• Leave at least a
1/8” copy safety
zone around the
inside of the card

8 PANEL K-CARD

MID-SIZE

SIDE B

with Outer Card Placement Area

and Design Notes
All marks and copy indicated in magenta on this template are for
your reference only and should be deleted before proceeding with
actual mechanical.

• Leave 3/8” copy safety zone
around placement of BOTH outer
cards on side B

• Bleed any insert art or screens
under the outer card areas on side
B (at least 1/8”)

• Do not put outer card on this tem-
plate. The outer cards are run sepa-
rately on a different stock.

• Leave at least a
1/8” bleed zone
around the outside
of the folded inners

7 - Young Adults Cannabis Risk Awareness K-Card (19-25)
“Cannabis and young adults”
htps://nuquits.gov.nu.ca/cannabis/?utm_medium=print-
ed_pamphlet

nuquits.ca

ᖃᓄᖅ ᐊᑦᑕᕐᓇᙱᓐᓂᖅᓴᐅᑎᑦᑐᓐᓇᕐᒪᖔᑦ
ᖃᐅᔨᒪᕖᑦ ᖃᕋᓴᐃᑦ ᐱᕈᖅᐸᓪᓕᐊᖏᓐᓇᓲᖑᓂᖓᓂᒃ
ᐅᑭᐅᖃᓕᕋᓱᖕᓂᖓᓂ 25−ᓂᒃ?

ᓱᕐᕋᖕᓇᖅᑐᒥᒃ ᐊᑐᖃᑦᑕᓕᕐᓂᖅ 25−ᓂᒃ ᐅᑭᐅᖃᓕᓚᐅᙱᓐᓂᕐᓂ ᐊᒃᑐᖅᓯᔪᓐᓇᖅᐳᖅ ᖃᓄᖅ ᖃᕋᓴᐃᑦ
ᐱᕈᖅᐸᓪᓕᐊᓂᖓᓂᒃ. ᐱᐅᓛᖑᔪᖅ ᐱᑦᑕᐃᓕᒪᓗᓂ ᐊᑦᑕᕐᓇᖅᑐᓂᒃ ᓱᕐᕋᖕᓇᖅᑐᖅᑐᖃᑦᑕᙱᓪᓗᓂ, ᐊᑯᓂᐅᓂᖅᓴᕐᓗ ᐅᑕᖅᑭᒍᕕᑦ, ᐊᑦᑕᕐᓇᙱᓐᓂᖅᓴᐅᓇᔭᖅᑐᖅ ᖃᓄᐃᙱᑦᑎᐊᕈᓯᕐᓄᑦ.

ᓱᕐᕋᖕᓇᖅᑐᖅᑐᖃᑦᑕᕈᒪᓕᕈᕕᑦ:

ᓂᕈᐊᕆᖔᖅᐸᒡᓗᒋᑦ
ᓱᕐᕋᖕᓇᖅᑐᑦ
ᓱᕐᕋᖕᓇᐅᑎᖃᖏᓐᓂᖅᓴᑦ.

ᓂᕈᐊᖅᐸᒡᓗᑎᑦ ᓱᕐᕋᖕᓇᖅᑐᓂᒃ
10%−ᒥᒃ ᐊᑦᑎᖕᓂᖅᓴᒥᒡᓘᓐᓃᑦ
ᓱᕐᕋᖕᓇᐅᑎᖃᖅᑐᓂᒃ. ᓱᕐᕋᖕᓇᖅᑐᑦ
ᓱᕐᕋᖕᓇᐅᑎᖃᓗᐊᖅᑐᑦ ᐱᑎᑦᑎᔪᓐᓇᖅᑐᑦ
ᐱᐅᔪᓐᓃᖅᑎᑦᑎᓗᑎᒃᓘᓐᓃᑦ ᐃᓱᒪᒃᑯᑦ
ᐋᓐᓂᐊᖃᕐᓂᕐᒧᑦ ᐊᑲᐅᙱᓕᐅᕈᑎᓂᒃ.

