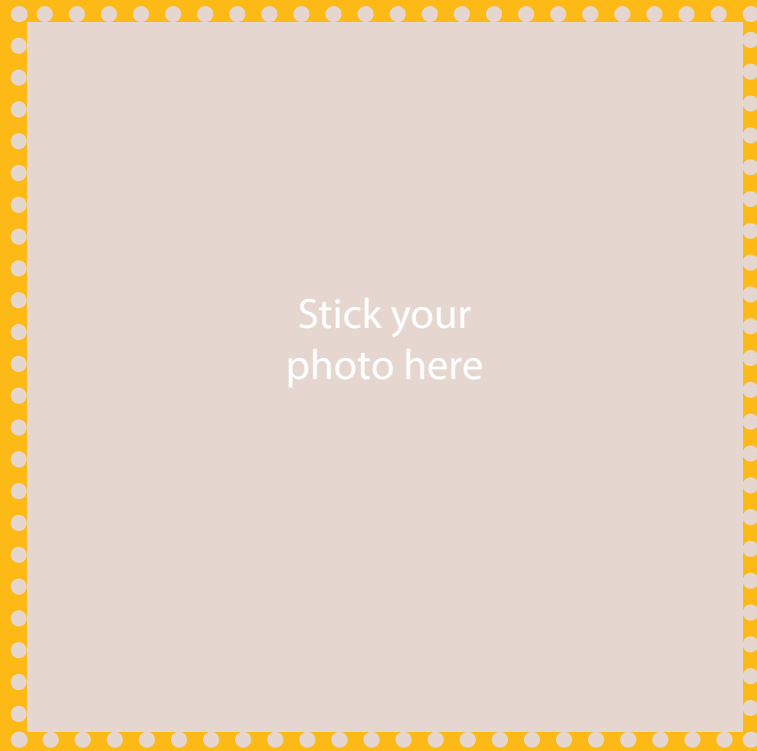


My Life Story Book



This book belongs to

.....

Community Services, Department of Family and Community Services NSW thanks all those who contributed to the development of the My Life Story Book.

Illustrations used in this publication are by Aboriginal artists:

Victoria Golding (cover design), Jordan Ardler, Denise Freeman, Dennis Golding, Kevin May, Jodie Stewart.

The diagram on pages 14 is adapted from: WA Dept Community Development
"Growing up our Kids Safe and Strong".

The map on page 43 is used with permission of AIATSIS. This map is not suitable for use in native title and other land claims.

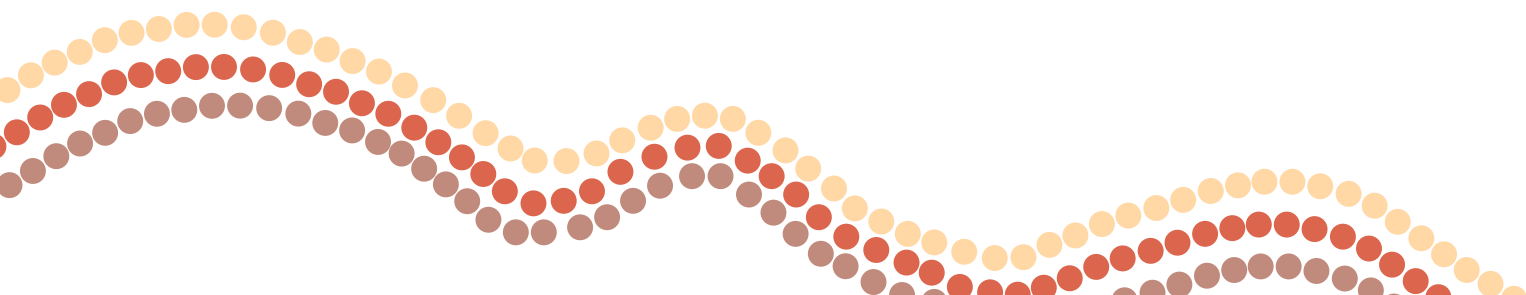


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Questions & answers about My Life Story Book

Q

What do I do with My Life Story Book?

A

This book belongs to you. You can use it to write down or draw things about growing up, your family, school, the places you have lived, your Aboriginal culture and other things about yourself. You don't have to show this book to anyone if you don't want to.

Q

Why do I have to use this book?

A

You don't have to use this book if you don't want to. The reason why it has been given to you is to help you collect lots of information about your life so that you can remember what it was like growing up. This book will help you remember important things and you can look back on it as you get older.

If you want to keep some memories, but don't want to use this book, you could also use a treasure box, an exercise book, a photo album, a computer disc or a video. It's important to keep some memories of your time growing up!

Q

Where do I keep my book?

A

Keep your book somewhere safe. Look after your book. If you think that the book will not be safe or might get wrecked where you live, then you could ask your carer or caseworker to look after it for you.

Q

When do I write in my book or add stuff to my book?

A

Whenever you like! You can write a little bit every day, or leave it for a while and write or draw only sometimes when you feel like it. The important thing is to keep adding bits to it all the time so that it has lots of information in it about you growing up. Your caseworker might sometimes ask you how your Life Story Book is going, and may sometimes even have things for you to put in your Life Story Book.

Q

Can I add other things to My Life Story Book?

A

Of course! You can add photos, a copy of your birth certificate, drawings, school report cards, awards and certificates, postcards or pictures of the place you were born, a drawing of your family tree and information about holidays and special trips you have been on. You can add anything you want!

Q

Who can help me with My Life Story Book?

A

Your carer or caseworker is there to help you with your book. Your carer can help you collect things like photos, awards and certificates or reports from school to put in your book. Your caseworker will want to make sure that information about you growing up is kept, so he or she might sometimes ask you how your Life Story Book is going, or want to meet with you to help you do some things in it. Other people like your mum or dad, grandparents or other family members can help you with your Life Story Book. It's a good idea to keep a list of questions that you can ask your mum, dad or family that will help you answer questions about your family, your mob.

Q

What will happen to My Life Story Book if I move?

A

My Life Story Book should always go with you if you move. It is yours to keep and add to as you grow up. If you have given it to your carer or caseworker to look after, make sure you ask them for it back when you move. You can also ask your caseworker to send it on for you. If you have any other questions about how to use My Life Story Book and you can't find the answers here, your carer or caseworker might be able to help.



Why is it important to learn about my Aboriginal culture?



It is important for you to learn about and understand your cultural heritage and identity. This will help you to grow up strong and proud, knowing who you are, where you come from and how you fit into your community.

My Life Story Book is a way of keeping connected to your family, community and culture and will help you to be culturally and spiritually strong. It is important to make sure that during your time in care you maintain a sense of belonging to your Aboriginal culture and heritage.

You can learn about your Aboriginal culture through language, dancing, music, fishing, bushwalking and many other cultural events. It may be going to family get-togethers or community events such as NAIDOC.

There are references to Torres Strait Islander people within My Life Story Book. It's important to remember that Aboriginal and Torres Strait Islander cultures and communities are very different and have their own unique histories, beliefs and values.

It is respectful to recognise that each culture has its own identity.

tab here

tab here



Who am I?

According to my birth records

My full name is _____

I like to be called _____

I was born at _____ (place)

On _____ (date)

At _____ (time)

I was _____ cm long and weighed _____ kg

My eye colour is _____

My hair colour is _____

Put a photo or drawing of yourself as a baby here.

When I was born

What happened the day I was born.....

This image shows a blank sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. In the bottom right corner, there is a faint, light green circular logo or watermark. The logo appears to contain some stylized text or a graphic, but it is too faded to be clearly identifiable. The overall appearance is that of a clean, unused piece of stationery.



My first years

Fill in your age or the date when you reached each milestone.

The first time I.....

smiled _____

held my head up _____

laughed _____

waved _____

reached for a toy _____

crawled _____

sat up _____

stood up _____

drank from a cup _____

walked _____

gave kisses _____

waved goodbye _____

ate by myself _____

ran _____

My first tooth came _____

My first word was _____

My first sentence was _____

My Health records

Date _____

Event _____

Date _____

Event _____

Date _____

Event _____

Date _____

Event _____

Date _____

Event _____



My favourite things

Favourite food _____

Favourite bush tucker _____

Favourite music _____

Favourite sport or game _____

Favourite animal _____

Favourite book _____

Favourite movie _____

Favourite singer _____

Favourite TV show _____

Favourite place _____

Best friends _____

Other things I like _____





_____ Things I like about me

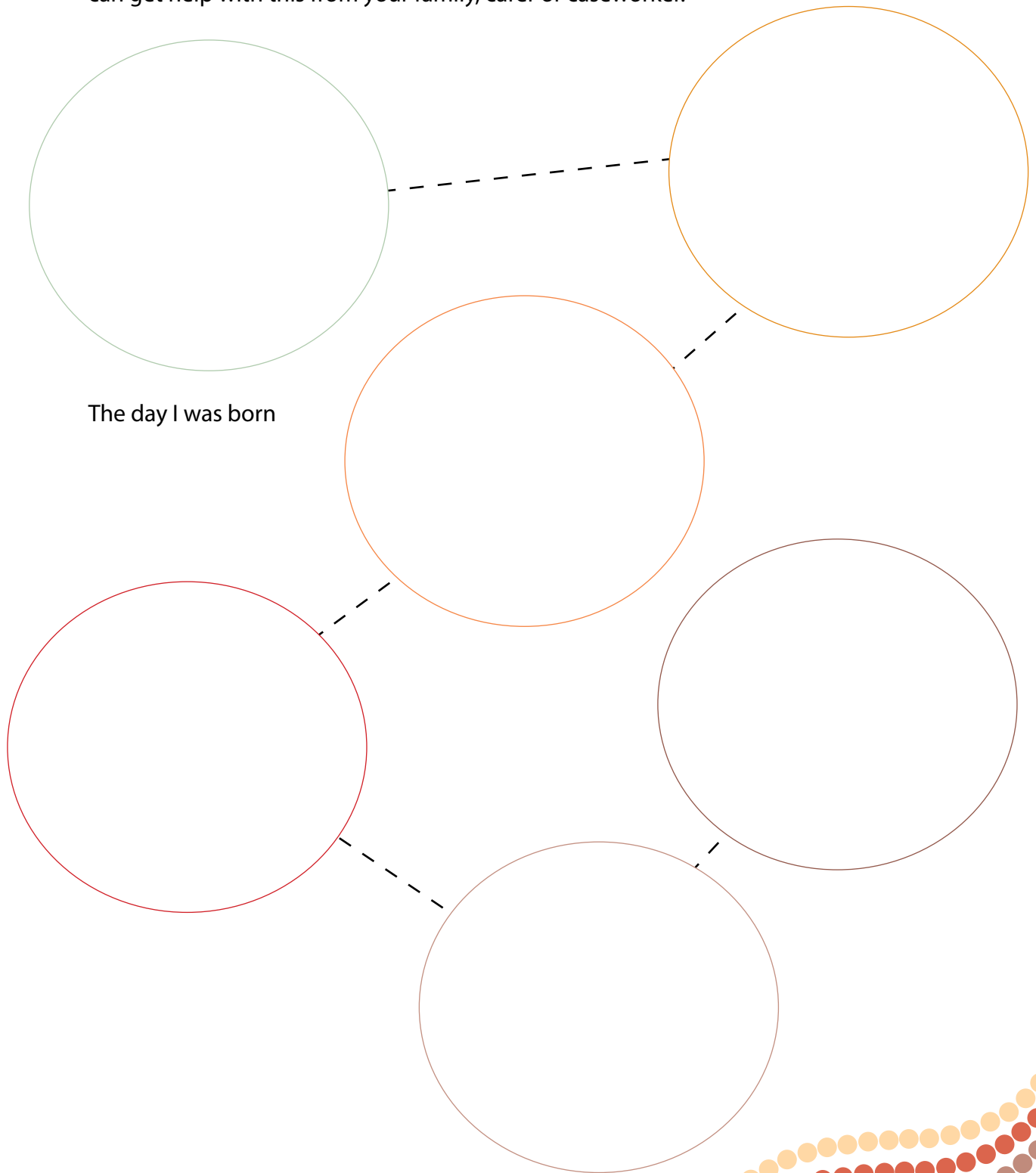
Things I like about me _____

This is me

Draw a picture or put a photo of yourself here.

My story map

This is your own story – add the things you remember from your life, like the day you started school or started playing sport. Draw or write them in the circles. You can get help with this from your family, carer or caseworker.





Feelings

Everybody has feelings – they are a part of us all. We feel different ways all the time as different things happen to us.

Different types of feelings are:



Today, I feel...





What are the things that make me happy?

Use this space to show the things that make you feel happy. You could write them down, draw them or put in photos or pictures from magazines.

What are the things that make me sad?

Use this space to show the things that make you feel sad. You could write them down, draw them or put in photos or pictures from magazines.





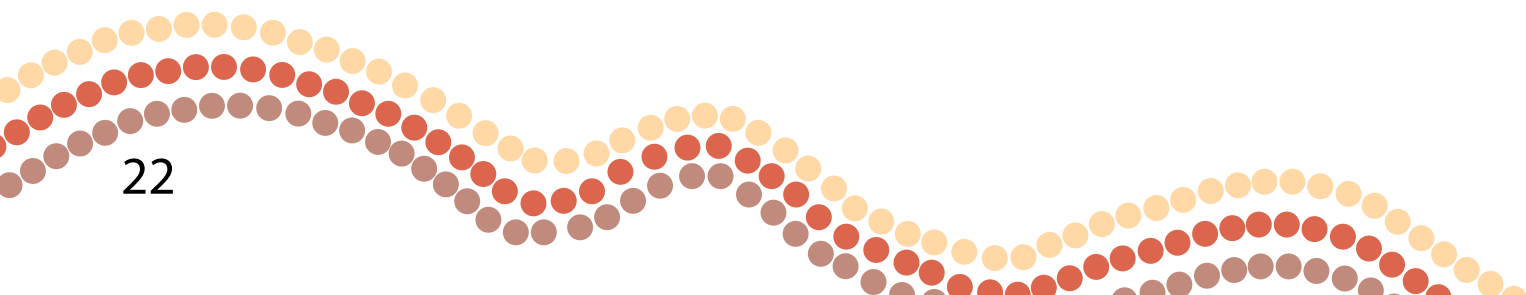
What are the things that make me angry?

Use this space to show the things that make you feel angry. You could write them down, draw them or put in photos or pictures from magazines.

What are the things I like to do?

Use this space to show the things that you like to do. You could write them down, draw them or put in photos or pictures from magazines.





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My family, my mob

All about my mum

My mum's name is _____

She was born at _____ (place)

On _____ (date)

Her religion is _____

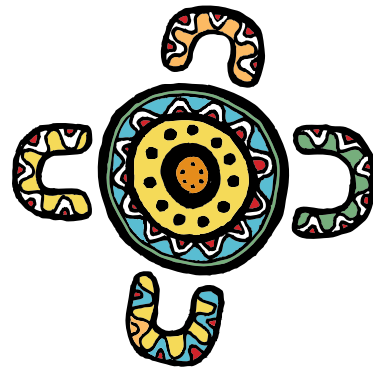
Her communities of belonging _____

My mum's nation/clan _____

Things I know about my mum _____

Things I like doing with my mum _____

This is a picture of my mum.

