



Mooditj Leader Training

Broome February 2021

What is Mooditj?

Mooditj is a resilience, relationships and sexual health education program for young Aboriginal people aged 10-14 years. It helps young Aboriginal people be strong in themselves and make positive and informed choices about their wellbeing and relationships. It has recently been extended. [See over for more details.](#)

Mooditj Leader Training

Mooditj Leader Training (MLT) is a 4 day hands on course that builds your knowledge, skills and confidence to talk about relationships and sexual health, and run **Mooditj** groups for young people.

MLT is designed for Aboriginal community members or people who work with Aboriginal young people in their community. Non-Aboriginal people need to partner with an Aboriginal person to run **Mooditj**. Training together is recommended.

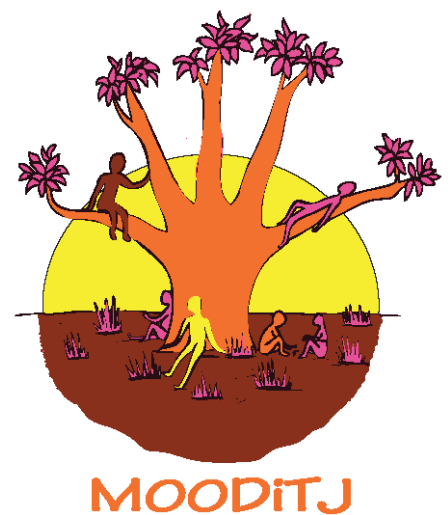
Previously trained Mooditj Leaders with experience running the original Mooditj program can apply to attend the 2-day MLT Bridging Course. This is the first two days of MLT. Please contact Robyn Wansbrough at ed@shq.org.au or 9227 6177 to discuss if the MLT Bridging Course is right for you.

Dates: Tuesday 9th – Friday 12th February 2021
(Government restrictions regarding COVID permitting)

Location: KAMS Training Rooms
12 Napier Tce, Broome

Time: 8.30am – 4.00pm, Tues-Thurs
8.30am – 2.30pm, Friday

Fees: \$330 (incl.GST)
(3 Mooditj manuals and T-shirt included)



* Mooditj is a Noongar word meaning good

What is the Mooditj program?

Mooditj is a resilience, relationships and sexual health education program for young Aboriginal people aged 10-14 years. It has been developed by SHQ in collaboration with Aboriginal people from across WA over the past 18 years. Young people who come along will know that their background is valued. The program uses storytelling and opportunities for discussion and learning from each other.

The Mooditj Program has three parts.

- Mooditj Me - helps young people grow their inner strengths and identity. They learn to safely deal with strong feelings and when to find help. It has 8 sessions, each 50 minutes.
- Mooditj Mates - helps to develop their skills to grow solid friendships and relationships with other young people. They learn to express themselves and work their way through problems in safe and respectful ways. This also has 8 sessions, each 50 minutes.
- Mooditj More than Mates. You can choose to include these puberty and basic sexual health information sessions from the original Mooditj program. These 5 sessions cut down on shame and can be taught in split groups.

The whole program can be run in many ways – e.g. 1 or 2 sessions a week, or over a few days in a holiday program or camp. The three parts can be run in blocks in different ways and times. You can make small changes to suit your group.

See [Mooditj program outline](#) for more detailed information about the sessions and their main aims.

Contact

For more information about Mooditj or other training with Aboriginal communities contact Robyn Wansbrough at ed@shq.org.au or 9227 6177.