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Cultural Identity Resources for Aboriginal & Torres Strait Islander Young People

We are all unique and have many distinct parts that help make up our identity. People will be at different levels regarding their connection to culture and should not feel shame about where they are at. 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

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

YARN SAFE

A webpage of resources for young people on mental health and wellbeing, stress and pressure, relationships and alcohol and drugs.



Videos

YOUNG RAPPER SONBOY ON HIS MUSIC AND HIS SELF-CONFIDENCE

A video of Rapper, Sonboy, talking about how he grew up in Redfern and the tough situations he found himself in.



Videos

ASK US ANYTHING: ABORIGINAL AND TORRES STRAIT ISLANDER PEOPLES

A video that explores if it is it ever OK to ask someone how Aboriginal they are?



Documents

WOLLATUKKA IDENTITY SHEET

A practical tips sheet exploring cultural identity designed for Indigenous university students



Videos

CONNECTING TO YOUR CULTURE AND IDENTITY

A video of young people sharing stories about the importance of connecting to culture and identity.



Websites

GAMBAY- FIRST LANGUAGES MAP

An interactive map that has information for over 780 Indigenous languages. Click on a Country and it takes you to the language resources of that place.



Websites

INDIGENOUS WEATHER MAP

A website about weather and climate knowledge from Aboriginal and Torres Strait Islander language groups across Australia.



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