ᐃᓕᑭᐅᐊᒪᓴᓄᑦ ᐊᑎᓕᐅᖏᓂᖅ

ᐊᖏᓐᓄᑦ ᓄᓇᖅᑲᖅᓯᒪᓴᓄᑦ: ᐅᖅᐅᓯᕿᓘᓐᓂᑦ ᓯᓕᓴᑦ,
ᐱᓴᵒᓐᓇᖏᓕᕆᑎᒃᓗᓕᑦ

ᐱᑭᖅᕿᐃᓂᖅ ᑲᑎᒪᓂᖅᑲᓇᑎᑦᑐᑦ ᕿᕿᖅᑐᵒ ᕿᕿᖅᓯᐊᵒᒥᵒ ᓄᕕᐱᓘ 18-**21** ᒥ ᒪᑐᓂᖅᑲᓇᑎᑦᑐᖅ ᑕᑕᑎᖅᓂᖅ <ᐃᖅᐸᒥ ᓯᑎᐱᓘ 9, 2011

ᐊᑎᑦ ·

ᐊᑎᓕᖅᑭ

ᐅᑭᐅᑎ

ᑐᖏᑐᑎ

ᓄᓇᓵᑦ

ᐊᕆᑦᑐᓯᒪᔪ ᓄᓇᓕᐅ ᐊᑎᐊ

ᖃᓄ ᐊᖅᐅᓂᖏᖕᓇᔭᕐᑐᒥ ᐃᓕᵒᓂ ᐅᖃᖅᑎᑦᑯᕆᕕᕐᕈᖅ ᑲᑎᒪᓕᐅᖕᒪᑦᓂ ᓄᕆᐱᓘᒥ?

ᐅᖅᓕᐅᑎᑯᑦ ᐅᓴᓵᵒᓂᑦ ᓯᑲᖅᑐᑯᑦ

ᐅᖅᐅᓯᒪᑦ

ᖃᐅᔨᒪᑦᓯᐊᓕᓯ ᑲᑎᒪᓂᐅᓴᕐᑐᒥ, ᐅᐃᕆᑎᑐᑦ ᐊᒻᒪ ᐃᓄᖅᑎᑦ ᐅᖅᐅᓂᑦ ᐊᑐᖏᑦᐅᖅᑕᕐᓴᒪᑦ ᑕᑯᐊ ᐅᖅᐅᓂᑦ ᐊᑐᓕᓪᓚᓯᐊᓴᕐᑎᑐᒧᑦ ᖃᐅᔨᒪᓂᐊᖏᓐᓇᑦ.

ᖃᐅᔨᒪᑎᑕᐅᔪᒪᕐᔪᑦ ᐊᓯᐊᓂᑦ ᐅᖅᐅᓯᓴᕿᖅᓯᓯ ᐊᑐᐃᵒᓇᖅᑎᓴᓯᐊᕆᓂᐊᖏᑦᑕ ᑐᕿᔨᒥᑦ.

ᐊᔪᐃᵒᓇᕆᓯᐊᓴᖏᑦᑕ ᐊᑐᐃᓇᖅᑕᑎᓴᓕᓯᐊᕐᓗᑕ ᐃᓕᑦᓯ ᑭᖑᓪᓚᕆᑦᓂ ᐅᑯᓇᵒᖑᓪ ᐅᖅᐅᓂᑦ, ᑎᒥᕕᑦ ᐱᔪᓇᵒᖑᓪ, ᑎᒥᕕᑦ ᐊᔪᕈᑎᖏᑦ ᐊᒻᒪ ᓂᖅ. ᖃᐅᔨᒪᑎᑦᓯᑦᑕ ᐊᔪᕈᑎᖃᕈᕕᑦ.

ᐅᑯᐊ ᐊᐱᕐᓂᕆᑦ ᑭᐅᓗᓂᑦ

ᑐᑭᓯᔪᖅᑕ ᑭᓇᐅᔭᕐᓂᒃ ᐊᓪᓚ ᓯᑲᒥ ᑕᓇ ᑲᑎᒪᔨᖅ ᐃᓕᓴᐅ ᑐᖓᔪᓯᓂᒪᓕᕐᓂᕐᐱᐅᑦ, ᑎᑎᕋᑎᐊᕈᓴᓇᓂᓯ ᐃᓯᐹᓗᑐᑭᔾᔪᐊᖅᖃᓕᑕᑦ. ᐃᓯᐹᓗᓴᒃᑕᐃᓕᓂᕐᕋᓯ ᐊᒪ ᕿᐊᕕᐊᓯᓪᓗᓯ ᑕᓇ ᑕᑕᑎᕐᓯᐅᑦ.

