



ኅይወጥላኛ
ለሰላምና ለሰላም
ድረጅቶች ለሰላም

**What to do if
you are abused
and/or battered**

**ክፍል ስድስት
ለጥራት ጥላቻና ጥላቻ
ድረጃ ስር ለሌሎች ማረጋገጫ**

በጥላቻ ለሌሎች ድረጃ ስር
ጥላቻ ጥላቻ ለጥራት ጥላቻ-
ጥላቻ ለሌሎች ማረጋገጫ
ጥላቻ ለሌሎች ማረጋገጫ
ጥላቻ ለሌሎች ማረጋገጫ

ርዕዮተኛ ጥላቻ ለሌሎች ማረጋገጫ
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ርዕዮተኛ ጥላቻ ለሌሎች ማረጋገጫ

**What to do if
you are abused
and/or battered**

If you are being physically,
psychologically (mentally),
emotionally or sexually
abused in a relationship,
it is important that you
seek help. You do not have
to continue to suffer in
silence.

There is no excuse for any
form of abuse and you do
not have to put up with it.
Both physical and sexual
abuse are against the law
and help is available
through the legal system.
Although emotional and
psychological (mental)
abuse are not punishable
by law, they are still wrong
and you can still get help.

7)

መርገዎ የቢሌትሎቅምጭት
 ብራት ስር ልቅጫጭት
 ራዲዮጫት። የጭትራጫቅም
 ጎረቤት ጭትራጫት (እርሻጭት), ብራትራጫት
 ጭትራጫት ልቅጫት ጭትራጫት,
 ልቅጫት ጭትራጫት ጭትራጫት-
 ጭትራጫት ጭትራጫት ጭትራጫት። ልቅጫት
 ብራትራጫት ጭትራጫት ጭትራጫት
 ብራትራጫት የቢሌትሎቅምጭት-
 ጭትራጫት። ልቅጫት ብራትራጫት
 ጭትራጫት ብራትራጫት ጭትራጫት
 ብራትራጫት ጭትራጫት ጭትራጫት።

help in getting to safety. Contact the RCMP, health and social services, alcohol or drug workers. They may ask if you want to go to a shelter in another community. If they do not suggest this, then you have the right to ask to be taken to safety.

8)

ጭትራጫት ጭትራጫት
 ጭትራጫት ጭትራጫት ጭትራጫት
 ጭትራጫት ጭትራጫት
 ጭትራጫት ጭትራጫት ጭትራጫት
 ጭትራጫት ጭትራጫት ጭትራጫት
 ጭትራጫት ጭትራጫት ጭትራጫት
 ጭትራጫት ጭትራጫት ጭትራጫት
 ጭትራጫት ጭትራጫት ጭትራጫት
 ጭትራጫት ጭትራጫት ጭትራጫት
 ጭትራጫት ጭትራጫት ጭትራጫት።

8) If you make an emergency call from a phone that has a redial button, make sure you dial another number after you reach the emergency number. This will help avoid having your abuser find out you were looking for help.

9)

ጭትራጫት ጭትራጫት ጭትራጫት,
 ጭትራጫት ጭትራጫት ጭትራጫት
 ጭትራጫት ጭትራጫት ጭትራጫት። ጭትራጫት ጭትራጫት
 ጭትራጫት ጭትራጫት ጭትራጫት
 ጭትራጫት ጭትራጫት ጭትራጫት
 ጭትራጫት ጭትራጫት ጭትራጫት
 ጭትራጫት ጭትራጫት ጭትራጫት።

9)

Once you are in a safe place, you still need to make sure your abuser can not find you. For example, do not leave messages for people that include your phone number or address.