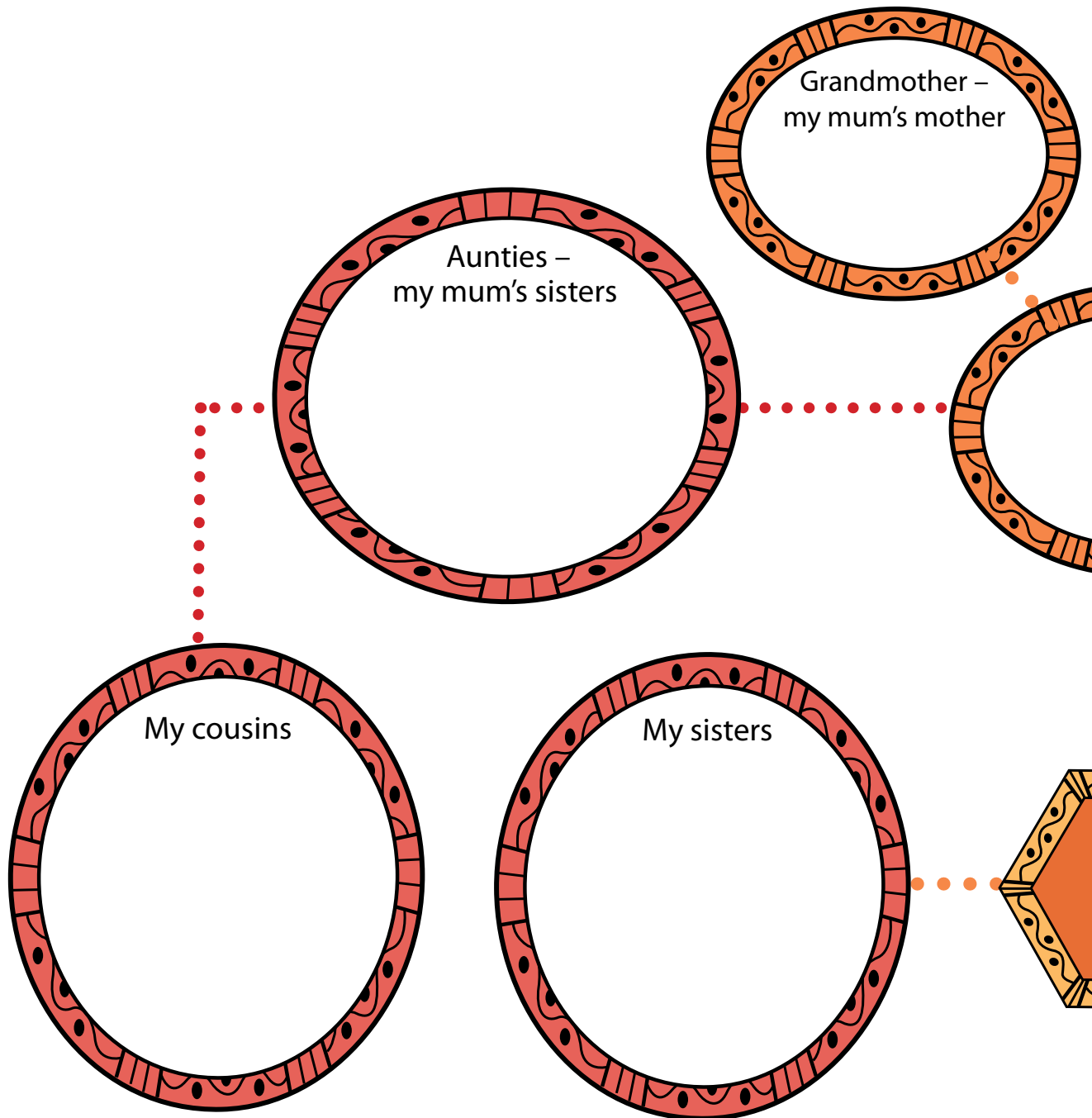


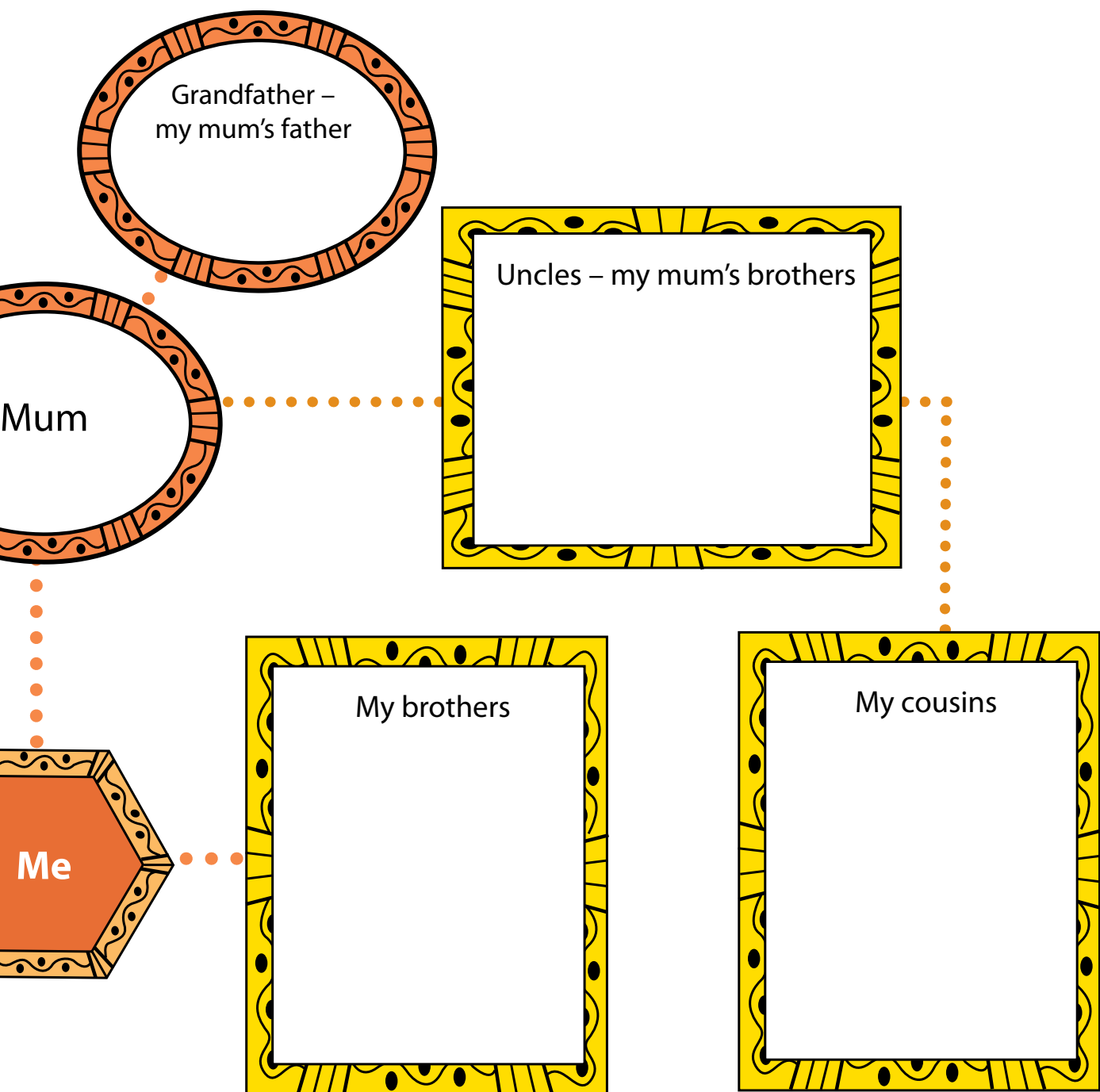
My mum's family

You can draw a picture or put a photo of the people in your mum's family.

My mum's family

This is a good way to show all the people who are in your mum's family, including your aunts, uncles and cousins.







All about my dad

My dad's name is _____

He was born at _____ (place)

On _____ (date)

His religion is _____

His communities of belonging _____

My dad's nation/clan _____

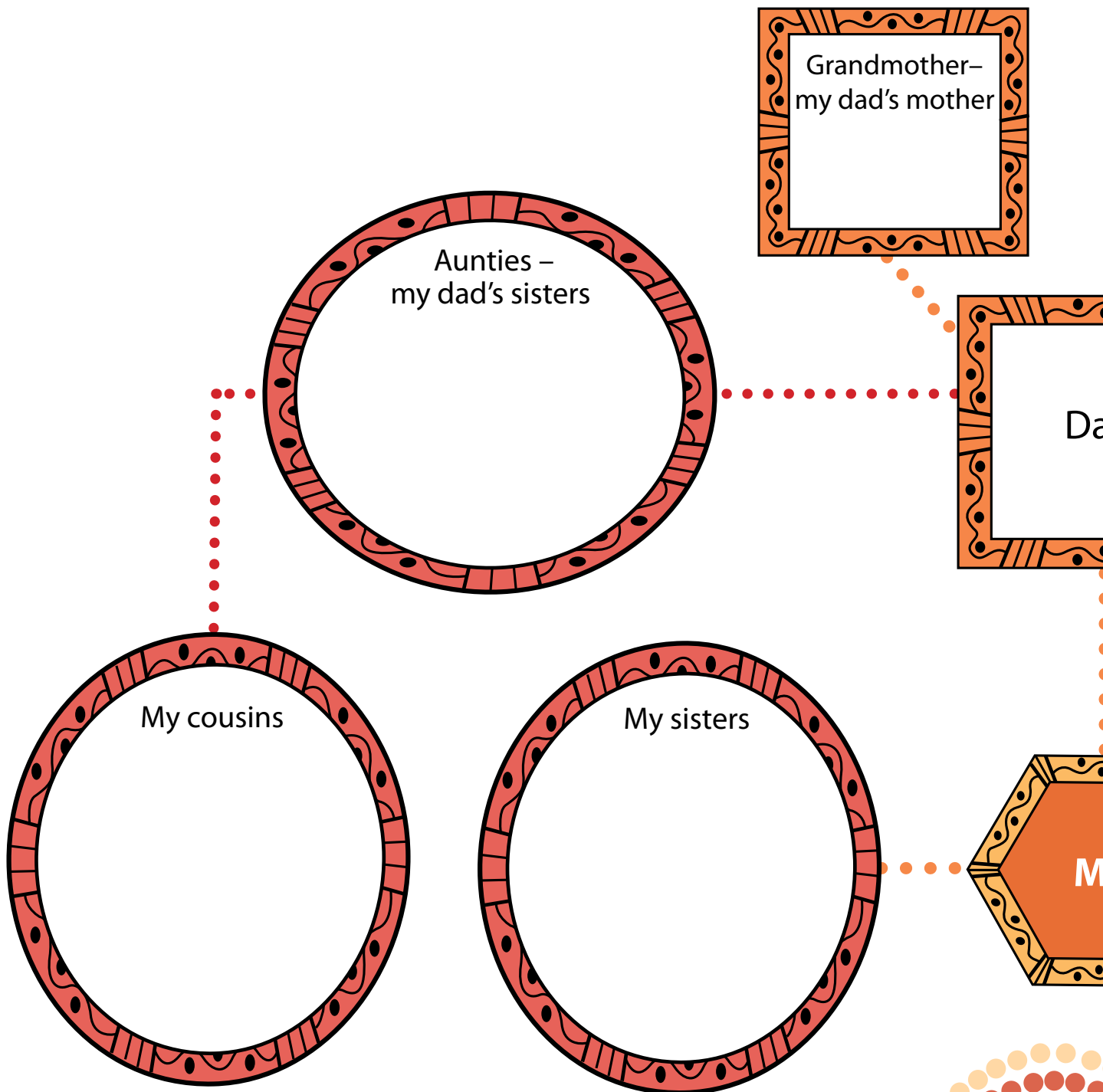
Things I know about my dad _____

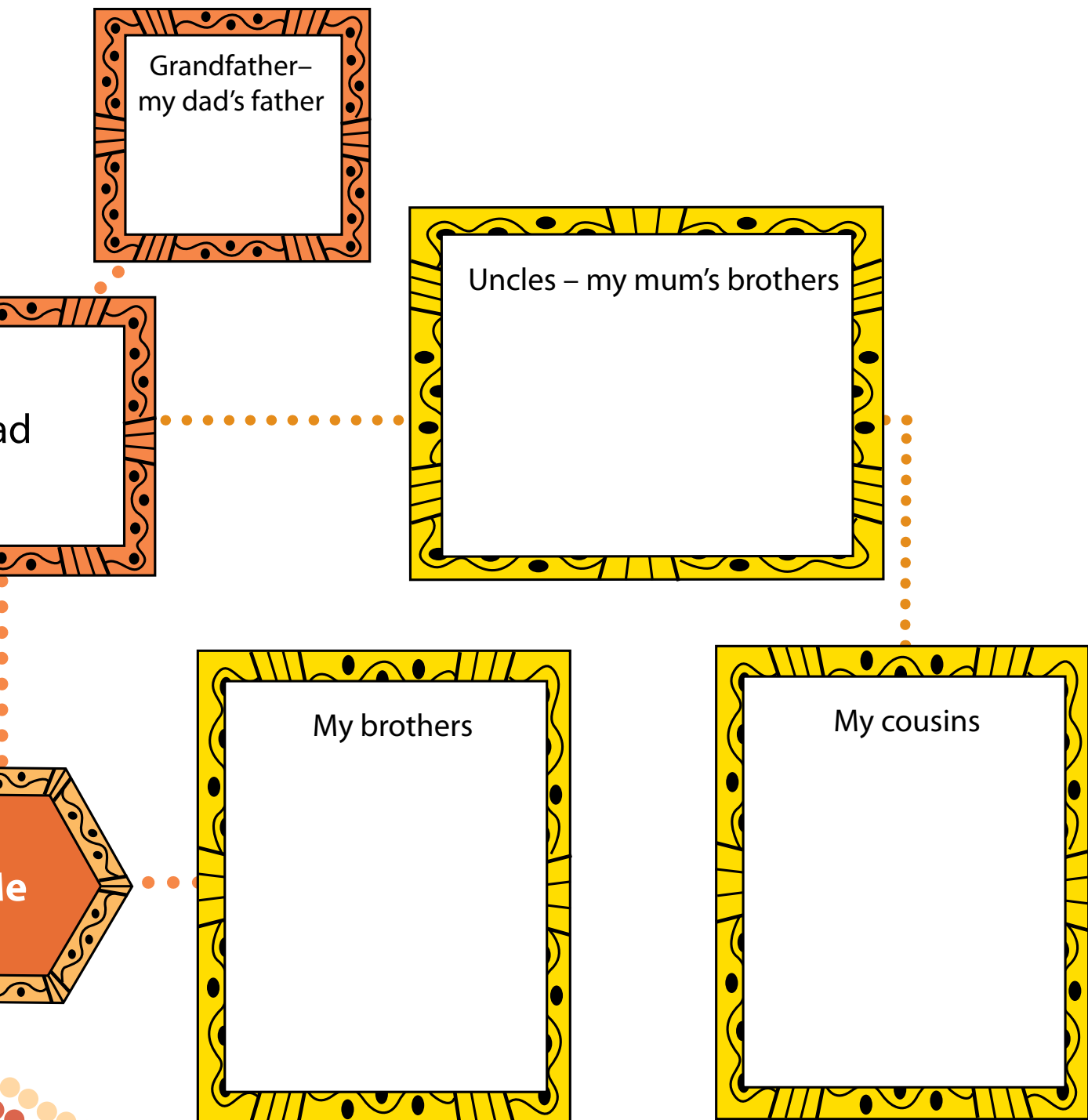
Things I like doing with my dad _____

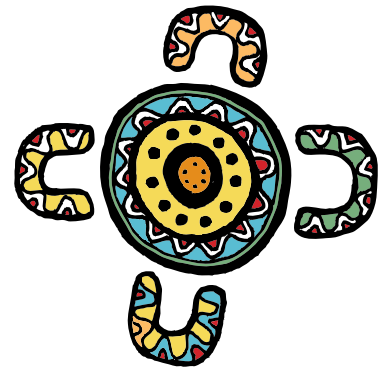
This is a picture of my dad

My dad's family

This is a good way to show all the people who are in your dad's family, including your aunts, uncles and cousins.







My dad's family

Draw a picture or put a photo of the people in your dad's family.

My brothers, my sisters

Draw a picture or put a photo of your brothers and sisters.





Other mob/family who are important to me

Draw a picture or put a photo of people in your family.

Why I am not living with my family

[illegible]



My carer's family

These are the members of my carer's family

Draw a picture or put a photo of the people in your carer's family.

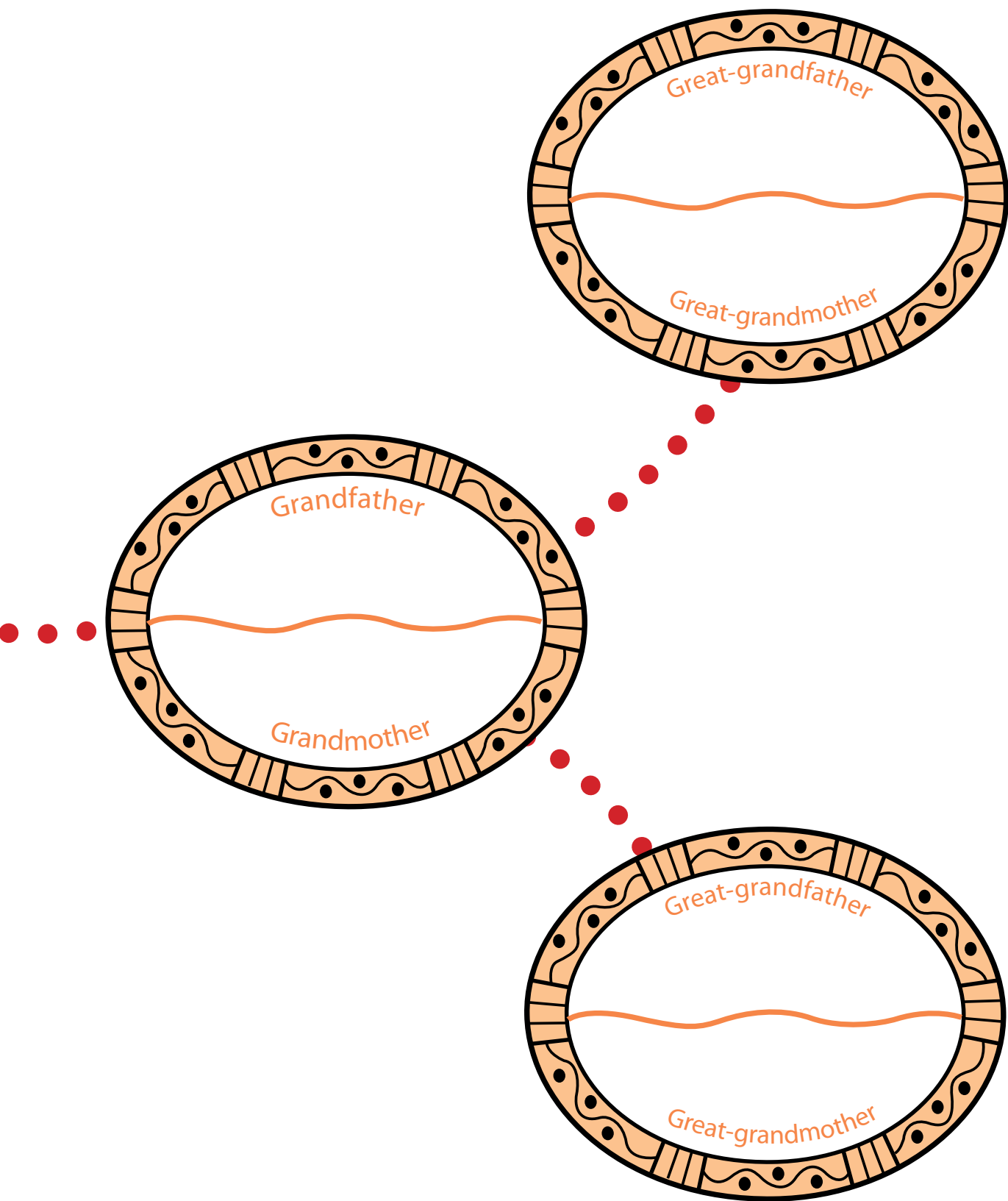
Who I belong to

This is another way you can show who the people in your mum's family are, past and present. You can fill in as many names as you know. There might be some names you don't know, that's ok you can leave them out. You might be able to ask someone in your family or other Aboriginal people who could help you find out more information. It would be good to include your grandparents' surnames and dates of birth if you know them.

