

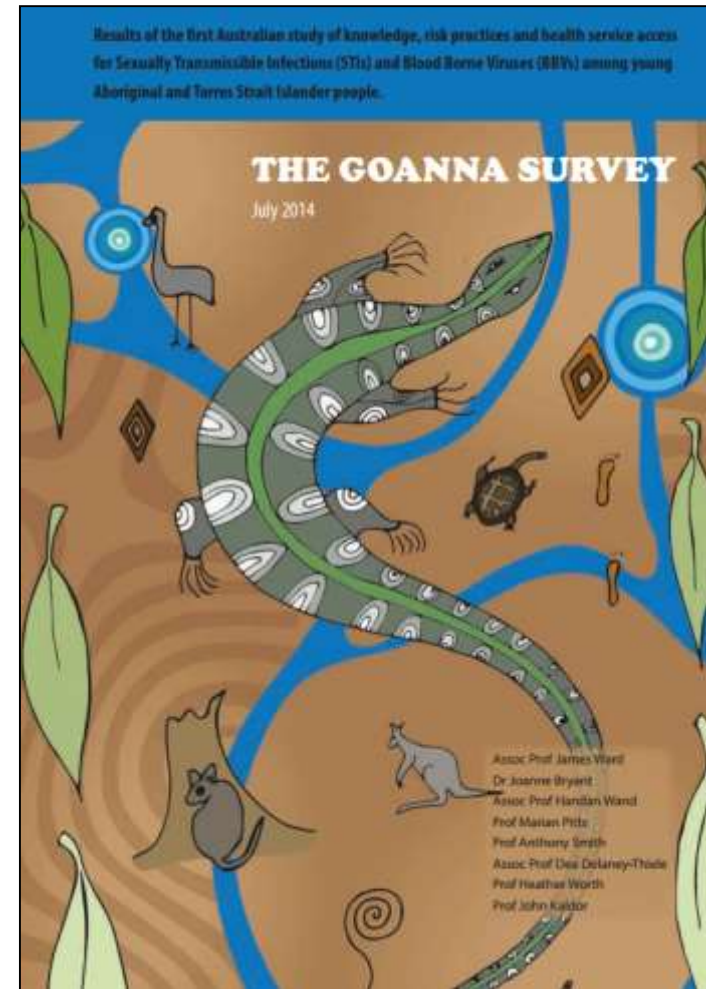
# Yarning Quiet Ways



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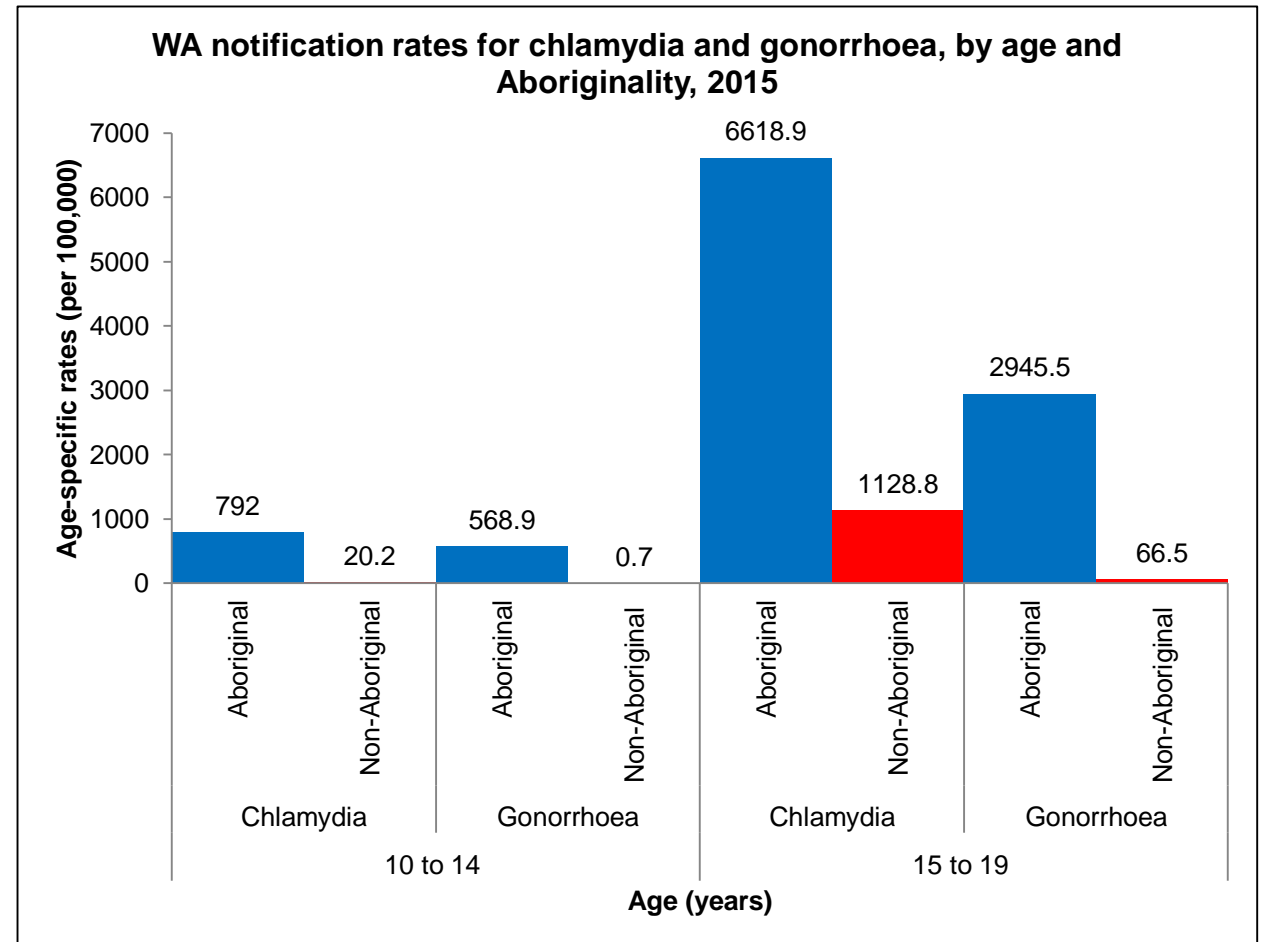
# Background

- National Goanna Survey (n=352 WA respondents)
- Median age of first intercourse = 15 years
- Excluding those who did not report having had sex (n=82), 65% (n=176) were under 16 years at first intercourse



## Background

- High Aboriginal to non-Aboriginal rate ratio of STI notifications
- Disparities most pronounced in 10-14 year old age category



# Background

- Sexuality and relationship education can delay the onset of sex and ↑ safer practices
- Can be delivered through schools, health promotion workers, mass marketing campaigns etc
- No research on role of Aboriginal carers
- Contracted WACRH to find out:
  - how they talk to kids about sex and relationships
  - barriers
  - what might assist (thoughts re: *Talk Soon. Talk O*



