



KAWANIHTA

KIPIMATISIWIN

**KISKINAHAMKEW
KISKINOHTAHEYWIN**

NĪSŌHKAMĀKĒWIN

Oma pikiskweywin kaki macitacik taki wecihacik ohe kiskinahamakeywa ohe oskayak kakaskihtacik tepakohp mina isko peyakosap ositacik taki kwayaskomicik ohe oskayak tansisi oma macipeyhitawin iskakocik omamitoneycikanawak mina kotak mitaweywina ahpo tamitawecik kamiyoskakocik. Tastew ota kapihtwataki oma maci pihtwawin ikwanima kiskinwahamakecik tanisi ispayihk kapihtwatmik oma ahpo ostikwanowak ikwa

omamitoncikanik mina oskayak pohko tawehtamacik ika kapihtwacik oma kwayask takipimasitcik.

Kakwayaskomitcik ika ikosisi titotahkik, taki sisawecik ahpo taki kitocikecik, ahpo kamasinahikecik miyosin ikwanima miyoyawin. Oma masinhahikewin ohi kapacikikana miwasina ika tapatacik oma maci pihtwawin oma kwayask tamamitoneyhitakik.



Government
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OSKAYA TAPAMINICIK

Kispin atoskehtataman ohi piyisk taki osetin oma kamamaskataman ohi masinahikewina tanistohtaman kiya nikan ikwa takiskinahamwakihk oskaya tansisi oma maci pihtwawin ispakowkocik oma, ikohk imayatak ikwanima pihtwawin.

Kispin apacitacik ahpo nihte ayawipicik, ahpo ika mistahi tamamitoneyhicakik, ahpo wiciwakanwawa wistawaw eyapacitacik. Atiht oskaya tatamak kistikew maskihkiya ikwa moya nantaw tetskakowak eteyitakik.

Maka mistahi oskaya apacitawak oma pohko takwe nakinicik kapikiskwatacik:

- > Nitohtamowin, kwecikemowin pikiskwewin
- > Pohko kakwi nistomakecik ika tapacitacik
- > Nistomamowin kwecikamotawi naskomowin
- > Nistomowin, naskomowin, tapitaki
- > Kamwatisiwin mina kitamakeymowin

Taki kiskyihtamowacik oskaya oma macipeyihwawin, kakipikiskwatacik mina [pikiskweywina ohi maskihkiya oskaya](#) mina [awasisak oma macipeyihwawin ikakpehtwacik](#).

OSECIKEWINA OMA MIYO PIMATISIWIN

Tanisisi takitotaki oma miyo pimatisiwin

Nanitaw nistomitanaw cipahikanis, isko newomitanaw mina niyan cipahikanis

Nakiskätowin	5 cipahikanis
Tanisisi takitokoyin oma maci pihtwawin wihitihp ohci	7 cipahikanis
Takwecikemacik kikway miyosik taki totakik	2 cipahikanis
Poyohk mina kwecikemowina	10 cipahikanis

Taki pisikeyitaki ohi...

- > **Tanite:** tanisisi tayayin kawaskowiyin ahpo sisawcikamikohk ahpo metaweyikamikohk. Kispin kike ayayini wistawaw oskaya taki totamak oma wikiwa ohci taki waskawicik.
- > **Tipahikan:** nantaw nistomitanaw cipahikanis isko newo mitanaw mina niyanan cipahikanis isko.
- > **Masinhahikana kapacitaki:** kapacitak ohi masinhahikana mina (metawewina osecikewina, mina kamasinahikecik.)
- > **Cikastepayicikana osecikewina:** Pohko pita oma kiskinawapacikan taki apacitacik ahpo oma masinpacikeywin tawapatakik ohi oskayak oma pikiskweywina kispin kamiyo mamitoneyicikaycik ohi oskayak. Atiht ohi oskayak ahpo kaki metawecik kotak osicikewina westawaw ohi kotakak kapacitacik ohe masinipacikana apacitacik oma osicikewina tosetacik.

NISTOMITANAW MINA NIKOTWASIK MINA CIKIMITONAW WIYITIHP APACIKAKANA

Maci pihtwawin oma moya kwayask wiyitihp kohpikin. Oma pikiskwewina ikota **masinahikatew** tanisisi oma maci pihtwawin **moya kwayask** kitihp tastew mina moya **kwaysk sayayin wiyitihp ete** kines ikosisi tapamatisiyin.

