ᐃᓱᒪᒃᑯᑦ ᖃᓄᐃᖕᖏᒐᓱᐊᖅᑐᓂᒃ ᐊᒻᒪᓗ ᐅᐃᕆᓯᒪᔪᓂᒃ ᓱᕐᕋᑦᓯᒪᓇᕐᓄᑦ - ᐊᐱᖅᑯᑦ

1. ᓇᓛᒍᑦ ᓇᓗᓇᐃᒃᑯᑕᓕᐊᖑᒪᔪᑦ ᓈᓴᐅᑏᑦ 1-ᒥᒃ 10-ᒧᑦ, ᖃᓄᑎᒋ ᐃᑲᔪᕐᓂᖃᖅᐸᑦ ᐃᓱᒪᓕᕆᔭᐅᕙᑦᑐᑦ ᐊᒻᒪᓗ ᓱᕐᕋᓯᒪᓇᖅᑐᓄᑦ ᐅᐃᕆᓯᒪᔪᑦ ᐃᑲᔪᖅᑕᐅᔾᔪᑎᖏᑦ ᓄᓇᒋᔭᕐᓃᕕᑦ ᐅᕝᕙᓘᓐᓃᑦ ᓄᓇᓖᑦ ᐃᓚᖃᕐᕖᑦ (ᐱᒋᐊᖃᖅᐸᑦ) ᐊᒻᒪᓗ ᐋᑐᕚᒥ?

ᐊᖏᕐᕋᖃᕐᕖᑦ ᓄᓇ/ᓄᓇᖅᑲᑎᖃᕐᕖᑦ

1 2 3 4 5 6 7 8 9 10

ᐋᑐᕚᒥ

1 2 3 4 5 6 7 8 9 10

ᖃᓄᐃᑦᑐᓂᒃ ᐃᑲᔪᖅᑕᐅᒍᑎᖃᖅᑭᑦ ᐊᖏᕐᕋᖃᕐᕕᓐᓃᕕᑦ/ᓄᓇᖅᑲᑎᐅᕕᓐᓃᕕᑦ?

ᓱᓇᐅᕙᑦ ᑭᖕᖒᒪᓇᖅᐸᑦᑐᑦ ᐊᖏᕐᕋᕐᓃᕕᑦ/ᓄᓇᖅᑲᑎᐅᕕᓐᓃ?

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ᓱᓇᐅᕙᑦ ᖃᐅᔨᒪᔭᑎᑦ ᐃᑲᔪᕈᓐᓇᖅᑐᑦ ᐋᑐᕚᒥᕙ

ᓱᓇᐅᕙᑦ ᑭᖕᖒᒪᓇᖅᐸᑦᑐᑦ ᐋᑐᕚᒥᐅᓄᑦ ᐃᓄᓐᓄᑦ ᐃᓱᒪᒋᓗᒋᑦ ᐃᓱᒪᒃᑯᑦ ᖃᓄᐃᑦᑕᐃᓕᒍᑏᑦ ᐅᐃᕆᓯᒪᓃᓪᓗ?

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2. ᖃᓄᕐᓕ ᑐᑭᓯᕕᐅᒃ ᐃᓱᒪᒃᑯᑦ ᖃᓄᐃᖕᖏᓐᓂᖅ/ᖃᓄᐃᑦᑕᐃᓕᓂᖅ?

