



# 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:

 <p>Teenagers nhenhe areye-ke artweye-arlike akwele itnenhe ayepwerite aneme drug-werne ane ngkwarle-werne atheke ileme-le</p>	 <p>Unte kene Mwerre aneme-le ante ware ampe ngkwinhe areye arntarne-rle ngkwarle ane drug-ketye arlike</p>	 <p>Itne kwenhe ngenhe areme-le angkwareme, ameke arelheme-le anaye, mwantye-mwantye-ileme-le iletyeke ngkwarle ane drugs uthene akerteke</p>
---	--	---

## Nhakenhe anteme itneke artweye areye irreye?

Unte apeke arle ampeke artweye, ampe arntarenhe-arenhe arlike, itneke artweye arlike unte kwenhe ameke-arelheme-le anetyeke teenage mapeke, nhenge iterrentye iwenhe akerte apeke rarle itnenhe aneme mwantyele aretyeke. Unte kene teenagers ngkwinhe areye alpme-ilerle ngkwarle ane drugs arrpenhe areye-arlike ane rtepake arlike, atheke-atheke irreyeke. Tips arrpenhe nhenhe areye arlike araye, alpe akerte rarle akwele nhenhe itne.

### 1. Ampe ngkwenhe ameke areme-le.

Anetyeke, itnenhe alarkenhe alpme-iletyeke. Nhakenhe-akenke apeke arle itne ameke-arle-aretyeke. Ampe ingkereneny apele arle warreye-irreme nhenge itneke apeke arle anhelhe-warreme, ane arewampe irreme-le alhwarpe irreme-le aneme. Itne apeke arle arewampe irremele ane alhwarpe-irremele warreye irreme-le arlike aneme, wale itne ngkwarle-ke, rtepake-ke ane drugs-ke arlike atheke-atheke irreyenhe.

Unte kene itneke-nge akwethe 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 arle 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 arle arrekne-irremele ametyeke.

### 3. Pamerleye mape antwirreke irremele anetyeke.

- ⊗ Ampe teenager ngkwinhe areye arle areme itneke artweye mape kwenhe mwerre antwirreke irreme-le 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 irreme-le aneme.



### 4. Itne-nge anaye itne akaltye-irremele anerleng.



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

### 5. Ngkwarle uthene drugs unthene impeme-le urrpere-tyeke.

- ⊗ Ampe ngkwinhe areye kwerte, ngkwarle ane drugs anthe-tyale mwantye-le araye apmere-le arlke yanhe-urlkere aneke-tyenge, ngkwenhe yanhe ulkereke 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, nhege ware itnenhe instrument-ke itnenhe akaltye-le anthaye arrkerne-irretyeke, itnenhe rnakeme-le anerltaneke-tyenge, itne tyerrtye apurreke-irreme-le aneketyenge.
- ☉ Ampe ngkwinhe areye-ke imperneme-le akaltye-le anthaye altyerre-ke, apmere atyemeye kenhe-ke, arrange kenhe-ke, meye kenhe-ke, aperleye kenhe-ke, ampe ngkwinhe areye arrkenhe arraty-ke irrpelthe-irreme-imerne-lhetyeke. Arne arrpenhe areye-arlke mwareme-le akaltye-irretyeke, didgeridoo arlke, arne-nge tyele mape-arlke mware-tyeke.

## 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 ilelthe-ketye. Ngkwenge artweye ingkerre apurte irremele ankgerreme-le anetyeke, kwerte uthene drugs utheneke akerte-ke, ampe teenager ngkwinhe areye-nge.
- ☉ Unte kene itneke ilelthe-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 urpeltelhe-ileme. Itne-nge aneme-le akwele itne angware-irreme-le anentye-akngerre, nhege iwerlte alheke-tyenge, apurte irreme-le arlachelhente 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 ngkwinhe kenhe atyewe apeke arle drugs-ke urrkame, angkaye nhakenhe ame itneke iterrentye akngarte-iweme ane ulaye-le atyewe itnekenhe-ke ayiye ileme.