

Takuttalirilli!

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Book Review

Those Who Run in the Sky

Do you like stories full of adventure, mystery, and scary creatures from Inuit legends? Aviaq Johnston's novel *Those Who Run in the Sky* might be for you!

What is the book about?

This book follows a character named Pitu. Pitu is a young Inuit hunter living hundreds of years ago. He is a very good hunter and respected in his community. People even call him "The Great Hunter"! He is also learning to be a shaman.

One day, Pitu gets caught in a blizzard when he is out on a hunting trip alone. He loses his dogs and most of his weapons. When the storm passes, he realizes that he is no longer in the human world. He is in the land of the spirits!

As Pitu travels through the land of the spirits, he meets strange and frightening creatures. Many of these creatures are from Inuit legends that are known all over the North. Pitu must fight off qallupilluit. He is chased by huge, hungry black wolves with red eyes. He is kidnapped by a giant. And he meets creatures who run through the night sky. Pitu meets another shaman who has been trapped in the spirit world for years. They must work together to find a way home.

Why you should read this book

One of the great things about this book is the character of Pitu. Even though the story takes place hundreds of years ago, Pitu deals with struggles that we can relate to today: jealousy, pride, and the pressure of living up to other people's expectations. Through all his struggles, he learns important lessons and becomes stronger. Author Aviaq Johnston says that she wanted to create a character who is "a strong role model for Inuit and for boys." That's a great description of Pitu!

A large part of the novel takes place in the land of the spirits. This is a world full of magic, mystery, and danger. Aviaq says that part of growing up in the Arctic is hearing stories of the many creatures that live here, whether they are real or only exist in myths. She feels that stories about people meeting these creatures help to show the strength of Inuit. By overcoming challenges that many of us could never imagine, Pitu shows us that anything is possible if you have a strong mind. And his story is a lot of fun to read!

Author Spotlight

Aviaq Johnston is a young Inuit author from Igloolik. She is a graduate of Nunavut Sivuniksavut, a program for Inuit youth in Canada. She also has a diploma in social service work from Canadore College in North Bay, Ontario. She recently published a picture book called *What's My Superpower?*

In 2014, Aviaq won first place in the Aboriginal Arts and Stories competition for her short story "Tarnikuluk." She also won a Governor General's History Award for this story.

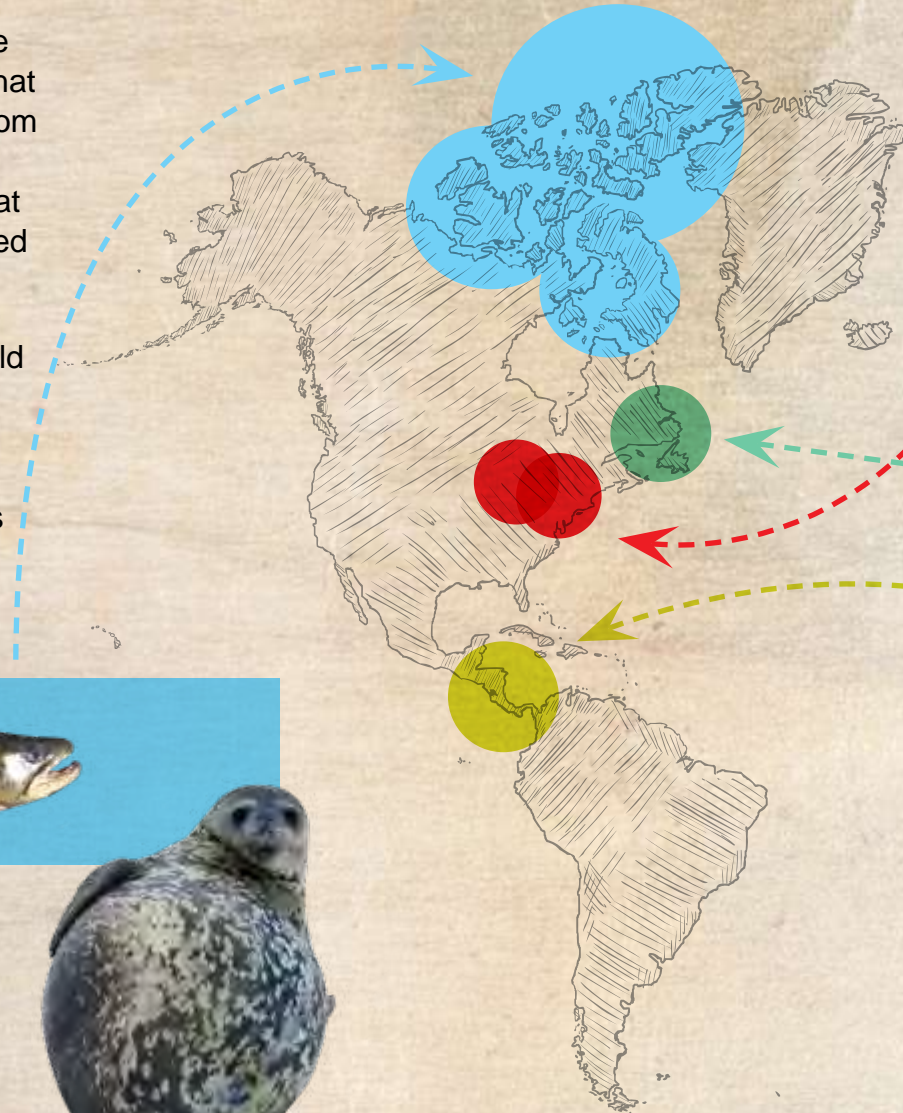
Those Who Run in the Sky is her first novel. It was a finalist for the 2017 Governor General's Literary Award for young people. Way to go, Aviaq! ■



Indigenous Peoples and Foods around the World

Before grocery stores, people around the world ate food that they could hunt or gather from the land and water around them. People found a variety of foods that gave them the nutrition they needed to survive and be healthy.

