



Government of Western Australia  
Department of Health

# Yarning quiet ways

... Certain things that I would never speak to my sons about I could just pass the buck to dad...dad was able to have that relationship.  
"old ladies will take 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 illegal... Let them know, some of it's illegal and some if it's not right for your age..



Teaching kids to have strong, safe and healthy relationships



Vattessa Colbung (Noongar and Wangkatja),  
2016

### ***Yarning to all ages about sexual health***

The artwork on the front page shows Aboriginal people yarning with younger people. The words you can see in the picture were real words, spoken by real people.

In 2015 about 80 Aboriginal mums, dads and carers yarned with staff from the Western Australian Department of Health and the Western Australian Centre for Rural Health. They yarned about how to help kids learn about strong, safe and healthy relationships.

The words on the cover are their words.

The mums, dads and carers said that they wanted a book to help them talk to their kids about things like:

- being the boss of their bodies
- changes in their bodies
- teenage pregnancy
- safe sex
- respectful relationships.

This book is the result of those yarnings.

The Department of Health, in partnership with an Aboriginal Advisory Group, has made Yarning Quiet Ways for all Aboriginal mums, dads and carers who want to help their kids have strong, safe and healthy relationships.

**DISCLAIMER:** Readers are warned that this book may contain images of people who have deceased since the time of publication.

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# Introduction





Francis Timothy Fernandez (Kukatja), 2014

***Old people helping young people to understand what's right and wrong.***

This painting represents the story of older men talking to younger kids and teaching them what's right and wrong and how to behave and listening to older people so one day they'll have children of their own and look after community for their children. They are sitting around camp fire how our old people used to talk around camp fire and sing and dance.

The background is desert country. After rain all the beautiful flowers bloom in the desert country. It just shows that our desert country is beautiful too.



## Introduction

A survey of young Western Australian Aboriginal people found that around half had sex before they were 16 years old.<sup>1</sup>

Research tells us that kids whose parents yarn with them about sex and relationships often have sex at an older age and make safer choices than kids who are left to find out for themselves.

It can be hard to yarn with kids about sex and relationships. A lot of us were raised to never talk about it.

We can get a bit shame or not know what to say.

“  
*Even now a lot of us still get a bit shame talking to kids about sex. Don't know how to bring it out. (Bunbury woman)*

Sometimes we might even worry that yarning to kids about these things might give them the wrong idea.

“  
*In my time when I was growing up ...part of the stolen generation it was taboo talking about sex and this sort of thing... We had to learn the hard way about the birds and the bees... (Bunbury man)*

“  
*Should I give them all the freedom of information and say that it's a good thing and pleasurable and all the rest? But I don't want to be a grandparent early or have problems down the track. (Perth woman)*

<sup>1</sup> Ward et al (2014) Sexual health and relationships in young Aboriginal and Torres Strait Islander people: Results from the first national study assessing knowledge, risk practices and health service use in relation to sexually transmitted infections and blood borne viruses – Western Australia versus other States/Territories (unpublished data).

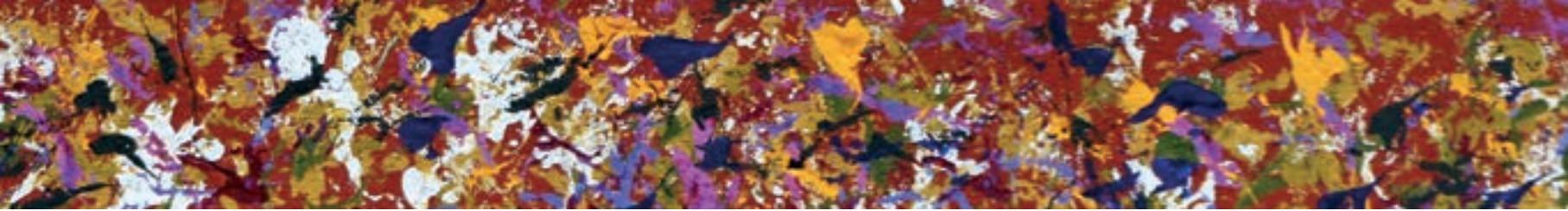
But, if we don't yarn with our kids they will find out in other ways. The information they get on the internet, on television, in magazines or from friends might not be good.



