

Takuttalirilli!

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CONTENTS

OUR WORLD

Working with Computer Programs and Video Games in the North	2
How Astronauts Stay Healthy	6
How Does Climate Change Affect Our World?	8
Frequently Asked Questions: Cyberbullying	12

OUR LAND

Wrestling in Nunavut	16
Fishing for the Perfect Opportunity: Fisheries Jobs in Nunavut	18

OUR CULTURE

Elijah & Elisapee: Packing for a Boat Trip	22
Timiga, Ikumajuq: A storytelling workshop to help youth talk about sex and relationships	26
Northern Beats! Listen to Charlie Panigoniak	30

OUR SELVES

Gender Identity: Who Are You?	32
Career Spotlight: Mathew Nuqingaq, Jewellery Maker and Artist	36
Advice Column: Are My Parents' Problems My Responsibility?	38

OUR WORDS

Caption This!	41
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Working with Computer Programs and Video Games in the North

By Kaitlin Tremblay

Do you have a favourite video game? Do you like using computers? Maybe you can work for a company like Pinnguaq one day. Pinnguaq is a company based in Pangnirtung that makes video games. People in Nunavut and all over the world play these games. They can learn about stories, language, and culture from Nunavut.

Some of Pinnguaq's games use a technology called **virtual reality**.

Unlike a regular video game that you see on a TV or computer screen, you play a virtual reality game by putting on a special helmet that covers your eyes. From inside the helmet, it looks like the computer game is all around you. You can explore and interact with virtual reality, just like the real world around you. Virtual reality is used in video games and other computer programs.

Pinnguaq has recently worked on a virtual reality computer program called Meridian VR. With Meridian, you put on a helmet and get to experience six different stories. It's like you are inside each story. Each story is about a different remarkable Canadian. One story is about Polar Man, an Iqaluit man who dressed up like a superhero. Polar Man was famous in Iqaluit for shovelling walkways and keeping the town's playgrounds safe for children.

Pinnguaq makes educational apps, including an app called Health NU. The app has information for people who are moving to new communities to work in health care. It also has maps and information about weather in Northern communities.



Pinnguaq also helps run the Computers for Success program. Computers for Success provides computers to communities across Nunavut. And Pinnguaq runs a program called te(a)ch, which was created for Northern youth. te(a)ch helps Nunavummiut learn about computers and game development. Pinnguaq says that te(a)ch is more than just learning about computers. te(a)ch is about letting youth talk about mental health and express themselves through art.

Pinnguaq is using video games and virtual reality to share stories. And the company is working to teach people how to use this technology to share their own stories, too!

If you want to find out more, visit pinnguaq.com.



Here are some of the cool jobs you can do if you work at a technology company like Pinnguaq:



Writers write the stories and characters of games, just like authors write the story in a book.



Game designers make the rules for the game. For example, they decide what the levels and puzzles will look like.



Programmers use a special computer language called coding to make a video game run.



Artists create the images that you see on the screen as you play.



Producers oversee all the different parts of the game to make sure everything gets done! ■





How Astronauts Stay Healthy

Jesse Koovik Eyer is one of Nunavut's first astronaut candidates. He was born in Iqaluit and raised in Pond Inlet and Cape Dorset. Jesse has wanted to be an astronaut since he was nine years old.

Jesse wants to see space with his own eyes. He says, "I am driven to ride a rocket into space myself and experience first-hand the feeling of weightlessness."

Astronauts sometimes work in outer space for weeks or months at a time. You need a healthy mind and a healthy body to be an astronaut.



An astronaut candidate is someone who is training to become an astronaut. Astronaut candidates need to have a university degree in science or engineering, and they need to be in great physical shape.

In 2017, Jesse became 1 of 72 finalists for Canada's search for 2 new astronauts. Almost 4,000 people applied for the positions. What a huge accomplishment for this amazing Nunavummiuq!

Healthy Body

To get ready for space missions, astronauts do a lot of training, stay active, and get a lot of exercise. Astronauts in space exercise every day, too. Astronauts in space exercise using a special treadmill. They attach themselves to it with a harness so they don't float away during a workout.

Healthy eating habits are important for staying healthy on Earth and in space. Over time, an astronaut's bones could become weaker in space. To make sure that their bones stay strong, astronauts eat foods that have lots of calcium, such as milk and yogurt, and foods with vitamin D, such as chard and broccoli.