Oma osecikeywina [moya tatipahamihk](#), taki osecikeywinawaw ohe kotak wetihpawaw oskayak, tanisisi tetotahkik oma maci peyihpawawin kapacitacik tanisisi tisi mayiskakocik ohi oskayak. **Kispin mistahi apacitacik kakipa** moya kwayask kamamitoneyitamak **pisk wiya moya ciskwa kispikik** wiyitihpawawa wiya isko nisomitat niyanosap tahtaponicik. Ayawak oskya misonacikocik oma maci pihtwawin osam moya ciskwa kisopikniyik wiyitihpawawa.

Taki wicihew kiskinahamkewa wistawaw taki kiskimicik oskaya. Kakiskimicik oskaya ika taki pihtwacik oma, osam

kamayiskakocik mina moya kwayask kamamitoneyhitakik. Oma kapikiskwatacik oskaya ohi kiskinahamakeywak pohko takiskinahamwacik ohe newo petos mamitoneyicikana mina tocikeywina mina.

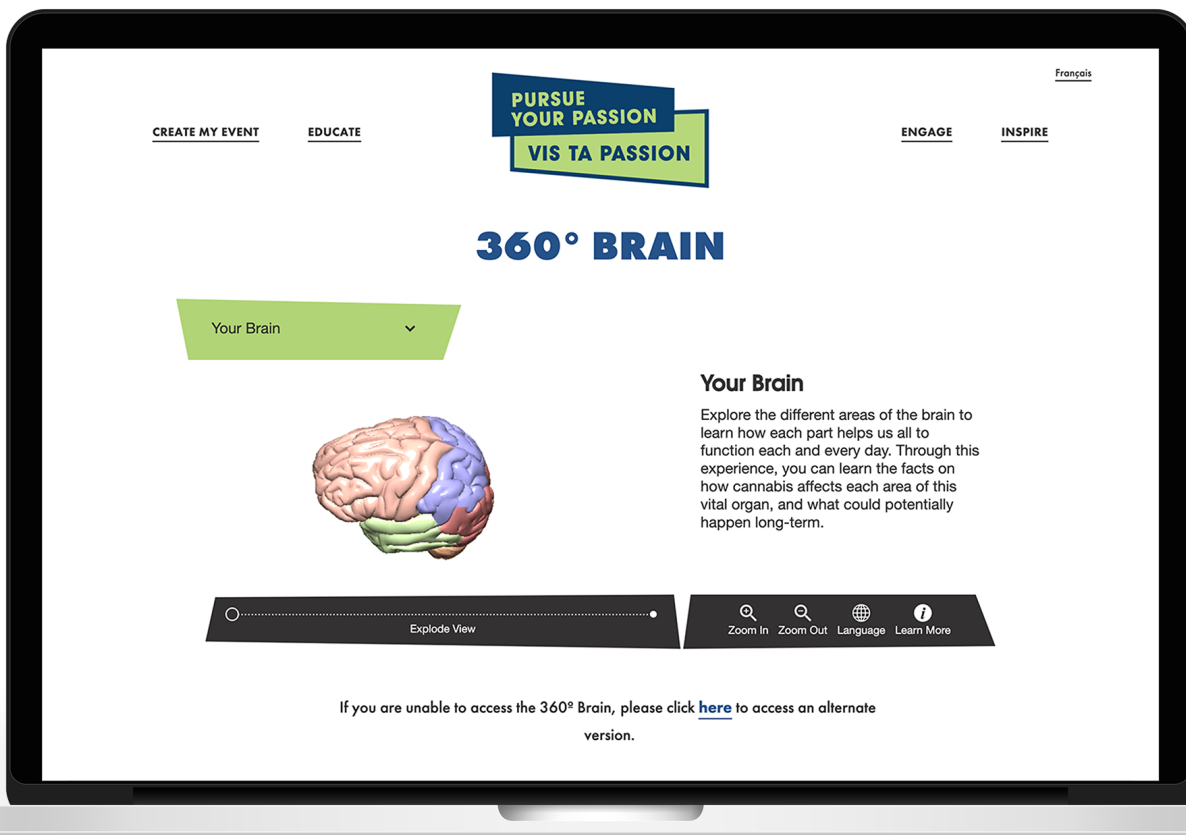
Oma taki kocik

Cikasteaicikan nistomitanaw niktowasik wiyitihp peyak pohko.



