

BE THE HERO OF YOUR OWN STORY

ISSUE #2

**FIND YOUR FRIENDS
TO UNLOCK DEADLY
ABILITIES!**



FINDING COUNTRY



**HOW DO I
GET HOME?**

LET'S GET STARTED

ARTWORK BY ALEXIS DAY
NAMBOUR STATE COLLEGE

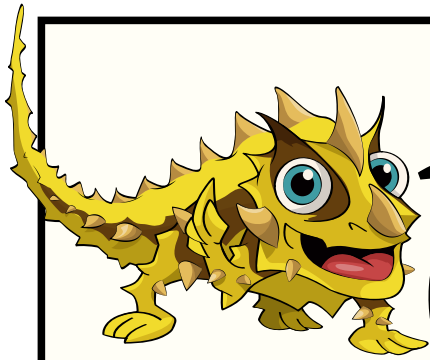




...WHERE AM I?

...WHERE'S MY MOB?

I NEED TO GET BACK TO COUNTRY!



HI! I'M **LIPARI**
AND I'M HERE
TO HELP YOU... 

LIFE IS GAMMIN'
SOMETIMES; YOU'RE AWAY FROM
HOME AND IN A TOUGH SITUATION.

TO MAKE IT BACK TO YOUR
COUNTRY, YOU WILL NEED TO FIND
YOUR FRIENDS AND OVERCOME SOME
CHALLENGES.

BUT YOU'LL ALSO
UNLOCK REWARDS
ALONG THE WAY!

ELDERS
JOIN FORCES WITH LIPARI
TO HELP YOUR CHILD
BECOME THE HERO
OF THEIR OWN STORY! 

ACTIVITY



LET'S GO!!

First, we need to find Jack so he can help us find the way home.
Follow the lines on the map to find him.

FIND YOUR WAY TO JACK..



LOCAL SHOPS



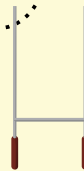
● WATERFALLS



CAMPFIRE



THE BUSH



FOOTY FIELDS

1
2
3
4
START



WELL DONE! YOU FOUND HIM!

JACK! YOU ARE HERE!
I'M TRYING TO GET BACK TO COUNTRY,
DO YOU KNOW THE WAY?

WAIT...WHAT'S WRONG?



I'M ANGRY!
LEAVE ME
ALONE!

YOU'RE MY
FRIEND - YOU SHOULD
UNDERSTAND.



MY MUM HAS JUST
LOST HER JOB.

SHE'S REALLY SAD
AND IT FEELS LIKE
THERE'S NOTHING I
CAN DO TO HELP.

HERO'S CHALLENGE

JACK'S ANGRY!

IMAGINE YOU ARE JACK.
WHAT WOULD YOU DO TO FEEL BETTER?

CIRCLE YOUR
ANSWERS BELOW



HAVING A YARN CAN HELP.

If you're feeling angry or upset,
let someone know.



TALK TO A
SAFE PERSON

GET ANGRY
AT EVERYONE

SHARE MY FEELINGS

TELL FRIENDS
TO GO AWAY

ASK SOMEONE
TO HELP ME



ELDERS - DID YOU KNOW?

THERE ARE MANY SIGNS THAT YOUR KIDS
MAY BE EXPERIENCING DIFFICULTIES.
CONTACT YOUR GP OR THE SERVICES LISTED
ON THE BACK OF THIS BOOKLET
FOR MORE INFORMATION.



Answers: talk to a safe person; share my feelings; ask someone to help me.

DEADLY!

YOU'VE HELPED JACK
AND UNLOCKED THE

YARNING

ACHIEVEMENT!

THANKS FOR
HELPING ME FEEL
BETTER!



YOU NEED TO
FIND COEN...