ᐊᑐᙱᓐᓂᖅᓴᐅᓗᑎᑦ,
ᐊᑐᒐᔪᙱᓐᓂᖅᓴᐅᓗᑎᑦ

ᓱᕐᕋᖕᓇᖅᑐᖅᐸᖕᓂᕆᔭᐃᑦ
ᐅᓄᕈᓐᓃᖅᑎᒋᐊᕐᓗᒍ ᐱᓇᓱᐊᕈᓯᕐᒥ
ᐊᑕᐅᓯᐊᖅᐸᒡᓗᒍ ᑐᖔᓄᓪᓘᓐᓃᑦ.
ᐃᓱᒪᒋᓗᒍ ᐃᓱᖃᖅᑎᒋᐊᕐᓂᖅ
ᐱᓇᓱᐊᕈᓯᐅᑉ ᓄᙳᐊᓄᑦ
ᐃᓕᓐᓂᐊᕐᕕᖕᒧᑦ ᐃᖅᑲᓇᐃᔮᒧᓪᓘᓐᓃᑦ
ᑕᐅᑐᒐᖃᓪᓗᐊᑕᕐᓂᐊᕋᕕᑦ ᐱᓇᓱᐊᕈᓯᖅ
ᐊᑐᖅᑎᓪᓗᒍ.

ᒥᑭᑦᑐᒥᒃ
ᐱᒋᐊᖅᐸᒡᓗᑎᑦ,
ᑐᐊᕕᐊᕆᙱᓪᓗᒍ

ᐱᒋᐊᕐᓗᑎᑦ 1-2 ᒥᓗᒃᓯᓗᑎᑦ,
ᓱᐴᖅᑐᕈᕕᑦ ᐅᕝᕙᓘᓐᓃᑦ 2.5 ᒍᕌᒻᔅᓂᒃ
ᐱᔭᒃᓴᓂᒃ ᐊᑐᕈᕕᑦ. 30-ᓂᒃ ᐃᑲᕐᕋᓂᒃ
ᐊᑐᖅᑐᖃᕈᓐᓇᖅᐳᖅ ᐃᒃᐱᒋᓂᐊᕐᓗᓂ
ᐊᑕᖏᕐᓗᓂ ᐃᒃᐱᒋᔭᐅᓲᓂᒃ
ᓱᕐᕋᖕᓇᖅᑐᒧᑦ ᓂᕆᔭᐅᓲᓄᑦ.

ᐱᕙᒌᔭᕐᓂᖅ
ᖁᐊᖅᓵᕐᓇᙱᑦᑐᒃᑯᑦ
ᐊᖏᕐᕋᐅᓂᐊᕐᓗᓂ

ᐱᖁᔭᕐᒥᒃ ᓱᕋᐃᓂᐅᕗᖅ ᐊᖁᓪᓗᓂ
ᓱᕐᕋᖕᓇᖅᑐᖅᑐᓚᐅᕐᓗᓂ.
ᐊᔪᕐᓇᕐᓂᖅᓴᐅᓕᕈᓐᓇᖅᐳᖅ
ᑕᐅᑐᒐᖃᑦᑎᐊᕆᐊᒃᓴᖅ
ᓱᒃᑲᐃᒡᓕᒋᐊᖅᑎᑦᑎᔪᓐᓇᖅᖢᓂᓗ.
ᐊᑦᑕᕐᓇᙱᑦᑐᒃᑯᑦ ᐃᖏᕐᕋᓂᐊᖅᐳᑎᑦ
ᐊᑐᓚᐅᙱᓐᓂᕐᓂ.

ᖃᐅᔨᒪᓗᒍ ᓱᕐᕋᖕᓇᖅᑐᖅ
ᐱᓯᒪᔭᑦ.