ጭትራጫት ጭትራጫት ጭትራጫት
 ጭትራጫት ጭትራጫት ጭትራጫት
 ጭትራጫት ጭትራጫት ጭትራጫት
 ጭትራጫት ጭትራጫት ጭትራጫት
 ጭትራጫት ጭትራጫት ጭትራጫት
 ጭትራጫት ጭትራጫት ጭትራጫት
 ጭትራጫት ጭትራጫት ጭትራጫት
 ጭትራጫት ጭትራጫት ጭትራጫት።

Remember that family violence is a crime. You can use the legal system to help you. In many communities, you may apply for a restraining order or have the abuser arrested.

**PLEASE HELP US
 STOP THE CYCLE
 OF VIOLENCE**

**ጭትራጫት ጭትራጫት ጭትራጫት
 ጭትራጫት ጭትራጫት ጭትራጫት**

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Kanuk
pigiaKagajammangâppit
pilukattauliguvit amma/
upvalu pijauliguvit

QANURULIURUNGNANGNIIT
TALVA ILVIT
NINGAQTAVAKKUVIT
UVVALUUNNIIT
AANNIQTAVAKKUVIT

**Kanuk
pigiaKagajammangâppit
pilukattauliguvit amma/
upvalu pijauliguvit**

UKumaittumettitauliguvit
ipvit pinniatautillutit,
isumâluttitauliguvit,
pijagiakKututsiuliguvit
upvalu uivisâlukattauliguvit
aippanut, ikKanammagivuk
ikajuttisannik Kinigasus-
allutit. Namminik nillia-
tailitigiaKajutsaungillatit
siunniutitauliguvit.

Sunamillonet
KujanânnigiaKajutsaKangi-
lak Kanutuinnak pilukat-
tauliguvit Kujanâtuin-
nagiaKalunnagulu.
Tamammik ânnititaunik
uivisâttaulukannilu mali-
gatsamik siKumitsivok
ammalu ikajuttaugunnatlutit
maligatsaligijitigut.
Isumatigut ânniatitaugalu-
allutit kisianili taimaigalu-
attilugu pannanaitsiuti-
gunnalungilak tamanna,
tâvatuak sulit tamanna
taimângungitulinniuvuk
sulilu ikajutsijaugunnalutit.

**QANURULIURUNGNANGNIIT
TALVA ILVIT NINGAQTAU-
VAKKUVIT UVVALUUNNIIT
AANNIQTAVAKKUVIT**

Ilvit imaittumi itkuvit
timikkut aanniqtauvakkuvit,
ihumakkullu aanniqtau-
vakkuvit (ihumainnakkut),
ikpiguhungnikkullu talval-
uunniit nuliinqinikkut
aanniqtauvakkuvit katima-
jangnit, talva ikajuqtau-
jughaujutit. Ilvit nakligha-
aqtitaujungnanggittutit
nipaittumik.

Talva taimaittumik
inuuhiaqtughaunngittutit.
Ukuat timikkut aanningniit
talvalu nuliinqinikkut
aanningniinik taimailiuq-
tughaunngittut inuuhipt-
ingni talvalu ikajuqtau-
jungnaqtuhi apirhuijikkut-
tigut. Tahapkuat
ikpiguhungnikkullu,
ihumaalungnikkullu
(ihumainnakkut) aanning-
niriit taniqtuqtaulimain-
namik apirhuijikkut, talva
ihuittuugaluaq ilvit
ikajuqtaulaaqtutit.

1)

Ippiniagiasituaguvit kappianattumegiasikKoninnit taimailingajummetitaulikK-utit Kulânitut allasimajuni pilitlutit. Pilukattausimanniguvit allât atausiannak, suli taimâgiallatuinnak pijaugiallagunnaKutit. IkajunnipaugajakKuk namminik pilukattautailigiamik atuinnaguiguvit. Ukuninga pijutsauvutit:

- annugâtsasinnik ipvit Kitungapillu katitsuilutit pigiatsiasimallugiluilannâgijannut upvalu Katangutinut âllugit, posimallugit upvalu itlivimmut posimatillugit tutsonetillugilu, upvalu annugâKautimmut ijisimallugit. Namukiak ilisimatuagunni tapvainak tigugiaKaligunni ajunanginitsaugasuamut.
- kenaujatsanik katitsuivaliallutit pigunnaguvit - allât mikijogaluappat katitsui-gunnatuguvit malugijaut-tailillutit katitsuivalliaga-

