



Nhakenhe ame Aboriginal ane Torres Strait arenye teenager-ke utheneke artweye mapele drug arntarne-aretyenhe irrperre arne akurne areye-ketyenge?



Evidence ratings:



This resource has undergone expert review. See our Help/Q&A section for more details.

Year: Foundation Year, Year 1–2, Year 3–4, Year 5–6, Year 7–8, Year 9–10, Year 11–12

Targeted Drugs: Alcohol, Drugs (General)

Tags: Arrernte Translation

Origin: Australian

Cost:

Free

Attachments

Nhakenhe ame Aboriginal ane Torres Strait arenye teenager-ke utheneke artweye mapele drug arntarne-a

Angkentye alakenhe aneme fact sheet nhenhe-le:

Teenagers nhenhe areye-ke artweye-arlke akwele itnēnhe ayepwerite aneme drug-werne ane ngkwarl-werne atheke ileme-le	Unte kene Mwerre aneme-le ante ware ampe ngkwinhe areye arntarne-rle ngkwarlle ane drug-ketye arlke	Itne kwenhe ngenhe areme-le angkwareme, ameke arelheme-le anaye, mwantye-mwantye-ileme-le iletyeke ngkwarlle ane drugs uthene akerteke

Nhakenhe anteme itneke artweye areye irreye?

Unte apeke arle ampeke artweye, ampe arntarenhe-arenhe arlke, itneke artweye arlke unto kwenhe ameke-arelheme-le anetyeke teenage mapeke, nhenge iterrentye iwenhe akerte apeke rarle itnekenhe aneme mwantyele aretyeke. Unte kene teenagers ngkwinhе areye alpme-ilerle ngkwarlle ane drugs arrpenhe areye-arlke ane rtepake arlke, atheke-atheweke irreyeke. Tips arrpenhe nhenhe areye arlye, alpe akerte rarle akwele nhenhe itne.

1. Ampe ngkwenhе ameke areme-le.

ⓘ Anetyeke, itnenhe alarkenhe alpme-iletyeke. Nhakenhe-akenke apeke arle itne ameke-arlke-areyeke. Ampe ingkereneye apele arle warreye-irreme nhenge itneke apeke arle anelhе-warreme, ane arewampe irreme-le alhwarrpe irreme-le aneme. Itne apeke arle arewampe irremele ane alhwarrpe-irremele warreye irreme-le arlkе aneme, wale itne ngkwarl-ke, rtepake-ke ane drugs-ke arlkе atheke-atheweke irreyenhe.

ⓘ Unte kene itneke-nge akwethе ayiye-ke angkerreme-le aweme-le anerle.

2. Ngenhe itne nakemele areme



◎ Nhakenhe apeke arle iterrentye ngkwinhe aneme ngkwarle-ke uthene ane drugs arrpenhe areye-arlke, wale ampe ngkwinhe areye-le ngenhe areme angkwareme-le arteke aneme. Alakenhe ikwerenge anteme kwerte iwe-tyale ane ngkwarle antywe-tyale ampe ngkwinhe areye itwenge, itnenhe akayake-ileme-le drug ketye.

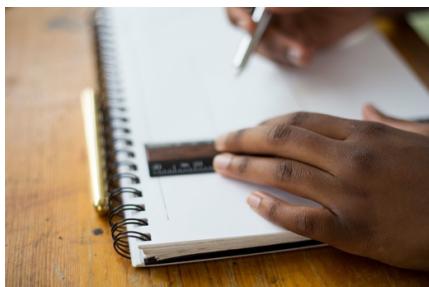
◎ Unte kene itneke imerne-rle arrkene akngerre kwenhe aneme, ngkwarle uthene drugs arlke kwenye iperre, mwerre-antye anetyeke. Ampe ngkwinhe areye ilaye ngkwenge ilenhe-tyeke nthakenhe arle irreke akerte-ke. Akaltye-le antheme-le altyerre ngkwinheke arrtetyeke ane nhenge sports-ke arlke arrekne-irrmel ametyeke.

