

Good mental health

it's part of growing up strong

The Be You framework can help your learning community to develop a shared understand of the importance of mental health and wellbeing for children and young people.



Yarn



Show your mob



Plan



Watch, think, redo



Think and do



Do different ways



Draw it



Connect to land

*Always Be You has been developed with the application of, learnings from and respect for 8 ways Aboriginal Pedagogy
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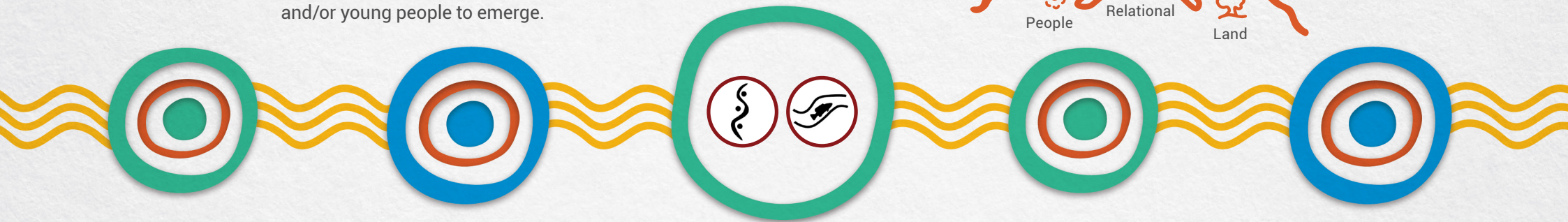


Many ways of knowing, being and doing

- Mental health is an inner world of physical, social and spiritual knowing connected to people and places.
- A child's or young person's knowledge of their own state, physical and emotional, is trusted and responded to.
- Aboriginal and Torres Strait Islander people know best what their children need and want.
- Significant adults help the spirit of children and/or young people to emerge.



Learning map



Many ways for mental health and wellbeing

- Working with local knowledge guides cultural processes: Respect, listen, reflect, act.
 - Take time to learn local ways.
 - Yarn with local Elders.
- Talk with and listen to the child or young person.



Connecting to Community

- Read about local lore and knowledge.
- **Make connections with local Aboriginal and Torres Strait Islander organisations to get a shared message about mental health and wellbeing for children and young people:**
 - Land Council.
- Aboriginal and Torres Strait Islander Community Working Party.
 - Elders groups. • Language groups.
- Aboriginal and Torres Strait Islander community controlled organisations.

With delivery partners



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