



# Nhakenhe anteme unte irreme tyerrtye ngkwarle atheke-ketye uthene, drugs irrperre-ketye, ngenhe itne apeke ah - Arrernte



## 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:** Arrernte Translation

**Origin:** Australian

**Cost:**

Free

## Attachments

[Nhakenhe anteme unte irreme tyerrtye ngkwarle atheke-ketye uthene, drugs irrperre-ketye, ngenhe itne](#)

## Key Messages



## Nhakenhe anteme unte irreme tyerrtye ngkwarle atheke-ketye uthene, drugs irrperre-ketye, ngenhe itne apeke ahele-ahele ileketyenge?

Tyerrtye arrpenhe areye kwenhe ngkwarle iperre uthene drugs irperrerle, arête irremele ahele-ahele ilrentye akngerre. Alakenhe-le kwenhe atere-rle antheme, kenhe nhene araye anteme, nhenge unte apeke arle itnenhe mwantye-mwantye-ileme-le nterte-lhe ileme-le arntarne-areme.

**Iterlare: Unte apeke arle aparteme nthakenhe irrtyeke, tyerrtye arrpeneke araye alkngente akerte-ke.**

Nhenhe areyeke apeke, meye-ke, akngeye apeke, awenhe-awenhe-ke ane apmarleye-ke apeke. Unte apeke arle arnterre wareye irrreme, Ambulance-ke 000 ringeme ilaye iparre anthurre-le, tyerrtye ngkwarle iperre ane arerte arerte irremele untheme yanheke, ngenhe ahele-ahele ileke-tyenge.

## Nhakenhe anteme unte irreme?

Unte apeke arle iterreme itneke mwantye-mwantye-ilemele angketyeke, itnenhe nterlhe iletyeye, wale nhenhe areye akwele-are:

**Itneke mwarrantye angkaye**, itnehe amantyakeme-le ilelhaye, unte arle itnenhe alpme iletyeye ahentyaneme. Mwarrantye itneke werne atheke angkaye, arne arpenenhe mwaretyeke uterne-tyale, ngenhe itne alkngente-iwelheme-le angeke-tyenge ane arlpe arteple ante aweke-tyenge,

- ⓘ **Itneke werne atheke alheme-le, amulte atherre inkaye**, ilye imparkerte, ante akaperte kwene awerne irreme-le.
- ⓘ **Are-urrkaye, tyerrtye nhenhe ame apmere akethe-le urlkere.** Re apeke atere awelhe-ketye apmere akweke-nge. Unte apeke arle iparrpe tyerne-lhetyenhe-ke atere irreme-le.



- ⓘ **Tyerrtye nhenhe urrke-ke impaye, rarrpe iterreme-le angketyeke.** Itnenhe urrke awaye, ane itnenhe ileme-le unte kwenhe iterlareme, itne iwenhe arteke awelheme. Alakenhe apeke angkaye: "Alakenhe kwenhe arratyte akurne anthurre".

## Nhakenhe anteme ikwere iperre irreme?

Nhenge unte arle atere- irremele areke tyerrtye arerte irreme-le ante ahele-ahele irrerlenge ngkwenge atheke. Unte apeke arle alhwarre awelheme, warreye irreme, atnulkeme-le areke iperre, ane ahentye ampeme. Alakenhe ikwenge anteme unte arntare-lheme-le anetyeke, alakenhe ikwere-ketye. Angkemele anaye Aboriginal Health worker-nge apeke and atyene ngkwinhe arenge arlke, unte apeke arle mwerre urlkere anteme awelheme. Unte apeke arle ameke arlhemele anteme anemenge.

Tyerrtye nhenhe-ketye apeke arle unte pwerepe irreme, ikwere angketyeke ahentye-anetyakenhe. Factsheet nhenhe urrke araye nhakenhe **Aapeke alpme iletyeke atyewe ngkwinhe uthene ane ngkwenge artweye uthene drug iperre-ke.**

## Plan mwerre mwaretyeke.

Unte apeke arle warreye irreme tyerrtye nhenek drugs iperre ante ngkwarl iperreke arête irremele aheke-aheke ilektyenge, plan mwerre nhenhe ikwere akerte arle impene anthurre arle, iparrpe apeke arle unte arratemele unte-tyenheke.

Iterlartye-ke nhakenhe-akenhe irretyeke. Plan Mwerre nhenhe-le akenhe nhenhe areye akerte aneme:

- ⓘ **Phone number impene areye arlek akerte.** Nhenhe areye arlke 000, local hospital ngkwinhe ante Tyerrtye kenhe Medical Service, atyewe ngkwinhe kenhe numper, atyene ngkwinhe kenhe, apmere itwerle aneme areye-kenhe.
- ⓘ **Phone call mpware-tyeke alhaye, arlenge werne-awrne, aweketyeke.** Nhenge unte apeke alpeke ringeme-iletyeke, unte apeke iterreme tyerrtye nhenhe apeke apale iterreme-le ahele angke-ketye.
- ⓘ **Alhaye apmere mwerre-ke aretyeke, nhenge unte apeke anetyeke.** Ngkwenge artweye kenhe apmere-werne apeke, awenhe-awenhe kenhe werne apeke, apmarleye kenhe werne apeke, atyewe ngkinhe kenhe apmere-werne apeke.

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## Unte kwenhe anyente anetyakenhe

Unte arle anyente urrkape-me-le anetyake-nhe alakenhe ikwereke, iterlare tyerrtye arrpenhe areye-arlke kwenhe urrkaperlte aneme, ngenhe apeke ameke-arle aretye-nheke. Unte apeke arle uyarne arnterre iterreme, urrpake-arle iperre, tyerrtye arrpenhe nhenhe areyeke arlke angkeme-le anaye. Iterlare tyerrtye drugs atheke nhenhe rante akwele itterntyte ikwerenhe akngarte-iwelheme. Aboriginal and Torres Strait Islander arenyle Ingkerre-le kwenhe arntwirke-irremele arntarnte -arreltaneme itterntyte rlterrke anyeme-le.



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