For Indigenous peoples in the world today, traditional foods are still a powerful connection to their land and culture. These foods can also be practical, healthy, and delicious meal choices.



Haudenosaunee

The Haudenosaunee live around the Great Lakes in North America. They traditionally planted beans, corn, and squash together because the plants help each other grow. In one traditional story of the Haudenosaunee, these plants are called “the Three Sisters.”



Mi'kmaq

In eastern Canada, Mi'kmaq eat foods from the land and waters where they live. These foods include meats such as moose, plants such as fiddleheads, and fish such as herring.



Mayas

The Mayas in Central America traditionally eat food such as corn, avocados, and cocoa. Cocoa is the main ingredient in chocolate. The Mayas make a hot chocolate drink with it.



Inuit

Inuit in Nunavut eat traditional foods such as seal, Arctic char, and maktaaq. Many Nunavummiut pick eggs and gather berries in the warmer months, too.



Maasai



Maasai herd cattle in Kenya and Tanzania, in eastern Africa. The milk, blood, and meat of the cattle are an important part of the Maasai diet.



Aymaras

In the mountains of Bolivia and Peru, the Aymara people use animals such as alpacas and llamas to carry heavy loads. They also eat the animals' meat.



Saami



In northern Europe, the Saami eat traditional foods such as smoked reindeer and fish, including salmon. Some Saami keep herds of reindeer (which are called caribou in North America) and walk with them as they graze.



Ainu



In northern Japan, traditional foods for the Ainu include wild onions, mussels, and Hokkaido deer (also called Ezo or Sika deer).

Maori

For Maori in New Zealand, some traditional foods are a bird called titi (or muttonbird), a sweet potato called kumara, and Tī Kōuka (or cabbage trees). ■



What Is Depression?

Depression isn't as simple as feeling sad. Depression is an illness that affects a person's brain. Depression means feeling so sad that you start to feel lonely or hopeless, and it can lead to suicidal thoughts.

Signs of Depression

Depression can affect people of all ages, genders, and cultures. Some signs of depression include:

- Feeling sad all the time, and crying often
- Sleeping too much or not enough
- Eating too much or not enough
- Feeling helpless, guilty, or alone
- Losing interest in things you usually enjoy, such as hobbies, sports, or time with family and friends
- Using drugs or drinking alcohol
- Having suicidal thoughts
- Acting aggressively
- Taking dangerous risks

"I'm supposed to play hockey this afternoon, but I just can't seem to get out of bed. I don't feel like talking to anyone today. I'd rather just be asleep."



Depression happens because of changes in a person's brain. These changes can be caused by many different things. Depression can start because of stress in your life or changing hormones. It can start because of a difficult life event, such as a death in the family or relationship problems. Depression can also be passed down by a family member who has survived a traumatic experience. This is called intergenerational trauma.

Depression can be caused by a head injury, like a concussion. Depression can also start because of a chemical change in your brain. In some cases, depression comes out of nowhere.

Me? Depressed?

If you feel sad all the time, if you always feel tired even when you get enough sleep, or if you've lost interest in things you used to enjoy, you might be suffering from depression. Depression is a serious illness, and it should never be ignored.

Being depressed doesn't mean you're weak or that it's "all in your head." Depression is an illness you can treat, just like other illnesses. We need to end the stigma of depression. Just like you wouldn't ignore a broken leg or an open wound, you shouldn't ignore depression. See the next page for what to do.

"Everything feels hopeless. I don't see any point in going to school or even leaving my room."

What Can I Do if I Am Feeling Depressed?

If you think you might be depressed, go to your local health centre to talk to a nurse, doctor, or counsellor about your symptoms. These professionals will work with you to find the best treatment for you. They may also suggest things that you can do to help yourself feel better, such as:

Talking to someone you trust, like an elder, friend, parent, or teacher, about your feelings. Sharing your feelings with others can help. Writing your thoughts down in a journal or drawing can also help.

Spending time with people you care about. Even if you feel like being alone, spending time with people you love can help you feel better.

Focusing on other aspects of staying healthy. Eating healthy foods, getting enough sleep, and getting enough exercise can help your body and your brain.

Avoiding drugs and alcohol. They can alter your mood and can make depression feel worse.

Practising traditional skills and spending time on the land. This can help you feel proud to be Inuit, and that can boost your confidence and self-esteem.

Doing things that are relaxing, like listening to music, reading, watching a movie, or meditating.

"My cousin noticed that I was sad and tired all the time. He gave me the Kamatsiaqtut number. It was really hard, but I called. They listened to me and helped me get help for my depression."

