

MOODiTJ

Relationships and Sexual Health Education for young Aboriginal people

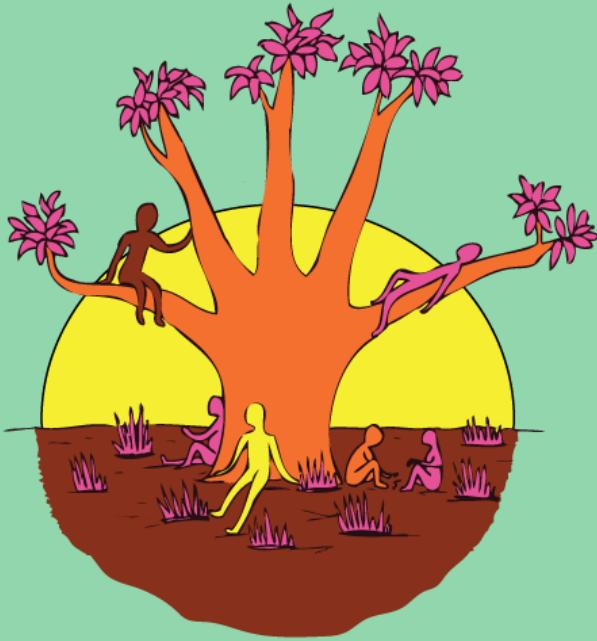


SHQ acknowledges that we are meeting on Tarndanya, country of the Kaurna peoples.

SHQ Sexual Health Quarters

- **Sexual Health Helpline**
- **Counselling**
- **Education**
- **Disability**
- **Magenta**
- **Library**
- **Resources**





MOODiTJ

MOODiTJ is a Noongar word for Good, Solid or Deadly

A resilience, relationships and sexual health education program for young Aboriginal people

Please be aware the following video may contain people who have since passed away.

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Quarters

Why has Mooditj lasted?

- Developed by and with Aboriginal people
 - Aboriginal Educator
 - Community consultation
 - Draft program developed
 - Piloted twice with young Aboriginal people
 - Evaluated and modified
 - Community members trained to be Mooditj Leaders
 - Community Leaders ran program with young people
 - Feedback to SHQ
 - Mooditj program printed
 - Award winning process!
- 2005-08: Roll out of Mooditj across WA
 - 36 Mooditj programs for young people
 - Feedback and evaluation

Why has Mooditj lasted?

- Developed by and with Aboriginal people
- Easy to use, designed to be run by local Aboriginal people
- Adaptable to local languages, stories and ways
- Fun, creative activities, yarning – not much reading/writing
- Flexible program -
 - Can be run in many settings: in camps, youth groups, after school, in school, or any combination.
 - Maps well to school health curriculum.
 - Can be joined with other activities – eg. cultural activities, sport, craft or leadership programs.

Working the Mooditj way

- Safe learning environment for all
 - group agreement
 - consider gender
 - consider possible discomfort working together
- Avoid shaming or spotighting
 - work in groups
 - volunteers or Leader read/write
 - encourage talking up/practice – but no one has to speak
- Consider learning styles
 - Practical, visual, hands-on activities
 - Show how to do a task – not just talk
- Allow time for each young person to reflect

Working the Mooditj way

- Partnership with Aboriginal people
- Acknowledge and respect Aboriginal ways and diversity of Aboriginal peoples, cultures and experiences
- Value each young person & what they bring; build on their strengths
- Foster pride in identity & connection to community and culture

Accessing Mooditj Training

- 3 day course
- Designed for Aboriginal community members & those who work with young Aboriginal people
- Practical, interactive and fun
- Comprehensive electronic manuals provided
- Next Perth course:

18 – 20th November 2025

We will travel to you



Thank you

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