanogileogutin Kangohukpan: Ihomagiyaogoaktok 1

Lucy inikhihimaliktok hivuliknik pigahunik ilikun Taki-mi ayoe khayotin kiheani ayokhaktok iniktigeagani titigakhan ihomagenaklogolo inigakhak. Ikatigiligaagameok Taki-mi havakti tunikhivaktok agigeamini iniktigakhanik ila pilimagituyaaktaminik agilgakhimaligaagami ilagiyani. Kangohulikpaktok okageamini "Tae-maeleolimagitoga," ila aalan aknan kaoyimayani ilaoyun havaami nakuyomik aolanikaktilogin.

- Hunaovan piyotin iniktigitigigitpagin Lucy-m iniktigeaktaminik?
- Hunaovan ilagin mikiyun aplogeagutikhan Lucy-m atulaktaen tuniktohivaaligeamini?



Oegoa 1:

Ayokiktokli Ayokiktoeyi Maligoagakhak
Atuligumayaenik Mikhivaaligeakli Puyoen Higaakneom



Kanogileogutin Kangohukpan: Ihomagiyaogoaktok 2

Susie-m panaa, Maata, anigukhilihaktok hivulikmik uploanik ayogeogun 2-mi. Susie halo-makhiyok iglumini Maata atkakman akhalunmin akyaonmin. Susie navititilogo higaagumiknik, Maata-m okaotiyaa "amama, higaageakatitotin. Uvamni nakuginman tukoyotigineaktalo." Susie koveahogitok kiheani higaagoegomagitoklo.

- Kanogilineaka Susie panikminun kaoyipkageagani monagiyomanigaakhogo?
- Kanogileolaka mikaogaloanik Susie-m monagiyaagani Panini poyoenin hagaam?

Hapiktuyaalikthoni: Ihomagiyaogoaktok 1

Myna tunikhimayok iniktigakhaminik ila tamaeta pigahun nutakani agilgaomaligaagata. Kiheani akungani nikikhaleoknikmini, iniktigakhanilo sikugutunik hiniknahaoligaagamilo, ayokhaktok higaagilageamini nutakan inaktinagin 7:30-mi unukun. Taya akilikhimaetun akiligakhani amigaekpaleayun hivayaktaolikpakhonilo 5-mi unukun inuknin maniguktonin. Myna ihomalakivaleavaktok hivayaoktaoginaligaagami alguyaktutunik ugamaeneaknigaktonin hivayaotaniklunen. 6-mugagaagan Myna ikholaagumalikpaktok higaagutikhonilo.

- Kanok Myna atokneakan DEEDS-ni atuligumayaenik inminun nakogutaoyaagani?
- Kanogileolaka Myna piyotikageagani anikniklutiminik ihomaluknigiyaminiklo, higaakhimaetomik?

*Pikaktologo aalatkenik havaanik
higaaknikun Inoen Nunagani,
Taki! himaotaolimagitok ukuniga;
ilageagutaolaktok kiheani. Ilageni
ilikulunen inum atulaktaa. Ihoakhalak-
tatin, ilageagutigilogilunen, ihoakhak-
lotilunen katimaneoyun titigaakhalo
okaotaoyun uvani maligoagakhami
ihageagiyaenik piyaagani kivgaktokta-
vin nunagiyakilunen. 'Ihoaknikhamik'
pikagitok atugeagani havaak upip-
kageaganilunen ilaoyun.*





Oegoa 2:

Aplogeagutin Kanogituniga

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Pigeagun 1: Opalogaekin?

Iniktigakhan Pigeagunmi

- Okaohigilogin aalatken ayoe khayotikhan *Taki-mi! Mikhivaaligeakli Puyoen Higaakneom.*
- Ilitokhaklogo opalogaekhimanigin ilaoyun.
- Okaohigilogin aalatken piyotikhan atoklogo opalogaekhimanigin.

Piyageakaktatin

- *Inum Kanogituniga Agigulo Titigaakhak (Havaami Titigagakhak 1)*
- *Aalagoenageakalignigagun Naonaepkun Titigagakhak 1*
- *Fagerstrom-mi Naonaeyaon Higaam Nikateganik Piyomaenaknik Titigaakhak 2*
- *Higaakataknimik Noanaeyaon Titigaakhak 3*
- *Hagaam Puyoenin Monagiyotin (Tuneokhagak 1)*

Ilaoyun Pigeakaktean

- *Aalagulaligeagani Naonaepkun Titigaakhak 1*
- *Fagerstrom-mi Naonaeyaon Higaam Nikateganik Piyomaenaknik Titigaakhak 2*
- *Taya Higaagumaenaknik Titigaakhak 3 Higaakataknimik Naonaeyaon Titigaakhak*
- *Hagaam Puyoenin Monagiyotin (Tuneokhagak 1)*

Aplogeagun 1

Taegoaklogo Inum Kanogituniga Agigulo Titigaakhak (inigi yakni atogumakpagu).



Aplogeagun 2

Okateaklogo piyotaoniga havaam okaohigilaktan *Aalagulaligeagani Naonaepkun Titigaakhak 1* okaohigilogolo kigoani apikotin.

Aplogeagun 3

Titigaklogo *Fagerstrom-mi Naonaeyaon Higaam Nikateganik Piyomaenaknik Titigaakhak 2* ilaoyolo. Tokihealogo atogumaenakniga naonaeeagani iniktigakhan atuligumayaelo pivaleayaagani.

Aplogeagun 4

Takupkaklogo *Higaakataknimik Noanaeyaon Titigaakhak 3.* Ayoktoklogo titigageagani titigaakhak apigilogolo naonaeyageagani higaakatakniga atugeagani tuklikmi katimanikmi.

Aplogeagun 5

Hatikiklogo titigakakvikhaa ilaoyum. Kahakhimavayavuk katimaligaagata. Katimahoekata, titigak piyageakaktan naonaeyaotigilogo. Atuni titigakakvik tamaenik titigaakhanik tuneokhaotiniklo pikaktukhaogaloak atoktakhaknik ilaoyoklo

Pigeaknik 2: Piyaagani Inigakhanik

Iniktigakhan Pigeagunmi

- Titigaklogin ilaoyun higaakataohen.
- Ihomaginahaoklogin taya inilaktun hivunikhamilo.

Piyageakaktatin

- *Higaakataknimik Noanaeyaon Titigaakhak 3*
- *Taya Hivunikhamilo Iniktigakhan Titigaakhak 4*

Ilaoyun Piyageakaktaen

- *Higaakataknimik Noanaeyaon Titigaakhak 3*
- *Taya Hivunikhamilo Iniktigakhan Titigaakhak 4*

Taki! Mikhivaaligeakli Puyoen Higaakneom

Aplogeagun 1

Ihiveoklogin taya higaakatakniyatin titigaakhak.

- **Okaohigilogo** atoknikakniga takoyaagani higaakataohen naonaegeagani aalaguknigin ilaotilogo havaami.
- **Okateaklogo** pikatigeklotik naonaekneakman humi, kagugugaagalo, kanogaaloklo higaakpakmagaa. Ihomagilikneagaen huna higaagutigivakmagaa.
- **Apigilogo** titigakhimakologo higaakpaohen. Tamaptik naonaeyakneaktik titigaakhak naonaegeagani atokataktenik inuhikmini.

Aplogeagun 2

Okaklogin taya inilaktun.

- **Okateaklogin** Taya Hivunikhamilo Iniktigakhan Titigaakhak 4 temaetuniginiklo okaohikaklotin.
- **Okateaklogo** ihoelitpalagumaginigaklogo inuhea. Talvuna akhukhakan mikiyonik, ayoknaetoniklo aalaguligeagani hivunikhami nakuyok.
- **Takovaaklogo** Titigaakhak 4. Tikoakhipkaklogo iniknagiktakhaenik titigaktaenik ayoknaenikhanin ayoknaknikhanun. Atuni iniknagigakhak okateakhimayok naonaeyatealaktalo. Ima, ayoknaetok, ilitokhalaktoklo inigakhak, "Higaakneaktoga ataohikmik hilami ayoknaetpan."
- **Tikoaklogo** hivulik iniknagiktakhak. Ihoakhaktagumigin taya inigakhan ayoknaenigiyaenin ayoknaknikhanun aolaktigealaktok taya iniktigakhaminik kilamik.
- **Okaohigiligin** akhugutaolaktun iniktigeagani hivulik inigakhak kanogileo-guhikhaminiklo ayoknaekpaaligeagani. Itkaktilogo kaoyimaletonakhikyok ayokhaotini uktulikan kiheani aalagugeamini inuhikmini. Itkaktilogolo kiguvageagutin ilaginigaklogin aolanikmi. Titigakologo (itkakologolunen) ayokhaotin hatkikpaleakpata. Okakatigeklotik okaohigilaaktatin kanoklo anigugeagani ukoa.

Apkogeagun 3

Piyotaoyok ihoakhageagani hivunikhami iniktigakhak.

