Good mental health

*It’s part of growing up strong*

The Be You framework can help your learning community to develop a shared understanding of the importance of mental health and wellbeing for children and young people.

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*Always Be You has been developed with the application of, learnings from and respect for 8 ways Aboriginal Pedagogy*
Many ways of knowing, being and doing

- Mental health is an inner world of physical, social and spiritual knowing connected to people and places.
- A child’s or young person’s knowledge of their own state, physical and emotional, is trusted and responded to.
- Aboriginal and Torres Strait Islander people know best what their children need and want.
- Significant adults help the spirit of children and/or young people to emerge.

Many ways for mental health and wellbeing

- Working with local knowledge guides cultural processes: Respect, listen, reflect, act.
  - Take time to learn local ways.
  - Yarn with local Elders.
- Talk with and listen to the child or young person.

Learning map

- Spiritual
- Emotional
- Physical
- Social
- Relational
- People
- Land

Connecting to Community

- Read about local lore and knowledge.

Make connections with local Aboriginal and Torres Strait Islander organisations to get a shared message about mental health and wellbeing for children and young people:

- Land Council.
- Aboriginal and Torres Strait Islander Community Working Party.
  - Elders groups.
  - Language groups.
- Aboriginal and Torres Strait Islander community controlled organisations.