Ayawakes Apacitawina

Kispin nite pikiskwanawa oma [Pikiskwewin maci pihtwawin ohci](#)





KAWANIHTA

KIPIMATISIWIN

MIWASIN KIKWAY TOSIHTAK KWAYASKOMOWIN

Pamayes macitayin pohko taki
pisikeyitaman ohe...

Oskinawascikeywina

Pikiskweywina ohi kapikiskwakeycik	
Kiskinohtaheweywina	

- Cipacikewina taki kanawapatamik
kiskinwahamakak ohci
- iskinwahamakanak wistawaw tapacitacik ohe
cipacikewina (niso cipahikanis isko) [nistomitanaw](#)
[nikotwasap wiyitihp osecikewina](#)
- Tastew ota kiskinwahamakan tahto kiskaw taki
sisawecik nanitaw (niso cipahikanis ohci)
- Tayawat pisimohkanis

MASINPAWINA 1



Kikiskeytinawa ci ohe oskaysenewak mina oskaya kapacitacik oma
maci pihtwawin taki maskakoci mina takosicik mina kiskwekakocik?

Omisisi tastew kispin apacitacik oskayak misoncihamak wiyitihpawawa
pamayes nistanaw tatoonyaycik.

Oskaya kines apacitacik mitoni kakosowak kines moya kwayask
kamtoneytamak tanisisi kitskakocik apacitacik oma maci pihtwawin
Moscoskakocik kaskeyihtami-ayawin mina kweskwewin peyakoskan
ohci ikosisi ahpo pispimatisicik.



MASINPAWINA 2



Kikway maka kipimatisiwin? Kwecimawak ohi kapamihtacik miyo mahcihowin Kakanatak kikway itiskakoyin pihtwawin oma mina tanisisi kiyitihp isi makotek.

Ikwanima sisawewin kwayask iwiko miyoyawin mina ika takosicik tamiyoyacik.

Kikway maka kipimatisiwin?

Kwecimawak ohi kapamihtacik miyo mahcihowin Kakanatak kikway itiskakoyin pihtwawin oma mina tanisisi kiyitihp isi makotek.

Mina taci meweyitahk kikwaya taci tahak kamayyat ayisenew ika kapitwat oma maci pihtwawin.



MASINPAWINA 3



Oma mahti kiwecikemowin:

Tanispi wiyitihp kisi ohpikin? Niyanan tahtoponewin, mitatahtoponaywin, niyananosap tahtiponeywin, mina nistanaw tahtoponeywin, ahpo nistanaw niyanosap tahtoponewin?

Kiwlcmi oskaya kispin ikosis wistawaw pikiskwecik: Kwecim kikway kwayask pikiskwewina kahkiyaw oskaya.



Tanispi wiyitihp kisi ohpikin?

Niyanosap tahtiponet
Mihawit tahtiponet
Niyanosap tahtiponet
Nistanaw tahtiponet
Nistanaw niyanosap tahtiponet



MASINPAWINA 4



Kwayask naskomowin nistanaw niyanosap tahtoponew. Ota masinahamak nistanaw niyanosap tahtoponet pamayes kisi ohpikik wiyitihp.

Ayawak oskya misonacikocik oma maci pihtwawin osam moya ciskwa kisopikniyik wiyitihpwawa. Nawac wipac tastew ayiwak kamisoncikwak oma maci pihtwawin kispin mistahi apacitacik.

Tanispi wiyitihp kisi ohpikin?

Niyanosap tahtiponet
Mihawit tahtiponet
Niyanosap tahtiponet
Nistanaw tahtiponet
Nistanaw niyanosap tahtiponet

Ota masinahamak nistanaw niyanosap tahtoponet pamayes kisi ohpikik wiyitihp.



MASINPAWINA 5



Oma kwaskomicik anohc oma:

1. Miyo mamitoneyhitamowin moya kwayask pimatisiw pihtwawin apacitaci
2. Tanisi oma macipeyhitawin moya kwayask kamamitoneyitakik kispin peytawak oma moya kwayask taki sakhito ayisenew



MASINPAWINA 6



Wiyitihp kiyapits ohpikin isko niyanosap tahtoponet ayisenew mina apacitacik moya kwayask tohpikin osam maci kikway ikwanima moya mina kakipikiskwewak kotak ayisenwak ohci.

