

ID. KNOW YOURSELF MENTORING PROGRAM



Who we are

ID. Know Yourself (IDKY) is an Aboriginal-led organisation that aims to break the cycle of intergenerational trauma by supporting Aboriginal children living in out-of-home care and within the child protection system.

Our program delivers group sessions and mentoring support to children aged 7-16 years old who have been impacted by cultural dispossession, systemic disadvantage, and complex trauma. We are determined to break the cycle.

Our vision is to create love, hope, and belonging so that every child can live with self-determination and towards a fulfilling life

The Cycle



Indigenous children are only 6% of the total Australian child population, but make up 39% of kids in OOHC

21,000

There are over 21,000 Aboriginal & Torres Strait Islander kids in OOHC



People who have been in OOHC are more likely to go to prison and less likely to finish high school

What we do

Our program delivers group sessions and mentoring support focused on six key areas:



Life Skills

to develop practical skills so young person can live life independently and make positive choices.



Culture

to build a connection to culture, creating a greater sense of confidence, identity, and belonging.



Education & Employment

to encourage learning and empower young person to explore their options



Wellbeing

to empower young person to foster their own physical, mental, emotional, and social well-being.



Advocacy

to provide opportunities to engage with specialised services and a platform to self-advocate and to be heard.

Let's stay in touch!

www.idknowyourself.com

referrals@idknowyourself.com

[idknowyourself](https://www.instagram.com/idknowyourself)



KEY OUTCOMES	Short to Medium Term Goals	Medium to Long Term Goals
Life Skills	Young person understands the importance of making positive life choices	Young person is able to safely transition out of OOHC
Culture	Young person knows who their mob is	Young person has a strong sense of belonging, identity, and a connection to culture
Education & Employment	Young person understands the importance of education and future employment	Young person has completed their education and is employed
Wellbeing	Young person understands the foundation of healthy peer relationships	Young person can maintain and form new and healthy peer relationships
Advocacy	Young person understands how to communicate their needs and feelings	Young person actively self-advocates and feels safe using their voice



Milestones

Mentoring program milestones examples based on our key outcomes:

