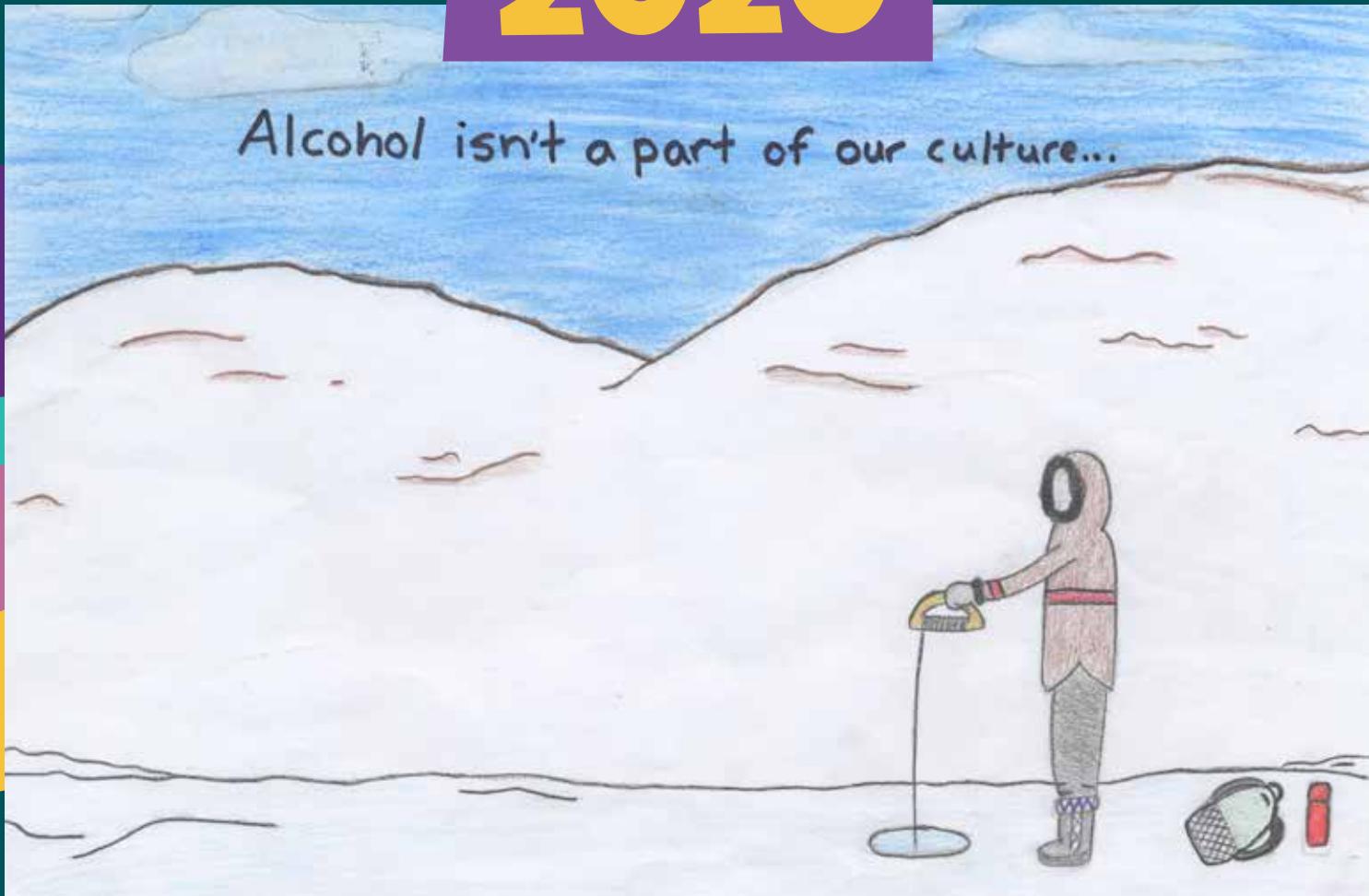


2020

Alcohol isn't a part of our culture...



ᓇᓱᐊᕕᑦ ሳጀ ስጀ ቅጀጀ የጀጀ ምጀጀ
Nunavut Taangat Higaarluktuniku
Alcohols et Cannabis Nunavut
Nunavut Liquor and Cannabis



▷ ᐃጀጀ ምጀጀ
LET'S BE AWARE
QAUYIMAGIAQAQTUGUT
AYONS LES IDÉES CLAIRES

ለጀት ዘመኑ መሠረት ሪፖርት ቅርንጫርና ጥሩ ዘመኑን ቅርንጫር
በቅርንጫር መሠረት ስርዓት ዘመኑን ቅርንጫርና ጥሩ ዘመኑን ቅርንጫርና
ለጀት ዘመኑን ቅርንጫርና ጥሩ ዘመኑን ቅርንጫርና ጥሩ ዘመኑን ቅርንጫርና
ደረሰ ዘመኑን ቅርንጫርና ጥሩ ዘመኑን ቅርንጫርና.