Me

Mother's name
.....

Born in



Who I belong to

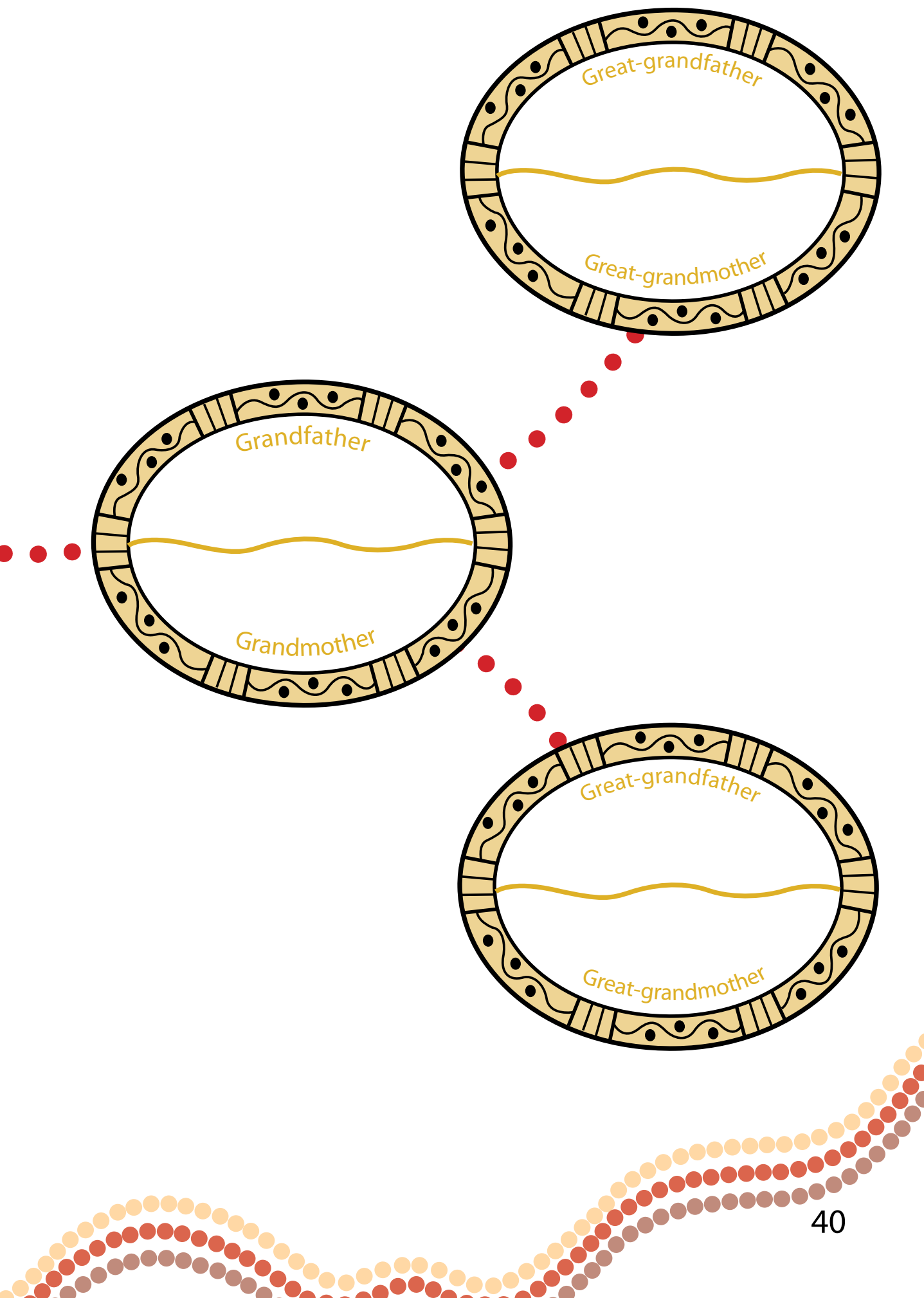
This is another way you can show who the people in your dad's family are, past and present. You can fill in as many names as you know. There might be some names you don't know, that's ok you can leave them out. You might be able to ask someone in your family or other Aboriginal people who could help you find out more information. It would be good to include your grandparents' surnames and dates of birth if you know them.

Me

Father's name

.....

Born in





Visits with my family

Things I like to do when I see my family

Places I like to visit when I see my family

Members of my family who I see

When I see my family I feel

Things I would like to happen when I see my family

Where is my mob/family from?

Sometimes you might be asked “Who is your mob and where are you from?” This means that Aboriginal people want to make an Aboriginal cultural connection with you and link where you and your mob/family are from.

By knowing these answers it will help you know where you belong. People in your family, people in your community, your caseworker, or carer will be able to help you find out about your family’s traditional nation or your language group.

I’m a _____ person from the _____ nation.

There are maps of NSW and Australia on the next pages, where you can mark where you and your family are from.

Mark on the map with a ■ where you are from (town or traditional nation).

This place is called _____

and it is part of the _____ people/nation.

Mark on the map with a ● where your mum is from (town or traditional nation).

This place is called _____

and it is part of the _____ people/nation.

Mark on the map with a ◆ where your dad is from (town or traditional nation).

This place is called _____

and it is part of the _____ people/nation.

You can mark on the maps where other people in your family are from, like grandparents, aunties, uncles and cousins.

The Australian Institute of Aboriginal and Torres Strait Islander Studies (AIATSIS) Aboriginal NSW map on the next page can help you find out what your family’s traditional nation/community and your language group is. You can also find this map on the internet.

AIATSIS – Phone: (02) 6246 1111

www.aiatsis.gov.au

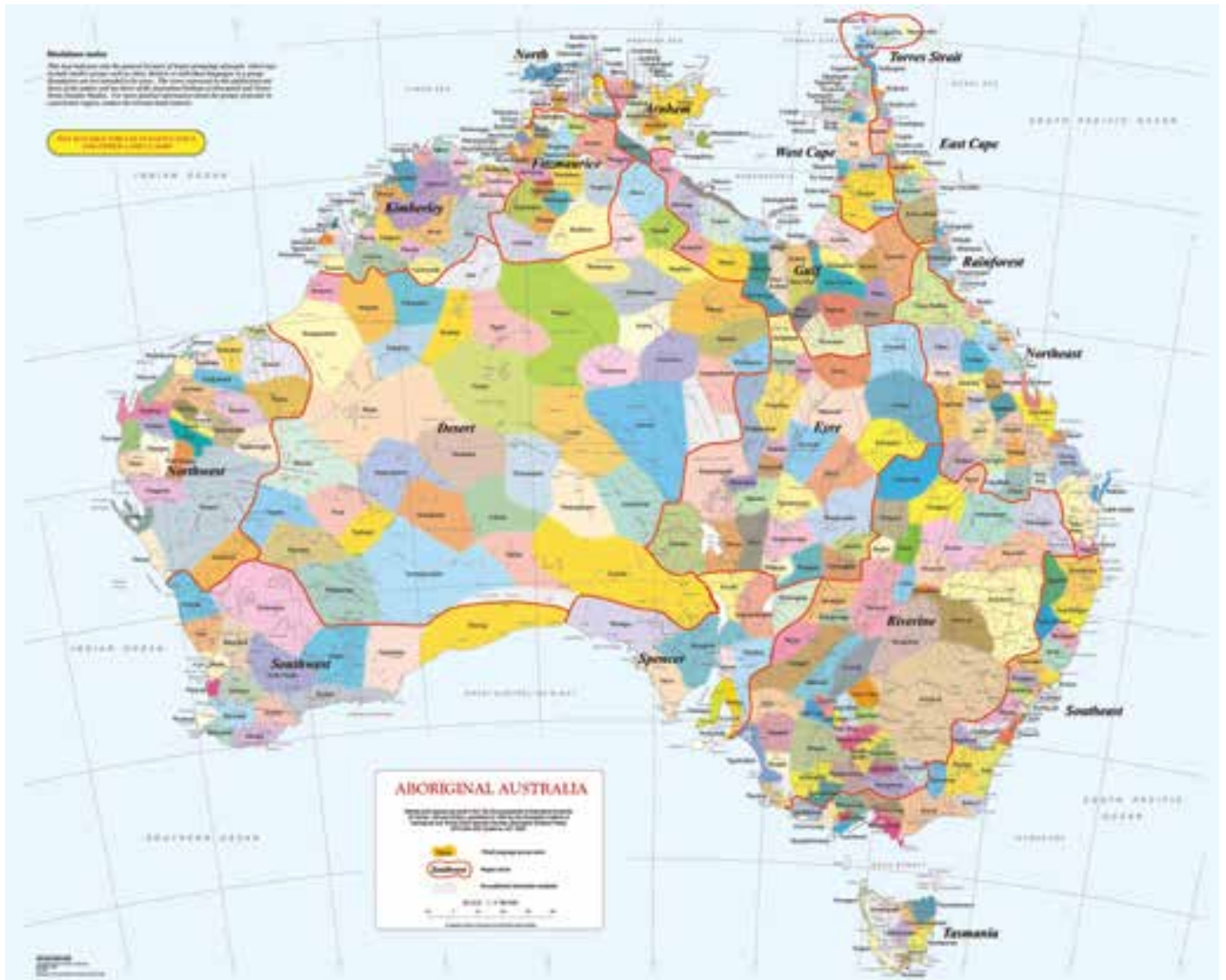
Another way to find out more information about the land you are from is to ask your carer to contact the NSW Aboriginal Land Council and/or local Aboriginal organisations in the town or area that your family is from.

NSW Aboriginal Land Council – Phone: (02) 9689 4444

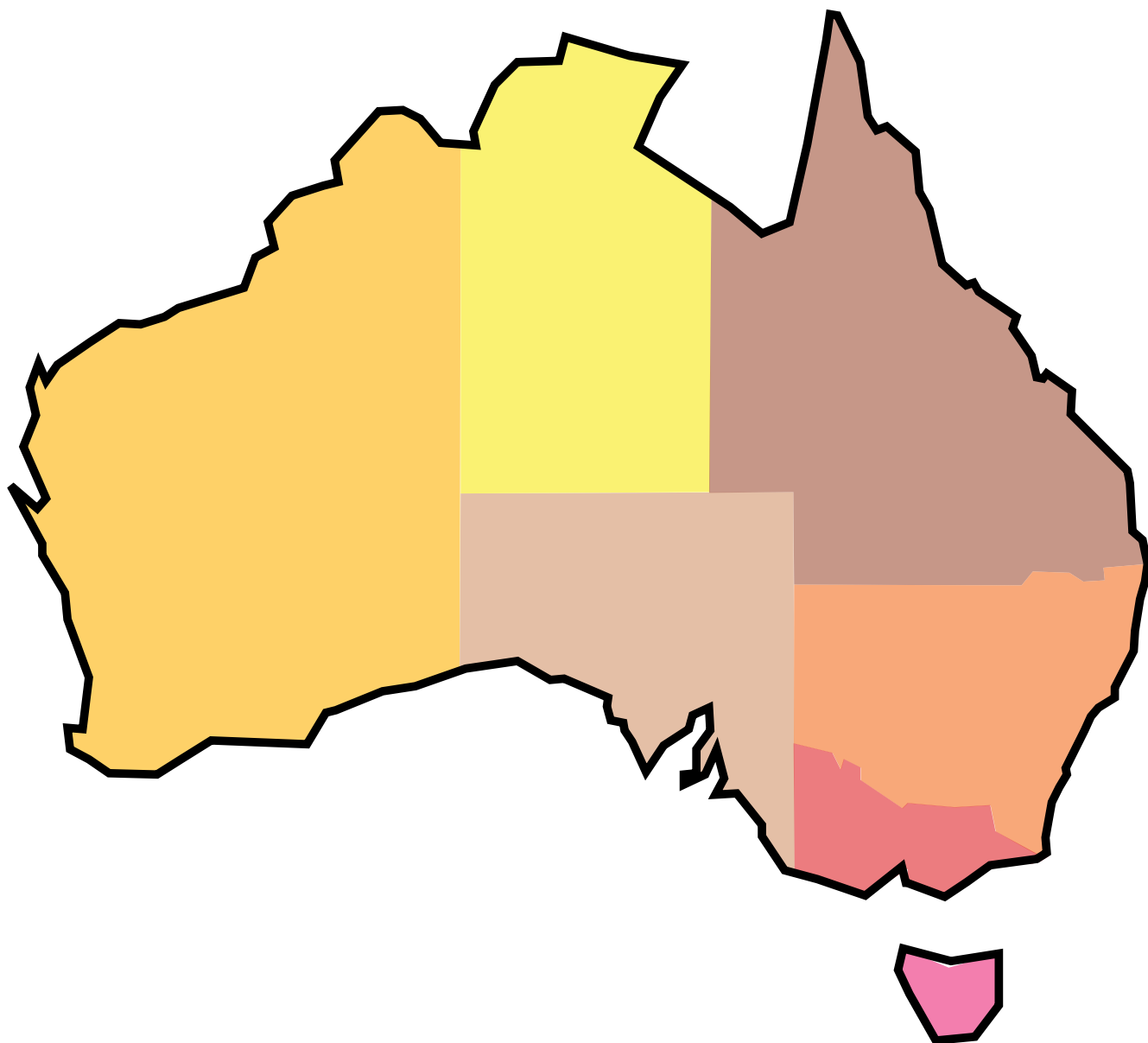
www.alc.org.au

Aboriginal NSW

For more information about the groups of people in a particular region, contact the Aboriginal Land Council or visit www.alc.org.au.



My family's country



tab here

tab here



My culture

Where you come from, your community and the things you think are all part of who you are and your culture.

Your parents, grandparents, brothers and sisters, uncles and aunties, cousins, Elders and other special people in your community can teach you about your culture and where you are from.

There are many ways you can learn about your culture, such as listening to stories, music, art, sport, dancing, movies, through the internet or going to special Aboriginal celebrations and community events.

Flags

An important symbol for Aboriginal and Torres Strait Islander people is their flag. Both flags stand for culture and identity.

The Aboriginal flag

The Aboriginal Flag is divided into halves of black (top) and red (bottom), with a yellow circle in the middle.

The black symbolises Aboriginal people and the yellow represents the sun, the constant renewer of life. Red means the earth and peoples' relationship to the land. It also represents ochre, which is used by Aboriginal people in ceremonies.

Today the flag is flown or displayed permanently at Aboriginal organisations throughout Australia.



