



Embrace

Walkern Katatdjin Community Report Online Launch

Findings from a national survey of Aboriginal and Torres Strait Islander LGBTQA+ young people's mental health and social emotional wellbeing

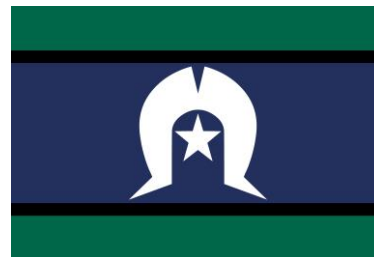


Acknowledgment of Country

Based in Boorloo, on Whadjuk land, our research takes place on Country across Australia.

We acknowledge the Traditional Custodians of this land, the Whadjuk people, and pay respects to their Elders past and present.

We extend those respects and acknowledge the Traditional Owners of the Countries upon which we have done our research



Housekeeping

This session will provide a brief overview of the content of the Walkern Katatdjin Community Report

This session will run for 1 hour, and consist of:

- Presentation of report findings

- Q&A with a panel of Aboriginal LGBTQA+ young people

Please use the Q&A function on your screen to submit questions for the panel

- The Q&A will focus on the panellists' lived experiences

- Any questions about the survey or report findings will be answered by the research team in a FAQ on the project website (www.rainbowknowledge.org)

Content warning: we will be discussing suicide, mental ill health and experiences of discrimination

- If you're in need of help please contact Lifeline, QLife, 13Yarn or KidsHelpline, whose contact details are pinned in the Q&A

The event is being recorded and will be uploaded to the project website (www.rainbowknowledge.org). We will also be including an Auslan interpretation with the recording.

Art by Skye Milton

@skyanangelwings



Project Team



Shakara Liddelw-Hunt
(They/She)
Telethon Kids Institute



A/Prof Bep Uink
(She/Her)
Murdoch University



Kate Daglas
(She/They)
Youth Advisory Group



James Hill
(He/Him)
Youth Advisory Group



Lily Hayward
(She/They/He)
Telethon Kids Institute



Natasha Stretton
(She/Her)
Telethon Kids Institute



Prof Braden Hill
(He/Him)
Edith Cowan University



Dr Yael Perry
(She/Her)
Telethon Kids Institute



Prof Ashleigh Lin
(She/Her)
Telethon Kids Institute

Walkern Katatdjin (Rainbow Knowledge)

Walkern Katatdjin is a national research project that aims to understand and promote the mental health and wellbeing of Aboriginal and Torres Strait Islander Lesbian, Gay, Bisexual, Transgender, Queer/Questioning, and Asexual (LGBTQA+) young people, and to work with services to develop appropriate interventions

www.rainbowknowledge.org



I am Indigenous. I am gay. Unlike Tyrone Unsworth, I survived

Dameyon Bonson

Tyrone Unsworth understand his have challenged
Young Aboriginal LGBTI people are killing themselves. We need to protect them

Allan Clarke for IndigenousX

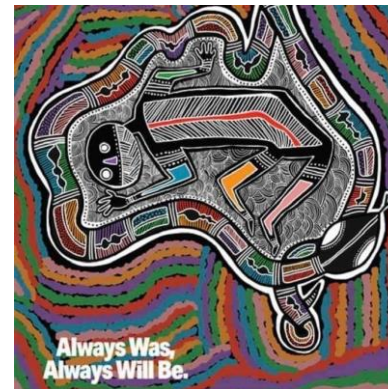
Realising I'm gay was almost too much to bear through my teenage years, writes NITV journalist and **IndigenousX** host **Allan Clarke**. We need to stand up to homophobia



It was 1986, I was relentlessly.' Photograph



**FIRST PEOPLES
RAINBOW MOB WA ©**

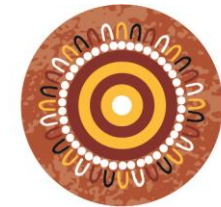


Project Design with Partners and Advisory Groups

The survey was developed with the project's Youth Advisory Group, Governance Committee and project Partners and Supporters



ELIZABETH MORGAN HOUSE
ABORIGINAL WOMEN'S SERVICE INC



Nunkuwarrin Yunti
of South Australia Inc.



