



Qanuqtuurniq – Finding the Balance
3-part live phone-in TV series

I am young and I am proud
May 13, 2009
Edited DVD Transcript

Introduction:

This is an edited transcript of “I am young and I am proud”, one of three live television shows that Inuit Tuttarvingat produced in May 2009. Edits to the transcript have been made to assist with citations and improve clarity and flow of the text, often relating to interpretation from the Inuit language to English. Changes include deletions, minor additions or changed words, etc. Significant changes are shown in brackets [...]. When you see the words ‘(via interpreter)’, it means the person typing the open captions heard the speaker’s comments – which were made in the Inuit language – spoken by an interpreter in English.

You can search this transcript for key terms or areas of interest by using the search function in your PDF. Some key terms in this transcript include: active, alcohol, Artciq, attitude, bored, camp, city, challenge, children, computer, culture (Inuit/Western), disconnect, drugs, education, elders, facilities, government, grandparent, group/focus group, high Arctic, history, hunting, Internet, Inuit health survey, Inuusivut, issue, language, land, law, love, media, mental health, opportunity, parent, photography, positive, pride/proud, problem, program, Project Life, research, school, skill, Skype, smoking, solution, south, sport, story, support, traditional, tobacco, video, Web site, and wellness.

If you would like to quote parts of this transcript, please use the following format for citations:

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Pre-Recorded Video:

As the federal Minister of Health, I am pleased to see Inuit involved in such an innovative television project to talk about wellness, family wellness and community wellness. It's important to hear from men about their emotional health, from new mothers about how it feels to give birth in their own community, from young people about how they overcome difficult times. We're hearing positive stories of Inuit and others working together, creating and running programs that are making a real change in our communities. About how Inuit are finding their balance.

Host: (via interpreter) Tonight, youth wellness issues; last night we talked about maternity wellness. Introduce yourself.

Shannon O'Hara: I'm from Inuvik. I live in Inuvik with my common law and young daughter, and am an Inuit research advisor for the regional corporation.

Shawn Kuliktana: Hi, I am Shawn Kuliktana from Kugluktuk, Nunavut. 19 years old. I was a National Aboriginal Health Organization Role Model back in 2007. I work for NTCL and my dream is to become a welder.

Jesse Tungilik: Hi. I'm Jesse Tungilik. I live in Gatineau, Quebec right now. I've lived in various communities in the North. I work for an organization that offers expeditions for high school students from around the world to the Arctic and Antarctic. I got involved with the student program for the first time in 2001, where I became the first Inuk to reach the Antarctic. Travelling has been a big part of my life. I've been to about 20 different countries on the continent. I've been involved with a bunch of government organizations such as Government of Nunavut, Department of Culture, Language, Elders and Youth, Parks Canada, and Inuit Tapiriit Kanatami to name a few. My favourite colour is green.

Jesse Mike: (via interpreter) I'm the current chair of the National Inuit Youth Council. I'm also working with NTI with the youth issues. I'm very happy to be here tonight.

Jennie Williams: Hello, I'm Jennie Williams originally from Happy Valley-Goose Bay. I'm living in Nain, Nunatsiavut. I'm a youth board member for Pauktuutit Inuit Women of Canada.

Host: (via interpreter) Yes. Thank you very much. Before we start off, if I could ask Allen, if you could give us insight about what has happened historically to this point.



something to reflect, something to set our foundation straight so that we can build something bigger today for tomorrow.

Host: We saw a little bit of the Inuit Health Survey, Qanuippitali. Can you give us information that was gathered about youth?