ከፌዴራል መሠረት ስርዓት ዘመኑን ቅርንጫርና ጥሩ ዘመኑን ቅርንጫርና
የሚያስተካክለ ዘመኑን ቅርንጫርና ጥሩ ዘመኑን ቅርንጫርና
የሚያስተካክለ ዘመኑን ቅርንጫርና ጥሩ ዘመኑን ቅርንጫርና
የሚያስተካክለ ዘመኑን ቅርንጫርና ጥሩ ዘመኑን ቅርንጫርና

አንቀጽ ንዑስ ስርዓት ዘመኑን ቅርንጫርና ጥሩ ዘመኑን ቅርንጫርና
መሠረት ሰጥቶ.

ርዳቤውያን ቃል ማመልከት ዘመኑን ዘመኑን ምክንያት:

-  responsibleunavut.ca/iu
-  Ujjiqsuqta.ca
-  [/ResponsibleNunavut](https://www.facebook.com/ResponsibleNunavut)

መወገኖች መሠረት ዘመኑን ቅርንጫርና ጥሩ ዘመኑን ቅርንጫርና?

የኔድድር! የባንድዎችን ቃል ማመልከት
responsibleunavut@gov.nu.ca
የሚፈጸም ዘመኑን ቅርንጫርና ጥሩ ዘመኑን ቅርንጫርና.

The purpose of the calendar challenge was to engage Nunavummiut youth in conversations about alcohol use, including what it means to drink responsibly, and the risks associated with overuse.

We challenged Nunavummiut students throughout the territory to create their own posters that encourage the responsible use of alcohol. We received posters from over 300 students in grades 4-9. The art in this calendar is from the 12 winning entries.

Our hope is that the messages and art will be shared across Nunavut.

To see more entries from the calendar challenge, visit:

-  ResponsibleNunavut.ca
-  Ujjiqsuqta.ca
-  [/ResponsibleNunavut](https://www.facebook.com/ResponsibleNunavut)

Want more calendars sent to your community?

Let us know! Email responsibleunavut@gov.nu.ca for more information.

Tamna pityuta taphuma tatqiqhiutip akinahuaqtitni piqataupkaqninut Nunavummiut inulrammiit uqaqatigikiniq tapkuninga imirluknik aturniq, ilautitlugit qanuq tukiqaqnit imirniqmik nakuuyumik, hivuranaqnitlu piqatai atuqpallaqninut.

Uvagutlu akittautiyukhanik takhiniakhimayukhanik Nunavummiuni nuttakanik ilihakpaktunik talvani nunatuttukanik piyukhanik titikgauyaktukhanik ingmingnik titikgauyaktamingnik adjilukhimayunik makpiragakhanik ayuukiktuktauvaktukhanik atuktauvaktunik imikluktukpaktunik. Uvagutlu tuyutauvaktunik tuniyauvaktunik talvuna avaakutugit 300 akuulit nuttakanik ilihakpaktunik ilihautait 4-9. Tahapkunani titikgauyakhimayunik adjiliukhimayunik uvani tatkikiutinik pihimayunik tahapkunani 12 nik taahivaktunik uktukpaktunik taaktakhanik taakhiniakhimayunik.

Uvagutlu naahugidjutivaktugut pilutik ihumagiyauvaktukhanik tuhayauvaktukhanik uvunalu titikgauyakhimayunik adjiliukhimayunik havakhiklutik.

Takuyangi ilagiyai tuniyauyut tapkunanga tatqiqhiut akinahuarutaunit, takulugu:

-  ResponsibleNunavut.ca/in
-  Ujjiqsuqta.ca
-  [/ResponsibleNunavut](https://www.facebook.com/ResponsibleNunavut)

Piyumavit tuyuatauvalliqni tatqiqhiutit nunaliknut?

Tuhaqhitluta! Qaritauyakkut
responsiblenunavut@gov.nu.ca tuhaqpalliriami!

L'objectif de ce défi du calendrier était d'engager un dialogue avec les jeunes Nunavummiuts sur la consommation d'alcool, y compris en quoi consiste une consommation responsable et les risques associés à une consommation excessive d'alcool.