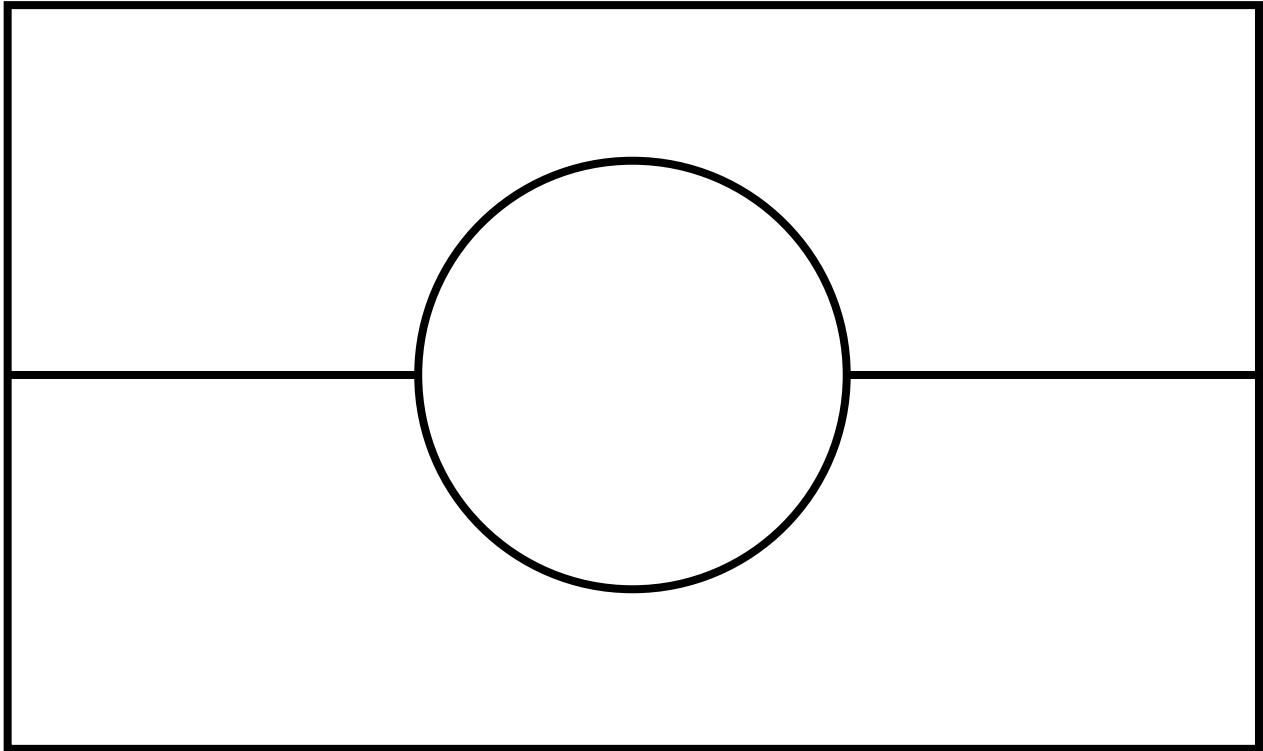
The Torres Strait Islander flag

The Torres Strait Islander flag has three horizontal coloured stripes, with green at the top and bottom and blue in between – divided by thin black lines.

The colour green is for the land. The white dharri or deri is a symbol for all Torres Strait Islanders. The black represents the people. The blue is for the sea. The five-pointed star represents the island groups.



Aboriginal flag



You can colour in the Aboriginal flag using the 3 colours red, yellow and black.

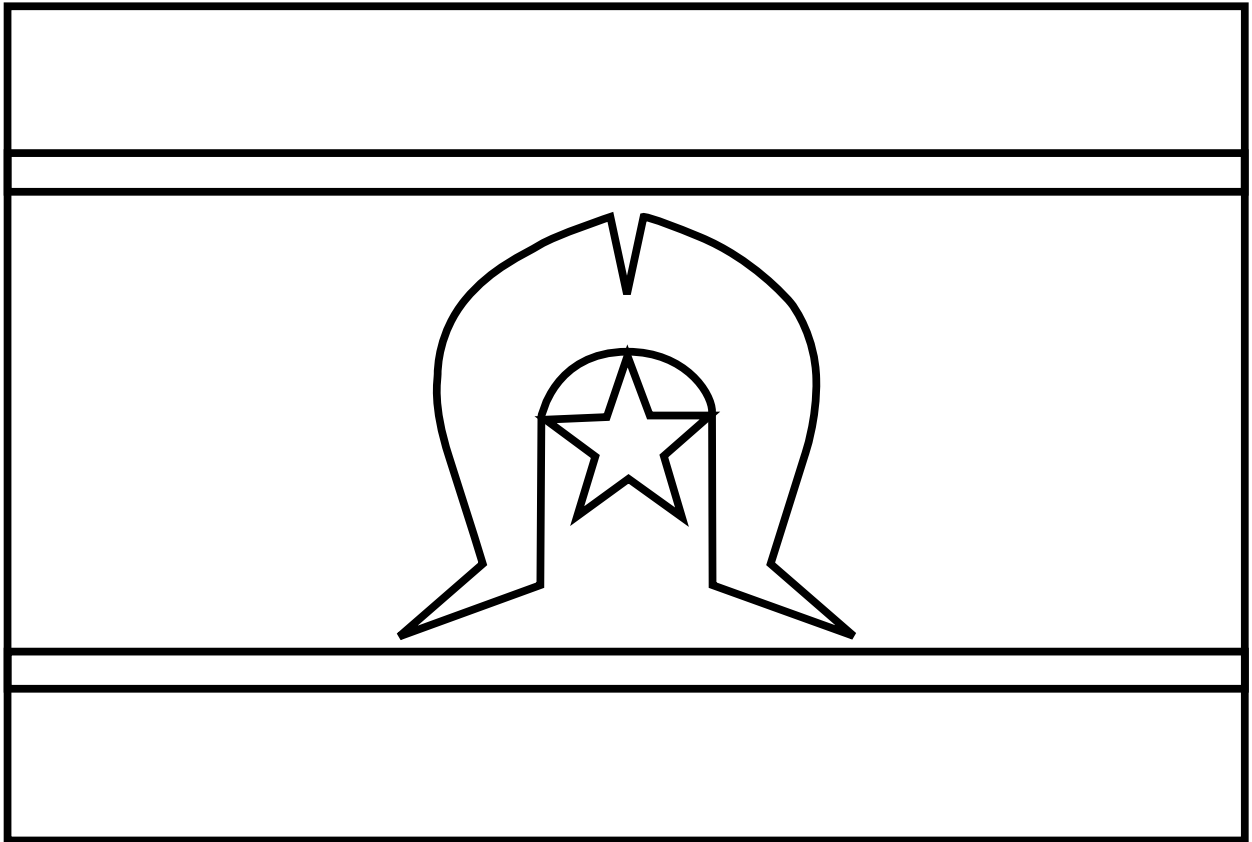
BLACK (top half) – represents the Aboriginal people past, present and future.

YELLOW (circle) – represents the sun, the giver and renewer of life.

RED (bottom half) – represents the earth. It also represents red ochre symbolising spiritual relationship and attachment to the land.



Torres Strait Islander flag



You can colour in the Torres Strait Islander flag using the 3 colours green, black and blue.

GREEN (at the top and the bottom) – represents the land.

BLUE (in the middle) – represents the sea.

BLACK (lines in between the green and blue) – represent the Torres Strait Islander people.

White (dharri or deri and five pointed star in the middle) – The star represents the island groups and the dari (headdress) is a symbol for Torres Strait Islanders.

Names of Aboriginal people in Australia

Aboriginal people refer to each other by their state name. Use the list below to find out what other Aboriginal people would call you. These include:

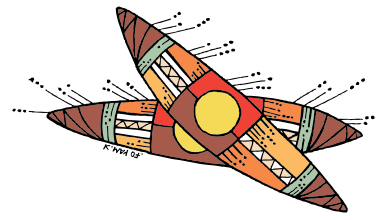
STATE	NAME
New South Wales	Koori/Goorie/Koorie/Coorie/Murri
Northern Territory	Yolngu (top end), Anangu (central)
Queensland	Murri
South Australia	Nunga/Nyungar/Nyoongah
Tasmania	Palawa/Koori
Victoria	Koori
Western Australia	Nyungar/Nyoongar

In NSW, Aboriginal people also identify themselves and their mob by their nation name. Examples of some nation names are listed below. For a full list of Aboriginal nation names refer to the Aboriginal NSW map on page 41.

NATION NAME	AREAS
Bundjalung	Far North Coast including Grafton, Yamba, Gold Coast, Maclean
Dunghutti/Thungutti	Mid North Coast including Kempsey, Macleay
Eora	Sydney including La Perouse, Redfern
Gumbaingirr	Mid North Coast including Bowraville, Coffs Harbour, Macksville, Nambucca Heads
Kamilaroi/Gamilaraay/Gomeroi	North West NSW including Goondiwindi, Lightning Ridge, Moree, Tamworth, Toomelah/Boggabilla
Tharawal/Dharawal	Illawarra including Wollongong, Kiama
Wiradjuri	Central West/Riverina including Gilgandra, Dubbo, Wagga Wagga, Bathurst

I'm a member of the _____ nation.

Always check with the local Aboriginal community about using these names. There are many Aboriginal language groups within the above-mentioned areas.



Totems

Totems are a symbol of the connection between your ancestors and their land. Every Aboriginal person is connected to the land through their totem.

Your totem might be an animal, reptile, bird or plant and they can be traced back through your family.

Do you know what your totem is? People in your family or your caseworker may be able to help you find out what your totem is. You can use the space below to draw a picture of your totem.

Not all family identify with totems.

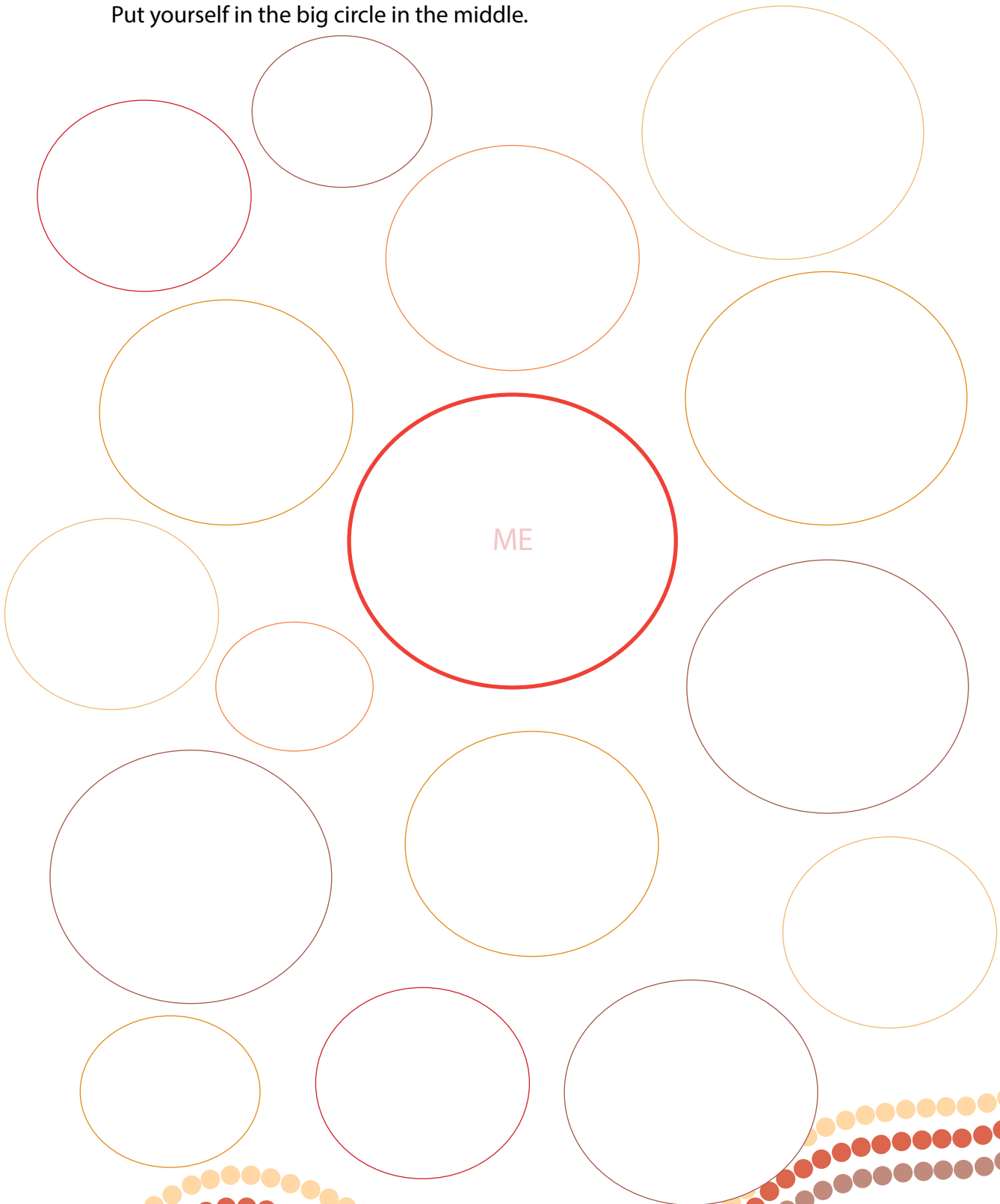
What does being an Aboriginal person mean to me?



People in my community

This is a good way to show all the deadly people in your community. This includes people who you respect and can talk to, who can show and tell you things about your culture.

Put yourself in the big circle in the middle.



Aboriginal role models

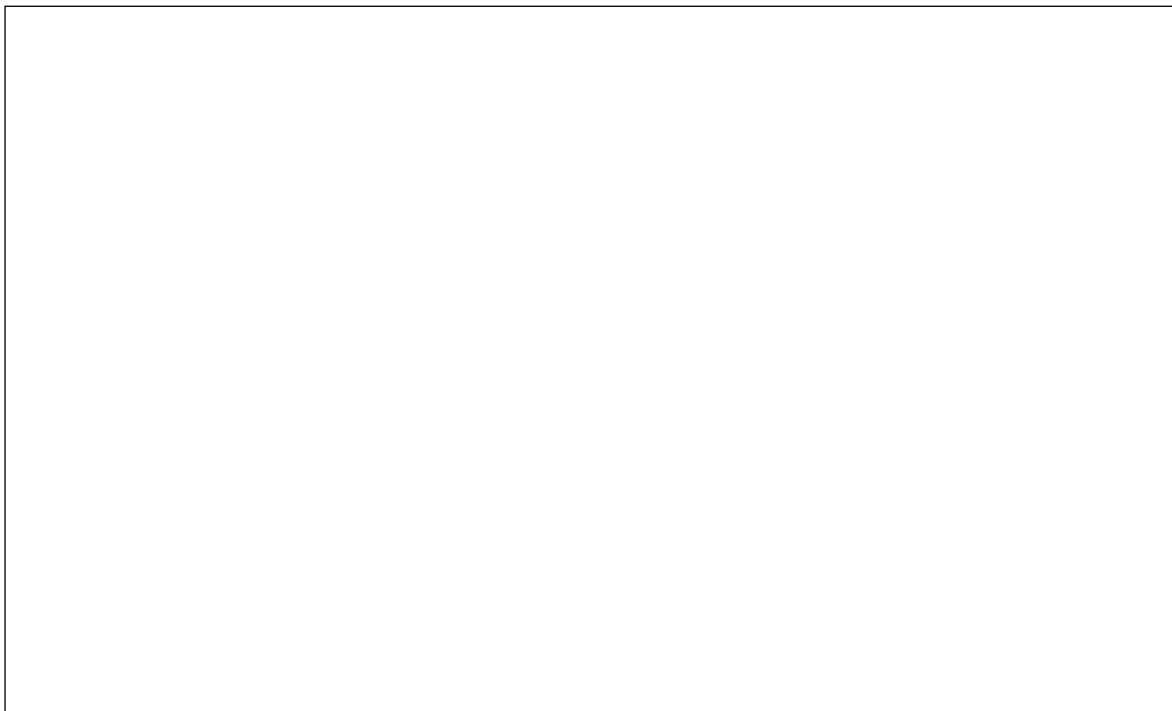
A role model can be anyone. They could be you, members of your family or people that you know, such as a teacher or your carer. Sometimes they can even be people you don't know personally. They can be members of the community who do lots of different things such as sportspeople, artists, musicians, politicians, health and youth workers.

Role models can teach you good things about respect for others and yourself, about right from wrong, and about how to treat people and the things around you. Talking and listening with these role models can help you have a better understanding about your Aboriginal identity.

Aboriginal role models can help you be a strong and proud Aboriginal person.

Who are some Aboriginal role models that you know?

Draw or find a picture of your role model then and write their names in the box below. People from your family, your carer or caseworker may be able to help you with this.



