

**Mooditj Program**

### MOODITJ PROGRAM OUTLINE

### The *Mooditj* program has ten sessions altogether. Each session is one hour long. The beginning of the manual contains some useful information to think about before you start. Then each session describes what the purpose of the session is, how to run the activities, and what resources you will need. Sessions 1 to 5 (or 6) can be run as a stand-alone program, followed by the rest of the sessions later if possible. Mooditj was originally intended as an out-of-school program. It can be run after school or on the weekend, like a youth group, or on a camp. Mooditj has also been run very successfully in schools, either with whole classes or groups of Aboriginal students.

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| **Session** | **Content** | **Activities** | **Outcome** |
| Session 1 - The beginning | The young people will have increased self-esteem and feel safe, respected and keen to be involved in the Mooditj program. | * Pass the message stick around the group and each person tells us who they are. * Butchers paper hanging on the wall. Each participant is asked to add a Mooditj safe space rule. * Introduce Mooditj creations. In the course we will be making a mobile/wall hanging. * Hand out of Mooditj journals “My Mooditj Journey” | 1. Adequate understanding of the course  2. Increased self-esteem in course participation  3. Identify the reasons and need to participate in the course  4. Support the SEWB of our youth |
| Session 2 - Relationships | The young people will have increased understanding of how respect and care for each other is important in growing strong positive relationships. | * Creating the relationship tree. * Start making Mooditj creation. * “My Mooditj Journey” * Mooditj Creation | 1. Understanding what a healthy relationship looks like  2. Confidence to be comfortable in relationships  3. Understanding respect and growing strong positive relationships |
| Sessions 3 – Feelings | The young people will be more aware of their feelings and better able to handle strong feelings in safe and positive ways. | * Lucky dip of Feelings and placing the pictures on the body. * Emotions card game. * Piles of feelings - card game * “My Mooditj Journey” * Mooditj creation time | 1. Finding positive ways of speaking out  2. Strong understanding of one’s self and their feelings  3. Able to process the different feelings they are going through |
| Session 4 – Speaking out | The young people will be more confident to speak up for themselves in respectful and safe ways. | * My rights hand - my support’s hand activity. * Mooditj creation time * “My Mooditj Journey” | 1. Confidence to speak out to family and friends  2. Understanding the difference between acting out and speaking out respectfully to parents, family, children and friends |
| Session 5 - Goals and dreams | The young people will have increased understanding of the value of goals, and be better able to set realistic goals and overcome barriers that get in the way. | * Brainstorm qualities of bad and good, butcher’s paper. * A3 paper and write why you admire someone. Thinking about qualities not talents. * Where I want to go in life game - goal setting. * Mooditj creation time * “My Mooditj Journey” | 1. Identifying short and long term goals  2. Identifying the barriers to achieving goals  3. How to accomplish your own dreams  4. Set realistic goals short and long term |
| Session 6 - Puberty | The young people will have increased knowledge of the changes that happen during puberty, to help them feel more confident and comfortable in themselves and more understanding of others. | * Male and female stages of growth chart. * Puberty race game. * Puberty yarn. * Checking out the facts game. * Mooditj Creation time. * “My Mooditj Journey” | 1. Explaining and understanding puberty.  2. Understanding their bodies and looking after it.  3. Identifying mixed feeling and how to cope with them.  4. Finding out the truth and getting the correct answers. |
| Session 7 - Being a young Mum or Dad | The young people will be more aware of the reality of being a young parent and the challenges for both families involved. | * Visual aid baby picture. * What does it take to look after this baby? * Baby wheels - now I'm a parent what do I have do about? * Mooditj creation time * “My Mooditj Journey” | 1. Have an understanding and the tools to be a great parent  2. Will be aware what it takes to be a parent and the realities of their new lifestyle  3. Requirements needed to raise children |
| Session 8 - Talking sex | The young people will be more confident to make decisions about sexual activities that are right for them and that respect their partner. | This activity is being delivered in partnership with a sexual health provider – TBC  •Mooditj creation time  •“My Mooditj Journey” | 1. Able to make informed decisions about sex and their sexual partners  2. Being respectful on their partners  3. Understanding of healthy views on sex and sexuality. Have a understanding and the tools to be a great parent |
| Session 9 - Safer sex and contraception | The young people will have the knowledge to protect themselves and their partners from STIs and pregnancy. | This activity is being delivered in partnership with a sexual health provider –TBC  •Mooditj creation time  •“My Mooditj Journey” | 1. Adequate understanding of STI's  2. Adequate understanding of contraception and safe sex  3. How to avoid STI's and passing them on  4. Able to seek help around STI's and contraception |
| Session 10 - What now? | The young people will review what they have learnt, celebrate their achievement and leave Mooditj with increased confidence in themselves and their ability to make positive and informed choices. | * Reflection time. * Butchers paper - best thing about Mooditj! * Post course survey. * Certificates of achievement’s | The participants will review what they have learnt, celebrate their achievement and leave Mooditj with increased confidence in themselves and their ability to make positive and informed choices. |

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| **Celebration Meal** |

* We do have a team of two facilitators a male and female youth workers.
* We can tailor the delivery to suit your needs. Whether it is a one off session or a ten week program.
* The ages for delivery are 12 years to 18 years. Both male and female groups.
* We send home permission forms and an official letter to the parents/s of the participants.
* If you are keen to learn more about the program please contact: **Noeletta McKenzie 0447788547 or email:** [**noeletta.mckenzie@balunu.org.au**](mailto:noeletta.mckenzie@balunu.org.au)