“Kids get access to lots of other things that's violent, that's got a lot of sexual content. A lot of it's not normal sexual content... A lot of popular movies and things, they've all got that sexual stuff in there. (Mount Magnet man)”

By yarning, mums and dads can make sure that their kids have the skills and knowledge to make smart, safe, strong decisions.





Aboriginal parents and carers have asked for a book to make it easier to yarn to kids about staying safe, healthy and strong.

“  
(Need) a book for parents... if they don't know how to  
speak to their children, here's some information about  
how to do it. (Geraldton woman)  
”

When asked what they wanted in the book, parents and carers said they wanted to know how to talk to kids about:

- changes in their body
- how to protect themselves from abuse
- sex and the law
- saying 'no'
- staying healthy (not catching sexually transmitted infections)
- sexting and pornography
- respectful relationships.

This book will give you some tips and ideas to help you talk about these things, and will tell you where you can go to find out more.



# Yarning tips



## Tip 1: Yarn early

- Yarning about sex and relationships doesn't mean giving just one big talk before high school. Sometimes that will be too late.
- It is best to teach your kids lots of little lessons as they grow up.

“

*I think the first step is... teaching them about their own personal private parts... and I'm already doing that part with my daughter. As soon as she could actually understand and talk I've done it so then she could let me know if anyone has touched her. And then it progresses... step by step. You can't just throw it all and give it to them all at once at the age of 14. (Perth woman)*

”



## Tip 2: You can 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 shame to sit face-to-face, try yarning while fishing, driving or walking with your kids.

“

*I can just talk to the boys in the car... when they are sort of going out to meet with girls. I can say, 'you blokes know... if you ever have intercourse... make sure you have some condoms.' Stuff like that. (Bunbury man)*

”



## Tip 3: Always look for the chance to yarn

- You can use stories on TV, in the newspapers or in the community to help you start a yarn about sex and relationships.
- Don't just wait for your kids to ask questions – they might never ask but they still need to know.

“

We need to start bringing it up more because people aren't going to put their hands up and say, 'I had this experience...'  
(Mount Magnet woman)

”





## Tip 4: Be open and honest (and tell your kids to do the same)

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

“

You've got to have fun with them and explain to them that it's okay to talk about. It's not a taboo - And I just said to them - 'You should be comfortable to talk to us about anything. We're not judgmental. We're not going to judge you.'  
(Perth woman)

”



## Tip 5: Use friends and relatives if you need to

- Dads might not be able to talk to daughters and mums might not be able to talk to sons about some subjects.
- Make sure your kids know who they can talk to – it might even be an aunty or uncle, a grandparent or older cousin.

“

*Especially being a single father - it was very, very hard. The girls got their needs and the son's got his needs - I didn't know what to do. The only person I could rely on at the time was me mum.*

*(Bunbury man)*

”



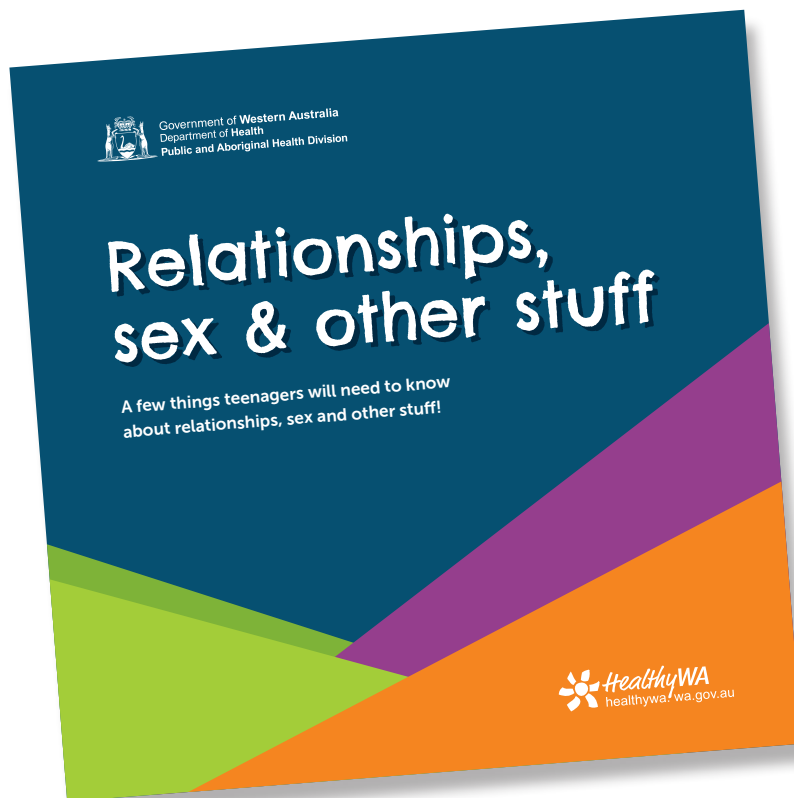
## Tip 6: Leave books around your house

- There are lots of good books and pamphlets for kids about sex and relationships.
- 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.

