A resilience and respectful relationships program for Aboriginal young people

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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
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?