Herb Nakimayak: Yeah, information collected on diet, food frequencies, country food, the country food that we have in our respective communities and regions, household questions which were access to country food, living conditions, education, housing conditions, which is a huge issue all over the North. It's actually an alarming rate, so one big issue should be raised. When you don't have a support system like a household big enough to house a huge family, then that leaves a lot of children, you know, maybe, how do you say, intimidated by, you know, going to school and not having any support at home. So that leads them to a lot of substance abuse and other things that might not be essential to what a kid needs to grow. Also in terms of cost of living we recorded diet and pop consumption, which all over the Arctic is very high — [consumed] at an alarming rate. It would be very interesting if there was a substitute for that. Maybe we'll find that one day. We also need to raise awareness of what in the pop content leads to diabetes. Medications [were included] and as well the community and personal wellness questionnaire about mental health, coping, alcohol and drug use, violence, sexual abuse, physical activity, and social and community support systems as well too. For example, if someone had a person they could talk to about their troubles, you know, then they could maybe have that extra support, you know, and maybe not have so many issues that we are maybe facing today. Suicide rates are very high, and if that could be prevented, then all of that — then that means having a support system at home in the house or in town. As well, you know, maybe [there could be] a place they could get help for a crisis, like domestic violence, and we also asked what types of support systems were needed in communities.

Host: Sounds like a lot of information. Do you think the information will be useful?

Herb Nakimayak: Yeah, I think it would be very useful. We don't know where we stand right now health-wise. Maybe the diabetes is maybe raising the awareness. Maybe we should look at where we are now and that would give us a better idea of what we need to do to live healthier lives in the future, and today as well.

Host: So when do you think we'll be expecting results?

Herb Nakimayak: Some of the results have been sent out to communities too, so that was another six months ago and for a big survey like that to have the results, six more months.

Some were already — like the diabetes and the sugar content in the blood is already given the same day, like it should, then participants knew that day after the appointment whether they needed to go to their hospital, go see their local nurse or go to the health centre or doctor. Most regions received their results, and we communicated about the need for follow-up for medical attention. For children age three to five, there's a format that went out to communities in June for that. Workshops are coming with the steering committees for the summer and fall, and maybe we can do something about [the results].

Host: Thank you very much. Herb Nakimayak. We would like to start with a community focus group in Clyde River, they're on Skype. Can you hear me? Can you hear me? Welcome.

Community Focus Group - Skypers: Yes, yes, we can hear you. You asked a good question, what youth are facing, would you like to get more information on that and health issues?

Host: (via interpreter) Can you hear me?

Skyper: (via interpreter) I would like more information on employment opportunities. And what education we need, or what we require to be employable.

Skyper: (via interpreter) Just to clarify her comments, [some of our young girls, they have what is called] schizophrenia. We need [to talk about this as it needs to be understood here, because we want to be able to help those who don't understand it. Here] in Clyde River, [we can talk,] we have computers, [places to play ball at] the community hall, [free movies, track, hockey, everything that we can use. We want people to see this as this can really help those with mental health issues. Once we can understand, then we would be able to help them.] So if we could get some people who are familiar with mental health issues, to give us more insight and guidance, [then we would be able to help the people in focus groups.]

Skyper: (via interpreter) We would like to hear about more research on Inuit youth.

Host: (via interpreter) I'm not sure, can you repeat. Regarding the research, what kind of research?

Skyper: (via interpreter) We need research on Inuit youth in the communities, from the communities.

Host: (via interpreter) We are unable to understand you. I just recognized Meeka. Welcome, I just recognized you. Can you talk about the hip-hop program that you have in the community. How has that impacted the Inuit youth in the community?

anguish and turmoil of putting themselves into compromising situations associated with the drugs and alcohol. But I think what is great also with my experience here, I also have met a lot of youth who have really inspired me and I've seen how they have been able to turn their lives around. And in my experience, a lot of it has been reconnecting with their own communities, their own cultures, and really using their families and their elders as a support system. And so one thing that I think research-wise, that would be very beneficial, would be to go to these youth, go to these experts who deal with this on a daily basis, who know what they're facing, what their fellow Inuit youth are facing, and really use them, as mentioned earlier, as a focus group on how can we orient our educational programs, on how can we better improve our treatment programs to deal with the issues and the factors that are faced by the Inuit youth here. So you know, we can go to the experts down South, we can go to everybody who has got their PhDs and MDs, but we should talk to the youth. That's why I think this discussion is useful. More than that, we need to encourage our youth. They have a huge influence and they can really be leaders in their community and they may have seen difficulties in their lives, but they really need to use those difficulties and inspire the other people around them and realize that we're all responsible for one another, that we do live in a community.

