



MOODiTJ

# Relationships and Sexual Health Education for young Aboriginal people

Sexual

Health

Quarters



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

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**Health**

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# SHQ Sexual Health Quarters

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



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Health  
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**MOODITJ**

**MOODITJ is a Noongar word for Good, Solid or Deadly**

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

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

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# 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

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# 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.

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# Working the Mooditj way

- Safe learning environment for all
  - group agreement
  - consider gender
  - consider possible discomfort working together
- Avoid shaming or spotlighting
  - 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

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# 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

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# 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 – 20<sup>th</sup> November 2025

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# We will travel to you



# Thank you

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