ᐃ) ᖃᓄᐃᑦᑕᐃᓕᑦᓱᑎᒃ ᓄᓇᖃᖅᑳᖅᓯᒪᔪᑦ ᑐᑭᓯᔭᖓᒍᑦ ᐃᓗᐃᑦᑑᓂᖏᑦ ᑕᑯᑦᓴᐅᕙᑦᑐᑦ ᑕᕐᓂᒃᑯᑦ, ᐃᑉᐱᓐᓂᐊᓂᒃᑯᑦ, ᐃᓱᒪᒃᑯᑦ ᐊᒻᒪᓗ ᑎᒥᒃᑯᑦ. ᖃᓄᐃᖕᖏᒍᑎᐅᕗᖅ ᐅᑉᐱᕆᔭᖃᕐᓂᖅ ᐅᖃᓕᒪᐅᓯᕐᒥᒃ, ᖃᓄᐃᖕᖏᓂᕐᒥᒃ ᑕᕐᓂᒃᑯᑦ, ᐃᑉᐱᓐᓂᐊᓂᒃᑯᑦ, ᐃᓱᒪᒃᑯᑦ, ᐊᒻᒪᓗ ᑎᒥᒃᑯᑦ. ᖃᓄᐃᖕᖏᒍᑎᐅᕗᖅ ᑐᖕᖓᕕᖃᓂᖅ ᐅᖃᓕᒪᐅᓯᕐᒥᒃ, ᓄᓇᒥᒃ, ᓴᓇᔭᐅᒪᔪᓕᒫᓂᒃ, ᐊᒻᒪᓗ ᓯᕗᓕᕆᔭᐅᓯᒪᔪᓂᒃ ᐃᑲᔪᕈᑕᐅᕙᑦᑐᓂᒃ ᐃᑉᐱᒋᐅᑎᑦᓯᐊᖅᑐᓄᑦ ᐃᓚᒌᓄᑦ
ᐊᕙᑎᒥᑦᑐᓄᓪᓗ. (ᑭᒡᒐᕖᑦ ᑲᑐᔾᔨᔪᑦ ᑐᖕᖓᕕᖓᑦ - ᖃᓄᐃᑦᑕᐃᓕᒍᑏᑦ ᐋᖅᑭᑦᓯᒪᔪᑦ)

ᐱ) ᐃᓱᒪᒃᑯᑦ ᖃᓄᐃᖕᖏᓐᓂᒃ ᖃᓄᐃᑦᑕᐃᓕᒪᓂᕐᓗ ᑕᒪᒃᑮᕗᖅ ᐃᓱᒪᒃᑯ ᐃᑉᐱᓐᓂᐊᓂᒃᑯᓪᓗ ᐃᓅᓂᕐᒥᒃ, ᓲᕐᓗ ᖃᓄᖅ ᐃᓱᒪᒻᒪᖔᖅᐱᑦ ᐃᑉᐱᓐᓂᐊᒻᒪᖔᖅᐱᓪᓗ (ᓄᓇᖃᖅᑳᖅᓯᒪᔪᓂᒃ ᐱᔨᑦᓯᖅᑏᑦ ᑲᓇᑕᒥ)

ᑎ) ᐃᓱᒪᒃᑯᑦ ᖃᓄᐃᖕᖏᓐᓂᖅ ᐃᓱᒪᑦᓯᐊᕐᓂᐅᕗᖅ ᐃᑉᐱᓐᓂᐊᔭᒥᒃ ᐊᒻᒪᓗ ᑕᕐᓂᒃᑯᑦ ᖃᓄᐃᖕᖏᑦᑐᑦ ᐃᓱᒪᖃᑦᓯᐊᖅᐳᑦ ᐱᒻᒪᕆᐅᒋᔭᖃᖅᓱᑎᒃ ᐱᖅᑯᓯᕐᒥᒃ, ᐊᔾᔨᒌᑎᑦᓯᓂᒃᑯᑦ, ᐃᓅᖃᑎᒌᑦ ᐃᖅᑲᖅᑐᐃᔾᔪᓯᖏᓐᓂᒃ, ᑲᑎᖕᖓᓂᒃᑯᑦ ᐊᒻᒪᓗ ᐃᓄᑦᓯᐊᖑᓂᒃᑯᑦ. (ᑲᓇᑕᒥ ᑭᒃᑯᓕᒫᓂᒃ ᖃᐃᓄᑦᑕᐃᓕᒍᑎᖃᖅᑎᑦᓯᓂᕐᒧᑦ ᑲᑐᔾᔨᖃᑎᒌᑦ) ᑖᒃᑯᐊ ᓇᓪᓕᖏᑦ ᐃᓕᑕᕆᒍᕕᒋᑦ , ᐅᖃᐅᓯᕆᒃᑭᑦ ᑐᑭᓯᔭᑎᑦ ᐃᓕᓐᓅᖓᔪᑦ:

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3. ᓱᓇᐅᕙᑦ ᐃᓱᒪᒃᑯᑦ ᖃᓄᐃᒍᑕᐅᓕᖅᐸᑦᑐᑦ?

