



90 mins

## Rebuilding our shields: Sharing the stories of deadly dads online course

Aboriginal and Torres Strait Islander peoples should be aware that this resource may contain images or names of people who have passed away.

Aboriginal and Torres Strait Islander fathers have a critical role in supporting their children to grow up healthy, strong and thriving.

### About this course

*Rebuilding our shields: Sharing the stories of deadly dads* is designed to break down dominant stereotypes and support Aboriginal and Torres Strait Islander fathers as they walk two paths; one that honours traditional parenting roles and a second that reflects the parenting expectations of contemporary Australia.

We encourage you to listen deeply to these stories and contemplate the impact colonisation has had on the roles of Aboriginal and Torres Strait Islander fathers, and how engagement with Country and culture offers protective factors for social and emotional wellbeing.

By listening to and gathering stories of Aboriginal and Torres Strait Islander men, you create opportunities to share the rich narratives of their strengths, resilience and knowledge, while developing your understanding and connection points when supporting fathers.

### Who is this course for?

This course has been developed for non-Indigenous practitioners who support Aboriginal and Torres Strait Islander fathers, children and families.

### How long is this course?

*Rebuilding our shields: Sharing the stories of deadly dads* will take you between one and 1.5 hours to complete. It includes a 43-minute documentary, which provides you with an opportunity to hear first-hand from Aboriginal and Torres Strait Islander fathers. It is followed by a series of reflection questions, that prompt you to consider how you may best consider fathers' hopes for their children in your family engagements. The course is designed to be undertaken individually, but can also be used as a prompt for conversations between colleagues.

### How was this course created?

*The Rebuilding our shields: Sharing stories of deadly dads* documentary was co-designed with Harley Hall of Aboriginal Art Designs and Darwin Indigenous Men's Services Aboriginal and Torres Strait Islander Corporation (DIMS); we thank them and all the Aboriginal and Torres Strait Islander men who have so generously shared their stories with us for this course.

This resource was co-designed with:



The National Workforce Centre for Child Mental Health (NWC) is funded by the Australian Government Department of Health under the National Support for Child and Youth Mental Health Program.

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