ᓂᕈᐊᕐᓗᑎᑦ ᓱᕐᕋᖕᓇᖅᑐᓂᑦ
ᒪᓕᒐᑎᒍᑦ ᓱᕋᐃᙱᑦᑐᓂᑦ.
ᒪᓕᒐᑎᒍᑦ ᓱᕋᐃᙱᖦᖢᑎᒃ
ᓂᐅᕕᐊᒃᓴᐃᑦ ᖃᐅᔨᓴᖅᑕᐅᕙᒃᐳᑦ,
ᒪᓕᒐᖃᖅᑎᑕᐅᓪᓗᑎᒃ, ᐊᒻᒪ
ᓇᓗᓇᐃᒃᑯᑦᑎᖅᓱᖅᑕᐅᕙᒃᖢᑎᒃ
ᓱᕐᕋᖕᓇᐅᑎᖃᕐᓂᖏᓐᓂᒃ ᐊᒻᒪ
ᐃᖢᐊᖅᓴᕈᑎᖃᕐᓂᖏᓐᓂᒃ
ᖃᐅᔨᒪᓂᐊᕋᕕᑦ ᑭᓱᒥᒃ ᐊᑐᕐᒪᖔᖅᐱᑦ.

ᐃᓱᒪᒋᓗᒋᑦ ᐃᓅᓕᓴᐅᑎᑦ
ᐊᒃᑐᐊᖃᑦᑕᐅᑎᕙᖕᓂᖏᑦ

ᐃᓚᓗᒍ ᓱᕐᕋᖕᓇᖅᑐᖅ ᐃᒥᐊᓗᖕᒧᑦ,
ᑕᕝᕚᑭᒧᑦ, ᐃᓅᓕᓴᐅᑎᓄᑦ,
ᐊᓯᖏᓐᓄᓪᓘᓐᓃᑦ ᐋᖓᔮᕐᓇᖅᑐᓄᑦ
ᐊᑦᑕᕐᓇᕈᑕᐅᒃᑲᓐᓂᕈᓐᓇᖅᑐᖅ
ᓴᙱᓂᖅᓴᒥᓪᓗ, ᓂᕆᐅᓇᙱᑦᑐᒃᑯᑦ
ᐊᒃᑐᐃᔾᔪᑕᐅᔪᓐᓇᖅᖢᓂ. ᐋᖓᔮᕐᓇᖅᑐᓂᒃ
ᑲᑎᑎᕆᕙᙱᓪᓗᑎᑦ.

ᓱᕐᕋᖕᓇᖅᑐᖅᑐᖅᐸᙱᓪᓗᑎᑦ
ᓯᖓᐃᒍᕕᑦ

ᐊᒫᒪᒃᑎᑦᑎᒍᕕᓪᓘᓐᓃᑦ

ᓱᕐᕋᖕᓇᖅᑐᖅ ᓄᑕᕋᓛᕐᓄᐊᕈᓐᓇᖅᑐᖅ
ᓯᖓᐃᑎᓪᓗᒍ ᐃᕕᐊᖏᐅᑉ ᐃᒻᒧᖓᒍᓪᓗ.
ᑕᒪᓐᓇ ᐊᒃᑐᖅᓯᑐᐃᓐᓇᕆᐊᖃᖅᐳᖅ
ᓄᑕᕋᓛᖅᐱᑦ ᐱᕈᖅᐸᓪᓕᐊᓂᖓᓂᒃ
ᐱᕙᓪᓕᐊᓂᖓᓂᒡᓗ.
ᑐᑭᓯᒋᐊᒃᑲᓐᓂᕈᒪᒍᕕᑦ, ᐃᓗᐊᖅᓴᐃᔨᒧᑦ
ᐅᖃᖃᑎᖃᕐᓗᑎᑦ.

ᐱᕈᖅᓯᐊᕐᒥᙶᑐᐃᓐᓇᕋᓗᐊᕈᓂ
ᑐᑭᖃᕈᑎᐅᙱᓚᖅ
ᐊᑦᑕᕐᓇᙱᓐᓂᖓᓂᒃ.

