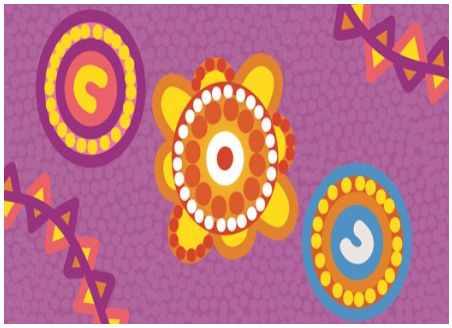
Positive Choices
Drug and Alcohol Information
Get informed, stay smart, stay safe

Wiskain yu go protect yuselp ip sumwan yuze alcohol o drugs, ane dempla e go graul or wande hitty yu? - 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

Wiskain yu go protect yuselp ip sumwan yuze alcohol o drugs, ane dempla e go graul or wande hitty yu

Da key messages blo dis fact sheet e



Wiskain yu go protect yuselp ip sumwan yuze alcohol o drugs, ane dempla e go graul or wande hitty yu?

Sumtaim wen ol pipol e drink alcohol o yuze ol drugs dempla ken galpis or wande hitty yu. Diswan ken mait meke yu pright, but e gad ol wei's yah wair yu ken trai po calm dempla daun, ane yu muss protect yuselp tu.

Rememba: Ip yu no sure wanem po mekem, pindy adult uda ken elpe (olsem, mum, dad, Anti, or Uncle blo yu). Ip yu mina wori, ring-up 000 po gedi ambulance. Diswan mina important ip da person e tu drunk o high po sabe wanem e appen o ip dempla start po threaten yu.

Wanem yu ken mekem?

E gud po mekem demkain ya ip yu e pil laik yu ken tok po dempla ane elpe dempla calm daun. Trai demwan ya:

- **Yu muss stap calm en spik po dempla, wair slow clear voice.** E gud idea po spik dempla yu care abaut dempla en wande elp. Trai no po sound laik yu spik dempla wanem por mekem, diswan mait meke dempla wail den ol no go wande lesen. Yu ken spik: "I wori abaut yu ane I wande elpe yu"

- **Mek-sure body langgus blo yu e no threatening.** Yu ken mekem diskain ya, kipi an blo yu open ap, or putty ed blo yu go daun.
- **Mek-sure da person e gad plenty room ane space raun dempla.** Diswan e go stap-e dempla prom pil laik ol e trapped o threatened. Diswan e go elpe protect yu tu, so yu ken mub awai prom em ip yu no pil saip.



- **Gibi da person taim po tink ane ansa.** Lesen po dempla ane spik po dempla yu sabe wiskain ol pil, laik yu ken spik diskain ya, “yagar yu right ahh diswan muss prapa upset yu”.

Wanem po mekem apta?

Ip ol bin hitty yu o wail, yu mait go pil ol nudakain pilin apta. Yu mait go pil wail, shock, unhappy o wori. Daswai e mina important por luk apta yuselp apta wen sumting laik dis e appen. Yan wair ol pamle o sumwan uda e sabe wanem po mekem olsem wan Aboriginal ane Tores Stret Ailan Health warka e go meke yu pil better.

Yu mait no go sabe wiskain po yan o act roun da person. Yu ken luk lo da factsheet abaut;

Wiskain po elpe pren or pamle memba uda gad drug problem

Meke saipty plan

Ip yu wori sumbodi go ged wail o go hitty yu apta dempla drink alcohol o bin yuze drugs, e ken be gud idea po habi saipti plan. Diswan go elpe yu po sabe u go be saip en wanem po mekem ip yu pil pright. Da saipty plan blo yu, e go mait gad:

- **A list ob important fone namba’s.** E ken be 000, local hospital or Aboriginal ane Torres Strait Ailan Medical Service blo yu, ane nambas blo pamle or pren uda e stap ya klostun
- **Pin-dair ples wair yu ken ring-ap wair nobodi ken lesen yu.** E ken be gud ip yu need po ring-up po elpe, en yu no wande dempla po wail wair yu.
- **Pindair sumwair saip wair yu ken go ip yu need-em.** E mait be da ouse blo pamle memba, Anti or Uncle blo yu, or pren blong yu.

Click here for more places where you can find help

Yu nor alone

Yu mait pil laik yu no gad nowan po sapot yu through dis, yu muss rememba e gad plenty pipol yah po elpe yu en sapot yu. Ip yu pil olkain nugud pilin, yan po sumwan yu trust e ken be Elder or Aboriginal en Torres Strait Ailan Health Officer. Rememba da person uda uzey drugs, dempla e da only wan uda ken sainzee wei blo dempla. Sarpot wananada diswan e olwei’s bin strength blong yumpla Aboriginal ane Torres Strait Ailan pipol, mepla komyunity e strong wen mepla sapot en lukaut po wananada.



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

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