If you are feeling depressed and would prefer anonymous support, you can call one of these phone numbers or visit these websites. It's totally private, and the people who work with these organizations are trained to help you deal with depression.

- **Nunavut Kamatsiaqtut Help Line:**
1-800-265-3333
- **Kids Help Phone:**
1-800-668-6868
- **Native Youth Crisis Hotline:**
1-877-209-1266
- **Youthspace.ca:**
Use the online chat, or send a text to 778-783-0177
- **Crisis Services Canada:**
Use the online chat, call, or send a text to 1-833-456-4566
- **inuusiq.com/resources/contacts**
has a list of contacts within the different regions of Nunavut, including youth outreach workers, RCMP, youth legal representatives, social services, and wellness centres. ■

Amazing Arctic Plants

By Ibi Kaslik

There are many plants that grow in Nunavut. They have special adaptations that help them survive in the unique environment of the Arctic. Here we have cold temperatures, frozen soil, long summer days, and short winter days.

Many plants in Nunavut are good for us. They give us food and medicine. Let's look at some of these amazing plants.

What are adaptations?

To survive, different plants and animals have different ways they have adapted. An adaptation is a way a species has changed in how members of the species grow or behave in order to live in a certain environment.



Arctic Willow

What it looks like: Arctic willow has round green leaves and hard brown bark. In the summer, it has pink, cone-shaped flowers. In early summer, the flowers are covered in fluffy white bits. This fluff is called *suputit*.

How it has adapted to the Arctic: Arctic willow can survive under the snow during the winter.

How people use it: Its outer bark can be peeled away, and the inner part of the plant can be eaten raw. The leaves can also be eaten. The Arctic willow's leaves have 10 times more vitamin C than an orange.



Bearberry

What it looks like: The bearberry plant has very small white or pale pink flowers. You will only see the flowers in early summer. Its oval leaves go from green in early summer to bright red in the early fall.

The berries, called *kallait*, are black or red when they are ripe.

How it has adapted to the Arctic: The bearberry plant's leaves are tough, like leather. They are strong enough to survive the cold.

How people use it: The berries can be eaten. The leaves can be made into a tasty tea that can be used as medicine for many things, including coughing and menstrual cramps.

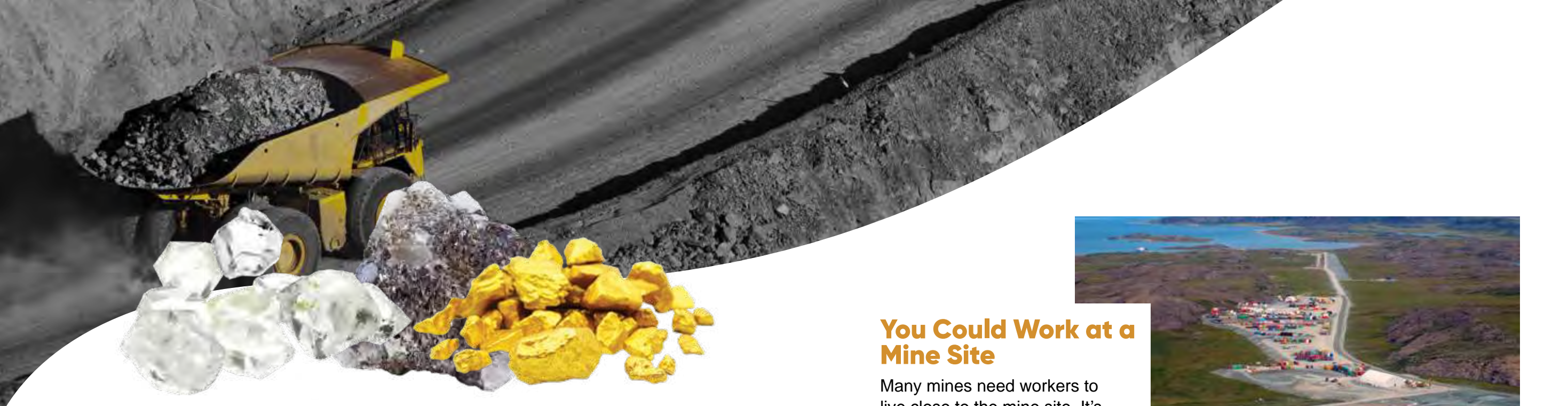


Lichen

What it looks like: Different lichens look different. When you are on the land, you might see lichens that are red or green, flaky or leafy. One type of lichen even looks like the shape of a caribou's horns.

How it has adapted to the Arctic: Unlike most plants, lichens don't need soil to grow in. They can grow on bare rock. They can actually break rock down into soil over time, so other plants can grow in that area.

How people use it: Lichens grow all year long. While not all lichens are good to eat, people with land skills might be able to show you which are safe to eat. These lichens are available for people and animals to harvest no matter how harsh the weather is. ■



Looking for Treasure

Working at a Mine Site

Mining is one of the main businesses in Nunavut, and it continues to grow. There are many different types of jobs you can do at a mine. Some jobs need you to have special training or go to a college or university. To get some jobs, you might need to do an **apprenticeship**. Have you ever thought about working on a mine site?

An apprenticeship is a kind of training where you learn from working on the job and also from taking classes.

