



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-areyeye. 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



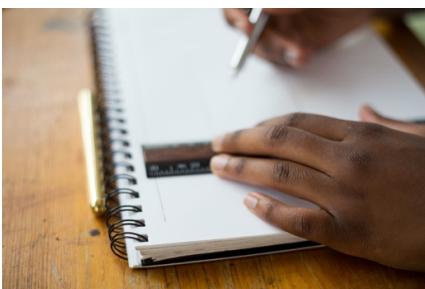
- ⊗ Nhakenhe apeke arle iterrentye ngkwinhe aneme ngkwarle-ke uthene ane drugs arrpenhe areye-arlke, wale ampe ngkwinhe areye-le ngenhe areme angkwareme-le arteke aneme. Alakenhe ikwerenge anteme kwerte iwe-tyale ane ngkwarle antywe-tyale ampe ngkwinhe areye itwenge, itnenhe akayake-ileme-le drug ketye.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