ᖃᐅᔨᒪᕖᑦ ᖃᓄᐃᑦᑐᑐᐃᓐᓇᐃᑦ
ᓱᕐᕋᖕᓇᖅᑐᖅᑐᖃᑦᑕᕐᓂᖅ

ᑎᒥᒧᑦ ᐊᑦᑕᕐᓇᕈᓐᓇᕐᓂᖓᓂᒃ?

ᓱᕐᕋᖕᓇᐅᑎ ᓱᕐᕋᒍᑕᐅᕙᒃᐳᖅ

ᐊᓯᔾᔨᖅᓯᔪᓐᓇᖅᖢᓂᓗ ᐃᓱᒪᒋᔭᕐᓂᒃ,
ᐃᒃᐱᒋᔭᕐᓂᒃ, ᖃᓄᐃᓕᐅᕈᓯᕐᓂᒃᓗ.

ᐃᖢᐊᖅᓴᕈᑎᓖᑦ ᓱᕐᕋᒃᓯᒪᑎᑦᑎᕙᙱᓚᖅ.

ᓱᕐᕋᖕᓇᐅᑎᓖᑦ

ᐃᖢᐊᖅᓴᕈᑎᓖᑦ

ᐃᑲᔪᖅᑕᐅᓂᖅ ᐊᒻᒪ

ᑕᑎᒃᓴᓕᐅᕐᓂᖅ

ᓱᕐᕋᖕᓇᖅᑐᒥᒃ ᐊᑐᖅᖃᑦᑕᕐᓂᖅ
ᐊᒃᑐᖅᓯᒃᐸᑦ ᐃᓱᒪᒃᑯᑦ
ᖃᓄᐃᙱᑦᑎᐊᕈᓐᓇᕐᓂᕐᒧᑦ,
ᐃᓅᖃᑎᖃᖅᐸᖕᓂᕐᒧᑦ ᖃᐅᑕᒫᓪᓘᓐᓃᑦ
ᐃᓅᓯᕆᔭᕐᓂᒃ, ᖃᔅᓯᑲᓪᓚᖕᓂᒃ
ᐃᑲᔪᖅᑐᐃᔾᔪᑎᑕᖃᖅᐳᖅ
ᐃᑲᔪᕈᓐᓇᖅᑐ.

ᐃᓗᐊᖅᓴᐃᔨᒧᑦ
ᐅᖃᖃᑎᖃᕐᓗᑎᑦ.

ᐅᖃᖃᑎᖃᕐᓗᑎᑦ ᐅᒃᐱᕆᔭᕐᓄᑦ
ᐃᓐᓇᕐᓄᑦ, ᐃᓚᖕᓄᑦ
ᐱᖃᓐᓇᕆᔭᕐᓄᓪᓗ.

ᐅᖃᓗᒡᓗᑎᑦ
ᓄᓇᕗᒻᒥᓄᖅᑲᕈᒪᔪᓄᑦ
ᐅᕗᖓ 1-866-368-7848
ᑐᓴᖅᑕᐅᔭᕆᐊᖃᙱᑦᑐᒃᑯᑦ
ᐃᑲᔪᖅᑕᐅᔪᒪᒍᕕᑦ ᐃᓅᓯᓕᕆᔨᓂᑦ
ᐃᓄᒃᑎᑐᑦ, ᖃᓪᓗᓈᑎᑐᑦ,
ᐃᓄᐃᓐᓇᖅᑐᓐ, ᐅᐃᕖᑐᓪᓘᓐᓃᑦ.

ᐅᖄᓚᐅᑎᕋᓛᒃᑯᑦ
ᑎᑎᕋᕐᓗᑎᑦ NUQUITS
123456 ᐃᑲᔪᖅᑕᐅᔪᒪᒍᕕᑦ
ᐃᑲᔪᖅᑕᐅᔪᒪᒍᕕᓪᓗ.

