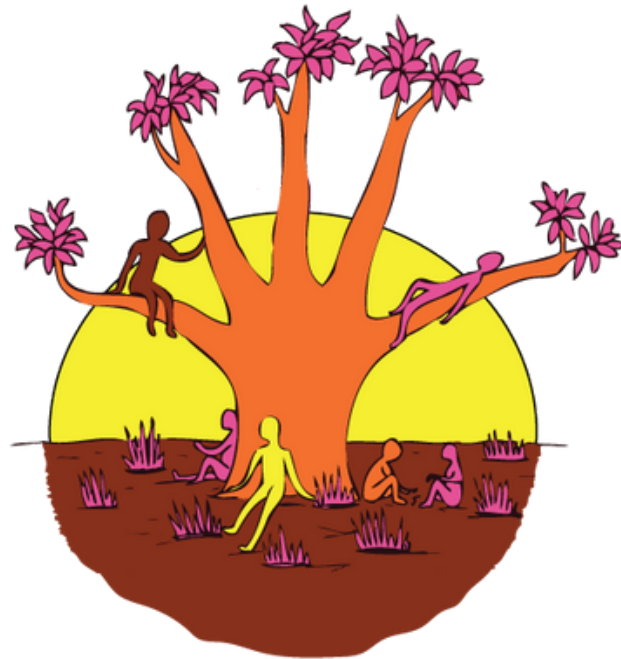


# Mooditj Leader Training

Sexual  
Health  
Quarters



MOODITJ

## What is Mooditj?

Mooditj is a resilience, relationships and sexual health education program designed for young Aboriginal people aged 10-14 years and can be adapted for older groups. It has been developed by SHQ in collaboration with Aboriginal people from across WA over the past 20 years.

*[See over for more details](#)*

## Mooditj Leader Training

Mooditj Leader Training is a three-day, hands on course to build the skills and confidence to run Mooditj groups for young people. Aboriginal Educators take a lead role in delivering this culturally safe and fun course.

People who want to use the Mooditj program need to attend Mooditj Leader Training. Participants receive detailed manuals for each of the 3 parts of the Mooditj program.

\* Mooditj is a Noongar word meaning good

## What is the Mooditj program?

Mooditj is a resilience, relationships and sexual health education program designed for young Aboriginal people aged 10-14 years and can be adapted for older groups. It has been developed by SHQ in collaboration with Aboriginal people from across WA over the past 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.

The Mooditj program has three parts:

**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 relationships and intimate relationships and make informed choices about their sexual health and wellbeing.

Read more about Mooditj on our website: [shq.org.au/education/community-education/](http://shq.org.au/education/community-education/)

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