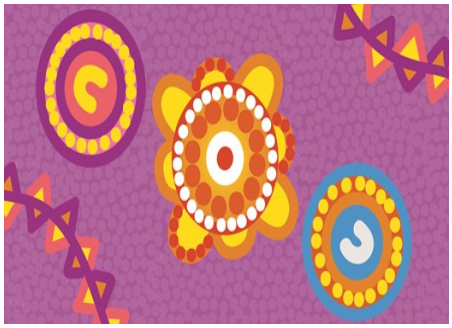
Positive Choices
Drug and Alcohol Information
Get informed, stay smart, stay safe

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 nhenhe araye anteme, nhenge unte apeke arle itnenhe mwantye-mwantye-ileme-le nterte-lhe ileme-le arntarne-areme.

Iterlare: Unte apeke arle aparteme nthakenhe irretyeke, 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 iparrpe 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 nterlelhe iletyeke, wale nhenhe areye akwele-are:

Itneke mwerrantye angkaye, itnehe amantyakeme-le ilelhaye, unte arle itnenhe alpme iletyeke ahentyaneme. Mwerrantye itneke werne atheke angkaye, arne arrpe-anenhe mwaretyeke uterne-tyale, ngenhe itne alkgente-iwelheme-le angeke-tyenge ane arlpe arteple ante aweke-tyenge,

- **Itneke werne atheke alheme-le, amulte atherre inkaye,** iltye imparlkerte, 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 arratye 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 alhwarrpe 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 **Apeke alpme iletyeke atyewe ngkwinhe uthene ane ngkwenge artweye uthene drug iperre-ke.**

Plan mwerre mwaretyeke.

Unte apeke arle warreye irreme tyerrtye nheneke drugs iperre ante ngkwarle 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 numper impene areye arleke 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, aweketyenge.** Nhenge unte apeke alpeke ringeme-iletyeke, unte apeke iterreme tyerrtye nhenhe apeke apale iterreme-le ahele angke-ketyenge.
- **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.

Click here for more places where you can find help

Unte kwenhe anyente anetyakenhe

Unte arle anyente urrkapeme-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 iterrentye ikwerenhe akngarte-iwelheme. Aboriginal and Torres Strait Islander arenye Ingkerre-le kwenhe arntwirrke-irremele arntarnte -arreltaneme iterrntye rlterrke anyeme-le.



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

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