- **Kaoyipkaklogo** inmiiloak tikoakhineakok hivunikhami iniktakhaminik.
- **Okaohigiligin Taemaenigin** hivunikhami iniktakhan mikhivaaligeagani puyoen higaakneom (ila higaakveolaetomik agilgakakloni, higaagilotik haneani nutakami higaagoeklotiklunen) Takologo Titigaakhak 4.
- **Apigilogo** ihomaginahoaklogin aalagukpaLEANIKHAN atulaktaenik siksini tatkiheotini.
- **Iniktigakhaen pilimaginikata** ikayoknahoaklogo tikoakhiyaagani inilaktomik hapiligitagani. Ila "kanogileokneakin upageami iniktigakhak? Ihomalutikakneaka ayokhaotini iniknagigeagani una?"
- **Okateaklogo** inikneaknahogigitan hivunikhami iniktigakhaenik tayaenak. Ila, aalagugeaknikan kilamik atukhaalimaginman.
- **Hivunikhami iniktigakhan naonaeteagaeagatun.** Ila "Monagiyomayatka nutakatka puyoenin higaam" namaktok. Hivunikhami iniktigakhak naonaetekahimagitok aknam ihomaminik piyotikakneakok atoktakhaminik kitolo ihoakneakmagaa inmini.
- **Hivunihami iniktakhak naonaekan** titigakuyavan una makpigaagani. Amigaetkiyaoneagunakhiyun iniktigakhan amigiyakhan. Ataohik iniktigakhak piyotikayavuk monagiyaagani nutakan puyoenin higaayan.
- **Apigilogo** titigakologo (itkaomalogolunen) hivunikhami iniktilaktun katimatkiligeaktinagin.
- **Kiguleoneakuk ihomaleogutaa.** Ikayoktoknaoayavutin ihomaleogutaenik.



Aplogeagun 4

Katimatkiligeaktinigin

- **Pikologo** *titigakhimageagani Higaakataknightagun Kanoginigin Titigaakhak 3.*
- **Apigilogo** tikoakhiyaagani hunamiklikaa ikayutaoyomik iniktakhani piyaagani, ayokhaotilo, hunalolikaa ihomagiyaoyageakaktok.
- **Apigilogo** titigakhimageagani (itkaomalgolunen) kavektokhoni atokhimavaok iniktakhani tayaenak.

Pigeagun 3: *DEEDS-goyok* Nanihiyaaganilo

Iniktigakhan Pigeaknikmi

- Ihivgeoklogin iniknagiktukhan.
- Okaohigilogin ayokhaotin atuligakhalo aolanikateageagani.
- Agikatigenahaovaaklogin iniktakhan piyageakakan hivumunlo aolaligeagani.
- Tukihealogo *DEEDS*-mi atuligakhan higaakvikhamiklo nanihiyaagani.

Piyageakaktatin

- *Havaami Titigagakhak 2*
- *DEEDS-goyok Nanihiyaaganilo Higaakvikhamik Titigaakhak*
- *Higaaknik Amigilogo Titigak Titigaakhak 3*
- *Taya Hivunikhamilo Iniktigakhan Titigaakhak 4*

Ilaoyun Piyageakaktaen

- *DEEDS-mi Nanihiyaaganilo Higaakvikhamik Titigaakhak*
- *Higaaknik Amigilogo Titigak Titigaakhak 3*
- *Taya Hivunikhamilo Iniktigakhan Titigaakhak 4*

Aplogeagun 1

Iniktiklogo aolanikun unipkaak ilaoyoklo. Apigilogo aolanigiyaanik taya iniktakhaanik. Aheanik iniktigakhamik penageanikmagaa atokhimaklogolo inikhimaliktaa.

Aplogeagun 2

Okaklogin amigaeton ihoakton pivaaligutikhanik. Atokhimakologin ihoaknigin mikaogaloaktilogin! Itkaktologo tamaeta mikiyugaloen aplogeagutigiyaen monagiyaagani nutakani puyoenin higaakneom kaniklivaleayaganilo hivunikhami iniktigakhanun. Ayokhakan, itkaktologo aalagugutin ayoknaktun aalagugeaganilo tayaenak nahogiyaogitok. Itkaktologo nanihiyaagani aolanikateaktun aolanikateagitolo namateaktun ilikun. Ikayutaoneakman aalagukpaleayamini kigoani *Taki-mi* havaak inigaloakan.

Aplogeagun 3

Okaohigilogin ayokhaotin ikayutaolaktulo atulikuyaoyun. Okaohigivalealogin ayokhaotigiyaen atuligumayaalo atoktani pinahoaknigani tayaenak iniktakhamini. Aolaktigeagutaolaktok okaotaovalaligeagani apigilogo ukuniga apikutaoyonik:

- Kanogitpan uploen? Tikoaklogin aolanikateakniga. Humi aolanikateaka? Kanogiligaagan ayoknaetkiyaolikipakpa piyaagani iniktigakhani hunali ikayutaova una piyaagani? Huna aalagukneakaok ayoknaekpaa-ligeagani hivunikhami?; unalo
- Hunaovan ilagin higaaguligeagutaen? Hunaovan akhugutigigiyaen taya? Kanogile-okhimava taemaelikman?

Aplogeagun 4

Iniktigakhan Naonaeyaklogin. Tuklik aplogeagutikhaa piyotikaktok inikhihimalikmagaa kigulikmik iniktakhamik. Apigilogo: kitu iniktigakhak uktogumaveok?

Taki! Mikhivaaligeakli Puyoen Higaakneom

Aplogeagun 5

Okaohigilogin *DEEDS-mi Nanihiyaagani Higaakvikhamik Titigaakhak 5.* Okaohigilogin ihomagiyayun *Higaagoekpaleanik unalo DEEDS-metun* atuligakhan. Apigilogo uktogumakmagaa ataoheogaloamik atuligumayaenik katimaligeakmitinagin. Atoklogo titigaakhak tikoakhiyaagani higaakvikhaminik taemaktigeaktinagin katimanikmi.

Aplogeagun 6

Itkaktilogo atokhimaakniga *Higaakataknikun Naonaeyaon Titigak.*

Aplogeagun 7

Katimaligeakmitinagin

- **Apigilogo** titigakhimakologo (itkaomalogilunen) kavektokhoni atokhimakmagaa tayeenak iniktakhaminik.
- **Apigilogo** titigageagani tamaeta ikayutin piyotigiyani iniktigakhaminik, hunalolikaa ayokhaotigiyani hunalolikaa ihoamagi-yageakaktok.

Pigeaknik 4: Naonaeyaklogin Higaaligeagutin

Iniktigakhan Pigeaknikmi

- Itkaklogin nakuyun nakugitulo higaaknikmin kanoklo naonaeegeagani higaaligeagutaoyun.
- Ihivgeoklogin iniknagiktukhan iniktigakhani.
- Okaohigilogin ayokhaotin atuligumayaelo aolanikateageagani.
- Agikatigenahaovaaklogin iniktakhan piyageakakan hivumunlo aolaligeagani.

Piyageakaktatin

- *Havaami Titigagakhak 2*
- *Kanok Naonaeegeagani Higaagumaligutigiyatin Titigaakhak 6*
- *Nakuyun Nakugitulo Higaaknikmin Titigaakhak 7*

- *Higaaknik Amigilogo Titigak Titigaakhak 3*
- *Taya Hivunikhamilo Iniktigakhan Titigaakhak 4*

Ilaoyun Piyageakaktaen

- *Kanok Naonaeegeagani Higaagumaligutigiyatin Titigaakhak 6*
- *Nakuyun Nakugitulo Higaaknikmin Titigaakhak 7*
- *Higaaknik Amigilogo Titigak Titigaakhak 3*
- *Taya Hivunikhamilo Iniktigakhan Titigaakhak 4*

Aplogeagun 1

Iniktiklogo aolanikun unipkaak ilaoyoklo. Apigilogo aolaniganik kigulikmi pigeakmata iniknagiktakhaagun. Aheanik iniktigakhamik penageanikmagaa atokhimaklogolo inikhimaliktaa. Inikhimayavaa *Higaakataknikun Naonaeyaon Titigak* ayikotaniklo ilihilotin makpigaakakvikmi. Apigiyavan uktukhimakmagaa *DEEDS-mi* atuligumayaoyun. Akhukhayavan uktukhimakologin.

Aplogeagun 2

Okaklogin amigaeton ihoakton pivaaligutikhanik okaohigilogilo ayokhaotin ikayutaoyulo atuligumayaeni. Takologo Pigeaknik 3, aplogeaknik 2 unalo 3 kanok okaotaokmagaa.

Aplogeagun 3

Okaohigilogin *Kanok Naonaeegeagani Higaagumaligutigiyatin Titigaakhak 6.* Una ikayutaoneakman iliknun aknamulo tukiheayaagani huk higaakpakmagaa. Ikeyutaoneakman tikoakhiyaagani ayokhaotaolaktonik ihoakhaotikhaniklo. Tikoakhiyotaoyoklo hulilogagutikhanik, kanogiligaagalo ikpiknaknigilo higaagutaolikipaktun higaaguknakhiyotivaktulunen.

Aplogeagun 4

Okaohigilogin *Nakuyun Nakugitulo Higaaknikmin Titigaakhak 7.* Ilaoyok umiga takupkaktiyavan ilageaktilogilo ihomagiyani nanminik.



