





## LESSON PLAN: ᐱᐱᓴᓯᐅ ᐱᓯᐅ (AISAKI AND ANNIE)

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This teaching guide includes subject matter related to unhealthy relationships. Some content may be disturbing and/or triggering for readers and their families.

Before beginning to use this teaching guide with students, it is strongly recommended that you speak with your School Community Counsellor and inform parents and guardians in your community. Please read this entire teaching guide before completing this extension activity in your classroom.

Below is a list of resources you and your students can access for support:

- ☛ Nunavut Kamatsiaqtut Help Line (English and Inuktitut): 1-867-979-3333 or 1-800-265-3333 (English 24/7; Inuktitut 7:00 p.m.–12:00 a.m. EST)
- ☛ Kids Help Phone (English): Use the online chat at [kidshelpline.ca](http://kidshelpline.ca), call 1-800-668-6868, or text CONNECT to 686868 (24/7)
- ☛ Crisis Services Canada (English): Use the online chat or call 1-833-456-4566 (24/7), or text (English) 45645 (4 p.m.–12 a.m. EST)
- ☛ Hope for Wellness Help Line (English, some Inuktitut): Use the online chat or call 1-855-242-3310
- ☛ The Embrace Life Council: [www.inuusiq.com](http://www.inuusiq.com)
- ☛ The RCMP in your community
- ☛ Your local Health Centre
- ☛ Community volunteers: Look into community volunteers, services, and resources and provide students with a way to connect with them.











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Remind students that if they, or someone they know, is experiencing violence or abuse in a relationship, they should contact the RCMP in their community immediately. You can find the number for your local RCMP here: <http://www.rcmp-grc.gc.ca/detach/en/find/NU>

Tell students that they or someone they know may feel afraid of getting help or reporting an abusive relationship. Remind them that they do not have to stay in an unhealthy relationship just because someone threatens them or makes them feel afraid. Also remind them that there is always someone who will support or protect them, such as a social worker, a counsellor, a nurse, or the RCMP.

8. Next, take time to discuss with students the list of community supports and remind them that these supports are available to them at any time. Pass out the list of ᓄᓄᕐᓱ ᐱᐱᕐᓱᓄᓄᕐᓱ ᐱᐱᕐᓱᓄᓄᕐᓱ (Community Support Contacts) that you photocopied for students in the **Pre-Lesson Preparation**, so that students can have their own copy whenever they need it. As a class, discuss each item on the list and be sure students understand what it is and how to use it.

Provide students with the phone number for their regional Children and Family Services Office, Community Justice Outreach Worker, RCMP, and Health Centre from the list in step 7. They can write these numbers in the spaces provided on the ᓄᓄᕐᓱ ᐱᐱᕐᓱᓄᓄᕐᓱ ᐱᐱᕐᓱᓄᓄᕐᓱ (Community Support Contacts) reproducible.

9. Then, tell students they are going to work independently to create their own Support Circle. They may choose to use the ᐱᐱᕐᓱᓄᓄᕐᓱ ᐱᐱᕐᓱᓄᓄᕐᓱ (Support Circle) activity worksheet, or they can use a blank piece of paper if they would like to expand their Support Circle. Tell students that they can include contact information for everyone in their Support Circle if they wish. Encourage students to keep their Support Circle worksheet so that they know that there is always somewhere to turn if they need help.

### Need more info?

Visit [www.irespectmyself.ca](http://www.irespectmyself.ca) for more information and resources. You can also contact [sexualhealth@gov.nu.ca](mailto:sexualhealth@gov.nu.ca) if you need support in teaching this topic.









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