Host: Exactly, that's what we've wanted to come out of these discussions. It's a discussion about taking ownership of yourself as youth, ownership as women, ownership as a community, and part of these beautiful discussions is realizing some of this and hoping that people at home and a lot of us get to more of the end results of working together and being able to discuss [things], but also identify the issues and find solutions together.

Dr. Shahin Shirzad: I think personal responsibility is a huge part of it. We all have to realize that the only person who is really going to advocate the best is yourself. Who is really going to try to ensure that your health and safety is there? It's going to be yourself. So you know, it's great to rely on medical practitioners, it's great it rely on friends, but at the end of the day you also have to look at yourself and realize that the responsibility is mostly on your own shoulders.

Host: Thank you so much.

Dr. Shahin Shirzad: My pleasure.

Host: All right. I'm going to try to say this one more time. Dr. Shahin Shirzad.

Dr. Shahin Shirzad: Fantastic!

Host: All right. (via interpreter) We'll be back after these messages.

Jesse Mike: I'll tell you what I think. I think one of the things, especially with the National Inuit Youth Council and all the Inuit organizations, when they're doing work with youth, it's always trying to take a positive approach on things like affirming programs for whatever that is, 'on the land' programs or teaching people about multimedia, expressing themselves, whether it's hip hop or learning your own, you know, traditional skills or whatever physical activity, and things like that. I think all of us have grown up having been able to be involved in that, as a lot of times it's kind of the only resource we have, and we're isolated in terms of what goes on in the communities and what works — what we think works. And I think that's something that needs to be recognized more, the community takes their own responsibility for their young people when they have programs like this. And far too often we don't recognize them, and obviously there's a lack of health care in every community across the North. So we always look at that very negative aspect, but we have to recognize those in the community, especially community counsellors who take their own time, and young people as well. Like, if I have a problem, I'm going to talk to someone closer to my age. So we have to try and teach young people to have that skill to be able to help their friends. So it's always at the community level using whatever we have as best as we can without the resources that the rest of Canada has. And I think those are the positive things — what goes on in the communities right now.

Host: So we've talked about the issues in the beginning. What are some of the things maybe you guys have experienced or programs that you guys have gone through that have really worked for you to help you get through some of your issues or, you know, some positive experiences that you experienced?

Shannon O'Hara: Talking from experience, I actually was involved with a lot of mentoring programs in the region, and through that I realized my interest in science and research, and I think that's something that youth can help each other with. They can be mentors to each other, or you can find a mentor that you trust in your community, but that is definitely a successful way to reach out to youth in the North.

Shawn Kuliktana: From my own experience going to high school last year, and also Doctor — I'm unable to to — [say his name].

(Laughter)

Host: Everybody's going to know your name.

Shawn Kuliktana: So from my own experience, he gave out a good point before that Inuit youth, you know, have to trust themselves. You know, most youth that are scared to talk to a

friend about what are their real feelings, and from my experience, I've had to — maybe youth can get closer to their parents and able to talk about stuff, and that's what I learned. And these are the experiences that I got while I was in high school and watching other peers going a different direction. They might get stuck into a circle of drugs and alcohol or into a good circle of, you know, making good choices. So that's one of the benefits to youth, that they should be able to trust themselves, and also trust one another.

Host: (via interpreter) Thank you. In Nunavut, and with the focus on Nunatsiavut, let's have a look at this.

Time Code: 48:35

Pre-recorded video: Inuusivut - Our Way of Life

Hi, my name is Qajaaq Ellsworth. I coordinate a project with the Embrace Life Council called Inuusivut. Our project travels to Inuit communities across Canada training young people in photography and film production. Since starting the project in January 2008, we have trained over 100 young people in multi-media.

What made you participate in the workshop? Working with the cameras and... getting some ideas for our youth committee and a way to communicate for the Kitikmeot.

Media always gives you the opportunity to express yourself. I think that's a very important thing for youth, for everyone really, but for youth especially.

