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**Introduction:** This is a summary of what was learnt through a community-based research project conducted in the Indigenous community of Woorabinda that focussed on gathering new information regarding Aboriginal and Torres Strait Islander young people’s social and emotional wellbeing. The project was funded by the National Indigenous Research and Knowledges Network (NIRAKN).

**The Challenge:** To better understand how Aboriginal and Torres Strait Islander young people in regional areas perceive their own health and wellbeing and to understand the factors which impact on their health and wellbeing. The research also sought to identify what Aboriginal young people need to build their capacity to support their health and wellbeing.

**The Response:** A workshop using Audience Response Technology ('clickers') was designed so that the young people could have a ‘voice’ to talk about their perception of their health and wellbeing. The workshop facilitated yarning together to share insights and information and with permission, we recorded that information.

![Handing out clickers](image.jpg)

Figure 1. Handing out clickers (Audience Response Technology) at the workshop. Clickers are a fun and useful way to record information and helped open up yarning sessions.

**The Engagement:** The workshop was conducted at a bush retreat at Bore 4, in the remote, discreet Indigenous community of Woorabinda, with eighteen young people aged 18-25.
The Impact: From the research findings emerged the central themes of the need for appropriate support for young people and for an holistic approach to health and wellbeing. The importance of learning, sharing and practicing culture was also considered vital to health and wellbeing. In particular, participants emphasised the importance of access to jobs, access to education, hope for the future, of having strong personal identities, strong cohesive families, strong communities and healthy thinking which at times was lacking in the young peoples lived experiences. The project provides valuable information about the types of services and support that could best contribute to improved health and wellbeing for Indigenous young people in rural, regional and remote locations.

If you are interested in more details about this research, please refer to the full report: Fredericks, B, Daniels, C, Kinnear, S. 2016. *Woorabinda Youth Yarning Up*. CQUniversity, Australia. This can be freely accessed at: [http://dx.doi.org/10.4226/145/5a1d09589d68b](http://dx.doi.org/10.4226/145/5a1d09589d68b)

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