ᖃᐅᔨᒋᐊᕐᕕᒋᓗᒍ Facebook.
com/NuQuits.

ᐅᐸᒃᓗᒍ nuquits.ca

ᐊᓂᖅᑎᕆᐊᓚᓴᕐᓂᖅ

ᐆᒻᒪᑎᖓᑕ ᑎᒡᓕᕐᓂᖓ
ᓱᒃᑲᓴᓕᕐᓗᓂ.

ᓱᕐᕋᖕᓇᖅᑐᒥᒃ

ᓱᐴᖅᑐᖃᑦᑕᕐᓂᖅ ᐳᕙᖕᓄᑦ
ᐱᐅᔪᓐᓃᖅᑎᑦᑎᔪᓐᓇᖅᐳᖅ
ᖁᐃᖅᓱᓕᕈᑕᐅᔪᓐᓇᖅᖢᓂᓗ,
ᐳᕙᙳᓕᕐᓇᖅᖢᓂ,
ᐊᓂᖅᓵᖅᑐᒡᒐᓕᕐᓇᖅᖢᓂᓗ.
ᐆᒻᒪᑎᐅᑉ ᑎᒡᓕᕐᓂᖓ
ᖁᕝᕙᖅᐹᓪᓕᖅᑎᑦᑎᔪᓐᓇᖅᐳᖅ
ᐊᒻᒪ ᐊᐅᑉ ᖁᕝᕙᓯᖕᓂᖓᓂᒃ,
ᐊᖏᒡᓕᒋᐊᖅᑎᑦᑎᓪᓗᓂ
ᐅᓗᕆᐊᓇᕐᓂᖓᓂ
ᐆᒻᒪᑎᕐᓗᖕᓂᐅᔪᒧᑦ.

ᐃᓱᒪᓕᕆᓂᖅ

ᓱᕐᕋᖕᓇᖅᑐᖅ

ᓯᕘᕋᓕᖅᐹᓪᓕᕐᓇᕆᕗᖅ
ᐊᒻᒪ ᓂᑲᓪᓗᖓᓐᓇᖅᖢᓂ.
ᐊᐅᓚᔾᔭᐃᔪᓐᓇᕆᕗᖅ
ᖃᕋᓴᒃᑯᑦ ᐃᓱᒪᒃᑯᑦ

(ᖃᐅᔨᒪᙱᓐᓂᖅ ᑭᓱ
ᐱᓪᓚᑦᑖᖑᖕᒪᖔᑦ ᐊᒻᒪ
ᑕᐅᑐᙳᐊᕐᓂᖅ ᐅᕝᕙᓘᓐᓃᑦ

ᐃᓱᒪᑦᑎᐊᙱᓐᓂᖅ).

ᐃᓕᑦᑎᕙᓪᓕᐊᓂᖅ
ᑕᐅᑐᒐᖃᓪᓗᐊᑕᕐᓂᕐᓗ

ᓱᕐᕋᖕᓇᖅᑐᒥᒃ ᐊᑐᖃᑦᑕᕐᓂᖅ
ᓱᒃᑲᐃᒡᓕᒋᐊᖅᑎᑦᑎᕙᒃᐳᖅ
ᖃᓄᐃᓕᓴᕋᐃᓐᓂᕐᒥᒃ
ᐱᐅᔪᓐᓃᖅᑎᑦᑎᕙᒃᖢᓂᓗ
ᐃᓱᒪᒃᓴᖅᓯᐅᕐᓂᕆᔭᕐᓂᒃ.