It's pretty amazing how just a picture can make you feel — it's a part of remembering you're good, bad, sad, anything emotional, and... I think it's really fun.

My project is all about daycare. It was basically just seeing what everything looks like through the kids' eyes. It's making me wonder if I should go into this as a career.

There is a very high demand for young people to learn skills in multi-media — not only to learn the technical skills, but also something to do. When young people are able to learn new skills in photography, film production or new media and those kinds of things, they develop a lot of leadership skills. They get a sense of the fact that at the community level when they want to see something happen, they can't just wait for governments or organizations to do things for them and that's one of the things that we really try and reinforce is the need for young people to take initiative to make good changes in their communities.

www.Inuusivut.com Embrace Life



Host: How are you?

Skyper: (via interpreter) I'm good.

Host: (via interpreter) Can you tell me who you are, introduce yourself.

Skyper: (via interpreter) Jenna Kilabuk is my name. I'm with an Inuit focus group. We're trying to work together by way of Internet and communicating together. We're trying to communicate with each other. I'm going to mention the youth... We're proud of the group as youth, and what we look at. We're trying to level out on some of the issues that we see, and we're communicating to each other on [Skype. Some are better than others, and young people are getting better and it's great. It can be used at home or at school and we can hear others from anywhere in the world or from the Arctic.]

Host: (via interpreter) It's unfortunate we just got disconnected. We will try to talk to you again. Jenna Kilabuk was talking with the Inuit youth that communicate with each other on the Internet and we were asking them whether they're able to do that with other communities. And what they have done — why this program is working in the community. That was Jenna from Pangnirtung. We will try that again. Jenna, are you still there? Jenna, can you hear me? Unfortunately, I don't think we can see each other. Hi, Jenna. Yes. Go ahead.

Skyper: (via interpreter) It's always fun to learn new skills with different conversations. We were able to use these tools to express ourselves and create something and build confidence and to have our voice heard.

Host: (via interpreter) Oh, darn. We'll be back later to this program. We wanted to see other projects in the northern circumpolar regions. We'll hear from a project from Alaska.

Time Code: 57:57

Pre-Recorded Video: Project Life — We are the Culture

My name is Stacey Harris. I am from Kotzebue, Alaska. I grew up in two different camps called Sasol Lake and Eli River. Sasol Lake is a fish camp and Eli River is more of a winter camp or fall camp. And those are two camps where I grew up that really shaped who I am today.

I'm George Provost, the manager of Project Life, which is a youth suicide prevention program in the Northwest Arctic Borough of Alaska. Ninety percent of the population here are Inupiat, native Alaskans.



Back home in the villages, not a lot of kids have options. They've got basketball; they've got open gym that's only open for just a couple of hours — it's not open all the time. A lot of the time they go hunting and fishing and do other such activities, but there is so much down time.

In Project Life, we don't focus on suicide — we focus on life, enjoying life and being well. Our activities that we mostly do in the schools — we go to all the villages — we have classes in resiliency and wellness and we do an after school workshop called digital story-telling that lasts a week. The young people make their own short movie, and burn it to a dvd. We've made about a 150 of these so far.

That's what Gorge does, he goes to all the different villages and he helps these kids create short stories — he doesn't say you are going to create a story — he says who wants to create one? Once it's done they have a big community viewing. It's a really powerful piece, because other people are really hearing what the kids have to say — what they want to say — because they are not always heard and they don't always speak up. It can be about how the Eskimo dances are fading and how kids want to bring them back. Or it can be about their village not having enough activities for the young kids to be doing — it could be about all kinds of things.

The wonderful place I call home is filled with nature, inventions, recipes, colors and feelings. When I created my story, I already knew what it was going to be about, because I lost my Mom and my brother in a tragic house fire and I have lost many more people throughout my life and that's how it is — life is tough. I knew I was going to title it "Life is Short – Take Advantage," because I just recently lost my Mom and I keep telling myself "Man, I feel like I didn't spend enough time with her," and I don't want anybody to have that feeling. Before that, my Mom's cousins, Albert and Stacey Monroe, went to be with the Lord because of cancer. I was 18 when my best friend committed suicide and he was 21. This movie really made me understand and live life to the fullest. I had no idea what the outcome was going to be with this digital story, but I realized I got this really big emotional response from anyone and everyone. Everything I have and you can hear right now, really came from who I am. My grandparents did all they could to make sure I was on the right track, like my parents. We have a lot of values that I mentioned at the end of my digital story that we go by:

"knowledge of language, knowledge of family tree, sharing, humility, respect for others, love for children."