Aplogeagun 5

Katimaligeakmitinagin

- **Apigilogo** titigakhimakologo (itkaomalogi-lunen) kavetokhoni atokhimakmagaa tayae-nak iniktakhaminik.
- **Apigilogo** titigageagani tamaeta ikayutin piyotigiyani iniktigakhaminik, hunalolikaa ayokhaotigiyani hunalolikaa ihoamagi-yageakaktok.
- **Itkaktologo** uktukhimaaginageagani atao-heogaloamik *DEEDS-mi* atulikuyaoyun titigakhimaklogolo *Higaaknik Amigilogo Titigak Titigaakhak 3*

Pigeaknik 5: Kanogileogutikhan Higaagulkan

Iniktigakhan Pigeagunmi

- Okaohigilogin higaaguligutin atuligeakak-tolo kanogileogeagani higaagulkan
- Ihivgeoklogin iniknagilaktun.
- Okaohigilogin hunalikaa ayokhaotaoyun atuligeakaktolo aolanikateageagani.
- Agikatigenahaovaaklogin iniktakhan pi-yageakakan hivumunlo aolaligeagani.

Piyageakaktatin

- *Havaami Titigagakhak 2*
- *Kanogileogutikhatin Higaaguligaagavin Titigaakhak 8*
- *Ihomagiyatin Algatin Hulilogaaginageagani Titigaakhak 9*
- *Taya Hivunikhamilo Iniktigakhan Titigaakhak 4*
- *Higaaknik Amigilogo Titigak Titigaakhak 3*

Ilaoyun Piyageakaktaen

- *Kanogileogutikhatin Higaaguligaagavin Titigaakhak 8*
- *Ihomagiyatin Algatin Hulilogaaginageagani Titigaakhak 9*
- *Taya Hivunikhamilo Iniktigakhan Titigaakhak 4*
- *Higaaknik Amigilogo Titigak Titigaakhak 3*

Aplogeagun 1

Iniktiklogo aolanikun unipkaak ilaoyoklo. Apigilogo aolaniganik iniknagiktakhaagun. Aheanik iniktigakhamik penageanikmagaa atokhimaklogolo inikhimaliktaa. Inikhimayavaa *Higaakataknikun Naonaeyaon Titigak* ayiko-taniklo ilihilotin makpigaakakvikmi. Apigiyavan uktukhimakmagaa *DEEDS-mi* atuligumayaoyun. Akhukhayavan uktukhimakologin ukuniga.

Aplogeagun 2

Okaklogin amigaeton ihoakton pivaaligutikhanik okaohigilogilo ayokhaotin ikayutaoyulo atuligumayaeni. Takologo Pigeaknik 3, aplogeaknik 2 unalo 3 kanok okaotaokmagaa.

Aplogeagun 3

Okaohigilogin *Kanogileogutikhatin Higaaguligaagavin Titigaakhak 8 unalo Ihomagiyatin Algatin Hulilogaaginageagani Titigaakhak 9*. Ukoa pikaktun naonaetonik ihomagiyayonik aalatkenik kanogileogutikhanik higaagulkan.

Aplogeagun 4

Katimatkiligeaktinagin

- **Apigilogo** titigakhimakologo (itkaomalogi-lunen) kavetokhoni atokhimakmagaa tayae-nak iniktakhaminik.
- **Apigilogo** titigageagani hunaniklikaa ikayutaoyonik iniktigeakaktamini piyaa-gani, hunalulikaa ayoknagutaoyok piyaa-gani iniktigeakaktamini. Itkaomapkaklogo inigeagani *Titigaakhak 4 Taya Hivunikhamilo Iniktigakhan*.
- **Itkaktologo** uktukhimaaginageagani ataoheogaloamik *DEEDS-mi* atuligoyaoyun.
- **Apigilogo** uktugeagani ihomagiyayoyun uvani *Kanogileogutikhan Higaagulkan Titigaakhak 8*.

Pigeaknik 6: Monagiyaagani Ihomaloknik

Iniktigakhan Pigeagunmi

- Okaohigilogin ihomaloknknik monagiyaagani atuligumayaenik agikatigegutigina-hoaklogilo iniktigakhan piyageakakan.

Taki! Mikhivaaligeakli Puyoen Higaakneom

- Ihivgeoklogin iniknagiktukhan.
- Okaohigilogin ayokhaotaoyun atuligumay-aelo aolanikateageagani.

Piyageakaktatin

- Havaami Titigagakhak 2
- Uktokataknik Nanminik Monagiyaagani Titigaakhak 10
- Higaaknik Amigilogo Titigak Titigaakhak 3
- Taya Hivunikhamilo Iniktigakhan Titigaakhak 4

Ilaoyun Piyageakaktaen

- Uktokhimageagani Monagiyaamini Titigaakhak 10
- Higaaknik Amigilogo Titigak Titigaakhak 3
- Taya Hivunikhamilo Iniktigakhan Titigaakhak 4

Aplogeagun 1

Iniktiklogo aolanikun unipkaak ilaoyoklo. Apigilogo aolanigagun kigulikmi katimakmata ila iniknagiktukhanik. Naonaeklogo ilagealalikan aheanik iniknagiktakhamik atokhimaklogilo kigulen atuliktaen. Apigiyavan uktukhimakmagaa DEEDS-mi atuligumayaenik. Akhukhayavan uktukhimageagani ayoknaetpan.

Aplogeagun 2

Okaohikaklotin amigaetonik ihoaktonik uktukhimakoeyotini okaohigilogilo ayokhaotin ikayutaolaktulo atuligumayaen. Takulogo Pigeakun 3, aplogeagutin 2 unalo 3 kanoginiginik okaohikaktonik.

Aplogeagun 3

Okaohigilogo Uktokhimageagani Nanminik Monagiyaagani Titigaakhak 10. Okaohigilogin kanok ilaoyok unagoekhilakneakmaga. Ima, ilakalaktok naetugaloamik huliheokhimalakumi uplotoagaagan. Una atoknikaktok ikayutaokman aknamun uktukhimaageagani ihomalutinun monagiyotini titigaakhanin. Okaotivaaklogo

nakuhivaleaneaktogilogo uktukhimagumi. Ihivgeoklogo Kanogileogutikhan Higaagulikan Titigaakhak 8. Una ikayutaoneakman ilaoyomun piyageayaagani nanminik piyotikhaminik ihomalugoegeamini higaakhimaetomik.

Aplogeagun 4

Itkaktilgo titigakhimaginaageagani Higaakataknimik Amigiyotini Titigaak.

Aplogeagun 5

Katimatkiligeaktinagin

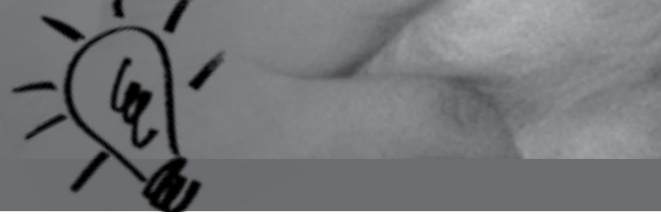
- **Apigilogo** titigakhimakologo (itkaomalogilunen) kavetokhoni atokhimakmagaa tayae-nak iniktakhaminik.
- **Apigilogo** naluhoegagani hunaniklikaa ikayutaoyonik piyaagani iniktakhaa, hunalulikaa ayokhaotaoyok, hunalulikaa ihomagiyaoyok.
- **Itkaktilogo** uktukhimakologo ataoheogaloamik DEEDS-mi atuligumayaenik.
- **Apigilogo** uktogeagani ihomagiyaoyun Kanogileogeagani Higaagulikan ilaonetoni. Akhukhaklogo uktukhimageagani nanminik monagiyaamini atuligumayaenik uktukhimaklonilo kanok koyagiyotikhaminik iniminun aolanikageaknigumi.

Pigeaknik 7: Taemaktigutin

Iniktigakhan Pigeagunmi

- Ilitokhaklogin kuveagilogilo ihoakhivaaligutinin aknan pihimaliktaen.
- Okaohigilogin hivunikhami togaakvikhan.
- Tohakvigilogo ihomagiyaenik ilaoyum.





Piyageakaktatin

- Havaami Titigagakhak 2
- Higaaknik Amigilogo Titigak Titigaakhak 3
- Taki! Mikhivaaligeakli Puyoen Higaakneom Aniguktaonigagun Naonaepkutin.

Ilaoyun Piyageakaktaen

- Higaaknik Amigilogo Titigak

Aplogeagun 1

Iniktiklogo aolanikun unipkaak ilaoyoklo. Naonaeyavan inikmagaa *Higaaknik Amigilogo Titigak* ayikotaaniklo tutkoeloni makpigaakavikmun. Apigiyavan uktukhimakmagaa *DEEDS*-mi Kanogileogutikhanilunen Higaagulikan atuligumayaenik. Uktukhimakoyavan ukuniga *Inminiklo Monagiyotini*. Apigiyavan atoenageakalikniganik *Taki*-mi atulikuyaoyun. **Itkaomalotin:** havakvigiyakni pilaknikan, una *Taki*-mi havaktim havaagenakneakaen atulikuyaoyun avatanun saevan pigeagutin uvalunen polakvigivakukni, hivayaklogolunen kagitaoyakulunen okavvigilogo.



Aplogeagun 2

Koyagilogo aknak nakoyumik aolanikateakman.

