Yumpla go yan abaut elpe pren or pamle memba uda gad drug ane alcohol problem (Part 3 of 3) Torres Strait Islander Creole



Evidence ratings:

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

Year: Year 7–8, Year 9–10, Year 11–12

Targeted Drugs: Alcohol, Drugs (General)

Tags: Torres Strait Islander Creole Translation

Origin: Australian

Cost:
Free

Attachments

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Part 3

Wair dis part three blo dis factsheet yumpla go tok abaut wiskain po sapot pren or pamle memba blo yu.

Sapot sumwan

E go teke taim po sapot sumwan uda mait bin yuze alcohol or drugs e go tekem mohr den jus da wan yan.

Yu e ken elp pren or pamle memba blo yu no tekem drugs or alcohol gen bi **elpe dempla focus lo dempla goals an ol gud tings inside laip blo dempla**.

Olsem ip dempla e gad football game, yu ken elpe dempla train en yan wair dempla wiskain drugs or alcohol e ken meke dempla no play gud.

Be der po sapot dempla en let dempla sabe ol e ken trust yu.

E ken mina elpe ip pren or pamle memba blo yu sabe dempla ken rely wair yu en yu e ken oppa saip ples po dempla.

E gor mina elpe pamle or pren blo yu sabe yu der po elpe dempla ane go be gud ep yu no drink o teke dem drugs yuselp tu. E go be mina gud ip yu ken meke ol nada plun wei dempla olsem go wagbaut, sport, pisin or camping.



Spik po dempla ol ken sainzee wei blo dempla, but e go tek taim.

No trai po stap dempla prom yuze drugs ane alcohol stret-away e ken meke dempla pil bad or stressaut, en e ken meke dempla stat po yuze drugs ane alcohol gain.

Ip pren or pamle memba blo yu e no wande sainze, yu muss in-kar-rez dempla, ol muss lan wiskain po stap saip wen dempla e yuze drugs or alcohol.

Yu ken spik: ‘e gor elpi yu ip yu e drink wata ane kaikai wen yu drink alcohol’.

E ken elpe ip yu let dempla sabe yu der po dempla po yan any taim ol wandem.

Elpe e dempla go zoin lo komyunity events.

Ol pipol uda e yuze drugs sumtaims dempla e separate dempla-selp en ol luz e dempla connection wair ol pamle ane da komyunity.

E mina important ol e gad strong sapot po elpe dempla cope lo da bard habit.

E ken elpe ip yu teke dempla go wair yu po da komyunity event ane sapot dempla po ged involved.



No piged po luk apta yuselp tu.

Ip yu pil olsem e tu muss po yu, e go elpe yu tok po sumwan yu trust (e ken be Anti’s, Uncles, teacher, school counsellor, nurse or Health Officer) ane dempla ken elpe yu.

Rememba da person uda yuze da drugs em da only wan uda e ken sainzee wei blong em.

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

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