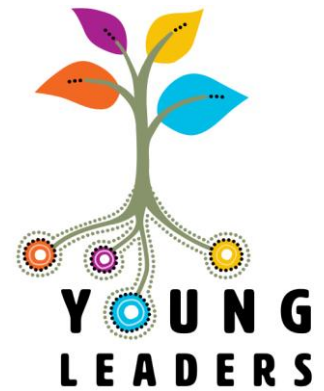




AHCWA

Aboriginal Health Council
of Western Australia



Working Holistically in Aboriginal Sexual Health

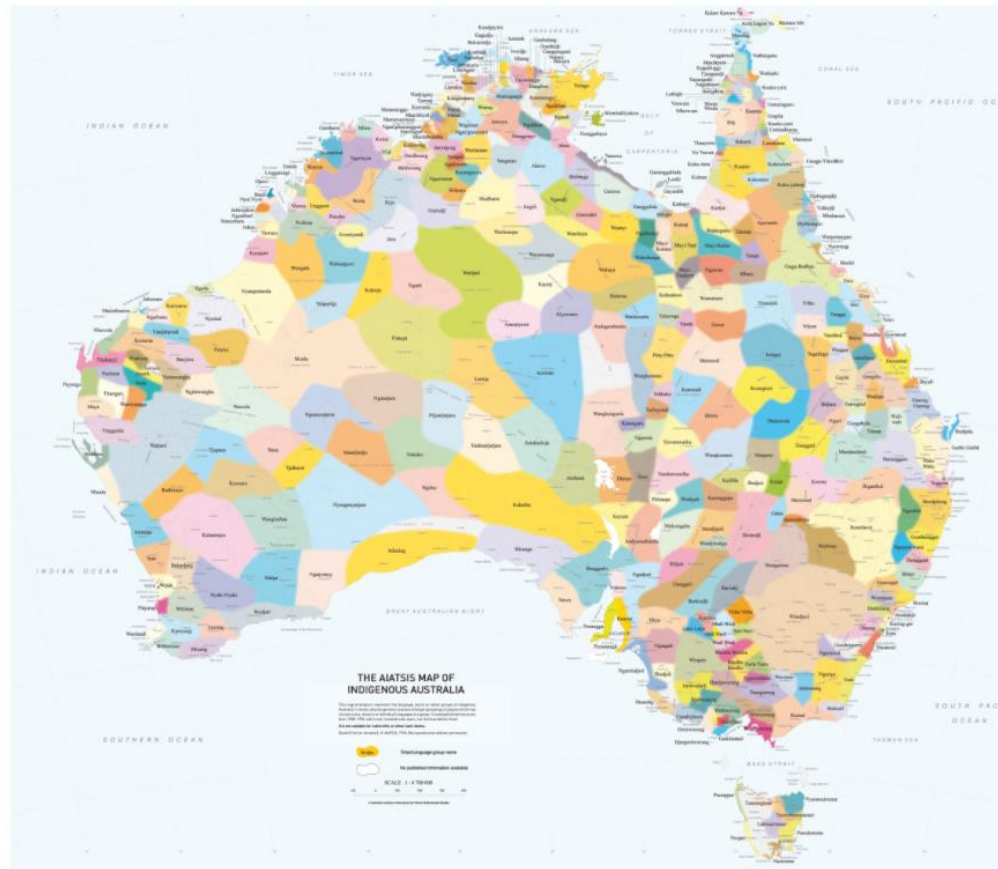
LAILA WALLEY

MEAGAN ROBERTS

ABORIGINAL HEALTH COUNCIL OF WA

CURTIN UNIVERSITY

Acknowledgement of Country



The Young Leaders Program

The aim of the program is to:

- (a) identify and upskill future leaders in the Aboriginal health sector
- (b) encourage young leaders to pass on relevant health information to other young people in the community.