“

*I use ... pamphlets and stuff. I put them in our toilet at home. (Bunbury man)*

”



“

*There was one book ... we used it quite a lot ... If they have any questions then they'll come back and they'll ask and the kids were a bit more comfortable about what they can ask and how they can ask. (Karratha woman)*

”



## Tip 7: It's okay 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.



“

*I have a yarn with him about it because I started seeing changes within himself. We were able to sit back and have a yarn and a bit of a joke about it but at the same time being serious. (Perth man)*

”

# Yarning at different ages







# Yarning with the little ones



# Little ones

## Kids under 5 years old

What might happen	What to do
As kids grow up, they will start being interested in their bodies, including their genitals. They might also see that boys and girls have different genitals.	<ul style="list-style-type: none"><li>■ There are lots of books you can read to your kids about their bodies. Check your library or community clinic for books like <b><i>Everyone's Got a Bottom</i></b> and <b><i>It's Not the Stork</i></b>.</li><li>■ It's good to start using the right names for genitals from a young age. In the English language, boys have a penis and a scrotum with testes. Girls have a vulva (this is the word for the outside parts of a girl's genitals). The inside genitals include the vagina, cervix, uterus and ovaries. There will also be words for these parts in traditional languages.</li><li>■ It is normal for little kids to play with their body, including their genitals.</li><li>■ Tell kids that they shouldn't touch their own genitals in public places. It's a private thing to do.</li><li>■ Tell kids that it is never okay for someone else to touch their genitals. Teach them how to say 'no' and where to go for help.</li></ul>
Kids might ask 'Where do babies come from?'	<ul style="list-style-type: none"><li>■ You can tell young kids that babies grow in a special place inside the mum called a uterus or womb. You need a sperm (like a seed) from a man and an ovum (tiny egg) from a woman to make a baby.</li></ul>

Making sure your kids are vaccinated (have injections) for hepatitis B helps protect them when they're older. Hepatitis B can be passed through sex and blood. Talk to your Aboriginal health worker, nurse or doctor.

# Little ones

## 5 to 9 year olds

What might happen	What to do
As kids get older, they might ask more questions about how babies are made.	<ul style="list-style-type: none"><li>■ You might need to tell your kids a bit more about how babies are made (look at the next page for some ideas).</li></ul>
Kids might start noticing changes in their body. Some kids start puberty as early as 8 years old (look at page 26 for a list of changes).	<ul style="list-style-type: none"><li>■ By age 9, yarn to kids about growing up and let them know their bodies might change.</li></ul>
Kids might start to worry that they are different to other boys or girls, or they might tease other boys for being 'girly' or girls for being 'tomboys'.	<ul style="list-style-type: none"><li>■ Teach kids that there are lots of different ways of being a boy or a girl.</li><li>■ Tell them that being different is OK and that being a good person is what matters.</li></ul>

Keep teaching your kids that they are the boss of their bodies, and should say 'no' to touching they don't want or feel is not okay.

If a child has let you know that he or she is being sexually abused, it is very important to protect the child from further harm. Contact the Department for Child Protection and Family Support or the WA Police (numbers on pages 42 and 44).



# Little ones

Teaching kids how babies are made can be hard. Here's one way:

To make a baby you need a seed (called sperm) from a man's body to join with an egg (called an ovum) in a woman's body. This is how it happens.

When two adults feel love they sometimes like to touch each other's bodies. Sometimes they might want to have sex.

When a man and woman have sex, the man's penis goes inside the woman's vagina. The penis puts the man's sperm into the woman's body. Sometimes an egg inside the woman joins with a sperm and that might become a baby.

The joined egg and sperm go to a place in the woman's body (called the uterus or womb) where it grows. It grows for about nine months (this is called pregnancy).

When the baby is ready to be born, the muscles in the uterus and vagina stretch and push the baby out through the woman's vagina.