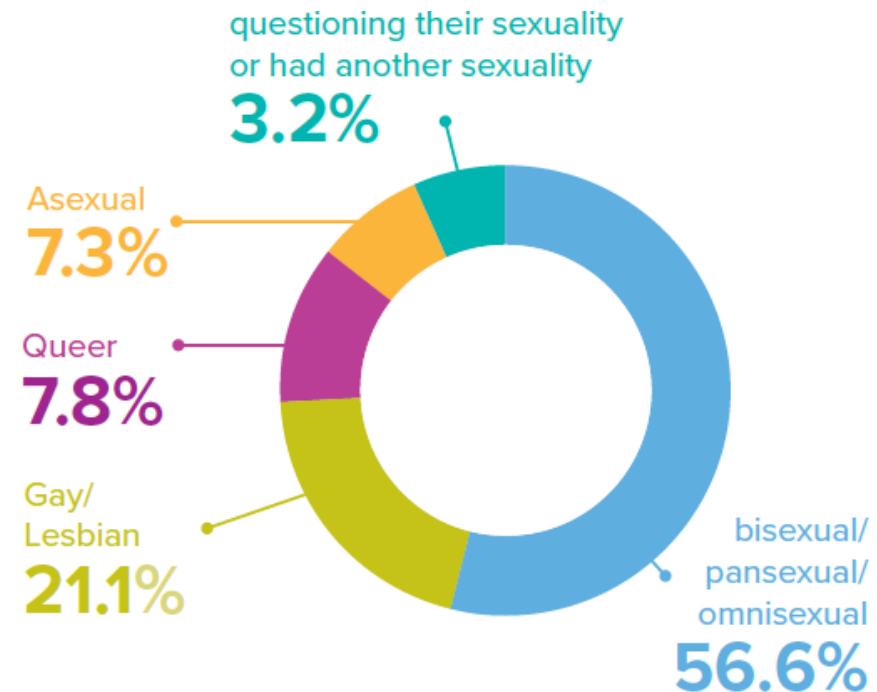
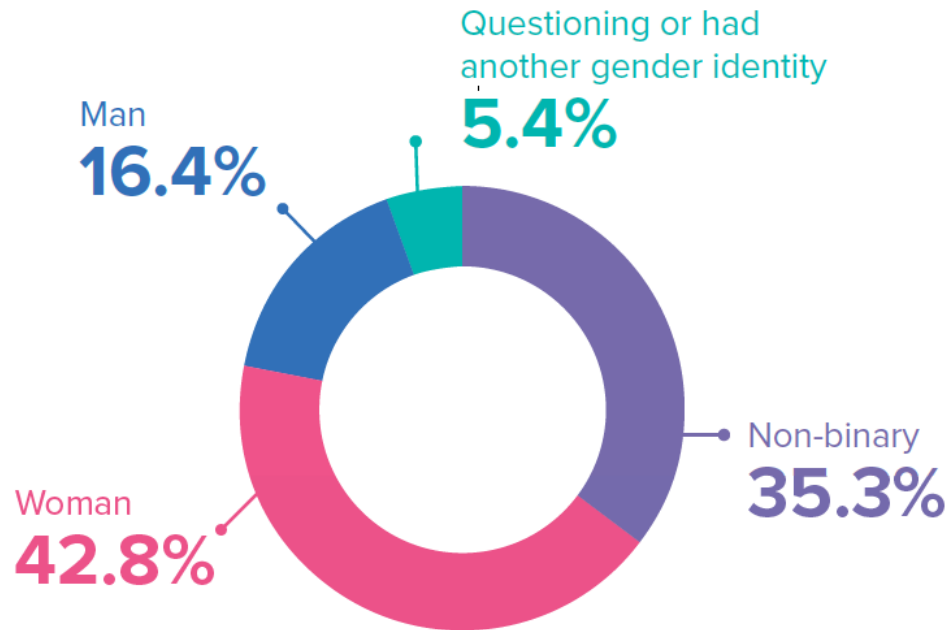
thorne
harbour
health*



Who did the survey?