1)

Ilvit ikpiguhuliruvit ihuitquuqtumik talvaluunniit najukkat hivuuranghikpat, talva naunainniaqtuq ilvit najugaqaruvit aanniaqqattaqtumi katimajaqaruvit. Ilvit ilitturihimaguvit ningaqtuguvit atauhiinnarmik, talva ikajuqtaunngitkuvit taimaingginnangniaqtuq. Talva ikajuutighangnik hannajariiklutik pijaaqatutit annaujhighangni. Hammaugaluit ilvit pijungnaqtatit:

- aannuraaghangni ilvillu nutaqqatillu hannajari-ighimajjavutit talvalu iirhimalugit tutquumajjavatit ilannavit qatangutivilluunniit igluani, puurhimajjavut puukattangmi talvaluunniit qiuqunmiijavut turhuungni, uvvaluunniit igluangni takunnaittumi tutquumajjavat. Tutqurhimaviit upalungnaqtumi ilingnut ihuajjavuq.

suamut. Ilannânut tatigitsi-agunnatannut Katangutigijannulonnet âllugu, upvalu ijisimallugu tapvainallu tigusogigun-nalugu pigiaKaliguvit tigugunnasongugiaKallugu.

- Kitungatit jâringit nâmmatoppata tukisigianginnut Kaujittikit Kanuk pigasuammangâppit atuinnausongulâmmata Kimâgiamik tapvainak. Kappiasuniannak uKâlautiKagiangit tamatsuminga - suguset KaujimasonguKattamata uvagut malugingitattinik Kaujimanitsausongummata ammalu taimâtsainak uKumaittumemmitlutik.
- kamatsiagit alakkasâjatit katingatiutitsialugit inolipvipit alakkasâjangit, insuarappit nalunaikkutangit ânniasiupviliagamut nalunaikkutatit ammalu papvisâttautailigiamik alakkasâjatit Kitunganillu tigumiagamut alakkasâjatit taimaittuKaguvit. Ammalu kenaujagijannik piulimat-

• kiinaujaniktauq tutquq-tuilijjavutit ajungnanggitpat mikijuugaluittauq aglivalianiaqtut tutquqtuqat-taruvit mikijuugaluamik naunaiqtaulimaittumi. Tahamna ilannangnulluunniit qatanguqatingnulluunniit pihimapkarlugit, talvaluunniit iirhimalugit humulluqaak tammalait-tumut upalungnangniarumi tigujaami ihuaqtumut.

- utaqqatit angiglikpata ihumattuvjakpata, hannajarvigijaghangnit uqautivaklugit upalungnaitqijami. Irhimitumtik hapkuninga uqautigiqattaq-paklugit nutaqqat ilihimanirhatqijaujutut inmata, talvalu aannirhimajungnu-ungmatattaq.
- hapkuninga titiqqanik naunaipkutitik aanpiarvikkut, havaagharhiung-nikkullu nampagijainnik, aanniaqtulirijitkunnilu naunaipkuttat, hapkuallu titiqqap aajikkutainnit paliisimatkunnit uqariirhi-

siutitit alakkasâjangit,
sikkítit akilitsasiniutitillu,
northern niuvipvinganut
nalunaikkutatit atuinna-
jutsaugiaKagivut
tigutuinnagiaKallugit.

2)
kamatsiagit pijauttaili-
niakKoninnit. Ipvit sugusi-
tillu kappianattumevise?

3)
UKâlagunnaven fonnikut
upvalu Kaujitsigunna-
lutit ilinnik ikajugunnatumik,
ottotigillugu ilagijait, ilan-
nât, sanilligijasilu, RCMP,
asinginnik nunagijanni ika-
jugunnatumik, upvalu
Kimâpviusonik?

