



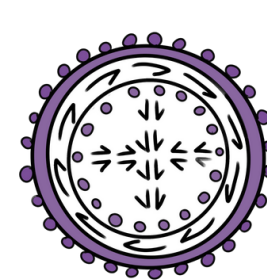
UNSW
Centre for
Social Research
in Health

This poster is the outcome of a co-design process between Aboriginal young people and UNSW researchers

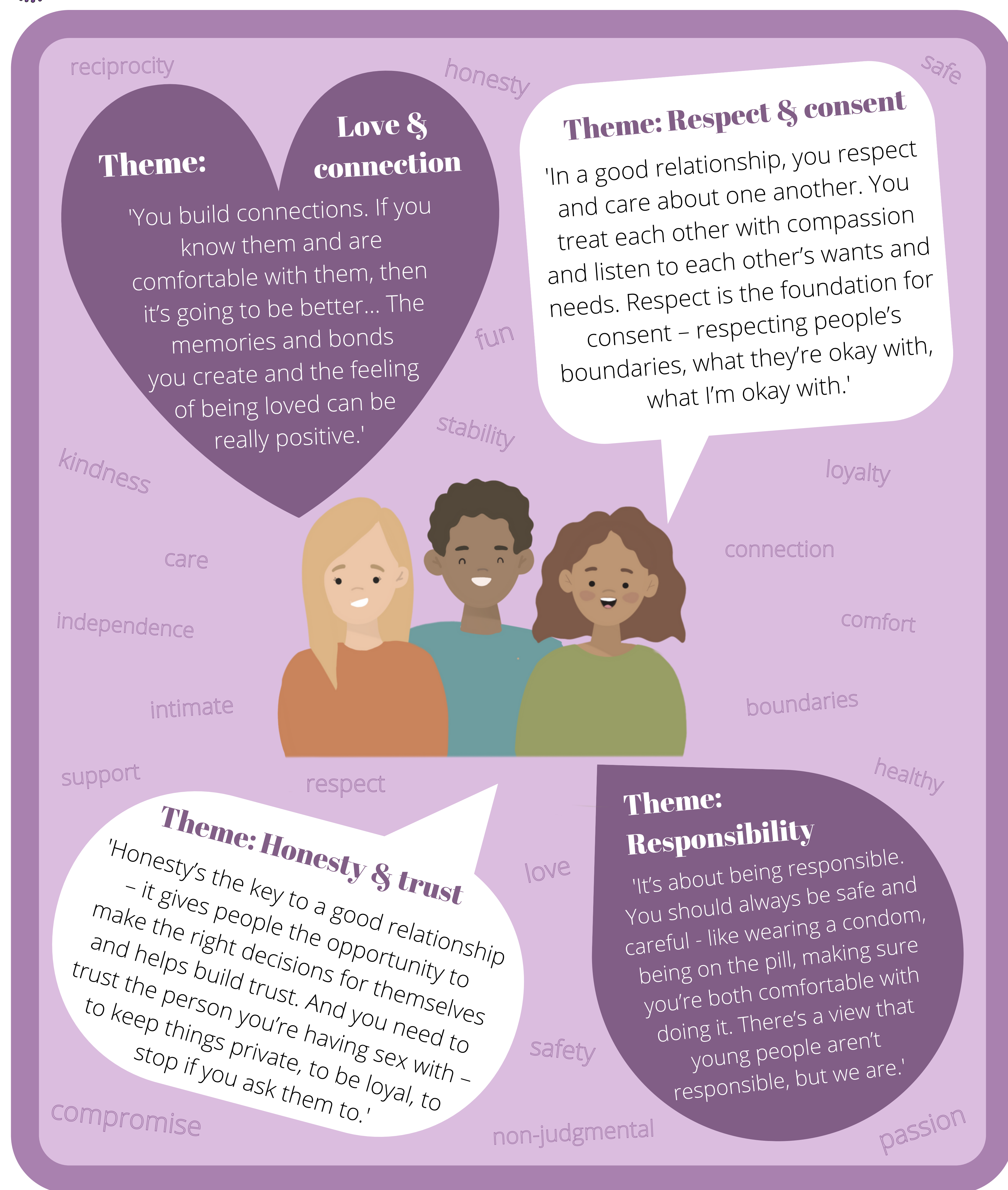
Our strengths, our stories:

Perspectives of positive sexual relationships from Aboriginal young people in Western Sydney

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Results: Features of a positive sexual relationship



Introduction

This poster is about what Aboriginal young people see as being a positive sexual relationship, the problems they encounter and how they solve them.

These findings come from a larger project that explored:

- Aboriginal young people's views on sex and relationships
- How Aboriginal young people protect themselves and others
- How Aboriginal communities, families and culture support wellbeing

Our project adopted a strengths-based approach, focusing on young peoples strengths and not their weaknesses. It's important to focus on the strengths and the positives. This can challenge some of the negative stereotypes that exist about Aboriginal young people.

Peer-Interviewing Method

The peer-interviewing method saw 14 Aboriginal young people come together to learn about research in a 4-day training workshop and becoming paid peer interviewers (PIs). They were asked to do interviews with Aboriginal peers in their community who were the same sex and of similar age (16-24 years).

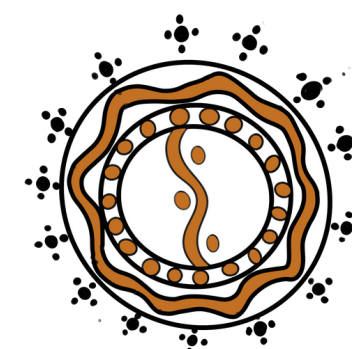
Overall, 51 Aboriginal young people (35 young women and 16 young men) were interviewed for the project.

Through this, we showed that we can be a part of something. We came together as a community, and we did this!

A Co-Design Approach

Five PIs participated in a co-design workshop where UNSW researchers presented them with results from the data. PIs then helped to decide what the poster would focus on, what it would say and how it would look. This input was then used to design the poster in collaboration between KM (UNSW) and NS (PI) with final approval given by PIs.

Results: Challenges



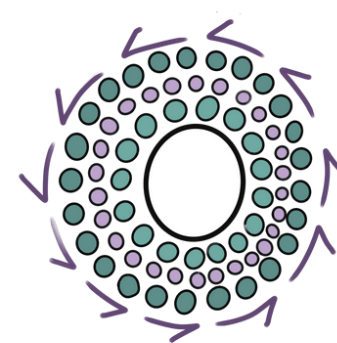
Previous exposure

Some young people are exposed to unhealthy relationships – via. ex-partners, family dynamics, community norms and mass media – which can negatively impact what they think is 'normal' or 'ideal' in a relationship.

Shame about sex

There's a lot of shame around sex – especially when you're young and Aboriginal. It can make you embarrassed to talk about it or too scared to ask for help. It can make you feel bad about yourself or change how people see you.

Results: Strategies



Healthy communication

Healthy communication is the most important tool for building a positive relationship. It can help you communicate needs and boundaries, solve problems together, get to know each other on a deeper level and support one another.

Seeking support

Asking for help and having support is important. It might be your friends, your family or Elders – just someone that you trust, that can give you advice and help you, who is looking out for you and wants what's best for you.

Holistic self-care

It's important to take care of yourself. This includes things like practicing self-love and care, healing unhealthy patterns, learning new skills, and caring for physical and mental health. A healthier self can lead to healthier relationships.

