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Cultural Identity Resources for Aboriginal & Torres Strait Islander Children

We are all unique and have many distinct parts that help make up our identity. The most important thing is for people to feel comfortable in their identity as an Indigenous person.

Cultural identity is an important protective factor for Aboriginal and Torres Strait Islander peoples.

A strong and positive cultural identity helps protect against adverse life experiences, including the ongoing impacts of colonisation, trauma and loss, racism, and discrimination.

- It helps buffer someone from mental health issues.
- It can also help people on their life journey and
- Provide a greater sense of ***purpose, belonging, resilience, self-worth, and esteem*** to improve life satisfaction.

For Indigenous people, cultural identity can be strengthened and maintained in many ways, such as:

- Participating in community cultural events
- Connecting with family, community, elders, and country
- Through listening to and sharing in storytelling
- Through language, song, dance, art, learning cultural skills such as weaving and cooking
- By building a home library or accessing a public library collections of Aboriginal stories and books

For further information WellMob would encourage your client to speak to local elders and key Aboriginal and Torres Strait Islander services within your area.

These resources offer information and ideas that can help strengthen connection to culture and community.

We recommend providing these crisis numbers

13YARN: 13 92 76

Kids Help Line: 1800 55 1800

Suicide Call Back Service: 1300 659 467

Lifeline: 13 11 14

Beyond Blue: 1300 224 636



Websites

OUR YARNING

This website enables access to a free digital library of books written by Aboriginal people for Aboriginal children of all reading levels. There is also a shop with books for purchase.



Videos

THE DREAMTIME STORY OF THE BARRIMIRNDI

An animation about caring for Country and the importance of protecting our rivers.



Videos

BENNY BOY GOES BUSH

A video that tells a story of young Benny who has a disability and feels left out from going bush with the other young fullas. His grandfather notices his sadness and takes Benny out bush to learn about the land and culture.



Videos

OUR BED TIME STORIES

An online TV program for kids that has 20 animated video stories in some traditional languages of Central Australia with English sub-titles.



Websites

GAMBAY- FIRST LANGUAGES MAP

An interactive map that has information about over 780 Aboriginal and Torres Strait Islander languages. Click on a Country and it takes you to the language resources of that place where local people share knowledge, stories, and language of country.



DREAMY: SLEEP STORIES FROM FIRST NATIONS STORYTELLERS

This podcast app consists of a collection of sleep stories created by First Nations storytellers. The stories are grounded in connection to Country and provide listeners with a sense of calm that may help with sleep difficulties.



Videos

STRONG CYCLES

A video where Lenny Cubby shares a story about how Doomadgee people can follow the 'strong cycles' of culture in their life.



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