



A resilience and respectful relationships program for  
Aboriginal young people

# Background

## Mooditj

A relationships and sexual health program for Aboriginal young people



- Developed by FPWA 2002-2004
- Collaboration with Aboriginal people across WA
- Healthway funding

## → Mooditj program

- Sexual health – positive approach, in social & emotional wellbeing context
- 10 sessions, each about 1.5 hours
- Program & teaching resources - visual, hands on, low literacy, group work
- Designed to be run by local Aboriginal people



**Identity**

# Mooditj leader training

- Potential Mooditj leaders must participate in training
- 4 day interactive course
- Male/female/Aboriginal facilitators
- Mooditj manual
- 1,000+ Mooditj leaders trained – about 50% Aboriginal
- Program strengths acknowledged



Emotions & feelings



Relationship tree

# Challenges

- Designed for community but mainly used in schools
- Shorter sessions requested
- Ongoing requests for more content
- 10 sessions hard to organise
- Many trained Mooditj leaders do not run a program for young people

# SHQ review 2015-2017

- Internal review, led by Aboriginal Mooditj Project Officer
- Considered:
  - feedback & changes suggested or made over the years
  - feedback from current Mooditj leaders
  - current issues for Aboriginal youth
  - current evidence for best practice in relationships and sexuality education

## → Changes

- Age group now 10-14
- Easier to run in practice
  - session length reduced to 1 hour
  - session order changed
  - can be run in 2 blocks of 5/6 sessions
- More opportunities to acknowledge local Aboriginal ways, beliefs, experiences and aspirations (ATR)
- New edition of Mooditj manual published 2017

# Significant learning

- Immense need & demand for program like Mooditj
- More content required
  - resilience, social and emotional learning
  - gender expectations, respect, jealousy & breaking up
  - sexual orientation & gender diversity
  - social media, porn & image-based abuse
  - alcohol & other drugs
  - self-harm & youth suicide
  - relationship & sexual violence
- Prevention of youth suicide & family violence now National priorities



## → Mooditj 2

- Build on SEL core of Mooditj
- Positive, holistic, strengths-based, culturally safe resilience and respectful relationships program

Aim:

- Build on existing strengths of Aboriginal young people, to enhance their knowledge, attitudes and skills to strengthen their resilience, and their expectations and capacity for respectful relationships
  - thereby contribute to reduction of youth suicide, and sexual and family violence
- Designed to be run by Aboriginal community members

## → Successful submission to Healthway

- 2 year project
- Commenced February 2018
- Underpinned by substantial involvement of Aboriginal people, communities & organisations
  - Highly skilled and experienced Aboriginal staff
  - Supported by skilled project Reference Group and SHQ Aboriginal Advisory Committee

# Project strategies

1. Community consultation & formative research
2. Develop draft Mooditj 2 program
3. Pilot, evaluate & review draft program
4. Training & support for community members to run program
5. Evaluation of young people's program & leader training/support
6. Final review, revision of Mooditj 2 program & printing of manual
7. Reporting to funder & community

**Any questions?**