My role model(s) is/are _____

The things I like about them are _____

I would most like to meet _____

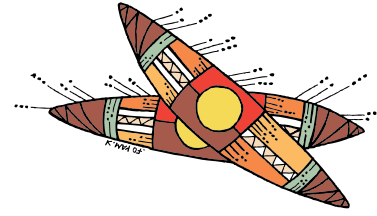


My Handprints

“One old man in Arnhem Land remembered being carried as a child on his father’s shoulders as his father climbed up a log leaning against a rock wall. His father then sprayed his hand with red ochre against the rock, leaving a stencil he could still recognise many years later.”¹

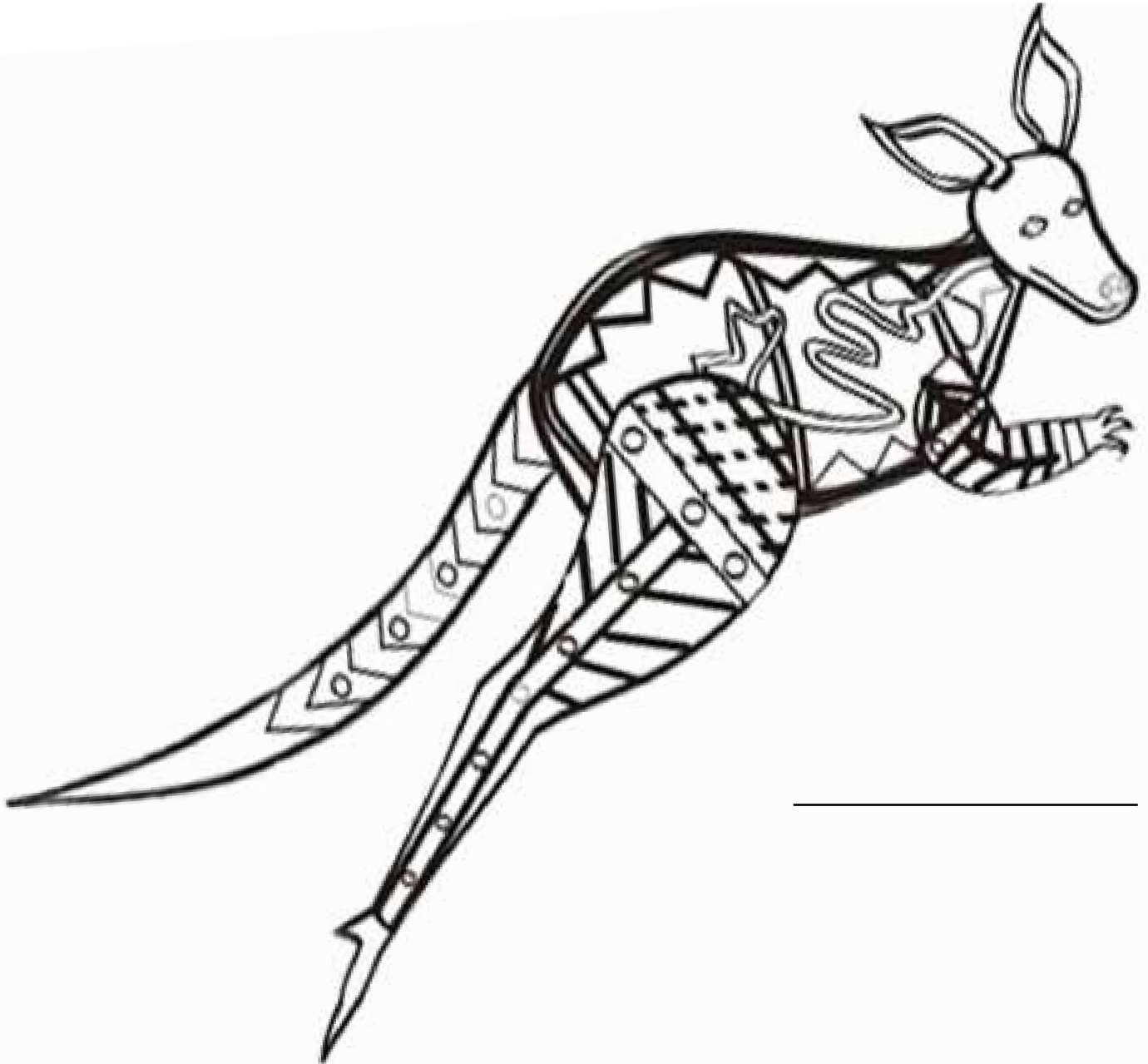
Trace the outline of your hand(s) and colour them in below.

¹ www.aboriginalartonline.com



Activities

Colour in this picture and write the animal's name.



How many animals can you find?



stingray

kangaroo

snake

jabiru

turtle

fish

dolphin

emu

wombat

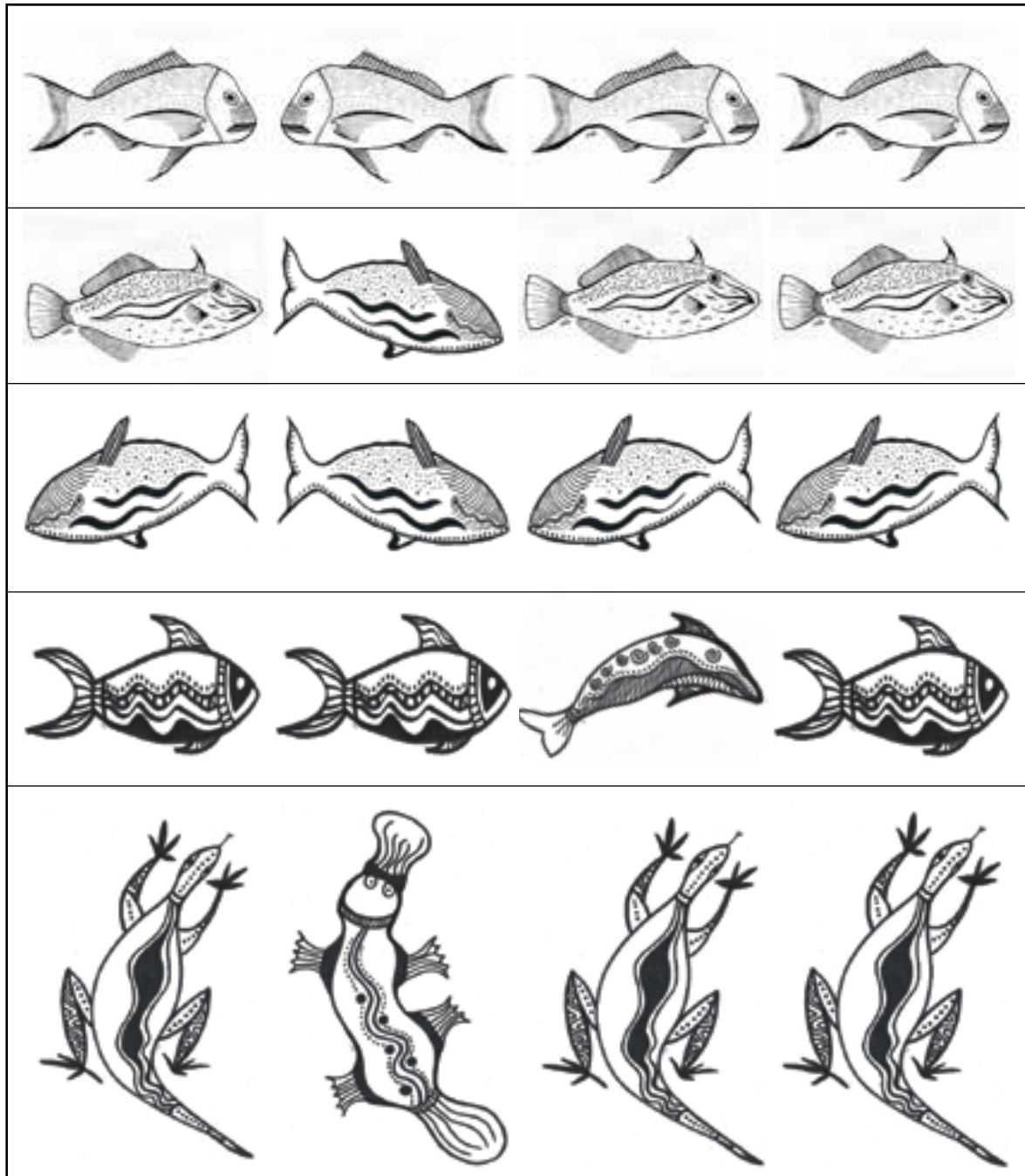
lizard

platypus

whale

dugong

Circle the image that does not belong

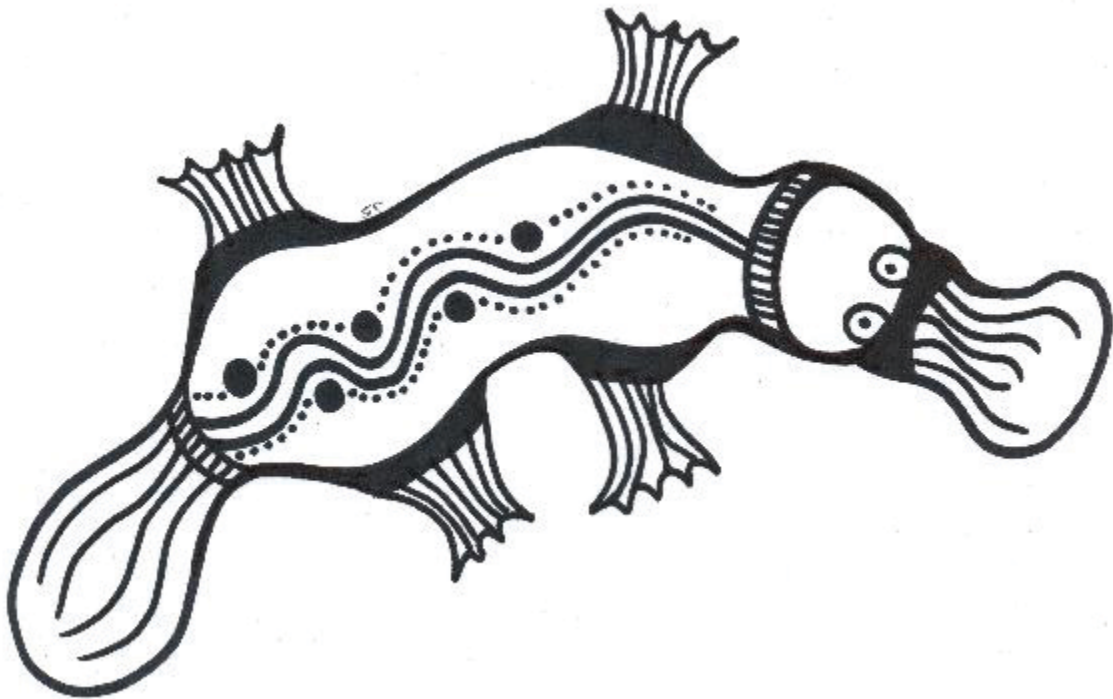
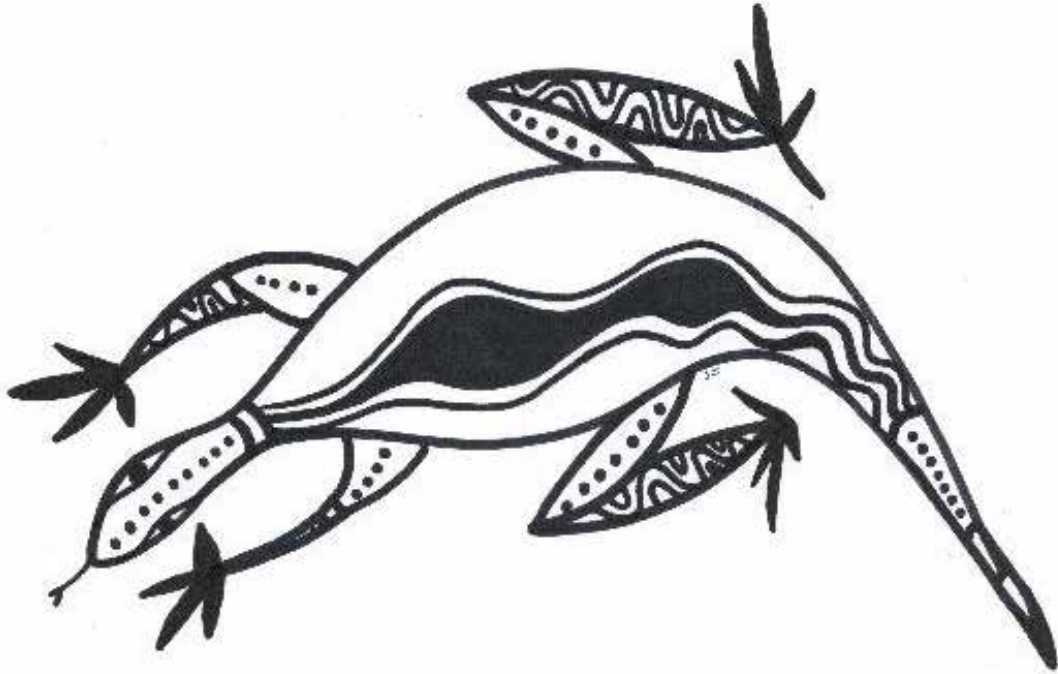




Colour in this picture and write the animal's name.



Colour in these pictures and write the animal's names.





Draw a picture or write your own story.

Websites

There are lots of websites where you can find information about Aboriginal culture and identity and fun things to do:



Indigenous Australia

This site explores Indigenous Australia through storytelling, cultures and histories.

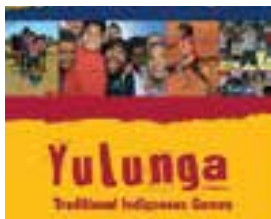
www.dreamtime.net.au
For ages 5-18 years



Lore of the Land

Lore of the Land is designed to encourage us to live in harmony with each other and with the land we each call home.

www.loreoftheland.com.au
For ages 5 – 18 years



Yulunga: Traditional Indigenous Games

Yulunga has games and other deadly stuff.

www.ausport.gov.au/isp
For ages 5 – 18 years



Message Club

Lots of games, activities and puzzles.

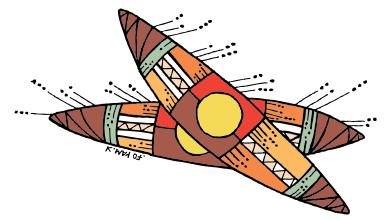
www.abc.net.au/messageclub
For ages 5 – 15 years



Frog and Toad's Indigenous Australia

This website has heaps of information about Aboriginal culture.

www.indigenoustralia.info
For ages 5 – 12 years



National Aboriginal Sporting Chance Academy (NASCA)

Indigenous sport, health and education in Australia.

www.nasca.com.au

For ages 5 – 18 years



Aboriginal Football

Check out the enormous contribution Indigenous Australians have made to the game of Australian football.

www.aboriginalfootball.com.au

For ages 5 – 18 years



Vibe Australia

VIBE has practically everything - interviews, health issues, music, sport, culture and much more!

www.vibe.com.au

For ages 12 – 18 years



Us Mob

Follow central Australian Aboriginal teenagers Charlie, Della, Harry and Jacquita as they head off on journeys.

www.abc.net.au/usmob

For ages 12 – 18 years



Culture and heritage

Learn about the cultural history and heritage of Indigenous Australia.

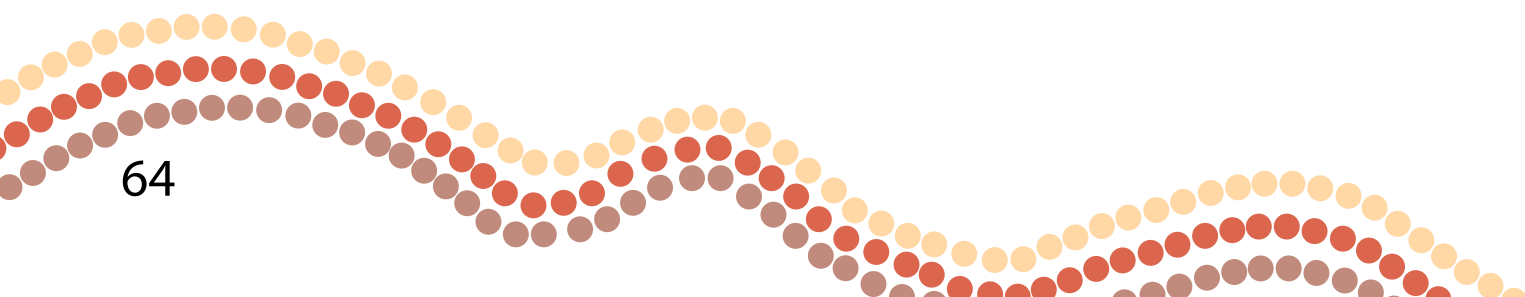
www.culture.gov.au



Dreamtime

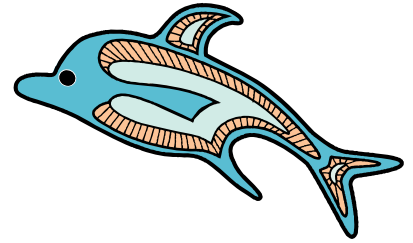
Listen to stories of the Dreamtime.

www.australianmuseum.net.au/Stories-of-the-Dreaming



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Places I have lived

Date/year _____ My age at the time _____

Where I lived _____

Who I lived with _____

Memories from this time _____

Things I liked about living here _____

Things I did not like about living here _____

You can draw or put a photo of the place you lived.