619 Aboriginal and Torres Strait Islander LGBTQA+ young people aged 14-25 years

(average age = 17.5 years; 84.6% Aboriginal, 6.6% Torres Strait Islander, 6.9% both Aboriginal and Torres Strait Islander)



CONTENTS

Methodology	
Participant Demographics	
Social and Emotional Wellbeing	
Summary	
Connection to Family and Kinship	
Connection to Community	
Connection to Culture	
Connection to Spirit, Spirituality and Ancestors	
Connection to Country	
Connection to Body	
Connection to Mind and Emotions	
Visibility, Pride and Identity	
Mental Health	
Discrimination	
Health Service Use	
Summary	
Aboriginal Community Controlled Health Services (ACCHOS)	
LGBTQ+ Services	
General Health Services	
Seeking support and information online	
Gender Diversity	
Recommendations	



Key Findings

- 1) Levels of social and emotional wellbeing were mixed
- 2) Participants experienced concerningly high levels of psychological distress and suicide behaviour
- 3) Participants were proud of their Aboriginal and Torres Strait Islander and LGBTQA+ identities
- 4) Most had used general health services, approximately half used ACCHOs, and 1 in 5 used LGBTQA+ specific services
- 5) Approximately half felt safe at all types of services, but levels of knowledge were low and rude and hurtful comments were common
- 6) Experiences of discrimination were common
- 7) Outcomes were worse among trans and gender diverse participants

Social and Emotional Wellbeing



©Gee, Dudgeon, Schultz, Hart and Kelly, 2013.
Artist: Tristan Schultz, RelativeCreative.

Participants' scores within each domain were variable, but overall average scores suggested:

Connection to Community (LGBTQA+ and Aboriginal)	Moderate to high
Connection to Family and Kinship	Moderate to high
Connection to Body	Moderate
Connection to Country	Moderate
Connection to Mind and Emotions	Moderate to low
Connection to Culture	Moderate to low
Connection to Community (Aboriginal LGBTQA+)	Low
Connection to Spirit and Ancestors	Low

Pride

A sense of pride in one's identity is important for wellbeing. Participants were asked about their pride in being LGBTQA+, being Aboriginal and Torres Strait Islander, and how these identities fit together.

I am proud to be LGBTQA+



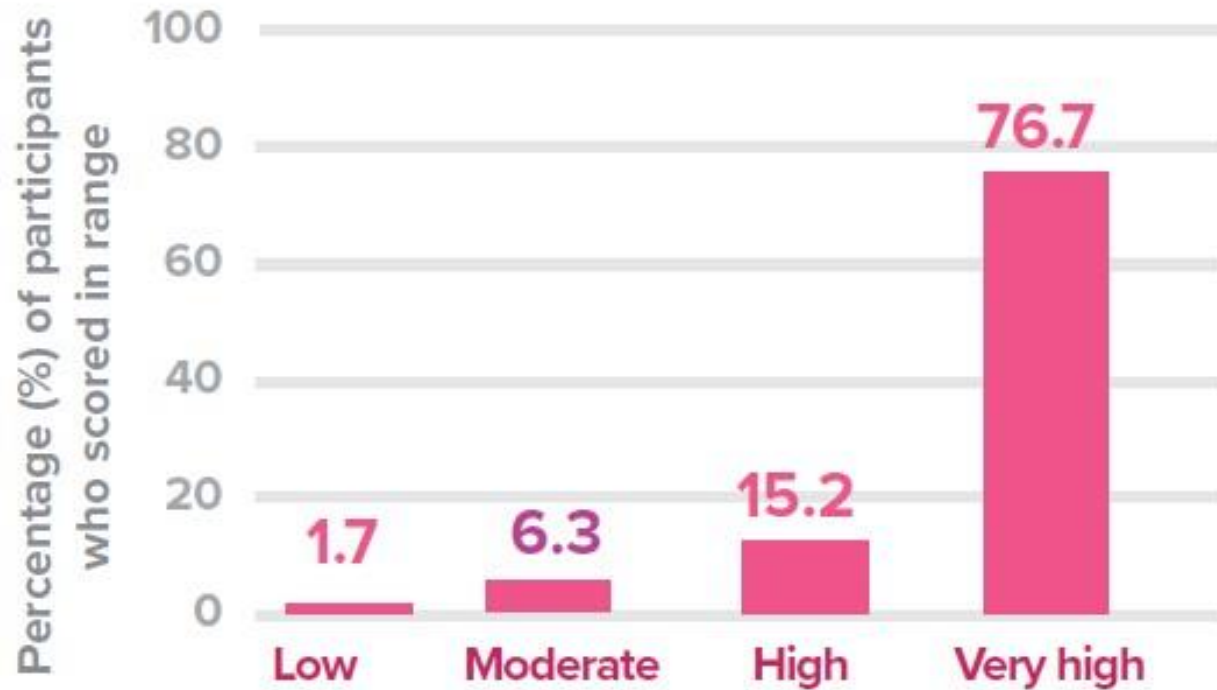
I am proud to be Aboriginal and/or Torres Strait Islander