# Yarning with bigger ones



# Bigger ones

## 9 to 12 year olds

What might happen	What to do
Puberty is the time when boys and girls start to notice changes in their bodies (see next page). Girls usually start puberty before boys.	<ul style="list-style-type: none"><li>■ Start yarning with kids about puberty.</li><li>■ Maybe tell them when you started seeing changes in your own body.</li><li>■ Make sure kids know that changes can come fast for some people and slow for other people. Both ways are normal and OK.</li><li>■ Talk to kids about how you felt when your body started changing and share any funny stories you remember.</li></ul>





# Bigger ones

## 9 to 12 year olds

What might happen	What to do
Kids might start to touch their genitals more because it feels good (this is called masturbating).	<ul style="list-style-type: none"><li>■ Just let kids know that masturbation is normal but that it is something to do in private.</li></ul>
Kids might start looking at pornography or see others around them looking at it.	<ul style="list-style-type: none"><li>■ If you find your kid looking at pornography, try not to make them feel shame.</li><li>■ Say that sex is for older people and that pornography will give them the wrong idea about what sex is like.</li><li>■ Lots of pornography is very violent. Remind your kids that violence is not okay and that respect is an important part of sex.</li><li>■ There are websites to help you keep your kids safe on the internet. Look at <a href="http://www.esafety.gov.au">www.esafety.gov.au</a> for some good tips.</li><li>■ If you are worried that your kid is taking or getting nude pictures on their phones make sure you read about sexting on page 39.</li></ul>
Some kids might start becoming interested in other kids.	<ul style="list-style-type: none"><li>■ Start yarning about the good things and bad things about having a boyfriend/girlfriend.</li><li>■ Remind kids how babies are made.</li><li>■ If you think your kid might be having sex (or looking to have sex) read the next section ('Yarning with Teenagers').</li></ul>

WA Health recommends that all year 8 students (13 year olds) receive a vaccine (3 injections) to stop human papillomavirus (HPV). HPV is passed on through sex and can cause health problems including genital warts and cancers. Making sure your kid is vaccinated is a way of protecting them in the future.

# Bigger ones

Changes at puberty	Boys	Girls
Grow taller and gain weight	✓	✓
Hair grows in armpits and around genitals	✓	✓
Hair grows on upper lip and chin*	✓	
Sweat more	✓	✓
Get spots and acne on face, neck, chest and back	✓	✓
Feel emotional or moody or very 'giggly' and excited	✓	✓
Voice deepens	✓	
Testicles start to make sperm	✓	
Experience erections and 'wet dreams'	✓	
Ovaries start to release eggs (ova)		✓
Hips widen and breasts grow**		✓
Menstruation (period) begins		✓
Have feelings of attraction towards others	✓	✓

\* Some girls may also experience this.

\*\* Some boys may experience breast growth.



# Bigger ones

## Boy yarns

Boys at this age might start to get more erections. This is when the penis gets hard and sticks out from the body. Boys can get erections because they are nervous or excited or sometimes for no reason at all. Tell boys that getting an erection can be embarrassing but that it is a normal part of growing up.

Boys might also start getting wet dreams (or 'nocturnal emissions'). This is when sperm and semen comes out of a boy's penis when he is sleeping. Boys might feel scared or shame when this happens. Let them know that it is normal and that it is happening because their testicles are starting to make sperm. Tell boys that they might need to put their pyjamas or sheets in the wash if this happens.



# Bigger ones

## Girl yarns



During puberty, girls will get their periods. Lots of girls can get very scared if they don't know what's happening so it's important to yarn to girls about this change. Here are some words that might help:

*When a girl starts puberty, her ovaries start to let go one egg about once a month. The egg travels towards the uterus (or womb).*

*The uterus gets ready for the egg to arrive by making a thick, soft lining. If the egg joins with a man's sperm it will grow in the uterus and become a baby.*

*If a sperm doesn't join with the egg, the egg and the soft lining of the uterus will come out through the vagina. It will look like thick blood and is called a period.*

*To soak up the blood, girls can use a pad (which goes on the underwear) or a tampon (which is put in the vagina).*

*Periods will happen every month until the woman is about 50.*

# Bigger ones

Here are some tips for helping girls when they get their periods:

- Give her a special pencil case or wallet to keep a pad or tampon in, just in case.
- Help her find which toilet at school has a bin for pads and tampons.
- Talk about who to go to at school if she needs clean underwear, or a pad or tampon.
- Show her how to make an 'emergency' pad out of toilet paper.
- Show her how and where to soak blood-stained undies (in cold water) at home before putting them in the wash.
- Tell her she needs to change her pad/tampon about every four hours.