1. ᓯᓚᒪ ᐃᓕᐅᖅᑕᐅᔪᒪᕕᑦ ᐊᕐᓇᓄᑦ ᓄᓇᖅᖄᖅᓯᒪᔾᔪᓄᑦ: ᐅᖅᑲᓯᓴᓚᒃᑲᕗᑦ ᓯᓕᔾᔨ ᐱᔾᔪᓇᕐᓂᓚᑲᓂᕆᓂᑦ ᐱᑭᖅᓴᐃᓂᖅ. ᓯᓇ ᐱᐅᑎᖅᑲᐅᕕᐅᒃ ᑐᓴᖅᓴᒥ ᑕᒃᑯᓇᖅᑐᑦ?

2. ᑭᓇᐅᔭᕐᓂᒃ ᐅᖅᓚᑦ, ᐱᔾᔪᓇᓂᑦ ᐊᓪᓚ ᐃᓯᐹᓗᑐᑭᓯ ᑕᕐᖏᐅᑲᑎᓪᓕᕐᓯ ᓯᓇᐅᑉ?

3. ᐊᖏᑭᔾᖅᖅᐅᓂᖅ ᐃᓕᓴᐅ ᖃᓇ ᑐᑭᖅᕿᒃ? (ᐃᓂᖅᖅᐅᒪᓗᑐᑦ ᓴᓕᒐᐊᖏᔪᓚᑲᓂᖅᖄᓕᑦ ᐊᓪᓚ ᐱᓪᒪᓚᐅᖏᓕᓇᓚᑲᖅᖄᓕᒪᓕ ᐊᖏᑭᔾᖅᖅᐅᓂ)

4. ᓄᓇᓕᒃᑎᓂ ᓯᓇᐅᑉ ᐊᓕᓵᖅᐅᒪᔾᔪᐃᓐᓇ, ᐱᓕᕆᐊᔾᔪᐃᑦ, ᓯᓇᐃᑦ ᐊᓯᔾᔨᓇᐊᕈᒪᓕᐅᕐᑦ?

5. ᓯᓇᐅᑉ ᑭᖓᔪᒪᔭᑎᑦ ᐱᓪᒪᓚᐅᑎᓕᐅᕐ?
ᐳᑯᐊ ᐅᑐᑎᐅᔾᔨᑦ:

☐ ᐃᓕᓴᐅᓯᖅᑎᑎᖏᓐᓄᓕᒧᑦ ᓇᕐᑭᓂᖅ

☐ ᐊᔾᔨᓯᓂᖅ, ᐊᖏᕐᕋᖅᑕᓯᐊᖏᓐᓄᓂᖅ

☐ ᐊᕐᓇᐃᑦ ᑕᐅᖅᑐᖏᕐ ᐱᑭᓕᐊᔾᔨᓕᓚᓂᖅᑑᑦ ᑕᑯᖅᓴᐅᑎᑕᐅᓂᖏᕐ

☐ ᐊᓂᐊᕐᑕᐃᓕᓪᒪᓂᕐᕕᑦ ᐃᓅᓯᖅᑕᓯᔪᕐᓂ ᐊᓪᓚ ᐃᒪᒥᓂᖅ ᓯᓕᔾᔨᕆᓯᔪᕐᓂᖅ

☐ ᐃᒪᒥᓵᕐᑕᐃᓕᓪᒪᓂᖅ

☐ ᐊᑦᑕᓇᑐᒥᑕᐃᓕᒪᓂᐅ ᐸᖅᓇᐅᑎᖏᑦ

☐ ᓄᓇᖅᖃᖅᖁᓪᓚᐊᓄᑦ ᑐᖓᖅᓚᐊᑦ, ᐊᖅᓇᓄᑦ ᑐᖓᖅᓚᐊᑦ, ᐊᖅᓇᓄᑦ ᑐᖓᖅᓚᐊ

☐ ᒪᑲᓂᑐᓄᑦ ᐊᒻᒪ ᓱᑭᓱᓪᓄᑦ ᑐᖓᖅᓚᐊᖅ

☐ ᐃᒪᒥᓂ ᐃᑲᐱᔪᓱᐊᖅᓂ ᑎᒥᑲᓂ

☐ ᓄᓇᖅᖃᖅᑐᓄᑦ ᖃᐅᔨᒪᕗᑐᖃᐃᑦ

☐ ᒪᑲᓂᑐᑦ ᐱᓕᓴᓂᖃᐅᓂᖅᑎᑦ

☐ ᓄᓇᓕᑦ ᐱᓕᓴᓂᖅᑎᑦ

☐ ᐅᖃᐅᔨᓱᑦᑕ ᐅᑎᖏᓪᓕᐊᓂᖅᓚ

<u>ᐊᓱᖅᑭᓐᓂ ᑭᖅᔪᒪᓂᖃᕈᘁᑦ ᐅᖃᓕᓴᑦ</u>

6. ᓱᓇᓂᑦ ᐱᓕᓴᘁᑦ ᒪᓐᓇ. ᐅᓪᓗᓐᓂᑦ ᓱᓇᓂ ᐱᓕᓴᖃᐅᕐᓯᒪᘁᑦ? (ᖃᓄᐃᙵᑦ ᐱᒪᒪᓴᐅᖅᑭᒃᑲᐊᖃᖅᑦ)

7. ᖃᓄᖅ ᐊᑐᑎᖃᖏᑦᑕᐅᐅ ᐃᓕᓴᓄ ᐅᓪᓗᓐᓂᑦ ᓄᓇᓕᓐᓄ ᑕᓐᓇ ᑲᑎᒪᓂᖅ

8. ᑲᑎᒪᓵᕐᕋᑕᐅᓕᐅᖏᑐᑦ ᑕᐃᔨᐅᓱᒪᓯᕐᐃᑦ ᑐᓴᖅᙱᑎᕐᓯᒪᓕᕆᓂᑕᕆ

9. <u>ᐱᓕᓴᕐᓴᐅᖃᖅᑕᐅᔪᒪᓯᖏᓐ ᑕᓪᓂ ᑲᑎᒪᓂᖅᒥ</u>

ᐅᐱᒍᓯᓪᓚᓱᐳᒍᓯ ᑐᓴᕆᓴᓯᓐᓂᖅ ᐊᒻᒪᓗ ᐱᓪᓚᖏᑕᐅᔪᒍᓯ ᑐᓴᓯᕆᓐᓴᒍ ᑐᓴᕈᒪᖅᑐᒍ ᐱᓪᓚᔨᒪᓴᓯᓯᓐᓂᖅ

ᐅᑯᐊ ᑲᔪᓯᑎᒍᒪᓴᕆᖏᑲ

10. ᓇᒪᒥᓂᖅ ᐅᖏᐅᓯᖏᓴᓗᑎᑦ ᑎᑎᕆᓴᓗᑎᑦ ᓂᕈᐊᕐᑕᐅᔪᒍᓂ ᑕᐃᑲᓂ ᑲᑎᒪᓂᐅᓪᓴᑐᒥ.· ᑕᓇ ᑲᑎᒪᓂᖅ ᒪᑐᐃᖏᔨᖅ ᓄᓇᖏᖏᑐᓪᓕᓄᑦ. ᐃᓕᓴᕆᐅᐳᓯᒪᔨᓄᑦ ᐃᓕᓴᕆᓱ ᐅᓯᒪᖏᑐᑐᓄᓪᓕ ᓄᓇᖏᖏᓯᒪᔨᓄᑦ, ᐊᑎᖏᕐᑎᑕᐅᔨᓄᑦ ᐊᒻᒪᓗ ᐊᑎᖏᕐᑎᑕᐅᖏᕐᑕᑐᓄᑦ ᓄᓇᓕᒻᒥᓂ ᐊᐃᒃᑐᑐᕐᒪᔨᓂ.