Oma maci pihtwawin moya miyoskako pahpitos wiyitihp ikwa mina kinwesk kamiyaskako:

Kiya:

- > Wapowin;
- > Waskaweywin ikwa mamitoneyihtamowin;
- > Mamitoneyihtam, osecikewin mina kwayask osecikewin;
- > Pimatisiwin, kitimakisowin mina miyo-pimatisiwin;
- > Masinahikewina mina wapahtewina

Kiskeyihtamowin oma maci pihtwawin tansisi kamsonacikocik wiyitihpawawa mina kines tahkosowak.



Ota taki intonaman pikiskwewina:

<https://www.canada.ca/en/health-canada/services/drugs-medication/cannabis/resources/cannabis-brain-know-facts.html>



MASINPAWINA 7



Ota kaki pikiswkatamik tanisisi wiyitihp ohpikik mina tanisisi misonacihitek wiyitihpawawa tahtokisikaki.

Oma masinahikewina kawapatinaw tanisisi wiyitihp pahkowiko mina **mamitoneyihtamowinihk, mina kwayask osecikewin.**

Mina taki masinpahitaman oma takanawapimisoyin.

APACIKIKAN

Nisto mina nikowask milanaw wiyitihp. Maci pihtwawin oma maya kwayask wiyitihp kohpikin.

Manawi nisakatotak taki lakiwe kiskeyhtamak tanisisi wiyitihp pahkowikowit mina tanisisi misonackil oma maci pihtwawin mina tanisisi ayisenewak itakakock.

Apacihita ikwanima nisto mitahimlanaw mina nikwatosap mihtip masinahikewina itocikatek masinahikewina ohi.

OSKAYASK
KISKINAHIMAKEW

Taki ayamitayin oma **mamitoneyihtam ikwa osecikeywin.** Ayamihta oma **mamitoneyihtam ikwa osecikeywin**



MASINPAWINA 8



Oma cihkeyhtakwan ohi oskaysenewak mina oskaya kapacitacik oma maci pihtwawin taki maskakoci mina takosicik mina kiskwekakocik?

Omissi tastew kispin apacitacik oskayak misoncihamak wiyitihpawawa pamayes nistanaw tatoponaycik.

Kikiskeytin ci...

Oskaysinowak ayawak wiyawaw ayaminowak maya miyayawak, akkasewak minad

Kispin maci pihtwawin apacitawak oskayak nistanaw tatoponaycik maya kisi opikin wiyitihp.

OSKAYASK
KISKINAHIMAKEW

MASINPAWINA 9



Ikoni kamisonacikoci maci pihtwawin

Mayiskakowin mina mosihowiniw kapeyhitwacik oma macipeyhitwawin mosci iskakocik mosci miyo skakocik mina mosci namakikway maci mamitoneyhitakaw ahpo mina kasikiscik mina

Ayawak ayaman takiskisik kisapacitacik moya mina kiskisowak mina moya kwayask mamitoneyhitamak. Mina atoskewinihk kapacitacik moya kwayask itskakowak.

Mina moya taki pamihewak sekewa mina ahpo kotak apaciikana Ikwanima moya kwayask kapamihewak wiya moya kwayask isi pakisitcik wiyitiphawawa. Oma maci pihtwawin nakinin ika kapiskeyitamik kikway mina moya kwayask sapinkeywak. Kispin kikiskemaw awiyak apacitacik oma moya taki paminahacik sekewa mina moya taki posicik ekota.

Kotak ayisenew taki posihisk tatakosiniyin. Tepwas pimotohiwew ahpo awiyak kakiseyimat tapinaskwenisk.



MASINPAWINA 10



Kispin kines apacitanyini oma maci pihtwawin ahpo kakiskwan. Kakiki kapacitacik oma macipeyhitwawin kamososkakocik mosci kakiki sekiscik mina kayamak mosci isayacik, mina moya kwayask mamitoneyickecik, mina ahpo ostikwanawak moya kwayask paksocik mosci kotakak ayisenewak ostikwanowak apiyit.