ᐅᐃᕆᓯᒪᔭᖃᕐᓂᖅ

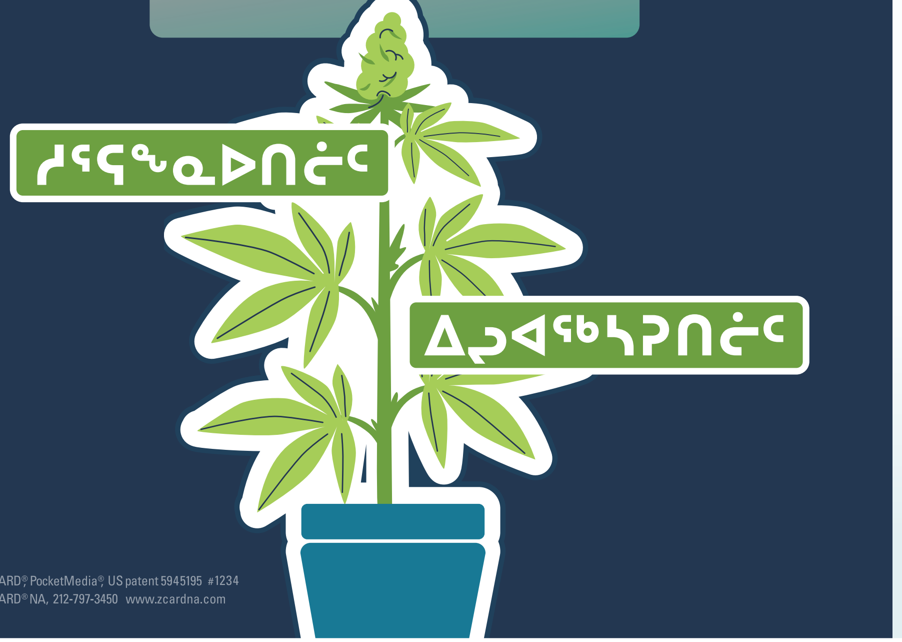
ᐃᑲᔪᖅᑕᐅᔪᒪᓗᑎᑦ
ᐃᒪᐃᒃᑯᕕᑦ:

ᐊᑐᒃᑲᓐᓂᕐᓂᖅ
ᐊᔾᔨᖓᓂᒃ
ᐊᑐᕐᓗᓂ.
ᓄᖅᑲᕈᒪᒐᓗᐊᖅᖢᓂ ᑭᓯᐊᓂ
ᓄᖅᑲᕈᓐᓇᙱᖦᖢᓂ.
ᐃᖅᑲᓇᐃᔮᒥᓂᒃ
ᑲᒪᑦᑎᐊᙱᓪᓗᓂ,
ᐃᓕᓐᓂᐊᙱᓪᓗᓂ, ᐅᕝᕙᓘᓐᓃᑦ
ᐊᖏᕐᕋᒥ ᐱᓕᕆᐊᒃᓴᓂᒃ.
ᖁᒃᓴᓱᖕᓂᖅ, ᓂᙵᐅᒪᓂᖅ,
ᕿᑲᕈᓐᓇᙱᓐᓂᕐᓘᓐᓃᑦ
ᐊᑐᙱᖦᖢᓂ.

ᓱᕐᕋᖕᓇᖅᑐᖅ ᐊᒃᑐᐃᓲᖑᕗᖅ
ᐃᓱᒪᔾᔪᑎᖕᓂᒃ ᐊᒻᒪᓗ ᑎᒥᕕᑦ

ᖃᓄᐃᙱᑦᑎᐊᕐᓂᖓᓂᒃ

ᓱᕐᕋᖕᓇᖅᑐᙳᐊᓂᒃ ᐱᑦᑕᐃᓕᕙᒡᓗᑎᑦ

ᓲᕐᓗ ᓯᐸᐃᔅ ᐅᕝᕙᓘᓐᓃᑦ K2. ᑕᒪᒃᑯᐊ
ᑲᑉᐱᐊᓇᖅᑐᒻᒪᕆᐅᔪᓐᓇᖅᐳᑦ−
ᑐᖁᔾᔪᑕᐅᔪᓐᓇᒻᒪᕆᒃᖢᑎᒡᓗ!