- Ihivegeklogin ilaoyoklo tamaeta inikhimaliktaen.
- Koyagilogo havateakniganik ilitagilogolo akhun havaohikmin pihimaniganik.
- Kaoyipkaklogo hunalikaa aalagukniga ikayutaoneakman monagiyaagani nutakani puyoenin higaaknikmin.

Aplogeagun 3

Okaotilogo uktukhimakologo. Kaoyipkaklogo aalagukpaleatkologo ilaoniga havaami anigugaloaktilogo. Pikagunakhivuk taya hivunikhamilo iniktigakhanik. Inikhimalikagin iniktakhani nutanik iniktigakhanik piyageakaligunakhoyok.

- **Piginigumigin iniktigakhani** itkaktivaaklogo tamaeta mikaogaloen aplogeagutin aolayotaoteaktok. Aolavaleakman aalagukpaleanikhaminun ihomagenakhogo. Kaoyipkaklogo aalagulaknigiyaanik kagugu; unalo
- **Atokhimakoenaklogo** aalaguknikminik pihi-maliktaenik talvuga.

Aplogeagun 4

Tonilogo Aniguknigagun Naonaepkotimik. Havakvigiyani ilitokhaeyomanikata siksnilo tatikikheotini kigoagun kanogilinigagun naonaeyageagani, ila okakatigilogo kigoagun kanoginigagun naonaeyaan.

- **Apigilogo** ilaoyaagani siksini tatikikheotini kigoagun kanogilinigagun naonaeyoan. Piyotaoyok kigoagun naonaeyaan atoenakhimakmagaa aalaguknigiyan inuhikmini, aolahimaknikalo iniktigutikhaminun hivunikhami naonaeklogolo ikayugeakaknikan;
- **Koyagilogo** huli ilaokman havaami ilalo havaak piyaoyomanikan kaoyipkaklogo utivaalakniganik ikayoktoavaageamini.

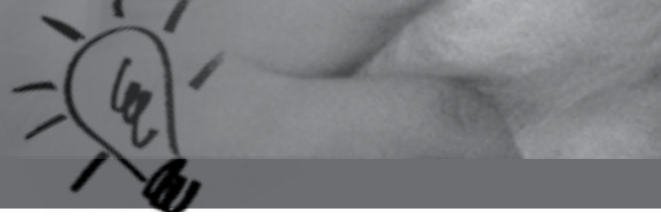
*Anigukhigagun
Naonaepkune*

Una naonaepkun toniyaoyok umuga:

anigukhikman saevanik pigagutinin uvani
Taki! Mikhivaaligeakli Puyoen Higaakneom
havaamik.

Ayokiktoeyi:

Ulpani:



*Ikpiguhuteaknik Ikpiguhuteaknik
tokiheayotaoyok inum ikpigiyaenik,
humigaakmagaalo kanoklo
ihomagiyakakmagaa. Una Taki-mi
havakti ikpighulaktok nalateakloni
inum okaohenik okaohikaklonilo
ahuknaetomik nagugitaelogolo ila
kaoyinakman tukiheateaknigiyaknik.*



Oegoa 3:

Havaami Titigagakhan

Havaami Titigagakhak 1.....	24
Havaami Titigagakhak 2.....	25



Havaami Titigagakhak

1

Agigun Titigak

Atigiyan:

Ukeotin:

Kanogaalok higaakhimalikin? (Kaveovan tatkiheotin ukeolunen)

Taemaknahaokhimavin hivoani havuma?

Pihimaniguvin, kavektukhutin?

Kanogaalok higaagoekhimagaloakin?

Uvaga (ilaoyum atea) agikhimayoga
penageagani (atea timeoyum) okageami uvamnun havaak
anigukan kigoagun naonaeyageagani kanogiliniga ihomagiyaonigagulo havaam.

Saeneotin:

Uploani:

Hivayaotin:

Kagitaoyakun togaakven:

Havaami Titigagakhak

2

Aolanigagun Unipkaak

Atigiyan:

Pigeakneom Napaa:

Uploani:

Kigulikmi pigeagunmi iniknagiktukhan:

- ☐ Iniktiga
- ☐ Ilaga inikhimaliktaga
- ☐ Piknigaotigitoga

Kaveovan uplun
kigulikmik pigeakmata:

Kavektokhoga pihimavigu iniknagiktakhaga
(iniknagiktakhatka):

unalikaa ikayutaoyun piyaagani iniktakhaga
(titigaklogin tamaeta atoktun).

- ☐ Hilakeomakman
- ☐ Nutakan piteakmata
- ☐ Ikayoktaogama Taki-mi havaktomin
- ☐ DEEDS-mi atulikuyaoyonin
- ☐ Kitulikaa ahenik titigaakhanik (titigaklogin):
 -
 -
 -

- ☐ Ikayoktaogama ilamnin (okateaklogo):
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- ☐ Ikayoktaogama ilanamnin (okateaklogo):

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- ☐ Hulilugaaginagama (okateaklogo):

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- ☐ Hunalikaa ihomaloknaetkiyaokmata
(okateaklogo):

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

- ☐ Ihoakhigapku ihomaloknknik higaakhi-
maetomik (okateaklogo):

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

- ☐ Nutakatka aneakmata agilgaomakmatalunen sikukvikmin.
- ☐ Nutakatka ayoknakmata piteakogaloakhogin.
- ☐ Hilalukman anilaekhimagama higaageamni.
- ☐ Higaagoenaktugama.
- ☐ Nigakhimagama (kanogiliyokaka?):

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○ Ingumagama (kanogiliyokaka?):

.....

.....

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.....

- Tuningugama (huk?):

.....

.....

.....

.....

- Ihomalukama (huk?):

.....

.....

.....

.....

Huliyotikhatka ayoknaetkiyaoligeagani piyaagani iniktakhaga:

[illegible]



Oegoa 4:

Toneokhagakhan

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Toneokhagak

1

Puyoenin Higaam Monagiyotin

Hama ilagin ihomagiyoayun aalat aknan uktukhi-mayaen ikayutaovlotiklo.

Hilami higaaginaklotin, nutakan avalengaagea-gani ihomaloknaekata. Hilami higaalaeniguvin, uktuyavutin:

- **tikoakhilotin** igloamik (nutakavin itikvigi-yoetaanik) ila higaakveoyaagani. Igalaakaya-vuk hilamun takukhaoyomik. Higakpaklotin igloami talvatoak anelaeniguvin hilami;
- **hupilogo** higaam puyoa hilanmun igalaakun igloamin higaakvikmin. Anugitunmik tunuk-nun ilihiyavutin puyuk hilanmun igalakun aneayaagani; unalo
- **pilogo** higaakven neamgiyaaknaeklani taekaneginagitaakni.

Higaageami Unakotikakvikmi

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

ktulaaktatilo ukoa ihomagiyaoyun:

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

Okaklotin iliknun ima, "una higaaguknik anigukhunguyok," uvalunen "iya, higaagumayoga, kiheani piyageakatigota." Utakilotin 10 minitmik naonaageagani 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 takukha-ovelgumi;
- **tamuklotin** nikotekaktomik kutukmik higaagoenaliguvin;
- **pikologin** nutakatin itkaktitaagani higageakni hilami. Itkaktilotin higaagitaakni akhalutim iloani;
- **apigilogin** ilagiyatin ilanatilo higaayuktun higaageamikni hilami. Ayoknakan okaotiyagani higaagitaagani iloani igluvin, pilaktotin ihomagiyaoyonik ikayutikhaniklo Taki-mi havaktomin ahenilunen inukmin okakvigilaktaknin; unalo
- **koyagilotin** iliknik inikhigavin iniktakhaknik monagiyaagani nutakatin puyoenin higaanin. Ayoknaktok havaak. Kuveahugeakaktotin ilaa!

Poeguktaelotin

Tamaeta mikiyutaloen aplogeagutin atoknikaktun monagiyaagani nutakatin puyoenin higaakneom. Aolaktigeaklotin mikiyonik aalagugeagutunik 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;
- Oyanik; 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.





Taemaginageanikpik? 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 kavlotikun talikun.
- 4-taseoyun halomaelguvaloen tipaakoeni higayan amigaetolo atokenaktun.
- Amigaenikhan aknan inuhoekpaktun povakmi aneagunmin ukunanga iveagimi aneagunmin.
- Puvakun aneagutikamik amigaenigin Inoen Kanatami inugeaknikhan hilakyoami (pigaheoktukhogo amigaenikhan kanatami kaveoniginin) amigaenigilo higaayuktun piyotolaokman.
- Pigahun 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. Higayan taemaktaolaegeagani pivakamik ayoknaetpan. Higaayuktun higaakhimageagani amihonik.

Timin hugeotivaktok aktokniganin nikoten.

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

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

Inuhikliktuyaakneaktotin higaageguvin. Timin ihoakhakpaktok nikotekageagani higayanin uplogaalok. Higaageguvin timin pitkuhikminun utiknaohakpaktok. Hivitooyok ihoakhiyaagani inuyami ila nikotegitomik higayanin timilo higaageoktun pitkohenik atokneaktok. Una ilakaktok neakokliknikmik, hinigeamilo ayoknakniganik, nigeomaenaknikmiklo, anaguheonaknikmiklo ulguyaaginaktuyaliklonilo ilaanikun. Amigaetun iuhikliktuyaagutin atugeokpaktun saneonikmi malguknilunen higaageoknikmin. Timin hugeotivaleavaktok inuyami nikotegitomik higayanin. Ilaani inuhikliktuyaagutin kanoginigiyaakni ihumami hivitutkiyaoyun. Talvuna aktoknikaktok upiyotikhakageagani piyotikhanik hagaaguliguvin pigeagutiniklo.