# Yarning with teenagers





# Teenagers

## Kids 13 years old and over

What might happen	What to do
Some kids might want to start having sex.	<ul style="list-style-type: none"><li>■ Make sure kids are in a space where they feel safe to talk.</li><li>■ You can try to start yarning by asking questions like 'What do you and your friends think about people your age having sex?'</li><li>■ Make sure kids know how to work out if they are ready (see page 34).</li><li>■ Make sure kids know about sex and the law (see page 35).</li><li>■ Make sure your kids know how to stay safe (see pages 36 to 38).</li></ul>
Kids might start to use their phones or computers to take/look at sexual images	<ul style="list-style-type: none"><li>■ Make sure your kids know how to stay safe online by reading pages 39 and 40 and talking to them about the risks and ways of protecting themselves.</li><li>■ Read page 25 for tips on what to do if you find your kids looking at pornography.</li></ul>



# Teenagers

## Kids 13 years old and over

What might happen	What to do
For whatever reasons, you might think that your kid is gay.	<ul style="list-style-type: none"><li>■ You might feel shocked or guilty or angry or scared.</li><li>■ It is important to remind yourself that you can't control whether or not your kid is gay. It is something that happens naturally and can't be changed.</li><li>■ People might not 'know' they are gay until they're much older so just give your kid time to grow up and work out who they are.</li><li>■ It is a good idea to show your kids that you are open to yarning about these things. For example, you might use something you see on TV to say something good about gay people or about parents who support gay kids.</li><li>■ If your kid tells you they are gay, just remember that they are probably very scared and worried that people won't love them anymore. Telling you is a very brave thing to do.</li><li>■ If you don't know what to say, it is OK to be honest. Maybe say something like, 'When I grew up this wasn't something that people talked about so I feel like I have a lot to learn.'</li></ul>



# Teenagers

## Helping them to know when they're ready for sex

If we only talk about the bad parts about sex like diseases and unwanted pregnancies, kids might not want to listen to us.

Sex can be exciting and nice. We should teach kids that they will enjoy sex more when they are ready.

A survey of young Western Australian Aboriginal people found that around half had sex before they were 16 years old.<sup>1</sup> This shows how important it is to start yarning with your kids early to make sure that they know how to make good and safe choices.

Teach your kids that sex isn't something to do just to get it over and done with, to be popular, to fit in, or to make someone love you.

Having sex for the wrong reasons can make you feel disappointed, lonely, sad, used or unloved.

### **A young person might know that they are ready for sex when they:**

- are over 16 (see page 35 for the law)
- know how to stay safe from sexually transmitted infections by using condoms (see page 36 for health information)
- feel right about having sex
- feel comfortable with the person they want to have sex with
- know that they can say no, and that would be OK, but still want to do it
- don't feel forced
- don't feel scared (being a bit nervous is usually normal)
- care for the other person and the other person cares for them
- aren't doing it to be popular
- aren't doing it to make someone love them
- aren't doing it to stop the other person from leaving them
- are ready for a baby or know how to stop getting pregnant if they don't want a baby.



# Teenagers

## What the law says about sex

The law is not just about full-on sex. Any kind of touching in a sexual sort of way is against the law if the other person doesn't want it to happen or changes their mind. The law says:

- both people have to be over 16 years of age
- both people have to agree to it
- people are allowed to change their mind about sex halfway through
- both people have to have a free choice
- you can't force or threaten people to have sex
- you can't trick people to have sex
- you can't get people drunk or drugged and take advantage
- you can't give people no choice
- you can't have sex with a close relation like a brother or sister (some Aboriginal groups will also have cultural rules about other people you can't have a relationship with).

**It is against the law to have sex with someone if they don't want it even if:**

- the man reckons he 'couldn't control himself'
- the man thinks he was 'led on'
- the man thinks the person was 'asking for it' by dancing, acting or dressing sexy
- the people are in a relationship or used to be in a relationship.



