



Government of Western Australia  
Department of Health

# Yarning About Aboriginal Sexual Health: Health Promotion Resource for People of Influence

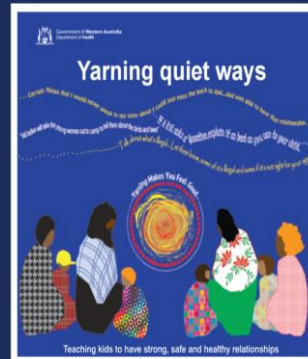
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Department of Health WA

better health • better care • better value

## Overview

- Culturally appropriate resource
- Parents and carers of Aboriginal youth
- Build capacity to discuss and provide sexual health and relationships education
- Based on Talk Soon, Talk Often



## Background

- Sexual health and relationships education:
  - ✓ First sexual experience at older age
  - ✓ Reduces chance of getting an STI
- Research showed young Indigenous people wanted parents and elders to take a more active role in sexual health education (Mooney-Somers et. al., 2009)
- Commissioned research on role of parents and carers in the provision of sexual health and relationships education

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## Focus Groups

- 12 focus groups and 4 interviews
- Parents, carers and family members
- 81 participants from urban and regional WA
- 4 regions



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## Quotes from Focus Groups

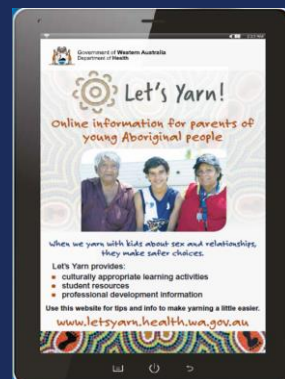
“In my time when I was growing up...part of the stolen generation it was taboo talking about sex and this sort of thing...We had to learn the hard way about the birds and the bees” (Bunbury man)

“(Need) a book for parents....if they don’t know how to speak to their children, here’s some information about how to do it.” (Geraldton woman)

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## Online Resource

- Let’s Yarn:  
<https://letsyarn.health.wa.gov.au/>
- Portal for parents and carers, educators and health professionals
- Approximately 200 users each month
- 75% from Australia (others include Russia, USA, Italy, Germany etc.)
- 66% WA, 13% NSW (<7%: QLD, VIC, SA, NT, TAS, ACT)



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## Distribution

More than 6,000 copies distributed:

- Aboriginal Medical Services
- Public & Population Health
- Community Health Nurses
- Aboriginal Liaison Officers
- Aboriginal Health Workers
- Child Protection Workers
- Non-government Organisations
- Child and parent centres
- Teachers
- Health Promotion Officers

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## Feedback

- Easy to read
- Good topics
- Relevant and helpful
- Good way to start and open up conversations
- Culturally appropriate
- Easy to use and read
- Art and illustrations
- Like presentation and pictures in books
- Good breakdown of ages/ranges for discussion
- Well received



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## Feedback

### Those who ordered Yarning Quiet Ways:

100% either agreed or strongly agreed:

- The resource is culturally appropriate for Aboriginal people
- The information in the resource is relevant for Aboriginal families
- Would recommend the resource to Aboriginal parents/carers

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## Case Study

- Goldfields WA
- 1 hour sessions
- Aboriginal Sexual Health Team
- Coincides with youth programs
- Evening session for parents/carers/adults

Discussion point for:

- 1) What is offered in the youth education
- 2) Issues for young people
- 3) How to use the book for young people

- 33 Aboriginal community members have attended 3 sessions



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## Conclusion

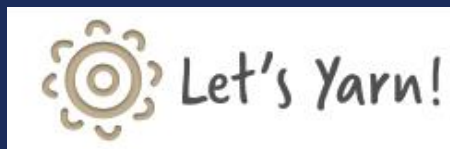
- Resource has been very well received
- Filled a gap in sexual health and relationships education for parents and carers



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## Next Steps

- Evaluate resource
- Promotional strategy
- Article submitted: 'Yarning quiet ways: Aboriginal carers' views on talking to youth about sexuality and relationships'.



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## Ordering Yarning Quiet Ways

- Department of Health WA Online Ordering System: Quick Mail

<http://dohquickmail.com.au/>

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