Please do me a favour, love your life as it is — enjoy every moment and cherish it. Learn new things, go to new places, further your education. I am going to college at the University of Alaska in Anchorage and this is my second year. My goal is to become a teacher and go back up North and teach in the Northwest Arctic Borough School District. I don't care. It can be in one of the eleven villages surrounding the region; it doesn't matter to me, just as long as I go home and teach and do what I love.



Part 3

Time Code: 1:19:10

Pre-Recorded Public Service Announcement

The following public service announcement © 1997 Pauktuutit Inuit [Women's Association].

Are you playing hockey this season?

I don't think so. I'm so out of breath when I skate. Then I cough and cough.

That's from smoking!

But I've only been smoking three years.

Doesn't take that long. There's all those chemicals and tar that you take in when you smoke. People get really bad lung diseases and cancer. Some people die from it.

Maybe we should quit.

Don't know if I can. Everyone says it's really tough.

Well lots of things are really tough. The sooner we quit, the sooner we'll be back playing hockey.

OK. Let's try it.

OK.

We did it!

Aniqaattiarniq – Breathing Easy. Pauktuutit Inuit Women's Association.

Host: (via interpreter) Artcirq. We just saw that program, and we discussed the issues and challenges earlier. So now we have seen what the good programs are, the best practices from Alaska, and Artcirq. We are now going to open the lines. Can you tell us about other projects and programs going on in your regions about the health and wellness of youth? And we have a caller from Pangnirtung, you're going to talk about who you are and the program you're going to talk about.

Caller: (via interpreter) Yes, I'm part of the youth council in Pangnirtung. We try and run programs to embrace life, because in our culture, hunting is a big part of it. We try to keep that in, and also expose [youth] to Inuit culture and why we live the way we do, because sometimes



during the school year they get stuck inside the classroom, so we try and bring them out of the classroom and expose them to our environment in the Arctic. And I can tell you that elders are now being included. We know that elders are a big part of the Inuit culture, but the government is not utilizing them, and they're not including them. They are dying at an alarming rate, and we know as youth, they hold a lot of knowledge, so we should make the government accountable to include elders, because we're losing a lot of their knowledge. So we now have Nunavut — we now have to include Inuit culture into the government, inject it with Inuit culture and practices, because the programs should be reflecting the Inuit population. It is our government. Some of the attitudes, the general understanding right now with the government programs is there's a big, big disconnect between the population and the government programs. When Inuit do something wrong, they get charged or they violate a law. And these days, like, with mining development and oil exploration, if they're going to go ahead, I don't like that, because they're going to be focused on development and finances. I think that if they're going to develop that, we have to develop in other areas [too. It should be geared to old ways, and not just the old ways, the ways we use right now.] We shouldn't just document it on paper, we have to practice the inclusion of the Inuit culture in government [and school programs — anywhere it can be used. It would be nice to see.]

Host: Thank you very much.

Caller: (via interpreter) If there is a disconnect, I don't think we have found a way to make the connection, because the Western culture and the Inuit culture have always clashed.

Host: (via interpreter) Yes. We're talking about what different programs are in the Inuit regions, [relating] to the health and wellness of youth. What things are beneficial, what can help the youth. We have a lot of callers, 1-800-337-6186 [during live show only]. Please remember that you should be brief. Jason in Iqaluit? What do you think of projects and programs that are benefitting youth? Hi, Jason, you're on the line now.

Caller: Oh, hi, Jason Anawak here. I work with young offenders, helping youth. I used to help youth too. One thing I noticed, young parents, or — yeah, young parents too — that there's not [enough] role-playing on how we can help youth, like our own children. We end up letting them grow up a bit too fast, and we end up losing control of them too. And there has to be some kind of way of teaching us parents [how] to love too, so we can start loving our children too. But also from that love, too, there has to be ways of teaching them [how they can manage], once we start to heal them too. So I think the parents, too, have a big role in some of these programs and should be involved. So that's just my little bit, and thank you very much.



alone, and our grandchildren are gone for a long time, or our children are gone long, we struggle more. How can we help the youth grow?] I want to help more, give more. A lot of us think about how we can bring nourishment, like hunting was mentioned. Yes, being out on the land is a perfect example, because when you're out there, it's a totally different environment. Your whole connection is different. You become very aware, and you become well. I have so many other things to say, but I'll end it there. Thank you.

Host: (via interpreter) And thank you. We're talking about youth and being proud, because we have to be proud of who we are. I would like to — there's people in Grise Fiord. You're on the line now. Can you hear me?

Community Focus Group - Caller: (via interpreter) Yes.

Host: (via interpreter) You're on the line now. Can you tell us who you are?

Community Focus Group - Caller: (via interpreter) There's four of us in Grise Fiord. We are the focus group.

Host: (via interpreter) What did you guys discuss?

Community Focus Group - Caller: (via interpreter) We talked about how youth — we spoke about what we thought of — the issues for Inuit youth. Since the education system was introduced into the North, I think that the challenges and issues faced by youth today stem from those experiences and the lack of elders included in the workplace or the school system, the education system. I think that our youth would learn more from them if they have the exposure needed, both in the workplace and in the education system. And be exposed to the elders and also have hands-on experience, have the opportunity to learn with hands-on experience with the teachers. That's how Inuit were taught, and so we think that is one avenue that should be incorporated into the education system. I really think too, here, for our community, there's a lack of facilities and educational resources. Every time we ask for something like that, the government always uses the lack of, or the small population in the high Arctic as an excuse for not giving us what we want. And also, another thing is tournaments. There is not enough representation. There's a lot of interest for them to go to these tournaments, but sometimes we're not even notified, like, if there's a volleyball tournament coming up, they don't even let us know, because they know that it's close to impossible for us to go and participate in that tournament. And because in the high Arctic, we have such a dark season, and we have one extreme to the other, where it's 24-hour darkness, and then 24-hour



sunlight. I think that also has a big impact on the mental health. That was one thing. But there are other benefits [to being here]. We have almost perfect attendance in school. We take a lot of pride in that, and our youth here in the community, because we are a close-knit, a small community, our youth always help the elders. But I can tell you one concern that always comes up is the lack of facilities for the youth or programs. There are many others, but... for some of the things, the solutions that we haven't come to [yet], I think the best way to do it is to talk to the youth directly and come up with solutions with them. And also by being exposed to culture. Instead of just talking to us, they should be showing us. That is one way I learned how. That is one way I learned about our culture — to practice it, be exposed to it. I think that our youth would have more pride. There are many games and computer programs in English I think that are used, and children are very exposed to that, and so they're losing interest in learning about our culture. Those are some of the things we talked about.

Host: (via interpreter) Thank you very much for allowing us to hear your issues and things that have worked. Thank you, Peepilie. That's Grise Fiord focus group and what their comments were. That's Peepilie on the line. And we now have someone from Rankin Inlet. Can you hear me? Lori should be on the line from Rankin Inlet. Oh, here she is.

Youth Focus Group - Skyper: Hi.

Host: Hi, Lori. (via interpreter) How are you?

Youth Focus Group - Skyper: Good.

Host: Good. It's good to see you.

Youth Focus Group - Skyper: Now I'm good.

Host: Now, can you give us an idea of what youth can do, and as part of your discussions as a focus youth group.

Youth Focus Group - Skyper: I'm speaking on behalf of our focus group and tonight we're talking about how youth can get involved in making programs to make our communities a healthier and better place to be. We mentioned that getting involved is easier than most people think, because you just have to find out what's wrong or find an issue that interests you, and then you just have to get people talking about it. You could talk to your classmates, your principal, your teacher, and when you talk to people, they usually have some really good input, so they'll give you more ideas, like, where you can do something or activities that you can do.