This resource is available to download and print at  
[www.health.wa.gov.au/SHBBVAboriginal](http://www.health.wa.gov.au/SHBBVAboriginal)



# Teenagers

## Teaching them to stay safe

Lots of parents don't want to tell their kids about safe sex because they don't want kids to get the wrong idea. One way of starting the yarn might be to say, 'I care about you, and even though I don't want you to do this, I do want to make sure that you look after yourself and others.'

### **Before having sex, everyone should know:**

- you can't make good and safe choices about sex when you are drunk or high
- a girl can get pregnant any time she has sex including the first time
- a girl can get pregnant even when she has her period or has just finished it
- a girl can still get pregnant even if a man pulls his penis out before he 'cums' (sperm can be in the pre-cum)
- Implanon (the Rod), injections (Depo) or oral contraception (the Pill) don't protect girls from sexually transmitted infections; they just stop pregnancies
- a couple can't get pregnant from oral sex but can catch a sexually transmitted infection

- condoms are the best way to keep people who have sex safe from sexually transmitted infections AND unwanted pregnancies at the same time.

Not having sex is the only way to be 100% sure you won't have a baby or catch a sexually transmitted infection.

# Teenagers

## Helping them to stay healthy

Sexually transmitted infections (STIs) include things like chlamydia, gonorrhoea, syphilis, HIV and hepatitis B. Anyone who has vaginal, anal (bum) or oral (mouth) sex without a condom can get an STI.

Most people don't have any signs of sickness when they have an STI. They can feel okay and not know they have an infection even though it is making them sick on the inside. You can't tell if someone has an STI just by looking at them.

If someone has had sex without a condom they should quickly go to the clinic or GP for an STI test (even if they don't have any signs). The test is easy – usually it is just a simple urine test.

Getting rid of most STIs is simple – it is usually just some antibiotics. There is currently no way to get rid of HIV but there is medicine to stop people getting too sick from it.

If people don't get medicine for STIs quickly they can get sick. Some STIs like chlamydia can make it hard for men and women to make babies. Syphilis and gonorrhoea can pass from mums to babies and the babies can get sick or die.





# Teenagers



## Teach young people:

- to use condoms when they are having sex
- that they have more chance of getting an STI if they have sex without a condom
- that they might not feel sick if they have an STI
- that STIs can make people sick on the inside, and might make it harder to have babies in the future
- if they are having sex they should get tested for STIs at least twice a year even if they've used condoms
- staying safe is no shame.





# Teenagers

## Supporting them to be smart online

These days lots of kids spend time using the internet on computers and 'smart phones'. The internet can be a good thing – it helps kids connect with others, find information and learn about the world. But there are also risks that kids need to know about.

Teach your kids that things that they put on the internet (messages, photos, videos) can be hard to take down if they change their mind; they can also be seen and used by people they don't even know.

Tell your kids to be careful because what they do on the internet can:

- make them shame
- hurt their relationships with other people
- make it hard to get a job later on
- get them in trouble with the law.

### **Sexting**

Sexting is sending someone sexual photos, images, messages or videos using a mobile phone, email or posting on the internet.

It is against the law to look at, send or keep sexual photos/videos of someone under 18 years old. These images are considered child pornography.

Tell your kids:

- not to take any sexual photos/videos
- if they have sent sexual photos/videos to someone else, they should ask that person to delete it
- if they find a sexual photo/video of themselves on the internet, there are ways of reporting it
- if someone sends them a sexual photo/video they should delete it and tell someone they trust
- to talk to you if they are worried. Worried kids can call Kids Helpline for advice: 1800 551 800.

There is also lots of good information about sexting at [www.esafety.gov.au](http://www.esafety.gov.au).

# Teenagers

## Online grooming

Unfortunately, there are some adults who use the internet to enter into sexual relationships with children. Sometimes these adults pretend to be kids. Make sure your kids know:

- they need to be careful around strangers – whether they meet them in the street or online
- people are not always who they say they are on the internet
- they should never give out personal information about themselves (e.g. phone number, address) to people they don't know on the internet
- they should never meet people they have only spoken to online without a trusted adult.

To find out more, visit

[www.police.wa.gov.au/Your-Safety/Internet-safety](http://www.police.wa.gov.au/Your-Safety/Internet-safety)



# Where to find out more

# Useful numbers

## Child Protection Unit

(Princess Margaret Hospital)  
Phone: 9340 8646  
After hours: 9340 8222  
  
24-hour medical, forensic, social work and therapeutic service for children up to the age of 16 years who have experienced some form of abuse.