Nous avons mis au défi les élèves Nunavummiuts d'un bout à l'autre du territoire, de créer leur propre affiche qui encourage la consommation responsable d'alcool. Nous avons reçu des affiches de plus de 300 élèves de la 4e à la 9e année. Les œuvres d'art des 12 gagnants figurent dans ce calendrier.

Nous espérons voir leurs messages et leurs œuvres partagés à travers tout le Nunavut.

Pour voir d'autres inscriptions au défi du calendrier, prière de visiter :

-  ResponsibleNunavut.ca/fr
-  Ujjiqsuqta.ca
-  [/ResponsibleNunavut](https://www.facebook.com/ResponsibleNunavut)

Aimeriez-vous obtenir des calendriers additionnels pour votre collectivité? Dites-le-nous! Envoyez un courriel à responsiblenunavut@gov.nu.ca pour plus d'information.

Don't Miss
Out on
LIFE!



Stay Alcohol Free

DRINK SAFE AND DON'T Binge DRINK



Women
Should only
have 2 cups
a day and no
more.



Men should
only have 3
cups a day
and no more.

Binge drinking is
when you have more
than 2 or 3 drinks.



Instead of Alcohol drink water!

DO
NOT
Drink
When you
are Pregnant

Dont
Depend on

Alcohol





呶ΔΔ· P. Haley K.

ᓇ៥៥᭗᭗᭗ 7, Δ᭗᭗᭗᭗ • Grade 7, Iqaluit
Puqtuhiniq 7, Iqaluit • 7^e année, Iqaluit

Ӯ᭗᭗᭗᭗ · FEBRUARY · IDJIRURVIA · FÉVRIER

ᓇ᭗᭗᭗᭗ Sunday Unaguiqhirvia Dimanche	ᐊ᭗᭗᭗᭗ Monday Hivulliq Lundi	ᐊ᭗᭗᭗᭗ Tuesday Aippiut Mardi	ᐊ᭗᭗᭗᭗ Wednesday Pingattiat Mercredi	ᓇ᭗᭗᭗᭗ Thursday Hitammiut Jeudi	ᬸ᭗᭗᭗᭗ Friday Tallimmiut Vendredi	ᬸ᭗᭗᭗᭗ Saturday Saaluuti Samedi
<p>CL᭗᭗᭗᭗ ᐃ᭗᭗᭗᭗ ᐃ᭗᭗᭗᭗ ᐃ᭗᭗᭗᭗ ᐃ᭗᭗᭗᭗ ᐃ᭗᭗᭗᭗</p> <p>Δ᭗᭗᭗᭗ ᐃ᭗᭗᭗᭗ ᐃ᭗᭗᭗᭗ ᐃ᭗᭗᭗᭗ ᐃ᭗᭗᭗᭗ ᐃ᭗᭗᭗᭗</p> <p>ᐃ᭗᭗᭗᭗ ᐃ᭗᭗᭗᭗ ᐃ᭗᭗᭗᭗ ᐃ᭗᭗᭗᭗ ᐃ᭗᭗᭗᭗</p> <p>Both men and women should plan to have at least two drink-free days every week to prevent drinking from becoming a habit.</p>	<p>Tamarmik angutit arnallu ihumaliuqtukhaugaluaat niuqqangitkumik malruuknik ublunik atauhiqmi Santimi imiinaqtailigiamí pitquhinguqtinnagu.</p> <p>Les hommes, tout comme les femmes, devraient prévoir au moins deux jours sans alcool chaque semaine pour éviter que la consommation devienne une habitude.</p>					1
2	3	4	5	6	7	8
9	10	11	12	13	14 ᐊ᭗᭗᭗᭗ J̄r̄l̄l̄l̄ Valentine's Day Piapaginiqmut Upluutaa Jour de la Saint-Valentin	15
16	17	18	19	20	21	22
23	24	25	26 ᐃ᭗᭗᭗᭗ ᐃ᭗᭗᭗᭗ ᐃ᭗᭗᭗᭗ ᐃ᭗᭗᭗᭗ Pink Shirt Day Aupayaangayumik Iluvruaqturnaqtuuq Upluutaa Journée chandail rose	27	28	29

No more Alcohol! let it
break and fall, it doesn't
belong in our culture at all





ኋል ፊል ፈና Shaye & Ezra

፳፻፲፻ ዓ.ም 7, ደንብኬትኬውያን • Grade 7, Cambridge Bay
Puqtuhiniq 7, Ikaluktuttiak • 7^e année, Cambridge Bay