Getting enough sleep is also important for an astronaut's physical and mental health. In space, astronauts sleep in sleeping bags that are tied to their beds. This way, they can get a full eight hours of rest without floating around in the spacecraft.

Healthy Mind

Astronauts have hard jobs. They must complete very important and difficult tasks. They can experience stress from the pressure of doing their jobs well.

They also often have to live far away from their friends and family for long periods of time, either in space or somewhere far from home on Earth to do training. This can make them feel lonely and can lead to depression. Astronauts are encouraged to write down how they are feeling in a journal. Writing your feelings and ideas in a journal is a good way to maintain a healthy mind.

Astronauts need to be prepared for dangerous situations and must have good decision-making skills. Jesse says that his experience growing up in the North prepared him for the difficult tests to qualify to become an astronaut candidate.

"I have great memories of building forts, learning survival skills from my father, going hunting with my father, and hiking in the mountains," he remembers.

While Jesse is training to become an astronaut, he also has a full-time job. He oversees a large group of satellites in space. He makes sure they orbit Earth safely. He uses his degree in aerospace engineering, which he earned at the University of Toronto. Jesse says his goal is to "contribute personally to the exploration of our solar system and to the advancement of human civilization beyond Earth." ■



How Does Climate Change Affect Our World?

By Jordan Hoffman

Climate change is the process of our planet experiencing long-term changes in air and water temperature. In the Arctic, we see these changes first-hand. For example, in some areas the winters aren't as cold as they used to be, and the sea ice might not last as long.

Weather or Climate?

Weather is what's happening outside right now. Climate is the pattern of weather conditions measured over many years.

But climate change doesn't just impact the Arctic. It affects our whole planet. Here are some of the effects that climate change is having on people, animals, and plants in other parts of the world:

- **Rising sea levels in coastal areas**
- **Storms and flooding of river valleys, where many cities are located**
- **Wildfires in different regions of the globe**



Rising Sea Levels



Climate change is causing things like warmer temperatures. This can make ice and snow melt in greater quantities than before. And they're not freezing again. Melting snow and ice end up in the sea. When there is more water in the sea, the sea level is higher. Rising sea levels are a big problem.

Earth's many islands can be affected by the rising sea levels. For example, the island in this photo is part of the country of



Kiribati. The island is in the Pacific Ocean, close to Australia. Rising sea levels could cause floods here.

When salty seawater floods the land, it can mix with the freshwater. People and animals will not be able to drink the water. Salty seawater can also get into the soil and make it salty. Most plants can't grow in salty soil. Think about if the soil was salty on the tundra. Plants like blueberries, crowberries, and wildflowers might disappear because they can't grow in salty soil. Animals that depend on eating plants, such as caribou and muskoxen, might not survive. And people then won't have those plants or animals to eat.

Storms and Flooding



Major storms are another problem caused by climate change. As weather patterns become more extreme, storms are becoming stronger and are happening more often. This is because warmer temperatures increase the amount of water that evaporates from the oceans and create stronger winds. This water then returns to Earth, pushed around by strong winds in heavy rainstorms. That rain can cause a lot of flooding.

In 2017, big storms called hurricanes brought heavy rain and large waves into parts of the United States. The rain and large waves caused major flooding and destroyed some areas near the country's east coast. Many people lost their homes and businesses.



Major storms like the one in this photo can cause floods, like the one in the photo at the top of the page.

Wildfires



A wildfire is a fire that is burning out of control. It burns anything in its way. In the past few years, there have been more wildfires than usual in many areas of the world. The country of Spain, which is in Europe, has had a lot of wildfires in the past few years. Scientists think climate change has caused Spain to become warmer and drier. These conditions can cause fires to catch and spread more easily.

Wildfires in Spain can kill animals, such as the Iberian lynx (a type of wild cat) and Spanish imperial eagles. Wildfires can also hurt or kill humans with homes near forests that catch fire. ■

Want to learn more about climate change, and what you can do to help protect our planet? Check out:



- climatechangenunavut.ca
- climatekids.ca
- earthday.org



Frequently Asked Questions

Cyberbullying

What is cyberbullying?

Bullying doesn't always happen in person. Cyberbullying is when someone uses technology to harass, threaten, or embarrass another person. A cyberbully can be someone you know, or it can be a stranger.

Cyberbullying is done online. For many of us, the Internet is a big part of our lives. That means people might be cyberbullied at home, at school, or any other time they go online.

