

## ➤ ATHABASCAN VALUES ◀



Self-sufficiency  
Hard work  
Care and provision for the family  
Family relations  
Unity  
Humor  
Honesty  
Fairness  
Love for children  
Sharing  
Caring  
Village cooperation  
Responsibility to village  
Respect for Elders and others  
Respect for knowledge  
Wisdom from life experiences  
Respect for the land  
Respect for nature  
Practice of traditions  
Honor ancestors  
Spirituality

Courtesy of the Denakkanaga Elders.  
Printed by the Alaska Native Knowledge Network.

Eric CHARLIE  
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# YUP'IK VALUES – YUPIIT ALERQUUTAIT

Humor – Ilaliurutlerkaq  
Hard Work – Calirpagyaraq  
Family Roles – Ilakellriit Caarkait  
Successful Hunter – Nukalpiarullerkaq  
Love for Children – Kenekluki Mikelnguut  
Knowledge of Family Tree – Nallunritlerkait ilat  
Knowledge of Language – Nalluvkenaku Qaneryaraq  
Respect for Nature and Animals – Qigcikliki Nuna Ungungssit-Ilu  
Respect for Elders and Others - Takaqluki wall'u Qigcikliki Tegganret Allat-Ilu  
Knowledge of Yup'ik Names – Nallunritlerkait Yugtun Atemek  
Domestic Skills – Yuungnaqutem Cayarain Nallunritlerkaa  
Sharing/Helping – Cikirtaarutaqluni / Ikayurtaanrutaqluni  
Responsibility to Culture – Qaunqellerkaa Piciryaram  
Community Wellness – Nunat Calritnargellrat  
Cooperation – Ikayurtaagutleq  
Spirituality – Ukvengqelleq  
Humility – Ellmikutuulleg

KNOWLEDGE OF OUR ELDERS  
MUST BE TAUGHT TO OUR CHILDREN  
THROUGH YUP'IK VALUES.

ELDERS STRENGTHEN  
AND SUPPORT WHAT WE TEACH.

THEIR POWERFUL WORDS NEVER DIE.



# SOUTHEAST TRADITIONAL TRIBAL VALUES

## “OUR WAY OF LIFE”

- Discipline and Obedience to the Traditions of our Ancestors
- Respect for Self, Elders and Others
- Respect for Nature and Property
- Patience
- Pride in Family, Clan and Traditions is found in Love, Loyalty and Generosity
- Be Strong in Mind, Body and Spirit
- Humor
- Hold Each Other Up
- Listen Well and with Respect
- Speak with Care
- We are Stewards of the Air, Land and Sea
- Reverence for Our Creator
- Live in Peace and Harmony
- Be Strong and Have Courage

Developed, Adapted, and Approved at the 2004 Elders Forum on Traditional Values

Sponsored by Central Council Tlingit and Haida Indian Tribes of Alaska, Circles of Care, SAMHSA Substance Abuse Planning Project, Elderly Nutrition Program, Johnson O'Malley Program and Alaska Rural Systemic Initiative, Alaska Association of School Boards





Photo by J. Robson

# OUR IÑUPIAT VALUES

AVOIDANCE OF CONFLICT  
PAAQLAKTAUTAIÑÑIQ

HUMILITY  
QIÑUIÑÑIQ

COMPASSION  
NAGLIKTUUTIQAGÑIQ

HUMOR  
QUVIANGUNIQ

COOPERATION  
PAAMMAAGIIGÑIQ

HUNTING TRADITIONS  
ANUNIALLANIQ

FAMILY & KINSHIP  
IŁAGIIGÑIQ

KNOWLEDGE OF OUR LANGUAGE  
IÑUPIURAALLANIQ

SHARING  
AVIKTUAQATIGIIGÑIQ

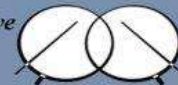
SPIRITUALITY  
UKPIQQUTIQAGÑIQ

RESPECT FOR NATURE  
QIKSIKSRAUTIQAGÑIQ IÑUUNIAĞVIGMUN

LOVE AND RESPECT FOR OUR ELDERS AND ONE ANOTHER  
PIQPAKKUTIQAGÑIQ SULI QIKSIKSRAUTIQAGÑIQ UTUQQANANUN ALLANULLU



North Slope Borough Healthy Communities Initiative  
Nunaagivut Sayyagiksivlugi



ALASKA NATIVE HERITAGE CENTER

## TEN UNIVERSAL VALUES

### SHOW RESPECT TO OTHERS

*Each Person Has a Special Gift*

### SHARE WHAT YOU HAVE

*Giving Makes You Richer*

### KNOW WHO YOU ARE

*You Are a Reflection on Your Family*

### ACCEPT WHAT LIFE BRINGS

*You Cannot Control Many Things*

### HAVE PATIENCE

*Some Things Cannot Be Rushed*

### LIVE CAREFULLY

*What You Do Will Come Back to You*

### TAKE CARE OF OTHERS

*You Cannot Live without Them*

### HONOR YOUR ELDER

*They Show You the Way in Life*

### PRAY FOR GUIDANCE

*Many Things Are Not Known*

### SEE CONNECTIONS

*All Things Are Related*

-Taken from the Alaska Native Knowledge Network



Based on Ladonna Harris and Jacqueline Wasilewski

**Indigeneity, an alternative worldview: four R's (relationship, responsibility, reciprocity, redistribution) vs. two P's (power and profit). Sharing the journey towards conscious evolution**



<https://opentextbc.ca/indigenizationfrontlineworkers/chapter/indigenous-ways-of-knowing-and-being/>