



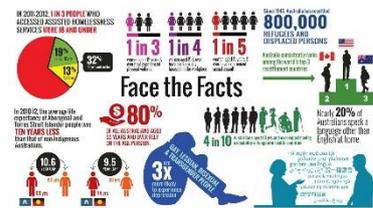
*This tool was created by one of our senior clinical team members, Kate McPhee, Psychologist & Clinical Associate Coordinator at AccessEAP.*

In preparation for NAIDOC Week (4-11<sup>th</sup> July), I found myself reading up about the Uluru Statement of the Heart, which is a constitutional reform to recognise Aboriginal and Torres Strait Islander Peoples and ways for Indigenous Australians to be heard. It also made me realise that I have absolutely no idea what it is like to be a person of colour and experience disadvantage on a daily basis. So if you are like me and you are feeling motivated to find out more information, I would ask that you do one thing it would be open to learning with your eyes and ears.

## Did you know?

- **Australia is home to the world's oldest continuous cultures.**
- **There are more than 250 Australian Indigenous languages that exist in the country.**
- **Australian English uses more than 400 words from the Aboriginal language.**

However, there are elements that we as Australians need to be aware of. Only ¼ of all indigenous Australians conduct a conversation in their native language. Yet Australia is consistently ranked quite high when it comes to settling refugees and displaced persons from other countries, and in Australia, we speak 40 different languages. We appear to be a friend of diversity.



So in terms of being sensitive to your colleagues, friends and families of different and individual backgrounds, the first step is to be aware of your own biases and prejudices towards stereotypes. Don't shame yourself for them and get going on asking your indigenous friends and colleagues how they celebrate NAIDOC Week. Notice the little things that they say and do, not just in the week but all across the year. Be flexible in your thinking patterns and be open to being challenged on your thinking. But most of all, be yourself and think about what a privilege it is to be surrounded by diversity.

However, there are many things that we can do to support and learn about reconciliation.

1. Always do an "Acknowledgement of Country" as an acknowledgement of the traditional owners of the land and pay respect to the Elders past, present and future
2. Learn about significant events in the reconciliation space
3. Explore indigenous histories and culture
4. Reflect on the National Apology
5. Get ready to participate in NAIDOC Week!

For a confidential conversation with one of our experienced clinical professionals, please contact **AccessEAP** on **1800 818 728** or contact the **Aboriginal and Torres Strait Islander Peoples Dedicated Support Line** on **1800 861 085**.

Source: <https://humanrights.gov.au/sites/default/files/FTFATS.pdf>

*AccessEAP acknowledges the traditional custodians of the land we work on and their continuing connection to land, culture and community. We pay our respects to Elders past, present and future.*