I THINK HE
KNOWS THE WAY

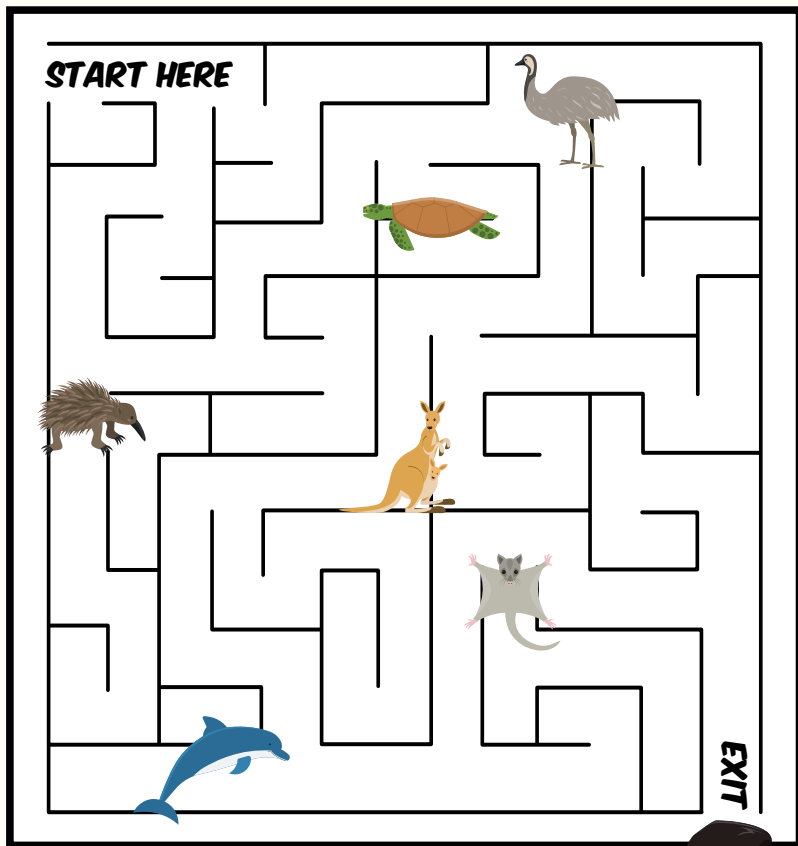
ACTIVITY

GREAT JOB!!

Next, we need to find Coen.
Follow the totem animals!



FIND YOUR WAY TO COEN





GREAT! YOU FOUND HIM!

COEN! I'M SO GLAD
I'VE FOUND YOU!
DO YOU KNOW THE WAY
BACK TO MY COUNTRY?

ARE YOU OKAY?

NAH, I'M
GAMMIN' SAD...

I FEEL SHAME.
THE OTHER DAY AT
SCHOOL, I FORGOT MY
LUNCH AND THE OTHER
KIDS TEASED ME.

I WISH I COULD
JUST FIT IN.

I'M NO GOOD.

HERO'S CHALLENGE

COEN IS SAD!

IMAGINE YOU'RE COEN.
WHAT WOULD YOU DO TO FEEL BETTER?

CIRCLE YOUR
ANSWERS BELOW

WE ALL NEED TO LOOK OUT FOR EACH OTHER.

*If someone is being mean or upsetting you,
talk to someone you trust and ask for help.*



GET HELP
FROM MY MOB

MAKE FUN
OF OTHERS

CALL OTHERS NAMES

TALK TO A TEACHER
ABOUT IT

KEEP MY FEELINGS
INSIDE



ELDERS - DID YOU KNOW?

BULLYING IS A BIG PROBLEM FOR KIDS
OF ALL AGES. DON'T WAIT FOR THEM TO
COME TO YOU - START A CONVERSATION
WITH THEM ABOUT WHAT'S GOING ON IN
THEIR LIVES.



Answers: talk to a teacher about it; Get help from my mob.

DEADLY!

YOU'VE HELPED COEN
AND UNLOCKED THE
PROBLEM SOLVING
ACHIEVEMENT!

FOOD

THANKS' CUZ,
I FEEL HEAPS
BETTER NOW!



YOU NEED TO FIND
GRACE, I'M SURE SHE
KNOWS THE WAY...

ACTIVITY

NICE WORK!



*It's been a tough road but you're nearly there!
Grace is nearby. Join the dots to find her!*

JOIN THE DOTS TO FIND GRACE





HEY, THERE YOU ARE!

GRACE! I'VE COME SUCH A LONG WAY AND SO GLAD I'VE FOUND YOU.

I'M TRYING TO GET BACK TO MY COUNTRY AND HAVE LOST MY WAY...

