

There is no shame *in seeking help*

No one can do it all by themselves.



Yarn



Show
your mob



Plan



Watch,
think, redo



Think and
do



Do different
ways



Draw it



Connect
to land

*Always Be You has been developed with the application of, learnings from and respect for 8 ways Aboriginal Pedagogy
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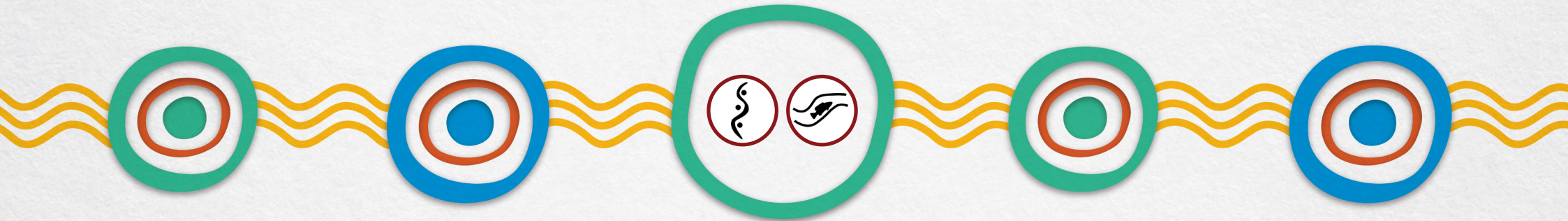
Many ways of knowing, being and doing

- TRUST others—other people and other services.
- Adults need support too—this helps their children.
- Supporting children and young people helps the whole family.
 - Wellbeing of all your mob is important.



Learning map

- Figure out your problem. What are your questions?
 - What are your strengths?
- Find ways to support without embarrassment.
- Map how families access information in this service.



Many ways of doing

- Ask people you trust for help.
 - Look after yourself.
- Check in on others—'Are you OK?'
 - Model responses to stress.



Connecting to Community

- Let others know you're there to support them.
 - Accept support from others.
- The first step of asking for help in your learning community can open many doors
- Provide information about services, websites and resources.

With delivery partners



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