

Nine Guiding Principles of Indigenous Health

Social, Emotional and Cultural Wellbeing (SECWB) is informed by the Nine Guiding Principles of Indigenous Health.

Health as Holistic All the things that affect our health – our bodies, beliefs, culture, feelings, and relationships – are equally important and work together to shape our health.	Right to Self Determination The power we have that allows us to walk the paths we chose and write our own stories.	Need for Cultural Understanding It helps us build connections, communicate effectively, and bridge differences in a safe and respectful way.
Impact of History in Trauma and Loss Past traumas and grief from colonisation affect our health and wellbeing.	Recognition of Human Rights Understanding and treating everyone equally, regardless of where they're from or who they are.	Impact of Racism and Stigma Colonisation set the stage for racism and stigma, leading to systemic inequalities in health, education, and employment.
Recognition of Centrality of Kinship The wellbeing of those closest to us is vital to our own, and this extends to their broader community as well.	Recognition of Cultural Diversity The acknowledgement and celebration of the 250+ Indigenous Nations of Australia, each with their distinct cultures and unique experiences of wellbeing.	Recognition of Aboriginal Strengths Valuing the enduring strengths, wisdom, resilience and culture of Aboriginal and Torres Strait Islander peoples within communities and beyond.