OH NO... WHY ARE YOU UPSET?

I'M REALLY STRESSING OUT.

GRANDMA IS NOT WELL AND I'M WORRIED ABOUT HER.

HERO'S CHALLENGE

GRACE IS WORRIED!

IMAGINE YOU ARE GRACE.
WHAT WOULD YOU DO TO FEEL BETTER?

CIRCLE YOUR
ANSWERS BELOW



SOMETIMES BAD THINGS HAPPEN.

It's important to know that things
will get better and you're not alone!



DO NOT SHARE
MY WORRIES

TALK TO MY MOB
ABOUT HOW I FEEL

ASK FOR HELP

IGNORE MY
WORRIES

SHARE MY
WORRIES



ELDERS - DID YOU KNOW?

HAVING ONE SUPPORTIVE ADULT
(INCLUDING AN ELDER OR ADULT FRIEND) OUTSIDE
THE HOME CAN HELP KIDS' WELLBEING.
EXPLORE WITH YOUR KIDS WHO IN THEIR EXTENDED
FAMILY, SCHOOL OR COMMUNITY THEY CAN
POSITIVELY CONNECT WITH.



Answers: talk to my mob about how I feel; Ask for help; Share my worries.

WELL DONE!

YOU'VE HELPED GRACE
AND UNLOCKED THE
SUPPORTING
ACHIEVEMENT!

I FEEL SO MUCH
BETTER, THANKS!





YOUR COUNTRY IS THAT WAY!

CONGRATULATIONS!



YOU FOUND YOUR MOB!
*You've found your way back to your
country and your people!*



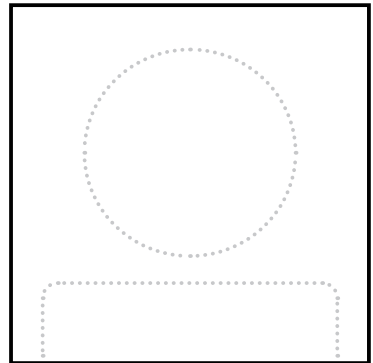
YOU'RE A HERO!!

DRAW YOURSELF AS THE HERO OF YOUR OWN STORY. CUT OUT THIS CARD AND CARRY IT WITH YOU TO REMIND YOU OF YOUR SPECIAL ABILITIES!



YOU'VE MADE IT
BACK TO YOUR
PEOPLE AND HELPED
YOUR FRIENDS ALONG
THE WAY.

USE THESE
ACHIEVEMENTS YOU'VE
UNLOCKED EVERY DAY
AND BE **THE HERO**
IN YOUR LIFE!



MY SPECIAL ABILITIES:

YARNING

PROBLEM SOLVING

SUPPORTING



REMEMBER!

If you feel lost and alone, ask for help and you'll get through it. Look out for yourself and your friends and ask your family, friends, doctor, school and community for support.

BE THE HERO OF YOUR OWN STORY

STRANDED ALONE, YOU MUST FIND YOUR WAY BACK TO COUNTRY. ALONG THE WAY YOU'LL FIND YOUR FRIENDS AND UNLOCK SOME DEADLY ACHIEVEMENTS. BE THE HERO OF YOUR OWN STORY!



ELDERS

BEING A PARENT CAN BE TOUGH. THERE ARE LOTS OF WAYS TO SUPPORT YOUR KIDS. FOR MORE INFORMATION CONTACT:

MINDS ALIVE

WWW.UCCOMMUNITY.ORG.AU/MINDS-ALIVE
07 5452 9797

PARENTLINE

WWW.PARENTLINE.ORG.AU
1300 30 1300

LIFELINE

WWW.LIFELINE.ORG.AU
13 11 14

NORTH COAST ABORIGINAL CORPORATION FOR COMMUNITY HEALTH

WWW.NCACCH.ORG.AU
07 5346 9800

YOUR CHILDREN CAN ALSO CONTACT:

KIDS HELPLINE

WWW.KIDSHELPLINE.COM.AU
1800 55 1800

AN INITIATIVE OF UNITINGCARE MINDS ALIVE



Funded by the Australian Government Department of Social Services. Visit www.dss.gov.au for more information.

