

#3 — Healthy relationships vs. unhealthy relationships

Minoyaawinik wawijiiwidowinan egwa iwe majisewinik wawijiiwidowinan

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from Michikan Lake First Nation



Iima minoyaawinik wawijiiwidowinan, awiyak kanawendaakosiwak iinamajihowak egwa iishikanawaabamaakanowak biko kaa-iishi awiyawiwaach. Iima majisewinik wawijiiwidowinik, awiyak dakiwiji mikoshkaadendamowak, dakiwiji waawaanendamowak, egaa jikejinaahowaach egwa jikanawendakosowamajihowaach.

Okweniwan kaawijinaakwakin kekoonan eminowaashik iwe wawijiiwidowin:

- **Kiin iko iishi ayaan:** kiminowamajiho iimaa awiya kawawijiiwach egwa kidebweyaadis kaa-iishi awanenoyan kiin.
- **Kwayakwadisowin:** kiminowamajiho kaadashidamanin iikweniwan kekoonan iimaa wawijiiwidowinik, iikweniwan kaye majisewinan egwa mikoshkaadendamowinan.
- **Mino ayamihidowin:** kidashidaan kekoonan kaakichiinendaakwakin kiin oji egwa iikweniwak kaawawijiiwadwaa, kakwejimidik kekoonan maamidondamek egwa aan e-iinamajihoyek egwa nadodaadik.
- **Kanaanimowewin:** kikanadenimidinaawaa egwa kiwijikaabawiitaadinaawaa egwa kinadodaadinaawaa iikweniwan kekoonan kaamikoshkaadendamihikoyekin. kidinamajiho kaawin jikii iikitoyan iikweniwan oji kekoonan kamikoshkaadendamihikoyanin.
- **Debweyemidowin:** kidishiminokanawaabamidisinaawaa maawach iimaa kidehiwaak, kikakii ahpenimidinaawaa egwa kikakii biminshahaanaawaa kaakiishi ashodamadiyekin kekoonan.
- **Daabidawisewi wijiwidowinik:** Daabidawisewin wiji wijihiwese iimaa wijiwidowinik kewiji minosek, abidawinikewin egwa wijidodamowinan iimaa mashkawisiwinik egwa wijidwaawinik. Kiishpin masinamwach majiikiyowinik naanda kanoonach kiwiidikemaakan naakinaake biko, egaa dash edawisesech ji-ayamihik, kaaishiwawijiiwidiyek kaawin iidok jidaabidawisek.
- **Wijikaabawiidadik:** wijikaabawiidaakewin iwe saakihikowin iinamajihowin egwa kanadenimikowin. Kinadodaadinaawaa, wijihiidiyek majisewinik egwa wijikaabawiidadiyek iishaayek kichi iishijikewinik.
- **Kiminoyaawamajiho:** kimoshdowinik, kidahjaakowinik egwa kidowiyasowinik kiminoyaawinan kikanawendaakosowamajiho egwa ewijikaabawiidaakoyan. Kaawin kidinamajihosiin aawe kiwiidikemaakan jiwiisakendamihik naanda jiwiisakadahok egwa kaawin jisekihiikoyan aaniin biko iineke.

Okweniwan kaawijinaakwakin kekoonan emajisek iwe wawijiiwidowin:

- **Miyawik maanitotaakewin:** kaawiidikemach kikaajwebinik, kibakihdehok naanda enishiwaanaajidoojin kekoonan kedayaan. Kaawin owe wiikaa kwayak kaa-iisisek. Kiishpin owe iisisewanen, kichiinendaakwan jiwaweshjikaadek wawenahjikewin kewiji kanawendaakosiyen.