Cyberbullying can lead to serious problems. It can affect mood, energy, sleep, and eating. Cyberbullying can even trigger anxiety and depression. If you are being cyberbullied, or if you see someone else being cyberbullied, don't ignore it.

What does a cyberbully do?

Here are some examples of what cyberbullies might do:



Send mean texts, tweets, messages, pictures, or videos, or leave mean comments on social media posts.



Post someone else's personal information, photos, or videos online to hurt or embarrass someone.



Create a fake social media profile, email account, or webpage to use to bully someone.



Pretend to be the person they are bullying. Bullies do this to post content online that could get the person they are targeting in trouble or damage the person's relationships.



Ask for nude photos on social media. If you are ever asked to send someone a picture of yourself without clothes on, report it to the social media site you are using and tell an adult you trust. You and the adult may decide to bring this problem to the RCMP.



Protect your privacy

- Think about what you are sharing on these apps. Do you want a stranger to see it?
- Change your privacy settings to make sure that strangers can't see everything you share.
- On apps like SnapChat or Instagram, you might think that it's okay to send photos or share stories because you know they will disappear after a few seconds. But if someone takes a screenshot, that photo could last forever.



What can I do if I'm being cyberbullied?

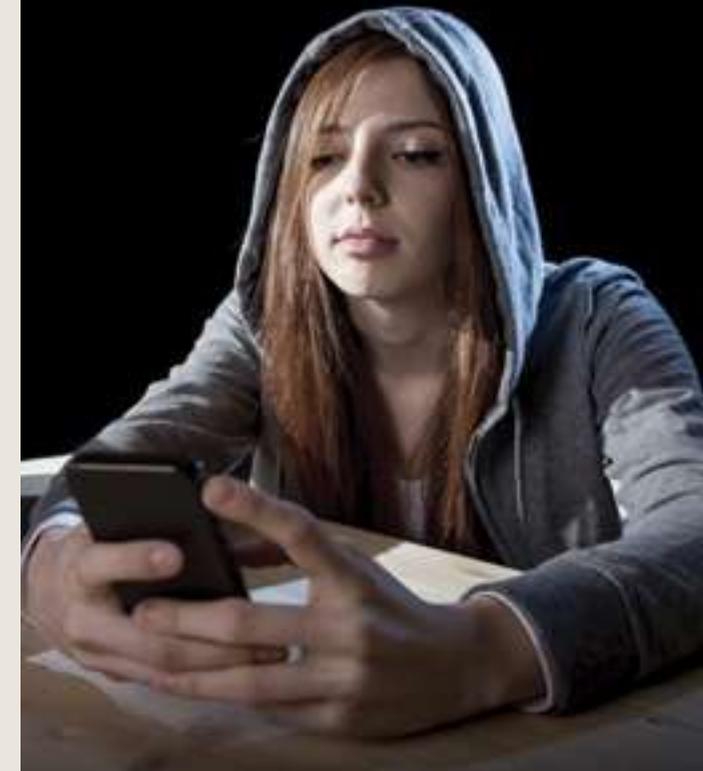
If you're being cyberbullied—or know someone who is—here is what you can do:

- **Tell someone:** Tell an adult you trust, like a parent, teacher, or someone else in the community.
- **Walk away:** Ignoring bullies is one way to take away their power. If something upsets you online, try to spend some time away from your computer or phone.
- **Don't delete:** Even though it's not a good idea to respond to a bully, it is important to save evidence of the bullying if you can. This evidence is helpful when reporting the bullying.
- **Block the bully:** Most online sites have settings that allow you to electronically block bullies from reaching you. If you don't know how to do this, ask someone you trust who does.
- **Report bullying:** Social media sites like Facebook, Instagram, and YouTube take cyberbullying very seriously. They may remove the bully. Ask someone you trust to help you report the bully.

What if my friend is a bully?

It is not easy, but if your friend is being a cyberbully, try to tell your friend that those actions are not okay. This can include explaining that bullying can be really hurtful. You can also remind your friend that being reported as a cyberbully could mean getting banned from social media sites or punished at school, or even facing criminal charges.

Most importantly, if you see cyberbullying happening online, don't join in. Instead, offer support to the person being bullied. You can also report the bullying. Reporting can be anonymous. ■



Did you know?

Recent studies say that **1 in 5** teens have been the victims of cyberbullying.