Places I have lived

Date/year _____ My age at the time _____

Where I lived _____

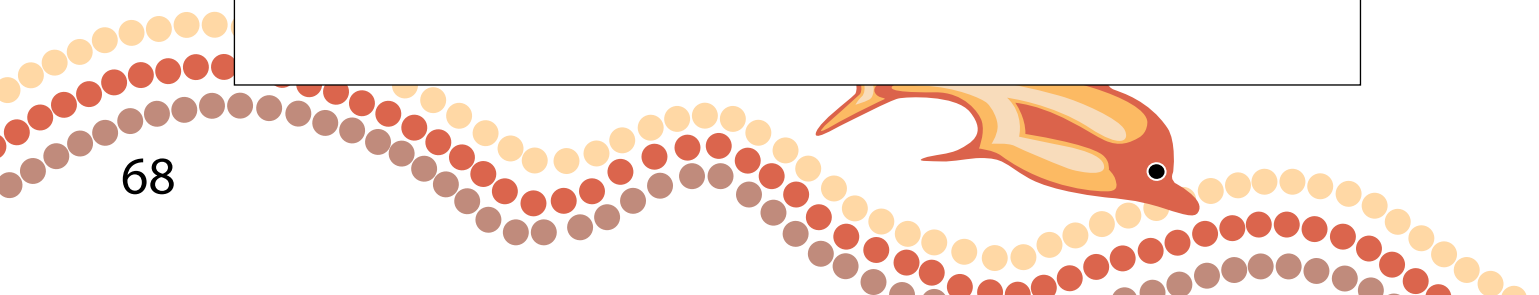
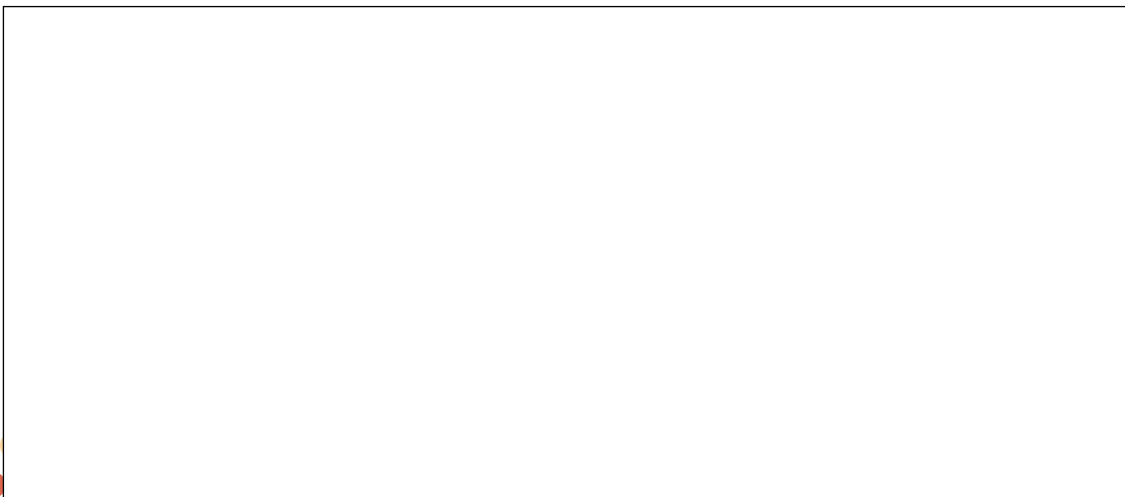
Who I lived with _____

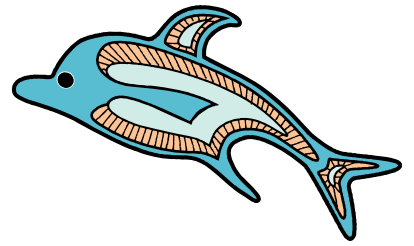
Memories from this time _____

Things I liked about living here _____

Things I did not like about living here _____

You can draw or put a photo of the place you lived.





Places I have lived

Date/year _____ My age at the time _____

Where I lived _____

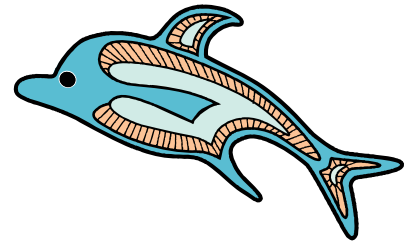
Who I lived with _____

Memories from this time _____

Things I liked about living here _____

Things I did not like about living here _____

You can draw or put a photo of the place you lived.



Places I have lived

Date/year _____ My age at the time _____

Where I lived _____

Who I lived with _____

Memories from this time _____

Things I liked about living here _____

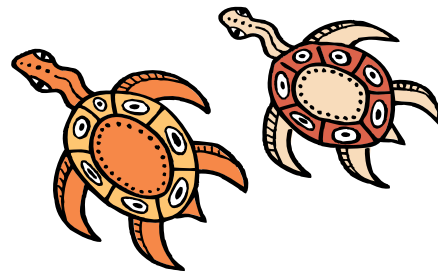
Things I did not like about living here _____

You can draw or put a photo of the place you lived.

A large, empty rectangular box with a thin black border, intended for a drawing or a photograph of the place lived.

tab here

tab here



My school days

Childcare/preschool

Name of childcare/preschool _____

I was in childcare/preschool in _____

My teachers' name _____

Memories of childcare/preschool _____

Things I like about preschool _____

My friends' names _____

Me in childcare/preschool

My favourite colour _____

My favourite food _____

I am good at _____

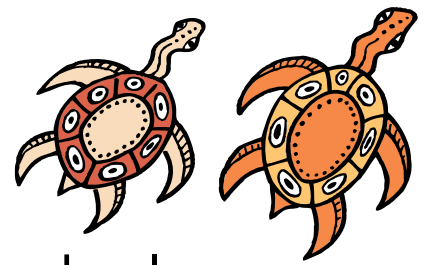
My favourite music or song _____

Things I like to wear _____

My favourite toy or game _____

People I like to spend time with _____

Things I like about myself _____



Artworks and photos from childcare/preschool



Primary school

Kindergarten

Name of primary school _____

I was in kindergarten in _____ (year)

My teacher's name _____

Memories of kindergarten _____

Things I like to do _____

My friends' names _____

Me in primary school

Kindergarten

My favourite colour _____

My favourite food _____

I am good at _____

My favourite music or song _____

My favourite band or singer _____

Things I like to wear _____

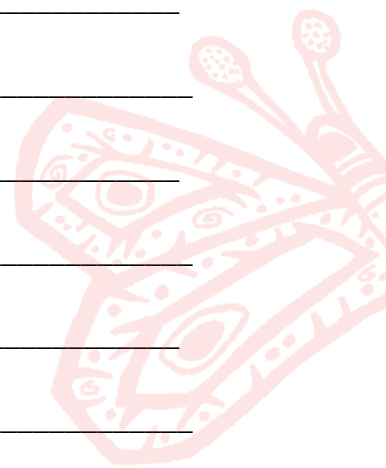
My favourite toy or game _____

Sports I like to play _____

People I like to spend time with _____

Things I like about myself _____

On the weekend I like to _____





Awards, certificates and photos from primary school

Kindergarten



Primary school

Year 1

Name of primary school _____

I was in year 1 in _____ (year)

My teacher's name _____

Memories of year 1 _____

Things I like to do _____

My friends' names _____

Me in primary school

Year 1

My favourite colour _____

My favourite food _____

I am good at _____

My favourite music or song _____

My favourite band or singer _____

Things I like to wear _____

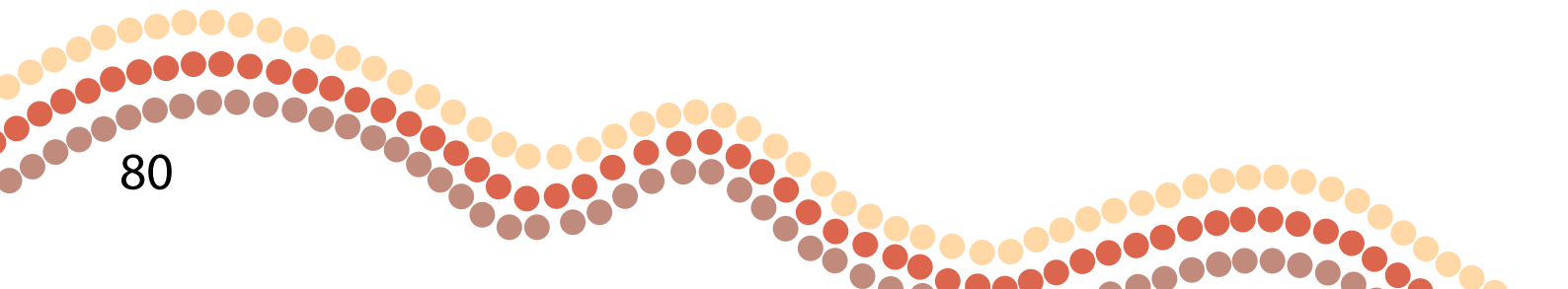
My favourite toy or game _____

Sports I like to play _____

People I like to spend time with _____

Things I like about myself _____

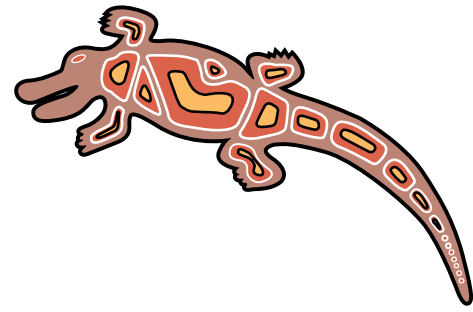
On the weekend I like to _____





Awards, certificates and photos from primary school

Year 1



Primary school

Year 2

Name of primary school _____

I was in year 2 in _____ (year)

My teacher's name _____

Memories of year 2 _____

Things I like to do _____

My friends' names _____

Me in primary school

Year 2

My favourite colour _____

My favourite food _____

I am good at _____

My favourite music or song _____

My favourite band or singer _____

Things I like to wear _____

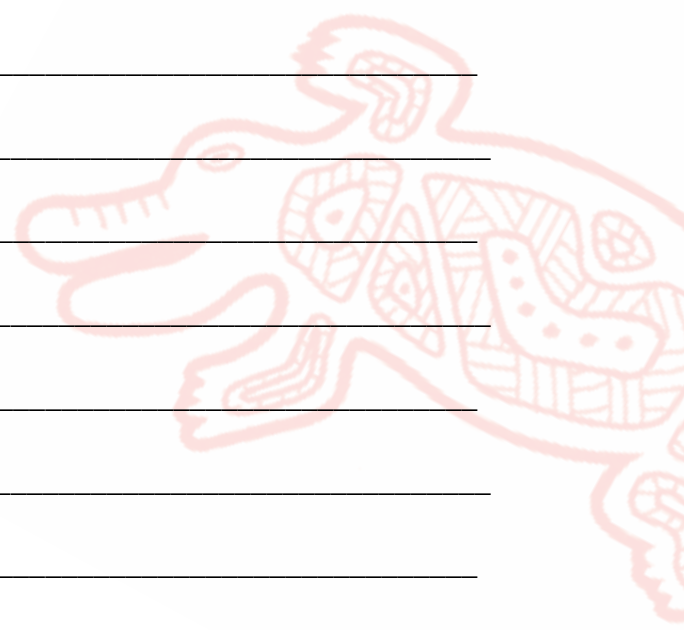
My favourite toy or game _____

Sports I like to play _____

People I like to spend time with _____

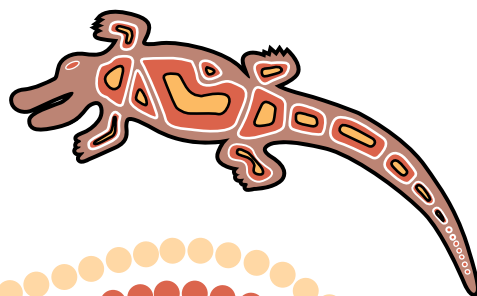
Things I like about myself _____

On the weekend I like to _____



Awards, certificates and photos from primary school

Year 2





Primary school

Year 3

Name of primary school _____

I was in year 3 in _____ (year)

My teacher's name _____

Memories of year 3 _____

Things I like to do _____

My friends' names _____

Me in primary school

Year 3

My favourite colour _____

My favourite food _____

I am good at _____

My favourite music or song _____

My favourite band or singer _____

Things I like to wear _____

My favourite toy or game _____

Sports I like to play _____

People I like to spend time with _____

Things I like about myself _____

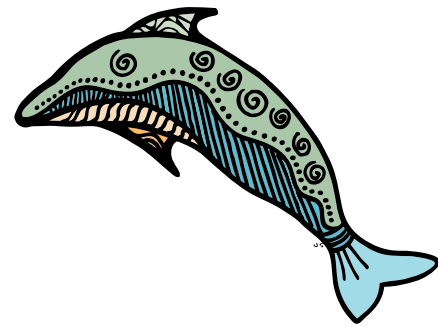
On the weekend I like to _____





Awards, certificates and photos from primary school

Year 3



Primary school

Year 4

Name of primary school _____

I was in year 4 in _____ (year)

My teacher's name _____

Memories of year 4 _____

Things I like to do _____

My friends' names _____

My favourite subjects _____

Me in primary school

Year 4

My favourite colour _____

My favourite food _____

I am good at _____

My favourite music or song _____

My favourite band or singer _____

Things I like to wear _____

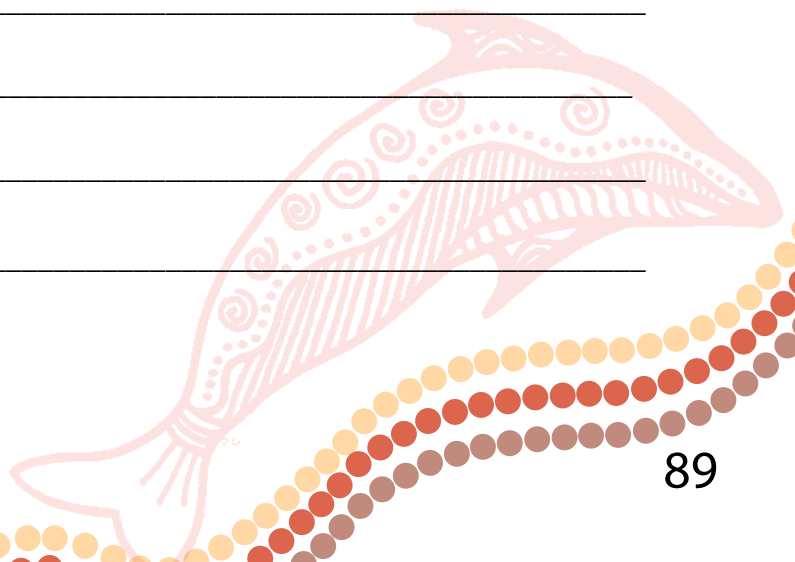
My favourite game _____

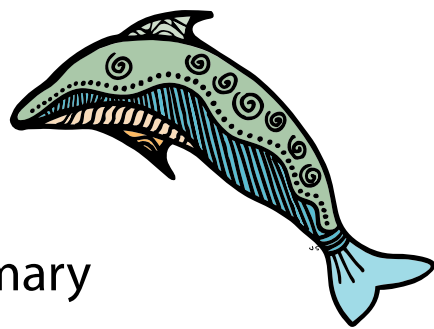
Sports I like to play _____

People I like to spend time with _____

Things I like about myself _____

On the weekend I like to _____





Awards, certificates and photos from primary school

Year 4



Primary school

Year 5

Name of primary school _____

I was in year 5 in _____ (year)

My teacher's name _____

Memories of year 5 _____

Things I like to do _____

My favourite subjects _____

Me in primary school

Year 5

My favourite food _____

I am good at _____

My favourite music or song _____

My favourite band or singer _____

Things I like to wear _____

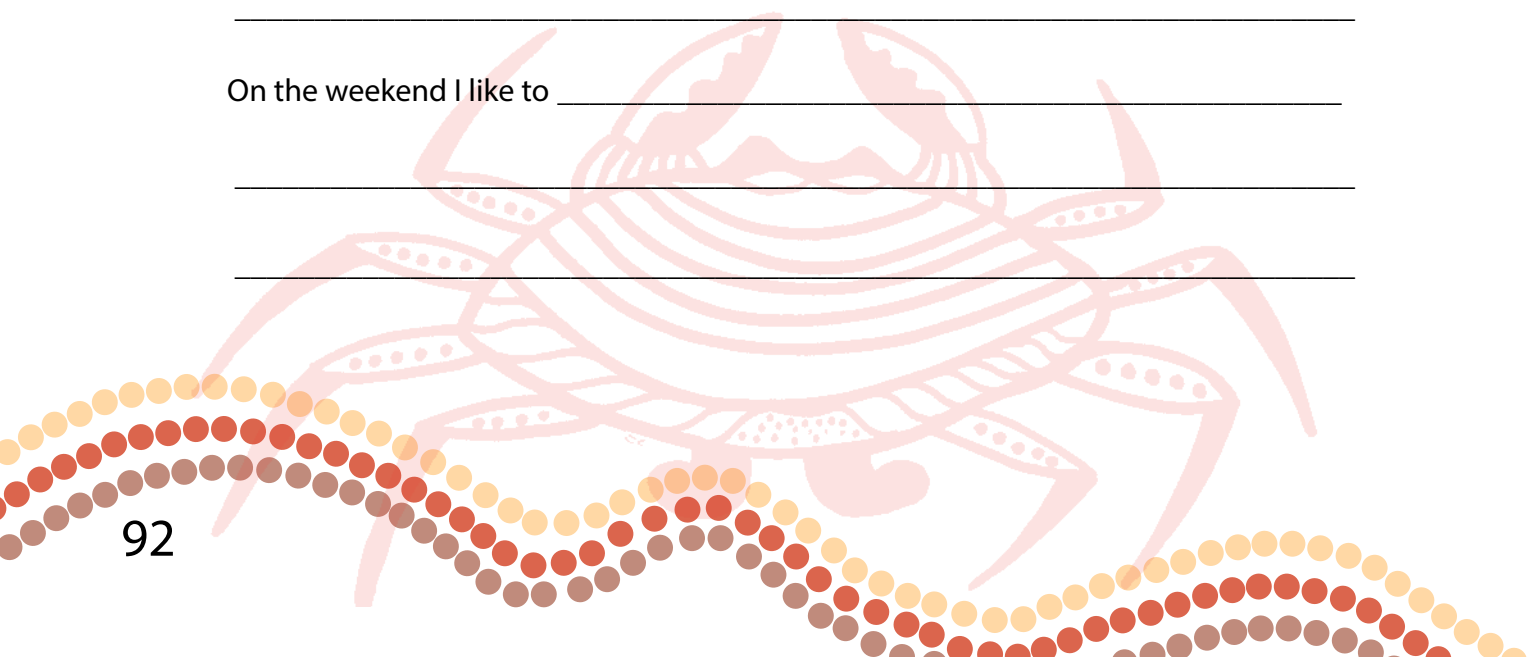
My favourite game _____

Sports I like to play _____

People I like to spend time with _____

Things I like about myself _____

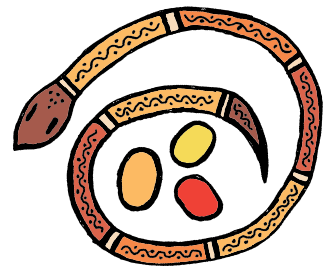
On the weekend I like to _____





Awards, certificates and photos from primary school

Year 5



Primary school

Year 6

Name of primary school _____

I was in year 6 in _____ (year)