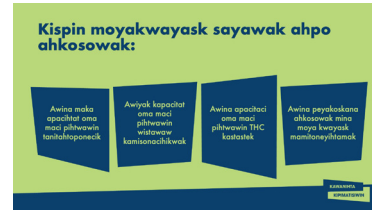


MASINPAWINA 11



Mistahi pihtwataci ohi piyisk nanitaw ostikwanowak kisayawak ika kwayask kamamitoneyihtakik ayawak oki:

- > awina apacitat tanitatoponet
- > awiyak kapacitat oma maci pihtwawin wistawaw kamisonacihikwak (piyisk kispin pihtwatamak tahtokisikaki)
- > awina apacitaci oma maci pihtwawin THC kastastek (nistomitanaw isko kikamitahtimitanaw astaki oma THC mina kotak pihtwawina asteki oma)
- > awina peyakoskana ahkosowak mina moya kwayask mamitoneyihtamak

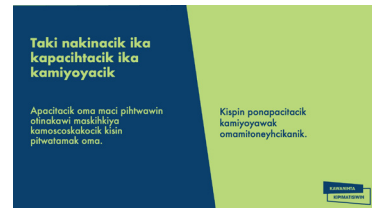


MASINPAWINA 12



Tastew astamihk apacitacik moya kakiskwewak, mina moya ostikwanowaw miyoskwak, maka kwayask taki pakowkowak. Tastew ota kaypoyok ikwanima kwayask ikwa kaki mamitoneyihtamak.

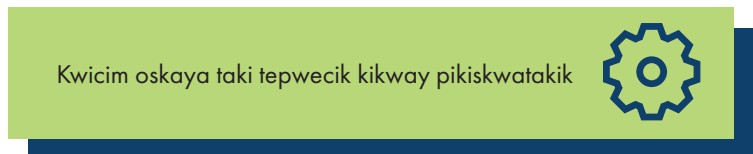
Kakaskapatew oma maci pihtwawin ikota astewa miscipona. Kinwes kapihtwatamihk oma maci pihtwawin ayiwak tahkosiw ayisenew ahpo ohpanapinewin tayat ahpo otehaspinet.



MASINPAWINA 13



Taki wehitaman kikway ahkwan kapihtwak oma pihtwawin



MASINPAWINA 14



Oma maci pihtwawin ikwa mistahi ikwa kisksketenawaw tanisisi misonacihat, piyisk ekwa ikwanima kinistinaw ikwa tanisisi mayiskakow oma maci pihtwawin. Mina kipitam ikoni kameyhtamik titotamak kikwaya.



MASINPAWINA 15



Ayamihtha oma ohe oskayak taki nanaskomocik kwecimitawi kikwaya



MASINPAWINA 16



Wiyitihp moya kwayask pakisew. Owihtipiaww mina taki mamitoneycikeycik metaweywinawaw.

Wiyitihp pahkoko iyhiwin, mina mitehik pakokowin, mina kotak wiyitihp petos ikote ika tapakisinihk, mina kapimotek kwayask, mina kamiyo mamitoneyhtamihk.

Ometiweywinawaw pohko kwayask kawaskaweycik mina ika kapisicik, ahpo kwayask kapimpatacik. Oma macipeyhitawin ikwanima mayiskakocik moya kwayask kawaskaweycik mina moya kwayask kamitoneyiceycik mina moya mina nitasakitocik wiya oma macipeyhitawin emayiskakocik.



MASINPAWINA 17



Plains Cree: Ometiweywinawaw pohko
kwayask kawaskaweycik mina ika kapisicik,
ahpo kwayask kapimpatacik. Oma
macipeyhitawin ikwanima mayiskakocik
moya kwayask kawaskaweycik mina moya
kwayask kamitoneyiceycik mina moya mina
nitasakitocik wiya oma macipeyhitawin
emayiskakocik



Taki wiyhtin kikwaya
kamiyweyhtaman
tosiyhtayin ohe:

- Miyonikewin
- Ayasikewin
- Nisohkamakewin
- Sisawewin
- Itagisawewin
- Itasiwewin-osihcikatw



MASINPAWINA 18



Atiht ayisenewak apacitacik oma maci pihtwawin osam moya
nahayacik. Mina ahpo kitocikewina pitamak miyosik tanitotak.

Kitocikewin miyosin ewiko osam ikwanima kamiyosik wiyithp ohci
kamiyoskakot ayisenew.

Macipeyhitawin oma owitihpawaw oskayak ota nikan ostikwanowak
moya kwayask kamamitoneycikeycik, mina oma wetiphawaw atamihk
oma tanite kaskiskicik mina atamihk ote ka kwayask kamitoneycikeycik
ikwanima moya kwayask kapimotecik mina oma mina atamihk
wetihpawaw ikwanima moya kwayask keysicikeycik.