መርከር • MARCH • QIQAIYAQVIA • MARS

እሁድ Sunday Unaguiqhirvia Dimanche	አሁኑ Monday Hivulliq Lundi	ዓዲስ Tuesday Aippiut Mardi	አሁኔታ Wednesday Pingattiuut Mercredi	የርተጥር Thursday Hitammiut Jeudi	ርጠጥጥር Friday Tallimmiut Vendredi	የቅርቡ Saturday Saaluuti Samedi
1	2	3	4	5	6	7 መርከር ዓመትና World Health Day Nunaqyuami Aanniaqtai- iniqumit Upluitaa Journée mondiale de la Santé
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	አጥቃቶች በመርከር የዕስና የሞትና መሆኑን የሚያስፈልግ የሚያስረዳ የሚያስገቡ የሚያስቀበል የሚያስቀበል የሚያስቀበል የሚያስቀበል Zero alcohol is safest when you are driving a vehicle, like a car, snowmobile, boat, ATV, or if you are using machinery or tools.			
			ለማጓቢዎች እኩዎች እንደሚያስፈልግ የሚያስቀበል የሚያስቀበል L'absence de consommation d'alcool constitue le choix le plus sûr lorsque vous conduisez un véhicule, comme une voiture, une motoneige, un bateau ou un VTT, ou que vous utilisez de la machinerie ou des outils.			

Lets go camping

Everyone is responsible

Try be busy

Savemoney Live better

Be safe

Enjoy Family time



A lcohol is addictive

W ays to say no

A lcohol is bad for you

R esponsible drinking

E at before and while drinking



2020

Q̄NΔ A. Troy A.

კუგარუქ • Kugaaruk

Δ<> • APRIL • QITIQAUYAQVIA • AVRIL

სამstag Sunday Unaguiqhirvia Dimanche	ასომთავრის Monday Hivulliq Lundi	დღე Tuesday Aippiut Mardi	ვაკე Wednesday Pingattiat Mercredi	ივნის Thursday Hitammiut Jeudi	კურთხული Friday Tallimmiut Vendredi	ერთობენ Saturday Saaluuti Samedi
			1	2	3	4
5	6	7	8	9	10 გორგონი Good Friday Tallimmiut lisitarnaq Hivuani Vendredi saint	11
12	13 ლიპარი Easter Monday lisitarvik Hivullunmi Lundi de Pâques	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	Imurluk havautinut havaktailidjutiqyaa hakugiktipiarutiqyiaaluuniit taimaa nakuungitumik pipkaidjutinaqtuq. Naunaiqvigilugu munaqhit, taaktit uvaluniit havautikhäqvit naunairainga hivurainattanga imirniqmiik. L'alcool peut diminuer ou accentuer l'efficacité des médicaments et causer de mauvaises répercussions. Consultez votre infirmière, votre médecin ou votre pharmacien pour savoir si vous pouvez consommer de l'alcool sans danger.	

you can be yourself and
spend time with your family!





ᐊᓂᒻᒪ ሌ. Angeleene P.

ᐃᓄᒃᑎᑐᑦ 7, ኔᓇ᜵᜷ ዓ. Grade 7, Hall Beach
Puqtuhiniq 7, Sanirayaak • 7^e année, Hall Beach