My Aboriginal and/or Torres Strait Islander and LGBTQA+ identities fit well together



Psychological Distress



Suicidal Thoughts and Behaviours

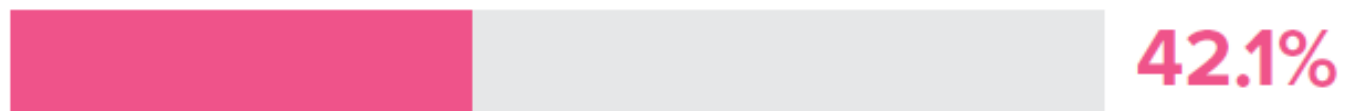
45.5% of participants had attempted suicide in their lifetime.

In the last 12 months:

Has seriously considered attempting suicide (10.4% preferred not to say)



Has planned for how they would attempt suicide (3.2% preferred not to say)



Has attempted suicide



Experiences of Discrimination

Homophobia and Transphobia in Aboriginal and Torres Strait Islander Communities

The majority of participants had experienced at least one form of discrimination from Aboriginal and Torres Strait Islander community members because of their sexuality or gender identity within the last 12 months

Racism in LGBTQA+ Communities

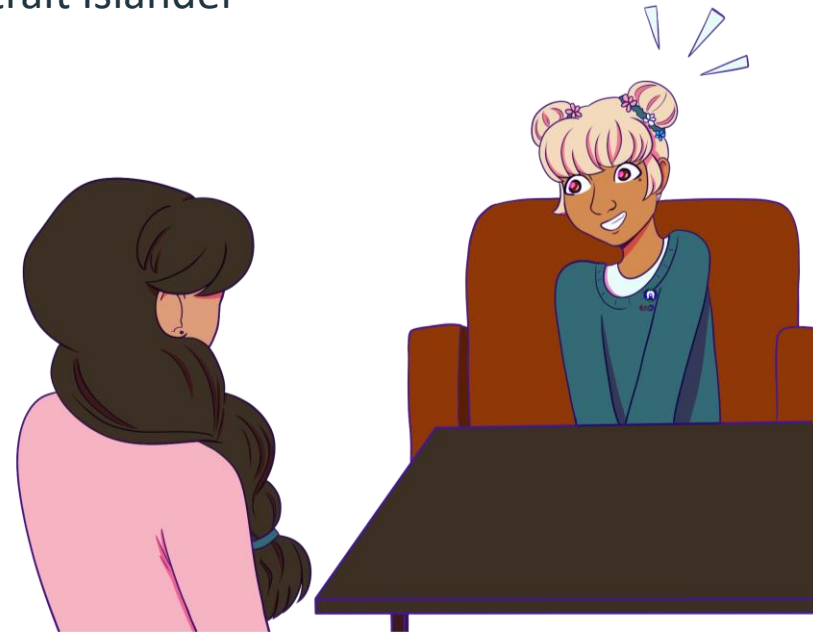
Almost **80%** of participants felt like they had to educate non-Indigenous LGBTQA+ people about race or cultural issues

