



# Mooditj Leader Training Perth 2017

## What is Mooditj?

**Mooditj** is a program for Aboriginal young people aged 10-14 years. It helps build strong young Aboriginal people who can make positive and informed choices about their relationships and sexual health. [See over for more details.](#)

## Mooditj Leader Training

**Mooditj Leader Training** is a 4 day hands on course that builds your knowledge, skills and confidence to run **Mooditj** groups for young people.

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

## If you plan to run a Mooditj program -

And your organisation cannot afford the full fee, you can apply for a discounted fee (\$350 or \$200) for training. [See over for more details.](#)

**Dates:** 19-22 September 2017  
**Location:** SHQ  
70 Roe St, Northbridge  
**Time:** 9am - 4pm Tues-Thurs, 9am – 2pm Fri  
**Fee:** \$595.00 (GST free)  
*Mooditj manual and t-shirt included*



**To apply or for more information contact:**

**Katrina Duncan**

Information Officer

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## What is Mooditj?

Mooditj is a fun, interactive education program for Aboriginal young people aged 10-14 years. It was developed in consultation with Aboriginal people from across WA over 10 years ago.

Young people learn about:

- Identity – growing a strong sense of themselves
- Respectful relationships
- Understanding feelings
- Speaking up
- Goals and staying on track
- Puberty
- What becoming a young parent might mean to both families
- Making decisions about sex, consent and their rights
- Contraception and STI prevention
- Bringing it all together

The full program is 10 sessions of 1 hour each. The 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 first 5 sessions can also be run as a short program.

**If you and your organisation can commit to run a Mooditj group, you may be eligible for a discount!**

***You need:***

- Support from your organisation to run a Mooditj program – at least 5 sessions
- At least one other trained Mooditj leader. One leader needs to be Aboriginal.

***Apply now for:***

- Reduced fee of \$200 for Aboriginal community organisations
- Reduced fee of \$350 for non-Aboriginal organisation working in partnership with an Aboriginal community organisation, or with a letter of support from a local Aboriginal community organisation

SHQ may be able to assist with Mooditj resource kits.

Contact Katrina Duncan at [katrina.duncan@shq.org.au](mailto:katrina.duncan@shq.org.au) or 9227 6177 for an application form or more information.