



# IDENTITY

It can be hard for some students to connect with who they are and what they stand for in life. It may be hard for some students to work this out and that is ok.

Life is a journey and everyone's journey is different. If you keep travelling down your path – eventually you will find your 'fit'. There are so many different paths for you to follow – if you need help figuring it out – you could talk to someone you trust like a friend, relative, Elder, counsellor or family member.

Finding your own identity is something that is personal to you, it will continue to develop, may be complex and it is a cultural journey.

Community:

Being part of a community can have a positive effect on spiritual wellbeing. Identity and community involvement can provide a sense of belonging as well as social and cultural connectedness.

For some Aboriginal and Torres Strait Islander students connecting to culture, country and community may be difficult if you haven't found, or don't know your mob. It may be impossible for some students to find their kin if they have been impacted by the Stolen Generation. Please reach out if you need support, you are not alone.

Connecting with local mob and community is a good place to start. If you are unsure on how to do this, connect with Wollotuka. Wollotuka prides itself on creating a cultural safe space for everyone.

Connect to those that are welcoming and encouraging, so you feel supported by others.

For information and resources, and family history kits go to:

Australian Institute of Aboriginal and Torres Strait Islanders Studies – AIATSIS

<https://aiatsis.gov.au/>



## WOLLOTUKA WELLBEING

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02 4921 6469

The Wollotuka Institute  
02 4921 6863

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Artwork: Stronger Together (2021) Artist: Darleen Cooper