You Could Work at a Mine Site

Many mines need workers to live close to the mine site. It's important that people are well taken care of and workers made to feel at home at the mine. You could be a:

- Cook
- Electrician or mechanic
- Construction labourer
- Supplies buyer
- First aid/emergency response team member
- Carpenter

Some of these jobs are entry level. That means they can be your first job working at a mine. You don't need to have experience. Some jobs in a mine camp might require that you get special skills and training before you can get the job.



You Could Protect the Environment around the Mine Site

Mine sites are on the land. It is important that everyone at the mine site protects the land. This means making sure the mining company follows the rules and doesn't harm the environment, including the land, the air, the water, the animals, and the people. Many environmental jobs require a college or university education, as well as special skills and training. Nunavut Arctic College has an Environmental Technology Program that will prepare you for this kind of work.



You Could Work in Engineering

Mining engineers plan and supervise the building of the mine site. They make sure the underground or open pit site is safe for workers. If you want to work in engineering at a mine site, you need to go to college or university to learn math and problem-solving skills.

You Could Operate Equipment

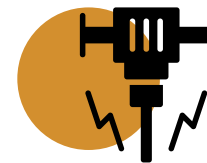
Equipment used in mining takes some special knowledge to operate. You need a lot of training to be able to operate it safely and properly. Here are some of the jobs you could do if you like working with machines:



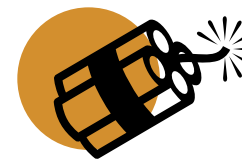
Truck operator



Shovel operator



Drill operator



Explosives loader, handling explosives used to blast rocks

You Could Work in the Processing Plant

In most mines, the rock that has been taken from the ground needs to be broken down from large chunks to very small pieces. Workers in a processing plant run the mills that break down the rock, separate metallic elements from ore, and even melt and pour gold. You need special training to be able to operate, maintain, and repair these big machines.

You Could Work in Exploration

Working in exploration means helping to find the right place to build a new mine. For example, geologists and prospectors explore the land to find minerals. Geologists go to university to learn how rocks form and make up the Earth. ■



Dinosaurs of the Arctic

Many different animals live in the North today. But did you know that millions of years ago, entirely different kinds of animals lived here?

Dinosaurs lived on Earth long before humans did. Dinosaurs lived all over the planet, including in the Arctic. Dinosaurs lived in the Arctic 65 to 100 million years ago.

6°C



Just like today, in the time of dinosaurs the Arctic had long, dark nights in the winter and long, sunny days in the summer. That means some Arctic dinosaurs lived through months of complete darkness.

But the Arctic was not always as cold as it is today. Back then, the average temperature was around 6°C. More plants grew in the Arctic, including trees! Dinosaurs didn't have to survive the extreme cold temperatures we do today. They still had to survive in the snow during winter, though.

Ugrunaaluk



This dinosaur is called the Ugrunaaluk kuukpikensis. It had a bill like a duck. It was a herbivore, which means it only ate plants. It liked to eat twigs, branches, and fungi.

The Ugrunaaluk was 9 metres long. That's as long as three polar bears standing nose to tail!

The bones of the Ugrunaaluk were found on Axel Heiberg Island. It lived farther north than any other dinosaur discovered so far.

Pachyrhinosaurus

This dinosaur is called the Pachyrhinosaurus. It was related to the Triceratops. It walked on four legs. It had a huge skull with a big, solid plate that stuck up above its forehead.

The Pachyrhinosaurus lived in northern Alberta and Alaska. It ate plants. It probably took care of its young, just like polar bears and caribou do today.



Bosses

The Pachyrhinosaurus's big plate is called a "boss." A boss is a thick bone on the skull. Some Arctic animals today have bosses. For example, the big horn that sticks out on either side of a male muskox's head is called a boss.



Nanuqsaurus

This dinosaur is called the Nanuqsaurus. Scientists named it after polar bears that are found in the same region today! The Nanuqsaurus was a relative of the Tyrannosaurus rex. It probably looked like a smaller version of the Tyrannosaurus rex.

This dinosaur was likely a carnivore, which means it hunted and ate other animals.

Scientists are only just starting to look at the fossils in the North. Who knows what other animals might once have called the Arctic home! ■



ELIJAH & ELISAPEE

PACKING FOR A LAND TRIP

Elijah and Elisapee moved to Pond Inlet last month. They love going fishing on their uncle's boat.

This motor needs more work. I don't think we'll be able to go out in the boat today.

Oh, no!

Well, I guess we can still take a trip.

1

Why don't we go out to fix the roof on my cabin?

How will we get there?

Ataatatsiaq and I each have an ATV. And we can borrow your aunt's ATV for you two.

2

But who will drive, Elijah or Elisapee?

ME! ME!

3

Even with three ATVs, we won't have as much room as on the boat.

What do we need to bring?

4

5

We'll stay out for a night or two. Let's take sleeping bags and pads.

Also tarps, the cooler, and some caribou skins.

Grab those two dome tents. We won't be able to fit the canvas tent on the ATVs.

We'll need the Coleman stove.