3. Pamerleye mape antwirreke irremele anetyeke.



◎ Ampe teenager ngkwinhe areye arle areme itneke artweye mape kwenhe mwerre antwirreke irremele aneme, itne arle mwerre aneme ngkwarle-ke unthe-tyakenhe ane drug-ke arlke untheme-le anetyakenhe aneme. Ampe ngkwinhe areyeke angkerreme-le anetyeke nhakenhe-akenhe ame itne irremele aneme.

4. Itne-nge anaye itne akaltye-irremele anerlenga.



◎ Iterrentye angkerre kwenhe impene anthurre aneme. Ampe ngkwinhe areye akaltye-le antheme-le ane school werne yerneme-le akaltye irretyeke, itnenhe alkngwalke-ileme arteke, drug iperre akurnentye ilelhe-ketye. Itnenhe arle unto areme-le rnakeme-le angketyeke, nhakenhe ame itne lyete urlkere aneme.

5. Ngkwarle uthene drugs unthene impeme-le urrpare-tyeke.

◎ Ampe ngkwinhe areye kwerte, ngkwarle ane drugs anthe-tyale mwantye-le araye apmere-le arlke yanhe-urlkere aneke-tyenge, ngkwenhe yanhe ulkerekere akwete ante irreke-tyenge. Ngwenge artweye areye ilaye ampe ngkwinhe areye kwerte ane ngkwarle ane drugs areye-arlke anthe-tyale.



6. Community-nge arne mape mwaremele anaye.

- ◎ Sport arlke arteke, arne arrkerne kenhe mape-arlke, nhenge ware itnenhe instrument-ke itnenhe akaltye-le anthaye arrkerne-irretyeke, itnenhe rnakeme-le anerltaneke-tyege, itne tyerrye apurreke-irreme-le aneketyege.
- ◎ Ampe ngkwenhe areye-ke imperneme-le akaltye-le anthaye altyerre-ke, apmere atyemeye kenhe-ke, arrende kenhe-ke, meye kenhe-ke, aperleye kenhe-ke, ampe ngkwinhe areye arrkenhe arratye-ke irrpelthe- irreme imerne-lhetyeke. Arne arrpenhe areye-arlke mwaremele akaltye-irretyeke, didgeridoo arlke, arne-nge tyele mape-arlke mwaretyeke.

7. Mwantye mwantye-ileme-le itneke iletyeke, iwenhe arteke ame aneme, kwerte-kwenye, drugs-kwenye.

- ◎ Ampe ngkwinhe kwenhe akunte aneme iwenhe arteke arle aneme ngkwarle uthenhe drugs iperre. Alakenhe ikwere-iperre mwantye arntarelhe-tyeke, itne akurne ilelthetye. Ngkwenge artweye ingkerre apurte irremele ankgerremme-le anetyeke, kwerte uthene drugs utheneke akerte-ke, ampe teenager ngkwinhe areye-nge.
- ◎ Unte kene itneke ilelhe-le, unte kwenhe warreye-irreme kwerte akerte uthene drug iperre kwenhe akurne anthurre aneme. Angkentye-le rules nhenhe areye kenhe aneme, kwerte uthene drugs utheneke arlke, ilemele angkentye impene kwenhe nhenhe areye aneme.

8. Ampe teenager ngkwinhe kenhe atyewe mape unte iterle areme?



Positive Choices artwork by Jenna Lee (Larrakia artist, Gilimbaa).

- ◎ Atyewe ikwerenhe mape-le awele teenager ngkwinhe urpertelhe-ileme. Itne-nge aneme-le akwele itne angware-irreme-le anentye-akngerre, nhenge iwerlte alheketetyege, apurte irreme-le arlakelhente aneme-le.
- ◎ Iterlare angkwenge areye-nge ame ampe teenager ngkwinhe aneme. Atyewe ikwerenhe-ke artweye areye-ke angkaye, rules iwenhe ame itne-kenhe aneme drug ane ngkwarle uthene-ke, rules akwethe itne arle areme-le apente-tyenhe. Unte apeke arle iterreme ampe teenager ngkwenhe kenhe atyewe apeke arle drugs-ke urrkame, angkaye nhakenhe ame itneke iterrentye akngarte-iweme ane ulaye-le atyewe itnekenhe-ke ayiye ileme.