



The Mooditj program

Mooditj is a comprehensive resilience, relationships and sexual health education program designed for young Aboriginal people aged 10-15 years. It has been developed by SHQ in collaboration with Aboriginal people from across WA over 20 years.

The purpose of the program is to help build strong young Aboriginal people, who can have strong healthy relationships and make positive informed choices about their sexual health and wellbeing. With care, Mooditj can be used with non-Aboriginal young people too. Mooditj is intended to be run by local community people working in pairs. For young Aboriginal people, at least one of the Leaders should be Aboriginal.

Mooditj has three parts – Mooditj Me, Mooditj Mates and Mooditj More than Mates.

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 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 grow positive respectful friendships and intimate relationships and make informed choices about their sexual health and wellbeing.

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

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 group.
2	Telling our stories	The young people will know more about the impact 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. They will see that they can be a role model for others.
4	Growing relationships	The young people will be more aware of the benefits of healthy relationships. They will 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	My changing body	The young people will have a better understanding of the changes that happen during puberty, so that they feel more confident and comfortable in themselves and more understanding of what others are going through.
7	Keeping my cool	The young people will be better able to calm themselves and think before they act when they are angry or upset.
8	Dealing with feelings	The young people will be more able to manage strong feelings without hurting themselves or others. They will be better able to seek help for themselves and others.
9	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 in the Mooditj group, 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	My body, my choice	The young people will be more confident to say No to unwanted touch. They will be more aware of the importance of permission before touching someone and of the laws about sexual touch.
4	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.
5	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 between friends.
6	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.
7	We're all 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.
8	Standing up	The young people will be more aware of the importance of dealing with bullying or cruel behaviour. They will be more confident to help a friend who is being picked on.
9	Building our community	The young people will have more hope for a positive future. They will see that they have an important role in their peer groups, families and communities, and that they can help make them safer and happier.

Part 3 – Mooditj More than Mates

	Session name	Main aims
1	The beginning	The young people will feel safe and included in the group and be more aware of their identity and culture. They will be more aware of the strengths of Aboriginal peoples and communities.
2	Growing relationships	The young people will be more able to identify and develop the qualities and behaviours that help grow strong healthy relationships. They will be more aware of the need to work well together for a better future.
3	Feelings	The young people will be more aware of their feelings. They will be more able to stop and think before they act and manage strong feelings without hurting themselves or others.
4	Sorting it out	The young people will be more able to identify what are OK or not OK behaviours in relationships. They will be better able to deal with problems in their relationships in OK ways and seek help for themselves and others.
5	More about us (not included yet)	The young people will be more aware of diversity in sex, gender and sexual orientation. They will have increased understanding of LGBTI+ young people and their experiences.
6	Speaking up	The young people will be more confident to deal with problems in their relationships and speak up for themselves and others in OK ways.
7	Will I or won't I?	The young people will be more confident to make decisions about sexual activities that are right for them and that respect their partner.
8	Our bodies (not included yet)	The young people will have more understanding of the sexual and reproductive parts of the body. They will be more comfortable with their own body and better able to seek help if they have a question or concern.
9	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.

10	Safer sex and contraception	The young people will have the knowledge to protect themselves and their partners from STIs and pregnancy.
11	Talking sex (for older groups)	The young people will be better able to negotiate consensual, safer and more pleasurable sex. They will be better able to resist pressure to do something sexual that they don't want to do.
12	What now?	The young people will have more hope for a positive future. They will see that they have an important role in their peer groups, families and communities, and that they can help make them safer and happier.