Kihceyimowin oma osecikewin
mina kitocikewin?



Atiht ayisenewak apacitacik oma maci
pihtwawin osam moya nahayacik.
Mina ahpo kitocikewina pitamak
miyosik tanitotak.

Oma pihtwawin misahihkwanikan miyosin kikisawin, miyotamowin ikani
kapacitacik oma moya kwayask ikani kullitotak.



MASINPAWINA 19



Ayamihhta oma ohe oskayak taki nanaskomocik
kwecimitawi kikwaya



Miyo nitotamowin
kitocikewin.

Tanisti ismiiyitotamik
kipehtin o?!



MASINPAWINA 20

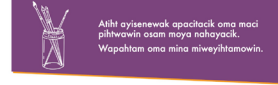


Atiht ayisenewak apacitacik oma maci pihlawin osam moya nahayacik. Wapahtam oma mina miweyhtamowin.

Macipeyhitwawin oma owitihpawaw oskayak ota nikan ostikwanowak moya kwayask kamamitoneycikeycik, mina oma wetiphawaw atamihk oma tanite kaskiskicik mina atamihk ote ka kwayask kamitoneycikeycik ikwanima moya kwayask kapimotecik mina oma mina atamihk wetihpawaw ikwanima moya kwayask keysicikeycik.

Maci pihlawin mamitoneyhtamowin, tanisisi isayayin, kiskisowin, mina kahkiyas kikway miyosik.

Taki osetan ci kikwaya?



Atiht ayisenewak apacitacik oma maci pihlawin osam moya nahayacik. Wapahtam oma mina miweyhtamowin.

Wapahtam ikwanima miyosakak wiyithp ka kamitanihk makihikwananik ka kwayask kapimotecik wya makitacik.

MIYOTOTAMOWIN
KISKINAHIMAKEW
WIYASIEWWINA

MASINPAWINA 21



Ayamita mina ohi oskaya kwecikeymowina mina opikiskweyina taki tepwatahkaw kispin kiskeyitamak ikwanima kwayask pikisweyina. Taki otinaki kwayask naskomowin.



Mina metawewina ika miyoyacik kikwaya?

Wiyithp
Macikihewin
Mikahikwananibonayhtamowin
Nikahikwanan

MIYOTOTAMOWIN
KISKINAHIMAKEW
WIYASIEWWINA

MASINPAWINA 22



Kwayask naskomowin: miyopakawkewin. Oma mocikihewin astew wiyithp ikwanima watakisowin. Mina ikwanima miyoyawin mina osecikewin mina kamamaskacitamahk kikwaya.

Mina metawewina ika miyoyacik kikwaya?

Wiyithp
Macikihewin
Mikahikwananibonayhtamowin
Nikahikwanan

Oma mocikihewin astew wiyithp ikwanima watakisowin. Mina ikwanima miyoyawin mina osecikewin mina kamamaskacitamahk kikwaya.

MIYOTOTAMOWIN
KISKINAHIMAKEW
WIYASIEWWINA

MASINPAWINA 23



Ayamihta oma masinipacikeywin



Aw maka mahti
kikway
kimweyitin



MASINPAWINA 24



Taki nawasonamik tansisi oma osecikeywina metaweywina tositacik. Peyak tipahikanis isko tamiyacik kiskinahamawakana tisi mamitoneyhtaki kikwaya sesawina tetotaki. Niso cipahikanis pohko.

Ayamihta kotak ikwanima masinipaycikeywin.
Peyak tipahikanis isko tamiyacik
kiskinahamawakana tisi mamitoneyhtaki
kikwaya sesawina tetotaki.

Niso tipahikanis isko oskaya kakwecimawak.



Nikan, tapwe, tohtel

Taki wetamawacik oskaya ohi tanimayikok cipayikansa isko kispin ohi kawaskawecik tanisi kawaskaweycik mina kotak waskweywin taki totahkik.

Pakitin oskaya ohi wistawaw taki pikiskwecik tanisi sayacik.



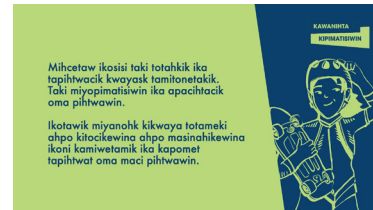
MASINPAWINA 25



MASINPAWINA 26



Ayamihta oma masinipacikeywin.



MASINPAWINA 27