# Data collection in numbers

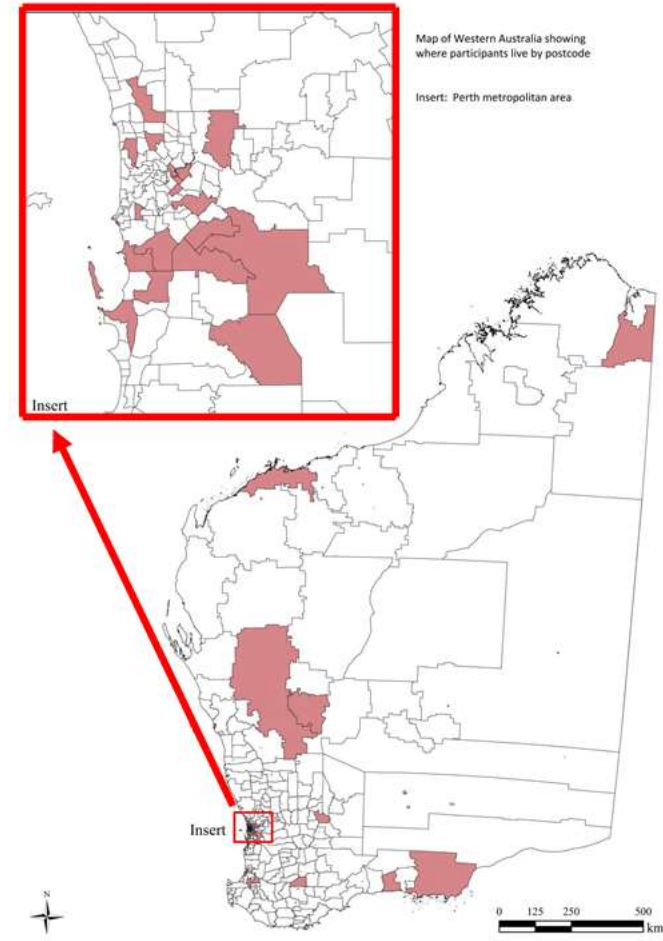
**12** focus groups

**4** interviews

**81** participants

**4** regions

**72** percent women



## *Results: What were the barriers?*

- Cultural loss
- Gender
- No model for discussion
- Shame
- Fear of hypocrisy
- Fear of negative consequences

*You told us not to speak our language. You told us not to yarn ... For us to have yarning, you need to give us a place to yarn. Before we can even talk about sex, we need a place to be men (male, Perth)*

# Results: What should youth be told?

- Sexual abuse

*There's a lot of sexual abuse in the community and the kids need to find out about protective behaviour (female, Perth)*

- Teen pregnancy

*You're going to be 15 and having a baby and what's next, you know. You try and get a job, finish off schooling (male, Perth)*

- STIs

*Tell them what they can catch out there (female, Southwest)*

- Respect

*...Tell them that ... we respect that other gender. We respect them because they're our grandmothers, they're our mothers, they're our aunts ... (male, Perth).*

## Results: What would help?

*There's lots of  
really, really  
good  
information in  
this book*



*Too much  
writing*

*Need photos,  
drawings*

*I mean just looking at  
that, that's for  
wadjelas. I don't think  
too many Aboriginal  
people will pick it up*



## *Discussion*

- Compared to research with carers in other settings:
  - Many of the barriers for Aboriginal carers were similar
  - Large overlap in topics considered important for youth
- But one-size-fits-all approach not entirely justified
- Programs for Aboriginal carers must:
  - Acknowledge / accommodate colonial legacies (e.g. disrupted family structures)
  - Provide skills to address accusations of hypocrisy and deliver appropriate messages re: teen sex and parenting


# So what?

Government of Western Australia  
Department of Health

## Yarning quiet ways

... Certain things that I would never speak to my sons about I could hear even the best of dad...dad was able to have that relationship.  
... We didn't tell the young women out to camp to tell them about the birds and bees.  
... If a kid asks a question, explain it as best as you can to your child.  
... Talk about what's legal... Let them know some of it's legal and some it's not right for your age.

Yarning Makes You Feel Good



Teaching kids to have strong, safe and healthy relationships

### Yarn anywhere

- Some mums, dads and kids can feel shame sitting down for a big yarn. That's normal.
- Try and find ways to make you and your kids more comfortable.
- If you feel too shy to sit face-to-face, maybe go for a walk with your kids or take them fishing.



### Be open and honest

- Your kids need to know that they can come to you if
- Tell your kids that you are there to help them and that they can trust you.



### Leave books and brochures around the house



- There are lots of good books and pamphlets for kids about sex and relationships. Check the clinic, library or school.
- It is good to have these in your house so kids can learn.
- Let your kids know they can ask you questions about anything they read.

### It's OK to have a laugh!

- Yarning about sex and relationships doesn't have to be scary or serious face.
- Having a laugh can make people feel better yarning about serious things.