Do you or someone you know need help? Talk to someone you trust, or contact:

- **The Nunavut Kamatsiaqtut Help Line**
1-800-265-3333
- **The RCMP in your community**
- **Your local Health Centre**
- **The Embrace Life Council**
www.inuusiq.com/resources/bullying/overview/
- **Crisis Services Canada**
Use the online chat, call, or send a text to 1-833-456-4566



WRESTLING IN NUNAVUT

By Paula Cziranka

Takedowns and pins: it's not the WWE. It's Nunavut wrestlers at the Canada Games in Winnipeg!

Eight athletes from Nunavut went to the Canada Games to compete from August 9 to 11, 2017. But it didn't start there. The athletes' journey to the Games began long before their first day of competition.

Wrestling is one of the oldest sports in the world. There are cave drawings from over 15,000 years ago that show people wrestling. In the past, wrestling was a safe way for people to practise fighting without hurting themselves.

There were five boys and three girls on the wrestling team. These athletes were from various communities, including Rankin Inlet, Arviat, Coral Harbour, and Iqaluit. They were chosen because they were winners in the Nunavut Territorial Championships, held in Iqaluit in November 2016.

In the summer of 2017, the team flew to Jasper, Alberta, to participate in a wrestling training camp. To compete at the Canada Games, the athletes had to be skilled at wrestling and also strong mentally and physically!

In Jasper, the athletes followed this schedule every day:

- A 5-kilometre run through the Rocky Mountains first thing every morning
- A healthy breakfast with lots of protein
- A training session in the gym for the rest of the morning
- A short break for lunch
- Another training session in the gym in the afternoon
- A dinner break
- Another training session in the gym in the evening
- An evening break
- Time for bed

Three practices a day kept the athletes busy and really challenged them. The training camp made the athletes do more than they thought they could do!

Wrestling at the Canada Games wasn't easy, but Team Nunavut did a great job! The athletes improved with each match and learned new skills to use at their next competition. Coaches and athletes from across the country cheered them on and quickly built friendships with each of our athletes. The experiences they had and friends they made at the Games will last a lifetime. ■

Competitive wrestling has existed in Nunavut for many years. The Territorial Championships are held each year in November. If you participate in the Territorial Championships, you might get the chance to go to the Canada Games or the Arctic Winter Games. If you would like to get involved, talk to your school principal or community recreation coordinator for more information.





Fishing for the Perfect Opportunity

Fisheries Jobs in Nunavut

Fishing has always been important in Nunavut. Fishers provide country food to communities across the territory. If you love fishing, you may want to work in the fisheries industry one day.

What Is the Fisheries Industry?

The fisheries industry includes jobs that have to do with fish or fish products. This means jobs in harvesting, processing, storing, transporting, or selling fish or fish products.

Working with the Government

The Fisheries and Sealing division of the Department of Environment is an exciting place to work. The division is responsible for protecting fish and seals and the environments where they live. The division even has a research boat that needs workers to help operate it.

The division also works with fishers and businesses to sell products like fish and seal meat throughout the territory, across the country, and around the world.



Working in Inshore Fisheries

Working in an inshore fishery means catching fish from a boat closer to shore. The Arctic char and whitefish fisheries are examples of inshore fisheries in Nunavut.

If you work in an inshore fishery, you might need to know how to run the entire boat. This can mean that you have to be the **mechanic** and **fisher** at the same time. You might work on a small boat with only one or two other people.



Working in Offshore Fisheries

Working in an offshore fishery means catching fish from a boat in deep water, far from shore. The turbot and shrimp fisheries are examples of offshore fisheries in Nunavut.

Here are some of the jobs you could do on an offshore boat:

- A **deckhand** works on the deck of a boat to harvest the fish.
- A **marine diesel mechanic** helps fix the boat's engines and keeps the boat running smoothly.
- A **bridge officer** makes sure the boat is travelling on a safe path.
- A **cook** makes all the food the workers on the boat will eat.
- A **fisheries observer** makes sure the fish that are caught are the correct size and species, and that fishing takes place in the right areas.



Working in Fisheries Science

There are also scientists who work in the fisheries industry. These scientists study fish and the environments fish live in to make sure there are enough fish and that they are healthy. Jobs like **fisheries scientists** or **fisheries officers** are available with the Nunavut Wildlife Management Board, the Government of Nunavut, or the Government of Canada.