Or they might know someone you can talk to or they might even know of a group you can join, or they might even want to join your group so that you two can work together and work with other people, so then you have, like, a whole big group or you have more people in your network. And a really important thing when you're doing something in your community is to stay positive. People notice things, notice when positive things are happening, because it affects the whole community. And being active keeps you healthy and keeps you out of trouble. Like, if you're bored, you should get involved. You have all kinds of options. Like, there are school groups, sports teams, workshops, rangers, cadets, and they can include anyone. They use elders and everyone in between. Like, everyone! And most schools have a land program. They always teach the youth traditional skills like hunting, camping, and language, and positive things happen when you keep trying to stay positive and true to yourself and what you want to do for other people. Like, there was this one girl, she was in our group, she was bored and she wanted to help keep kids away from drugs and alcohol, so she started coaching. And then when you start doing things like that, start doing good things, you empower other kids to do the same. And when people start doing good things, they start thinking twice about doing something that isn't so good. I feel like I'm just talking on so... I have a real life example of how it's really easy to get something started. Like this weekend, I was at a conference, and part of the conference was to go back home and do a community project. So this started on Sunday, and so, then Monday, I went to the elementary school and talked to every class about a potential soccer camp and found out how many people were interested. After that I talked to our rec coordinator and he said he was trying to do the same thing, so we're working together. And there's an outdoor soccer field they're building, so we have a place to run the camp, and he mentioned they have a program for skill development, and so now we have potential funders, and it's just working really fast and pretty easy.

Host: Thank you, Lori, is that your little brother?

Youth Focus Group - Skyper: Yeah. He just walked in.

(Laughter)

Host: Let's see him too, because I see him in the corner. Thank you, Lori. That was Lori calling from Rankin inlet. We have been able to go on the Internet, with the virtual youth group on-line. That was Lori. What do you feel about what's going on in the community to improve the health and wellness of youth, Jesse?

Jesse Mike: I'm on a board, so a lot of work they are doing in community initiatives is helping them [with] administration and funds. And I mentioned this earlier about how young people



often come to their friends first when they really need help before going to that next level of getting professional help, because that's a lot easier and you trust that person already. And then you have all the programs that are available at the community level. I'd like to really try and encourage young people that when you feel you're not getting the help you need from your peers or from your family or from your community, that you go to that next level as much as that service isn't available in your community all the time, go to that next level of going to your health care providers and requesting that. You know, you need that extra help because your friends aren't able to do it, and I think that's something that's very important to remember, because often when we feel like we can't get help from our communities, young people in Inuit communities, especially, often give up, and I think that has a lot to do with the suicide rate as well. But just to remember, young people remember that there's help out there with whatever it is you feel that you can't be helped with, and that you feel like there's a lot of hopelessness. There's help for anything nowadays, and I'm very thankful for the community counsellors and things like that that take all their time, are available 24/7 and do their best and have all that, but remember that there's extra help beyond your community sometimes, that you really need to search for, unfortunately. But it is there if you really, really needed it. So I just kind of wanted to talk about that. But remember that there's awesome community programs that are keeping young people going on a daily basis that we need to recognize.

Host: You know, it was all started by someone who actually took the initiative to start something.

Jesse Mike: You need one person with a passion and a support group, and that always comes in communities.

Host: Exactly. (via interpreter) Please, we would like you to call 1-800-337-6186, you can call this number, and youth, what do you do? We have Thomas from Rankin Inlet on-line. You're on-line now. Can you hear me? Hi.

Caller: (via interpreter) I cannot hear you. I could hardly hear you.

Host: (via interpreter) I can hear you though.