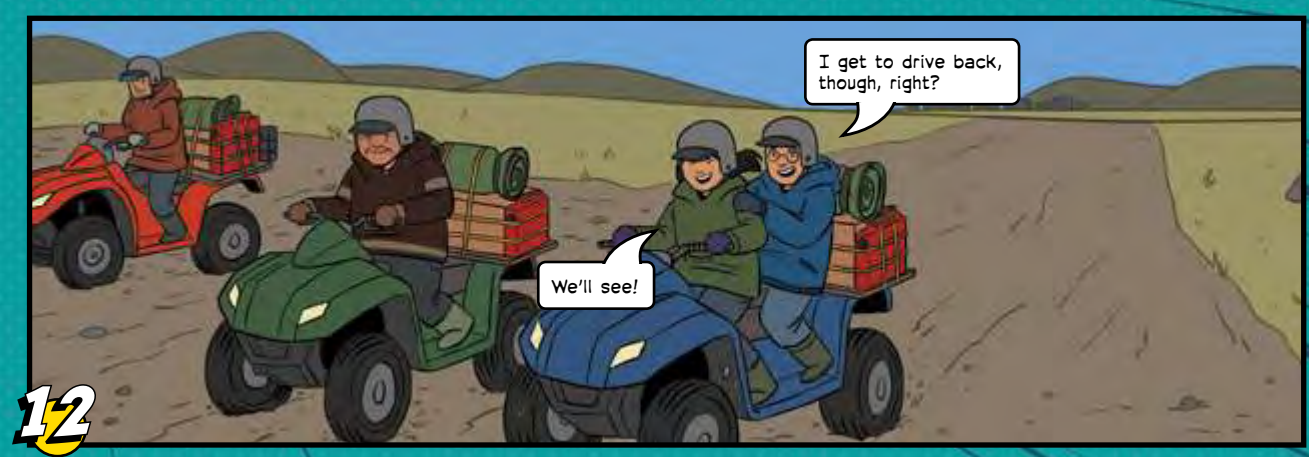
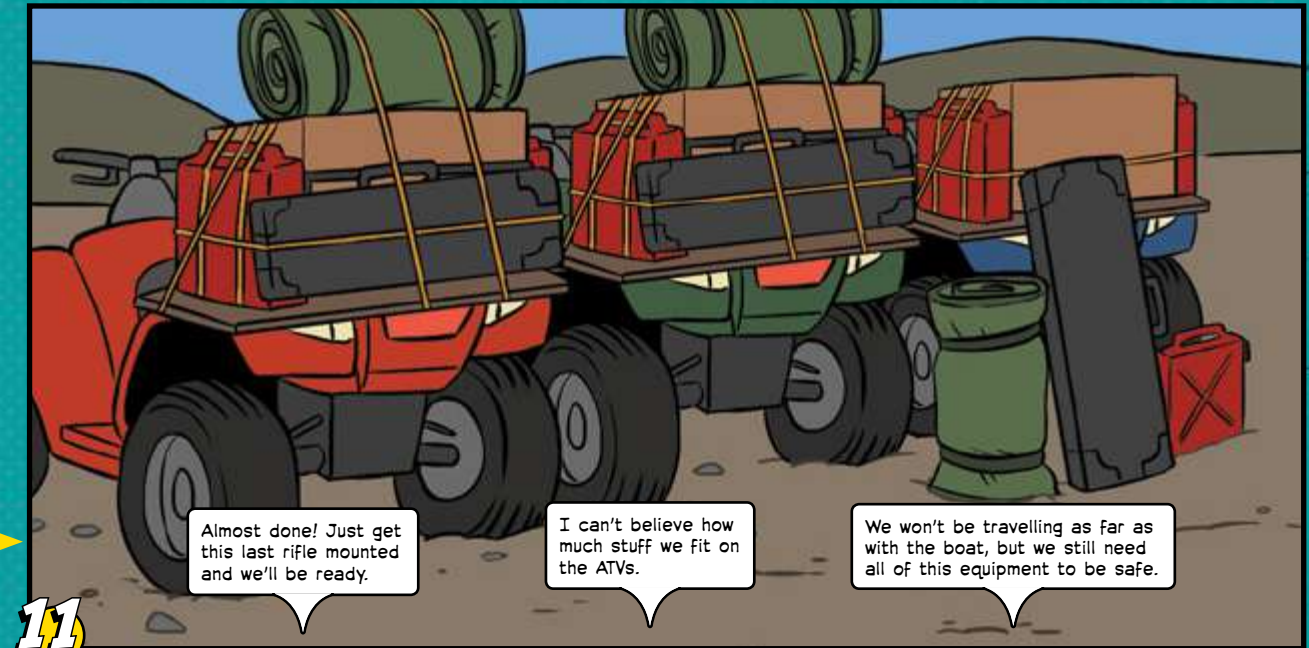
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One of us will have to take these gas cans to the pump to get them filled.

I'll go! Can I take your ATV, Uncle?

Yes. Drive safely.

7





A Cape Dorset Art Group Just for Youth

There are so many amazing artists in Nunavut. One group of Nunavummiut artists is called Embassy of Imagination. They believe in teaching art as a way to support mental health. Embassy of Imagination brings professional artists together with young people to make art.

