



# YOUNG LUV

## A GUIDE FOR ORGANISING YOUNG LUV WORKSHOPS IN YOUR TOWN

### ***ABOUT YOUNG LUV (YL)***

Young Luv is a 2 hour workshop for Aboriginal teenagers and young adults where they can talk about relationships in a safe place which values their individuality and Aboriginal culture. The focus is on building personal resilience by recognising the characteristics of healthy, positive relationships. In the workshop we talk a lot about staying safe, making good decisions and developing coping strategies to deal with some of the challenges we face in our lives.

### ***THE WORKSHOP DESIGN***

- About 15 participants sitting comfortably in a private space (no foot traffic allowed)
- Feeling safe to share ideas and experiences
- Feeling proud of ourselves and our culture
- Videos, games, conversations, activities
- Sharing food and gifts at the end

Aboriginal women from community, who have been through many of the experiences of the group, lead the workshop.

### ***FINALISING WORKSHOP DETAILS***

We'll keep in touch with you in the week or two before the workshop, just so we can help out if the registrations are slow. We can send a shout out through our Sisters Day Out Facebook page, ring community members or contact KESOs at the school etc.

Having a meal together is a great way to finish off our workshop. Helping us to organise the catering from your end is really important. So we'll be aiming to confirm the date, start and finish time at least a week out so the workshop finishes smoothly with a meal.

### ***ABOUT ADULTS IN AND AROUND YOUNG LUV WORKSHOPS***

Our aim is to give our Young Luv participants a feeling of safety and confidence in the workshop so that they can talk up if they want to. To make this happen we ask that:

- only one adult be in the workshop so that the views and attitudes of adults don't dominate
- the adult in a YL workshop models good listening skills and shows respect for the views of the participants
- no photos during the workshop are taken.

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For further information please contact  
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