



Mooditj Leader Training

Kalgoorlie 2023

What is Mooditj? (Mooditj is a Noongar word meaning good)

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 run **Mooditj** groups for young people.

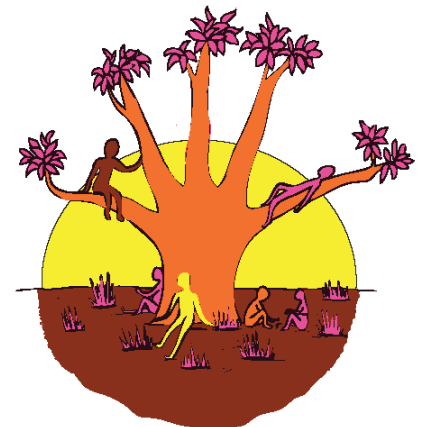
MLT is designed for Aboriginal community members or people who work with Aboriginal young people in their community. Non-Aboriginal people need to partner with an Aboriginal person to run **Mooditj**. Training together is recommended.

Dates: Tuesday 9 May to Friday 12 May 2023

Location: The Quality Inn Railway Hotel
& Function Centre

Time: 9.00am – 4.30pm, Day 1-3
9.00am – 2.30pm, Day 4

Fee: Funded by WACHS Goldfields
3 Mooditj manuals and t-shirt included



MOODITJ

If you commit to run a Mooditj program –
[See over for details.](#)

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 20 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.

Contact

For more information about Mooditj or other training with Aboriginal communities contact Jye Walker at ed@shq.org.au or 08 6164 7917.