4)
KimâpviKappat nunaligi-
janni, Kaujisagit nanem-
mangâta. (Kaujisagunna-
Kutit tamatsuminga
ukunangat : RCMP,
ânniasittinit, niKitâttsi-
jinnit, imialuluaKattatunit
ikajuttinit, nunalituKammik
itluatsaivinni suliaKattimik,
ajuKittuijumlonnet.

maniit upaqattangniritkut
aippat pijauqungginniit
talvaluunniit nutaqqatigut
tiguttiriarhangniita titiran-
gniriinik pihimavajjavutit.
Talvaluttauq kiinaujani
tutquqtuiviannit titiraang-
ginnit, cheque-liurutiniklu
makpiraanik, niuvrutigi-
qattaqtauhighaniklu
titirannuangginnik,
niuvirvingmi kuapatkun-
ninlu niuvirviannit titiran-
nuangginnit upalungnait-
tumik tutquumajaghatit
qimaaniaruvit.

2)
Annagvighangnik upalun-
gaijajjavutit. Ilvillu
nutaqqatillu tajja aanni-
qtaunahuqquuqqat?

3)
Uqautikkut uqarvigijaqa-
rungnaqqit ikajuqtigilaq-
tangnik, qatangutivalungnit,
ilannangnilluunniit, paliisi-
matkunniluunniit, aallallu
ikajuqtigijungnaqtarhi
nunavhingni, talvaluunniit
qimaavingnut
aanniqtailijikkut igluannit?

Iligasunnak atausituin-
namiungituk apigigiamik
ikajugunnatumik
pigiaKagajaguvit.)

5)
Kimaigumaven mâna
najuttanik kappiananginit-
samut aigiaming? Ipvit
Kitungatillu Kanuingikutsi
mânnautillugu, suli
pigumatuaguvit
Kaujitsigunnavutit
ikajugunnatumik upvalu
Kaujisagiiallagiamullonet.
Tâna ikajugunnatumik
Kaujiguk ammalu Kauji-
titsiKullugu Kimâpvisamut
uKâlaKullugu pitaKappat
nunagijanni upvalulonnet
asinginnik ikajugunnatumik.

6)
Mânnaujuk Kimaigu-
maguvit ammalu pigunna-
lutit aituinnagit Kimâpvimut
pitaKagutsi nunagijanni.
Ikajusonguniattut ilinnik
ikajutsigiamik ammalu
ikajummilutik RCMP-kunut
uKâlakKugunnalugillu
pikKujituaguvit.

4)
Nunavhingni qimaaviqaru-
vhi talvaluunniit
aanniqtailijikkut igluqaru-
mik, ilihimattiarlugit
pijughajutit. (Ukuninga
naunaipkuttanik hapkuninga
inungnit naunairhijung-
naqtutit: Paliisimatkunnit,
aanniaqtulirijitkunnillu
inulirijitkunnillu havag-
viannit, imingnikkullu
higaarlungnikkullu ikajuq-
tiannit, nunaqaaqaaqtuni
apirhuijanni havaktiini,
minihitavhingniluunniit
talvalu ukuninga annga-
jjuvingni ikajuqtivaluanni.
Irhinggitlutit apirihijung-
naqtutit kitunigliqaak
inungnik ikajuqtaujung-
naqtunit apirihijumaguvit.)

5)
Ilvit qimagumaviuk tajja
najukkat aanniqtajuman-
nginnirmik? Ilvillu,
nutaqqatillu tajja aanni-
qtailihimaguvhi, ilvit
uqaqatigijaghani inungmik
takunahurrittijungnaqtutit
naunaipkuttanigluunniit
pijumaguvhi. Hivajarlugu

7)

KimâpvisaKangikuvit
nunagijanni suli
ikajuttaugunnaKutit
piuliniapvisaliagamut.
Kaujitikkit RCMP-kut,
ânniasiuuttet niKitâttsi-
jellonet, imialuluattunik
ikajuttinillonet.