ᐃ) ᑮᓇᐅᔾᔭᑦᓴᐅᑏᑦ ᐊᒻᒪᓗ ᐃᓅᖃᑎᓄᑦ ᐃᓱᒪᒋᔭᐅᓃᑦ
ᐱ) ᐃᖅᑲᓇᐃᔮᖃᕐᓃᑦ ᐊᒻᒪᓗ ᐃᖅᑲᓇᐃᔭᕐᕖᑦ ᖃᓄᐃᑦᑑᓂᖏᑦ
ᑎ) ᐃᓕᓐᓂᐊᖅᓯᒪᓃᑦ ᐊᒻᒪᓗ ᐅᖃᓕᒫᕈᓐᓇᕐᓃᑦ
ᑭ) ᓄᑐᕋᐅᑦᓱᓂ ᐃᓅᓯᕐᒥ ᐊᖅᑯᓵᖅᓯᒪᔪᑦ
ᒋ) ᑎᒥᒃᑯᑦ ᐊᕙᑎᒋᔭᐃᑦ
ᒥ) ᐃᓅᖃᑎᒌᑦ/ᓄᓇᖅᑲᑎᒌᑦ ᐃᑲᔪᕈᑕᐅᒍᑎᖏᑦ ᖃᓄᐃᑦᑕᐃᓕᓂᕐᒧᑦ
ᓂ) ᖃᓄᐃᑦᑕᐃᓕᓂᖅ
ᓯ) ᐊᑐᐃᓐᓇᖃᕐᓂᖅ ᖃᓄᐃᑦᑕᐃᓕᑎᑦᓯᔩᑦ ᐃᑲᔪᕈᑎᖏᓐᓂᒃ
ᓕ) ᐊᓂᖅᑎᕆᔪᓂᒃ ᖃᐅᔨᓴᐅᑏᑦ ᐊᒻᒪᓗ ᓯᕗᓕᖅᓲᑎᓂᒃ
ᔨ) ᐱᖅᑯᓰᑦ
ᕕ) ᐅᕕᓂᓂᒃ ᑕᑉᐱᕈᓰᑦ/ᐊᑭᕋᖅᑐᕈᓰᑦ
ᕿ) ᑭᖑᕚᕇᓄᑦ/ᓯᕗᓕᓄᑦ ᐋᓐᓂᕈᑕᐅᒪᔪᑦ - ᖃᓄᐃᑦᑐᑐᐃᓐᓇᐃᓪᓗ ᐋᓐᓂᕈᑕᐅᒪᔪᑦ
ᖏ) ᐃᑲᔪᖅᑎᒋᕙᑦᑐᑦ ᐃᓅᖃᑏᑦ ᐃᓚᓄᑦ ᐱᖃᓐᓇᕆᔭᓄᓪᓗ
ᐅ) ᐊᓯᖏᑦ:____

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4. ᐃᖃᓄᕐᓕ ᑐᑭᓯᕕᐅᒃ ᐅᐃᕆᓯᒪᓂᖅ?
ᐃ) ᓱᓇᑐᐃᓐᓇᐃᑦ ᖃᓱᓴᕈᑕᐅᕙᑦᑐᑦ ᖁᕕᐊᓱᒍᑕᐅᕙᑦᑐᓪᓗ ᑭᖑᓂᖓᒍᑦ ᐊᑦᓱᕈᕈᑕᐅᓕᖃᑦᑕᖅᑐᑦ ᐊᒻᒪᓗ ᐃᓱᒫᓗᓐᓇᖅᓯᒍᑕᐅᕙᑦᑐᑦ ᐅᑎᖅᑕᖅᕕᐅᕙᑦᑐᑦ ᐊᐃᕆᓯᒪᓕᖅᑐᒧᑦ (Gabor Mate)