☐ ᑕᑕᑎᑭᑦ ᐊᖏᕐᕈᑎᑦ
ᑕᑕᑎᓱᒪᒻᒪᕐᑕᑐᖓ

ᐅᐸᖓ

☐ ᒪᒃᑯᑐ ᐊᕐᕋᓇ 16-!8

☐ ᒪᒃᑯᑐ ᐊᕐᕋᓇ 25 ᐊᑕᓂ

☐ ᐊᓪᓚ ᐃᓕᓴᕆᓱ ᐃᓕᓴᕆᓱᐅᐳᒪᖏᑐᑐ

☐ ᐃᓄ

☐ ᐊᓪᓚᖓᔪᔨᔪ

☐ ᖃᒃᓗᓇ ᓄᓇᖓᓂᕐᒥᐅᕐᖅ

☐ ᓄᓇᓕᕐᒥᐅᕐᖅ

ᖃᒃᓄ ᐃᓕᓴᕆᓂᖃᖅᓴᓪᑎᑦ·
ᐊᕐᓇᐅᓴ, ᐊᖏᔪᑕᐅᓴ, ᐃᓕᓴᕐᐳᓪᒪᖏᑐᑐᑦ ᐊᕐᓇᐅᓂᒥᓂ ᐊᒻᒪᓗ ᐊᖏᔪᑕᐅᓂᖏᓂ, ᐊᕐᓇᐅᓂᒥᓂ ᐊᒻᒪᓗ ᐊᖏᔪᑕᐅᓂᖏᓂ ᐊᑐᓂ ᐃᓕᕐᒪᐳᓕ

ᐊᔨᕈᑎᖃᖅᓴᓪᑎᑦ ᑎᒥᑲᒪᑦ

ᐊᓯᐊᓂ ᐃᓕᓴᕆᓂᖅᓴᖅᑎᑦ

ᓯᑕᓯᓕᓂᔪᑦ ᐃᑲᐅᓯᐊᖅ:
ᐱᖅᑕᐅᓂᐊᕈᒪ, ᓇᓵᓴᐊᖅᓴᓂᐊᖅᑐᖅᑑ- ᑐᑭᓯᑎᐊᖅᑲᓂᕈᒪᔭᐃᑦ ᓯᑕᓯᓄᓕ ᐊᑐᐊᖅᐃᑦ
ᖃᓄᐃᓕᓚᓖᓱᒋᑦ, ᐅᑉᖑ ᑕᑯᓂᐊᓴᐅᓗᓂᐊᖅᑐᔪᑦ ᖃᑎᖅᐅᓵᑲᖅ http://girlsactionfoundation.ca/en/policy-for-children
ᓯᑕᐅᑦ ᐃᓕᓐᓂᑦ ᒪᓕᑦᑐᑦ ᖃᑎᑎᐅᕐ?
ᖃᑎᓯᓂ ᐅᑭᐅᖃᓕᖅᖃᑎᑦ?
ᓄᑭᑦ ᑐᓴᐅᒪᐃᑎᑦ ᒉᒃᑯᐊ ᓂᐃᐊᖅᓯᐊᓄᑦ ᐱᓕᓚᐊᓵᓴᐃᑦ ᐅᑯᐊᓗ ᓄᓇᖃᖅᑲᖅᓯᒪᔪᓄᑦ ᑯᓘᓂᒃᑯᑦ
ᖃᓄᐃᓐᓇᕆᑎᐊᕆᐊᖅᓂᒍᑦ ᑲᑐᔨᖃᑎᒋᐅᑦ? ᑎᑎᖅᓯᐃᓚᒃᑭᑦ ᑐᓴᖅᐃᓚᕆᒥᖅᑎᑦ ᑕᒪᑐᒪ ᒥᑦᓴᓄᑦ:

Girls Action-Filles d'action website
Native Sexual Health Network website
Kickaction website
ᐱᖅᑎᓐᓂᑦ
ᓄᓇᓕᓐᓂᑦ ᖃᑦᑐᔨᖃᑎᒋᐅᓂᑦ
ᑐᓴᖅᓴᖅᐊᓂᓐᓇᑦ
ᐊᓯᖏᓐᓂᑦ
ᓇᑐᓇᐃᔪᑐᐃᓐᓇᖅᑐᑦᓵᑦ ᑐᓴᖅᓴᐃᓚᒃᑭᑦ:
ᐃᓕᒥᕆᐅᔨᒪᔪᓄᑦ ᐊᑎᓕᐅᔨᓂᖅ
ᐊᑭᖅᓐᓇᕆᑐᖅ ᐱᖅᑕᐅᔨᒪᔪᓄᑦ ᐊᖏᓄᑦ ᓄᓇᖃᖅᑲᖅᓯᒪᔪᓄᑦ: ᐅᖅᐅᓯᓴᓵᕆᐅᑦ ᓯᓕᔨᑦ,
ᐱᔨᓐᓇᓂᓵᕆᑎᑐᓂᑦ ᐱᑭᖅᓴᐃᓂᖅ. ᓂᑭᐊᖅᑕᐅᓐᓂᑭᓴᐃᑦ ᖃᓐᓇᑦᑕᐅᑎᑦᑎ ᑐᔨᒋᑦᔨᓴᑎᑦᓗ
ᐊᑭᓕᖅᓯᕆᔨᖅᑕᐅᔨᑦ.
ᓄᓇᓕᐅᖅᑎᑦᓴᐃᓐᓇᑦᑐᓂᑦ ᐊᔪᔨᑦᓴᐃᓐᓇᑦᑐᓂᑦ ᐱᖅᑕᐅᔨᖏᔨᓕᑕ ᓂᑦᓕᐊᔪᓴᓂᑦ ᐅᑯᐊ ᓂᐃᐊᖅᓯᐊᓄᑦ
ᐱᓕᓚᐊᓴᓴᖅ ᐊᒻᒪ ᓄᓇᖃᖅᑲᖅᓯᒪᔪᓄᑦ ᖏᔪᓂᑲᑎᑦ ᖃᓄᐃᓐᓇᕆᑐᖅᐊᓂᔭᕐᓗᑦ
ᑲᑐᔨᖃᑎᒋᐅᑦ ᐲᓇᐅᔪᖅᑕᓚᓯᒪᔪᖅᓂᑦ ᑕᒪᑐᒧᖅᑑ ᑐᑦᖁᓱᔪᓄᑦ ᐱᔪᖅᓇᐅᑎᑕᖅᓯᒪᔪᑦ ᓴᓂᔅᓯᐃᓗᑎᑦ
ᓄᓇᓕᓐ ᐊᓯᖏᓐᓂᑦ ᐃᓕᒥᕆᐅᖅᑕᐅᔨᓂᑎᐊᖅᓇᔭᖏᓕᓐᓂᑦ.
ᑲᓇᑕᓕᒥᑦ ᐅᖅᐅᔪᐅᐃᖅᑎᑦ ᑲᑎᒪᔨᖏᑦ ᐊᒻᒪ ᐱᓕᓚᐊᓵᔪᐅᒥᑦ ᐱᓕᓚᐊᓐᓕᑦ ᐃᖅᑲᓇᐃᔅᖅᑎᑦ
ᓂᑭᐊᖅᓂᐊᖅᑐᑦ ᐱᓇᑦᑕᐅᓕᖅᑎᑦ.

ᑐᓴᓚᐊᖅᓇᓂᑭᒪᔪᓄᑦ ᖃᑎᖅᐅᔪᕆᓂᑦ ᑕᓯᒥᐊᖅᑲᓇᓂᑭᓇᖅᑐᑎᑦ ᐱᓕᓚᐊᓚᕆᑎᓐᓇᓂᑦ
ᓂᐃᐊᖅᓯᐊᓄᑦ ᐱᓕᓚᔨᖅᑐᑦ ᐅᑉᖑ: http://www.girlsactionfoundation.ca/en/special-projects/indigenous-young-women-speaking-our-truths-building-our-strength

ᓱᑕᓱᕐᓄᓕᒃ ᐊᑐᐊᖏᖅ

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ᓂᕆᐊᖅᓯᐊᓄᓕᒃ ᐱᓕᕆᐊᕐᓴᖅ ᑐᓐᖓᕆᕆᖓ ᐱᓕᕆᐊᕐᓴᖅᑎᓕᖅᑎᑦᓯᒃ ᐊᖏᓐᓄᑦ ᓂᕆᐊᖅᓯᐊᑦ, ᐃᓅᓯᑦᑐᐃᓐᓕᓗ ᐃᓐᓇᐃᓐᓕᓗ ᐃᓕᓴᕐᔪᐊᓐᓇᖏᓐᓕᓗᑦ ᐃᒪᒃ ᐱᔭᓐᓇᖅᑕᑎᔪᑦ ᐃᑲᔪᖅᑐᑦ ᐅᑦᑐᑎᑦᓗᔪᒍ ᐊᖏᓇᖅ ᓄᓕᕆᖅᓯᓂ ᐃᑲᔪᓯᐅᑦ ᐃᓕᓴᕐᔪᐊᓐᓇᖏᓐᓕᓗᔪᒍ ᐃᓕᓴᐅᓴᒃ ᓕᐅᖅᑎᓐᓇᒍ ᓇᐸᕆᖅᒍ ᓄᓕᕆᓂ.

