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 Updated with new resources October 2024

Cultural Identity Resources

for Aboriginal & Torres Strait Islander

Children

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

OUR YARNING

This website enables access to a free digital library of books written by Aboriginal people for Aboriginal children of all reading levels. There is also a shop with books for purchase.



Videos

LITTLE YARNS PODCAST

A podcast series for young children that includes short stories from different nation groups celebrating culture and language.



Videos

BENNY BOY GOES BUSH

A video that tells a story of young Benny who has a disability and feels left out from going bush with the other young fullas. His grandfather notices his sadness and takes Benny out bush to learn about the land and culture.



Videos

OUR BED TIME STORIES

An online TV program for kids that has 20 animated video stories in some traditional languages of Central Australia with English sub-titles.



Websites

GAMBAY- FIRST LANGUAGES MAP

An interactive map that has information about over 780 Aboriginal and Torres Strait Islander languages. Click on a Country and it takes you to the language resources of that place where local people share knowledge, stories, and language of country.



Websites

DREAMY: SLEEP STORIES FROM FIRST NATIONS STORYTELLERS

This podcast app consists of a collection of sleep stories created by First Nations storytellers. The stories are grounded in connection to Country and provide listeners with a sense of calm that may help with sleep difficulties.



Videos

DEADLY STORY WEBPAGE

A website to support kids and young people in Victoria connect with their identity and culture.



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for other resources
www.wellmob.org.au

