

# Nine Guiding Principles of Indigenous Health

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

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