



MOODITJ

WHAT IS MOODITJ?

The Mooditj program is a resilience, relationships and sexual health education program. It is delivered by a team of two staff, at least one of whom is an Aboriginal person.

WHAT IS INCLUDED?

21 sessions delivered as 50min classroom blocks. Mooditj is delivered in three parts.

1. Mooditj Me helps build young people who are strong in themselves. it helps them to grow their strengths and pride in their identity. They learn to deal with strong feelings in safe ways and to get help when needed.
2. Mooditj Mates helps young people develop their skills to grow solid friendships and relationships with other young people. They learn to express themselves and work their way through problems in safe and respectful ways.
3. Mooditj more than mates helps young people to make positive and informed choices about their sexual health and wellbeing.

WHO IS IT FOR?

Young Aboriginal people aged between 10-14yrs old.

TO REGISTER YOUR INTEREST PLEASE CONTACT US:

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