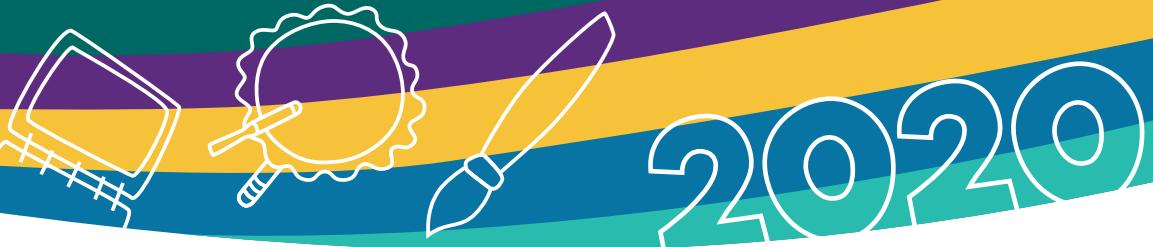
LA • MAY • QIQAIYALUARVIA • MAI

Sunday Unaguiqhirvia Dimanche	Monday Hivulliq Lundi	Tuesday Aippiut Mardi	Wednesday Pingattiuut Mercredi	Thursday Hitammiut Jeudi	Friday Tallimmiut Vendredi	Saturday Saaluuti Samedi
<p>ᐊ᜵᜷᜵ ሥ᜵᜷᜵᜷᜵, ሥ᜵᜷᜵᜷᜵᜷᜵, ሥ᜵᜷᜵᜷᜵᜷᜵ ሥ᜵᜷᜵᜷᜵᜷᜵ ሥ᜵᜷᜵᜷᜵᜷᜵᜷᜵</p> <p>If a woman is pregnant, trying to get pregnant, or is about to breastfeed, the safest option is not to drink at all.</p>	<p>Arnaq hingaihimakpat, hingaiyarahuarumi, biibinnuaminik maamaktinnahuarumiuk, nakutqiaq pidjutikhaa imingitkumi.</p> <p>Si une femme est enceinte, essaie de tomber enceinte ou est sur le point d'allaiter, l'option la plus sûre est de ne pas consommer d'alcool du tout.</p>				1	2
3	4	5	6	7	8	9
10 ᐊ᜵᜷᜵᜷᜵᜷᜵ Mother's Day Amaamait Upluutaa Fête des Mères	11	12	13	14	15	16
17	18 d᜵᜷᜵ ሥ᜵᜷᜵᜷᜵ ሥ᜵᜷᜵᜷᜵ Victoria Day Victoria Upluutaa Fête de la Reine	19	20	21	22	23
24	25	26	27	28	29	30
	31					

Brigc

If you have a family with kids please
drink responsibly.





<Δ> Paige

᜵ᜳᜮᜱ᜴ᜮᜳ 5, ምᜮᜥᜮᜳ᜻᜹ᜲᜰ • Grade 5, Gjoa Haven
Puqtuhiniq 5, Uqhuqtuuq • 5^e année, Gjoa Haven

જીએ • JUNE • IMARUQTIRVIA • JUIN

૧૦૯૮૮૮ Sunday Unaguiqhirvia Dimanche	ગુન્નિલ Monday Hivulliq Lundi	અદ્વીત Tuesday Aippiut Mardi	ઘોસ્યાં Wednesday Pingattiat Mercredi	જુલાઈ Thursday Hitammiut Jeudi	ક્રિસ્તિબ Friday Tallimmiut Vendredi	જુલાઈન Saturday Saaluuti Samedi
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21 <small>ફેદેરેશન દિવસ • Father's Day Aappait Upluitaa • Fête des Pères માર્ગાંબિંગ દિવસ National Indigenous Peoples' Day Nunaptingni Nunaqaqqaaqhaimayut Inuit Upluitaa Journée nationale des peuples autochtones</small>	22	23	24	25	26	27
28	29	30	<p>એગ્રાન્ટાન્ડ્રુન્નિન લિઝાર્ન આર્ગ્રાન્ડ્રુન્નિન લિઝાર્ન એન્ડ કોર્પ્સ લાસ્પ્રી અન્ડ અર્સ.</p> <p>Drink slowly. You shouldn't have more than two standard drinks in any three-hour period.</p>			
			<p>લિપક્લુટિટ કાગુમિતુનુઅમિક. નિઉષ્કાતુકહાંગિતુટિટ અમિગિત્ખામિક મારુન્કિનિ લિમાતુંનાતું પિંગહાનિક-ઇકારનિમિક</p> <p>Buvez lentement. Vous ne devriez pas boire plus de deux consommations normales durant une période de trois heures.</p>			



When you drink
alcohol country food won't
taste the same.



ΔΙΓ C. Esther T.

ӕӕӕӕӕӕ 8, ӕӕӕӕӕӕ 8 • Grade 8, Baker Lake
Puqtuhiniq 8, Qamanittuaq • 8^e année, Baker Lake