Nikoten Higayamin Himaotikhanik Ihoakhaotin (NRT-goyun) ikayutaoyun mikaoyaagani inuhikliktuyaaknik, ilakaktun nipilaktonoanik uvinikmun, nikotekaktonik kutuknikk, anikhaagakhaniklo, lozenge-lunen. NRT-goyun nikotenmik aetoevak-tun timiknun ilagigilogin tamaeta halomaelguvaleon higaanin. Pikakmiyoklo higaagegeami havaotini nikotekagitonik higayanin kiheani kagitaknun havaotiloan, ayoknaekpaaligeagani higaageoknikmik. Okakatigilogo nunalikni monakhi taktilunen hivunikhivaaligumaniguvin 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 hivunikhiyotikhanik 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** taemavikham 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 higaagoeknea-ligavin 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 naonaeeagani ikayoktaolaakniguvin higaa-goegeakni.
- **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 higaa-goetikni uploani.
- **Atuligeaklotin** tutkutigivikhaknik hikoleamik tamaeta manen atugitatin ilipkamaligeagani higaagoegavin. Titigaklotilo hivitogitomi hivunikhamilo aetuheagutikhatin atulaaktatin ukuniga maniknik neovigeagani.
- **Opalogaeyaklogo** higaagoekvikhavin uploa. Tatamaneaklogo huliyakhakakpeaklonilo. Ataohik ihomagiyaoyok iglun halumaktigea-gani nutaoyualigeaganilo 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 atok-logo nutaak kigutigikhaon ilagiyaalo. Ukak-nun alugeakin kigutitin ikpigilogilo halomani-gin. Poeguktaelotin halumaktigeagani ukaen iptikateanigin hunalikaa naonaeteageagani ilitkoheatun.



Toneokhagak

4

*Higaagoeginageanikpin? Ilagin Ihomagiyaoyun
Ikayutikhatka Higageageamni Ilaga*

- **Ikiktilogin** igalaan puyok aneayaagani.
- **Oaktivaaklogin** iglum hanigaen, pilovaloeyaklogo halomaktiklogolunen iglu. Hulilogaaklotin algaktin piyakhakageagani igluvilu halomaniga naemanateaknigalo ikpigiyaoteageagani.
- **Iloegaklogin** hunalikaa iglukni naemanaktun mamaktomik. Kaoyineakotin kuveagiliklogolo naemanateakniga igluvin ila naematealiguvin. Hunavalulaktok: mamakhaon, naoteakhukni-tunik, avgoakhimayonilo aolaesinik, igahimay-oniklo kukinik naemanaktoniklunen ikumatinik.
- **Pilotin** hunamiklikaa higaayoetoklo kuvae-hukatigegeaptikni, opalogaeyaelotilunen kuveahutimik nigikatikageakni nutakatilo.
- **Uktoklotin** hivuleotivageakni. Hulilogaalotin kuveahutigilaaktaknik.
- **Ilaopaklogin** nutakatin apigilogin ikayu-laakmagaa 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, higaalivaaguvin ayoknaknikalikalo piyotikhaknik. Nanihilotin nutanik piyotikhaknik higaagumaliguvin ihomagihoeageagani.
- **Itkaelotin** iliknik huk kuveahokmagaa taemagavin. Titigalaaktatin piyotigiyatin taemageakni ililogilo humulikaa takukhaoligeagani uplotoagaagan, koakheviki titigakviknilunen havavikni.
- **Itkaelotin** iliknik kanok aolanikateageaknik, aetuklotilo iliknik havateagavin.
- **Ihomalotin** iliknik higaayoetogilotin.
- **Atoktaelilogin** pigeagutigiyatin pihim-ageakkniguvun.
- **Uktoklotin** nigiteakgeakni nakuyonik ikaeyakpaklotilo ayoknaetagaagan.
- **Kaoyilogo** koyalotilo aalagukpaleaniga timigiyakin utikpaleatilogo ilitkuhikminun.
- **Pitaelotin** opaloknaktokakan higaakhaknik humilikaa ila higaagoekhimaliguvin.
- **Taegoakataklogin** pigeagutigiyatin titigaakhami (Titigaakhak 6).

Higaagoagaagama, kaoyivaleavaktoga hunanik ihoaktonik uvamni.



Kanogilineaka Higaagoeguma? (Inuhikmi Kanogiyutaoyun)

Inuhikmi Kanogiyutaoyun ikpiknakloaktun higaagoekaagaagavin. Atokneagunakhityotin ilaginik amihoniklunen kanogiliniganik inuhik ikpiknaeagunakhityoklunen. Ikaomanahoayavutin inuhikmi kanogilinigin hivitogitun. Naonaegutin timin utikpaleaniganik ilitkohikminun. Okaklotin iliknun itkaomalotilo huk higaagoeknaohnigiyaknik. Titigaenageakaktatin piyotigiyatin titikami ilipkamalogolo.

Kanogiliniga Inuheom	Hunaoniga
 Nigaomanik	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 ayoknakniginiganik higaagoegeami. Nutakatin kaoyimakpata, okaotilogin ila piyotiginigaagilogin nigaknigiyaknik; ila ayoknakman higageogeami. Aheanik ihomagiyakhaknik pinahoayavutin. Ayoknaetpan koveagiyaknik atuyavutin anikhaomikataklotilunen ikaeyaklotin (takologo titigaakhak 10).
 Tuningohuknik, Itikhimangunakniga Nungaaniklunen	Uktuklogin algatin hulologaageagai ihimalotilo aheanik. Aneknahoakpaklotilo. Haniknenahaoklogo hulogaagutivin titigakvikhamik (ila Okaohiknik Nanihinahoagutimi itkukhineagutimiklunen) peananiklunen. Ulapkeoyakatigilogin nutakatin.
 Kalaktoknik, Igeami Paneomanik Kaniknilo, Kakilikhinik	Timin ugavaenahogitok kalakmik anikhaktateagoegutinin ayoknakho-nilo anikhaageami. Nakoyaknaktok, kiheani kalaktuklogo kalak! Kalaktukhaavyakneaktotin uploni. Neokhivaklotin imaenakmik neokaklotilo hunaliklikaa (ila imaenakmik, jusiniklo, tipaaktoniklo teenik). Kalaeyao-tinik uktoklotin, kutuklotilunen sukaetoniklunen ukomeanik.
 Ingumanik	Ihomagiyakaklotin kanogileogeakhaknik ikpigiyaknik higaakhimaetomik. Okakvigilogo ikayoktigiyatin. Atoklotin ihoaktonik iliknun okaohiknik (ila, nakuyoga inuvloga amaamaoteakhogalo. Una pilaktaga. Una pigeaktaga). Iliknik nagugitaelotin. Ihomagiyakaklotin inuteaknigiyaknik inuteag-inigaktaelotin. Pitkoheoyok ingumayaami, nigaomayaamilunen nalukhaligeaknilunen higaagoeguvin. Ukoa ikpiknaekneaktun kagugunoak.
 Nakiptayaamik	Higaagoeguvin, timin anikhaaktateaknektok nakipkatayaalakilaaktotin. Uploenakni hivitoneaktok. Halomayomik anikhaaktaklotin hilami kilamiklo nagipaktaelotin.
 Unakuknik/ Unaguhuknik	Unakuknik malguknin hitamanun saneoniknik hivitolaaktok. Hinikpaklotin ikaeyaknaohaklotilo. Hinikataklotin ayoknaetpan pinahoakpalaaktaelotin akhugaalok. Unaguguhukovin topakaguvin, ikaeyaknaohaklotin 1-mineogaloamik 10-mineogaloami (ila kilgiktaklotin akpalotilunen inigiyakni nutkaklotilo 30-sakeogaloamik, taema). Imiklotin imaenakmik. Namakhinagigutaoyok.