ᐱ) ᖃᓄᐃᒍᑏᑦ ᐲᓐᓇᓕᕈᑕᐅᕙᑦᑐᑦ ᐃᓱᒪᔮᕇᒃᑯᑎᓂᒃ ᐊᓱᕈᕈᑕᐅᓚᕿᓕᖅᐸᒃᑲᓗᐊᖅᑎᓪᓗᒋᑦ. ᑕᒪᓐᓇ ᑎᒥᑯᒃᑦ ᐊᒻᒪᓗ/ᐅᕝᕙᓘᓐᓃᑦ ᐃᓱᒪᔮᕇᒃᑯᑎᓂᓪᓘᓐᓃᑦ ᐅᐃᕆᓯᒪᓕᕈᑕᐅᒍᓐᓇᖅᑐᖅ. (CMHA Ontario)

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ᑎ) ᐃᓱᒫᓗᓐᓇᕈᑎᖏᑦ ᓱᕐᕋᓯᒪᓇᖅᑐᑦ. ᓱᕐᕋᓇᓯᒪᓇᖅᑐᑦ ᐅᓗᕆᐊᓇᕈᑎᖏᑦ ᐃᒪᐃᑦᑑᕗᑦ (ᓲᕐᓗ, ᐱᖕᖑᓂᖅ, ᑭᖑᕙᖃᑦᑕᕐᓂᖅ ᐃᖅᑲᓇᐃᔭᕐᕕᒻᒧᑦ) ᐃᒪᐃᓚᕿᒍᑕᐅᒍᓐᓇᕈᑎᖏᑦ (ᓲᕐᓗ ᒫᓂᖅᑭᔭᓕᕐᓂᖅ ᐊᖏᕐᕋᐃᕈᑦᑐᓄᑦ, ᐋᓐᓂᐊᓇᖅᑐᓂᒃ ᖁᐱᕐᕆᒍᑕᐅᒍᓐᓇᕐᓂᖏᑦ) (CAMH)

ᑭ) ᓱᓕᔪᕐᓂᐊᖅᑎᒃᑯᑦ ᓴᐃᒪᐅᑎᑦᓴᓕᕆᔩᓪᓗ ᑐᓴᖅᑎᑦᓯᒍᑎᖏᓐᓂ ᐅᖃᖅᓯᒪᕗᑦ ᓱᕐᕋᓯᒪᓇᖅᑐᑐᖃᑦᑕᖅᑐᑦ ᓄᓇᖃᖅᑳᖅᓯᒪᔪᑦ ᓄᓇᓕᖏᓐᓂ ᐋᓐᓂᓇᖅᑐᓂᒃ ᐊᖅᑯᓵᖅᓯᒪᓲᑦ. ᑕᐃᒪᐃᑦᑎᓪᓗᒋᑦ ᐋᓐᓂᐊᑖᖅᐸᑦᑐᑦ ᐊᒻᒪᓗ ᐃᓅᖃᑎᓄᑦ ᐊᑲᐃᓪᓕᐅᕈᑕᐅᓕᕈᓐᓇᖅᓱᑎᒃ ᑭᖑᕚᓄᑦ ᐃᓕᑕᐅᒍᓐᓇᕐᒪᑕ.
(Indigenous Perspectives of Trauma and Substance Use)

ᒥ) ᐊᓯᖏᑦ:____

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5. ᐊᓯᖏᓐᓂᒃ ᐃᑲᔪᖅᑕᐅᔾᔪᑎᑦᓴᓂᒃ ᐱᑕᖃᕆᐊᖃᖅᑲ ᐊᔾᔨᒌᖕᖏᑦᑐᓂᒃ ᐱᔾᔪᑎᓕᓐᓄᑦ? (ᐃᓅᓱᑦᑐᓄᑦ, ᐊᖑᑎᓄᑦ, ᐊᕐᓇᓄᑦ, ᐊᕐᓇᐅᔭᓄᑦ/ᐊᖑᑕᐅᔭᓄᑦ) ? ᖃᐅᔨᒪᔭᖃᖅᑮᑦ? ᐱᑕᖃᖅᐸᑦ, ᓱᓇᐅᕙᑦ?