ӕӕӕ • JULY • TAAQHITIRVIA • JUILLET

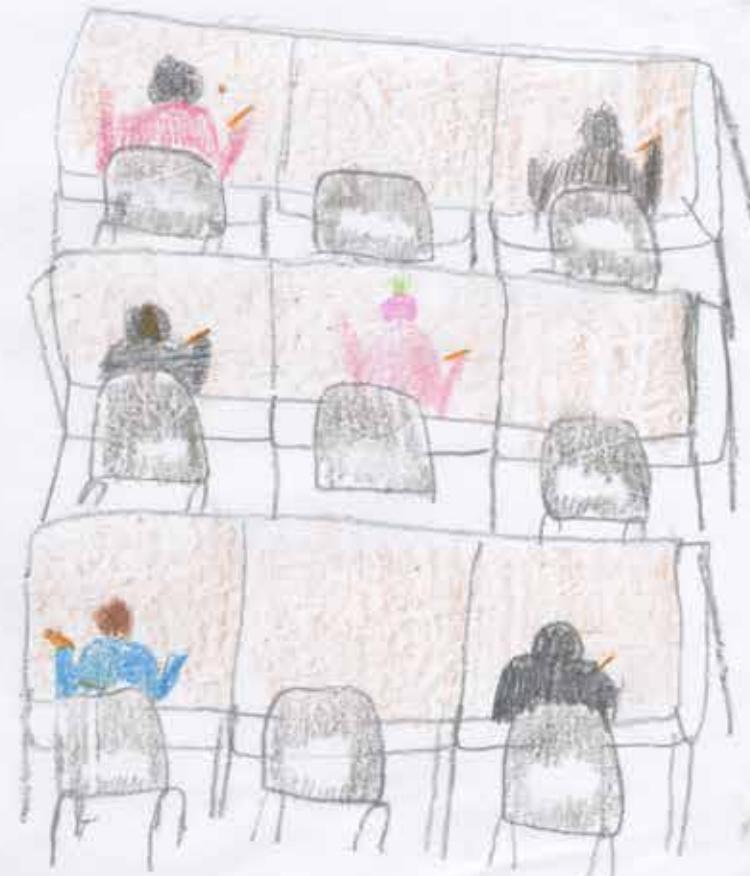
ӕӕӕӕ	ӕӕӕӕ	ӕӕӕӕ	ӕӕӕӕ	ӕӕӕӕ	ӕӕӕӕ	ӕӕӕӕ
Sunday Unaguiqhirvia Dimanche	Monday Hivulliq Lundi	Tuesday Aippiut Mardi	Wednesday Pingattiuut Mercredi	Thursday Hitammiut Jeudi	Friday Tallimmiut Vendredi	Saturday Saaluuti Samedi
ΔԼԳԵ ԱՐՁԵՑԻ ԵՐԿՐՈՅՆ ՀՐԱՄԱՆ ԱՐԴՎԵՐԸ ԱՐԵՑՈՒՅՆ ՎՃԱՐԱ ԱՐՁԵՑԻ ԱՐԴՎԵՐԸ ԱՐԵՑՈՒՅՆ Have a glass of water or a non-alcoholic drink between alcoholic drinks.	Niuqqaqpaktut qallutimik imaqmik imiungittumikluunit imiqtillutit. Buvez de l'eau ou une boisson non alcoolisée entre chaque verre d'alcool.	1 ba.ԾԾԾ ԾԾԾԾ Canada Day Kanatam Upluutaa Fête du Canada	2		3	4
5	6	7	8	9 ԾԾԾԾԾ ԾԾԾԾ Nunavut Day Nunavut Upluutaa Fête du Nunavut	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Δεκαπενταύγουστος.



We are more focused in school without alcohol!

$$\begin{aligned}(20^3) - (15^3) \\= 8000 - 3,375 \\= 4,625\end{aligned}$$





2020

ΔѲа Å. Yvonne P.

