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:



Nhakenhe anteme itneke artweye areye irreye?

Unte apeke arle ampeke artweye, ampe arntarenhe-arenhe arlke, itneke artweye arlke unte kwenhe ameke-arelheme-le anetyeke teenage mapeke, nhenge iterrentye iwenhe akerte apeke rarle itnekenhe aneme mwantyele aretyeke. Unte kene teenagers ngkwinhe areye alpme-ilerle ngkwarle ane drugs arrpenhe areye-arlke ane rtepake arlke, atheke-atheke irretyeke. Tips arrpenhe nhenhe areye arlke 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-areyeke. Ampe ingkerenenye apele arle warreye-irreme nhenge itneke apeke arle anhelhe-warreme, ane arewampe irreme-le alhwarrpe irreme-le aneme. Itne apeke arle arewampe irremele ane alhwarrpe-irremele warreye irreme-le arlke aneme, wale itne ngkwarle-ke, rtepake-ke ane drugs-ke arlke atheke-atheke irretyenhe.

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

2. Ngenhe itne nakemele areme



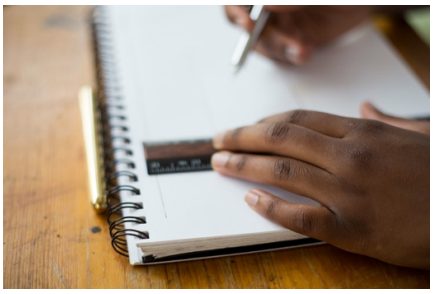
- Nhakenhe apeke arle iterrentye ngkwinhe aneme ngkwarle-ke uthene ane drugs arrpenhe areye-arlke, wale ampe ngkwinhe areye-le ngenhe areme angkwareme-le arteke aneme. Alakenhe ikwerenge anteme kwerte iwe-tyale ane ngkwarle antywe-tyale ampe ngkwinhe areye itwenge, itnenhe akayake-ileme-le drug ketye.
- Unte kene itneke imerne-rle arrkene akngerre kwenhe aneme, ngkwarle uthene drugs 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-irrmele 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 anerlenge.



- 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 unte 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 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, nhenge ware itnenhe instrument-ke itnenhe akaltye-le anthaye arrkerne-irretyeke, itnenhe rnakeme-le anerltaneke-tyenge, itne tyerrtye apurreke-irreme-le aneketyenge.
- Ampe ngkwenhe areye-ke imperneme-le akaltye-le anthaye altyerre-ke, apmere atyemeye kenhe-ke, arrenge kenhe-ke, meye kenhe-ke, aperleye kenhe-ke, ampe ngkwinhe areye arrkenhe arratye-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 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 alheke-tyenge, 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.

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