ᐱᖅᑕᐅᔪᒪᔪᐃᑦ ᖃᓄᐃᓕᓴᖅᓂᐅᔪᓂᑦ ᓄᓕᕆᖅᖃᖅᑎᓕᓐᓂᓗ, ᒎᓐᓇ ᓇᑦᐸᐅᒪᔪᐃᐅᐳᖅ ᓄᓕᕆᐃᑦ ᑎᑎᕆᖅᐳᓕᓐᓂᓗᔪᒍ ᑕᕆᑎᓇᐅᓕᕐᓂᑦ ᑭᓴᐃᓐᓇᓕᓐᓂᓗ ᑐᓴᖅᑎᑕᐅᓂᐊᖅᑎᑐᑎᑦ ᖃᓄᐃᓕᓴᕐᓗᒪᓕᖅᓯᒃ.

ᐅᖅᑕᒥᐃᓴᓕᔪᑦ ᓯᕆᔨᓄᑦ ᐊᑐᐊᖏᑭᓐᓂᑦ ᓇᓗᓇᐃᖅᓯᕆᐊᖅᓇᓐᓂᓯᒪᓕᒡᓕᑦ ᐊᑐᐊᖏᐃᑦ ᖃᓄᐃᓕᓴᕐᓗᒪᓕᖅᓯᓐᓄᑦᓯᓇᖅᑐᑦ, ᐊᐱᖅᔨᔪᓂᖅᓯᐅᑉᐳᖅᑐᑦ ᐅᖓᑕᑎᓇᓂᐅᑉᐳᖅᑐᑦ ᑕᕆᓂᖅᑐᑦ ᐊᑐᐊᖏᑦ ᖃᓄᐃᓕᓴᕐᓗᒪᓕᖅᓯᒃᑎᓐᓄᑦ.

ᓂᕆᐊᖅᓯᐊᓄᓕᒃ ᐱᓕᕆᐊᕐᓴᖅ ᑐᓐᖓᕆᕆᖓ ᖃᑐᐃᓴᕐᔪᐊᑦ

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ᐱᖅᑕᐅᔪᓄᓕᒃ ᐊᒪᒪ ᐃᖓᕐᕿᔪᕐᓂᓄᓕᒃ
ᒎᓐᓇ ᐊᑐᐊᖏᖅ ᓯᕆᔨᓄᑦ ᐊᖏᖁᔨᓕᓐᓄᓕᒃ 2 ᐊᒋᓄᓕᓐᓄ. ᓂᕆᐊᖅᓯᐊᓄᓕᒃ ᐱᓕᕆᐊᕐᓴᖅ ᑐᓐᖓᕆᕆᖓ ᐃᖅᔪᓯᓇᓐᖓᑦ ᐊᓇᓇᐅᔪᖅᑐᑦ ᐃᖓᕐᕿᔪᕐᓂᖅᖓᓐᖓᕐᓴᐸᑕ ᖃᑐᐃᓐᓇᓕᓐᓂᑦ ᐊᖏᖁᓐᔨᓕᓐᓂᓕᒃ 2 ᐊᒋᓕᓐᓄ.
ᖃᑐᖏᓐᓇᐃᑦ ᐊᖏᖁᔨᖅᓯᓕᑦ 2ᒥᑦ ᐅᓐᓇᒋᓄᓐᓄ ᓄᓕᕆᐊᖅᖃᖏᓐᓄ, ᓂᕆᐊᖅᓯᐊᓄᓕᒃ ᐱᓕᕆᐊᕐᓴᖅ ᑐᓐᖓᕆᕆᖓ ᐃᖅᔪᓯᓇᖅᑐᒥᐊᓕ ᐱᔭᓐᓇᖅᑕᒥᔨᑦ, ᖃᑐᖏᓐᓇᓂᑦ ᖃᓄᐃᓕᓴᕐᓗᒪᓕᖅᓯᓐᓄᖏᓐᓇ ᒪᓕᓐᓄᔨᑦ ᐱᓇᓱᐊᓕᖅᓯᒃᑎᓐᓄᑦ ᖃᓄᐃᓕᓴᕐᓗᒪᓕᖅᓯᓐᓄᖑᓐᓇ ᒪᓕᓐᓄᑦᓯᓇᖅᑐᑦ.