## Department for Child Protection and Family Support

### Regional

Albany	9841 0777
Broome	9193 8400
Bunbury	9722 5000
Busselton	9752 5600
Carnarvon	9941 7222
Collie	9734 1699
Derby	9193 3700
Esperance	9083 2566
Fitzroy Crossing	9163 9800
Geraldton	9965 9500
Halls Creek	9168 6114
Kalgoorlie	9022 0700
Karratha	9185 0200
Katanning	9821 6500
Kununurra	9168 0333
Laverton	9088 2900
Leonora	9037 2300
Mandurah	9583 6688

Manjimup	9771 6000
Meekatharra	9981 0300
Merredin	9041 6900
Moora	9653 0100
Mullewa	9961 1004
Narrogin	9881 0123
Newman	9175 4600
Norseman	9039 1129
Northam	9621 0400
Onslow	9184 3900
Roebourne	9182 0500
South Hedland	9160 2400
Tom Price	9188 0100
Wyndham	9161 3500

### Metropolitan

Armadale	9497 6555
Cannington	9351 0888
Fremantle	9431 8800
Joondalup	9301 3600
Midland	9274 9411
Mirrabeeka	9344 9666
Perth	9214 2444
Rockingham	9527 0100

For concerns after business hours,  
please contact Crisis Care:

Phone:	9223 1111
Country freecall:	1800 199 008



## Aboriginal health and medical services

### Metropolitan

East Perth	9421 3801
Maddington	9452 5333
Medina	6174 7000
Midland	9374 1400
Mirrabooka	9344 0444

### Regional

Albany	9892 7222
Beagle Bay	9192 4914
Bidyadanga	9192 4952
Broome	9192 1338
Bunbury	9726 6000
Toll Free Number:	1800 779 000
Carnarvon	9941 2499
Cosmo Newberry	9037 5949
Derby	9193 1090
Fitzroy Crossing	9193 0093
Geraldton	9956 6555
Halls Creek	9168 6266
Jurrugk	9194 3200
Kalgoorlie	9022 5500
Kiwirrkurra	8956 8618
Kununurra	9166 2200
Mantamaru	8954 6111
Newman	9177 8307
Northam	9690 2888
Papulankutja	8956 7675
Patjarr	8956 7912
Roebourne	9182 0850

South Hedland	9172 0400
Tjirrkarli	8956 7683
Tjukurla	8955 8048
Tjuntjuntjara	9037 1102
Wanarn	8956 7304
Warakurna	8956 7323
Warburton	8956 7685
Wiluna	9981 7063
Wingellina (Irrunytju)	8956 7515

### **Kids Help Line**

Freecall: 1800 55 1800

Free, confidential 24-hour telephone and online counselling service for 5 to 18 year olds in Australia.

### **Ngala Parenting Line (0-18 year olds)**

Phone: 9368 9368

(8am-8pm, Monday to Sunday)

Freecall: 1800 111 546

Email: [ngala@ngala.com.au](mailto:ngala@ngala.com.au)

Ngala is a provider of Early Parenting and Early Childhood services with a passion for supporting and guiding families and young children through the journey of parenting.

The Parenting Line can help you to:

- Learn up-to-date information about parenting and child development
- Learn simple parenting strategies
- Access other useful information
- Access other services or education locally

### **WA Police**

If the matter is urgent or the safety, health or welfare of a child is at risk then the emergency 000 number must be called.

If you are a child or adult who has been the victim of child abuse or paedophilia, or if you have information about someone else being abused, you should contact police on 131 444.

You can also report child abuse by calling Crime Stoppers on 1800 333 000 or to your local police station who will advise the Child Abuse Squad. Information supplied to the Child Abuse Squad is confidential.

### **QLife**

Freecall: 1800 184 527  
(daily from 3pm to 12am)

For online chat and support go to  
[www.qlife.org.au](http://www.qlife.org.au)

QLife provides a nation-wide, early intervention, peer supported telephone and web based services to diverse people of all ages experiencing poor mental health, psychological distress, social isolation, discrimination, experiences of being misgendered and/or other social determinants that impact on their health and wellbeing. QLife helps callers with a range of issues relating to sexuality and gender, including coming out, as well as more general issues, such as relationship problems. This service is often the first point of contact for people who are coming out, but it is available to anyone, no matter how they identify. The service is also increasingly being used by the friends and family of GLBTIQ people and mainstream service providers who are seeking accurate information and referral options for their relatives, friends or clients.