Toneokhagak

5

*Kanogilineaka Higaagoeguma?
(Inuhikmi Kanogiyutaoyun) Ilaga*

Kanogiliniga Inuheom		Hunaoniga
	Umilguhuknik	Ikaeyakpaklotin. Kaoyimanahoayavan timin. Anikhaomivaklotin. Okakatigilogo ikayoktigiyan inuk. Ihomagilogin nakuyun piyotigiyatin higaagoegeakni. Monagivaklotin iliknik.
	Neakokliknik	Saovaklotin hihaekhimayomun. Unagoekhiknahoaklotin ihomateaklotilo. Kapitokpalagoeklotin kukulamiklo. Tipikaktonik tetoklotin. Kinipayomik niglaomayomik kaoyakmeotakaklotin.
	Kaaknik, Nigeomaeniknik	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.
	Hinilaeknik/Hinigeami Ayoknaknik	Hinikluknik hinaktumayaaganilo higaaknikmik pitkoheoyun ataohikmilo saneonikmi taemaelaktok. Soavaklotin unaktomun, kavetoktaelotin 6-si kaagikan unukpan, neokaklotin hihaetomik itukmik, anikhaomikataklotin tetoklutilunen chamomile-mik inaktinatin.
	Nigalaaknik, Okamiloknik, Kigataktuyaknik	Timin nikotegulikan higaamin ihomaluknaknikmelitotin hayolikhotin. Nigalalikneaktotin, okamilolakilotilo kigataktuyaklotilo. Una ataohikmin malguknun saneoniknun hivitolaktok. Anikhaomivaklotin, tahitiklotilo, ikaeyaklotilo, kutoklotilo nikotekaktomik kutukmik kapitoktaelotilo temiklunen kukulamiklunen.
	Ihomakateagoeknik	Nikoten aolagikhiyotaoyok – havaon kaoyimaenageakni. Higaagoeguvin, timin ihoakhitiyavan kavinoani saneonikneogaloak. Aalaguklogin hulilogaagutitin, hilamilo anikhakpaklotin, nalaklotilo atoktuyanik, kungeaklotilo TV-mik, hulilogaaklotin timiknun kavenmiklo kukulanin kapikmilo temilo pitaelilotin. Hulitaelotin kaoyimaenageakakniguvin hivitoyomik.
	Inoeleoknik	Higayan himaotigivagaen ilanaom. Higaagoeguvin ilanaektuyaakneaktotin. Inoeleoliguvin hivayayavan ikayoktigiyan inuk. Ihomanahaogin aheanik. Nuvikhaklotin, mikhuklotilunen Nipikuktohilogo atoktuyak hukulakatigiyavan.
	Hokaganiga Hatkakin	Hokaganiga hatkaom kigataktuyaaknikmin nukelunen ulogeanakata kalaktoknikmin. Puvaktin ahigaeyun kalakmik higayavlo paoganik kalaktutigiyanik. Puvaktin anikhaaktagaknik hugeotihimagituk. Hukaganiga hatkakin ikitoni uploni taemaeneaktok. Kapukaohiktuyaaguvin, unaomilonilo – akpaliguvin akhutakyoak taema. Kuglogayitaelotin. Ulogeaknaniga anigukhoguyok.

Toneokhagak

5

Nikotegoyum Higaam Paoganik Himaotikhan Ihoakhaotin (NRT-goyun)

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

Atuteagaagata, NRT-goyun ihoaktun. Kano-gilinin 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.

- **Chamfix-goyok 0.5mg-nik 1mg-niklo Eyanoak**

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

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

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	Ihoeliyotin	Kanogiliyotin Timimi
Chamfix Nikoten-kagitok eyakhak kagitami higaaguligitaag ani higaagoekalo kanogiliyotini. Kuveanaegutivaktoklo inukni higaayoktoni. Ihomagiyaoyok ukuniga aktokniginik ayiken atoktun nikoten-mik higaaknikmin.	Una havaon nikoten-kagitok, atogumaenaklogolo piyotaolimagitok.	Monaktaoyun okakhimayun aalaguknigiyamiknik kanoginigi-yamikni, inmikniklo tokotomavlotik, kuveahugeokhotiklo una eyak atuligaagamiku. Atoktitaokoyaogitok inmiknik tokotiyomayonik ihomakateagitonilunen. Monaktaoyun eyak-togeaktun 12-ni saneonikni.	Ilagin kanogilinin timimi ilagin migeangoenaknik, puplakniklo, unaguhukniklo hiniteagoekniklo. Ahetaok nilenaknik, akeakomilo ulugeahuknik, nakip-tayaakniklo, kaniklo panikniganik, neokukleokniklo, hatkaklukniklo, kilaalakniklo, puvipaknigalo kigutikakven kanikmi.
Nikoten-kaktok Kutuk Aolapkaevaktok nikotenmik aokukveani kanikin iloani. Tamogeakaktok kutuk atuteaklogo. Apigilogo taaktin eyalikiyilunen kanok kutugeagani. Atulaaktotin nakoyomik naenik toalonun ulpotoagaagan kutuknik.	Nikoten-lik kutuk kanogiyotini atogoeaktok kanogiliyotini higaagulikalo. Higaaguligaagavin kutukpaklotin ataohikmik. Kanikin hulilogagutigiya.	Nikoten-kaktok kutuk atukoyaogitok kigutigoakaguvin hanakiyaotaakhimamatalunen kigutitin. Atoenaligumaneaktan kutuk atokataenagukni atukhaakpalaguknilo.	Ilagin kanogilinin atokan nikotenkaktok kutuk kangit ulugeanakneaktok egealunen, kigutitilo ihoeklotik, nikhaalakilotilo kangilo nuvikiloni.

Tukitaagun	Ikayutin	Ihoeliyotin	Kanogiliyotin Timimi
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.	Iyaoktaa algavin kanikmun higaakniknin. Monaktaoyun ihomamiknik atokpakneaka hiluyun. Mikhivaaligutaoyoklo kanogileokniginik nikoten atoktaohogaagan piyomaenaligaagalo inuhikleotinilo. Nakuteageagani, atuktukhaogaluyutin siksini punoanik uplotoagaagan hivulikni pigahunin 12-nun saneonikni.	Atugumaenalakilaktok hilukaon. Hilukaon nakutealimaetok niglamavalakan 10-tikoenik C-mi, ihoalimagitok atugeagani hilami ukeogutilogo alapaaknaktilogo. Neokhitaelotin imavaloknik, ila kapitun, jositulo, kukulaniklo, 15-minit naatinagu atuligeaktinagu hiluyun. Oaktikneagaen nikoten akeaguknun heamayaktigilogo kanikni.	Kanogiliniga ilakaktok migeangunimik, neakukleoknikmiklo kangit igealo kukulakilogo, akeagukliklotilo
Nikoten-kaktok Matun Matun aolapkaehimaktok nikoten heamayageagani timiknun, uvinikun.	Ayoknaetok atugeami. Ilitaagukni matun uplaami huliageakagitotin itkaomayakhaknik. Nikoten-kaktenakneagaa aokpin igilgaven. Higaagukataligaetotin.	Matun atukoyaagitok uvinen nakugitpan kanogililaakniguvilunen nipitigunmin. Hulilugagutigitata kanikin. Atugumae-nakneaktan atukhaakpalagukni.	Ilagin kanogiliyotin matunmin ukoa kukulakinik, aopayakniklo, unaktuyakloni uvinik kilaaliklonilunen.
Zyban-goyok Una taktimin agiktaoyageakaktok havaon aalaguktigutaoyok kagitam kanogileogut aanik nikoten-min. Higaageami kuveanaegut aoyok higaagumaheogut aovlonilo una monaktaoyok aalaguktililogo higaaguhikmiknik.	Zyban mikhivaaligutaoyok higaagoekan kanogiliniganik higaagumaligutiniklo. Atugumaenaklogo pilimagitok. Nakuteaktok inuknin atoktaogumi higaakhaaktonin.	Zyban nakuteagitok higaalihaanin atoktaogumi. Ikaomayageakaktan atugeagani uplotoagaagan. Hita-manun saneoniknun ikpiknalimaetok kanok aktoknikakmagaa timigiyaknik.	Kanogiligin Zyban-min nahoginik, ihomalokniklo, migeangoenakniklo, nun gaaginakniklo, akeagukleokniklo, nigiyomaginiklo, kaniklo paneomaniganik, nakipkayaakniklo, migeangoenakniklo, kapakpaleaniklo. Ilagin kanogiligin ihomaloknaktun ihumateagoeknik, umalukniklo, neokukleokniklo. Ilaginik ukuniga piguvin, atugeoktakhaga-loen Zyban-goyok okavigilogolo taktin kilamik.



Oegoa 5:

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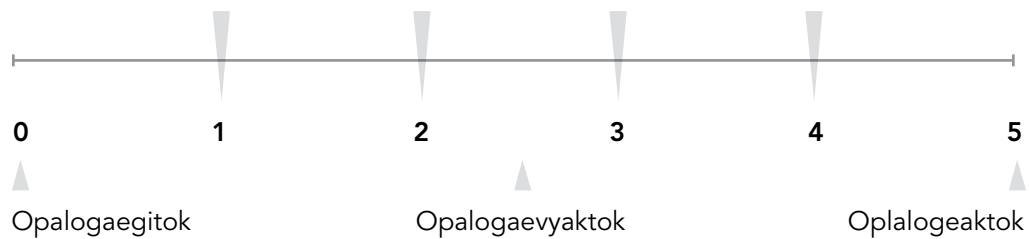


Titigagakhak

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?

Noanaepkun talikpeanetpan kitkanin:

- Hunaova ataohik ayokhaon aalaguknigagun?
- Hunaovan ilagin ikayutaolaktun anigugeami una?
- Tikoaklogo ataohik ukunanga ikayutaolaktok iniklogolo

.....
(uploa okateaklogo).

Aplogeagutikaguma aalagugeami:

- Huna ihomaleogutigivigu atogeagani aplo-geagun?
- Huna aolanikateakan atoknigagun una aplo-geagun?
- Huna ikayutaova aolanikateageagani? Huna ikayutaoneaka ihoatkiyaogaagani?
- Aviktokneagaloakigu ikayutaoyok mikanoag-uklogin?
- Tikoaklogo ataohik ilaga iniklogolo

.....
(okateaklogo uploa).

