

Black Chicks Talking Queensland

Overview

History

This program at the Mareeba High School is based on the film “Black Chicks Talking” (featuring the Aboriginal actor, Leah Purcell) in which a number of women discuss the triumphs and challenges of being an Aboriginal woman.

Presently, this is an ongoing program conducted once a year, involving sessions over a 6-8 week period.

Aims

The program aims to increase self esteem and to prepare young Indigenous women for the workforce.

Focus

This is a mental health promotion project. The activities assist Indigenous young women to develop strong, supportive social and cultural environments which are vital for social and emotional wellbeing.

Target group

The Black Chicks Talking Program is aimed at young Indigenous women attending years 9 and 10 of Mareeba High school.

Project structure

Lead agency

The program is conducted by Aboriginal mental health workers employed by Queensland Health.

Partnerships

The project is supported by Mareeba High School (particularly the school nurse) and the Atherton Neighbourhood Centre.

Funding

Funding is provided by Queensland Health.

Project description

The 6-8 session program typically includes:

- Talks by local elders regarding future, family issues, and the elders’ experience of being taken away from their families. The aim is to instil pride in culture and share Aboriginal history;
- Attendance at a career expo in Cairns to encourage discussion and thoughts about future education;
- Healthy motherhood session: a midwife and other nursing staff from the hospital facilitate discussion about contraception, sexual health etc;
- Conflict resolution skills session; and
- Deportment and grooming.

Evaluation

An informal evaluation is carried out at the end of each yearly program by the Aboriginal mental health workers. Comments from participants have been very positive, with indications that participants find the program useful and support the ongoing availability of the program.

Contact details

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