### **Sexual Assault Resource Centre**

Phone: 9340 1828  
24 hour crisis line: 1800 199 888 (freecall)

The Sexual Assault Resource Centre (SARC) is the emergency sexual assault (rape crisis) service for Perth, Western Australia.

### **Sexual Health Quarters**

#### **Helpline**

Phone: 9227 6178 (Perth metro area)  
Phone: 1800 198 205 (country callers)

[www.shq.org.au](http://www.shq.org.au)

Monday and Tuesday: 8:30am to 5pm  
Wednesday to Friday: 8:30am to 4pm

The Sexual Health Helpline covers all aspects of sexual and reproductive health for both men and women. Advanced Practice Nurses are available for a confidential and anonymous discussion.

# Useful websites for parents

## **Talk Soon, Talk Often**

[www.healthywa.wa.gov.au/talksoontalkoften](http://www.healthywa.wa.gov.au/talksoontalkoften)

A guide for parents talking to their kids about sex.

## **Let's Yarn!**

[www.letsyarn.health.wa.gov.au](http://www.letsyarn.health.wa.gov.au)

This website has lots of resources to help Aboriginal parents and carers yarn with their kids about sex and relationships.

## **Aboriginal Parent Easy Guides**

<https://www.decd.sa.gov.au/parenting-and-child-care>

These guides offer simple, easy-to-read information on many of the issues faced by parents from birth through adolescence. Topics include:

- \* being a dad
- \* healthy families
- \* now you are a parent
- \* role models
- \* safe families
- \* strong families
- \* support
- \* teenagers

## **e-Safety Parent resources**

[www.esafety.gov.au/iparent](http://www.esafety.gov.au/iparent)

Online safety resources targeted for the needs of parents and carers.



# Useful websites for young people

## **Get the Facts**

[www.getthefacts.health.wa.gov.au](http://www.getthefacts.health.wa.gov.au)

Developed by WA Health, this website provides reliable information and support on sexual health, blood-borne viruses and relationships for youth aged 14-17 years.

## **Could I Have It**

[www.couldihaveit.com.au](http://www.couldihaveit.com.au)

This website has STI facts, information about safe sex, a free online STI testing form and information on nearby clinics.

## **Take Blaktion – Playsafe**

[www.playsafe.health.nsw.gov.au/takeblaktion](http://www.playsafe.health.nsw.gov.au/takeblaktion)

Take Blaktion is all about taking charge of your life and taking care of yourself and your partner. This site has fun videos, facts about STIs and a confidential form for young people to ask a nurse sexual health questions.

## Videos to watch

There are a range of great educational videos made for Aboriginal youth. You can find them by searching by their titles in YouTube.

### **Think protection before affection**

Population Health, Kalgoorlie in partnership with Bega Garnbirringu Aboriginal Medical Service produced an informative and educational video on sexual health related to the Kalgoorlie/Boulder community.

### **Voices of sexuality education**

This video was produced by the Centre for Excellence in Rural Sexual Health and shows Aboriginal students talking about what information they want in sexuality and relationship education.

### **Girls' sexual health community service message**

Produced by Goolarri Media, this video encourages Aboriginal youth to have regular well-being check-ups if they are having sex to ensure nothing gets out of control.

### **Boys' sexual health community service message**

Produced by Goolarri Media, this video encourages Aboriginal youth to have regular well being check-ups if they are having sex to ensure nothing gets out of control.

### **Telling It Like It Is: The realities of being an Aboriginal teenage parent**

The Telling It Like It Is Initiative was implemented by the sexual and reproductive health agency Marie Stopes Australia (MSA), in partnership with the Victorian Aboriginal Community Controlled Health Organisation (VACCHO) and Family Planning Victoria (FPV).

### **Be Deadly Online**

Be Deadly Online is an animation and poster campaign about big issues online, like bullying, reputation and respect for others. Developed with deadly Aboriginal writers and voice actors, all Australians can enjoy these short, fun animations and learn about how we want to behave together online.

# Thanks

WA Health acknowledges the people of the many traditional countries and language groups of Western Australia. It acknowledges the wisdom of Elders both past and present and pays respect to Aboriginal communities of today.

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## Notes



## Notes





This document can be made available in alternative formats on request for a person with disability.

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[healthywa.wa.gov.au](http://healthywa.wa.gov.au)