My teacher's name _____

Memories of year 6 _____

Things I like to do _____

My favourite subjects _____

Me in primary school

Year 6

My favourite food _____

I am good at _____

My favourite music or song _____

My favourite band or singer _____

Things I like to wear _____

My favourite game _____

Sports I like to play _____

People I like to spend time with _____

Things I like about myself _____

On the weekend I like to _____





Awards, certificates and photos from primary school

Year 6



High school

Year 7

Name of high school _____

I was in year 7 in _____ (year)

My favourite teacher's name _____

Memories of year 7 _____

Things I like to do _____

My friends' names _____

My favourite subjects _____

Me in high school

Year 7

I am good at _____

My favourite music or song _____

My favourite band or singer _____

Things I like to wear _____

Sports I like to play _____

People I like to spend time with _____

Things I like about myself _____

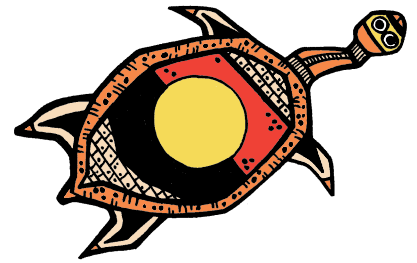
On the weekend I like to _____





Awards, certificates and photos from high school

Year 7



High school

Year 8

Name of high school _____

I was in year 8 in _____ (year)

My favourite teacher's name _____

Memories of year 8 _____

Things I like to do _____

My favourite subjects _____

Me in high school

Year 8

I am good at _____

My favourite music or song _____

My favourite band or singer _____

Things I like to wear _____

Sports I like to play _____

People I like to spend time with _____

Things I like about myself _____

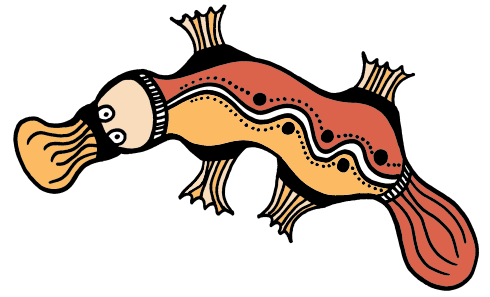
On the weekend I like to _____





Awards, certificates and photos from high school

Year 8



High school

Year 9

Name of high school _____

I was in year 9 in _____ (year)

My favourite teacher's name _____

Memories of year 9 _____

Things I like to do _____

My favourite subjects _____

Me in high school

Year 9

I am good at _____

My favourite music or song _____

My favourite band or singer _____

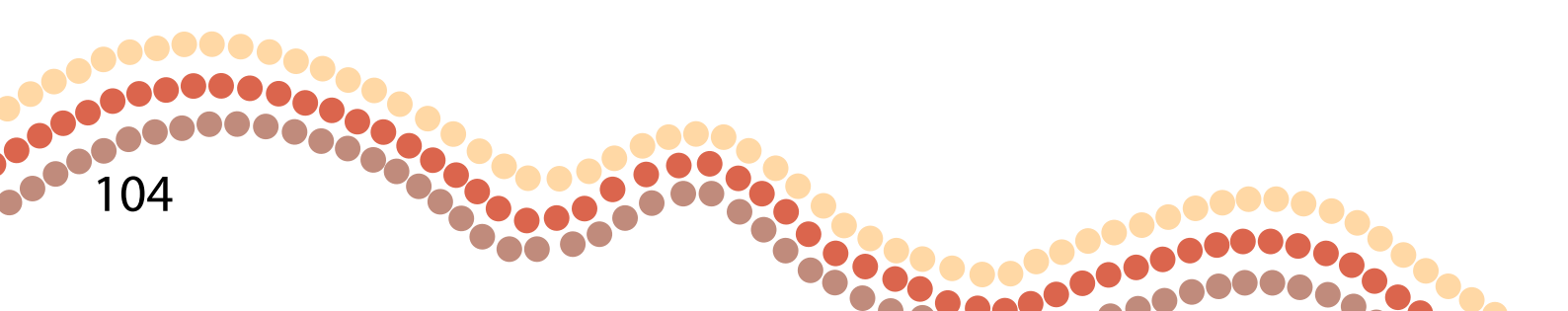
Things I like to wear _____

Sports I like to play _____

People I like to spend time with _____

Things I like about myself _____

On the weekend I like to _____





Awards, certificates and photos from high school

Year 9

High school

Year 10

Name of high school _____

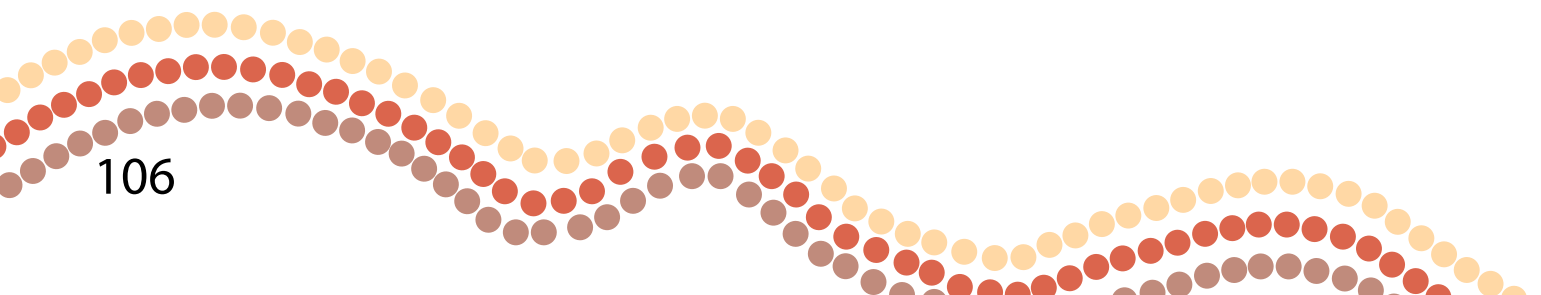
I was in year 10 in _____ (year)

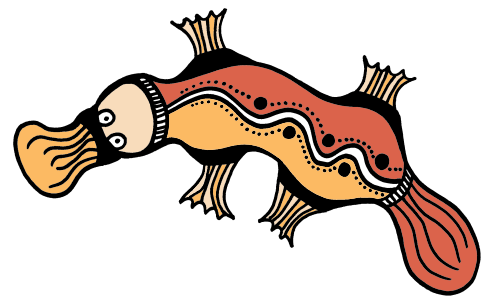
My favourite teacher's name _____

Memories of year 10 _____

Things I like to do _____

My favourite subjects _____





Me in high school

Year 10

I am good at _____

My favourite music or song _____

My favourite band or singer _____

Things I like to wear _____

Sports I like to play _____

People I like to spend time with _____

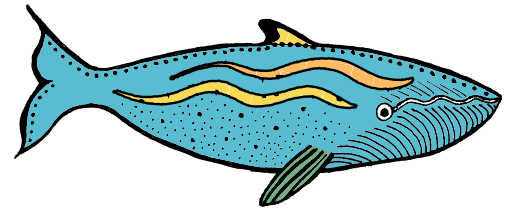
Things I like about myself _____

On the weekend I like to _____

Awards, certificates and photos from high school

Year 10





High school

Year 11

Name of high school _____

I was in year 11 in _____ (year)

My favourite teacher's name _____

Memories of year 11 _____

Things I like to do _____

My favourite subjects _____

What I want to do when I leave school _____

Me in high school

Year 11

I am good at _____

My favourite music or song _____

My favourite band or singer _____

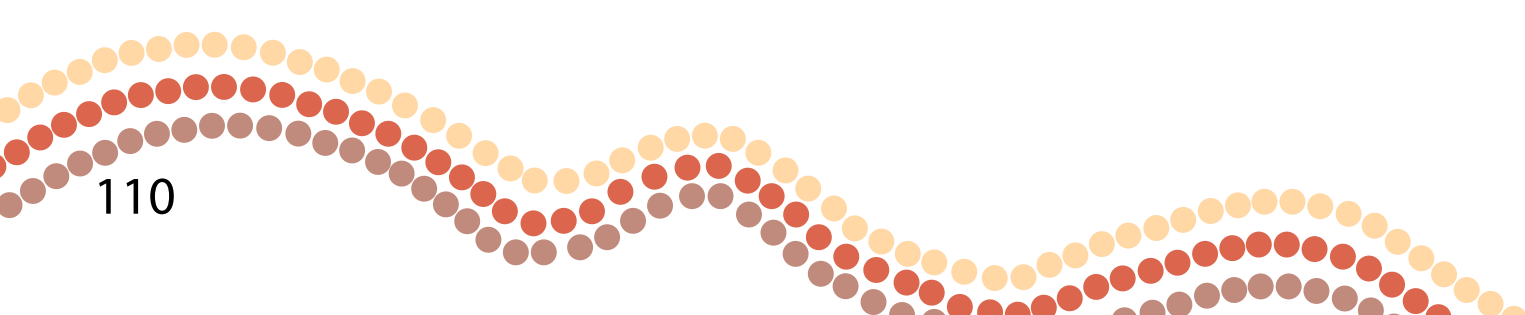
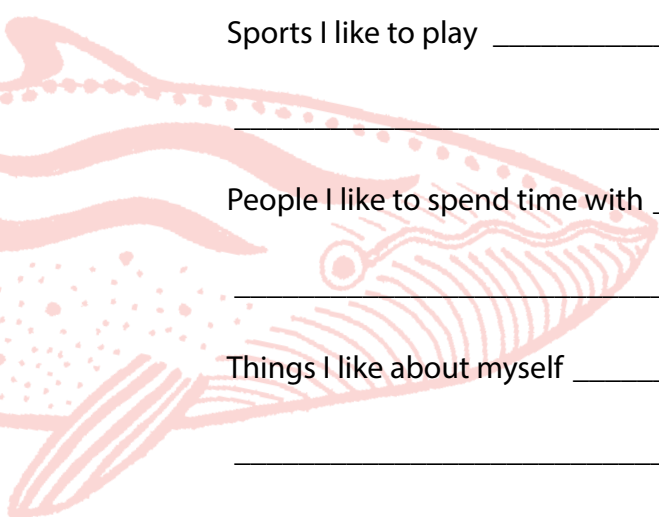
Things I like to wear _____

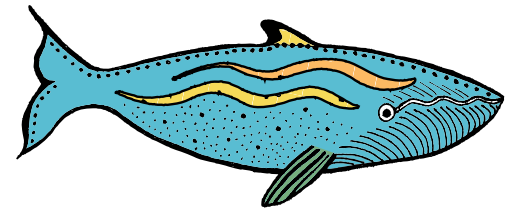
Sports I like to play _____

People I like to spend time with _____

Things I like about myself _____

On the weekend I like to _____





Awards, certificates and photos from high school

Year 11

High school

Year 12

Name of high school _____

I was in year 12 in _____ (year)

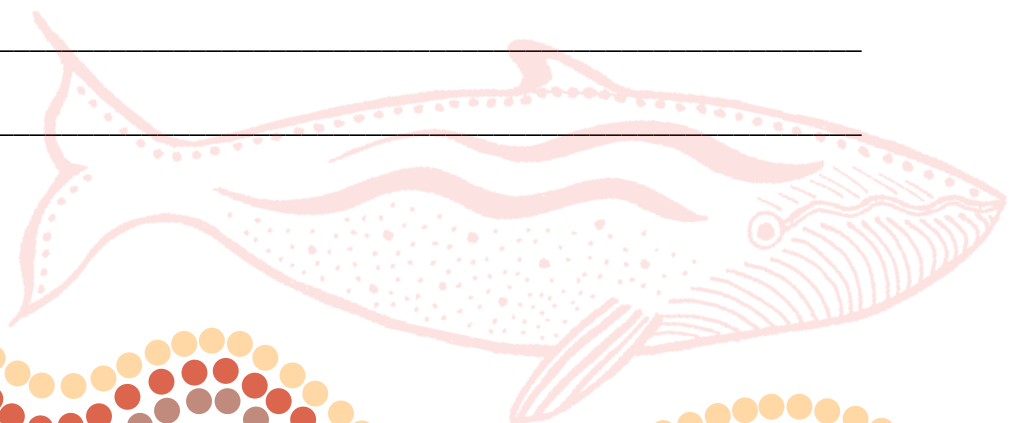
My favourite teacher's name _____

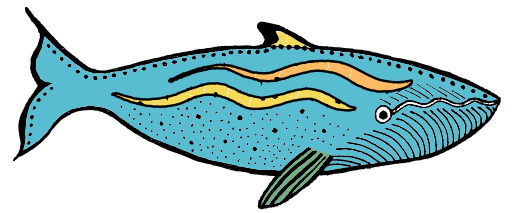
Memories of year 12 _____

Things I like to do _____

My favourite subjects _____

What I want to do when I leave school _____





Me in high school

Year 12

I am good at _____

My favourite music or song _____

My favourite band or singer _____

Things I like to wear _____

Sports I like to play _____

People I like to spend time with _____

Things I like about myself _____

On the weekend I like to _____

Awards, certificates and photos from high school

Year 12





Places I have worked

Name of employer _____

Year _____

What my work involved _____

What I liked about my work _____

Places I have worked

Name of employer _____

Year _____

What my work involved _____

What I liked about my work _____

Places I have worked

Name of employer _____

Year _____

What my work involved _____

What I liked about my work _____

Places I have worked

Name of employer _____

Year _____

What my work involved _____

What I liked about my work _____



Places I have worked

Name of employer _____

Year _____

What my work involved _____

What I liked about my work _____

Places I have worked

Name of employer _____

Year _____

What my work involved _____

What I liked about my work _____

Ongoing education, university, TAFE, apprenticeship and training

Memories of ongoing education and training _____

Things I like to do _____

Friends I have stayed in contact with _____

Friends I have made during university, TAFE and ongoing training _____





Me at university, TAFE, apprenticeship & ongoing training

My favourite music or song _____

Sports I like to play _____

People I like to spend time with _____

Things I like about myself _____

On the weekend I like to _____

Awards, certificates and photos of ongoing
education and training

tab here

tab here



Special events

Special events are community events or celebrations, family gatherings, sports days, visits to traditional country, National Sorry Day (26 May), NAIDOC (first week in July), Reconciliation Week (27 May – 3 June), National Aboriginal and Islander Children's Day (4 August).

Draw a picture or put a photo of the event here.

