

Mooditj program outline

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

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.



Mooditj program outline

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 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 how they can use them to be a role model for others.
4	Growing relationships	The young people will be more aware of the benefits of healthy relationships and be more able to identify and develop the qualities and behaviours that help grow strong healthy 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 be 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 and think before they act when they are angry or upset.
7	Dealing with feelings	The young people will more able to manage strong feelings 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 goals. They will be more able to set realistic goals and find ways to overcome barriers that get in the way.

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 more aware of the qualities of strong healthy relationships and what might damage them. They will be better able to identify what they want in friendships.
3	Talking it through	The young people will be more confident to speak up for themselves in respectful and safe 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 solve problems in friendships.
5	Being me	The young people will be more aware of gender expectations and how they can affect young people. They will be more accepting of people who don't fit the stereotypes, and be more confident to be true to themselves.
6	Being different	The young people will have increased awareness of LGBT+ young people and their experiences. They will be more able to support a friend when someone is being mean to them because of how they think boys or girls should be.
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 have a stronger belief that they have an important role in their peer groups, their families and communities, and that they can help make them safer and happier for everyone.

Part 3 – Original Mooditj program / Mooditj More than Mates

NB More sessions will be added to Part 3 in the future

	Session number in old manual	Session name	Main aims
	1	The beginning	
	2	Relationships	
	3	Feelings	
	4	Speaking out	
	5	Goals and dreams	
1	6	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 be more understanding of others.
2	7	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	8	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	9	Safer sex and contraception	The young people will have the knowledge to protect themselves and their partners from STIs and pregnancy.
5	10	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.