6. ᖃᓄᐃᑦᑐᓂᒃ ᓇᓗᓇᐃᒃᑯᑕᖃᕆᐊᖃᖅᑲᑦ ᐃᓕᓐᓂᐊᖅᓯᒪᔪᑦ ᓄᓇᖃᖅᑳᖅᓯᒪᔪᑦ ᐃᓱᒪᓕᕆᔩᑦ ᐊᒻᒪᓗ/ᐅᕝᕙᓗ ᓱᕐᕋᓯᒪᓇᖅᑐᓄᑦ ᐅᐃᕆᓯᒪᔪᓂᒃ ᐃᑲᔪᖅᑏᑦ?
ᐃ) ᐃᓱᒪᔮᖅᑐᓂᒃ ᑐᐊᕕᕐᓇᖅᑐᓂᒃ ᑲᒪᔩᑦ
ᐱ) ᖃᓄᐃᓕᖅᑭᑦᑖᒍᑎᓕᓐᓂᒃ ᐃᓕᓐᓂᐊᖅᓯᒪᔪᓂᒃ (CMHA)
ᑎ) ᐋᓐᓂᖅᓯᒪᔪᓂᒃ ᑲᒪᑦᓯᐊᖅᑎᓂᒃ
ᑭ) ᐃᓱᒪ ᐱᓪᓗᒍ ᓇᖏᐊᕐᓇᖅᑐᒦᑦᑐᓂᒃ ᐃᑲᔪᖅᑏᑦ
ᒋ) ᑐᐊᕕᕐᓇᖅᑐᓕᕆᔨᓂᒃ/ᓇᖅᑭᑎᑦᓯᒍᓐᓇᖅᑐᓂᒃ
ᒥ) ᐱᖅᑯᓯᕆᔭᒥᒃ ᖃᐅᔨᒪᓕᖅᓯᒪᔪᒥᒃ ᐃᓕᓐᓂᐊᖅᓯᒪᓂᒃᑯᑦ
ᓂ) ᐃᒻᒥᓃᕐᓂᐅᓴᔪᓂᒃ ᐃᑲᔪᕐᓂᕐᒥᒃ ᐃᓕᓐᓂᐊᖅᓯᒪᔪᓂᒃ
ᓯ) ᐊᓯᖏᑦ:____

7. ᓇᓪᓕᖏᑦ ᐅᑯᐊ ᑎᑎᕋᖅᓯᒪᔪᑦ ᖃᐅᔨᒪᔭᐅᒋᐊᖃᕐᓂᖅᐸᐅᕙᑦ ᐃᓕᓐᓂᐊᖅᑕᐅᒋᐊᖃᖅᐸᓪᓘᓐᓃᑦ ᐃᓄᓐᓄᑦ ᐃᑲᔪᖅᑎᐅᕙᑦᑐᓄᑦ? ᓇᓪᓕᖏᑦ ᑕᓪᓕᒪᐃᑦ (5) ᐃᓱᒪᒋᕕᒋᑦ?

● ᐅᓄᓇᖃᖅᑳᖅᓯᒪᔪᓄᑦ ᖃᓄᐃᑦᑕᐃᓕᒪᒍᑎᑦᓴᐃ ᐋᖅᑭᑦᓯᒪᔪᑦ - ᐃᓅᒡᒍᑎᑦᓴᐃᑦ
● ᐱᖅᑯᓯᒃᑯᑦ ᒪᒥᓴᐅᑏᑦ
● ᐃᓕᖅᑯᓯᒃᑯᑦ ᒪᒥᓴᐅᑏᑦ
● ᓄᓇᖃᖅᑳᖅᓯᒪᔪᓄᑦ ᓱᑕᐃᕇᒃᑯᑎᑦᓴᐃᑦ

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● ᐋᓐᓂᕈᑕᐅᒪᔪᓂᒃ ᖃᐅᔨᒪᓂᒃᑯᑦ ᐃᑉᐱᒍᓱᑦᓯᐊᖅᑏᑦ
● ᓄᓇᖃᖅᑳᖅᓯᒪᔪᑦ ᒪᓕᒐᖏᑦ
● ᐃᓄᐃᑦ ᓇᖏᕐᕕᖏᑦ ᑐᖕᖓᕖᑦ
● ᐃᓄᓐᓄᑦ ᐊᖅᑯᓵᖅᑕᐅᒪᔪᑦ ᐱᔪᓐᓇᐅᑎᐅᓕᖅᑐᑦ
● ᐃᓄᐃᓪᓗ ᒐᕙᒪᒃᑯᓪᓗ ᐃᓚᒌᓐᓂᖏᑦ
● ᐃᓱᒪᒃᑯᑦ ᖃᓄᐃᑦᑕᐃᓕᒍᑏᑦ ᐃᓅᓯᓕᒫᖅ
● ᐊᐱᖅᑯᑎᖃᕈᓐᓇᖅᓯᓯᒪᓂᖅ ᐊᒻᒪᓗ ᐃᑲᔪᕈᓐᓇᖅᓯᓯᒪᓂᖅ