What was it? _____

When was it? _____

Where was it? _____

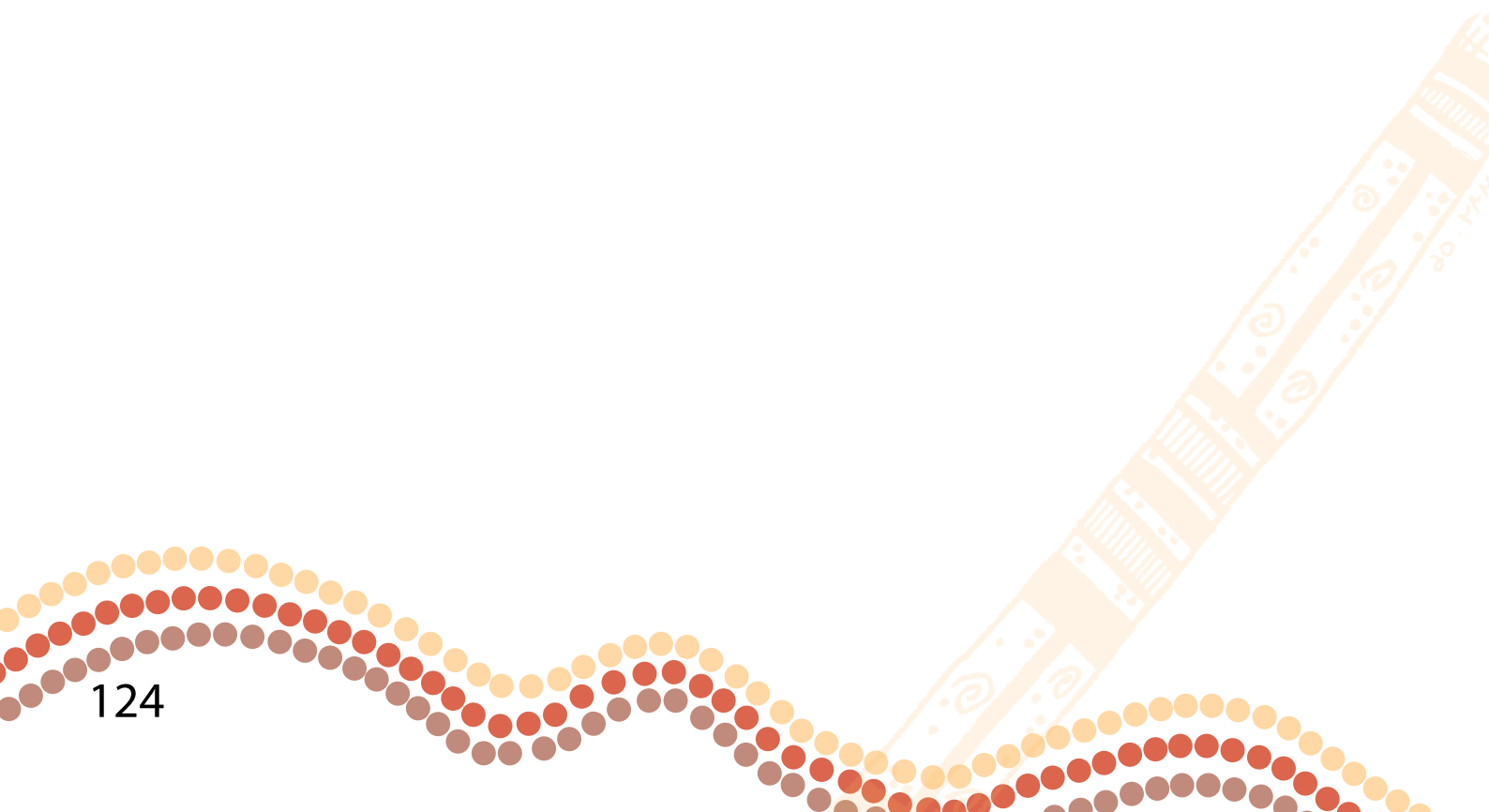
Who did I go with? _____

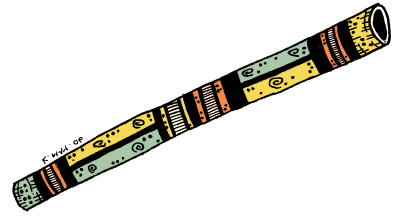
What did we do? _____

What I liked about it _____

My special birthday memories

Write down, draw or put in photos or pictures of your special birthday memories.





My Christmas memories

Write down, draw or put in photos or pictures of your special Christmas memories.

Teams or groups I belong to

Write down, draw or put in photos or pictures of teams or groups you belong to.

My future

In the future I would like to work as: _____

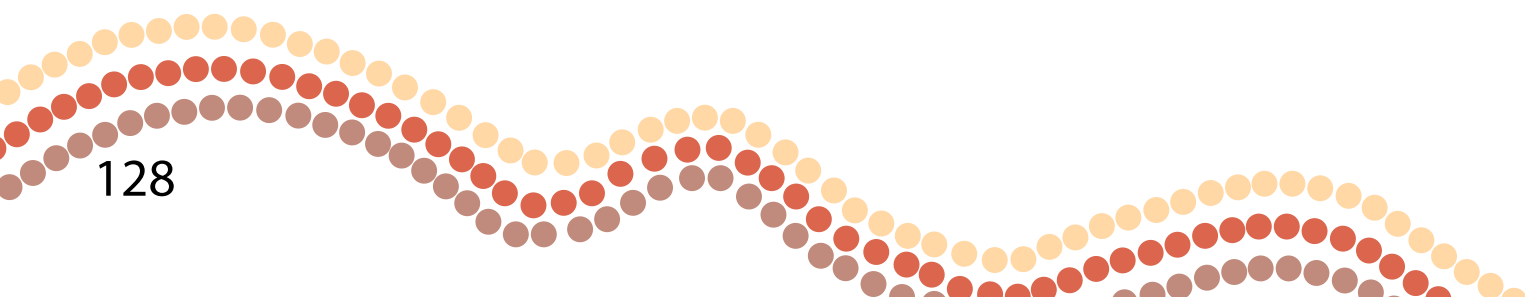
Things I wish for my future: _____

If I could have 3 wishes for my future, they would be:

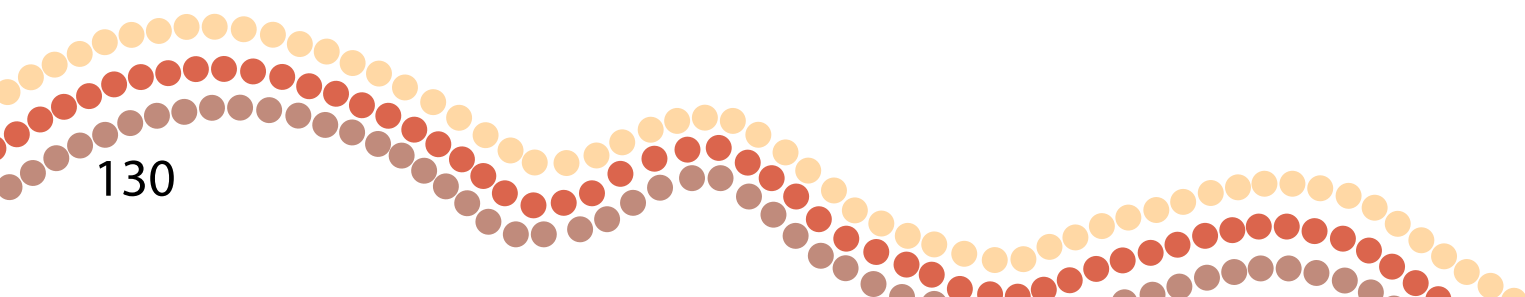
1. _____

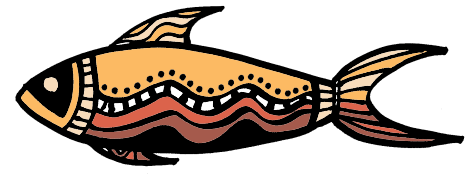
2. _____

3. _____



tab here





Things I may need when I get older

This is where you can keep things you may need when you get older. They could include a copy of your birth certificate, information about your parents, brothers, sisters or other people in your family.

Who can help?

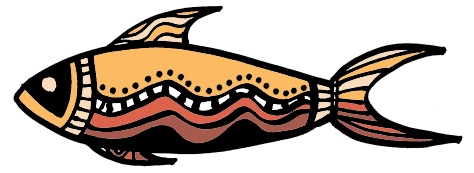
Here you can find services that may help you.

Leaving care

- Link-up NSW – Helps Aboriginal adults who were separated from their families as children through wardship, adoption, fostering or institutional care, as well as Aboriginal families who were separated from their children.
Tel: (02) 4759 1911
www.linkupnsw.org.au
- Marungbai Aboriginal Service – provides support to Aboriginal young people who have been in care.
Tel: 1800 422 555
- CREATE – connects and supports children and young people in care through activities and programs.
Tel: (02) 9267 0977
www.create.org.au
- Your Next Step – information for young people leaving care, is a booklet that provides contact details for a range of services that may help you when you are preparing to leave care for independent living or have left care. This booklet is available on the DoCS website www.community.nsw.gov.au.

Health & medical

- Medicare – The Aboriginal and Torres Strait Islander Access Line is a free-call telephone service to support Aboriginal and Torres Strait Islander people.
Tel: 1800 556 955
- Aboriginal Community Controlled Medical Services (AMS) – these services provide primary health care to local Aboriginal and Torres Strait Islander communities.
Tel: (02) 9212 4777
- Kids Help Line – Operating 24 hours, 7 days a week providing counselling and referral for children and young people aged 5 to 25 years old.
Tel: 1800 551 800



Education & training

- Aboriginal Education Council – information about educational scholarships for Indigenous young people.

Tel: (02) 9660 5696
www.aec.org.au

- Centrelink – administers ABSTUDY, a living allowance to help Indigenous secondary, tertiary or full time apprentices with the cost of attending school.

Tel: 132 317
www.centrelink.gov.au

- Department of Education, Employment and Workplace Relations
 - provides eligible students with tuition assistance in reading, writing and numeracy. www.anevenstart.dest.gov.au
 - administers the Indigenous Tutorial Assistance Scheme (ITAS) to support students enrolled in undergraduate courses. www.batchelor.edu.au
 - provides advice on university courses and financial help. www.goingtouni.gov.au

- NSW Aboriginal Education Consultative Group (AECG) – provides advice on behalf of Aboriginal communities on issues relating to education and training.

Tel: (02) 9550 5666
www.aecg.nsw.edu.au

- NSW Department of Department of Education and Training – Aboriginal Education and Training.

www.aboriginalaeducation.nsw.edu.au

- TAFE NSW – Aboriginal programs provide advice and support for Aboriginal and Torres Strait Islander students.

Tel: 131 601
www.tafensw.edu.au

- Tranby Aboriginal College – providing an alternative and independent learning environment for adult Aboriginal and Torres Strait Islander people.

Tel: 1800 601 988
www.tranby.edu.au

Financial

- Centrelink Indigenous call centre – provides Aboriginal or Torres Strait Islander staff member to help with Centrelink questions.

Tel: 136 380

- Indigenous Debt Recovery – provides information about repayment of a Centrelink debt.

Tel: 1800 138 193

Employment

- Aboriginal Community Programs – helps Aboriginal people find jobs and set up small businesses.

Tel: (02) 9266 8350

www.det.nsw.edu.au

- Centrelink – provides help with job choices and referrals to the Job Network service.

www.centrelink.gov.au

- Job Network – is a national network of private and community organisations that aim to find jobs for unemployed people.

Tel: 136 268

www.workplace.gov.au

Housing

- Aboriginal Hostels Limited – provides temporary hostel accommodation.

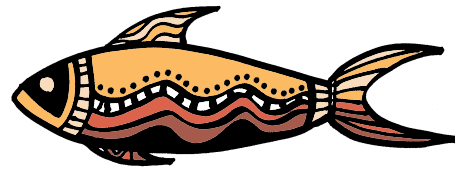
Tel: (02) 9310 2777

www.ahl.gov.au

- Aboriginal Tenancy Information – provides advice for people having trouble with rental accommodation.

Tel: (02) 9377 9200 or 1800 500 330

www.fairtrading.nsw.gov.au



- NSW Aboriginal Housing Office – provides information on access to safe affordable housing for Aboriginal people.
Tel: (02) 8836 9444
www.aho.gov.au
- NSW Department of Housing – Aboriginal Enquiry Line provides information and services about public housing which are appropriate to the needs of Aboriginal people.
Tel: 1800 355 740
www.housing.nsw.gov.au

Legal

- Aboriginal Legal Service – legal services in Armidale, Moree & Tamworth.
Tel: (02) 6772 5770

Many Rivers Aboriginal Legal Service

- Coffs Harbour – (02) 6651 8033
- Kempsey – (02) 6562 5990
- Lismore – (02) 6622 7088
- Newcastle – (02) 4921 8830
- South Grafton – (02) 6643 4851

South Eastern Aboriginal Legal Service

- Nowra – (02) 4422 3255
- Canberra – (02) 6249 8488
- Moruya – (02) 4474 2400

Sydney Regional Aboriginal Corporation Legal Service

- Redfern – (02) 9318 2122
- Blacktown – (02) 9621 4830
- Liverpool – (02) 9824 1589
- Wollongong – (02) 4225 7977

Western Aboriginal Legal Service

- Dubbo (Head office) – (02) 6882 6966 or 1800 826 966

Your rights, records and identity

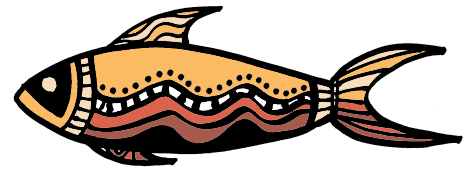
DoCS keeps information about your time in care. To read a copy of your file or to obtain your original documents, contact the DoCS Community Services Centre (CSC) that was responsible for you while you were in care or the CSC closest to you. For further DoCS CSC details visit www.community.nsw.gov.au.

If other fostering or residential care agencies were responsible for you during your time in care, contact these agencies directly for access to your file.

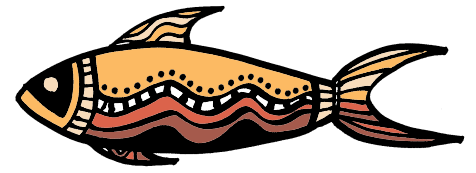
- Youth.NSW provides information on your legal rights and other issues affecting young people.
www.youth.nsw.gov.au
- The Department of Aboriginal Affairs Family Records Unit helps Aboriginal people in NSW access records about themselves and their families.
Tel: (02) 9219 0700
www.daa.nsw.gov.au/familyhistory

Other Aboriginal networks and supports

- Aboriginal Child Family & Community Care State Secretariat (AbSec) – provides information and referral to support services.
Tel: (02) 9264 0088 or 1800 888 698
www.absec.org.au
- AbSec agencies that provide out-of-home care and support services:
 - Biripi Aboriginal Medical Corporation (G.L.M.A.C.S.) Taree
Tel: (02) 6551 2088
 - Burrun Dalai Out of Home Care & Family Support Service Kempsey
Tel: (02) 6562 1913
 - Coffs Harbour Aboriginal Family Community Care Centre Coffs Harbour
Tel: (02) 6648 3683
 - Hunter Aboriginal Children's Services Maitland/Newcastle
Tel: (02) 4016 8040
 - Link-Up (NSW) Aboriginal Corporation Lawson
Tel: (02) 4759 1911



- Ngunya Jarjum Aboriginal Child & Family Network Casino
Tel: (02) 6662 8044
- South Coast Medical Service Aboriginal Corporation Nowra
Tel: (02) 4421 8426
- Wundarra Services P/L Coffs Harbour
Tel: (02) 6651 2991
- Katungul Aboriginal Corporation Narooma
Tel: (02) 4476 2155
- Australian Human Rights and Equal Opportunity Commission – advocates for the rights of Australians and works to promote respect and understanding of these rights among the broader community.
Tel: (02) 9284 9600
www.hreoc.gov.au
- Department of Aboriginal Affairs – works with Aboriginal people, government, private and community organisations to promote community organisations to promote the interests of Aboriginal people in NSW.
Tel: (02) 9219 0700
www.daa.nsw.gov.au
- Kari Aboriginal Resource Inc – based in south west Sydney, Kari Aboriginal Resource provides a clinic for children entering out-of-home care, fostering and community programs.
Tel: (02) 9822 4922
www.kari.com.au
- NSW Aboriginal Land Council – is the state's peak body in Aboriginal affairs and is committed to ensuring a better future for Aboriginal people.
Tel: (02) 9689 4444
www.alc.org.au



Media and literature

Australian Studies Press Australian Institute of Aboriginal and Torres Strait Islander Studies (AIATSIS), The Little Red Yellow Black Book

Barefoot
nitv.org.au/barefoot

Dawn Magazines
www1.aiatsis.gov.au/dawn

Encyclopedia of Aboriginal Australia
www.aboriginaltouroperators.com.au

Heiss A and Davis J, Me and My Mum

Indij Readers
www.indijreaders.com.au

Koori Gadigal Radio
www.gadigal.org.au

Koori Mail
www.koorimail.com.au

Living Black and Blackout SBS
www.sbs.com.au

Magabala Books
www.magabala.com

Malbunka M, When I was Little Like You,
Allen & Unwin Crows Nest

Merrryfield K, Williams S, Big Mob for Little Fullas,
NSW Board of Studies

Message Stick ABC
www.abc.net.au/tv/messagestick

National Indigenous Television - NITV
nitv.org.au

National Indigenous Times
www.nit.com.au

Prior C, McIntosh K, Murray P, Hughes S, What I Wanna Be

Ronin Films Educational videos and DVDs
www.roninfilms.com.au

Russell D, Nan and Dad and Me at the Zoo
Indij Readers

Templeton R and Jackson S, Tell me Why

Witheyman-Crump M and Duncan V, Original Girl Mari Miyay,
Black Ink Press

Some books for younger children:



The Cowboy Frog
written by Hylton Laurel



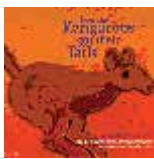
Warnayarra the Rainbow Snake
Told by the Senior Boys Class, Lajamanu School
Illustrated by Pamela Lofts adapted from illustrations of Aboriginal the
Senior Boys Class at Lajamanu School and copyright of Pamela Lofts



The Echidna and the Shade Tree
Told by Mona Green
Illustrated by Pamela Lofts adapted from illustrations by Aboriginal
children



How the Birds got their Colours
Told by Mary Albert
Illustrated by Pamela Lofts adapted from illustrations of Aboriginal children
in Broome



How the Kangaroo got their Tails
Told by George Mung Mung Lirmiyarn
Illustrated by Pamela Lofts adapted from illustrations of Aboriginal children
Warmun (Turkey Creek), Western Australia.