Working in Factories

If life on the water is not for you, there are still plenty of jobs on land in the fisheries industry you might be interested in. You can work at a factory in Pangnirtung, Rankin Inlet, or Cambridge Bay. Here are some of the jobs you might do:

- **Factory workers** clean and prepare the fish to be sold.
- **Quality control managers** make sure everything that leaves the factory is fresh and healthy.

These jobs are a great starting point for young people in the fisheries industry. Factories allow communities in Nunavut and across the country to enjoy fish from the Arctic.



How Can You Get a Job in the Fisheries Industry?

The Nunavut Fisheries and Marine Training Consortium (NFMTTC) provides training to young Nunavummiut who want to join the fishing industry. To qualify for training with the NFMTTC, you must be Nunavummiut and be 18 years of age or older.

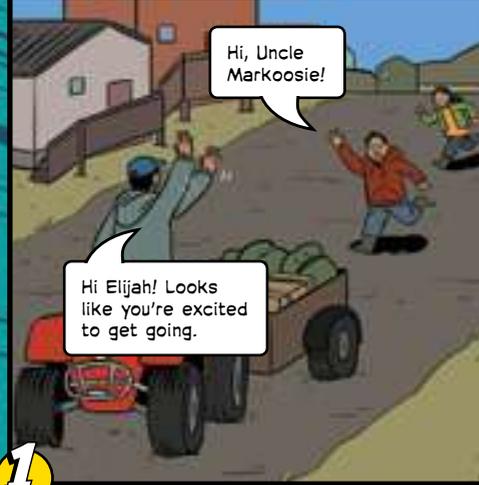
You can speak to someone at your local Hunters and Trappers Organization to learn more about what kind of jobs you might be interested in. You can also contact the NFMTTC office in Iqaluit, or visit their website: www.nftconsortium.org. ■

ELIJAH & ELISAPEE

PACKING FOR A BOAT TRIP

BY CALEB MACDONALD

Elijah and Elisapee recently moved from Iqaluit to Pond Inlet, where their grandparents and Uncle Markoosie live.



I like to keep these in my inside pockets. It extends the battery life when it's cold. If you only remember one thing, remember these. That way, you can figure out where you are and call for help if you get stuck.

7

Why are we putting the food in a cooler?

I like to keep the food in a cooler because it's waterproof, so the food won't get wet if it rains. And it's hard, so we won't accidentally step on our food!

8

Is this all the water we're bringing?

Yes. Lucky for us, the area we are travelling to has lots of rivers to get fresh water. It's important to bring containers that will be easy to fill.

9

Is that your rifle?

Are we going hunting?

We'll bring my rifle in case we need it. It's safer to transport in its case, plus it will stay dry.

10

And of course, if we're going fishing, we can't forget...

Our nets!

11

Everyone got their floater suits on? All right, let's go!

WOHOO!

12

TIMIGA, IKUMAJUQ

A STORYTELLING WORKSHOP TO HELP YOUTH
TALK ABOUT SEX AND RELATIONSHIPS

Storytelling is an important part of Inuit culture in every area where Inuit live. Each area of Inuit Nunangat has a different way of telling and performing stories.

Uajeerneq is a traditional way of telling stories in Greenland. Performers make up a character who is goofy or a bit of a troublemaker. Performers create a “mask” by painting their faces red and black. They might also put wooden blocks in their cheeks or mouth to change the shape of their face.





The colours used to make an uajeernek mask each has a meaning. Black means honesty and being humble. Red mean sexuality. The bare spots with no colour stand for the people and animals that have helped to give life to the performer.

To tell the story, the performer dances around the room, making scary faces and causing trouble. The performer wants to make the audience laugh, feel uncomfortable, or even feel scared.

The original purpose of uajeernek storytelling was to put children face-to-face with something scary or uncomfortable. In the past, the dance was often performed without warning, so that children would learn how to deal with situations that they did not expect. Today, uajeernek can still help prepare children and youth for difficult situations in real life.

Two organizations in Nunavut, the Qaujigiartiit Health Research Centre and Qaggiavut Arts Society, have developed a workshop that uses uajeernek to help youth talk about difficult issues together.

The workshop is called “Timiga, Ikumajuq (My Body, the Light Within).” It is run in high schools across Nunavut.