Caller: (via interpreter) Yeah, I can hear you now. Thank you. I want to give a very brief comment. Thomas is my name, I'm very proud of the young people who are on the panel tonight. One other thing, for about ten years now — when I was turning 65, I've been doing this for ten years now, and I was living in Kitikmeot East. If we were able to live together as next-

door communities — there's too many sort of anti-feelings between some communities. [We go against each other, even though we don't want to be like that. Because we go against each other, and are not thinking about each other, suicide happens,] and I've seen that for myself firsthand. However, the young people, I really want them to think [about how to deal with hard times], because I've done that myself. If you have parents, or if you have relatives, try to talk to and connect with your relatives, not only to young people but include all the family members as much as possible. If you have a relative that you really love and care about, connect with them and communicate with them on what you see, and don't think that if you say something that relatives are going to start going against you. Don't think that way. And that's what I really want to share with the young people. I had a life where my father was blind and I had an older brother who was about four years older than I was, and he's not with us anymore. I had difficult experiences in my life myself, but young people, I would like to request that you embrace the healing process. We all have different beliefs and different values. Let's try to connect with our spirituality and go from there. Thank you.

Host: (via interpreter) Thank you. We have a caller from Happy Valley-Goose Bay. Ken, can you hear me?

Caller: Hello.

Host: Hi.

Caller: Yes. I want to get on the program.

Host: Yes. You're on the program.

Caller: I'm calling from Labrador, and I'm an elder, and I feel that our youth today, growing up, need a lot of help. And I always felt that when you go back to our traditional ways in life, it has a lot of healing effects for modern-day problems, with drugs and alcohol and things like that. And I often speak to youth groups and I try to encourage them to go get education, stay clean, and always — never forget where you came from, your traditional ways. Always keep in mind your traditional ways. We can never go back entirely to the traditional ways, but never lose sight of where you came from. Be proud of who you are, and I'm of mixed ancestry, part Inuit, part European and part Mi'kmaq, and I try to teach the traditional ways to all our people up in Labrador, the young people, because today they're growing up into a very modern world. And when we grew up, there was no temptation with drugs and alcohol around like today. People need more programs for our young people to get involved in and take them out on the land. It



will have a healing effect on a lot of our problems today, and I feel that [you should] never lose sight of where you came from and keep up the traditional way of life. Thank you very much.

Host: Thanks, Ken, for joining us. Now we have the last caller, (via interpreter) we have very little time, from Rankin Inlet — Clyde River, I'm sorry. If you'd like to comment. Welcome.

Caller: (via interpreter) Can you hear me?

Host: Yes, we can hear you, that's very good.

Caller: (via interpreter) I'm calling from Clyde River. I have been dealing with youth too for quite a time now, and I want to say to the young people, and for us as parents and elders, we need to take better care of them and for us to start providing more guidance and mentoring and teaching. I believe we need to incorporate the elders and the youth, and when I dealt with youth for quite some time, [what was often said was], "I have not been taught properly by my father or my mother [— they didn't teach me." When this is said, it can be hurtful to us as parents. It is obvious,] let's provide more guidance to our sons, to daughters, and furthermore, because we're from the land, that's been our life historically. We as parents need to teach and instruct young people more on how to survive out on the land. And [another thing that is often said, when we work with the youth, they say "I am not] from Clyde River, I was born in Iqaluit. I know my roots are in Clyde River, but I was born in Iqaluit." That hurts a lot when a young person says that — the relatives [feel] hurt. A lot of young people have been delivered in the Baffin Regional Hospital, and there's a feeling in there that I was born in Iqaluit, even though I'm originally from Clyde River or from Iqaluit, but I was born in Iqaluit. I want to say — I think I got my point across. Something to think about for all of us.

Host: (via interpreter) Thank you so much for sharing this. We have very little time left and at this time I want to ask Catherine to give her closing remarks.

Catherine Carry: On behalf of Inuit Tuttarvingat of the National Aboriginal Health Organization I'd like to thank our funders for making this project a success. The Government of Canada, Health and Social Services, Nunavut Government, [the CIHR Team in Circumpolar Health Research,] Canadian North, First Air. And many thanks to the academics who helped us along the way, our partners and especially our community focus groups in [Inuvik,] Cambridge Bay, Grise Fiord, Clyde River, Inukjuak, Nain, our youth focus group, all of you in the audience, the panelists, the interaction and this has been incredible.

