



The Mooditj program

The Mooditj program is a resilience, relationships and sexual health education program for young Aboriginal people aged 10-14 years. It is designed to be run by local community people working in pairs. At least one of the community leaders should be Aboriginal.

Mooditj has three parts – Mooditj Me, Mooditj Mates and Mooditj More than Mates. The first two parts have 8 sessions that are 50 minutes long, and the third part currently has 5 sessions that are 50 minutes.

Mooditj Me helps build young people who are strong in themselves. It helps them grow their inner strengths and pride in their identity. They learn to deal with strong feelings in safe ways and to get help when needed.

Mooditj Mates helps young people 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.

Mooditj More than Mates helps young people to make positive and informed choices about their sexual health and wellbeing.

An outline of the session names and their main aims is over the page.

Part 1 – Mooditj Me

	Session name	Main aims
1	Getting going	The young people will be more aware of their identity and culture, and feel safe and included in the Mooditj 2 group.
2	Telling our stories	The young people will be know more about the effect of colonisation. They will be more aware of the strengths and resilience of Aboriginal peoples, and have more pride in their family and cultural background.
3	There's more to me	The young people will be more aware of their own inner strengths and how they can build them, and use them to help themselves and others.
4	Growing relationships	The young people will be more aware of the benefits of positive relationships and what helps to grow them. They will be more aware of the importance of fairness and respect in positive peer relationships.
5	How do I feel?	The young people will be more aware of their own feelings and more able to recognise others' feelings. They will more able to support a friend who is feeling no good.
6	Keep your cool	The young people will be better able to calm themselves down to help deal with feelings of fear or anger in ways that are safe for themselves and others.
7	Dealing with feelings	The young people will more able to manage strong feelings and solve problems without hurting themselves or others. They will be better able to seek help for themselves and others.
8	Aiming high	The young people will be more aware of the value of realistic goals. They will be more confident that they can achieve their goals.

Part 2 – Mooditj Mates

	Session name	Main aims
1	Stronger together	The young people will feel safe and included, and better able to work as a team.
2	OK for me, OK for you	The young people will be better able to identify what they want in friendships. They will be more aware of what might harm friendships.
3	Talking it through	The young people will be more confident to express their feelings and negotiate their needs in safe and respectful ways. They will be better able to resist negative peer pressure.
4	I don't like that	The young people will be more confident to speak up in safe and respectful ways when a friend does something they don't like. They will be better able to decide if they want to stay friends.
5	Being me	The young people will have more understanding of sex and gender. They will be more aware of gender expectations and how they can limit people. They will be more confident to be true to themselves.
6	Outside the box	The young people will have increased awareness of LGB+ young people and their experiences. They will be better able to support a friend who is being treated badly because they are different in some way.
7	Standing up	The young people will be more aware of the importance of dealing with bullying or cruel behaviour, and be more confident to help a friend who is being picked on.
8	Building our community	The young people will have more hope for a positive future. They will feel stronger in themselves and valued as community members. They will have increased belief that they have an important role in their peer groups and families, and can help make their community safer and happier.

Part 3 – Mooditj More than Mates

	Session name	Main aims
1	Puberty	The young people will have increased knowledge of the changes that happen during puberty, to help them feel more confident and comfortable in themselves and more understanding of others.
2	Being a young Mum or Dad	The young people will be more aware of the reality of being a young parent and the challenges for both families involved.
3	Talking sex	The young people will be more confident to make decisions about sexual activities that are right for them and that respect their partner.
4	Safer sex and contraception	The young people will have the knowledge to protect themselves and their partners from STIs and pregnancy.
5	What now?	The young people will be more confident to negotiate their needs and will be better able to refuse unwanted sex or sex without a condom.