● ᓯᕗᓕᕐᓄᑦ ᐋᓐᓂᓇᖅᓯᒪᔪᑦ (ᐃᓕᓐᓂᐊᕆᐊᖅᑎᑕᐅᒪᔪᕕᓂᕐᓄᑦ, ’60-ᓂ ᑎᒍᐊᖑᑎᑕᐅᓂᑯᓄᑦ, ᐃᓄᓐᓄᑦ
ᓇᓗᓇᐃᒃᑯᑕᐅᑎᑕᐅᓂᑯᓄᑦ)
● ᓄᓇᒧᑦ ᓅᓯᒪᓗᓂ ᐃᓕᓐᓂᐊᕈᑏᑦ/ᒪᒥᓴᐅᑏᑦ
● ᓄᖅᑲᖓᑎᑦᓯᒐᓱᐊᕐᓂᖅ, ᐋᓐᓂᐊᔪᓂᒃ ᓱᑕᐃᑦᑕᐃᓕᑎᑦᓯᒍᑏᑦ, ᐱᓕᖅᑭᓐᓂᐅᓴᔪᓂᒃ ᐊᒻᒪᓗ
ᒪᑭᒋᐊᒃᑲᓐᓂᕈᑎᑦᓴᓂ ᐃᑲᔫᑎᓂᒃ ᐊᐅᓚᑦᓯᒍᑏᑦ
● ᐄᔭᒐᓂᒃ ᐃᓱᒪᔮᕆᒃᑯᑎᓂᒃ ᐅᐃᕆᓯᒪᔪᓂᓪᓗ ᐃᑲᔪᕈᑎᓂᒃ ᐱᑕᖃᕆᐊᓕᒃ
● ᓇᒻᒥᓂᓂᒃ ᐱᓯᒪᑦᓯᔨᖃᕐᓂᖅ ᐃᑉᐱᒍᑦᑎᖃᕐᓂᕐᓗ
● ᓯᕗᓕᔭᐃᑦ ᒪᒥᓴᐅᑏᑦ ᐋᓐᓂᖅᓯᒪᔪᓄᑦ
● ᑲᒪᑦᓯᐊᕈᑏᑦ, ᒪᓕᒐᐃᑦ ᐊᒻᒪᓗ ᐃᓄᓕᕆᓂᕐᒧᑦ ᐊᑐᐊᒐᐃᑦ ᐃᓱᒪᒃᑯᑦ ᖃᓄᐃᑦᑕᐃᓕᒍᑎᖃᕐᓂᕐᒧᑦ ᐊᒻᒪᓗ
ᓱᕐᕋᓇᖅᑐᓄᑦ ᐅᐃᕆᓯᒪᔪᓂᒃ ᐃᑲᔪᕈᑎᑦᓴᖃᕐᓂᕐᒧᑦ
● ᐃᖅᑲᓇᐃᔭᕐᕕᒻᒥ ᖃᐅᔨᒪᖃᑦᑕᐅᑎᒍᑏᑦ ᐊᒻᒪᓗ ᑕᐅᑐᑦᑕᐅᒍᑏᑦ
● ᐊᓯᖏᑦ?____

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ᑭᒡᒐᕖᑦ ᑲᑐᔾᔨᔪᑦ ᑐᖕᖓᕕᖓᑦ ᖃᓄᐃᑦᑕᐃᓕᒍᑏᑦ ᐋᖅᑭᑦᓯᒪᓂᖏᑦ - ᐊᐱᖅᑯᑎᑦᓴᐃᑦ

ᑎᒥᒃᑯᑦ ᓴᖅᑭᐸᑦᑐᑦ ᐊᑐᕋᑦᓴᐃᑦ

ᖃᓄᐃᑦᑕᐃᓕᒍᑏᑦ/ᓱᓕᕆᐅᑏᑦ/ᐃᓗᐃᑦᑑᒍᑏᑦ

➔ ᖃᓄᕐᓕ ᑕᐅᑐᑉᐱᐅᒃ ᖃᓄᐃᑦᑕᐃᓕᖅ?