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<ᐃᓚᓂᓕᒃ
ᓂᕆᐊᖅᓯᐊᓄᓕᒃ ᐱᓕᕆᐊᕐᓴᖅ ᑐᓐᖓᕆᖕᖓᓐ <ᐃᓚᓇᓕᒥᑦ ᐊᑦᑕᓇᓐᖓᑦᑐᑕᒥᑦ ᐱᐃᓴᖅᑎᑦᑎᓂᐅᔪᖅᑐᑦ ᐊᒥᒪ <ᐃᓚᓱᓂᑦ. ᑕᐃᓐᓇᓗ <ᐃᓚᓇᐃᖅ ᒪᑐᐃᓐᖓᕆᑕᑦᔪᓂᓂᐅ 9ᒥᑦ ᐅᓪᓗᓱᓇᑦ 5ᒧᑦ ᐅᓐᓄᕐᓱᓇᑦ. ᓂᓚᓐᓇᐅᑎᓪᓗᒍ ᐊᒥᒪ ᐅᓐᓄᓱᓇᑦ ᐃᒪᒥᓂᒃ ᖃᓄᐃᓕᓴᕐᓇᖅᓯᓂᐊᖅᑐᑦ ᖃᑐᐃᓐᓇᒥᓂᖅ.
ᓱᑕᓱᑦ ᑐᓐᖓᕆᓱᑐᑦ ᐃᓕᓐᓂᐊᑎᓪᓗᑎᑦ. ᖃᑐᐃᓐᓇᐃᑦ ᐃᓕᓐᓂᐊᕐᓴᐅᑎᓪᓗᑎᑦ ᐃᓕᓐᓂᐊᕐᓴᐅᓂᐊᖅᑐᓂᐊᓕ ᓂᐱᖅᓗᐊᓂᐊᕐᓴᖅᑐᑦ ᐊᓯᒪᕆᐊᖃᓂᐊᖅᓯᒃᑎᓐᓄᑦ <ᕿᓘᐱᓕᐃᓂᐊᕐᓴᐅᑎᓪᓗᑎᑦᓯᓇᖅᑐᑦ ᐃᓕᓐᓂᐊᕐᓴᐅᓂᐊᖅᑐᑦ ᐊᓯᒪᕆᐊᖃᓂᐊᖅᓯᒃᑎᓐᓄᑦ.

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ᐱᓕᕆᐊᕐᓴᐃᑦ
ᐊᖏᓱᓴᖅᑲᓚᕆᐅᔪᑦ ᖃᑐᐃᓐᓇᖏᓐᓂᑦ ᖃᒪᑦᑎᐊᖏᓐᓂᓚᐅᔪᑦ
ᐊᖏᓱᓴᖅᑲᓚᕆᐅᔪᓴᖅ ᑐᐃᖅᑕᕐᓂᐊᕐᓇᓂᐊᖅᑐᓴᖅ ᖃᑐᐃᓐᓇᑉᓂᖅ ᐱᔭᕇᑎᑦᓯᓂᑦ
(ᑐᐊᕐᓂᐊᑎᓪᓗᒍ).
ᐊᖏᓱᓴᖅᑲᓚᕆᐅᔪᓴᖅ ᖃᐅᔨᒪᓕᐊᑦᑎᐊᓚᐅᓚᖅ ᒎᖅᔪᐊ ᓂᕆᐊᖅᓯᐊᓄᓕᒃ ᐱᓕᕆᐊᕐᓴᖅ ᑐᐃᓐᓇᓕᓐᓂᑦ ᑐᐃᓚᒪᑎᑦᓯᓂᑦ ᖃᐅᔨᒪᓕᐊᑦᑎᐊᓚᐅᓕᖅᑐᓂᑦ ᐊᓯᖏᓐᓂᑦ (ᐅᑦᑐᑎᑦᓗᒍ, ᑎᒥᖏᑎᑦ ᖃᓄᐃᓕᓴᕐᓗᒪᓕᖅᓯᓐᓄᑦᓯᓂᑦ ᐊᒥᒪ ᓄᓪᓕᒪᓐᓇᖅᑕᕐᓂᑦ ᑎᒥᖏᑎᑦ,

ᐊᓯᖏᑦᓗ.).

