

NAME:

## Year 8 – Indigenous Australia – Wellbeing

Read the 'Wellbeing' (page 29) section of the fact book and complete the following activities.

1. The ABS identified seven areas that contribute to wellbeing. Choose three of these areas and explain how they might contribute to an individual's wellbeing.
  - a.
  - b.
  - c.
2. What evidence is there that, for Indigenous Australians, spirituality enhances wellbeing?
3. What evidence is there that, for Indigenous Australians, living on Country enhances wellbeing?
4. Which area of wellbeing would spirituality and living on country fall under?
5. Read the 'Kinship' (page 28) section of the fact book. How might the system of kinship in Indigenous Australian communities contribute to the wellbeing of those communities and the individuals in them?

# Teacher Guide – Year 8 – Indigenous Australia – Wellbeing

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1. The ABS identified seven areas that contribute to wellbeing. Choose three of these areas and explain how they might contribute to an individual’s wellbeing.

Student responses will vary depending on which areas of wellbeing they choose.

2. What evidence is there that, for Indigenous Australians, spirituality enhances wellbeing?

For Indigenous Australians, spirituality is vital for wellbeing as it is an expression of their cultural values and ways of living. Research has found that, among Indigenous Australian peoples in Redfern, spirituality was identified as the main factor influencing their wellbeing.

3. What evidence is there that, for Indigenous Australians, living on Country enhances wellbeing?

Indigenous Australians have both spiritual and practical relationships with Country. Studies have shown that an Indigenous person’s perception of their own health is closely intertwined with the health of their country. Dr Mark Wenitong believes that spending time on country and being immersed in language and culture leads to better health outcomes for Indigenous Australians.

4. Which area of wellbeing would spirituality and living on country fall under?

Spirituality and living on country would fall under the wellbeing area of ‘culture’.

5. Read the ‘Kinship’ (page 28) section of the fact book. How might the system of kinship in Indigenous Australian communities contribute to the wellbeing of those communities and the individuals in them?

The system of kinship in Indigenous Australian communities can contribute to the wellbeing of communities and individuals in a number of ways:

- **Moiety** – If people share the same moiety, they are considered siblings and have a responsibility to support each other. Having an extensive support network like this would be beneficial for an individual’s wellbeing.
- **Totem** – Totems give an individual a sense of responsibility and link them to land, air, water and geographical features. It has been shown that connection with Country is an important contributor to wellbeing for Indigenous Australians.
- **Skin Name** – Among Indigenous Nations that use Skin Names, all individuals with the same Skin Name are considered siblings and all individuals with the preceding Skin Name are considered their parents. This system would enhance the wellbeing of both the individuals and the communities.