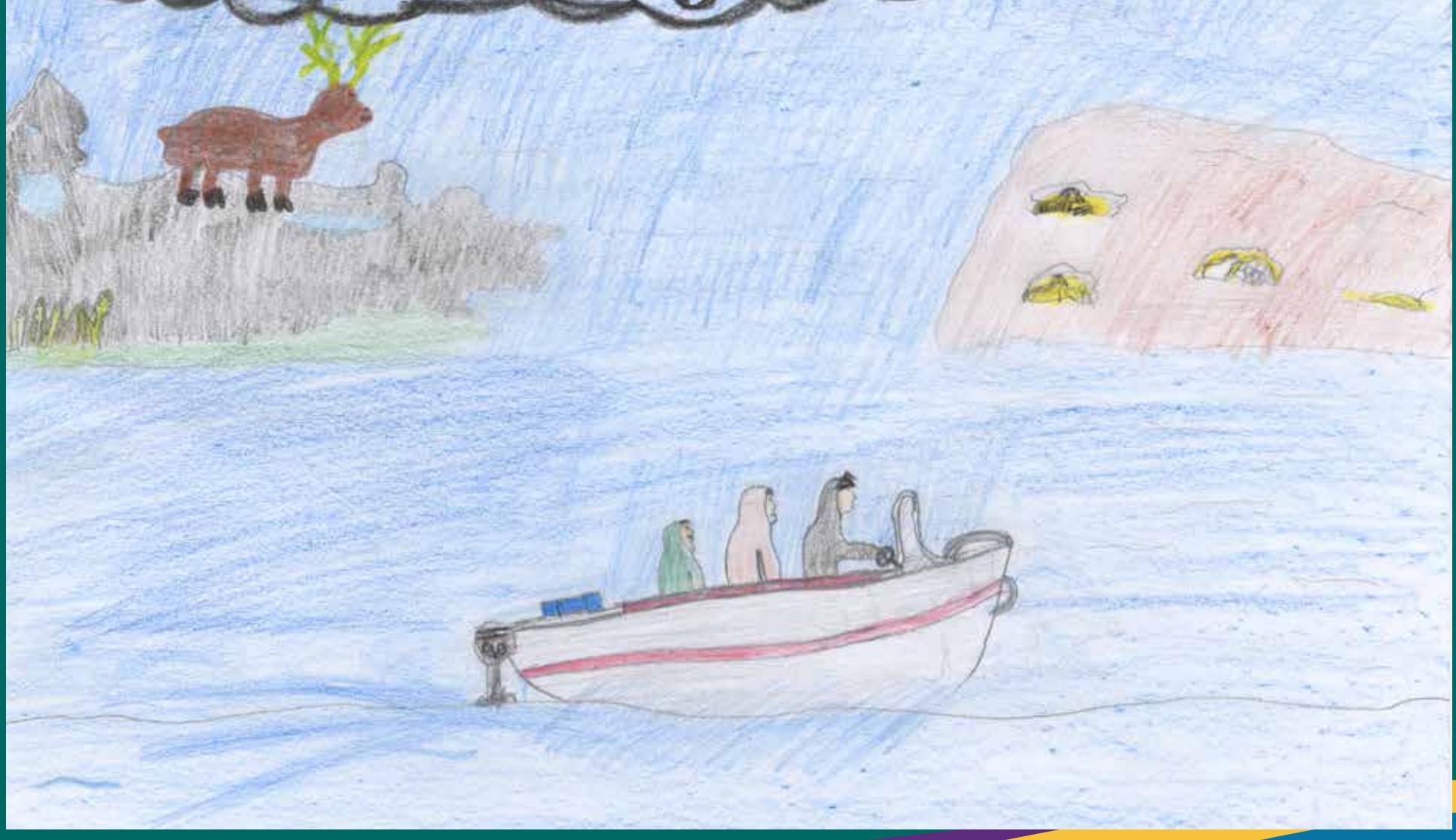
ӹԾӻӻԾ 8, ГҔӰLCԾ 8, Pond Inlet
Puqtuhiniq 8, Mittimatalik • 8^e année, Pond Inlet

ӵӰӮӦ • SEPTEMBER • APITILIRVIK • SEPTEMBRE

СӻӻРӻӻЛДӻӻԾ 8, ГҔӻӻԾ 8, Pond Inlet • SUBSTANCE USE AWARENESS MONTH
HUNIQLUNGNIK QAUHIMATTIARNIQMUT TATQIQHIUT • MOIS DE SENSIBILISATION À L'USAGE DE SUBSTANCES

ӬӺԮԮԸ	ӬӺԮԮԸ	ӬӺԮԮԸ	ӬӺԮԮԸ	ӬӺԮԮԸ	ӬӺԮԮԸ	ӬӺԮԮԸ
ӪӻӻԮԮԸ Sunday Unagiqlihviria Dimanche	ӬӺԮԮԸ Monday Hivulliq Lundi	ӬӺԮԮԸ Tuesday Aippiut Mardi	ӬӺԮԮԸ Wednesday Pingattiatut Mercredi	ӬӺԮԮԸ Thursday Hitammiut Jeudi	ӬӺԮԮԸ Friday Tallimmiut Vendredi	ӬӺԮԮԸ Saturday Saaluuti Samedi
ӦӱӻӻԮԮԸ Alcohol affects everyone differently. Your age, gender, weight, mood and general health are all factors that influence the effects alcohol has on you.	ӭ 1	ӭ 2	ӭ 3	ӭ 4	ӭ 5	
Ӧ 6	Ӧ 7 ӮӻӻԮԮԸ Labour Day Havikit Upluutaa Fête du Travail	Ӧ 8	Ӧ 9 ӮӻӻԮԮԸ Fetal Alcohol Spectrum Disorder Day Imirnit iluniutarlinniqik Qauhimattiarliq Upluutaa Journée de l'ensemble des troubles causés par l'alcoolisation foetale	Ӧ 10 ӮӻӻԮԮԸ World Suicide Prevention Day Nuuaqyumi Inniuittuiniquut Upluutaa Journée mondiale de prévention du suicide	Ӧ 11	Ӧ 12
Ӧ 13	Ӧ 14	Ӧ 15	Ӧ 16	Ӧ 17	Ӧ 18	Ӧ 19
Ӧ 20	Ӧ 21	Ӧ 22	Ӧ 23	Ӧ 24	Ӧ 25	Ӧ 26
Ӧ 27	Ӧ 28	Ӧ 29	Ӧ 30			
					ӦӻӻԮԮԸ Iimirlik aktuyayai tamaita aalatqiktumik. Ukiutit, arnauguvit angutauguvit, uqumailitaat, inuuhit aaniaqtailinit qanuriliurautaugut pipkaidjituq qanuriliuqtauguq imurluk iliknuit.	
					ӦӻӻԮԮԸ L'alcool affecte chaque personne différemment. Votre âge, votre sexe, votre poids, votre humeur et votre état de santé général sont des facteurs qui influencent les effets de l'alcool sur vous.	