ApigituinnagiaKammata
Kimâpvimut asianut
nunalimmut aigumagajam-
mangâppit. Taimâk pingi-
pata ipvit pivitsaKajutsa-
uvutit sapummijauvitsamut
aigumallutit.

8)

Tuavittumik uKâlagia-
Kaguvit fonnimit tapvainak
kajusittukut, kamatsiagit
asianik numaramik
âkKisillutit, upvalu âpare-
tammut uKâlallutit ikaju-
gunnatunut uKâlageguvit.
Taimâk piguvit tâna ilinnik
pikaluttuk Kaujiniangimat
Kinijanninik ikajuttaugu-
manninik.

una inuk ikajuqtit, talvalu-
unniit naunairhihimajau-
javuq, uuminga qimaavingni
uumingaluunniit aanniq-
tailijikkut igluqaruvhi
nunavhingni, talvaluunniit
aallat ikajurungnaqtunik
katimajivaluit.

6)

Ilvit najukkat qimaktiru-
malirungni, talvalu qimaa-
jungnaruvit, qimaaving-
munngaujungnaqtutit
qimaaviqaruvhi nunavhi-
ngni. Ikajuqtighavhingni
qinirhianiaqtut talvalu pali-
isimatkunnut uqariiqpaklutik
taimaatut pijumaguvit.

7)

Qimaaviqanggitkuvhi
nunavhingni, ilivhi ikajuq-
taujungnaqtuhi huli aan-
niqtailinikkut. Ukuat
uqarvigilugit paliisimat,
aanniaqtulirijitkut inuliri-
jitkullu havagviat, iming-
nikkullu higaarlungnikkullu
ikajuqtiannit.
Apirhinarungnarhijut

9)

Tusagatsanik
Kimainiannak angiggagi-
janni upvalu ilannâgijanni
nunappit nanennigijan-
ganik upvalu sunamik
numaraKammangâppit
uKâlaviugumaguvit.

IkKaumagit ilaget
pilukâgutinningit maligat-
samik siKumitsivuk.
PivitsaKavutit
ikajuttauviKagiamik
maligatsaligijitigut.
Nunalimmiungujuni
nanituinnak pivitsaKavutit
upattautailikKujigiamut
upvalu pannanaittautillugu
ilinnik pinnialukajuk.

**Ikajulautsigut
NukKatitsigiamut
Pilukânniujumik.**

ilingnut ahinungaqtaju-
magiaghangnik nunamut
aallamut. Talva hap-
kuninga uqautiginnggit-
patku ilingnut, ilvit apirhi-
jungnaqtutit aanniqtailin-
ingmut aggijjauqulutit ilvit
naammagijangnut.

8)

Hivajauti atuqtatit redial
button-qaqpata naunaiq-
hivaktumik nampamik
kingullirmik hivajaqtaju-
mik, ammalu hivajaruvit
ikajuqtimut, hivajaqruirovit
nampait naqivaglugit
qujaginnaq, naunaqhili-
quvlugu kinamut hivajar-
aluariakhangnik. Ilingnik
aanniqtirijjuq taamna
naunaiqhittailigiarlugu
ikajuqtaunahuarnirnik.

9)

Ulurianaqtumiihuiruvit,
huli nanijauttaili-
manahuaqtukhaujutit
aanniqtimit. Huurlu
titiqqanik qimaittailiguit
hivajaqtavikhangnik
turaarvikhangniglu iglumik



titiraqhimajunik.
Aannihiqattarniq
piqujatigut maligatigut
pitqujaunngittiaqtuq.
Maligatigut ikajuqtauniq-
taarungnaqtutit.
Amigaittunik nunalingni
tahapkunanik apiqhui-
jitektunnit tiliurutitaarung-
naqtutit upaktauttaili-
maqvlutit aanniqtirijumit,
uvvaluunniit aanniqtirijuq
taamna tigujautilugu.

**Ikajuqtigut Aanniqtiriniq
Nutqaqtitauliqvlugu**