Aalaguliguma aalagukhimagumaguvalo:

- Koanagunaktok! Hunam ikayokiga?
- Hunalo ikayutaoneagaloaka?
- Huna ayokhaotaohimaka aalagukhim-ageami?

"Aatulivaagumaniguma:"

- Nagugitaelotin. Ayoknaktok pivikhakateageakaktok.
- Huna ihoavyakaloaka?
- Hunamik kaoyivik ikayutaoyukhamik uktu-vaaguma?

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



Titigagakhak

2

Fagerstrom-min Ilitokhaon 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 taemagumagitpeak?

- ☐ 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 kaoyiyotineaagaatin hunami huklo higaakpagaagavin. Titigakneakatin kagugugaagan, humilo kanogiligaagalo higaakpaageakni. Uma naonaegutineaagaatin 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 ihomagiligin
amigaetun uplun?

.....

Hunaoligaagan higaatkiyaolipakpin?

- ☐ Uplaami
- ☐ Upumaan
- ☐ Unugaagan

Hunaoligaagan higaagumalikpakpin
(ila, topalihaagaagavin, nigitaagaagavin)?

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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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Titigagakhak

4

Taya Hivunikhamilo Iniktigakkan

Ukoa iniktigakhatka:

Iniknagiktakhaga:

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Tamaenin Hivunikhami Iniktakhaga:

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Pivigu iniknagiktakhaga uplomi?

☐ Yes ☐ No

.....

Hunaovan ayokhaotin piyaagani iniktakhaga?

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Aalan okaoheoyun?

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.....

Ihomagiyagakhan

Iniknagiktukhanik Ihoakhaelikan

- **Okateaklotin.** *Ilakaklotik* keoyotini kinamik, hunamiklo, humilo, kagugulo kanoklo. Ila, Higaaknahaakneakoga uplaami nutakan sikugeakaktinagin.
- **Okaohigilogo huna ihoakmagaa hunalo ihoaginmagaa.** Una nakogutaoneaktok uvamni iniktigeagani iniktakhaga.
- **Ikayoknaohoaklotin.** Titigakhimalogin hunalikaa ihoaktun, kiheani peoguktaelotin ihomaleogutigineagiga IHOMAMNIK. Aolanikateakneaktoga ukpigigupkin aalaguknigiyatka.
- **Havaagihimaklogin inikhimayun.** Havakhimakloga inikhimayamnik nutanun nulpaleatiloga. 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 naonaeyan):

- **Kiguvageaklogo** higaakakta uplomi.
- **Kiguvageaklogo** higaakniga anilgaaktinaga higaageami.
- **Kiguvageaklogo** higaageamni nutagaga anilgaaktinagu iglumini.
- **Kiguvageaklogo** atuni higaaktatka uplotoagaagan (10, 15, 30, taeama.) minitnik.
- **Ililogo** aheanik ihomayotikhak (mukpak algakmun ikaeyaon, ukumean, sukaetun kutoen itkoknaohniklunen okaohiknik) higaakuvikakven higaaniklunen.
- **Higaaktokaktitaelogo** kinamiklikaa nutakama igloagani.
- **Atoklotin** anukhagutimik aneapkaeyaa-gani puyokmik igalaakun ikikthimayokun. Higaaginakpaklotin ikikthingayomi igalaami anugitun tunukneloni aneapkaeyaa-gani puyuknik hilamun.
- **Ihoakhilogin** higaagilvikhan. Ila, iliknun okaklotin higaagitaakni 9-min unukpan 9-mun uplaami.
- **Uktoklotin** higaagoekhimallageami 24-ni ikaaknikni.
- **Nulogo** higaakviga neamgiyaaknaelgumun higaakvigikatatamun.
- **Pilotin** higaakvikhaknik. Tutkomalogin higaakuven ikitilo talvani.
- **Iglumi higaagiloni** iloani pigahun ikaaknen iloani nutakan agilgakinigin sikukvikmin. Ila, nutagak 3-mi agilgakinikan, higaalimaetoga kitigumitakata.
- **Nulogin** (kavin) uploani higaaknitka hilamun. Ukoa ilavaloealogin amigaenigin.

- **Higaagoeklotin** nutakan amaagutiknetpan.
- **Tamuklogo** nikoten-kaktok sukaetoklo kutuk, naptoyoklunen ukomeak, milokagulunen ila higaakhimaetomik.
- **Apigilogin** polaktun aniyaagani igloamin higaageami hilami nutakatin haniknet-pata okaotilogilunen nutakatin aheanun igloamugaotkologin ahivageagani puyuknin.
- **Higaaknaeloni** agilgiyaga taemaeginaklonilo ukunangaloak ilanamin 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 hilamun.
- **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

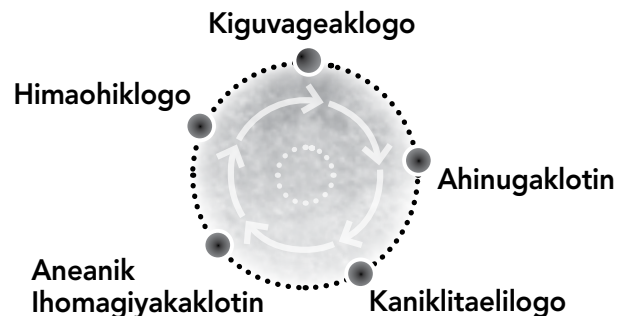
Malguk ikayutikhakik higaagoenaguvun higaagoekpaleanik-goyok DEEDS-goyoklo. Ukoak mikhivaaligutaoyuk poyoenik higaam taemalikalunen. Ihomagiyaoyun ikayutaoneaktun higaakatageogeakni inilgaaktinatin, ahinugaguvilunen nutagagiyaknin, higaageaktokviknugao-tinatilunen.

Higaakatageoknik tokikaktok atogoegeakni amigaetonik higayanik higaaktanik uplotoagaagan. Aolaktigeakni, tikoakhineakotin kavinik higaakneakmagaa uplotoagaagan. Tapkoaginaen nakhakpakneakatin, tonilogilunen higaayoetomun ilanaknun ilipkamayakhaenik. Ililogin amekun kikitivikmun 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
- atoknahoaginaklogo maligoagakhan ihoateaginman atugitpan. Namaenaktok utakikhaavyakuvun ayoknaetpan. kiheani higaaligaetotin amigaetkiyanik maligoagakhakni titigakhimayonik.

Ayokhaguvun atogeagani maligoagakhan, Namaktok higaalivaaguvun amihoektoklotin 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-minit-mik. 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
- Ileogaelaktotin higaakuviknik ikitiniklo ahinun higaakatagitaakni neamgilotin.



Titigagakhak

5

*Higaagoekpaleanik, Deeds-goyoklo
Nanihiyaaganilo Higaakvikhamik Ilaga*

Ahinuklotin

Ayoknaetpan, kimaklogo hunalikaa pigeagkutin higaaguligutin. Una ayoknaeloni penalimagitok, ila kimalimaenigupkin nutakatin. Ilaani nutakavin pigeaktitpaktaatin higaaguliktitpagaatin! Uktoya-vatin ukoa ihomagiyaoyun:

- Nutakatin kungeaktilogin kivliktonoanik kaemalogiktonetonik, MP3-miklunen nalao-tiniklunen tohaknaaktilogin;
- Titigaklogin hanaogakhaen nutakavin avayuktigiyotikhaenik unageokhigumaliguvin. Kahakhimayavun hanaogakhan;
- "Higaayoetuyaagoaklotin 15-minit-meogalokak;
- 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 pitkohiknunun inuyuhikni. Inoakhilogo higaaktokagitaagani maligoakhamik iglukni atoklogilo. Ukoenagealgin ukoa ihomagiyaoyun:

- Ihoakhaklogo neamginaktomik higaakvihaenin polaktivin hilami;
- Apigilogin polaktitin amigiyaagani nutakatin higaageaktolaktitlotin 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

5

*Higaagoekpaleanik, Deeds-goyoklo
Nanihiyaaganilo Higaakvikhamik Ilaga*

- **Pilotin** higaakvigikatagitaknik inikhamik;
- **Tikoakhilotin** hulilogaakvigigitaknik ila kungeakvigivaktaknik TV-mik, kagitaoy-amiklunen atokniganik, taegoakvelunen makpigaanik titigaakhaniklunen, hivayaon-milunen 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, higaakviknutaoyavutin kilamik, higaalunen kamilogo higaakviknugaktinatin ikitaelogo.

Unalika uktugakhan:

- **Nakuyoak** higaageami igalaami ikiktihimayomi anugitulo tunukni aneapkaetologo hilaun;
- **Nakutkiyak** higaageakni iglumin anekveani pikaguvun; unalo
- **Nakunikhak** higaageakni hilami.

Ihomagiyatin higaakvikhami
(titigaklogo nakunikhak):

- ☐
- ☐
- ☐
- ☐





Titigagakhak

6

Kanok Iitagiyaagani Pigeagutitka

Takoyavan titigagakhak 2. Ikayokneagaaga tokiheayaagani pigeagutitka.

