

# PROJECT

## Parents & Carers



# TRP@HOME

The notion of family in Aboriginal and Torres Strait Islander cultures is closely tied to themes of **connectedness and kinship**.

In this setting, family structures are pivotal to identity formation, understanding one's own spiritual and cultural belonging, and assists in establishing strong links with **community**. Ultimately, **family and kinship** are a cohesive force that bind Aboriginal people together.

Check out this [video](#) to find out more about the kinship system for Aboriginal and Torres Strait Islander people.

To facilitate more positive conversations as a family, the below questions have been developed to help families practise the GEM principles daily within conversation. They are a great way to build deeper connections as your family shares a meal either in the morning, afternoon or evening or at a time that works best.

Here are some great **GEM CHAT** questions and ideas to get you started;

- Remember someone who has done something **kind** for you recently. What did they do for you? How did this make you feel?
- What is your perspective? Can you put yourself in **someone else's shoes and understand their point of view**?
- Who is someone you know who may be experiencing some difficulty currently? What could we do for them as a family?
- What is something **kind** you are going to do for someone today?

Head to [TRP@HOME](#) for a range of extra ideas, resources and activities that you can do to check-in and support the mental health of everyone in your home!