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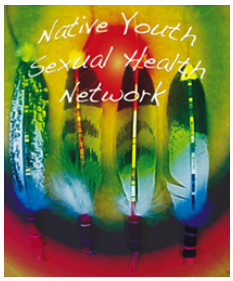
ᓯᓇᐷᒋᑦ
ᐱᖏᖓᔪᐊᑦᓂᑦ ᐊᑐᐃᖏᓇᖅᑎᑎᓂᑎᓂᐊᖅᑐᑦ ᓯᑉᓯᔭᓂᑦ. ᐊᖏᕈᔨᖅᑲᓚᔪᐅᕈᔨᖅ ᖃᓯᑕᐃᖏᓂᑦ
ᐊᓯᖏᑭᓗ ᑭᓯᐊᓂ ᓚᒪᒥᓂᖅ ᐱᖓᖅᑎᑎᑕᑎᐊᖓᔨᐊᖅᑐᑦ.
ᖃᐅᔨᖅᓇᐃᓯᒪᑦᑎᓂᐊᖅᔨᑎᑦ ᓄᑕᕆᖅᓯᐅᑎᒥᑦ ᓂᕆᓚᐃᒪᒥᑦ ᐃᓕᒥᑉᑐᓄᓂᑦ
ᐊᑐᓚᐊᖓᕆᔪᓂᖓᖅᑲᑦ ᖇᑐᕐᖏᓚᐃᑦ.
ᐱᒪᓚᐅᒪᒥᔪᖅ ᓚᒪᒥᓂᖅ ᓯᓚᖅᓯᒃᑕᒥᐊᓕᓂᖓᑦ ᓚᕿᕈᐃᑦ ᖇᑐᕐᖏᓐᓄᓕᓂᑦ. ᓄᓚᓕᕐᔪᐊᑦ
ᓯᓕᒃᓂᓕᕐᑕᑦ ᑕᒪᓚ ᐱᓵᔪᑎᑎᓕᑐᓄᒍ ᓂᐅᐃᕐᐃᓚᓄᓂᑦ ᐃᐅᓚᕐᑕᐃᓚᓄᓕᓕᓗ ᖃᓂᖏᑦᑐᒋᓕᕐᑕᑦ.
ᖃᐅᔨᒪᒋᐊᕐᓂᐊᓚᐅᑎᑦ: ᕿᑉᑕᕐᐃᑦ ᐅᓪᒪᓕᒃᓕᕐᔭᐅᓪᓚᕐᓗᑎᑦ, ᐃᒋᓚᕐᓴᐃᑦ, ᐃᓪᒪᒍᑦ, ᐃᐅᓚᐃᑦ
ᐊᓯᖏᑭᓗ. ᓯᕐᑭᐊᑭᑐᐃᑦ ᓂᑦᓂᓇᖅᑐᒋᒍᓐᓇᓕᑦᓗ ᕿᐊᖅᓯᐃᐊᖃᖅᑎᑦᓂᐊᖅᑐᑦᑐᒍᑦ.
ᐊᒪᒪ ᐅᓇ ᖃᐅᒪᔨᒪᔨᐅᒋᐊᖃᖅᑎᒋᔪᖅ ᑐᓴᐅᒪᔨᐅᑦᑎᐊᖅᓂᓕᓗ ᐊᓐᓇᕐᓇᓂᑦ ᐅᐊᓴᐅᑎᖃᓕᒃ
ᖏᑭᓇᑦᑕ ᑕᐃᒪᓐᓄᖓᓇᓂᑦ ᐊᓐᓇᕐᓇᕐᓂᓚᕆᐊᖅᑐᓕᓗ ᓇᒪᒪᒋᐊᖅᓂᒋᑦ.



FONDATION
FILLES D'ACTION
GIRLS ACTION
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