- 1) Mental Health
- 2) Alcohol & other Drugs
- 3) Healthy Relationships
- 4) Sexual Health (STIs and BBVs)



Topic 1: Mental Health

- “Who’s your Mob” discussion
- “Talking up our strengths” activity
- “Got a lot going on” video – put together by Headspace
- How to help peers in need and where to access help
- Remember to look after yourself



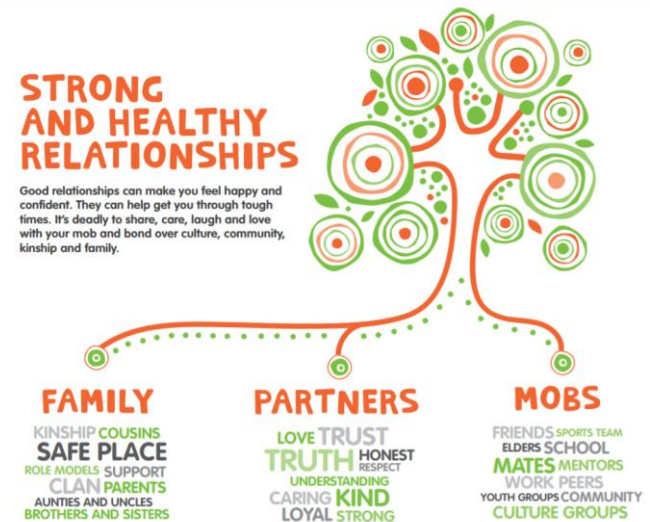
Topic 2: Alcohol and other Drugs

- Brainstorm how life can be affected by AOD
- Incorporation of the “7 L’s” – Livelihood, Land, Lore, Loss, Lover, Liver (all health issues), Law
- Safe use of needles
- Reflecting on own habits
- How to help peers in need and where to access help



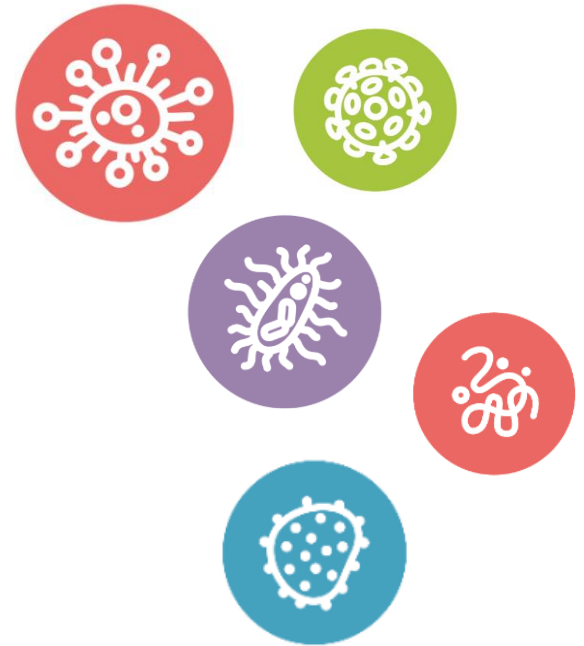
Topic 3: Healthy Relationships

- Identifying different types of relationships – Healthy vs. Unhealthy
- Case studies activity.
- Consent
- Sex and the Law
- How to help peers in need and where to access help



Topic 4: Sexual Health

- Young Deadly Free Animation on STIs
- “Love Bugs Game” showing how STIs can spread
- Overview of different STIs and BBVs
- STI Story cards
- Condom card game
- Information on STI and BBV testing



The “Sneaky Veg” approach to Sexual Health

- Holistic approach. Promoted as “Youth Health”
- STIs and BBVs are interconnected with other health issues affecting Aboriginal Youth.
- Feelings of shame around sexual health
- Order of training content allows participants to feel more comfortable discussing sensitive issues.



An Emphasis on Leadership

- Peer education approach
- Gratuuity payments
- Work experience portfolio
- Training and leadership opportunities



Positive Feedback

- *“I enjoyed every bit of the training” (male, Geraldton)*
- *“I really enjoyed the access to new information presented in an easy to understand system that allows for personal input” (male, Geraldton)*
- *“It was very informative and also very fun. I learnt a lot” (female, Perth)*
- *“I most enjoyed learning how STI's work” (male, Perth)*
- *“I learnt more than I know about STI's” (female, Newman)*



Incorporating Culture

1. Culturally appropriate delivery
2. Culturally appropriate resources
3. Recognising the strength of culture – acknowledging connection to community
4. Interactive activities.
5. Peer education / leadership approach
6. Location of training



Key messages for working with Aboriginal and Torres Strait Islander Youth

- Acknowledge the importance of implementing a culturally considerate, holistic approach when training Aboriginal youth in order for it to be both effective and comfortable for participants.
- Show a genuine commitment of building on the strengths of Aboriginal youth so they are able influence their peers towards positive pathways.
- Acknowledge the importance for Aboriginal youth to be educated on the impacts of sexual health and other health issues in the community

Thank you 😊



For more information
contact Laila Walley

Laila.Walley@ahcwa.org