Indigenous Young People

When working with young people within Australian communities, it is important to be aware of cultural diversity. For example, essential skills and knowledge are required before meeting with the young people and families of Aboriginal communities. Building trust with these communities is of utmost importance before beginning discussions about issues that affect their youth.

Imagine you are a worker that must visit a remote Aboriginal community to investigate concerns of alcohol abuse among young people. How would you approach this work? What would be your style? What might be different in this situation as compared to working with young people living in the cities of Australia? In these situations, it is very important to know and understand community processes.

A simple example of cultural differences and experiences may be the Aboriginal people’s approach to time. Often an Aboriginal community meeting is held in the late morning or afternoon, due to the middle of the day traditionally being a time for eating and resting. Respecting these differences will help to create understanding in our communities.