(ᐃᑉᐱᓐᓂᐊᒍᑏᑦ ᑕᓪᓕᒪᐃᑦ (5)
ᐃᓱᒪᒋᓗᒋᑦ: ᖃᓄᖅ ᐃᑉᐱᓇᖅᑲ? ᖃᓄᖅ
ᐃᑉᓇᖅᑲ? ᓂᐱᖃᖅᑲ? ᑎᐱᖃᖅᑲ? ᐃᑦᑎᖃᖅᑲ?

➔ ᓇᒦᑦᓱᑎᑦ ᑲᑉᐱᐊᓱᖃᑦᑕᖕᖏᓚᑎᑦ, ᐃᖅᓯᖏᓪᓚᑎᑦ, ᖃᓄᐃᖃᑦᑕᖏᓪᓚᑎᑦ?
➔ ᓇᒧᖕᖓᐸᑉᐱᑦ ᓄᓇᓕᓐᓂ
ᐱᕈᕐᕕᒋᓯᒪᔭᕐᓂ ᖃᓄᐃᑦᑕᐃᓕᑦᓱᑎᑦ?
➔ ᓇᒧᑦ ᐊᐃᕙᑉᐱᑦ/ᐊᓯᑎᑦ
ᐃᑲᔪᖅᑕᐅᒍᒪᓕᕋᐃᒐᑦᓯ?

➔ ᐃᓱᒪᒃᑯᑦ ᓴᖅᑭᐸᑦᑐᑦ ᑐᑭᖏᑦ

ᒥᑦᓯᖃᕈᑏᑦ/ᓯᓚᑐᒍᑏᑦ/ᑐᑭᓯᓃᓪᓗ
➔

➔ ᖃᓄᖅ ᐃᓱᒪᒃᑯᑦ ᖃᓄᐃᖕᖏᓐᓃᑦ/
➔ ᓱᕐᕋᓯᒪᓇᑐᖅᓄᑦ ᐅᐃᕆᓯᒫᓃᑦ/ᒪᒥᓴᕐᓃᑦ ➔ /ᖃᓄᐃᒐᓱᐊᖕᖏᓐᓃᑦ ᑕᑯᓐᓇᕈᑕᐅᕙ ᐃᓕᓐᓂᒃ?
➔ ᓇᒻᒥᓂᖅ/ᐊᓯᑎᑦ ᐃᒻᒥᓂᖅᓱᖅᓱᓯ
ᒪᒥᓴᕋᓱᐊᓲᖑᕕᓯ ᒪᒥᓴᕆᐊᖃᓕᕋᐃᒐᑦᓯ?
➔ ᖃᓄᖅ ᐃᑲᔪᖅᑕᐅᒍᓐᓇᖅᑭᑦ/ᐊᓯᑎᓪᓗ?
➔ ᖃᓄᐃᑦᑐᓂᒃ ᒪᒥᓴᐅᑎᓂᒃ ᓇᓖᕌᕋᑦᓴᓂᒃ
ᑕᑯᒍᒪᔭᖅᑭᑦ?

ᐊᑕᐅᓯᐅᖕᖏᑦᑐᒧᑦ ᐊᐱᖅᑯᑦ: ᐅᓂᒃᑳᕆᒍᓐᓇᖅᑭᐅᖅ ᖃᓄᐃᑦᑑᒻᒪᖔᖅ ᐊᑦᑐᐊᒍᑎᒍᑦ ᐃᑉᐱᓐᓂᐊᔭᓄᑦ, ᑎᒥᒧᑦ, ᐃᓱᒪᒧᑦ, ᐊᒻᒪᓗ ᑕᕐᓂᒧᑦ?