73% had heard non-Indigenous LGBTQA+ people saying something racist within the last 12 months

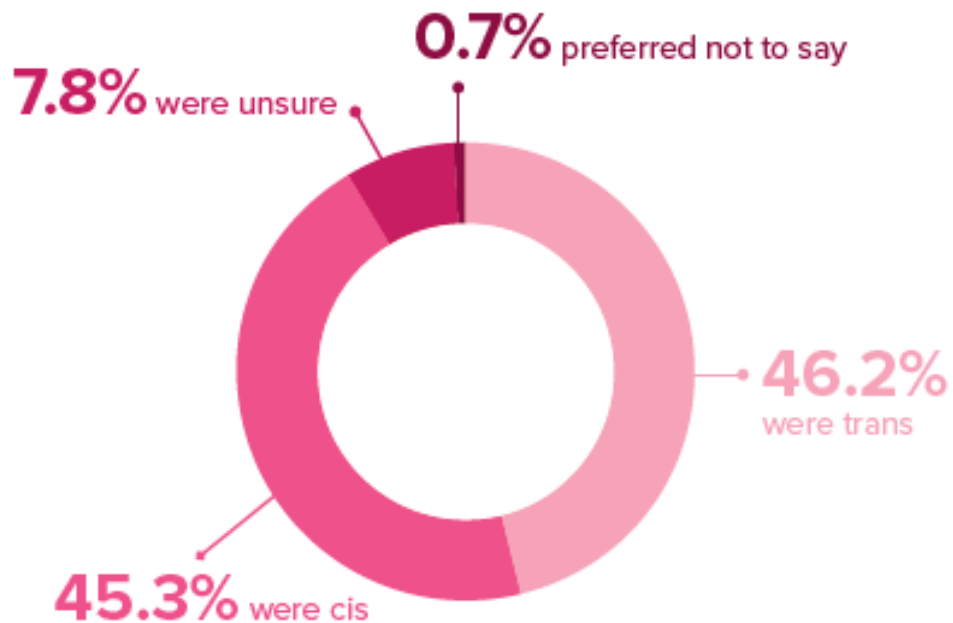
Racism in Relationships and Dating

26% of participants felt like non-Indigenous LGBTQA+ people were only interested in them because of the way they looked

17% were rejected by people they want to date or have sex with because they were Aboriginal and Torres Strait Islander



Gender Diversity



Trans and gender diverse participants:

- ▶ Were nearly 2 x more likely to report a suicide attempt in their lifetime and 1.8 x more likely to report suicidal ideation in the last 12 months
- ▶ Reported higher psychological distress
- ▶ Reported lower Connection to Culture, Connection to Mind and Emotions, Connection to Body, and Connection to Family and Kinship
- ▶ Were more likely to say they had heard rude or ignorant comments, had been made to feel like they matter less, or that staff did not use the right language for LGBTQA+ people when accessing services
- ▶ Were more likely to report experiencing discrimination within the Aboriginal and Torres Strait Islander community because of their sexuality or gender identity

The best things about being an Aboriginal and Torres Strait Islander LGBTQA+ young person

"I'm being me. My indigenous queer self unapologetically."

"I feel like my sexuality is a way for me to dismantle the patriarchal and colonial influences in my life and the lives of all indigenous people. My disconnect from the status quo and the way western culture views sex and love make me feel like my existence is powerful, that I am strong by just existing..."

"that i will have more of an understanding of many issues Aboriginal/ Torres Strait Islander and LGBTQA+ people go through everyday and that because i have so much knowledge surrounding this, it'll help me make a voice for my self to speak up and educate others about this."