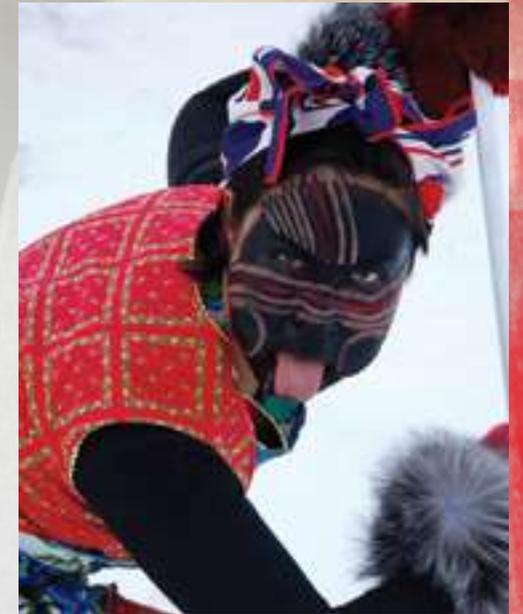
In the workshop, students paint their own uajeernek masks onto their faces and perform stories, poems, or skits that they have created. Using a mask allows a student to be someone else while telling the story. This lets students talk about things that they might not usually talk about.

This workshop uses drama and art to help students feel more comfortable talking about things that may be difficult or uncomfortable to share with others, like relationships and sex. Students also hear traditional stories about relationships and sex.

“Timiga, Ikumajuq” lets students explore topics and situations, such as:

-  **The ways we show love**
-  **Why people have sex**
-  **Emotions we feel in relationships**
-  **Different ways boys and girls might be expected to act in relationships**
-  **Sexual health and safer sex**

The workshop can help students feel more comfortable talking to their partners about issues like safe sex. “Timiga, Ikumajuq” also teaches students that it is okay to express themselves in different ways. This workshop is one way to build confidence to talk about difficult topics. ■



If you want more information about how to bring this workshop to your school, contact:

Qaujigiartiit Health Research Centre (AHRN-NU)
764 Fred Coman Drive
PO Box 11372 Iqaluit, NU
X0A 0H0

www.qhrc.ca

Listen to



Have you ever seen a guitar made out of cans, nails, and string? When musician Charlie Panigoniak was growing up, he saw his father make one just like that. Music has always been a big part of his life.

Charlie was born in 1946 in what is now called the Kivalliq region of Nunavut. When he was a child, Inuit were moving from camps on the land into communities. Charlie's family settled in Arviat.

When Charlie was a young man, he had to go to a hospital in Manitoba because he was sick. While there, he began to listen to modern music. He particularly liked to listen to country music. In Manitoba, Charlie used the money that he made from selling carvings to buy his first real guitar. Soon after, he started to write his own songs.

At first, Charlie wrote songs in English. But soon he switched to writing in his first language, Inuktitut. Charlie returned home to Arviat and lived there until the 1980s. Then he moved to Rankin Inlet. His songs began to be heard on radio stations across the Arctic. He was invited to perform at festivals in the North of Canada and in other countries as well.

Charlie's songs sound like country or folk music, but with his own unique twist. He has written songs about his childhood, his family, and things that have happened in his life. Some titles of his songs include "Qitturiat," "Upingaami," and "Nutaraulausimajugut." Some of his songs are about serious topics. He wrote one song about his family nearly starving out on the land until they were rescued.

In recent years, Charlie has been unwell with Parkinson's disease. The disease makes it hard for him to move or perform. In 2016, people in Arviat held a concert in Charlie's honour. Other musicians performed Charlie's songs while Charlie watched. Everybody in the audience was amazed and delighted when Charlie got up on stage twice during the concert to perform himself.

In 2016, Charlie received a Performing Arts Award from the Nunavut Commissioner, Nellie Kusugak. She said, "Charlie Panigoniak is a territorial treasure. His songs are full of joy and humour and capture the very essence of community life in Nunavut." ■



You can hear Charlie Panigoniak's music by searching on YouTube or on IsumaTV, or by listening to your local radio station.

Supporting the Inuktitut Language

Charlie Panigoniak's wife, Lorna, has performed music with him for many years. She says Charlie feels good about writing his songs in Inuktitut. "He said...he's teaching younger kids to speak [Inuktitut] through music. I loved it when I heard that. We've got to keep our language and it can be any way, through music, speaking and even writing it," Lorna says.



Gender Identity

Who Are You?

You've heard it before: being a teenager can be confusing. Your body is growing up. You might experience new feelings. But you might also get a better understanding of who you are.

Part of understanding who you are is understanding your gender identity, which means how you see yourself as male, female, both, or neither. This can be a different experience for everyone.

Some people might feel male and some might feel female. Other people might feel male and female at the same time, or they might feel like they go back and forth between male and female at different times in their life. Still other people might not feel that they are either male or female. All of these are normal and okay.

Gender expression is how we act, dress, and talk to show others who we are. You can choose to express your gender identity however you want.

Sometimes body parts, or biological sex, match gender identity and gender expression. For example, a person sees and expresses herself as female and has a vagina. Sometimes a person's gender identity and body parts don't match. For example, a person has a penis but sees and expresses herself as female.

When a person's gender identity and body parts don't match, they may call themselves **transgender**.

Sexual orientation is different from gender identity. Sexual orientation is the emotional, romantic, and sexual attraction that a person feels towards another person.

No one knows who you are better than you do. No one has the right to tell you that you are one gender when you know that you are another gender. You do not have to share your gender identity with anyone, but you also don't have to keep your gender identity secret.





Being an Ally

For some people, it may be difficult to share with others that their gender identity does not match their body parts. This is because people may feel or know that their friends, family, or community will not accept or respect them for who they are. However, other people may feel able to express their gender identity.

It is important to be supportive if someone tells you about their gender identity. This is called being an ally.

Let your friend know that you accept them and they are safe with you. Here are some ways you can be an ally:

- 1 Listen to your friend and respect their words.
- 2 Invite them to tell you what they want to be called. Try your best to use the words they want you to use. Here are two examples:
 - Your friend Theresa tells you that she identifies as a boy. Theresa asks you to use the name Thomas and say “him” instead of “her.”
 - Your cousin Qajaaq asks that you use the word “they” instead of “him.” So you might say “I was looking for Qajaaq but they are not in their room.”
- 3 Ask them what kind of support they need. They may want a friend to be with them when they tell their family or other friends.
- 4 Don't tell anyone else what your friend told you unless your friend gives you permission to share the information with other people. It isn't lying if someone has waited to come out or doesn't want to come out to you or anyone else.

- 5 It's okay to ask questions about things that you may be confused about. But remember that some questions are personal and your friend may not want to share everything about their experience and identity. They may not know the answer, either.

- 6 Avoid using words that are hurtful in everyday speech. This includes words that you might not mean to be insulting, for example, saying “That's so gay” to mean something is silly or a bad idea. This may make someone feel that being gay is silly or a bad idea. ■

For more information or support, you can call the following organizations:

- ✓ **Nunavut Kamatsiaqtut Help Line:** 1-867-979-3333
- ✓ **Kids Help Phone:** 1-800-668-6888
- ✓ **LGBT Youthline:** call 1-800-268-9688 or 1-647-694-4275

If you want to learn more about LGBTQ+ terms and issues, check out:

www.irespectmyself.ca





Mathew Nuqingaq, Jewellery Maker and Artist

Mathew Nuqingaq is an Inuit artist. He is well known for the jewellery he makes, like earrings, bracelets, and necklaces. He grew up in Qikiqtarjuaq and now lives in Iqaluit.

Mathew didn't always make jewellery. He worked as a teacher for many years. He decided to take a jewellery-making course at Nunavut Arctic College because he loved the jewellery he saw at the Christmas craft sale in Iqaluit every year.

After a few years, he started teaching the jewellery course at the college. And eventually he became a jewellery maker as his full-time job.

He made a two-bedroom house in Iqaluit into an art studio. Now he welcomes other artists to work in the studio, too. He also has people who are learning to make jewellery, called apprentices, working in the studio with him.

"I found that the only thing I wanted to do was to go to the studio and make something," Mathew says. "Being an artist is the best job I've ever had."

Mathew gets ideas for his jewellery from Inuit culture. In the past, Inuit would travel across the land, so they needed items that were easy to pack and move. Mathew started making jewellery that is easy to carry, like earrings and rings.

Mathew makes jewellery out of many materials, including silver, ivory, and bone. Mathew says that he likes to work with silver the most because it can be shipped around the world. Not all countries will let you sell ivory there.

"Silver has no borders," Mathew says. "You can start a conversation with someone else anywhere in the world with silver."

Mathew also likes to make silver jewellery because it takes him less time than using other materials. This means he can make and sell more of it, which helps him to make enough money to keep his business going. He uses the money he makes from selling this jewellery to pay for the costs of his studio, and also to make larger pieces of jewellery and pieces of art. He is always looking for ways to make his business grow.