ᐃᑉᐱᓐᓂᐊᒍᑦ: ᓴᖅᑮᕙᑦᑐᖅ ᐃᓚᒋᔭᐅᓂᕐᒥᒃ
ᓇᒻᒥᓂᓄᑦ/ᓄᓇᖅᑲᑎᓄᑦ/ᐃᓚᖃᕐᓂᒃᑯᑦ/ᐱᐅᓯᒃᑯᑦ

➔ ᖃᓄᕐᓕ ᓄᓇᖅᑲᑏᑦ ᐃᓱᒪᕙᑦ ᐃᓱᒪᒃᑯᑦ

ᑕᕐᓂᖅ ᓴᖅᑮᕙᑉᐳᖅ ᓂᕆᐅᒍᑎᓂᒃ/ᐅᐱᓇᖅᑐᓂᒃ/
ᑭᓇᐅᒍᑎᓂᒃ

➔ ᒫᓐᓇ ᐃᑲᔪᕈᑕᐅᕙᑦᑐᑦ ᐃᓱᒪᒃᑯᑦ

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ᖃᓄᐃᑦᑕᐃᓕᐅᑉ ᐊᒻᒪᓗ ᓱᕐᕋᓇᖅᑐᓄᑦ ᐅᐃᕆᓯᒪᓂᐅᑉ ᒥᑦᓵᓄᑦ?

➔ ᓄᓇᖅᑲᑎᖃᖅᑏᑦ ᐃᓕᓐᓂᒃ/ᐊᓯᓐᓂᓪᓗ ᐃᑲᔪᓲᒥᒃ ᐃᓱᒪᔮᖅᑎᓪᓗᑎᑦ?
➔ ᓄᓇᖅᑎᖃᕐᕕᓐᓂ ᑲᑐᔾᔨᖃᑎᒌᑕᖃᖅᑲ ᐃᓕᓐᓂᒃ/ᐊᓯᓐᓂᓪᓗ ᐃᑲᔪᕈᓐᓇᖅᑐᓂᒃ ᐃᓱᒪᔮᕐᓇᑐᒃᑰᑎᓪᓗᑎ/ᓯ?
➔ ᓇᓪᓕᐊᒍᑦ ᓯᓚ ᐊᓯᔾᔨᕐᓂᖃᖅᑎᓪᓗᒍ ᐃᑉᐱᓐᓂᐊᓗᐊᖕᖑᐊᓲᖑᕕᑦᕕᑦ?

ᖃᓄᐃᒍᑎᓕᓐᓂᒃ ᐊᒻᒪᓗ ᓱᕐᕋᓇᖅᑐᓄᑦ ᐅᐃᕆᓯᒪᔪᓂᒃ ᓄᓇᑦᓯᓐᓂ ᐃᓚᖃᖅᑲᑦ ᑕᕐᓂᒃᑯᑦ ᐅᑉᐱᕐᓂᓕᕆᐅᑎᓂᒃ?
➔ ᐃᓚᒋᔭᐅᒋᐊᖃᖅᑐᕆᓪᓚᕆᑉᐱᒋᑦ

ᐅᑉᐱᕐᓂᓕᕈᐅᑏᑦ/ᐱᖅᑯᓯᖅᓲᑏᑦ
ᒪᒥᓴᐅᑎᓄᑦ/ᖃᓄᐃᑦᑕᐃᓕᒍᑎᓄᓪᓗ?
ᓱᒻᒪᑦ? ᓱᒻᒪ ᐱᑕᖃᕆᐊᖃᖕᖏᓚᖅ?
➔ ᖃᓄᐃᑦᑐᓂ ᐃᑲᔪᖅᑕᐅᒍᑎᑦᓴᖅᑕᖃᖅᐸᑦ

ᐃᓱᒪᔮᖅᑐᓂ/ᐅᐃᕆᓯᒪᔪᓂᓪᓗ
ᓱᕐᕋᓯᒪᓇᖅᑐᓂᒃ ᓂᕆᐅᓐᓂᖃᑦᓯᐊᕋᔭᖅᑭᓯ
ᓄᓇᖅᑲᑎᑎᓪᓗ?

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