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

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

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

Nakuyun Ikpiknaknigin/ihomagiyaalo



Kuveahukpan



Ihomalugeokalakpan



Aleatakpan



Haeleoyalikan

Nakugitun Ikpiknaknigin/ihomagiyaalo



Ihomalukpan
ayokhaotinik/
nahugunguguvilo



Ingumakuvin



Hukagayuyaguvin



Tuningoguvin



Nigaomaguvin

Hulilogagutin

- ☐ Kungealigaagan TV-mik
- ☐ Kapitokan imikalunen imigaknaktonik
- ☐ Okatikaguvin hivayaonmi
- ☐ Oaktiguvin imakuktoyomi
- ☐ Taegoaguvin makpigaamik
- ☐ Pihukuvin

Kanoginigin

- ☐ Unikhimatilotin
- ☐ Higaaktoneniguvin
- ☐ Polakhimaguvin
- ☐ Agayukaguyaami akhugutikakan
- ☐ Maneleoknikan, pivikhakateagitpalunen ikayoktikagitpalunen
- ☐ Utakiguvin hunamiklikaa (ila uhi-tikvikhaknik)

Titigagakhak

6

Kanok Ilitagiyaagani 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, nahogunguguvun, ingumaguvun, 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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Titigagakhak

7

Nakunigin Nakuginigilo Higaakneom

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

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

Huna Aleagivigu Higaaknikmik

- Unikhimapkakneagaaga nutakamnin.
- Ikayutiga nigakagama ihomaloligaagamalo.
- Inuyotaoyok ilanagiyatkalo.

Huna Nakugigitaga Higaaknikmik

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

Huna Aleagivigu Higaagoegeami

- Ilipkamaneakatka manaen.
- Anikhaktateatkiyaoneaktoga.
- Nutakama taemakohoeakneakaga.

Huna Nakugigitaga Higaagoegeami

- Kanogiliyageakaktatka 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 humulikaa hilami;
- Eklogin higaakuven higaatilo tagakmugaklogin takukhaogitaagan;
- Anikhaomikataklotin;
- Keakvaklotin;
- Neokhilotin niglamayomik 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 ihomagiya higaageami.

Hulilogagutikhatin kanogileogeakni pigeaktiyotigiyaaknik:

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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, ayoknaetkiyaoyonakhoyok iliknun okaguvin aalagugeaklogolo ihomagiyaatin higaaknikun.

Hama ilagin ihomagiyaoyun:

- Okaotilotin iliknik utakilageakni higaaktinatin umiga;
- Naonaeyagin iliknik huk higaagumaligeakni;
- Itkaktilotin iliknik higaaguknik anigukhuguyok tayagu;
- Naonaeyaklogo kanogileogeakhaknik higaakhimaetomik;
- Itkaomalagin aalaguknigiyaatin atuliktatin;
- Itkaktilotin iliknik aolanikateaknigiyaaknik monagiyaaganin nutakatin puyoenin higaam. Higaagitaami haneani anealakiligaetun namatkiyaoneaktun;
- Ihomagiyaaklotin nakuyonik. Ihomagilogin ikayutin iliknun, nutagaknulo, pamiktaknulo agilgagiyaknulo;
- Ihomagiyaaklotin neovigakhaknik. Ilihilaktotin 25-sanmik hikoleanoamun kiguvageaktitigaagavin higaaknigiyaakhaknik; unalo
- Ihomagitaologo aetugeakni higaakmik. Aetuheaktitpaklotin aheanik.



Titigagakhak

8

Kanogileoguhikhak Higaagulikan Ilaga

Kanogileogutigilaktatin ikayutikhaknik
higaaguliguvin:

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“ Kiyalikaa apigikpaga kanok higaa-
goegeamni ima okakneaktoga:
aepakaktoga (ilanamiklunen/pi-
kanagiyamniklunen) 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

- Ihageahukpin 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 Alгатka Hulilogaageami

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

- Hanaoyakatigilogin nutakatin;
- Kigutigikhaklotin kukililotilunen;
- 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. Ihomagiyakaklotin ahenik hunaniklikaa. Aheataok atokoyaga pihuyageakni kimaklogin higaatin. ”

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



Titigaklogin kanogiligaagan umiga atulaaknigiyaknik anikhaomikataqeagani ikaeyaon.

- [illegible]

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



Oegoa 6:

Ikayutaolaktun Ihoakotikhan

Aniqsaattiarniq-Anikhaakteaknik Tipakomik
Atugoegeagani Utigun Ihoakotikhan
(www.pauktuutit.ca/index.php/publications/aniqsaattiarniq-anikhakteageagani/)

Upiyotin Aklan Atokpalaaknigagun –
Ilitokhaotin Ilihaotilo (AWARE)
(www.aware.on.ca)

Kanatami Povalikiyin Katimayin-Higaaknik
Tipakulo
(www.lung.ca/protect-protegez/tobacco-tabagisme_e.php)

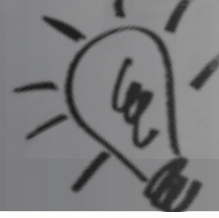
Aneaktaelinikun Kanatami-Higaageoklotin
(www.hc-sc.gc.ca/hc-ps/tobac-tabac/quit-cesser/index-eng.php)

Inoen Tipakokagoageagani Okakatigen
(www.InuitTobaccofree.ca)

Hivulivun Higaayoetun
(www.pauktuutit.ca/index.php/publications/our-ancestors-never-smoked-book/)

Taemagin Taya Ikayuti: BC-mi Povalikiyin Katimayin
(www.quitnow.ca)

Taemaklotin Inuhikni – Aneaktaelinikun Kanatami
(www.quit4life.com)



Aalagoenageaniktok

(www.adultmeducation.com/AssessmentTools_3.html)

Higaaknik Nagunaktok: Higaagoeklotin

(www.naho.ca/documents/itn/english/2010_Qikiqtaaluk_workshop.pdf)

Tipaku Inikagitok Hamani

(www.nuquits.gov.nu.ca)

YouTube-mi Kungeakhan Kagitaoyami

- Aniqsaattiarniq-Anikhaakteaknik: Kanok Atogeagani Ihoakutin Ataotimeoyun. Pauktuutit Inoenan Aknan Kanatami. Ilaga 1: (www.youtube.com/watch?v=buXvbGFmHmwandfeature=plcp)
Part 2: (www.youtube.com/watch?v=167dvyQJ7Boandfeature=plcp)
- Takuginai Igutaagoaktonik Kungeaktitiyun Higaaknikun: Ilagin 1-min 3-mun, Pauktuutit Inoenan Aknan Kanatami. (www.youtube.com/playlist?list=PL354555CF75B7E1BBandfeature=plcp)
- Namakhitiknik Higaaknikmin: Ilagin 1-min 3-mun. Pauktuutit Inoenan Aknan Kanatami. (www.youtube.com/playlist?list=PL698E11C05E75DA68andfeature=plcp)
- Kanok Tipakukmik Atokniga Aktoknikak-magaa Kituniklikaa: Ilagin 1-min 3-mun. Pauktuutit Inoenan Aknan Kanatami. (www.youtube.com/playlist?list=PL2802ABC4C79F0B67andfeature=plcp)
- Nunavut Taemaktun Unipkagoyun (<http://www.nuquits.gov.nu.ca/apps/authoring/dspPage.aspx?page=story>)

Nahaklogin Mangit Ilipkamayatin: *Taki-mi*

havakteovlotin pilaktan una ilipkamayaoyok na-haon naonaegeagani akitoniga higayan ilitokhak-logilo taya higaaknikun akitonigin. Maligoaklogo una togaakvik:

(www.nuquits.gov.nu.ca/apps/authoring/dspPage.aspx?page=calculate)

Higaagoegeami Hivayoatin: Okakatikaknik ayoknaegutaoneaktok higaagoegeakni. Ikayok-taovaaliguvun, ihoatkiyaoneaktok higaagoege-akni. Aketomik ihomagiyaakhan pivaktun higaagoegeaganilo okakatigekvikhan kahaktun nunagiyakni monakhini ukununalunen higaa-goegeami hivyaotikun:

- Nunavumi Higaagoegeagani Hivayakvik: 1-866-3NU-QUIT (368-7848).
- Labrador-mi Ikayoktukhan: 1-800-363-5864
- Nunateami Higaagoegeagani Hivayakvik: 1-866-286-5099
- Québec-mi Higaagoegeagani Hivayakvik (Montreal-mi): 1-866-527-7383
- Kantami humilikaa higaagoegeagani hivayakvik: 1-866-318-1116.

Nunagiyamni Ikayoktigiyatka

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Una maligoagakhak titigakhimayok
atoktaoyaagani inuknin havaktonik
Nunalikni Upiyotikhanik Havaami
Nutakikinikun Kanatamilo Higaeyan
Nikikateageagani Havaami, Nunaliknilo
Aneaktaelinikun Kivgaktokteoyonin
ilaginilo ukuniga havaakaktonin
ikayutaoyaagani Inoenaknik aknanik
mikhivaaligeagani puyoen higaaknikmin.



520 – 1 Nicholas Street
Ottawa, ON K1N 7B7
Tel: 613-238-3977
Fax: 613-238-1787

www.pauktuutit.ca