The group is located in Cape Dorset. Embassy of Imagination runs workshops that any youth can sign up for. Some of the workshops Embassy of Imagination has offered include:

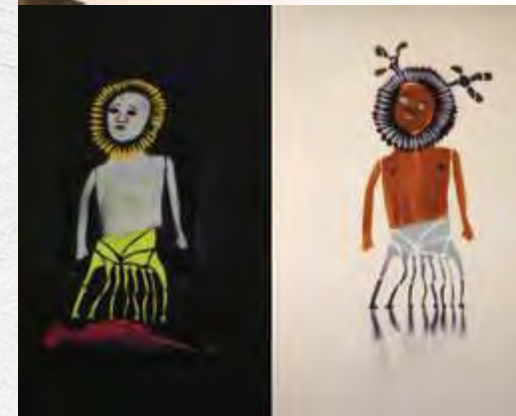
- How to paint murals (very large paintings on walls)
- How to take photographs
- How to do traditional printmaking
- How to create your own sketchbook to draw in
- How to make musical instruments, like flutes and drums
- How to make costumes



Making art can support a healthy mind. It is also a fun, creative experience. You can show emotions like joy, anger, love, or confusion through art. Making art can support you in dealing with difficult situations. You can get to know your feelings better by making art about them. Making art is a way to learn about and celebrate your past and your culture. It's also a way to learn more about people and cultures around the world.

“What I’ve learned is, if you work hard, you can get something amazing at the end,” says Parr Josephie, an artist who lives in Cape Dorset. He worked on many Embassy of Imagination projects as a teenager. Now he is an adult, and he teaches youth who come to Embassy of Imagination workshops.

Groups of young artists work together on different projects. These projects can be found all over the country. In Igloolik, they have created art out of napu from qamutiiks. They have also made beautiful paintings on community garbage bins in Cape Dorset and large murals on buildings in Toronto, Ottawa, and Montreal.





In 2017, Embassy of Imagination artists were included in a show at the Art Gallery of Ontario in Toronto. The title of their art is *Towards Something New and Beautiful + Future Snowmachines in Kinngait*. The group made art to remember Peter Pitseolak High School, which burned down in Cape Dorset in 2015. This is how the project worked:

- The youth artists made small sculptures of snowmobiles out of playdough.
- The group took photos of the sculptures.
- They scanned the photos into computers.
- They used computer software to turn the scans into 3D moulds.
- They used the moulds to make new versions of the sculptures out of aluminum. The aluminum came from the remains of Peter Pitseolak High School.

Making and sharing art can be a wonderful way to be part of a community and to share a part of yourself with others around you. It can be a way to deal with difficult feelings and situations. And it is a lot of fun. ■

Did You Know?

Cape Dorset is sometimes called the capital of Inuit art. It is known worldwide as an important place for painting, carving, sculpture, and printmaking. Many people who live in Cape Dorset make money with their art. Some people make being an artist a full-time career. Others make art as a second job, or in their free time. Famous Cape Dorset artists include Kenojuak Ashevak and Pudlo Pudlat.

Visit

www.embassyofimagination.com
for more information.



Northern
Beats!



LISTEN TO

TANYA TAGAQ

If you've ever heard Tanya Tagaq's music, you know that it is hard to describe. She is unique, and people all over the world are starting to discover her sound!

Tanya Tagaq was born in Cambridge Bay, and she went to residential school in Yellowknife. When she was young, she faced a lot of struggles. She says she did not feel close to Inuit culture as a child and that it has taken her a long time to be proud of who she is.

Tagaq is not a traditional throat singer. She sings by herself instead of with a partner. She is always careful to say that her throat singing is very different from traditional throat singing. This is especially important as she becomes more well known around the world. Many people have never heard throat singing until they hear Tanya Tagaq's music. She wants people to know that she is not trying to represent traditional Nunavut throat singing. She is creating her own sound.

Most of Tagaq's songs do not have lyrics. Instead, she uses her mouth, nose, and throat to make rhythmic noises. Sometimes she imitates sounds in nature, like howling wolves or gurgling water.

Many throat singers learn from their mothers, grandmothers, or other elders. But that is not how Tagaq learned. When she was going to college in Halifax, her mother sent her tapes of traditional throat singing. She says she often practised in the shower!

Most of Tagaq's performances are improvised. That means she and her band make the songs up as they go along! People who see her perform get a different experience every time. She also has music that you can buy or listen to online.

Tagaq won a Canadian music award called the Polaris Prize in 2014. She was the first Indigenous person ever to win the award. When she accepted the award, she spoke about the importance of seal hunting to Inuit.

Tagaq is an activist as well as a singer. That means she works to make her community and the world a better place. She brings a lot of attention to issues like seal hunting, climate change, and women's rights. She says, "People ask why I chose to be an activist. It's not a choice." To Tagaq, it's important to bring attention to issues that affect Inuit and the whole world. ■

Advice Column

Am I in a healthy relationship?

QUESTION

I've been dating someone for a month. We have a lot of fun together and really like each other. But lately my partner wants to spend all our time together. I want to spend time with my friends and family, too, but my partner gets upset whenever we're apart. Is that normal? What should I do?

ANSWER

It's totally normal to feel excited about a new relationship. But sometimes, those feelings can keep us from seeing that a relationship isn't as healthy as it should be.

