



YARNING QUIET WAYS: IMPLEMENTATION PACKAGE

Overview of Yarning Quiet Ways

Yarning Quiet Ways is a resource to help parents and carers to yarn with young Aboriginal people about strong, safe and healthy relationships. In 2015 about 80 Aboriginal parents and carers were consulted which informed the development of the resource. Based on *Talk soon. Talk often*, an existing WA Department of Health resource for parents, *Yarning Quiet Ways* has been written and designed in a way that responds to what the Aboriginal parents and carers wanted.

Yarning Quiet Ways covers yarning at different ages, from little ones (under 5) through to teenagers. The topics covered include:

- Young people being boss of their bodies
- changes to bodies as we grow (including puberty)
- saying 'no'
- safer sex
- sex and the law
- teenage pregnancy
- online safety pornography
- respectful relationships

Accessing the Resource

There is a hard copy book that can be ordered by emailing:
shbbvp@health.wa.gov.au.



An electronic copy of *Yarning Quiet Ways* can be found [here](#).



Target Audience

The primary target audience for the *Yarning Quiet Ways* resource is parents and carers of young Aboriginal people. It would also be suitable for other family members and people working with young Aboriginal people to provide guidance of how to discuss relationships, puberty and sexual health.

The Importance of Parent Education and Information

There are many ways that young people find information and get advice about a range of topics including relationships, puberty and sexual health. [Western Australian Survey of Secondary School Students and Sexual Health 2018](#) showed that of young people have most commonly sought sexual health advice from websites (79.5%), a female friend (75.1%) and a male friend (58.9%). Only 52.3% of young people have got advice on sexual health from their mother/female guardian/step-parent and 26% asked for advice from their father/male guardian/step-parent. However students felt that they could trust these people to provide them with accurate sexual health information.

Yarning Quiet Ways empowers parents and carers to feel more confident to start these important conversations with their young people and builds their knowledge to ensure young people are getting accurate information.

Table 6.5 Responses to "Please select all of the sources of information below that you have ever used for advice about **sexual health**"

	Males		Females		Total	
	%	n	%	n	%	n
Doctor/GP	21.1	48	41.0	110	31.9	158
School counsellor	9.3	21	10.9	29	10.2	50
School nurse	9.3	21	15.0	40	12.4	61
Teacher	35.0	79	29.8	79	32.2	158
Youth worker	8.8	20	9.0	24	8.9	44
Mother/Female guardian/Step-parent	38.2	86	64.2	172	52.3	258
Father/Male guardian/Step-parent	37.4	85	16.2	43	26.0	128
Female friend	62.7	143	85.5	230	75.1	373
Male friend	63.4	144	55.0	148	58.9	292
Older brother/sister	18.0	39	20.9	54	19.6	93
Internet websites	73.6	167	84.4	228	79.5	395
School programs	52.0	117	56.1	148	54.2	265
Community health services	17.3	39	18.1	48	17.7	87

The sources of information heterosexual and LGBQ students used was similar with websites being the most common source of information (79.9% for heterosexual and 77.5% for LGBQ students).

Students were asked to rate how much they trusted these sources to provide accurate sexual health information (see Table 6.6). A doctor/GP was by far the most trusted source of information, with 89.7% of students rating them as highly trustworthy.



It is important that parents and carers are informed and educated so they have the knowledge, skills and confidence to discuss these topics with their kids. This will complement the information that young people are receiving from other places and ensure that the information is accurate. It will also encourage open communication so young people feel comfortable discussing topics that are traditionally seen as private, embarrassing or hard to talk about.

Settings for Engaging Parents and Carers

There are a number of settings within the community where you can engage parents and carers both face-to-face and online including:

- Schools
- Out of school hours care
- Parenting groups including positive parenting classes, playgroup etc.
- Youth groups and youth services
- Sport and recreation
- Health services
- Department of Child Protection and Family Social media forums



How to use Yarning Quiet Ways

1) Make the resource available:

- Order copies for your local public and/or school library.
- Ensure copies are available in places where parents and carers might be including waiting rooms, consult rooms etc. and have them available at events that parents might attend such as expos or welcome days.
- If your local school sends letters to parents to let them know that the school will be running relationships and sexuality education then the booklet can be sent home as well as a resource for parents.
- Share the electronic link on your intranet, websites and social media pages.

2) Incorporate into parent education:

- If schools are providing relationships and sexuality education for students then it might be an opportune time to provide some education for parents and carers. You may like to offer to support the school to run parent workshops and provide copies of *Yarning Quiet Ways*.
- The *Yarning Quiet Ways* resource can be used as the basis for an education session where the facilitator talks through the tips and advice provided in the resource.
- If other parent education workshops are being provided on other health topics such as mental health, drug and alcohol, online safety, etc. this might be a good opportunity to incorporate sexual health to complement these topics.
- It can be useful to educate parents and carers that talking sexual health is far more than talking about the physical act of sex. Highlight to parents and carers that discussing consent, relationships and love are equally important aspects of sexual education.



- It might also be useful to provide an overview of why healthy relationships and sexual health are important for young people. This could include some of the rates of STIs, risk factors and prevention.
- The WA Secondary Schools Survey Report shows statistics about the knowledge and behaviour of young people that parents might find interesting and enlightening. You may like to use this as an advocacy tool to encourage schools/services to provide more sexual health education.
- Where possible it would be beneficial to include an Aboriginal Health Worker or similar in the education session to discuss cultural considerations and overcoming shame.
- Sexual Health Coordinators are available to assist with providing education in your community. Please see the contacts list for information on how to find your local coordinator.

Other useful information for parents



Websites:

- Let's Yarn! www.letsyarn.health.wa.gov.au
- Young Deadly Free: <https://youngdeadlyfree.org.au/for-elders-parents-youth-workers/>

Resources:

- Talk soon. Talk often www.healthywa.wa.gov.au/talksoontalkoften
- Aboriginal Parent Easy Guides <https://www.decd.sa.gov.au/parenting-and-child-care>
- E-Safety Parent Resources: www.esafety.gov.au/iparent

Other useful information for young people

Websites:

- Get the Facts: www.getthefacts.health.wa.gov.au
- Could I Have It: www.couldihaveit.com.au
- Take Blaktion – Playsafe: www.playsafe.health.nsw.gov.au/takeblaktion
- Young Deadly Free: <https://youngdeadlyfree.org.au/>

Resources:

- Girls and Boys and Puberty: <https://gdhr.wa.gov.au/document/puberty-flipbook>
- Relationships, Sex and Other Stuff: <https://gdhr.wa.gov.au/document/relationships-sex-and-other-stuff>



Videos:

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

- [Kaiyai Girl](#)
This resource aims to provide opportunities to increase knowledge of pregnancy, transmission of STIs and possible consequences of risky behaviours involving sex, alcohol and other drugs.
- [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](#)
These videos were 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.

Contacts:

- Sexual Health Coordinators are based at each of the Public Health Units. You can find a list of the Public Health Units and their contact details here: https://healthywa.wa.gov.au/Articles/A_E/Contact-details-for-population-public-health-units
- The Sexual Health and Blood-borne Virus Program produced the *Yarning Quiet Ways* resource. The contact details are below:
Phone: 08 9222 2355
Email: shbbvp@health.wa.gov.au