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 Updated with new resources October 2024

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. The most important thing is for people to feel comfortable in their identity as Aboriginal and Torres Strait Islander peoples.

A strong cultural identity can provide a sense of belonging, purpose and self-worth. It can be a protective factor that strengthens social and emotional wellbeing, and helps buffer against risk factors such as racism, discrimination, trauma and loss.

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 language, storytelling, song, dance, art and learning cultural skills such as weaving and cooking

Supporting someone with cultural identity can be a sensitive topic and is unique to each individual. However, it can be a powerful part of someone's healing journey. It's important to seek guidance from local knowledge holders to offer culturally appropriate support.

WellMob recommends watching the [Emerging Minds webinar on Working and walking alongside Aboriginal and Torres Strait Islander children and young people](#) and review the WellMob resource sheets on [understanding the impacts of colonisation and social and emotional wellbeing](#).

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

This 20-minute video shows Aboriginal and Torres Strait Islander people answering questions from an 'audience' on common myths, misunderstandings and racist stereotyping.



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.



Audio

NOONGAR WELLBEING PODCAST

A podcast that consists of interviews with Noongar elders in WA on topics associated with social and emotional wellbeing and self-care.



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