

How Culture and Country Protect Wellbeing

“Country is a timeless core of culture that supports meaning-making, purpose, self-esteem, and resilience. To Indigenous peoples, Country is seen as the source and creator of life, and provides kinship, morality, and ethics.” - Professor Pat Dudgeon

The AFL’s Social, Emotional and Cultural Wellbeing model recognises the crucial role that connection to Culture and Country plays in the wellbeing of Aboriginal and Torres Strait Islander players. A strong connection to Culture and Country supports health and wellbeing by fostering a deep sense of identity, family, and land. In simple terms, it helps individuals understand who they are and where they belong.

This connection contributes to the nurturing of Country and the people that belong to it. Through this idea, caring for the land serves to nurture and protect Indigenous culture and families into the future. Culture is therefore an essential element in the holistic wellbeing of Aboriginal and Torres Strait Islander players.

Recognising that culture affects wellbeing means seeing it as a source of strength. Viewing culture in this way helps Aboriginal and Torres Strait Islander People become stronger and promotes healing.