"The community and people you find kinship with are the most important and positive part to me. Without my community I would suffer. I wish there was more ways for indigenous queer youth to come together but when you do find one another, it's a bond that feels so special and comforting."

"Becoming the next role models"

"I'm deadly!!!!!!!!!!!!!!"



What's next?

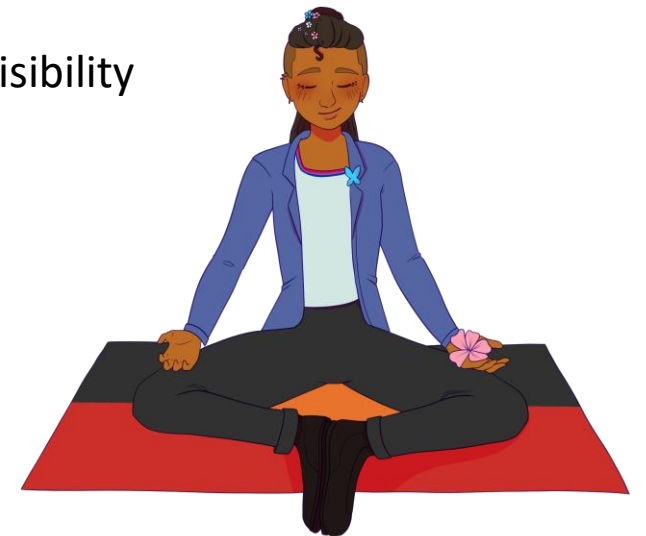
Ongoing engagement with young people, services and community to co-design a roadmap for the social and emotional wellbeing and mental health of Aboriginal and Torres Strait Islander LGBTQA+ young people and design of culturally-specific wellbeing interventions

Co-design and implementation of a culturally specific LGBTQA+ inclusive practice training package for ACCOs to support Aboriginal and Torres Strait Islander LGBTQA+ youth and their families

Publication of a list of competencies for services working with Aboriginal and Torres Strait Islander LGBTQA+ young people that includes:

- young person-centred care
- effective communication & language
- safety & visibility
- non-judgement
- connected services

Advocacy at state and national levels for Aboriginal and Torres Strait Islander LGBTQA+ youth mental health to be considered a priority



Panel discussion starting soon

Please post your questions for the panel in the chat using the Q&A function



Aboriginal LGBTQA+ Youth Panel



Lily Hayward
(She/They/He)



James Hill
(He/Him)



Spiider Morticurrie
(They/Them)

Walkern Katatdjin
Rainbow Knowledge



Research team: A/Prof Bep Uink, Shakara Liddelow-Hunt, Prof Braden Hill, Prof Ashleigh Lin, Dr Yael Perry

Artist: Skye Milton (@skyangelwings)

Telethon Kids Institute, Kulbardi Aboriginal Centre (Murdoch University), Edith Cowan University

The ethics of this research project have been approved by:

- Western Australian Aboriginal Health Ethics Committee (WAAHEC) #1000
- Department of Health and Menzies School of Health Research Top End HREC (TEHREC) #2021-3997
- Central Australian Health Research Ethics Committee (CAHREC) #2021-3997
- Aboriginal Health Research Ethics Committee (AHREC) #04-21-924
- Aboriginal Health and Medical Research Council NSW (AH&MRC) #1787/21
- Australian Institute of Aboriginal and Torres Strait Islander Studies (AIATSIS) #EO231-20210114
- ACON Research Ethics Review Committee #202118

This project is funded by the National Health and Medical Research Council (NHMRC)

In the next few days you will be emailed a copy of the Community Report and a link to request hard copies. You can also access a digital copy of the report **now** on the Walkern Katatdjin website www.rainbowknowledge.org.

A recording of this event will also be uploaded within the next week.

For further questions about the research, please contact the research team at Rainbow.Knowledge@telethonkids.org.au or (08) 6319 1062.

For any media requests, please contact the media team at jack.boronovskis@telethonkids.org.au or tamara.hunter@telethonkids.org.au or (08) 6319 1644.