We go hunting without drugs...^{alcohol or}





LΔo. d. Mina k.

ӹӶӻӮӸ 7, ӪӶӬӺӻӮӶ 7 • Grade 7, Sanikiluaq
Puqtuhiniq 7, Sanikiluaq • 7^e année, Sanikiluaq

ӱӶӲ[•] OCTOBER • TATTIARNAQVIA • OCTOBRE

Sunday Unaguiqhirvia Dimanche	Monday Hivulliq Lundi	Tuesday Aippiut Mardi	Wednesday Pingattiuut Mercredi	Thursday Hitammiut Jeudi	Friday Tallimmiut Vendredi	Saturday Saaluuti Samedi
<p>ΔΓӶӳӸΔӶӲӸՈԸ ԾՈՒՇԱՐՈՇԵՈԸ - ԾՈՒՇԵՇԵՈԸ ՌՈՇՏԱՐ</p> <p>Avoid drinking on an empty stomach - eat before and while you are drinking.</p>	<p>Pittailinahuaqlutit imirniq aqiaruqmiutaittumik - nirlutin hivuanivaluniit imarlutin.</p> <p>Évitez de boire lorsque vous avez le ventre vide - mangez avant et pendant que vous buvez.</p>			1	2	3
4	5	6	7	8	9	10
11	12 ՏՃՐՀԱՅ ԴՀՀ Thanksgiving Quyaginiqmiq Upluataa Action de grâces	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31 ՀԱՅՆՎՈՐՈՒՅՄ ՀՈՒԱՐ

DON'T DRINK
ALCOHOL LIKE A DODO

PLAY HOCKEY
LIKE A PRO





ӦՇՈՒԹԻՒՆ Գ. Terrence A.

કුගාරුක • Kugaaruk

මԱԼՈՆ • NOVEMBER • HIKUTIRVIA • NOVEMBRE

ԿԱՐԿԱԾ Sunday Unaguiqhirvia Dimanche	ԱԿՏԵՐ Monday Hivulliq Lundi	ԱՃԵՂԵՑ Tuesday Aippiut Mardi	ԱԽԱԿԵՑ Wednesday Pingattiuut Mercredi	ԴՎԵՐԵՑ Thursday Hitammiut Jeudi	ՀԱՅԵՐԵՑ Friday Tallimmiut Vendredi	ՀԵՐԵՎԵՑ Saturday Saaluuti Samedi	
1	2	3	4	5	6	7	
8	9	10	11 Ճհճելու օր Remembrance Day Puiguqtaliniqmut Upluutaa Jour du Souvenir	12	13	14	
15	16	17	18	19	20 Առաջազնության օր Universal Children's Day Nunaqyuami Nutaqqat Upluutaa Journée mondiale de l'enfance	21	
22	23	24	25	26	27	28	
29	30	Լայնացած Արգեսական բարեկայաց քայլությունը 19-ամյաց տարին է հասնելու օրը, այս պատճենը նշանավոր է ու մասնաւոր է այս տարբերակության մեջ։ Այս ամյաց տարբերակության մեջ պատճենը նշանավոր է այս տարբերակության մեջ։ Այս ամյաց տարբերակության մեջ պատճենը նշանավոր է այս տարբերակության մեջ։ Youth should delay starting to drink alcohol until they are at least 19 years of age. Drinking at an early age can affect youth's general health, emotional well-being, ability to make good decisions and physical development.					Inulrammiit kinguvartaqhat imilirniq utaqilugu ikitnighamik 19 ukiugalirniq. Imirniq ukiukillakhani aktualaqtai inulrammiut tamaithnut aaniaqtalinit, ikpighuknitl inuuhirikniq, pilanit nakuuyumik ihumaliurniq timimutlu pivaliatitit. Les jeunes devraient attendre d'avoir atteint l'âge de 19 ans avant de consommer de l'alcool. La consommation d'alcool chez un jeune peut affecter son état de santé général, son bien-être émotionnel, sa capacité à prendre de bonnes décisions et son développement physique.



Alcohol isn't a part of our culture...