It sounds like your partner isn't respecting your boundaries and is trying to control you. That is not healthy. To make your relationship healthier, tell your partner firmly that you are going to spend time together, but you will also need to take some time apart to spend with friends and family. If your partner is okay with that, you can keep seeing each other. But watch out for other warning signs that your partner is trying to control you, like criticizing you for what you wear.

Controlling behaviour is never okay. If your partner is trying to control you, make you feel bad about yourself, or keep you from spending time with other people or doing things you enjoy, or if he or she is hurting you in any way, it's time to end the relationship. Tell someone you trust about what's going on. This person can help you to decide how to end the relationship.

If you feel afraid to break up with someone, have someone else close by when you break up. If you feel unsafe after breaking up with someone, call the RCMP emergency line for your community.

How can I tell if my relationship is healthy?

In a healthy relationship, you and your partner:

- ✓ Choose to be together, and enjoy spending time together.
- ✓ Set healthy boundaries. This means being able to take time for yourself and doing things you enjoy away from each other.
- ✓ Talk to each other, listen to each other, and show respect for each other.
- ✓ Don't rush into kissing, touching, or sex. This means taking time to get to know each other, to build trust, and to feel comfortable together.
- ✓ Ask for consent. This means getting permission before any sexual activity, including sex, kissing, touching, or even holding hands.
- ✓ Practise safer sex. This means protecting each other from sexually transmitted infections (STIs) and unplanned pregnancy. Visit the health centre before having sex to be tested for STIs and discuss birth control.
- ✓ Argue in healthy ways. It's okay to get mad or disagree. It's not okay to lie, cheat, or hurt each other.



How can I tell if my relationship is unhealthy?

In an unhealthy relationship, your partner:

- ❌ Is jealous, or doesn't trust you. Your partner may prevent you from spending time with other people or doing things without him or her.
- ❌ Does not ask for your opinion or respect your choices.
- ❌ Hurts you on purpose with words or physical actions.
- ❌ Does not ask for consent, and expects you to do things that feel uncomfortable or unsafe.

What is consent?

Relationships are not just about sex, but sex can be part of a healthy relationship if you and your partner both feel ready. It's important to remember that only an enthusiastic "yes" means consent. It's important to always **ask** your partner, **listen** to his or her answer, and **respect** his or her decision. This also means **not** engaging in sexual activities if you or your partner is intoxicated. You cannot be sure of consent if one of you has consumed drugs or alcohol.

You may need support to leave an unhealthy relationship. Talk to someone you trust:

- 👤 Nurse
- 👤 Mental health worker
- 👤 Social worker
- 👤 Teacher
- 👤 Elder
- 👤 Caregiver
- 👤 Nunavut Kamatsiaqtut Helpline (1-800-265-3333)

If you are in danger or thinking about harming yourself or others, call the RCMP emergency line for your community. ■

Want more information?
Visit www.irespectmyself.ca





The Truth about Tobacco

By Alianai Niviatsiak

Is Tobacco Really So Bad?

My name is Alianai Niviatsiak and I live in Iqaluit. All my life, I have been surrounded by tobacco. My parents, siblings, and most people I know smoke or chew tobacco. I tried smoking cigarettes for the first time when I was just 14 years old. I became addicted by the time I was 15. I tried smoking because it was “cool” and “everyone else did it.” I have tried quitting many times, and I am going to keep trying until I quit for good.

In Nunavut, 74 percent of Nunavummiut aged 16 and older smoke every day. This is more than three times higher than the number of people who smoke every day in other parts of Canada. Most people know that cigarettes and chewing tobacco are very dangerous for your health. But people of all ages continue to smoke.

It’s time that we, as Nunavummiut, decide to be healthier, for ourselves and our future.

Nicotine is the addictive substance in cigarettes. Nicotine is also found in chewing tobacco. Even though many people know that cigarettes and chewing tobacco are bad for their health, they continue to use them because they are addicted.



Is Chewing Tobacco Bad for Me?

Some people think that chewing tobacco is less bad for you than smoking. All tobacco products are bad for you, including chewing tobacco. It gives you bad breath, cavities, and stained teeth. You also have to spit all the time. A lot of people find that really gross.

Chewing tobacco can lead to many different kinds of cancer, including cancer of the mouth, throat, and stomach. It can also cause problems with your brain, heart, and gums. If you are pregnant, chewing tobacco is very harmful for your baby.