- **Dibenimikowin:** kaawiidikemach kikaajiwebinik kiwiidamaak aan kedoodamwach, kekonen kekikishkaman egwa awanen kewawijjiwach. Mooshag kememejikahiik egwa ekakwesekimik (dokaan, jimaanitotawik naanda jimaanitotaasich) kewiji doodamwach kaa-iishi wiidamawik kedoodamwach.
- **Kakwaadakihiwewin:** kiwiidikemaakan kimamisiwe iishinikaanik, emaamajiinik egwa emaamajendamihik iimaa kodakiyan awiyan kaa-ayaanich.
- **Egaa kaakikenjikaadek aanahpi awiya kewiji bahsidesekwen:** kaawiidikemach kikaajiwebinik wejikishiwaasi egwa kaawin kikikendasiin aan kewiji kishiwaasich. Kikiimoojibimose biko ahko kidinamajiho.
- **Doodamowinikowinan:** kiwiidikemaakan kimamisiwe kidodawik jidoodamwach kekonan egaa kaawii doodaman naanda egaa mashi kaakwayaajiiyan jidoodaman, dokaan kaawiipemidinaaniwak naanda kaayaabajjikaadekin mashkikiin egwa minikwewinan. Kaawin “kaawin” jikii iinaakanowaach egwa kakwesekimiwewaak naanda iikitowak jimaanitotaakewaach.

Kaakakanoondinaaniwak

Minose jikakanoondinaaniwak eshkam. Egaa beshikwan kaa-iishiwaabajikaadekin kekonan kimiinikosinaawaa jimemejikaadoyekin bakaan kekonan kaa-iishi waabajikaadekin egwa kiwijijihiikon kewiji dashidamanin kidinamajihowinan. Majise iwe kishpin mooshag emiikaadinaaniwak naanda kiishpin emaamajenimidinaaniwak. Kichiinendaakwan jikanookenaaniwak miyawik kaamiikaadinaaniwak (kaabakidehodinaaniwakin dokaanan) kaawin wiikaa iwe jiminowaashik.

Okweniwan kekonan doodamowinan kewiji shaboshkamanin iikweniwan miikaadowinan iimaa kejowe waabamidowinik egwa iimaa mamaataawaabikok:

- **Bayatakenimon:** bayatak iishikakwekitin, aan misawaach eyabiji nishkaadisiyan.
- **Kaawin madenimowewin:** misawaach kiishpin kaawanidoodakowanen, nawach daminose jiwiidaman aan e-iinamajihoyan apiijiwiin madenimach Kodak awiya. Kidaa-iikit “nikiwiisakendaan egwa nikiwiji mamajenomhiikon iwe kaakiidodaman,” apiijiwiin “kidinendaan na ekakiibaadisiyaan.”
- **Wiidan iwe majisewin:** Dashidamok kekonan waayaajidoyek naanda aan kekiishi maamao doodamek kekiwiji niikaaniik iishimaajaayek. Kakwedebinamok maamiinonikewin apiijiwiin iwe bakinaakeyan kakanoonidowin.
- **Niikadeshkaan:** ahpii mekwaaj kaakishiwaahiidinaaniwak, kibijiin binamaa, iikitin jidashidamek iwe iishkwaa iisiseyek jikii dawiseseyek egwa jikiimaamidonendamek.

Aadit kaawiji naakwakin kekonan emajisek iwe wawijjiwidowin dakii iishikanawaabajikaade iwe wawijjiwidowinik miikaasowin. Kiishpin ebakamishkaakoyan iwe miyawik, mooshdowinik naanda bishikwaadisowinik maanitotaakosowinan, kichiinendaakwan jiwijijihiikoyan egwa jikanawendaakosiyan. Kanoosh aawe awaashishag wijihiwewinik majiikitowinik ayamihiiwewinik owijijihiwe aanahpii biko iimaa 1-800-668-6868 naanda ayamihidowinik aawe kaanakajidooch, kaawijidwaach kichi iisisewinik kaawijihiiwech kekiwiji wijihiikwaa iimaa iishi maajikitowinik masinahikeyan Anishiniwi, INUIT egwa wiisaakodewininiwak iimaa akidaasonik 686868.