Mathew says that he enjoys finding new ways to challenge himself. He says there is a word for this in Inuktitut. "Qanuqtuurniq" means figuring out different ways to succeed. It is one of the Inuit Qaujimagatuqangit principles.



"If you have the choice of being an artist, why not do it?" Mathew says. "It's a challenge. It's mostly trying to figure out what you are going to do next. I don't think I'll ever reach what I want to do, what I want to make. I'm always learning." ■

In 2017, Mathew was inducted into to the Order of Canada, an official recognition of outstanding achievement.

Mathew was one of six artists who made the mace used for the creation of the Nunavut government. The mace is a very large stick that is used for ceremonies. The mace of Nunavut is made of a narwhal tusk, silver, and different gems and minerals from Nunavut.



Advice Column

Are My Parents' Problems My Responsibility?

By Rachel Michael

QUESTION

My dad drinks, and my parents fight all the time. Sometimes I feel like it's my fault that my parents are so unhappy. I feel unhappy, too, and scared to be in my own home. If my parents can't help me, who can?

ANSWER

Living with family who use alcohol too much, or who fight, can be tiring. But you are not alone. When my dad died by suicide, I was 13. I became depressed and felt so alone that I wanted to die, too. My mom drank too much alcohol while I was growing up. I felt responsible for taking care of her. I always wondered, *Why does my mom drink so much? Why is my family so broken?* I often blamed myself. I remember feeling so embarrassed that my mom would be drunk a lot.



Sometimes I had to live in foster care. It was hard to trust people.

In Grade 12, my teacher taught us about some of the Inuit history in Nunavut. We learned about residential schools. Inuit went through so much between the time when our grandparents lived on the land to when my mom lived in a community and went to school. Inuit went through so much struggle. Our lives are completely different than they were just 70 years ago. That was not very long ago.

Learning all of this made my eyes grow wide. I understood a little bit about why so many people drink and fight. Many of these people are hurting inside because of all the bad things that happened to them in the past. Even though I wasn't there when all these changes were happening, I can still hurt inside because of it. This is known as intergenerational trauma. I began to ask questions. Eventually, I stopped blaming myself for my mom's drinking.



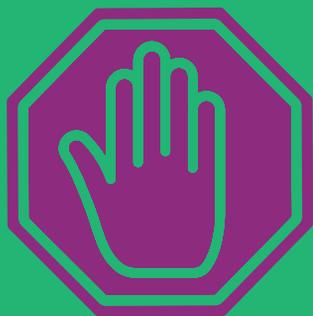
Intergenerational trauma is sadness, pain, or even mental health disorders that are passed on from a person who has survived trauma to his or her children, or other family members (the next generation).

I started to deal with stress in a new way, by reaching out to my community. This way I started to feel less alone. You can do this too. Participate more in school and sports, or in hobbies like Cadets or throat singing. Consider getting an after-school job, or spending time with friends that you trust.



I also learned how to talk to caring adults, like teachers or my friends' parents, when I needed help. Reaching out to a trusted adult may help you too. If you are feeling sad or depressed, consider going to your local health centre or hospital. When I was very depressed, I told the mental health nurses what was going on. They helped me a lot. I also called Kids Help Phone—this really helped me when I felt alone. Kids Help Phone is there for you, too. ■

Rachel Michael is a young Inuit woman. She was born and raised in Iqaluit. Rachel is currently a program coordinator with the Embrace Life Council, as well as a part-time youth leader at the Makukktukuvik Youth Centre.



If someone in your home is violent or you or someone in your home is in danger, don't wait. Call the RCMP emergency line for your community. If possible, go to a safe place, like a friend or relative's house. Your safety is important!

If you feel depressed and don't know who to talk to, you can call:

- ✓ **Kids Help Phone**
1-800-668-6868
- ✓ **Mental Health Crisis Line**
1-888-893-8333
- ✓ **Suicide and Crisis Hotline**
1-800-448-3000
- ✓ **Nunavut Kamatsiaqtut Help Line**
1-800-265-3333
The Inuktitut help line is available from 7pm to midnight at 867-979-3333.

Caption This!

Write a funny caption about what the baby is doing or thinking, and share it with your friends!



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**How Does Climate
Change Affect
Our World?**



Cyberbullying



**Fisheries Jobs
in Nunavut**