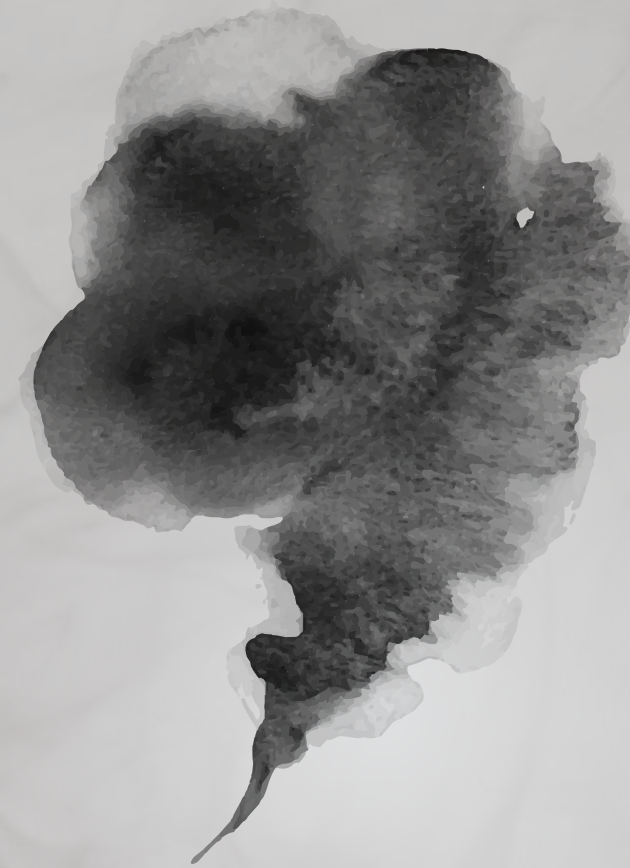
Chewing tobacco is very addictive. A single can of “dip” (moist snuff tobacco) has the same amount of nicotine as four packs of cigarettes.

Cost Calculator

In Nunavut, you might spend \$30 a week on cigarettes or chewing tobacco.* If you quit, what could you buy with the money you saved?

CHEWING TOBACCO OR CIGARETTES	WHAT COULD YOU SPEND YOUR MONEY ON INSTEAD?
1 week = \$30	A birthday gift for a family member 
1 month = \$130	A new pair of shoes 
6 months = \$780	A new video game system 
1 year = \$1,560	A new bike 
5 years = \$7,800	One or two round-trip flights from Nunavut 
10 years = \$15,600	A new snowmobile or ATV 

*Tobacco prices may be even higher in some communities in Nunavut.



What about Second-Hand Smoke?

Regular cigarettes are a source of second-hand smoke, which is smoke you breathe in when someone else is smoking. Second-hand smoke can hurt anyone, including babies, kids, adults, and elders. Don't smoke inside, and when you are smoking outside near others, make sure to take at least three big steps away from anyone near you, especially children.

You Can Quit!

There are lots of ways to quit tobacco. Visit the health centre in your community for information or products, like nicotine patches, inhalers, or even medication, to help you quit. These products are available for free.

Quitting can be difficult. If you are having trouble quitting, slowly cut back on the number of cigarettes or the amount of chewing tobacco you use each day until you are not using any at all.

Remember, the easiest way to avoid smoking is to never start! ■

For more information about quitting:

- ✓ Visit www.nuquits.ca
- ✓ Call **1-866-3NU-QUIT (368-7848)**
- ✓ Visit the **"Tobacco Has No Place Here" Facebook page**



Alex Flaherty, Owner of Polar Outfitting



What Is the Business?

Alex Flaherty is a business owner in Iqaluit. He started his own outfitting business, Polar Outfitting, in 2016. It offers many different outdoor trips, such as:

- ✓ Hunting
- ✓ Boating
- ✓ Fishing
- ✓ Camping
- ✓ Dogsledding
- ✓ Clam digging
- ✓ Floe-edge trips
- ✓ Helicopter tours

Alex's business also offers special deals that invite people to experience Inuit culture. In one activity, guests can eat a meal of country food and then watch throat singing, drum dancing, and Inuit games. In another activity, tourists can stay in an iglu for a night, and hopefully see the northern lights. More than 500 people from all over the world have already used Polar Outfitting's services to explore Nunavut!

Starting the Business

So how did Alex start his own outfitting business? He needed a lot of knowledge and experience. He grew up in Grise Fiord and spent a lot of time on the land. He tried to learn as much as he could about hunting, fishing, and land skills from more experienced hunters.

When he got older, Alex moved from Grise Fiord to Iqaluit. He graduated from the Environmental Technology Program at Nunavut Arctic College. For a long time, Alex was a guide for different outfitting businesses in Iqaluit. He also worked for the Fisheries and Sealing Division of the Department of Environment. He travelled to communities across Nunavut to teach people how to protect fish populations.

Alex's experience working for other outfitting businesses taught him important skills that he uses when running his own business. Today, Alex has several guides working with him at Polar Outfitting. He even has a cook who demonstrates how to prepare country food and makes food to bring on trips on the land.

In order to open his business, Alex had to get an outfitter's licence from the Government of Nunavut. If you are interested in becoming an outfitter, or starting your own business, you can get more information from:

The Tourism and Cultural Industries division of the Department of Economic Development and Transportation

Nunavut Tourism, the territory's tourism industry association



Giving Back to the Community

Alex is passionate about giving back to his community through Polar Outfitting. He often invites youth to join him on fishing and hunting trips to learn land skills. After all, that was how he learned as a boy. "I have used these skills my entire life to stay safe and provide food for my family and others," Alex says.

Polar Outfitting has also hosted a two-day healing workshop for youth. This workshop brought together teens and older people who could advise them about challenges they face in their communities.

Alex wants to create opportunities for youth to be successful. He is working with Nunavut Arctic College to develop an outfitter training program. Outfitting can be a great career choice for anyone who enjoys being out on the land and sharing knowledge with others. ■

Caption This!

Write a funny caption about this photo and share it with your friends!





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**A Cape Dorset Art
Group Just for Youth**



**Working at
a Mine Site**



**Those Who
Run in the Sky**